## The <br> Food Value of a Soda Cracker

You have heard that some foods furnish fat, other foods make muscle, and still others are tissue building and heat forming.
You know that most foods have one or more of these elements, but do you know that no food contains them all in such properly balanced proportions as a good soda cracker?

The United States Government report showe that soda crackers contain less water, are richer in the muscle and fat elements, and have a much higher per cent of the tissue building and heat forming properties than any article of food made from flour.
That is why Uneeda Biscult should form an important part of every meal. They represent the superlative of the soda cracker, all their goodness and nourishment being brought from the oven to you in a package that is proof against air, moisture and dust-the price being too small to mention.

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\author{

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