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GREAT SCOTT! WHAT A FIND.

# A FEW FACTS ABOUT COCOA

*(From a Lecture on "Food and Food Reforms,")*

BY

**Dr. ANDREW WILSON, F.R.S.E., &c.**

*(Combe Lecturer on Health, Lecturer to the Gilchrist Trust.)*

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A cocoa bean is a kind of vegetable egg, which contains all that is needed to build up a living body. \* \* \* But see that you get a really good Cocoa. It is in itself an honest food. I should say use "Fry's Pure Concentrated Cocoa," which is the richest in flesh-forming and energy-producing constituents, and is without an equal in respect of its Purity and for all-round Excellence. It is my Ideal of Perfection. There is No Better Food. It is a delightful beverage, and when we have regard to the nutritious nature of Cocoa and to its cheapness, we may well call it by the name which the word "theobromine" itself implies—"The food and sustenance of the Gods." Cocoa is, indeed, one of heaven's best gifts to man.

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