CANADA'S FOREMOST READY-TO-EAT CEREAL



Run a sharp knife along the dotted line and squeeze edges to make it gap. See that the gap is closed after the required amount of food is poured out. Don't cut top off.

Made of Wheat, Corn and Barley.

Canadian Postum Cereal Co. Ltd.



A FOOD

Containing the natural nutritive elements of Wheat, Corn and Barley thoroughly cooked by scientific baking.

ECONOMY

Four heaping teaspoonfuls of GRAPE-NUTS for the cereal part of a meal is sufficient for an ordinary person. More may be used if desired.

"THERE'S A REASON"



When war called for the saving of wheat, Grape:Nuts stood ready with its superb blend of cereals, its wonderful flavor, fullest nourishment, and practical economy.

Grape= The Food For The Times.