

GRAPE-NUTS is a food that recommends itself to the progressive physician because of its simple qualities of sturdy goodness.

Its ingredients are wheat, malted barley, salt and yeast. (The best of each.)

Twenty hours baking under two processes, together with the action of the natural ferment of malted barley (diastase) and the added yeast ferment, produces an unusual conversion of the starchy elements into easily assimilable form.

Grape-Nuts

is a wonderfully attractive food in form and flavor—and especially valuable during convalescence. Practically the *only* broadly commercialized product, sold at low price, which fits into the physicians' armamentarium.

With cream, milk or fruit juice **Grape-Nuts** is a tempting dish suitable for old and young.

Samples of **Grape-Nuts**, **Instant Postum** and **Post Toasties**, for personal and clinical examination will be sent on request to any physician who has not received them.

Canadian Postum Cereal Co., Limited, Windsor, Ont.