

Most Doctors Know

# Grape-Nuts

To be a Scientific Food

Made of whole wheat and malted barley, Grape-Nuts contains the four elements which, according to dietetic science, form a complete food—protein, carbohydrates, salts and fats, the latter gauged by the amount of cream added when the food is served.

About 49 per cent. of the carbohydrates is changed by the diastase in the barley into **soluble** carbohydrates—dextrin, maltose, dextrose, etc. This form of carbohydrates, every scientific physician knows, is quickly absorbed and at once begins to supply energy to the system.

Grape-Nuts is also sterilized by the long baking (about 20 hours) but is carefully guarded from excessive heat, thus preventing any degree of carbonization—the dextrin and sugar of the cereals being retained in perfect condition.

This food is always readily available—requires no manipulation or cooking—simply **pour from package to saucer**, add cream and eat slowly. The crisp granules encourage mastication, the forerunner of perfect digestion. The natural sugars, developed in the processing, furnish ample sweetening.

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 yet received them.

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Canadian Postum Cereal Co., Ltd., Windsor, Ont., Canada

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