

Where Ignorance is not bliss ---the Doctor should be wise

If there is one subject in the world on which the majority of people stand in need of authoritative information it is on the subject of food.

This lack of definite knowledge explains why the percentage of nutritional disorders is so high. Also why such a large proportion of our population is under-nourished and nervous.

One food containing the elements required for nutritional balance is Grape-Nuts—made from whole wheat flour and malted barley—eaten with cream or milk.

A good part of the starch in Grape-Nuts is converted into dextrin and grape-sugar by diastatic action and the exceptionally long baking period of twenty hours.

Grape-Nuts contains the essential mineral salts, calcium, phosphate of potash and iron. It helps build body, nerve and brain cells, replenish the iron content of the blood, and increase nutrition of tooth and bone structure. Eaten with milk or cream, Grape-Nuts is a well-balanced food.

Why not instruct a few of your chronic cases to eat Grape-Nuts as a cereal, or made into a tasty pudding for dessert? See if this does not fit in with your medical treatment of the case.

Samples of Grape-Nuts, for individual and clinical test, will be sent on request to any physician who has not received them.

Canadian Postum Cereal Co., Limited

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