

Prompt Assimilation

of nutritive material is of the greatest importance to convalescing patients, in all acute diseases or surgical operations.

At this stage the blood is impoverished, the tissues depleted and the digestive functions at low ebb. Prompt assimilation of food must be secured; but not at the expense of further reducing the digestive and assimilative powers of the patient.

It is just here that

Grape-Nuts

has come to be relied on with confidence by the doctor and comforting assurance by the patient.

Grape-Nuts, made of wheat and barley, contains *all* the nutritive elements of these cereals, including the essential salts, "vital phosphates," etc., which, physiologists know well, are in some important way necessary to perfect cell elaboration.

Grape-Nuts and good cream is a wholesome, appetizing combination of protein, carbohydrates, fat and salts, in promptly assimilable form.

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.

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