



"PRISCILLA"  
FROM WATER-COLOR BY TRAVER  
IN THE  
PRIVATE GALLERIES OF C. W. POST

## 'Way Back in Plymouth Days

Indian Corn was the staple food of the forefathers of the Republic. Today, we, of a later generation, eat

# Post Toasties

—a delicious food

Made from the same nutritious grain, but representing three centuries of food progress.

Toasties (sold by grocers everywhere) are thin bits of selected white corn, first cooked, then toasted to a golden brown. They are served direct from the package, and with cream are delicious.

*"The Memory Lingers"*