

# Post Toasties



It's a wise plan not to overeat; and some people have learned that moderate eating promotes comfort and clear thinking—and that's health.

A bowlful of crisp, delicately flavoured corn Toasties, with cream, milk or fruits, makes a snappy "starter" for breakfast—and a good day.

Served direct from the package—nourishing—delicious!

## Post Toasties

—sold by Grocers everywhere.