

Elderly People

are frequently lacking in old-time vigour, merely because they do not have proper nourishment—food that rebuilds the body and keeps the mind healthy.

With advancing years the digestive functions are apt to become sluggish, and assimilation is less active.

To meet this condition, truly nourishing foods which are easily digested and quickly absorbed are necessary.

Knowing this, a famous food expert produced

Grape-Nuts

—a scientific, partially predigested food, full of the rich nutriment of wheat and malted barley, including the vital, life-giving phosphates grown in the grain. These elements are absolutely essential for normal health, but often lacking in the usual diet.

Served with cream, or hot milk for those who need easy chewing, Grape-Nuts is delicious, and furnishes body-building, energy-producing nourishment—especially adapted for keeping folks “young” and vigorous, whatever their years.

“There’s a Reason”

Made in Canada

Sold by Grocers.

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

