

## Hundreds of Medical Men

use Grape-Nuts on their home tables for they know it to be pure, wholesome and exceedingly nourishing.

The best parts of wheat and malted barley, including their mineral elements, are used in making

# Grape - Nuts

Twenty hours baking, after a mixing process that starts the breaking down of the starch in the grains, produces the rich, sweet nutlike flavor.

These facts explain the ease with which it is digested, and why Grape-Nuts is so good a food for elderly people, young folks and invalids, as well as athletes and all clear brained workers.

### "There's a Reason" for Grape-Nuts

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 received them.

Postum Cereal Co., Battle Creek, Mich.