



Preparedness The Vital Factor—

not alone in affairs of the Dominion, but with the health of every citizen.

One seldom knows when the common enemy, sickness, in one form or another, is about to strike; and the best form of preparedness is to keep body and brain healthy.

Active brains and vigorous bodies are the result of right living—food plays a big part.

Grape-Nuts

FOOD

made of whole wheat and malted barley, supplies all the bone- and brain-building, nerve- and muscle-making elements of the grains, including the vital salts, phosphate of potash, etc., often lacking in the diet of many, but imperative for bounding good health.

Grape-Nuts is easily digested—comes ready for table directly the germ-proof moisture- and dust-proof packet is opened. With good milk or cream Grape-Nuts supplies complete nourishment.

A ration of Grape-Nuts each day is a safe play for health, and

"There's a Reason"

—sold by Grocers everywhere.

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