

The Advantages of Grape-Nuts

as the cereal part of the meal, during convalescence, are so many as to deserve most serious consideration.

The food is pure. Wheat, malted barley, salt, yeast and artesian water are the only ingredients.

The valuable inner coat of the grain is utilized to provide the mineral elements so often lacking in white flour products.

Long baking (approximately twenty hours in all) helps to break down the starchy elements, facilitating digestion—a valuable feature especially in the days immediately following illness.

The food is appetizing, having a natural sweet flavour produced from the grains themselves.

The doctor may depend upon the sturdy health-building qualities of Grape-Nuts. Its ready availability at any grocery store puts it quickly at command and its moderate cost commends its frequent use.

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.

“There’s a Reason” for Grape-Nuts

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