



Powerful Physical Forces
Must be Governed by Mind and Brain
To Secure Results

Grape=Nuts

FOOD

supplies true nourishment for brain work.

Made of selected parts of wheat and barley, Grape-Nuts is rich in Phosphate of Potash—the vital tissue salt of gray nerve and brain cells.

A regular morning dish of this appetizing food *Brings Results.*

“There’s a Reason”

Postum Cereal Company, Limited
Battle Creek, Mich., U. S. A.

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