



**MAKES  
STURDY  
LEGS**

CUT HERE

Run a sharp knife along the dotted line and squeeze edges to make it gap. See that the gap is closed after the required amount of food is poured out. Don't cut top off.

**Grape=Nuts**

TRADE-MARK REGISTERED MAY 19, 1937

Made of Wheat and Barley

MANUFACTURED BY

Canadian Postum Cereal Co., Ltd.

WINDSOR, ONTARIO



**A FOOD**

Containing the natural nutritive elements of these field grains thoroughly and scientifically baked.

**ECONOMY**

Four heaping teaspoonfuls of GRAPE-NUTS for the cereal part of a meal is sufficient for an ordinary person. More may be used if desired.

MINIMUM NET WEIGHT 13 OZS.

**Grape=Nuts**

**A wonderful food for  
Children and Grown-ups**