



**Food That's
Fit For a King!**

CUT HERE

Remove 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

REGISTERED IN UNITED STATES PATENT OFFICE.

A Compound made of Wheat, Barley, Salt and Yeast.

MANUFACTURED BY
Postum Cereal Co., Limited

A FOOD

Containing the natural nutritive elements of Wheat and Barley thoroughly cooked by scientific baking

"ECONOMY"

Four heaping teaspoonfuls of GRAPE-NUTS for the cereal part of a meal is sufficient for an ordinary person.

"THERE'S A REASON"

DIRECTIONS

If Grape-Nuts are to be served as a cereal, they should be prepared in the following manner: Pour one cup of water into a cup and add one heaping teaspoonful of Grape-Nuts. Stir thoroughly and cook in a boiling water bath for five minutes. Drain off the water and add one heaping teaspoonful of sugar and one heaping teaspoonful of milk. Stir thoroughly and serve.

If Grape-Nuts are to be served as a snack, they should be prepared in the following manner: Pour one cup of water into a cup and add one heaping teaspoonful of Grape-Nuts. Stir thoroughly and cook in a boiling water bath for five minutes. Drain off the water and add one heaping teaspoonful of sugar and one heaping teaspoonful of milk. Stir thoroughly and serve.