

# Grape-Nuts

finds its place in many a prescribed dietary because this prepared blend of wheat and malted barley fulfills a duty in illness or convalescence, as do few other foods.

All the nutritive qualities of the grains are preserved in Grape-Nuts, and its great ease of digestion and quick assimilation make it particularly valuable in every day practice.

Children are especially fond of Grape-Nuts because of its pleasing, nut-like flavor; and its sweetness (self-developed from the grains through processing and long baking) answers Nature's appeal for sweets in a natural, wholesome way.

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.

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