

The Demand

for whole cereal foods finds
complete fulfillment in

Grape-Nuts

A healthful food because it is natural—nothing of good-nourishment value is left out of its composition,—and Twenty hours baking makes its health-building qualities easy of digestion and readily assimilable.

At home, with your own family; or as a matter of recommendation in practice,—

Think of Grape-Nuts "There's a Reason"

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.

Canadian Postum Cereal Co., Limited
Windsor, Ontario