

Inviting Nature's Aid

The difficulties of diet, in convalescence or invalidism, are simplified when a food is found which combines unquestioned qualities of nutrition with a particular ease of digestion. Such an ally to the physician's cause may readily be summoned in

Grape-Nuts

Wheat and malted barley are so processed in the manufacture of Grape-Nuts that the starchy part of the grain is turned into sugar or maltose in the twenty hours of baking while the mineral elements of the grains are retained.

Grape-Nuts is quite unique among foods in the readiness with which it co-operates with nature's processes of digestion, assimilation and nutrition.

Served with milk, cream or fruit juices, Grape-Nuts does not burden the digestion; and its rich sweet flavor is particularly welcome to the taste.

Samples and further information about the availability of Grape Nuts in prescribed diet will be furnished gladly, upon request.

Canadian Postum Cereal Co., Limited

Windsor, Ontario, Canada.