

Every Step

in the process of making

Grape-Nuts

has a distinct purpose which the doctor will promptly recognize as good food chemistry. Such steps are:

- the definite mixture of wheat and malted barley with the resulting action of diastase.
- the baking processes covering 20 hours under controlled conditions for the more perfect conversion of starches.
- the granular form of the finished product with its requirements for chewing and consequent ptyalin action of the saliva.

This everyday food, therefore, is unlike the average cereal and it especially deserves the recognition of physicians because of intrinsic worth based upon scientific fact.

All Grocers Sell Grape-Nuts

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., Ltd.

Windsor, Ontario