Postum Cereal

INSTANT

Health First

POSTUM

THIS TIN MAKES ABOUT 7 CUPS

Manufactured by Postum Cereal Company, Inc.
Battle Creek, Mich., U.S.A.

(4106) Net Weight 1/2 Ounce
VACUUM CEREAL BEVERAGE
(PATENTED JULY 9TH 1912)

MADE OF DIFFERENT PARTS OF WHEAT

AND A SMALL PORTION OF MOLASSES
Instant Postum is VERY concentrated. Do not use too much or it will be too strong for the average taste. Experiment until the individual taste is suited.

**DIRECTIONS**

We recommend one slightly rounded teaspoonful. Place in cup before water is added. Use boiling water; stir until Postum is thoroughly dissolved, then add cream and sugar. Serve piping hot.

Postum properly prepared is a most agreeable and healthful drink.

Keep lid on to exclude air or contents will harden.

This tin makes about 7 Cups.
7 CUP SAMPLE

LARGE TINS AT GROCERS