Grape-Nuts Nuggets of Health

GRAPE-NUTS A Wonderful Food for Children and Grown-Ups

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FOOD for the energy of childhood, strength for the mind and body of the grown-up—the same package of Grape-Nuts supplies both.

Grape-Nuts provides those elements so necessary to replace the daily wear and tear on mind and body. A well-balanced blend of whole wheat and malted barley, Grape-Nuts is so prepared that it retains all the goodness of the grains.

Grape-Nuts is especially valuable in supplying needed mineral elements, such as organic iron and the phosphates.

When you eat this delicious cereal, so attractive and so easy of digestion, you do much toward putting the day's food on a substantial, healthful, building basis.

Grape-Nuts is a distinctive food—it provides good living at low cost and should be served daily on every table.

"There's a Reason"

MADE BY
Postum Cereal Co., Inc.
Battle Creek, Michigan

Also makers of—
POSTUM CEREAL
INSTANT POSTUM
and POST TOASTIES

SOLD BY GROCERS EVERYWHERE