## POST TOASTIES will put "wake up" in any meal Here's thequick-action food that puts you on your toes. Post Toasties, the crinkly-crisp and crackling "wakeup" flakes. Vigor-giving morsels of golden-brown corn in wholesome milk or cream. Give Post Toasties a regular place in your eating program. An energy food,



## POST TOASTIES

The Wake-up Food

Posties

Double-Crisp
Corn
Flakes
Stay crisp in milk or cream

Postum Company, Incorporated
Augustus Cherk, MICH, Lisa, MICHAEL

New Energy!

The

an easily digested food, a food that quickly releases

its stored-up energy to the body. Serve Post Toasties

for the whole family. A great dish for breakfast.

Light and refreshing for lunch. It picks you up for

supper too. Wake up to the goodness of Post Toasties!

Two sizes
The "handy size"—
and the "large family
size" economy package