

What to Eat and Why

HEALTH, usefulness, and even life itself are largely dependent upon proper diet.

Scientists declare that food *must* contain the three known Vitamins, "A", "B" and "C", to maintain life, to promote growth, and to protect the system against disease.

Grape-Nuts with milk or cream provides complete nourishment for the human body—including *all three* Vitamins, "A", "B" and "C"—together with the important mineral elements of wheat and malted barley which Nature puts into the grains for building sturdy strength, sound tooth-and-bone structure and strong, healthy nerves.

These mineral elements are iron, phosphorus and calcium, all of

which are vitally essential to bodily health, yet, all too often, are thrown away in the milling processes by which many cereals are produced.

Grape-Nuts has a delightful, nut-like flavor which makes it particularly pleasing to the taste.

No other food is so thoroughly baked as Grape-Nuts. More than 20 hours are consumed in the baking process, which changes a large percentage of the starch into Dextrins and Maltose—forms into which starch is converted in the process of preparation for absorption and assimilation by the system.

The form and texture of Grape-Nuts are such as to invite thorough mastication—a decided advantage, because this not only provides proper exercise for the teeth but also assists the digestion of other foods eaten at the same meal.

Many dainty dishes may be quickly and easily prepared with Grape-Nuts. This sturdy and nutritious food is most economical, too; a small amount providing unusual nourishment.

"There's a Reason"

Grape-Nuts
THE BODY-BUILDER



POST TOASTIES
INSTANT POSTUM
POSTUM CEREAL
POST'S BRAN FLAKES
(with Other Parts of Wheat)

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

Sold by Grocers Everywhere!

Tasty Recipes

Grape-Nuts Salad



TWO cups Grape-Nuts; two apples; one-half cup English walnuts; one banana; one tablespoonful sugar; five drops lemon flavoring. Cut up fruit and nuts and mix with Grape-Nuts. Serve with cream, or any good salad dressing.

Grape-Nuts Ice Cream

PREPARE vanilla or any plain flavored ice cream in the usual way. Just before the cream congeals in freezing, add Grape-Nuts (as it comes from the package) in the proportion of one-half cupful of Grape-Nuts to one quart of ice cream. The resulting flavor is unique. The Grape-Nuts granules taste like nuts, only better.



Grape-Nuts

Food for Sturdy Health



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*A well-balanced
food*



Grape-Nuts
"There's a Reason"