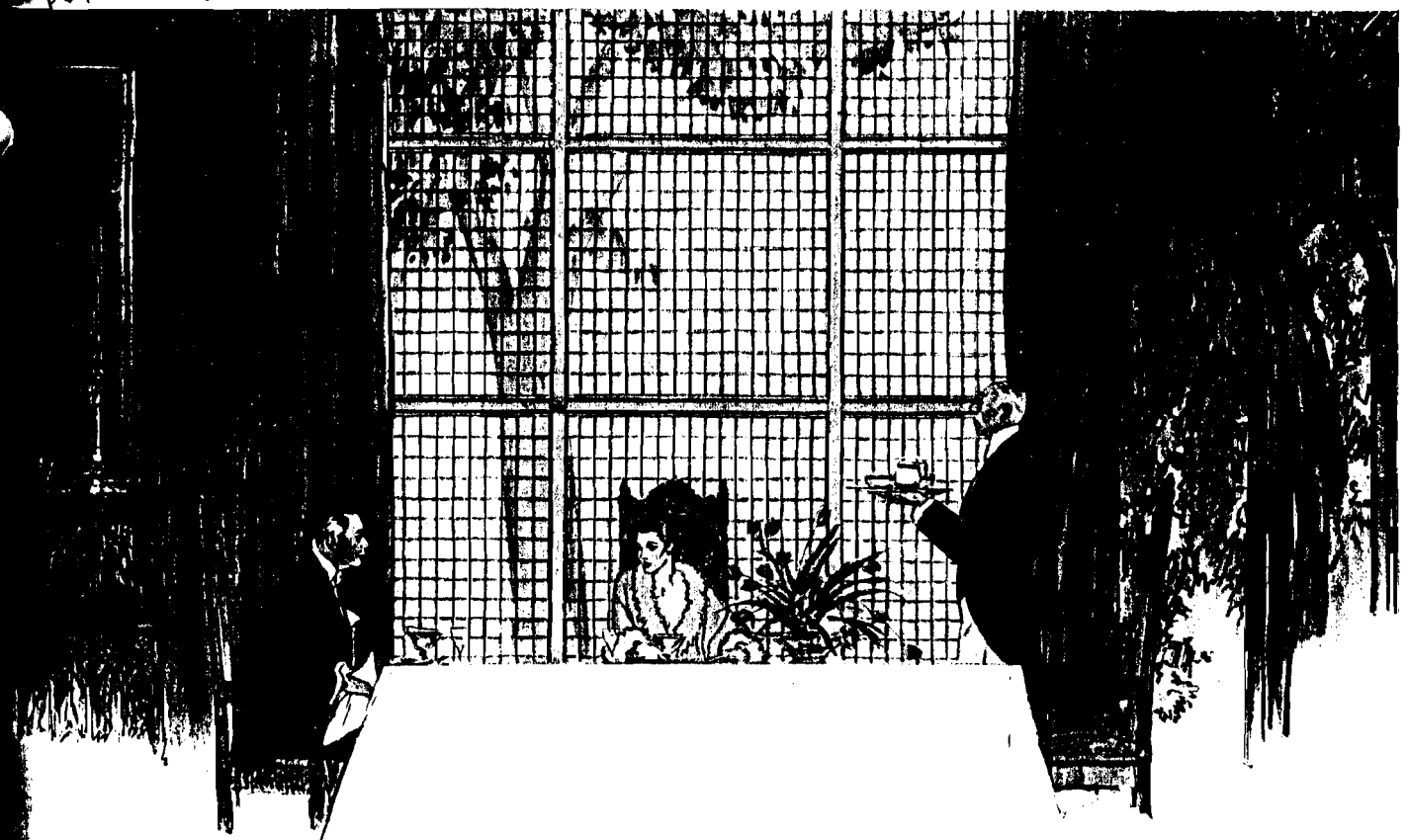


class



Wives of Great Men .. and their breakfasts

Many a wife has helped her husband to success and fame by giving him the right kind of breakfast! . . . Hundreds of brilliantly successful Americans have recently made this statement. All wives, attention!

These famous men have learned from experience that *one particular kind of breakfast* is the best preparation for efficient work. And they depend upon their wives to plan this sort of meal for them every morning.

This is the kind of food served at the home breakfasts of successful men

BREAKFAST is probably the most important meal. The man who wants to be highly efficient should prepare for the day's work by eating a moderate amount of well-balanced, completely nourishing food. . . . This, in a nutshell, is the opinion of the 2300 famous Americans who recently described their own breakfasts at the request of a leading scientific institute.

Do you give *your* husband a carefully chosen breakfast? Not too heavy—for that means a mind "slowed up" during several hours. Not too light for that means mental and physical fatigue before lunchtime. The ideal breakfast for brain-workers is one which, with a moderate amount of food, supplies a large amount of balanced nourishment.

For this reason you will find Grape-Nuts most valuable. This crisp, delicious food is made from wheat and malted barley. It gives to the body dextrins, maltose and other carbohydrates for heat and energy; iron for the blood; phosphorus for teeth and bones; protein for muscle and body-building; and the essential vitamin-B, a builder of the appetite.

Served with whole milk or cream, it is an admirably balanced ration. A single serving contains more varied nourishment than many a hearty meal!

Grape-Nuts is very easy to digest, because of the special baking process which brings it to you ready-to-serve. Its nut-like taste and its delightful "crunchiness" are irresistible. Grape-Nuts encourages thorough chewing—and that is another way in which it helps health. Your dentist will tell you that only by proper exercise can the health and beauty of teeth and gums be preserved.

Give this tempting, health-giving food a daily place upon your breakfast table. Your grocer sells Grape-Nuts—or you may wish to accept the following offer.

"A Book of Better Breakfasts"
and two servings of Grape-Nuts, free!

Mail the coupon below and we will send you two individual packages of Grape-Nuts, together with "A Book of Better Breakfasts," written by a famous physical director.

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MAIL THIS COUPON NOW!

Please send me two individual packages of Grape-Nuts, together with "A Book of Better Breakfasts," by a famous physical director of Cornell Medical College.

Name

Street

City State

In Canada, address: CANADIAN PATENT FOOD & CONFECTIONERY, LTD., 47 Front Street East, Toronto 4, Ont. Can.



Grape-Nuts is one of the Post Health Products, which include also Instant Postum, Postum Cereal, Post Toasties (Double-Thickness Corn Flakes), Post's Bran Flakes, Post's Bran Chocolate . . . and Malted Grape-Nuts, chocolate-flavored, a most delicious milk food drink. Try one at the nearest soda fountain.

