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at the breakfast table this year—a beautiful complexion. Information leading to the recovery of same will be greatly appreciated by former owner.

This delicious food helps to protect health and beauty by properly nourishing the body

SEMI-STARVATION is a poor beauty treatment! You can't hope to retain youthful freshness very long if you cheat your body of proper nourishment. And at no time is nourishment more necessary than at breakfast—after the longest fast of the twenty-four hours. Yet consider the average woman's average breakfast!

A meager meal, often hastily eaten. A meal which emphatically fails to supply all that the body craves. And this inadequate nourishment must carry a woman through the hardest part of her day—the busy, hurried, nerve-strained morning! Beauty won't improve under treatment like that!

The food expert who originated Grape-Nuts knew the importance of breakfast. He knew that modern appetites are uncertain. He knew that modern diet is often deficient in vitally important, health-building elements. So he planned an unusually delicious food, rich in varied nourishment. One serving of Grape-Nuts, with milk or cream, will give your body an ample supply of essential food elements.

Grape-Nuts is made from two wonderful golden grains—wheat and malted barley. The special baking process by which they are prepared develops the tempting nut-like flavor to the utmost—and makes Grape-Nuts one of the most easily digested foods in the world.

Grape-Nuts gives your body dextrins, maltose and other carbohydrates for heat and energy; iron for the blood; phosphorus for bones and teeth; protein for muscle and body-building; and the essential vitamin-B, a builder of the appetite. Eaten with milk or cream, Grape-Nuts is an admirably balanced ration.

And Grape-Nuts is crisp—delightfully crisp, to encourage the thorough chewing which helps so greatly in preserving the health and beauty of teeth and gums. Dental authorities put much of the blame for modern diseases of the mouth upon modern foods—almost all of them soft! Everywhere, nowadays, dentists are urging their patients to eat crisp foods.



Grape-Nuts is one of the Post Health Products, which include also Instant Postum, Postum Cereal, Post Toasties (Double-thick Corn Flakes), Post's Bran Flakes and Post's Bran Chocolate.

For a better breakfast try Grape-Nuts tomorrow morning. Your grocer has it—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, free. We will send, also, "A Book of Better Breakfasts," written by a former physical director of Cornell Medical College. Follow these delightful menus and form the habit of healthful breakfasts.

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G.—L. H. J. 3-26

FREE—MAIL THIS COUPON NOW!

POSTUM CEREAL COMPANY, Inc.,
Battle Creek, Mich.

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

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