



## She charms most every man she meets—*why?*

Women—and men—who are unusually attractive know how much of their charming *extra* vivacity and vigor depend on the meals they choose. They realize the importance of an adequate breakfast. It may be *small*, but should be *well-balanced* and *nourishing*. That's why Grape-Nuts—the vital energy food—belongs in such a breakfast. For, with milk or cream, Grape-Nuts actually gives you a better balanced variety of nourishment than many a big meal!

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## Teeth that help themselves to Beauty

Many of us neglect one important thing our teeth and gums need—the stimulating exercise of chewing *some* good crisp foods every day. The delicious crispness of Grape-Nuts' golden-brown kernels makes you enjoy the thorough chewing that's so necessary to healthy teeth and gums. And Grape-Nuts, with milk or cream, is rich in tooth-building elements.






## Hurried Breakfasts—How can they be

*Safe?* The small, hurried breakfast can be safe—if it includes Grape-Nuts. For, two rounded tablespoonfuls, with milk or cream, provide more varied nourishment than many a hearty meal! And a special baking process makes Grape-Nuts remarkably easy to digest. So, your small breakfast is safe—if you're getting the easily-digested ample nourishment of this delicious nut-like food! Order Grape-Nuts from your grocer *today*. A General Foods product. ★

### ECONOMICAL? JUST LOOK AT THIS!

An adequate serving of Grape-Nuts is two rounded tablespoons—costing only about a penny. And that's a *bargain!*

Everyone knows that such foods as eggs, lamb chops, and bread are rich in energy. But did you know that due to its concentrated nourishment a *single serving* of delicious Grape-Nuts, with milk and sugar, is as rich in energy as:

- 2 EGGS . . . . . 
- or
- 1½ LAMB CHOPS . . . . . 
- or
- 6 SLICES OF WHITE BREAD . 

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