



A pert little welder named Susie,
 Found by ten she felt washed out and woozy.
 Now at breakfast she takes
 Crunchy, rich Grape-Nuts Flakes
 And at noon she's still peppy—not snoozy!

LIMERICKS

that may be YOU



Fixing ships was a hardship for Denny,
 For of energy he hadn't any!
 Then he learned with delight
 Grape-Nuts Flakes start you right—
 Keep you on the job bright as a penny!



A "no-breakfast-for-me" girl was Maisie.
 But a nurse can't be listless and lazy.
 So she tried Grape-Nuts Flakes,
 Now she's got what it takes!
 Works all day feeling fresh as a daisy!

Take a tip from the trio above—don't try
 to do a man-size job on a bird-size break-
 fast. Doctors and dietitians agree that
 your vitality's awfully low in the morning
 . . . and morning's the time when you need
 at least one-quarter of your daily nour-
 ishment.

Uncle Sam says you need whole-grain
 nourishment every day. And that's the

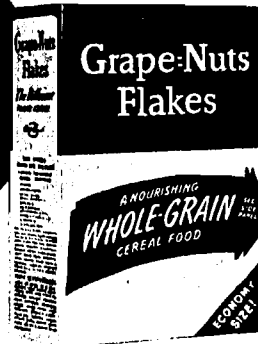
kind you get from Grape-Nuts
 that "boy-I'm-on-top-of-the-
 cereal! It's a "Basic 7" food—has
 flakes packed with whole-grain
 ment, and vitamin B₁ for energy.

Tomorrow, try a big bowlful
 rich, sweet-as-a-nut Grape-Nuts.
 Pour on the milk, pile on the
 what a super-suelegant dish!



Grape-Nuts Flakes

A GENERAL FOODS CEREAL



LISTEN TO THOSE WHO

- ▷ Government authorities say that most of us don't eat breakfast.
- ▷ Doctors and dietitians say we should all get at least one-quarter of our daily nourishment in the morning at breakfast.
- ▷ In a survey of nutritionists, out of 443 said an adequate breakfast should include a cereal with whole-grain nourishment.
- ▷ All General Foods cereals are whole-grain nourishment.

GRAPE-NUTS • GRAPE-NUTS WHEAT-MEAL
 POST'S 40% DISCOUNT

Eat a good breakfast—do a better job!

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