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# EXPOSED!

## Read the True Tale of the Tortoise and the Hare...

● A long time ago, according to Aesop, there was a rabbit whose over-confidence lost him a race to a turtle. But the way we heard it—that dumb bunny bogged down because he'd gorged on a lunch as big as a banquet.

The story might have ended with *victory by a hare* if that stuffed bunny had known—as so many smart people today do—the secret of a light nourishing cereal lunch, a lunch built around delicious Grape-Nuts Flakes, for instance.

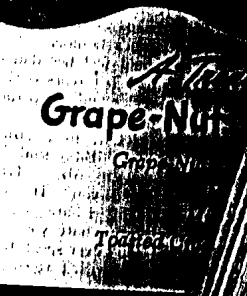
In Aesop's day there were no nutrition experts. Today, nutritionists agree that cereals like Grape-Nuts Flakes are perfect for any meal—one of the "Basic 7" foods you need daily—and that the whole-grain nourishment in Grape-Nuts Flakes provides precious vitamins, minerals and proteins, plus quick food-energy.

A big bowl of these crisp, malty-rich flakes teamed with fruit and whole milk provides no less than *three* of the "Basic 7" foods! All in the one delightful, taste-tantalizing dish! Ah joy—what flavor, what a happy way to get nourishment!

So try a tasty cereal lunch . . . nourishing and satisfying—yet light and easy to digest . . . it sends you back to work full of zip and bounce.

And you'll find Grape-Nuts Flakes wonderfully refreshing and cooling these logy hot days. You save work, time and fuss when you serve this favorite "ready cereal." Unrationed, too, and inexpensive.

So keep alert—keep going—with a crisp, delicious Grape-Nuts Flakes lunch *today!*



NOT TOO HEAVY ... NOT TOO LIGHT

THIS CEREAL

**WOMEN IN THE WAR**

A FAVORITE band played and the right boy to dance. Instead of a smock, Blue prints . . . the blue, swirly . . . his cigarette and here, Campley's favorite and here, Campley's favorite cigarette. And men in the service\* wherever.

*First in the*

\*With men in the Army, Navy, Marine Corps, Coast Guard, and Merchant Marine.