

## Now here is a Breakfast

Appetite says so; taste says soand a sense of well-being says so
CRISP I There's an irresistible appeal to eat the golden Grape-Nut granules. SWEET! There's the wholesome, natural sweetness developed俍 and sustaining food qualities put in the ! There are the splendid building and sustaining food qualities put in the grains by Nature and perfecfed by the
skilled processing.

There is no other food like Grape-Nuts
Grape-Nuts provides well-balanced nourishment in easily digestible form. It is ready to eat with cream or sood mill.

Let this happy food gratify your taste and satisfy your appetite at breakfast or lunch. Especially fine for the children's evening meal.

You can secure Grape-Nuts wherever good food is sold or served.

# Grape:Nuts 

"There's a Reason"
Made by Postum Cereal Company, Ineorporated


THE CAPITAL JOURNAL, SALEM, OREGON


## EVERYBODY

## Watch Our "Ads" in Tomorrow Morning and Evening Papers




