







When breakfast has to be prepared in a hurry-When something appropriate is wanted quick for afternoon lunch-When thoughts of a hot kitchen appall one-

Whenever the appetite calls for something deliciously good and nourish-

ing-

Post Toasties

-with cream, and, say-berries or peaches!

These sweet flakes of corn-toasted crisp-satisfy summer needs. Ready to eat from the package-no bother-no work-no fussing. A food with delightful flavour.

Grocers everywhere sell Post Toasties.