

MELTS IN YOUR MOUTH

A breakfast that's tempting, delicious, different... a guest-worthy dessert that looks and is a real taste thrill ... a top-off for a party cake ... a partner for jellies, junkets, stewed fruits...and all served just as fast as you can pour these featherweight morsels from the big Puffed Wheat packet. Each plump, golden grain exploded to nearly eight times natural size; light, puffy, delicately toasted, and packed with flavour and good whole grain nourishment.

Keep a packet of PUFFED WHEAT always in the pantry. Use it for special dishes ... use it to give new taste appeal to cookies, puddings, savouries. It's the most lighthearted whole wheat cereal-a true Sanitarium sunshine Special for summer appetites.

Another whole grain product from the Sanitarium Health Food Com-pany, Papanui, Christchurch. Makers of Weet-Bix, Bixies, Granose, San Bran, Betta Peanut Butter, Marmite.



PUFFED

F.W.J



FLETCHER, HUMPHREYS & CO. LTD., CATHEDRAL SQUARE, CHRISTCHURCH,