

Spokesperson: A lively pair, so slim, they might be twins. Yet, Susan Byrne is 17 years old, and Lou Byrne is, well, Lou is Susan's mother. Mrs. Byrne, what helps keep your figure so youthful?

- Exercise and the right kind of foods.

- Like a Post Grape-Nuts breakfast.

Spokesperson: A Grape-Nuts Breakfast provides vital protein, and only Grape-Nuts have these crunchy nuggets. A Grape-Nuts breakfast fills you up, not out. (cheerful music)

Susan: Post cereals make breakfast a little bit better.