

Narrator: From a distance you can't possibly tell, which woman is 21 years older than the other. Close up, it's pretty hard to tell too. The lovely lady on your left is Mrs. Edward R. Kast with her daughter Chris of Short Hills, New Jersey. And as you can imagine, it's fun for a girl to have a mother so trim and slim, and able to do things with her. And the reason of course is exercise and the right kind of foods like this, a Post Grape Nuts breakfast, the light kind of breakfast that fills you up but not out. No cereal looks like it, tastes like it because only Grape Nuts have these crunchy nuggets bursting with nuts sweet flavor. (energetic piano music) ♪ Start your day a little bit better ♪ ♪ Help keep in shape with Grape Nuts fresh from Post ♪

Narrator: Fills you up, but not out.