

(water splashing)

- All right, get it away Come on. (water splashing) I just turned 47. And from a physical standpoint, a light breakfast is important to me. I'd say about five days a week, I'll have Post 40% Bran Flakes. And I think Post Bran Flakes helps me maintain my physical abilities to do a job. My oldest girl and I do quite a bit of swimming. The youngest one, well she likes swimming, so I have to worry about that end of it. It keeps me young and on the move. We buy the large Post 40% Bran Flakes. And if the children don't get at it, it'll last me about a week and a half to two weeks.

Announcer: Why don't you try them regularly? Post 40% Bran Flakes in this new compact box, another fine product of General Foods.