

# For your own benefit

Eat Shredded Wheat for breakfast for the next ten days and note how different you feel during the day.

Wheat is the most perfect food given to man—rich in every strengthening, muscle-building element, so essential for the healthy, robust body.

# SHREDDED WHEAT

Biscuit is just the plain, wholesome whole wheat, steam-cooked, shredded and baked a crisp golden brown—a delight to eat and to serve.

Its very crispness assists digestion—compels the necessary chewing and mixing with saliva.

Shredded Wheat is better than mushy porridges because you have to chew it, thereby getting from it its rich muscle and bone-building nutriment.

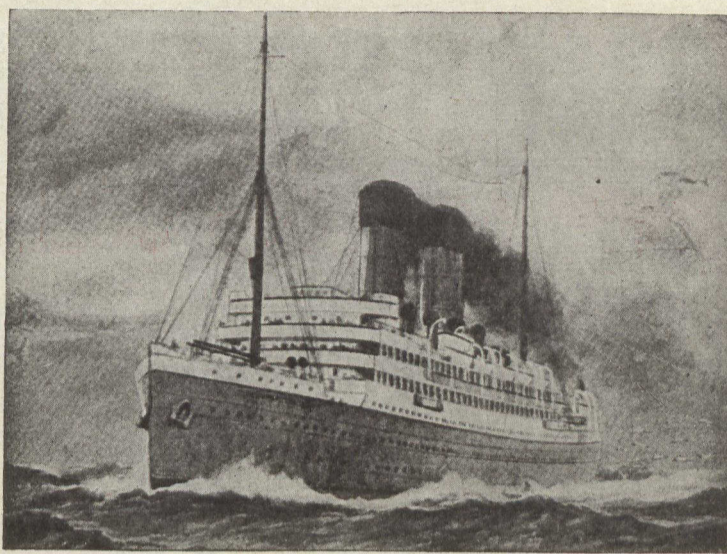
*Two Shredded Wheat Biscuits with milk or cream and a little fruit make a complete nourishing breakfast, supplying all the strength needed for a half-day's work. Delicious with fruit for lunch. Your grocer sells them.*

The only cereal made in biscuit form

Made by

Canadian Shredded Wheat Co., Ltd., Niagara Falls, Ont.

D62



## The St. Lawrence Route to Europe

Not the least pleasurable part of your Old Country trip is the two days' sail down the smooth gliding St. Lawrence—past quaint, picturesque villages of the habitant—Plains of Abraham—mediaeval Quebec—and the hazed peaks of Blue Mountains. These and other picturesque sights delight those who travel on the

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KAWARTHA LAKES—Speckled Trout, Black Bass, and Maskinonge.  
LAKE OF BAYS—Speckled Trout, Salmon Trout, and Black Bass.  
ALGONQUIN PARK—Speckled Trout, Black Bass, and Salmon Trout.  
TEMAGAMI—Black Bass, Lake Trout, Speckled Trout, Wall-eyed Pike.  
LAKE NIPISSING—Black Bass, Maskinonge, Pickerel, Pike.  
GEORGIAN BAY—Black Bass, Salmon Trout, Lake Trout, Pickerel, Pike.

OPEN SEASONS.

BLACK BASS—June 16th to April 14th following year. SPECKLED TROUT—May 1st to September 14th. SALMON TROUT AND LAKE TROUT—Dec. 1st to Oct. 31st following year. MASKINONGE—June 16th to April 14th following year. PICKEREL—May 16th to April 14th following year.

Write for a copy of "HAUNTS OF FISH AND GAME," giving full particulars of game laws, license regulations, maps, etc., to any of the following agents:

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