

# A Bill "To Lengthen Life"

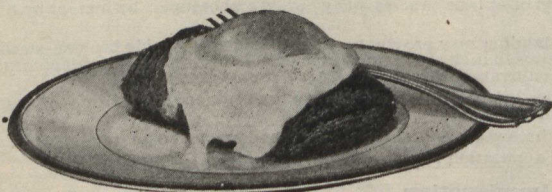
An Oklahoma Senator has introduced in Congress "a bill to lengthen life." Of course you can prolong life by the enforcement of certain sanitary laws. But you cannot create longevity by legislation for a person who eats foolishly and lives unwisely.

Health and long life come from eating simple body-building foods that are easily digested. Every element that the body needs is found in



## Shredded Wheat Biscuit

and it is prepared in a digestible form by the best process ever discovered for rendering the whole wheat a perfect food. Only perfect whole grains of wheat are used and these are steam-cooked, shredded and baked in the cleanest, finest food factory in the world.



Shredded Wheat is not only a perfect food, but it will prolong life and increase the happiness of the housewife by saving her from kitchen drudgery. Being ready-cooked and made in biscuit form it is so easy to prepare a meal with it in combination with poached eggs or with baked apples, sliced bananas or other fruits. As a simple breakfast cereal with milk or cream it is deliciously nourishing and satisfying.

Made by THE CANADIAN SHREDDED WHEAT COMPANY, Ltd., Niagara Falls, Ont.

Toronto Office: 49 Wellington St. East.

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