

# In Sickness or in Health



"It's All in the Shreds"

the best body-builder—the food that gives bounce and buoyancy to mind and body is

## Shredded Whole Wheat

- a food for invalids and athletes, for outdoor men and indoor men, for busy housekeepers and city toilers, for
- summer home and summer camp, for any meal in any clime, the one universal food—to grow on, to work on, to play on, to live on.

It is the whole wheat steam-cooked, shredded and baked in the cleanest, finest food factory in the world. No other food can match it for building strong and sturdy bodies, for restoring impaired digestion and giving vim and vigor to weary brains and worn-out bodies.

Shredded Wheat (heated in oven) is delicious for breakfast with milk or cream, or for any meal in combination with fresh berries or stewed fruits.

*Our new and handsomely illustrated  
Cook Book is sent free for the asking.*

**Canadian Shredded Wheat Co., Limited**  
**Niagara Falls, Ont.**