

Shredded Wheat **A Natural Food.**

DOCTORS TESTIFY

In strong terms to the merits of **Shredded Whole Wheat Biscuit** in such words as the following:

"Have advised its use in all forms of impaired nutrition and phosphatic deficiency."—Dr. Ora E. Castle, Lynn, Mass.

"We use it freely in our family to prevent sickness. Over-eating and eating improper food is the cause of one-third of the sickness in New England."—Dr. W. R. Dunham, Keene, N.H.

"The most perfect food yet offered to mankind. It has done wonders for me."—Dr. Charles A. Barnard, Centredale, R.I.

"We are using Shredded Wheat regularly, and think it is an excellent food."—Dr. M. D. Berry, Vermont Insane Hospital, Waterbury, Vt.

A Cook Book, containing 262 receipts, mailed **FREE** to any one sending name and address on postal to

The Natural Food Co.

61 Front Street East, Toronto

Shredded Wheat **For Sale by All Grocers.**