



“The Autocrat of the Breakfast Table”

In Winter or Summer,
for old or young, for
invalids or athletes, for
the outdoor man or
the indoor man, for
the young housekeeper
or the experienced
cook the autocrat of
the breakfast table is

Shredded Wheat Biscuit

It is clean, pure and wholesome—made of the whole wheat and nothing but the wheat—full of nutriment, easily digested. Being made in “little loaf” form, it makes delicious combinations with stewed or fresh fruits. Try it with sliced bananas and cream.

For breakfast heat the Biscuit in the oven to restore crispness and pour over it hot milk, adding a little cream and a dash of salt.

**Canadian Shredded Wheat
Company, Ltd.,**
Niagara Falls, Ontario

