

**10
Reasons
Why
You
Should
Eat
Shredded
Whole
Wheat
Biscuit**

- 1** It is a Whole Wheat Food, Bran and all.
- 2** It saves work, for it is ready-cooked.
- 3** It is light, without Yeast or Baking Powder.
- 4** It is healthful.
- 5** It contains all the elements of nutrition.
- 6** It is a nerve food, muscle food, bone food and brain food.
- 7** It is easy of digestion and a favorite with dyspeptics.
- 8** It can be prepared in a great variety of ways.
- 9** It can be served for breakfast, lunch, dinner or supper.
- 10** It is pure and clean, and is made without being touched by human hands.

**Cook
Book
Free**

A BEAUTIFULLY illustrated Cook Book, containing 262 recipes, free to anyone sending name and address on postal to The Shredded Wheat Co., 61 Front St. East, Toronto.

SHREDDED WHEAT FOR SALE BY ALL GROCERS