

For the Nation's Defense

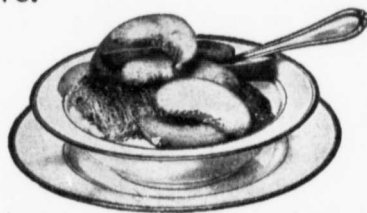


The Nation's defense is not in guns or dreadnaughts alone, but in the men of health and stamina who do the work of factory or farm, or manage the great industrial enterprises. Building sturdy boys for national defense is largely a question of food and exercise. The best food for youngsters and grown-ups is

Shredded Wheat

Being made of the whole wheat it supplies all the material for the building of the perfect human body and is prepared in a digestible form. A daily diet of Shredded Wheat means preparedness for any task that calls for physical endurance or mental alertness. It is ready-cooked and ready-to-serve.

For breakfast heat one or more Biscuits in the oven to restore crispness; pour hot or cold milk over them, adding a little cream; salt or sweeten to suit the taste. Deliciously nourishing for any meal with stewed prunes, sliced bananas, or canned fruits of any kind.



Made in Canada by

The Canadian Shredded Wheat Co., Limited

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