

Boneless Men



BONELESS MEN are all right for canning, but most men are not going to be canned if they can help it. You cannot get good bone or muscle from white flour bread alone or from pastries or starchy vegetables. Feeding children foods that are lacking in phosphates deprives them of the elements that are needed for making sound teeth, bone and brain. The ideal food for growing children is

SHREDDED WHOLE WHEAT

because it contains all the bone-making, muscle-building elements in the whole wheat, made digestible by steam-cooking, shredding and baking.

For that "bilious, bluish feeling" that comes in the Spring, try this for breakfast: Drink a glass of orange juice or grape-fruit. Then heat one or more Shredded Wheat Biscuits in the oven to restore crispness; pour hot milk over them, adding a little cream and a dash of salt. The Biscuit is equally wholesome or nutritious with baked apple, peaches, berries, pineapple or other fruit, fresh or preserved.

Triscuit is the Shredded Wheat wafer, eaten as a toast with butter, cheese or marmalades.

THE ONLY "BREAKFAST CEREAL" MADE IN BISCUIT FORM.

The Canadian Shredded Wheat Co., Limited - - Niagara Falls, Ont.
Toronto Office: 49 Wellington Street East