

Reaching the Top-Notch

¶ Whether you are digging for Greek Roots or playing foot-ball, the top-notch is reached through nourishing, easily digested foods, combined with a careful observance of the laws of hygiene.

SHREDDED WHEAT

is rich in the proteids that repair waste tissue. It is on the training table of every college and university. It is the ideal food for study or for play. Easily digested and full of nutriment. Try the Biscuit (with hot milk) for Breakfast, and toasted Triscuit for Lunch.

MADE IN CANADA OF CHOICEST
SELECTED CANADIAN WHEAT.

The Canadian Shredded Wheat Co.,
LIMITED
NIAGARA FALLS, ONT.

Please mention the **MARTLET** when purchasing of our Advertisers