

# Your Table Manners



Your "table manners" are not half so important as the things that are on your table.

Eating pie with a fork does not make the pie any more digestible or nutritious. Twenty years from now Fashion may ask you to eat everything with a spoon.

The laws of nature are higher than the decrees of Fashion. Your table will reflect good breeding as well as an intelligent regard for the health and happiness of the family if SHREDDED WHEAT is there. It is eaten by discriminating people who know that it is the cleanest, purest, most nutritious and most easily digested of all the cereal foods.

Try it for breakfast.



Shredded Wheat is made of the choicest white wheat that grows—is cleaned, steam-cooked, shredded and baked in the finest and cleanest food factory in the world. If you like the BISCUIT for breakfast you will like toasted TRISCUIT (the Shredded Wheat Wafer) for luncheon or other meals. It is delicious with butter, cheese or marmalades.

*Our new and handsomely illustrated Cook Book is sent free for the asking.*

THE CANADIAN SHREDDED WHEAT COMPANY, Limited  
NIAGARA FALLS, ONT.

Toronto Office: 32 Church St.

**"It's All in the Shreds"**