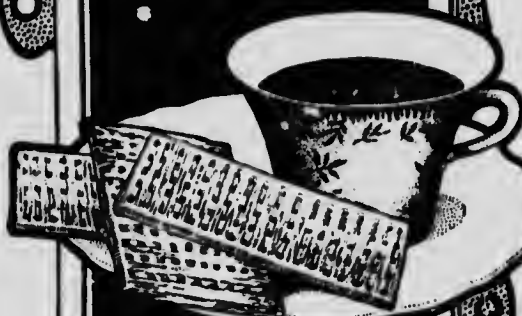
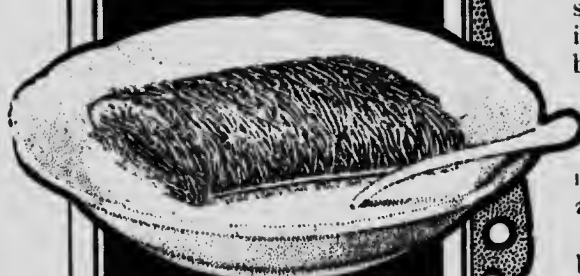


*Suggestions
for
Serving*

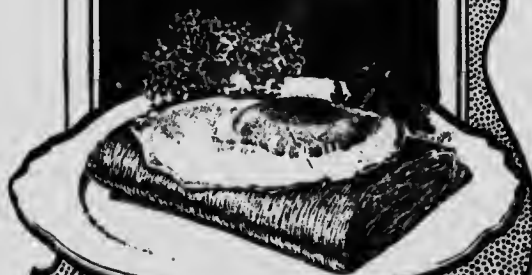
SHREDDED WHOLE WHEAT



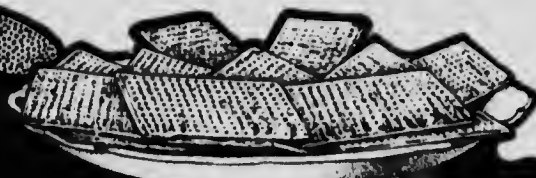
TRISCUIT WITH COCOA



BISCUIT WITH CREAM



POACHED EGG ON TOAST



TRISCUIT AS TOAST

SHREDDED WHOLE WHEAT Biscuit and Triscuit

completely nourish the entire body and brain and are the only naturally short and porous foods made from wheat without the use of fats, yeast or chemicals of any kind.

Shredded Whole Wheat is a complete food in itself. It supplies nitrogen for your muscles, calcium salts for your bones and teeth, and phosphates for your nerves and brain. Use *Shredded Whole Wheat* regularly and note your great improvement in health and spirits.

Shredded Whole Wheat Biscuit is staple in every well-provisioned larder and is the reliance of the thoughtful housekeeper because it can be combined with fruits, preserves, and vegetables in making over 250 varieties of all-course dishes. It stands conspicuously alone as a cereal for morning, noon and night. *Place Biscuit in warm oven to renew crispness.*

Triscuit, the appetizing wafer is so baked by electricity that all the rich, nutty flavor of the *Whole Wheat* is retained. There are many original ways of serving it in addition to its standard uses as bread, toast and as a successor to crackers. It makes delicious cheese-toast and sandwiches, and when dipped in icing is transformed into a healthful sugar wafer. *Place Triscuit in warm oven to renew crispness.*

"I have been an invalid for three years; have tried the different breakfast foods, but find that *Shredded Whole Wheat* is the only food that I do not tire of and the only one which when used constantly agrees with me." ETHEL M. SECOND,
Ripley, N. Y.

Shredded Whole Wheat Biscuit and
Triscuit are sold by all grocers.

The Natural Food Company, Makers of Shredded Whole Wheat Products,
TORONTO, CANADA