



The Best Christmas Gift

The best Christmas gift is a Good Digestion at a time when there are so many good things to eat. There is no Christmas Joy without Health—the health that comes from simple, nourishing, easily digested foods.

SHREDDED WHEAT BISCUIT

with hot milk or cream every morning will restore a weak, rebellious stomach to natural vigor and will supply all the strength needed for work or play.

Heat the Biscuit in the oven to restore crispness, then pour hot milk over it, adding a little cream and a dash of salt. Being ready-cooked it is so easy to prepare a delicious, nourishing meal with it in combination with creamed oysters or with fresh or preserved fruits.

All the Meat of the Golden Wheat

The Canadian Shredded Wheat Company,
Limited

Niagara Falls, Ont.

Toronto Office: 49 Wellington St., E.

2799

