



INVIGORATING PALATABLE AND NOURISHING

Bovril

Contains all the nourishment of Beef in its most condensed form. It can be used at any moment and with the least possible trouble. A little boiling water and it is ready for use in the Nursery, the Sick Room, or at the Table.

Shredded Wheat Biscuit

Are made from first grade of White Wheat, which is screened, washed, boiled, shredded and baked without being touched by the hand of man. A pure, clean food, possessing all the nourishing elements of wheat in the same proportion as nature stored them in the grain - and nature makes no mistakes.

When you eat Shredded Wheat Biscuit you secure all the food properties that there are, and all you could get—suited for nutrition—if you ate all the kinds of food in existence.

Shredded Wheat Biscuit overcomes the difficulty of selecting proper foods, for they contain in themselves all the properties in correct proportions necessary to properly nourish all the elements of the body.

Shredded Wheat Biscuits are easily digested and are favorites with dyspeptics. They act naturally and do not overtax the digestive organs, because originally intended for them. They have never failed to cure constipation in the most aggravated form. Those who use SHREDDED WHEAT properly require no medicine.

FREE.—Send your name on postal for our Cook Book containing valuable food information and choice recipes for preparing proper food dishes.

Address *The* **NATURAL FOOD COMPANY**
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