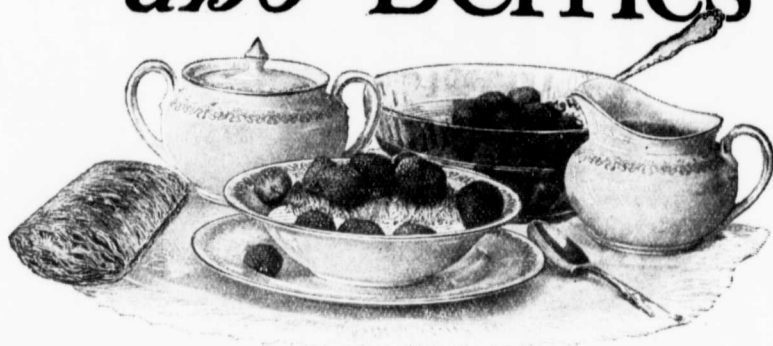


Biscuit *and* Berries



A DELICIOUS, wholesome, nutritious combination for the Summer days, when the stomach rebels against heavy meats, against starchy foods and soggy pastries—

SHREDDED WHEAT AND STRAWBERRIES

The purest, cleanest, most nourishing of all cereal foods, combined with the most luscious berry that grows from American soil. A light, palatable, healthful dish for any meal, easily digested by the most delicate stomach; supplies all the strength needed for a half day's work.

Heat the Biscuit in the oven to restore crispness, then cover with strawberries and serve with milk or cream, adding sugar to suit the taste. Try it for desert in place of soggy white flour short-cake and other pastries. The Biscuit is equally delicious and wholesome with other berries or fresh fruits in season. Many persons who cannot eat strawberries or other fresh fruit without distress, find them very nourishing and satisfying in combination with Shredded Wheat Biscuit. Our new illustrated cook book is sent free for the asking.

The Only Breakfast Food Made in Biscuit Form

THE CANADIAN SHREDDED WHEAT COMPANY, Ltd.
NIAGARA FALLS, ONTARIO
