



An "Off Day" in the Kitchen

is the cook's "day off"—and it is generally an "off day" for the entire household. It is a day of short rations and unsatisfied hunger. It need not be an "off day" if you have

SHREDDED WHEAT

in the home—the food that is ready-cooked, ready-to-serve, full of nutriment and easily digested. Nothing so wholesome and nourishing as Shredded Wheat Biscuits with baked apples and cream, and nothing so easy to prepare.

Heat a Biscuit in the oven to restore crispness and then place in a deep dish with a peeled baked apple and pour over it milk or cream and sweeten to suit the taste. Shredded Wheat is also deliciously nourishing when served with canned peaches, pears, plums or other preserved fruits. Shredded Wheat is made of the whole wheat steam-cooked, shredded and baked—nothing added, nothing taken away—the cleanest, purest, most nutritious of all cereal foods.

TRISCUIT is the Shredded Whole Wheat Wafer, to be toasted in the oven and served with butter, cheese, or marmalades.

The Only Breakfast Cereal Made in Biscuit Form

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

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