

**10  
Reasons  
Why  
You  
Should  
Eat  
Shredded  
Whole  
Wheat  
Biscuit**

- 1** It is a Whole Wheat Food, Bran and all.
- 2** It saves work, for it is ready-cooked.
- 3** It is light, without Yeast or Baking Powder.
- 4** It is healthful.
- 5** It contains all the elements of nutrition.
- 6** It is a nerve food, muscle food, bone food and Brain food.
- 7** It is easy of digestion and a favorite with dyspeptics.
- 8** It can be prepared in a great variety of ways.
- 9** It can be served for breakfast, lunch, dinner or supper.
- 10** It is pure and clean, and is made without being touched by human hands.

**Cook  
Book  
Free**

**A** BEAUTIFULLY illustrated Cook Book, containing 262 recipes, free to anyone sending name and address on postal to The Shredded Wheat Co., 61 Front St. East, Toronto.

**SHREDDED WHEAT FOR SALE BY ALL GROCERS**