

# What the Millions Are Doing With Foods Shot from Guns



I mix the Puffed grains with berries for a morning dish. They seem to fit together as do nuts and raisins.  
—Average Man.



I like them best just with sugar and cream. Sometimes I mix the Puffed Wheat and Puffed Rice.  
—Average Woman.



My favorite dish at night time is Puffed Wheat or Rice in milk.  
—A Child Who Knows.



Once serve Puffed Wheat as wafer crisps in soup and you'll never serve soup without it.—A Housewife.



I scatter the grains over every dish of ice cream. That's better by far than freezing nut meats in it.  
—A Famous Chef.



I use Puffed Rice in fudge. It tastes like nuts, yet it melts in the mouth like sugar.—Schoolgirl.



I stuff my pockets full of Puffed Wheat when I go to play, and eat the grains like peanuts.—Average Boy.



I care not how folks eat them. But eat them in some way whenever you seek absolute ease of digestion.  
—A Physician.

## All Because Prof. Anderson Thought of Exploding Grain

He conceived the idea of sealing wheat and rice kernels up in great bronze-steel guns.

Then heating those guns until the moisture in the grains changed to superheated steam.

Then exploding the steam, blasting all the food granules to pieces.

Thus he made whole grain wholly digestible for the first time in food history.

He filled the grains with a myriad cells—puffed them to eight times normal size.

The terrific heat gave the thin-walled grains a taste like toasted nuts.

Thus came these airy wafers—the most delightful cereals ever known.

Now people are eating—in all these ways—a million dishes daily. In countless homes nearly every meal in some way includes these crisps.

**Puffed Wheat, 10c**

Except in  
Extreme West

**Puffed Rice, 15c**

**The Quaker Oats Company** - Sole Makers—Peterborough