



THE WORKERS OF THE WORLD



With amazing rapidity the nimble fingers of the typist must register, day in and day out, the thoughts that move the commerce of the world—a vocation that calls for food that keeps the mind alert and the muscles responsive.

Shredded Wheat

is a perfect food for all workers whose employment calls for quick thinking and quick acting. It is not a "proteid food" nor a "carbohydrate food," but just an all-around, well-balanced ration containing just enough muscle-making material and just enough energy and heat-creating material for outdoor work or indoor work. For breakfast or luncheon, with milk or cream, with baked apple, sliced bananas or other fruits.

MADE IN CANADA by

The Canadian Shredded Wheat Company, Limited

Toronto Office: 49 Wellington Street East
