

Is Your House a Home ?



A Home is not made of brick walls, chairs, tables or tapestries. Happiness is the note that transforms the house into the Home—and Happiness comes from Health which is the child of Harmony. Health comes from living in harmony with law. Make your house a Home by serving

Shredded Wheat



the food of Health and Strength that gets you into harmony with Nature—made of the whole wheat, steam-cooked, shredded and baked. A natural, elemental food, ready-cooked, ready-to-serve, easy-to-digest.

For breakfast, heat one or more biscuits in the oven to restore crispness; pour hot or cold milk over them, adding a little cream; salt or sweeten to suit the taste. Deliciously nourishing with sliced bananas, baked apples, prunes or preserved fruits of any kind.

Made in Canada by

The Canadian Shredded Wheat Company, Limited

TORONTO OFFICE: 49 WELLINGTON STREET EAST