



Some- thing to Lean Upon

It is not the Cook, but "the Woman behind the Cook," who rules the world. She holds in the hollow of her hand the destiny of the race. Stomach Comfort and Satisfaction spell Success—and it's largely a question of food. When cooks fail and servants fail and everything else fails, there is

Shredded Whole Wheat

for the housekeeper to lean upon in every emergency. Ready-cooked, ready-to-serve, it contains all the nutritive elements of the whole wheat, steam-cooked and drawn into fine porous shreds so that the stomach may easily take up all its strength-giving properties.

Try the Biscuit for Breakfast this way: Warm the Biscuit in an oven to restore crispness (it should ALWAYS be heated—not burned—before serving); add salt and pour hot milk over it, dipping the milk over it until the shreds are swollen. If the taste requires it a little cold cream may be poured over the top of the biscuit.

Or this way: Dip the Biscuit quickly in cold milk or water. Drain and place in a covered pan in hot oven from two to five minutes. Serve with milk or cream and sugar, or with poached egg.

TRISCUIT is the shredded whole wheat wafer which takes the place of white flour bread; delicious as a toast with butter or with cheese or preserves.

"IT'S ALL IN THE SHREDS"

Canadian Shredded Wheat Co.

NIAGARA FALLS, ONT.

LIMITED

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