Causes of the Mexican Revolution; Revenge of Downtrodden Peons

On the Pleasures of Walking

## Min

## Don't Grow Old Too Fast

"A man is as old as his arteries." Old age is merely a hardening of the arteries-and hardening of the arteries comes from excessive eating of high ${ }^{\text {protein }}$ food such as meat and eggs. Cut down the highprotein diet for awhile and eat Shredded Wheat. It supplies all the body-building material in the whole wheat prepared in a digestible form. Of course

## SHREDDED WHEAT BISCUIT

will not "cure" appendicitis-nor will any other cereal food. The excessive eating of indigestible foods, however, gradually brings on stomach and bowel disorders-and these can be prevented by a daily diet of thoroughly cooked cere .is. Shredded Wheat is best for this purpose because it is steam-cooked, shredded and twice baked, retaining the bran coat, which is so valuable in keeping the bowels healthy and active.
Heat the Biscuit in the oven to restore crispness and serve with hot or cold milk and a little cream, adding salt or sugar to suit the taste. It also makes delicious combinations with stewed or prese
fruits. Two Shredded Wheat biscuits with stewed fruit makes a wholesome nourishing meal. TRISCUIT is the Shredded Wheat wafer-a crisp, tasty, nourishing whole wheat Toast, delicious for nny meal with butter, cheese or marmalades.


## Abbey's




