

The Full Enjoyment of Fresh Fruit



The full enjoyment of fresh fruit comes to the person who knows enough to combine it with a food that is properly acted upon by the fruit acids, thereby promoting digestion and preventing stomach discomfort and bowel disorders. The ideal food for this purpose is

Shredded Wheat Biscuit

The shape of the biscuit and the porous nature of the shreds make it peculiarly adapted to combinations with all kinds of acid fruits, in season and out of season.

You do not know "The Joys of June" until you have eaten Shredded Wheat with strawberries and cream. Nothing so wholesome, healthful or nutritious in summer. Try it for dessert in place of soggy white flour short-cake and other pastries. Deliciously palatable and easily digested by the most delicate stomach.

Shredded Wheat is made of the choicest white wheat that grows, is cleaned, steam-cooked, shredded and baked in the finest and cleanest food factory in the world.

"Its All in the Shreds"

The Canadian Shredded Wheat Company, Limited

Toronto Office: 32 Church St.

Niagara Falls, N.Y.



Our new Cook Book is sent free.