

# MADE IN CANADA

Join "the live-a-little-longer movement" by cutting out heavy, indigestible foods—the kind that harden the arteries and put the liver out of business. **SHREDDED WHEAT** supplies all the material needed for building the perfect body and for keeping the mental and physical powers at top-notch efficiency with the least tax upon the digestion. It is ready-cooked and ready-to-serve—always the same quality, always the same price.

Shredded Wheat is made in two forms, **BISCUIT** and **TRISCUIT**—the Biscuit for breakfast with milk or cream, or with fruits; Triscuit, the wafer-toast, delicious for luncheon with butter or soft cheese, or for any meal as a substitute for white flour bread.

Toronto Office :  
49 Wellington Street East



Made at  
**NIAGARA  
FALLS,  
ONTARIO**