

Two shredded Wheat Biscuits, heated in the oven to restore crispness, and eaten with milk or cream, will supply all the nutriment needed for a half day's work at a cost of not over four cents. Deliciously nourishing and satisfying for any meal with fruits or creamed vegetables.

Made by

The Canadian Shredded Wheat Company, Limited

Niagara Falls, Ontario

Toronto Office: 49 Wellington Street-East.