

# Her "Declaration of Independence"



The "Servant Problem" changes to Servant Sense and Servant Sunshine in the Home where

## Shredded Wheat

is known. A knowledge of its nutritive value and its wide culinary uses emancipates the housewife from "food worry" and kitchen drudgery.

With Shredded Wheat Biscuits and blackberries or other fresh fruits in season, a delicious, wholesome and nourishing meal can be prepared in a few minutes by the housekeeper without culinary knowledge or experience—nothing to do but heat the Biscuit in oven to restore crispness; then cover with berries or other fruits, and pour over them milk or cream and sweeten to suit the taste.

More healthful and more nutritious in Summer than heavy meats or soggy pastries.

Shredded Wheat is made of the choicest selected white wheat that grows, in the cleanest, finest, most hygienic food factory in the world.

**ALL THE MEAT OF THE GOLDEN WHEAT**

**The Canadian Shredded Wheat Co., Limited - - Niagara Falls, Ont.**  
Toronto Office: 49 Wellington Street East