

# IN SICKNESS or in HEALTH

The best body-builder---the food that gives bounce and buoyancy to mind and body---

## SHREDDED WHOLE WHEAT

a food for invalids and athletes, for outdoor men and indoor men, for busy housekeepers and city toilers, for summer home and summer camp, for any meal in any clime, the one universal food ---to grow on, to work on, to play on, to live on.

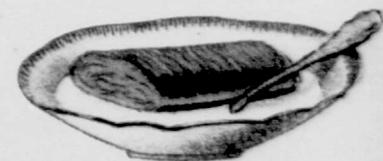
It is the whole wheat, steamcooked, shredded and baked in the cleanest, finest food factory in the world. No other food can match it for building strong and sturdy bodies, for restoring impaired digestion and giving vim and vigor to weary brains and wornout bodies.

**Shredded Wheat (heated in oven) is delicious for breakfast with milk or cream, or for any meal in combination with fresh or stewed fruits. Triscuit is the Shredded Wheat Toast, eaten with butter, cheese or marmalades—a pleasant surprise for the stomach after eating white flour bread and pastries.**

The food that puts you on your feet.

**The Shredded Wheat Company, Niagara Falls, N.Y.**

*Formerly The Natural Food Company.*



**"It's All in the Shreds"**

