SLIVIU M'GURE SHIS MIIE MIC5

Prominent Society Dramatic Reader Seeks Divorce From Sales Agent.

OREGON CITY SUIT FILED


TEN YEARS' CONTEST WON
$\qquad$




UWTr IS PRMISED


## Grape-Nuts

FOOD

## Has helped

many a man to do better work

Read "
The Road to
in packages.
There's a Reason

## Don't Grow Old Too Fast

"A man is as old as his arteries." Old age is merely a hardening of the arteries-and hardening of the arteries comes from excessive eating of high-protein food such as meat and eggs. Cut down the highprotein diet for awhile and eat Shredded Wheat. It supplies all the body-building material in the whole wheat prepared in a digestible form. Of course

## SHREDDED WHEAT BISCUIT

will not "cure" appendicitis-nor will any other cereal food. The excessive eating of indigestible foods, however, gradually brings on stomach and bowel disorders-and these can be prevented by a daily diet of thoroughly cooked cereals. Shredded Wheat is best for this purpose because it is steam-cooked, shredded and twice baked, retaining the bran coat, which is so valuable in keeping the bowels healthy and active.
Heat the Biscuit in the oven to restore crispness and serve with hot or cold milk and a little cream, adding salt or sugar to suit the taste. It also makes delicious combinations with stewed or preserved
fruits. Two Shredded Wheat biscuits with stewed fruit makes a wholesome nourishing meal.

The Only Cereal Breakfast Food Made in Biscuit Form


