

## 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 preal
fruits. Two Shredded Wheat biscuits wihh stewed fruit makes a wholesome nourishing meal.

The Only Cereal Breakfast Food Made in Biscuit Form


The Shredded Wheat Company Niagara Falls, N. Y.

