## BUILDING BRAINY MEN

Perhaps you can't build brains with food alone-but a food that supplies, in digestible form, every element needed to build a perfect human body must help some -and that's the reason, no doubt, that cereals have taken the place of desserts in the students' dining hall at Harvard University. The food to study on, to work on, to grow on, is

## Shredded Wheat

contains all the body-building material in the whole wheat grain made digestible by steam-cooking, shredding and baking. It forms
 deliciously nourishing desserts when combined with berries or other fresh fruits.
Two Biscuits, heated in the oven to restore crispness, and then covered with strawberries or
other fresh fruits and served with milk or cream
will supply all the nutriment needed for a half other fresh fruits and served with milk or cream
will supply all the nutriment needed for a half

## Make Your Meat Shredded Wheat

Made only by The Shredded Wheat Company, Niagara Falls, N.Y.

## OREGON EXTENDS ABMS TO GEBMMAN

Definite Programme to Help Newcomers in Settling in State Is Adopted.

COUNTIES WILL ORGANIZE
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## ARGUMENTS HEARO IN BRIDGE CASE

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WHOLESALE AND MANUFACTURERS

