

## Biscuits by the time the table is set

Light, dainty, deliciousmade without trouble No worry-No Failures

Also makes rich short cakes, layer cakes. and muffins quickly and easily

## Heckers' siditys

Practical recipes on every pachage
GET THIS HEALTH HABIT:
Drink a dolass of pure water as soon as you qet out of bed; drink a small class of pure orange juice just before you eat breakfaststfor break fast heat two Shredded WheatBiscuits in the oven (to restore their crispness) and eat them with hot milk or cream. All the nutrintent needed for a half day's work - the mind clear and alert, the liver and kidneys active, the stomach sweet and clean. Try it for six days and see how much better you feel.

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