$10 \quad$ MONDAY EVENING，
Their Married Life＂

with fresh fruit and green vegetables，a combina－
tion that is helpful and satisfying，supplying all the strength needed for work or play．The world＇s
universal，staple breakfast cereal．Ask your the strength needed for work or play．The world＇s
universal，staple breakfast cereal．Ask your grocer．
then poor over it milk or cream，adding salt or sugar to suit the taste．Delicioosly nourishing for any meal when
served with siliced peaches，milk or cream，or with fresh
fruits of any hind
 It＇s All in the Shreds
$\qquad$

Comes from a wise selection of easily digested foods which supply the maximum of nutriment with the least tax upon the digestive organs． Food follies always lower vitality and decrease

## SHREDDED WHEAT

