



Not Sold by Weight When you buy Shredded Wheat you are paying something for the patented pro-
cess by which the whole wheat is made cess by which the whole wheat is made
digestible in the human stomach. We are not selling raw wheat. It is what
you digest not what you eat, that builds muscle, bone and brain.

## Shredded Wheat

is the whole wheat made digestible by
steam-cooking, shredding and baking, steam-cooking, shredding and baking.
The filmy, porous shreds are quickly permeated by the digestive juices, enabling the body to take up every particle of nu-
triment stored in the whole wheat grain. Two Shredded Wheat Biscuits, heated
in the oven to restore crispness, served in the oven to restore crispness, served
with hot milk or cream, make a comwith hot milk or cream, make a com-
plete, nourishing, satisfying meal at a
total cost of five or six total cost of five or six cents. Also
delicious with fruits. Made only by
The Shredded Wheat Co., Niagara Falls,N.Y.



BEET TMEETD.



for Spring Colds of a Grippe character




 $25 \%$
Gorgas' Drug Steres Pemmin staton

Mrs. Phoebe Turner
former pupil of Mme. Decka and Melanet, w
VOCAL STUDIO APRIL 8 at 261 PEFFER STREET

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