GETTING HIS OWN BREAKFAST

Shredded Wheat
Ready-Cooked — Ready-to-Eat
Eat Shredded Wheat—all the Food, all the Bran, in the Whole Wheat

"GETTING his own breakfast"—what does that mean to the average boy?

Here is a boy who knew exactly what he wanted, and it didn't take him long to get it. He wanted Shredded Wheat and milk—and that is what any healthy, normal boy or girl would want.

And why Shredded Wheat? Because it is the whole wheat, toasted crisp and brown, with a nutty flavor that makes the mouth water, and a crispness that makes you chew it.

He is carrying home the most perfect food combination—milk and toasted whole wheat—and he can prepare with his own hands in a few moments a perfectly balanced meal—no cooking, no waste of gas or other fuel.

And what does this mean to the mother, to the housekeeper, to the man who is in a hurry to get off to business? We know what it means to the boy—it means health and strength, and the building of good muscle, sound bones and teeth. It also means perfect digestion.

But it means more than that to the mother—it means freedom from kitchen work—for Shredded Wheat is ready-cooked, ready-to-eat. It is so easy to prepare a delicious, nourishing, well-balanced meal with it in a few moments.

SHREDDED WHEAT DISHES

Most people eat Shredded Wheat as a simple breakfast cereal with whole milk or cream—but hundreds of delicious dishes can be made with it in combination with fruits and creamed meats or vegetables. Make a patty shell by simply crushing in the top of a Biscuit with the bowl of a spoon—fill the hollow with fruits—sliced bananas, peaches, strawberries, prunes, or other fruits. The following are some of the simpler and more popular Shredded Wheat Dishes:

SHREDDED WHEAT PORRIDGE
Break up Shredded Wheat Biscuits in a saucepan; add enough boiling water to cover the bottom of the pan; salt to suit the taste; stir and boil until it thickens; serve with milk or cream.

SHREDDED WHEAT BREAD
Break six Shredded Wheat Biscuits into bread bowl or mixer. Add two cups boiling water and let stand until cool. Add two cups scalded milk, two tablespoons shortening, one-half cup molasses and one tablespoon salt. Stir to mix well and when lukewarm add one yeast cake dissolved in one-quarter cup lukewarm water. Add five cups bread flour one at a time, stirring with a knife until well mixed. Add enough more flour to knead. Finish like white bread.

SHREDDED WHEAT GRUEL
Put two cups water in top of double-boiler, put directly over the heat and when it boils add one Shredded Wheat Biscuit crumbled and one-half teaspoon salt. Place over hot water and cook one-half hour stirring frequently. Add one cup milk and when hot it is ready to serve. Rub through a strainer if the gruel is to be used for an infant or small child.

SHREDDED WHEAT COOKIES
Cream five tablespoons softened butter, add slowly one cup sugar, then add two egg yolks and beat thoroughly. Add three Shredded Wheat Biscuits rolled fine, one-half teaspoon vanilla, one cup cocoanut or nut meats chopped and one cup flour sifted, with two and one-half teaspoons baking powder. Mix and add two egg whites beaten stiff. Push off the spoon in small lumps and shape gently with the fingers into balls. Bake in a moderate oven or at 350 degrees F.

THE SHREDDED WHEAT COMPANY
Niagara Falls, N. Y.

Made at Niagara Falls—"The Home of Shredded Wheat"
For all Ages, for any Meal in Any Season with Milk or Cream or Fruits

Eat Shredded Wheat

All the wheat All the Bran Ready-Cooked Ready-to-Eat

Saves Fuel Saves Health Saves Time