BRIEF CITY NEWS



## Chews the

## Way to Health

What are you doing to give your children sound and healthy teeth? Out of 11,374 children inspected by the Medical Inspector in the schools of Toronto nearly 3,000 cases of physical defects were found. Of these 2,027 were credited to decayed and imperfectly formed teeth. Sound teeth and good bones come from thoroughly chewing a food that is rich in the phosphates. You can't build them with mushy porridges, soggy pastries or sweetmeats. Shredded Whole Wheat contains all the necessary phosphates in a digestible form. You HAVE to chew

## SHREDDED WHEAT <br> The crispness of the shreds compels thorough chewing and a thorough mixing with saliva, which is the first process in digestion <br> Shredded Wheat Biscuit every morning for breakfast, served with milk or cream, will build sturdy, robust youngsters and is a preventive of stomach and bowel disorders so common to children. Being ready-cooked and ready-to-serve it is so easy to prepare a nourishing meal with it in combination with fresh or preserved fruits-a meal that is deliciously satisfying to grown-ups as well as youngsters. Your grocer sells it. <br> THE ONLY CEREAL BREAKFAST FOOD MADE IN BISCUIT FORM

The Shredded Wheat Company
The Shredded Wheat Company
Commercial Club
Mail Being Delayed - Members Are Aised

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PRAISE THIS SHAMPOO


Secretary of Nebraska Retail Jewelers Has Some New Ideas for the Convention


$\begin{array}{ll}\text { POSTAL BANKS MAKE GOOD } \\ \text { System Proves Suceesstul and More to } & \\ \text { SIMPLE SERVICES HELD } \\ \text { FOR MR. MOFFAT IN NEW YORK }\end{array}$



You Men Who Have Been Paying Tribute to a Tailor-


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