

Where do they get their energy?

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Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>

Where do They get Their Energy?

IT'S fine to see youngsters who are brim full of vitality and "go," because that is just how they **should** be. That is where Shredded Wheat comes to their aid, because every particle of this pure whole-wheat food is

rich in the elements which promote energy, strength, and resistance power, and it is as light and digestible as can be. However strenuous the work or the play, a regular daily dish of Shredded Wheat will provide just that



extra nourishment which youngsters need to keep them "up to scratch."