

postage but not duty. Write to the company at Box 40, Pictou, Nova Scotia, for a free catalogue.

Thin Is Beautiful

Canada grew 620 million bushels of wheat last year and only a tiny fraction was used to make the two million boxes of Stoned Wheat Thins that were sold in the U.S. in 1973. Still, cheese lovers were grateful. The Thins have few ingredients and no additives and the wheat is ground by the classic attrition mill. This makes a wafer which never contradicts the flavour of even the most delicate cheese. The Thins are sold around the world and are the most popular biscuit made by the ever popular George Weston, Ltd., of Toronto. (George Weston has the largest sales base of any Canadian-controlled company: \$35 million in earnings last year.)

The Most Mind-Blowing Train Trip North of the Andes

Eleven railroads belt Canada together. Some are just for industry but others such as the Canadian Pacific, the Canadian National and the Ontario

Northland are for passengers too. The longest trip — and the most enthralling — is offered by both the CN and the CP and it goes completely across Canada in four days and three nights. You can take longer (a year if you want) by stopping to ski at Banff, to rent a car or a canoe in Winnipeg or to watch the Calgary Stampede. There's a slight price adjustment if you do. The basic cost is small: \$79 for a one-way coach between Montreal and Vancouver and \$110 for an upper berth — the cheapest sleeping accommodation. Food is extra, but the CN offers a choice of meals for a flat \$40 fee. For travellers with more exotic tastes, there's the Polar Bear Express offered by Ontario Northland. Passengers start the eighteen-hour ride on the CN in Toronto, switch to the Express at Cochrane and go through the wilderness to Moosonee, the place where the Arctic begins. It costs \$31-32 to get there, depending on the season, with \$10 more for an upper berth and \$15.50 for a single room at Moosonee Lodge. On the way you'll see power dams, rapids, mines and more beauty than you ever knew there was. On all Canadian trains children under five (with adults) travel free and those under twelve for half-fare. CN has a youth fare as well. For information, write CN, Union Station, Toronto, or CP/Passenger Services, Montreal or Ontario Northland, North Bay, Ontario.

Toys for the Hand and the Eye

Wayne Barrick produced a half million small wooden cars, train sets, milk trucks, bulldozers and dump trucks last year and samples of all of them are on display at the "Designed To Be Used" show of Canadian products at the National Museum of Science and Technology in Ottawa until January. The toys have removable parts to help the hand-eye coordination of a pre-school child but the free-rolling wheels are guaranteed to stay in place for the life of the toy. The toys come in natural hardwood of birch, maple and beech — too tough for a dog to chew — with occasional patches of bright colors. They cost between \$3 and \$7 and are sold only to stores, schools, day-care centers and hospitals. For a colour brochure and more information, write Barriwood Toys, Ltd., in Burlington, Ontario.

Women's Press

Last year some resolute women from Saskatoon published a libertarian calendar called *Herstory* 1974. It featured a great many snippets of information about Canadian women who have fought for women's rights. It sold out in February. The 1975 calendar is now available, and those who wish to purchase one or more copies

