

Back to Nature's Food

With the advent of Summer comes a desire for closer contact with Nature and for a simpler, more rational diet. When you get back to Nature you will want to get back to Nature's food. Cut out meat and potatoes for a while and eat

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Because of its porous shreds and its Biscuit form Shredded Wheat combines most naturally with all kinds of fresh fruits, presenting them to the palate in all the richness of their natural flavor.

Heat the Biscuit in oven to restore crispness and then cover it with berries, sliced peaches or other fresh fruits and serve with milk or cream.

Shredded Wheat Biscuit is the Real "Staff of Life"

Made by

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Toronto Office: 49 Wellington Street East

N7



I'm back again after 3 weeks' illness

Three weeks ago I was so intensely weak that I could not possibly continue my work at the office. My doctor said I was thoroughly "run-down" and ordered me a complete rest. To recover my lost strength he prescribed

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and I am astonished and delighted with the result. Step by step "Wincarnis" has built up my strength, has made me healthier and happier than I have been for years and

has given me a lease of new life.

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pathetic utterance she drew from the child an account of her mother's last hours, of the scene by the bedside, of Sir Giles' comforting help.

"And you had nobody else to take care of you?" Rosa asked, when Sylvia paused.

"Nobody, only monsieur."

"But you must have relations somewhere? Or friends? You and your mother cannot have been alone in the world. Did your father die long before your mother?" The question was very gently asked, and Sylvia put her head against the girl's shoulder with a little sigh.

"I don't believe I've got any relations, but I've got friends. I've got monsieur, and Miss Helen, and now there's you. But mummy and I didn't seem to have anybody of our own. And I think," she hesitated, "I think my father wasn't very kind to mummy, because she cried, oh, so dreadfully, when I asked about him, and she said I wasn't ever to speak of him any more. So I never did, and I don't know when he died."

"Poor little Sylvia!" Again compassion for a moment smote Rosa, and again she thrust it aside, determined to make her victory complete.

"But, darling, surely your mother left you something of hers that would identify her and you, that would help old friends to know you both? Had she no pretty brooches or bracelets? Nothing that you have got now?"

"I've got two gold brooches that were mummy's," Sylvia said, "and a little locket with my hair in it when I was a baby, that's all, unless you count the wonderful jewel."

Rosa's heart gave a quick leap, but her voice was very composed, as she answered—

"What do you mean by the wonderful jewel?"

"That was my fairy name for it. Mummy and me we often had fairy names for things, and this thing was like something out of a fairy story. Mummy always kept it most awful carefully, because she said it was my inheritance, and she gave it to monsieur before she died. It was in an ivory box."

"How much I should like to see it," Rosa exclaimed, "I like wonder jewels. They are different and much nicer than ordinary every-day ones."

"Oh! it's quite different from ordinary ones," the child said simply, "it's big, and there's a great emerald in the middle," Rosa nearly jumped, but controlled herself.

"I'd like to show it you, but monsieur said it was too expensive to keep in the house, so it lives at the bank."

"Monsieur is very wise," Rosa's voice had a note of sarcasm in it, "wonder jewels are best locked safely away. One never knows when there may be thieves about, and this jewel must be worth stealing."

"Monsieur says if it were sold there would be a lot of money for it, ever such a heap, so that I would be quite rich. But he won't sell it till I am grown up, and can make up my mind for myself whether to sell it or keep it." The child spoke with old-fashioned quaintness. "I expect I'll like to sell it, and be rich enough to give monsieur some of the money. You see I love him better than anybody else in the world, and I want to give him more than half my money. I should like to give you some, too, and Miss Helen, when I sell the wonder jewel."

"The jewel is probably real, and not faked at all, as the good Hermann tried to make out," Rosa thought. "My surmises have all come true, and this child is undoubtedly the child of the youngest Stansdale sister. Now the question is, what shall I do about it?"

For a long time that evening Rosa Muller's good and bad angel fought with one another, and it was the bad angel who after that long, long fight, gained the victory. As Rosa waited for her train at the little station next day, she despatched a telegram to London which ran as follows:

"To Hermann Muller,—Object you wanted located. It is in the bank, but is property of Sylvia Burnett, ward of Sir Giles Tredman. Her mother is dead.—Rosa."

(To be continued.)

Got Some.—"And so, after inviting your friends to a game dinner, you were not served with any part of the bird!"

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AND HOW TO KEEP IT"

By S. ROLAND HALL

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