
 mineras salts-also the ounter
bran cot that is so usful)
keepinat the
Evening
ETHE Keeping the bowels healthy OTHER SIMCOE NEWS
and active. Shredded
Wheat Biscuit is the Wheat Biscuit is the teal
"wear bread" because it is "war bread" because it is
100 per cent. whole wheat Contains no yeast, baking powder, seasoning, or chemi.
cals of any king. Food servation begins with Shred
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Wheat Wheat Biscuit for supper
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$\begin{aligned} & \text { Axminster, Tapestry and Wilton's. Enough in } \\ & \text { make into a rug. A saving from } 50 \text { to } 75 \text { per cent. }\end{aligned}$
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