6666 666666999999999999

and stands wondering how he did it.

Christ, doing good and despising none

It is a pity there are not more men

like Wagner and more books like the

Anna Eva Fay.

It seems a "far cry" from Charles

Wagner, with his simplicity, to Anna Eva Fay, with her complicated mys-

tery; yet, it was the very next day

It is very wonderful, truly, and gives

you such an uncanny, awed sort of a

feeling, that is most mysterious and

The first part of Miss Fay's per-

that I saw Miss Fay's performance.

"Simple Life,"

uncomfortable.

then answers it.

not answer my question.

them all at once

ideal of most men.

his maiden speech.

Pointed Paragraphs.

Weeping willows should be planted in

The plainer a woman is the more she

Continued cheerfulness is a manifest

It is an easy matter for a man to resist everything but temptation.

A writer says the only gems that are

Reflections of a Bachelor.

Christmas breaks us but once a year.

The shortest road the world travels is

walk on crutches, but when he gets mar-ried he cannot be repaired.

It is easier for a camel to go through

the eye of the needle than for anyone to go through the pockets of a rich man.— New York Press.

Children's Hair.

Mothers should teach their children

to care for their hair as early as pos

loosely for bed, the foundation for a future beautiful head of hair will be

Counting the strokes will lighten the task for her, and she will soon become accustomed to it and make it part of

her daily toilet. Too many children are

a tousled condition, only to have it

jerked and tangled hastily when school

Such a practice is disastrous to the

nerves of a sensitive child and ruinous

to take care of her hair, and at the

right time, and also to keep her brushes

and comb in an immaculate state of

These articles should be as strictly

to the hair. Teach the little daughter

to go to bed with their hair in

she will become a pretty old one.

To become rich without labor is

He was a man whom one could

When Albani Sang.

"She's jus' comin' over from Englan', on steamboat arrive Kebeck, Singin' on Lunnon an' Parce, an' havin' beeg tam, I expec',
But no matter de moche she enjoy it, for
travel all roun' de worl',
Somet'ing on de heart bring her back
here, for she was de Chambly girl.

"She never do not'ing but singin' an' makin' de beeg grande tour.
An' travel on summer an' winter, so mus' be de firs' class for sure!
Ev'ryboddy I'm t'inkin' was know her, an' I also hear 'noder t'ing.
She's frien' on La Reine Victoria an' show her de way to sing!"

Ev'ryboddy seem glad w'en dey see her come walkin' right down de plat-An' way dey mak' noise on de han' den.
W'y! it's just' lak de beeg tonder

storm!
I'll never see not'ing lak dat, me, no matter I travel de worl',
An' Ma-dam, you t'ink it was scare her?
Non, she laugh lak de Chambly girl! Dere was young feller comin' behin' her. walk nice, comme un Cavalier.

An' before All-ba-nee she is ready an' piano get startin' for play,

De feller commence wit' hees singin' come stronger dan all de res'.

I t'ink he's got very bad manner, know not'ing at all politesse. Ma-dam. I s'pose she get mad den, an before anyboddy can spik. She settle right down for mak' sing too. an' purty soon ketch heem up quick, she's kip it on gainin' an' gainin', till de song it is tout finis, An wen she is beating dat feller, Bagosh!

I am proud Chambly!

Den mebbe ten minute is passin', Madam she is comin' encore, tam all alone on de platform, dat feller don't show up no more.

An' w'en she start off on de singin'. Jeremie say, "Antoine, dat's Francais."

Dis give us more pleasure, I tole vou, 'cos

We're de pure Canayen! Dat song I will never forget me, 'twas song of de leetle bird. W'en he's fly from it's nes' on de treetop 'fore rest' of de worl' get stirred. Ma-dam she was tole us about it, den start off so quiet an' low. An' sing lak de bird on de mornin', de poor leetle small oiseau.

I 'member wan tam I be sleepin' jus onder some beeg pine tree, song of de robin wak' me, but robin he don't see me. he don't see me.

Dere's not'ing for scarin' dat bird dere,
he's feel all alone on de worl'.

Wall! Ma-dam she mus' lissen lak dat
too, w'en she was de Chambly girl!

after de song it is finish, an' crowd is mak noise wit' its han'.

I s'pose dev be t'inkin' I'm crazy, dat mebbe I don't onderstan'.

Cos I set on de chair very quiet, me-

se'f an' poor Jeremie, see date hees eye it was cry too. just sam' way it go wit' me.

mebbe cole on de winter, too, de heart's "Canayen" on our body, an' dat's warm enough for true! it is all over, and we can talk about An' w'en All-ha-nee was got lonesome for travel all 'round de worl'.

I hope she'll come home, lak de bluebird, an' again be de Chambly girl!

—W. H. Drummond.

Three Things.

Within the last week I have been fortunate in hearing three different kinds of entertainment-all interesting

and so widely different. Last week, Charles Wagner, the author of "The Simple Life," spoke in Toronto, and I am sure every one who heard him, felt that the author be-

He stood there with his fine, rugged face lit up by a sincerity and earnestness that carried conviction to every hearer. His hair is white; his head-fine, and large; his clothes, extremely simple, though not more so than his

Mr. Wagner was, perhaps, hampered a little by his lack of knowledge of English, but his broken accent only added to the charms of his speech. So many of you have, I hope, read the "Simple Life."

If you have not, it is well worth thought. reading, and is a book that will bring you a feeling of peace and comfort that is worth having. Wagner himself. mond pin you can readily see, lives up to every little to what he has said in his book -only told how he had come to write it, and in the simplest, most naive way, he said: "It happened to me to write that book, just as it might happen to me to stumble on the pulpit steps, as it might happen to any of you," and he was in earnest.

He claimed no more credit for writing that book than if he had been a child, who has done something fine



EMPIRE STYLE-A girdle made of sateen

I Even the most contrary figure can cultivate a most comely form, without loss of comfort, by wear ing E. T. Corsets. Because in E. T. Corsets there is a style made to fit the peculiarities of each kind of figure and give it the

I E. T. Corsets are guaranteed your money back for any

Most all dealers sell them.

And it's ever the lass must stay, and that is the tale of the world-old woe 'I'll the trump of the judgment day-"

We kissed good-bye in the gloaming, Ere the moon crept up the sky; When, love will you be homing?" She cried, with a teary eye; "When will you cease from roaming The breast of the barren sea, And come to another breast for rest-To the longing heart o' me?" Then I said to her, low and slow: "O, it's ever the lad must go,

A Sailor's Song.

imagine oneself knowing and loving thoroughly human and yet so good—one who would carry his religion into his daily life and live it; live like the 'Come back to my aching heart with

rest,
For the longing heart o' me!"
But I cry to her, low and slow:
"O, it's ever the lad must go,
"O, it's ever the lass must stay Till the trump of the judgment day--Criterion.

Be Careful. Don't forget that if the hat is suited to the wearer all else is forgotten and forgiven.

prior one work

Don't hide a small face under a picture-hat of the Gainsborough type. Choose a style less pronounced in size.

Don't wear a hat turning back from the face if you are a long, oval-faced beauty. It makes the face look longer. Don't wear a hat that is bent down

directly in the middle if you possess a nose that slightly turns up for it will look as though it were trying to meet the hat. A hat that flares at the sides is becoming, as is also a toque or a

Don't indulge in very many flowers, feathers, and flares, if you possess much height, weight and color,

Don't wear a hat that very closely follows the outline of the face if the face is plump.

Interesting Gossip About Notable Men and Women-

\$\begin{align="red" of the control o

BY THE MARQUISE DE FONTENOY.

the cabinet trick; with bound hands. Miss Fay does all sorts of mysterious things, which seem incredible, but no is the most imposing looking of all old take her husband several years in the doubt have some satisfactory explana- world monarchs, is the great-grandson far east to retrieve his losses of an old Pyrannean peasant, and the cottage in which Bernadotte, who died After some very ordinary vaudeville as King of Sweden, was born, is still comes the really mysterious part of shown in the neighborhood of Pau. the performance, Miss Fay sits on the The King of Servia is likewise of humplatform, covered with a sheet, and ble origin, his grandfather, and founder of his dynasty, having been a swine-herd of the village of Vichevzi. King goes off into a sort of trance, in which you send her thought-waves, asking Charles of Roumania is the grandson her the question which you hold writ- of Antoinette Murat, whose father, ten in your hand, and she calls out brother Joachim, who rose from the your name, then repeats the question, position of hostler of a village inn to

a marshal of France and King of Naples, his eldest son marrying in 1826 I must say, that, though I held my in America a Miss Careline Dudley, question very closely clutched in my grandniece of George Washington, first hand and concentrated my thoughts President of the United States. This with all my might, they didn't suc- peasant-born Antoinette Murat, who ceed in reaching Miss Fay, and she did married Prince Charles of Hohenzollern, was likewise the grandmother of the Countess of Flanders, whose only Of course, if she had, all my doubts surviving son, Prince Albert of Belwould have been removed and I would gium, is heir presumptive to the throne of King Leopold. From this it will be have thought her a wonder; but she seen that neither Prince Albert of Belanswered about a hundred questions gium nor King Charles of Roumania.

to the apparent satisfaction of the nor yet the King and the princes of seekers after information, and since the reigning house of Sweden, could they were satisfied, why should we be chamberlains at the court of Vienna, Even if it is a fake, it is a very or to secure admission to the order of wonderful fake, and Torontonians are Malta. still talking about Anna Eva Fay.

Lastly, this is the week of the grand and whose family name was Geyer, since she celebrated the fortieth anni-Prince Maximilian of Baden, are reveling in a veritable feast On second thought, I shall not dis- of Eugene de Beauharnais, son of Em- they constitute absolutely no impedi- tensions to the throne of France, has press Josephine by her first husband. cuss grand opera until next week, when

If one goes still further back, one finds the blood of that peasant girl and village inn chambermaid who became the consort of Peter the Great in the veins of the now reigning house of Russia, of the reigning house of the Netherlands, of the sovereign dynasties of Mecklenburg-Schwerin. of Saxe-Weimer, and of Saxe-Meiningen, while isian and American elegantes who of the grandmother of King George II. of Great Britain was a French adventur-

ess of the name of Eleanor d'Olbreuse. From this it will be seen that there are few, indeed, of the reigning sovereigns of Europe whose ancestry is absolutely free from any kind of mesalliance. These mesalliances, however, are not sufficient to impair the rights to the throne of the occupants of the latter. For these rights are the result of compacts between the reigning Judge a man by his address rather than houses and the people, and, providing the terms of the agreement are fulfilled the mesalliance of itself does not A man must feel girlish when he makes constitute a bar. It only becomes a disqualification if the laws of succes-Creditors and poor relations always call sion expressly exclude therefrom the

descendants of a mesalliance.

The Prince and Princess of Wales will not go to India until this time next If any homely woman lives long enough board one of the great troopships of the navy, which will be arranged for er says the only gems that are on the market are gems of their use, the prince hoisting his pennant as an admiral of the navy. The to any of the Mediterranean ports. The a man carries his total assets royal couple will land at Bombay, will on bis shirt front, in the guise of a dia- cross the peninsula to Madras, traveltrip will be taken across the northern be affected injuriously were these obprinciple he has laid down. He added and there is more silver in circulation fore returning home the prince and than gold The public trusts many a man with an office that his butcher wouldn't trust with a pound of bacon.—Chicago News.

> the expenses in connection therewith have amounted to something like \$50,000 A man can have his legs cut off and though not of the allowances, which he receives as Governor-General of In-Sir Thomas Barlow and one or two other equally famous specialists lived for days together at Walmer Cas-The only thing that is prouder than a youth who takes his first shave is the schoolgirl who first discovers it. tle, with fees of \$500 apiece per diem, while each time additional medical attendance or even medicaments were

needed from London special trains were employed. It is fortunate, under the HE OWES A DUTY

Cures of Rheumatism and Dropsy by Canada's Great Kidney Remedy.

Yellow Grass, Assa., N. W. T., Nov. 11.—"I think I should let the public know the benefit I derived from Dodd's Kidney Pills." The speaker was Mr. John White, well known here, and he voices the sentiments of many a man on these western prairies who has been relieved of his pains and misery by the great Canadian Kidney Remedy. "I have been afflicted with Rheumatism for years." Mr. White continued.
"I tried doctors and medicines but

These articles should be as strictly personal property as the tooth brush. Never allow one child to use the other's hair brush. Diseases of the scalp are most contagious, and the brush is the surest germ agent.

"I also know the Harris family and I saw their little girl. Edith, who was cured of Dropsy by Dodd's Kidney pills. I know that to be true. I tell you I feel like recommending Dodd's thousand dollars, some of us, are interesting for the things we know, and ever so many of the prince of wales, whose fame as a philatelist is world wide, and whose collection of stamps is valued at about Perhaps find what we lose today.

Some of us, are interesting for the things we know, and ever so many of their extraordinary rarity, as much as \$5,000 Lazy folk need work. Workers never got anything to do me much good

Corsets things we know, and ever so many of talk."

things we know, and ever so many of talk."

there is no Kidney Disease that apiece, has just given a fresh manimed the fresh manimed to the things we don't know. Sometimes our ignor-ance is blice to our friends.

There is no Kidney Disease that proceed the process of the things we know, and ever so many of talk."

There is no Kidney Disease that proceed the process of the things we know, and ever so many of talk."

There is no Kidney Disease that process of the things we don't know. Sometimes our ignor-apiece, has just given a fresh manimed to the process of the things we know, and ever so many of talk."

There is no Kidney Disease that process of the things we don't know. Sometimes our ignor-apiece, has just given a fresh manimed to talk."

There is no Kidney Disease that process of the things we don't know. Sometimes our ignor-apiece, has just given a fresh manimed to talk."

There is no Kidney Disease that process of the things we don't know. Sometimes our ignor-apiece, has just given a fresh manimed to talk."

There is no Kidney Disease that process of the things we don't know. Sometimes our ignor-apiece, has just given a fresh manimed to the process of the things we know are loved to the things we know and ever so many of talk."

There is no Kidney Disease that process of the things we know are loved to the talk."

formance is taken up with juggling. The King of Sweden, who, as far as circumstances, that Lady Curzon is appearance and bearing are concerned, rich woman, since otherwise it would

> Lord Gosford, who is Queen Alexandra's chamberlain, whose wife is a sister of the late Duke of Manchester, has just effected a sale of the major part of his extensive estates in the north of Ireland, for a sum of \$1,500,000, at the same time retaining the castle itself, and the sporting rights over the properties. Young Lord Acheson has left the army and has started in business under the auspices of the Rothschilds in

She wears gloves all the time, even decoration. with whom she carries on a most extended to describe the photographed and submitted to describe the photograph with the photogra more than a woman of thirty-younger, of the wreath design, which was In fact, than her daughter-in-law, the adopted. furnish the necessary ancestral quali- Princess of Wales-Father Time hav- The prince, in his introduction, likefications to warrant their becoming ing apparently stopped the sands of his wise explains why the little books of hour glass during the last three de- stamps now issued by the British The reigning grandduke of Baden is tray the fact that she is now in her itate the binding of the stamps into the grandson of a lady of lowly origin, sixtieth year, and that considerably books half of the stamps on a sheet who was created Baroness Hochberg, more than twelve months have elapsed are printed upside down.

versary of her wedd of hosiery for King Edward's consort. The stockings, although made with valenciennes entredeux, never exceed \$30 a pair, presenting in this respect a

a pair. been paid ever since without interrup- dash for the north pole.

The nobleman who figures for the largest amount is the Prince and Duke of Wagram, who draws about fortyseven thousand dollars yearly. As the prince, who is a grandson of the famous Marshal Berthier, married the late Baroness Bertha de Rothschild, of the Frankfort branch of the great

therewith. The fat Prince of Essling, who is likewise duc de Rivoli, and a grandson \$18,000 a year from the French treas-ury, although he, like the Prince of that here, too, he would need to be care-Wagram, is a rich man, his wife, who died last year having heen the halfest

The duc de Montepello, great-grandson of Marshal Lannes, Napoleon Ney, Prince de la Moskowa, great-grandson of Marshal Ney; the duc d'Albufera, whose mother was the heiress of a nultimillionaire Berlin merchant, and who is a grandson of Marshal Suchet; with determination and strength who is a grandson of Marshal Suchet; the duc de Massa, grandson of Mar-shal Regnier; the due de Reggio. grandson of Marshal Oudinot: the duc de Trevise, grandson of Marshal Mortier: the duc de Bassano, great-grandson of the first Napoleon's secretary and minister of state. Maret: the duc de Bellune, grandson of another of the first Napoleon's followers; the duc So much, so very much to know; d'Elchingen, another of the great. And while we labor in our cell d'Elchingen, another of the great-grandsons of Marshal Ney, and King

of Great Britain," published by Frederick J. Melville. In his introduction. the prince, who writes over his own name, relates how the new stamps now in use throughout the British Empire came to be chosen. Numerous designs. taken from photographs, were submit-

tensive correspondence, and when enthe King. The King signed time with
gaged in that embroidery in which she
his written approval, and the original
is an adept. The reason for this is that
however much age may be concealed
however much age may be concealed
Wales' stamp collection. After this.

"But chemicals and all the hair dye
one composer who, having written approval
one composer who approved the composer who approved t however much age may be concealed dorsement, now figures in the Prince of matters.

cades, where her English majesty is postoffices are often found with invertoncerned, her hands alone would be- ed water marks, It seems that to facil-

Philip, Duke of Orleans, with the obheir presumptive to the throne of Bad- All these gloves, of which she uses ject of relieving himself of the imputa- would also have been en. like the consort of the reigning duke of Anhalt, is a great-grandchild and are so perfect as regards fit that proved so great an obstacle to his prement to needlework, to writing, or to late, it is true, decided upon making a A young man who was formerly a playing on the plano, Many of my fair bid for fame by an attempt to reach resident of Newark, and is now enreaders will likewise be interested to learn that in Faris, there is a loom which from one year's end to the other is devoted analysis of the north pole, and with this object in yiew, has made an application to the Norwegian Government to be permitted to resident of Newark, and is now engaged in going about the world taking cinematograph pictures, returned to which from one year's end to the other is devoted exclusively to the weaving of hosiery for King Edward's consort.

The stockings, although made with ploy the services of Nansen's skipper,

Capt. Sverdup.
The Norwegian Government has generals, statesmen, and court digni- of the Abruzzi, when he made his un-

Watch Her Lips.

A certain learned man gave simple banking house, who brought him a colossal fortune, in which he has a life interest, he scarcely needs the money and can well afford to die. money and can well afford to dis- would probably make a home anything

but a happy place. of Napoleon's marshal, Massena, draws tending husband to remember that up-

If the little girl is coaxed into the habit of giving her locks a hundred strokes with a clean brush every morning and evening and braiding them loosely for bed, the foundation for a l

How Short the Space.

How short the space! How much to do: How few and brief the days of men! So much to learn of false and true—

So little time to do things well. The years do not forget to go.

Oscar of Sweden, as great-grandson of so many things that we might learn, the French field marshal, Bernadotte.

If only time would stay its tide,
And once again our youth return
To keep the shadow from our side



"Maltese Cross" Rubbers

are made on scientific principles

Everything is thoroughly tested by expert chemists before being used and only the most per e t of raw material is accepted in the factory. They are strong in every particular.

Fit well Look well wear well

Sold Everywhere.

Manufactured only by THE GUTTA PERCHA AND RUBBER MFG. CO. OF TORONTO, LTD.,

BLONDES AND CONTRALTOS

R recessors conscious constructions are a construction and a construction of the const "We all know that the blonde is dis- process, for, rightly or wrongly, we genposition to place a considerable amount of capital at his disposal.

The wear boast of having seen the ungloved hand of Queen Alexandra. She wears gloves all the time, even the was close to the wears gloves all the time, even the considerable amount to the King, but failed to meet his appearing," observed the old theatrical appearing," observed the old theatrical appearing, observed the old theatrical appearing The original sketch and border were then photographed and submitted to the King. The King signed this with

on the face and even the neck, it invariably betrays itself on the hands, and that while the Queen suggested a slight modification in the way of reducing the width with the contralta value. Strange to with the contralto voice. Strange to in order to have the parts originally say, she has become rarer and rarer written for the contraltos brought out.

Russian Army Thirst.

A young man who was formerly a in price.—New York Sun. gaged in going about the world taking likewise asked for permission to emthe Russian soldier drinks altogether

too much vodka. "You are right," he writes, "I have isian and American elegantes who of-ten pay as much as \$100 and even \$150 application, merely stipulating that he my memory, but do not envy me, beshould insure the lives of those Norwe- my memory, but do not envy me, be-Some time ago I mentioned in these ago I mentioned in these atters the fact, known to but few. letters the fact, known to but few. should include among its members a that the French Government has been couple of scientists designated by the paying for nearly 100 years past large. paying for nearly 100 years past large Norwegian Government, and that the annuities to noblemen who are identified with the royalist cause and who fied with the royalist cause, and who ical, ornithological and geological spoils nately, I cannot make public all my exare endeavoring by every means in of the expedition. The Duke of Ortheir power to overthrow the republic. leans is, in fact, making the same ar-

taries by the first Napoleon, and have successful but nevertheless brilliant but a fine sermon could be preached by now as cured. In colder places than tion to the descendants in the male line of the original grantees by the French treasury, no matter whether the Government was that of the em-

say, she has become rarer and rarer during the last few years, until now it is the hardest part of engaging a comtaining topera company to get enough contraltos. I cannot account for it, and have been unable to find any one who can.

"With the development of the American girl from the weak, small-chested individual of some years ago to the athletic, broad-shouldered beauty of the present, you would naturally think that deep voices would also have been engendered in the

Cross Hospital at Harbin. Evidently someone had pocketed the difference

A Woman Who Swears

Because her corns ache should get Putnam's Corn Extractor; it removes corns in 24 hours, causes no pain, doesn't injure the flesh; a thousand imitations prove the value of "Putnam's," It's by far the best corn cure.

Air and Consumption

These annuities were, in the majority rangements with the Norwegian Govof cases, conferred along with the ernment as that which it contracted titles of duke, prince, and count upon with the royal Italian prince, the Duke could not sell my goods there. peratures. Their improvement has been "I am not a temperance man myself. surprising, and they regard themselves one using the Russians as an example Connecticut the same means have been of what drink will do. As a matter of tried, and both in Europe and America it the Government was that of the empire of the house of Orleans, of the Bourbon dynasty, or of the republic.

Proposals were often made to abolish these perpetual pensions. But the minister of finance of the day has all to childrents the repursions of the minister of finance of the day has all to childrents the repursions of the minister of finance of the day has all to childrents the repursion of the concerned, it seems more like a 'booz-tuberculosis patients into the north, in high latitudes at that, rather than into enervating and tepid lands, like Florida and Cuba. The sanitaria of Davos, of the Adirondacks and of the Colorado and California mountains are in much favor.

board one of the great troopships of the navy, which will be arranged for the navy. The notice of the day has always taken the ground that, in view to receive on the so-calied Grand Live of France, the received on the so-calied Grand Live of France, the received to the nations would not the purpose will land at Bombay, will cross the peninsula to Madras, traveling theme to Calcutta, from which at trip will be taken across the northern plains to the remotest frontiers. Before returning home the prince appring the state of the remotest frontiers, will be a state visit, and the procedure followed will be on much the same lines a state visit, and the procedure followed will be on much the same lines as that followed on the occasion of King Edward's visit to India, just 39, years ago.

Lady Curzon's illness has been a terribly heavy drain upon the purpos of the navy, which will be a received for the navioration of the navy, which they have abounted to something like \$\$5.090\$

Bourbon dynasty, of of the republic, the navioration and about about the standard of cholistrate the memory of his and to protocomings, just as his cousin, the late Prince Henry of Orleans, manages so and the prince and princess will visit Rangoon. It will be a state visit, and the procedure followed on the occasion of King Edward's visit to India, just 39, years ago.

Lady Curzon's illness has been a terribly heavy drain upon the purpose of the number of the navy, and who having been the prince and princess will visit Rangoon. It will be a state visit, and the procedure followed on the occasion of King Edward's visit to India, just 39, years ago.

Lady Curzon's illness has been a terribly heavy drain upon the purpose of the number of the nation would be affected injuriously were these obligations in connection with the prince and princess will visit Rangoon. It will be a state visit, and the procedure followed on the occasion of King

Living for years is well, but living each year well is better

Old age requires no pity when it is accompanied by good health. Eat proper food and you will not only live long but enjoy every year you live. It stands to reason that if you give the proper food in Nature's exact proportions to each element in your body they will always be healthy and vigorous. Now the whole wheat grain contains every element the body requires to build it up. The only foods in which you can get the whole of the wheat are

SHREDDED WHOLE WHEAT BISCUIT AND TRISCUIT

The Natural Foods



Shredded Whole Wheat Blscuit is easy of digestion, being light and porous, offering great surface for the action of the digestive fluids, thus shortening the time of digestion and resting the digestive organs.

Triscuit is the perfect substi-tute for imperfect white-flour bread and crackers. It makes ideal toast.

Make Triscuit your daily bread Send for "The Vital Question

Cook Book" free

The Natural Food Company, Toronto, Canada