

AND STREET, AND ST

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Foolish Young Man;

Or, the Belle of the Season.

seemed to pland still for a moment, never very much taken with her. I could "Give me two days," she said, with for she caw that it was Mande Falconer; not help pitying her." bitterness grew over her, for she recog- but in her quiet, reserved manner.

against her will. The two met almost grew-hard and ecornful, and with some-

word. But it was more than she could do; drew herself up and her eyes flushed back the challenge, as she said in

and on which I am riding belongs to me. Maude grew pale again, and her lips set ;

is I who am treepassing," said Maude, I who must apologize. Pray

"I do not think I shall have any

my father's house will, I

swept sideways, caught Adonis's

wise not to strike him across the head:

back to the Hall, and away from the eyes a great trouble, my dear Ida. Though to care for you, and I d'd not do so. ing by the ferry she rode round by the itly. But even he has been somewhat of to tell you from the Volla, lest she should meet any girl, do come over and help me manage "If it's anything that's happened road leading to the Hall, and after pate- subject. "Since we last saw you we have been something on your mind, he'ds of her cetate, when she saw a lady coner at home. She is alone there in that | teach you to forget it, whatever it is. riding through a gate at the lower end, huge palace of a place, for her father has trust yourself to me, de bood rushed to her face and her gone back to London; and, though I was | She drew away from him.

then her face grew pale and a wave of "Why?" asked Ida, not absently now, He caught at the hope, small though has had more trouble than we are aware myself! I'll go now." tion, which by the way, was nearly all did not want to forget. on my side, I blurted out with: 'Have you Her love for Stafford was etil! as strong

end of the world; or why he doesn't rush of his love and generosity.

some and stately countess. By the way, and wrote:

nerdale's talk of Maude Falconer which

"Oh, I don't suppose they will

Lord Bannerdale and Edwin. "Ida rather thinks of going abroad.

Lord Bannerdale, lamely, and avoiding

w her off; indeed, she must a most joined Herondale; both she and out Ida, always cool at such her husband were fond of Ida, who, they brought him on all fours, the present mixtrees of the Grange; but Mande was instantly jerked forward on just because it seemed so desirable and to the horse's neck in a humiliating fashsaw that he was dressed with extreme we impossible not to pity her, and care, and that his face was unusually

> hat he might not see her anxiety. "That means a great deal, as you know, Edwin. I-I wish you every happi ness or unhappiness rests with her."

I cusht to feel very much obu. Miss Heron! she said; and of the back with him to the drawing-room, thinking that he had brought a message from his mother, probably a definite invitation to stay at the Grange, and in her mind
May I ask you to be good she had already decided to decline it. As
release my horse's re doing so. Maude struck the horse again:

"Miss Heron, my mother says that you approached him on the subject and bare some thought of leaving Herondale, have some thought of leaving Herondale, have some thought of leaving Herondale, approached him on the subject and bare swaying perilously in the saddle.

Ida waited until the groom—it was Pot
Ida waited until the groom product was Pot
Ida waited until the groom product was Pot
Ida waited inger had gained his mistress's side to tell you, as well as I can, what I have why," replied the minister, "should of lemonade, makes a delicious

ida had been going to speak, to stop him; but at this capital the remained el-lent, standing with her hands ofceing and undesing on her whip, her eyes fixed on the ground, her blows drawn straight. The coldect woman cannot listen unmoved to a declaration of love, and Ida was

you chould say 'yes.' Eoth my father and mother are very fond of you-I think you know that-and-" he stammered a little

have spoken, to'd me very well—and I am very grateful. I wish I could say 'yes'

"Ah, say it!" he implored her, eagerly. She shook her head again, and lifting her even and looking at him attribute. One two or three containing

one belonging to it. She had reached the them." Ida smiled rather absently, and the past, anyone else—of course, loving re-warmed with a brown gravy.

out in strongly salted water. Then the Abruzzi, Prof. Domenico Ar- Highflier's wrecking of that bank of the her ladyehip glided smoothly from the low with a clean dustay. This

At gold of her, the blood had flown to of, there was such a preoccupied and in- When he had gone Ida got on Ruper Moude a face also, and she tried to check different air about her. It occurred to and rode to the top of the hill. There she a seasoned flour by mixing one taher horse; but Adonis, at any time rather me that she was fretting for her absent | pulled up and thought with all her heart | blespoon flour, one teaspoonful of more than she could well manage, was flance, Mr. Stafford-ob, dear me! I shall and mind. She could not doubt his love; fre a and too eager to join the other never remember to call him Lord High. she could not but feel that if she surren. salt, one-half teaspoonful of pephorse and he carried her up the field cliffe! and I resolved to carefully re- dered herself to him he would, indeed, in per, add a little grated rind of a know how stupid one is in such a case, it was her duty to marry; his word about lemon and a pinch of cayenne. Cut ly neighs. For a moment, while one could how one always talks about lameness in the estates had not been spoken in vain. the meat into medium pieces, rub count twenty, the two rivals sat and look the presence of a man with one leg; and Yes; if she became Lord Edwin's wife, in the flowr and put into a law and put int in the midst of a pause in the conversa- she would in time forget. But, alas! she in the flour, and put into a deep pie A brand new kind of pan-handler

> heard from Mr. Stafford Orme lately, Miss as ever and with its bitterness was ming and put them in the dish. Pour in pean war. He sails the ocean blue. Falconer? 'I suppose you mean Lord led a sweetness which was sweeter than enough water to three-quarters fill He clusters around the quays of you,' replied the police. Prof. Article Higheliffe, Lady Bannerdale? she said life itself. And yet how great a sin it Higheliffe, Lady Bannerdale? she said, life itself. And yet how great a sin it turning her cold, blue eyes on my scarlet was, how chameful a one, that she should the dish and cover the top of the Rotterdam and Southampton, with face. He is in Australia, and is well. I love a man who was pledged to another dish over with pie crust. Make a bandages on his head and on his do not hear very often from him. He is woman, who was going to marry her. leading a very busy life, and has little She came in late for dinner, and could hole in the centre of the pastry. arms and on his legs. He shambles The Government sent Prof. di Pir time for letter-writing, I imagine. Of scarcely eat. Her reason said "yes," her course I got myself away as soon as I heart said "no;" and she knew that she could after that, and I'm afraid I left a ought to listen to her reason and turn a an hour. very bad impression upon Miss Falconer." | deaf car to the still voice in her heart Ida said nothing, but leant forward and She paced up and down the drawing-room stirred the fire, which may have caused pale and wan with the fight that was gothe color which glowed for a moment or | ing on within her. Then suddenly she re-"I am sure I don't know why the young | would not keep him in suspense: it would man should have rushed off to the other not be fair-it would be a cruel requitaback again and marry the lady of his | She went to the writing-table, and hurheart, who has enough money for both of | riedly, as if she were afraid of hesitating,

suddenly, she saw a tall figure standing boiling the chocolate and milk and upon ejecting me, she said. "I think I and Donald and Bess were jumping up then chilling, which usually forms

Evident.

do I make myself perfactly plain?' A Voice from the Back of the of ice cream. Hail-I don't know. Somebody

Forestalling Him.

Barber-Your hair's very thin on Customer-Ah, I'm glad of that, I

are as well qualified for war as quite cold pour into a punch bowl men. My husband is opposed to it. with three cups of orange juice and But I often feel as if I'd like to two cups of lemon juice, both leave home and get into the thick strained, and four pint bottles each

Inexpensive Meat Dishes.

cooking rather tough meats, as the well and last. are the chates. You won't mind my say long, slow, cooking softens the meat A cheese fondue, with crusty and yet all the nourishment is pre- rolls, coffee and fruit salad, makes them: they belong to us and we belong and yet all the hourishment is profess, conee and if to them, and if we were married—But served in the gravy. A fowl that a perfect luncheon. I don't key must strees upon the estates is tough should always be cooked in Put a thimble on the curtain rod marry me if I were as poor as a church this way. Take a casserole just when slipping it through the casing mouse or you hadn't a penny. It just large enough to hold the fowl of the curtain. heart and soul, and if you'll marry me I Cover the bottom with slices of fat | Remember that the appearance of ple the proudest people, in England." bacon, add thick slices of onion, the table linen depends largely on There was a warn fluch on his hand carrots, and turnips, and put in the the silence cloth. some face, an eager look in his bright fowl. Cover the dish and let it cook Grimy feathers can be given an eyes, and he had pleaded his cause very well. in an outspoken, manly way, which on top of the stove for fifteen min- alcohol bath, after which they are never fails to appeal to a woman. Ida was moved; the crop nearly snapped in her hands, and her eyes grew moist. He saw it, and tried to take her hand, but mer an hour or longer, according shoe box to keep the hands clean want to fell you, Lord Edwin, how proud hours will be needed for an old Baking soda will sweeten milk to the age and size of the fowl. Two when polishing shoes. I am at the honor you have paid me. bird. Dish the bird. Put the vege-like yourself. I am not good at express-tables around the dish, and pour for dish washing. you have done you self an injustice: you over it a gravy made from the When the nails are brittle, apply IT CATCHES MESSAGES FROM

her eyes and looking at him straightly one, two, or three cents apiece, When a vegetable has lost its but sadly, the said in a still lower voice: never more, make a cheap and deli- firmness, soak it in very cold water "Lord Edwin, I do not love you."

"I never caid, thought, you did," he responded, promptly. "Why, you've only only known me such a short time, and I'm not such a conceited bounder to think To stew the kidneys scald, skin, and beaten eggs when making baked that you've fallen in love with me al-ready. I only want you to let me try and win your love; and—I think I shall do small hard piece and rub in season—Mend the boys' trousers on the

Stafford came back to the Villa to live. "We have missed you so much, my cannot. Lord Edwin, you-you have told serole until brown, add a little flour In order to insure lightness in a if she should be in hourly dread of meet dear," she said, affectionately. "Indeed, me that you love me, and it would not be and brown. Add a teaspoonful of cake, it should be put into the oven the sharp sauce and one of tomato as the baking powder or through all the quiet Christmas festivities irritable so unlike him! and Edwin has Don't you see how terrible it would be if sharp sauce and one of tomato as soon as the baking powder or at the Grange; and she was glad to got been worse, if it were possible. Men are I were to let you think that I might come sauce or catsup. Pour in slowly as other rising medium has been adwhich watched her though they watched perhaps I ought not to say that of mine. Though they watched her though they watched perhaps I ought not to say that of mine. Though they watched her though they watched perhaps I ought not to say that of mine. Though they watched her though they watched her though they watched perhaps I ought not to say that of mine. Though they watched her though they watched her though they watched perhaps I ought not to say that of mine. Though they watched her though they watched perhaps I ought not to say that of mine. Though they watched her though they watched perhaps I ought not to say that of mine. Though they watched her though they watched her though they watched her though they watched perhaps I ought not to say that of mine. Though they watched her though they watched her though they watched perhaps I ought not to say that of mine. Though they watched her though they wat make a long detour rather than go near mother. I should say a good digestion days?" she asked, quite humbly. "I want for with sherry. Kidneys that are ting a layer of newspapers between Europe the Italian Government or Procrastination is the thief of a the spot. On one occasion, when returns and a temper to match, and I am quite to do what you want, but I want to left over from a supper dish are the mattress and the springs think; there is something I should have

going across a field, one of the outlying were fortunate enough to find Mice Fal. if it is past, I don't mind. I know I can be said, will revive the color wonderfully.

Was grand larceny. Second Figure and a fine wireless cier—Grand Ah, it was magnificent view, was called at the Villa," she said, "and we trouble besides your father's death—but their own fat, or they may be scald—will revive the color wonderfully.

To dry a wooden synthesis of the outlying were fortunate enough to find Mice Fal. if it is past, I don't mind. I know I can be said, "and brushed the outlying were fortunate enough to find Mice Fal. if it is past, I don't mind. I know I can be said, "and brushed the outlying were fortunate enough to find Mice Fal. if it is past, I don't mind. I know I can be said, "and brushed the outlying were fortunate enough to find Mice Fal. if it is past, I don't mind. I know I can be said. "and brushed the outlying were fortunate enough to find Mice Fal. if it is past, I don't mind. I know I can be said. "and brushed the outlying were fortunate enough to find Mice Fal. if it is past, I don't mind. I know I can be said. "and brushed the outlying were fortunate enough to find Mice Fal. if it is past, I don't mind. I know I can be said. "and brushed the outlying were fortunate enough to find Mice Fal. if it is past, I don't mind. I know I can be said. "and brushed the outlying were fortunate enough to find Mice Fal. if it is past, I don't mind. I know I can be said. "and brushed the outlying were fortunate enough to find Mice Fal. if it is past, I don't mind. I know I can be said." ean ed, skinned, and split and brushed To dry a woolen sweater so it will station. He took down his anten-ficent

soned flour and mushrooms. Make is burning add the hard coal.

Selected Recipes.

squares of chocolate in a double Belgian spells the admirable and out batteries, without Leyden jars, boiler and add a cupful of granulat- heroic now in the public mind. | and is so simple that any one with ed sugar and a cupful of water. Let He starts the telling of his har- a slight knowledge of electrical them, and would make an extremely hand she drew a sheet of paper towards her this mixture cook until it forms a rowing tales in the steerage and mechanics could make one for himthick syrup. Remove from the tells them incessantly, so that self. In practice it is necessary "Dear Lord Edwin-" She had got fire, add a teaspoonful of vanilla finally they get to the ears of the merely to attach the receiver to any Yes, I have seen him," Ida replied in thus far when Donald and Bess, who had and set away to chill in a pitcher. steerage stewards, then to the cars exposed part of the telephonic or steerage stewards, then to the cars exposed part of the telephonic or No: it is part of the Herondale estate," the tone which closes a subject of converreplied Ida, rather more gently: for was sation. "Shall I give you some more tea? ran to the door barking loudly. She laid When ready to serve, half-fill a of the second-class, then to the firstlightning system, Whether this be the not horrible that she should be engag. No? Would you like to see how the work down the pen and opened the door median electron with Stafford's future men are getting on? I think they are chanically; the moonlight was streaming add two tables poor the chanically; the moonlight was streaming add two tables poor the chanically; the moonlight was streaming add two tables poor the chanically; the moonlight was streaming add two tables poor the chanically; the moonlight was streaming add two tables poor the chanically; the moonlight was streaming add two tables poor the chanically; the moonlight was streaming add two tables poor the chanically; the moonlight was streaming add two tables poor the chanically; the moonlight was streaming add two tables poor the chanically; the moonlight was streaming add two tables poor the chanically; the moonlight was streaming add two tables poor the chanically; the moonlight was streaming add two tables poor the chanically; the moonlight was streaming add two tables poor the chanically; the moonlight was streaming add two tables poor the chanically; the moonlight was streaming add two tables poor the chanically; the moonlight was streaming add two tables poor the change and the change are the change and the change are the change and the change are the change wife? Then I presume I have the honor of exceeding to Miss Heron, said Maude, with an idefinable air, combining contempt and definable air, combin they heard Jessie, whom she had sent to into glasses and put whipped cream tion, their whole trip for days hav-Bryndermere, Ida, half unloneciously on top of each. Do not mix more ing been across a tragic panorama, than a large glass of this at a time, may be depended upon, with their siastic student of physics, especial-Their barking ceased suddenly, and con- It will make three small glasses. add something to her message. Then, This method is much better than

Simple Beverages .- To serve beaside to cool. Then pour it into a ded with bandages.

koe and English breakfast are said admitted to the new country. They to be best) in a quart of boiling wa- usually get about five times \$30 ter. The water must be bubbling from the wealthy passengers. when poured over the tea, which is then set back on the stove to steep not more than four minutes. Strain into an earthen bowl containing four cups of sugar. Block sugar "Yes, I often think that women will dissolve without stirring. When of the fight." "But why leave of ginger ale and apollinaris water. A large block of ice in the centre of the bowl, decorated with her figure? A certain New England preacher clices of orange quartered, candied Marie-It fits what she wants he happened to stand with his back to delivered the same sermon to his cherries and slivers of pineapple, is people to think is her figure. Ida's hand fell from the reing, and her the window the gravity of his face d'd congregation for three consecutive better than cracked ice which weakhave retorted, even if she had intended like a start she received his first words. Sundays. At last one of his deacons ens the punch. Adding unferment-

and got hold of the horse; then, with no on my mind and my heart. I'm not very thought of bravado but simply with the good at expressing myself, and I'm handidesire to get the depth of my feeling. Of course I am put Rupert at the gate and leapt into the the depth of my feeling. Of course I am very the depth of my feeling. Of course I am very the depth of my feeling. Of course I am very the depth of my feeling. Of course I am very the depth of my feeling. Of course I am very the depth of my feeling. chapter at the gate and leapt into the road.

CHAPTER XL.

Ida rode home all quivering with the pain of the meeting. At first it seemed to her that she must leave Herondaic-for a time, at any rate; that it would be impossible for her to run the risk of meeting the beautiful woman who had stolen ing the provide a more than the would be imported to the time the depth of my the coffee. Seald a pint of milk and while it is still scalding the topur it at lat a toward who at the coffee. Seald a pint of milk and while it is st sary to make a soft dough. Boil stuttered.

out and cut and fry gold brown. Drain on thick paper and roll in

Household Hints.

Corded ribbon for children's hair bows wears far better than smooth

silk or satin. Never buy very delicate collars if Braising is an excellent way of you wish something that will wash

vaseline or hold them in warm sweet

CHAPTER XXXIX.—(Continued).

Ida's heart sank, and she seized the first and listless, and Lady Bannerdale, when sportunity of getting to her own room.

What hope of forgetfulness could there change in her but was too testful to so the said in a medest but manly way. Which would at once have won Ida's heart sank, and she seized the first and listless, and Lady Bannerdale, when she came to look her up, noticed the formula to the said in a medest but manly way. White hope of forgetfulness could the first and listless, and Lady Bannerdale, when she came to look her up, noticed the formula to the said in a medest but manly way. If you small casserole, put in the kidneys and fry them brown. Take them out and keep warm on a plate.

Shoes that are not in use should out and keep warm on a plate.

Ida smiled a selful to self out and keep warm on a plate. not be allowed to get dusty, as this

In her daily rides she avoided the open- for I count myself lucky in both husband she turned away from him, her eyes fu'l she were visible; and the would sometimes the best gifts bestowed by the fairy god- desperately. "Will you give me a day, two Kidneys that are with sharpy Kidneys that are in the best gifts bestowed by the fairy god- desperately. "Will you give me a day, two or with sharpy Kidneys that are

> very good hashed and served on Dampen the carpet, a small por- the reception of wireless messages in toast for breakfast. They should be tion at a time, with a cloth wrung be removed. At Rocca di Mezzo, in First Financier-They tell me Grilled kidneys may be grilled in rub dry with a clean duster. This gentieri of the Theological Semin- was grand larceny. Second Figure

with oil. They should be served on not lose its proportions, shape it nae as soon as he received the ortoast, either well seasoned or with while it is wet in clear, cold water. der. A few days afterward the po-Then cover with towel. A vest lice observed that news of current Veal and ham pie, a very popu- should be hung on a coat hanger. events was being posted in the pub-

nized the horse on which Maude was rid- "She looks so well, actually so un- ing; it was Stafford's Adonis. Her first happy," replied Lady Barnerdale. "She like," he said. "Only, while you are made as follows. One pound year. importe was to turn aside and leave the was in mourning, and her face she is thinking it over, remember I love you made as follows. One pound veal have been saved will brighten up a tion until a large placard announcfield: but her pride revolted, and she kept really an extremely beautiful girl-was with all my heart and soul, that my peoher course, looking straight before her like marble. And her reception of me be will love you as a daughter, that two hard-boiled eggs, pastry, sea- few bits of charcoal, and when this peared. This was before the tele-

FAKERS IN THE WAR ZONE.

diers on Steamers. or baking dish. Peel the mushrooms has been developed by the Euro-

sympathies thus quickened, to look ly of radio-telegraphy. He says that up the unfortunate and pour lavish he had been thinking out his appa-

Usually it is quite useless for pleted it only three months ago. To ships' doctors and ships' officers to a reporter for the Corriere della tell the passengers that these "refu- Sera of Milan he said : gees" are fakes. They usually can . "Although my apparatus will go tween games at a card party try show "wounds." With rich largess in the pocket, it is no toy. Nor is was dreaming, that her imagination was iced coffee or chocolate. For the and an incentive they will gash its principle new, for Gugliemo coffee, make enough of what is their heads, faces and bodies, and Marconi has told of receiving meseach other; her brain felt dizzy, her pale known as clear black after-dinner then are prepared to stand up for sages without antennae, and I know coffee to fill at least two wine or an unwrapping of their bandages. that hundreds of persons, especialsherbet glasses for each guest. Some, however, have been detected by in Paris, receive communications Sweeten this while it is hot and set with surface scratches hugely wad- from the Eiffel Tower by attaching

large bottle or pitcher and set in a The feature of their story that railings, windows, etc. But in pail or deep kettle, packing ice always calls out the biggest flow of Paris they receive from Paris, A weird-looking lady had been ad- around it. When ready to serve gold is when they say they are com- while I in Aquila receive from dressing a somewhat hostile meet- pour into glasses three-quarters full ing to America to try to build new Norddeich, a thousand miles away, ing, and in conclusion said, "Now, and heap on top either sweetened homes and send for families left My apparatus is entirely new, and and whipped cream or a tablespoon half-starving in their wrecked na- when I say that I use it with elective land, but that they are without Fruit Punch .- Steep four tea- the wherewithall-the \$30 of cash spoonfuls of good tea (orange Pe. necessary-to permit them to be

On the other hand there has been a great deal plinted regarding the to the New because of the war. With practically all Europe a roar Continent like rats and have come in droves to American ports.

Well, What She Buys Is Hers. Alice-Does Maud's new gown fit

"Bald heads remind me of kind

Many a girl who thinks she has a

swanlike neck makes a goose of her-



STATION 1,000 MILES AWAY.

Italian Priest the Inventor - Government Takes It Over.

That wireless messages can be caught by means of simple apparatus attached to the water pipes or how crowded a certain ship was to any grounded metal system, and during the gold rush. One day a without antennae, is well known. man came up to the captain and But a young Italian priest is report- | said ed to have invented a receiver so "You will have to give me some small that it can be carried in the place to sleep. pocket and so sensitive that it will "Where have you been sleeping" catch messages sent from a station one thousand miles away. The dis- "I have been sleeping on a sick man

dered that all private antennae for good time. graph brought the news.

Police Told of Invention.

When the news was confirmed the police called on Father Argentieri He offered no objection and said that anything they confiscated could be reconstructed without difficulty. 'In which case we shall confiscate gentieri then told them that he had invented a pocket wireless receiver.

According to Prof. di Pirro, the ica. And on the way over he tells Argentieri apparatus receives mespitiable stories of the frightful suf- sages from any distance without ferings the war has brought upon antennae, without ground connec-Iced Chocolate. - Melt two him. He is always a Belgian, for tion, without attuning device, with-

twenty-seven years old, is an enthuratus for several years, but com-

their apparatus to water-pipes, iron

WIRELESS tric light wires it is because I am sure it will not be so easy to imitate me. The new receiver is the essential part of the apparatus, as is proved by the fact that all efforts to receive messages by attaching ordinary receivers to the wires of a telephone or lighting system have

> The Italian Government have tentatively taken over the Argentiere invention pending thorough tests.

> > When His Bed Walked.

An Alaska pioneer was telling

"Well," the passenger replied, covery of his discovery came about but he's getting better now, and he .



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able it to cast out the rheuma

poisons with the natural secretia

of the body. Thousands have tr this treatment with the most be ficial results. That every suffer who does not try Dr. Williams' Pi Pills is neglecting the most help means of recovery is shown by following statement. Mrs. Emel Smith, St. Jerome, Que., says: was attacked with what the doct said was inflammatory rheumatis The joints of my hands, feet a limbs were badly swollen, and suffered the most excruciating pal Notwithstanding medical treatme The trouble became so bad that could not go about. My appet began to fail me and I was grown physically weak. A neighbor w some improvement, and my appeti began to return. Then the swe ing in my joints began to desa pear, and it was not long until was perfectly cured and I, have he no return of the trouble."

Dr. Williams' Pink Pilis are sol by all dealers in medicine or will i to The Dr. Williams' Medicine Co Brockville, Ont.

of dirt. Every time you wink the ame implies, is busy storing up the

the Welsh Regiment, was seriously wounded during the recent fighting

PUSY DOCTOR

Sometimes Overlooks a Point. may be called by an intelligent pa-

tient who is a thinker was called to Grape-Nuts by one of 'At the time my own health was theories behind Grape-Nuts were sound and that if the food was all that was claimed, it was a perfect

"So I commenced to use Grape-Nuts with cream twice a day, and in a short time I began to improve in every way and I am now much stronger, feel better and weigh more than ever before in my life. I know that all of this good is due to Grape-Nuts, and I am firmly convinced that the claims made for the food are true

"I have recommended, and still commend, Grape-Nuts to a great many of my patients with splendid provement of patients on this fine food has been wonderful "As a general food, Grape-Nuts

stands alone." "There's a Rea-Co., Windsor, Ont.

Look in pleas, for the famous little book, "The Road to Wellville."

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