#  $p_{2}=5=$ $x= \pm 5$ 











|  |  |
| :---: | :---: |
|  |  |


CHEESE MAKING MONKS.
The Trappiste of Canada and Thetr
Farms and Vineyarde.
Scattered tarouthout Canads are
many curlous relletous comes and
many curious religious commumes, ee-
Dectally in the province of Quabec,
but there is none more curlous or tm -
teresting than theTrapplst Monks.
ThIs brotherhood bas three settlo-
ments in the Dominion-in Noraern Quebec, near the Lake os John
distrlet, and on the banks of the ot
tawa River not far from Montreal.
One of the most interesting of the

$$
\left\lvert\, \begin{gathered}
\text { One o } \\
\text { monas } \\
\text { of Ok } \\
\text { The }
\end{gathered}\right.
$$

## 

queTra
an




whes produced from the vineyard
Busy Man's Magazino.
Why She Couldn't Speak.
A photographer in an lowa town
was called upon not loag ago to make
some pictures of an old lady of 70
yeara or zo, but of surprising agetily
and quickness of perception. and quickness of perception.
The pliture man was, thereore
somewhat surprised to find that n words of address could induce the old tady to speak unt11 the operation wha
completed. Then she put her flngers
Into her mouth, whence she withdrew
several wads of paper.
"You wouldn't have me photo-
$\qquad$
Dher. "I stuffed two pages of a new
paper in my mouth to fill out."-La dies' Home Journal.
signal
Tho Bachelor and the Benedtct wero
wending bomeward thetr weary way.品々mate
drink
toea a
on the


 $\pm=\mathrm{F}=\mathrm{E}$ 5






 and



 and

Seraiun aimen cima

 Nan and

$\qquad$
A good appetite to the best sauce. It goes a long way toward helping in
the dtrpatice procos, and that ts ab-
notutely easential to health and Many persons have found that
Grape-Nuts food is not only nourfsh-Grape-Nuts food is not only nourish-
Ing but is a grent appetlien. Even
children Hise tho tnate of lt and grow
 appette for dinne

$$
\begin{aligned}
& \text { I am } 57 \text { yoars old, writes a Tenn. } \\
& \text { grandmother, "and have bya a weak } \\
& \text { stomach from chlahood. By great }
\end{aligned}
$$

$$
\begin{aligned}
& \text { tomach from chlldhood. By great } \\
& \text { are an to my dlot I entoyed a reason- } \\
& \text { ble degree of heath, but never } \\
& \text { ound anythog to equal Grape-Nuta }
\end{aligned}
$$

$$
\begin{aligned}
& \text { When I have no appette for } \\
& \text { breatitat, and funt eat to kep up mi } \\
& \text { strength, I take } 4 \text { teaspoonfuls of } \\
& \text { Grape-Nuts with good rleh milk, and }
\end{aligned}
$$

$$
\begin{aligned}
& \text { trength, I take } 4 \text { teaspoonfuls of } \\
& \text { Grape-Nuts with good reh milk, and } \\
& \text { when dinner comos I nm hminery }
\end{aligned}
$$ Inever feel Hke eating atmner, Grape-

Nuts for breaktaut seams to Nuts for breakfast seems to make a
healthy appette for tinner.
"My little 13-montheold grandson "My hittle 13-monthe-old grandson
had been very sick wth stomach
trouble during the past summer, and


