

Used

A SUGGESTIVE HINT FOR THOSE WHO FIND WHOLE WHEAT,
GRAHAM OR LIBERTY BREAD INDIGESTIVE.

A correspondent of "Figaro" says that she couldn't possibly eat the bread that the war regulations produces, and was on the point of giving up altogether what had been the mainstay of her diet because it produced heartburn, and intestinal trouble. She chanced to be away on a Friday and her bread was not eaten until Sunday. It was very dry but the flavor had come into it and all un-pleasant after-effects were removed. Keep the bread three days at least, she advises.