```
1   <table width="600" border="1" align="center" cellpadding="5" cellspacing="0">
2     <tr>
3       <td class="middle">[branding], [authentication stuff]</td>
4     </tr>
5     <tr>
6       <td class="middle">[space to say what is on your mind]</td>
7     </tr>
8
9     <tr>
10      <td><p>loop starts here for as many prattles as tehre are</p>
11        <table width="600" border="1" cellspacing="0" cellpadding="0">
12        <tr>
13          <td colspan="3"><img src="http://www.wonko.info/prattler/nav/twotTop.jpg" alt="" width="600" heigh
    t="24" /></td>
14        </tr>
15        <tr>
16          <td width="67" background="http://www.wonko.info/prattler/nav/twotBodyL.jpg"> </td>
17          <td width="498" valign="top">[the actual prattle goes here]</td>
18          <td width="35" background="http://www.wonko.info/prattler/nav/twotBodyR.jpg"> </td>
19        </tr>
20        <tr>
21          <td colspan="3" valign="top"><table width="600" border="1" cellspacing="0" cellpadding="0">
22            <tr>
23              <td valign="top"><img src="http://www.wonko.info/prattler/nav/twotBottomleft.jpg" alt="They sa
    id" width="79" height="66" /></td>
24              <td valign="top"><img src="http://www.wonko.info/prattler/nav/twotBottomRight.jpg" alt="" widt
    h="521" height="30" /><br />
25                [icon] [name] said this on [date] at [time] <br /></td>
26            </tr>
27          </table></td>
28        </tr>
29      </table>
30      <p>end looping here</p></td>
31    </tr>
32
33  </table>
34
```