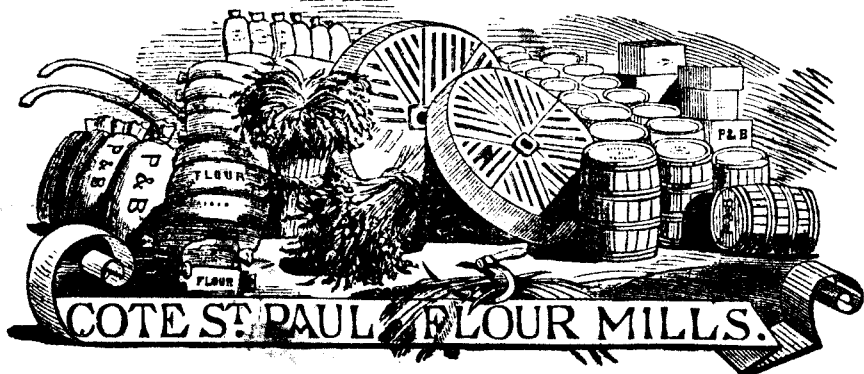


PARKYN'S



SELF-RAISING FLOUR.

This Self-Raising Flour is an invaluable article for producing, in a few minutes, by the addition of cold water only, without yeast or salt, the most nutritious and wholesome Bread; also, Biscuit, Cakes, Pastry, etc., rendering it of great importance to Housekeepers, Invalids, Dyspeptics, and Sea-faring Men.

Bread, to be wholesome, must be light and porous. This result, hitherto, has been obtained almost exclusively by fermentation with yeast. It is well known that fermentation is the first stage of decomposition, and that a portion of the saccharine and other nutritious parts of the Flour are sacrificed to render the remainder palatable and wholesome. The Self-Raising Flour contains the entire nutrition of the grain, and yields a Bread more digestible and of finer flavor than the fermental article and may be produced by the addition of cold water only.

ADVANTAGES OF SELF-RAISING FLOUR

Bread from Self-Raising Flour will keep good much longer than any other, and will not mould nor become sour, and may be eaten while fresh without detriment.

It gives 16 per cent. more bread than flour raised with yeast; of finer flavor more digestible and nutritious; making 32 pounds more bread to the barrel.

The gluten, saccharine, and other elements of nutrition in flour, are wasted or destroyed during fermentation, to the extent of seven per cent. or more; while they are preserved in all their strength in bread made from the Self-Raising Flour.

When used for Pastry, Pies, Confectionery, etc., less than the usual quantity of eggs and butter will suffice.

In Custard and all other Pies, the under-crust bakes as light as the upper—an important advantage over common flour, as regards health and economy.

The SELF-RAISING FLOUR will be found decidedly THE CHEAPEST that can be used for household purposes, saving *thirty per cent.* in butter and eggs, and making the most superior Bread, light Pastry, Cake, Puddings, Dumplings, Batter and Girdle Cakes, etc., with much economy of time and trouble.

OFFICE AND SALES-ROOM:

Cor. Craig and Bleury Sts.,
MONTREAL.