

PROPERLY PREPARED FOOD,

Is Essential to Health and the General Comfort of the Household.

BY THE AID OF

COOK'S



FRIEND

BAKING POWDER

Light, Easily Digested, and Wholesome Rolls, Gems, Tea Cakes, Griddle Cakes, Pancakes, &c., &c., can be

EXPEDITIOUSLY PREPARED.

THE COOK'S FRIEND is also useful in Pie Crust, Boiled Puddings, etc., SAVING a large proportion of the usual SHORTENING, and producing more HEALTHY FOOD.

It Contains no Injurious Ingredients

Such as are to be found in many of the Baking Powders that are being forced on public attention, its principal constituent being the PUREST Grape Cream Tartar that money can buy.

DYSPEPTICS may USE with ADVANTAGE food prepared by its aid.

The **Cook's Friend** has been awarded **First Prizes** wherever exhibited in competition, also **Many Medals** for excellence of quality.

McLaren's Cook's Friend is the only genuine.

Retailed by all respectable Grocers.

Lancashire Fire Insurance Co., Belleau & Bamford, Agents, 43 & 45 St. John Street, Montreal.