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# THE FARMER'S ADVOCATE

AND HOME MAGAZINE

PERSEVERE  
SUCCEED  
FOUNDED 1879

\* AGRICULTURE, STOCK, DAIRY, POULTRY, HORTICULTURE, VETERINARY, HOME CIRCLE. \*

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## PURITY OATS

### AS A SUBSTITUTE



for wheat flour stands first among the cereals we must use in order that our armies may be fed.

High in food value, low in cost. When used in all your baking it produces palatable and nutritious bread, cakes and pastry.

Send for free wheat-saving recipes.

Canada Food Board  
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