In an introduction of these the ticle continues: "Thrift and Econ-

"A thrifty nation is a wealthy na-tion, wealthy in brain, brawn, and in

Thrift

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When you want to save cooking a big meal — serve Pancakes.

When the appetite balks at meat, and fish becomes distasteful — serve Pancakes, — or Griddle Cakes — or Waffles.

But when you seek real nutrition in pancakes, dainty aroma and flavor, palatable richness and easy digestion — then, serve FIVE ROSES pancakes and griddle cakes.

Not only does FIVE ROSES flour bring the wonderfur food value so plentifully stored in Manitoba's finest wheat but it TOSERVEAVARIETY Makes Pancakes OF PANCAKES TO MAKE CREDILE
CARES and WAFFLES
A full chapter on these
A full chapter on these
ROSES Cook Book.
Together with notes
and details on bisenits,
cookies, bisenits, etc. by
you want a copy of this
popular 41-page cooking
First These sooking the
ROSE Mailed on receipt
of 10 two-cent stramps.
Address Dept. E. TO MAKE GRIDDLE The famous FIVE ROSES Cook Book gives 10 tested recipes as fail directions. Also over 240 intallible cake recipes, and faily 50 directions and hints on bread-making, 50 indispensable to food house-keeping that already over 200,000 women couldn't do without it. To get a copy see panel opposite. Delightful and Digestible fried on pan or baked on griddle, no cake can ever disturb the most delicate stemach, if made from a FIVE ROSES batter.

Simply because FIVE ROSES is such a sturdy and glutinous flour that it resists the absorption of fat, merely taking enough to brown becomingly with a golden contrast, to crisp with crinkly, curly edges. Serve pancakes oftener, since FIVE ROSES renders them so palatable, nutritious, econo-atcal. And when you become intimate with its wonderful quality and versatility, you will eagerly use FIVE ROSES for all your baking. LAKE OF THE WOOD MILLING CO., LIMITED, MONTREAL WHEN YOU THINK OF PANCAKES—THINK OF FIVE ROSES.

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