



# SUMMER STRENGTH AND SUMMER COMFORT

come from summer raiment and summer food. Light clothing and heavy food do not go together. The stomach cries out for relief from heavy meats and soggy pastries that clog the system and fog the brain.

You cannot think clearly or act quickly under the burden of winter foods. Give Nature a chance. Throw off the burden and eat—

# KORN-KINKS

## THE ONLY MALTED CORN FLAKES

Indian maize corn was the food of the sturdy Canadian pioneers who cleared the forests and blazed the path of civilization on the western continent. It is rich in the elements that make muscle and brain.

**KORN-KINKS** are the only corn flakes on the market that are malted. They preserve the delicious, appetizing flavor of toasted corn, and are made still more palatable with the sweet taste of pure barley-malt. They are a pleasant and agreeable surprise to the stomach after eating mushy "porridges."

To get the full flavor and delicious crispness of **KORN-KINKS** it is best to pour them into a pan and warm in oven before serving, then serve in large dish with cream, piling the flakes in on one side of the dish and pouring the cream in the other side, dipping the flakes as eaten.

# 5¢

**Crisp, Dainty, Delicious Flakes  
of Malted White Corn.**

**5 CENTS A PACKAGE AT YOUR GROCERS'**

**THE H-O MILLS, HAMILTON, ONT.**

# 5¢