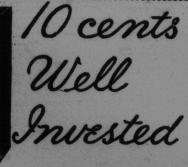
TOASTED CORN





A 10c box of Kellogg's Toasted Corn Flakes contains more nourishment than any other cereal.

Just think of it -Kellogg's is 90 per cent. food value, and the flavor is a delight to the palate. Try Kellogg's Toasted Corn Flakes tomorrow morning.

Serve with milk or cream and sugar.

"The Sweetheart of the Corn"

TOASTED

HERE is an interesting calculation for young housewives or old ones for that matter. A pound of the best bread in the world made from ROYAL HOUSEHOLD FLOUR costs less than four cents. A pound of the best beef steak costs

25 to 30 cents. Yet a pound of bread made from ROYAL HOUSE-HOLD FLOUR contains

more working energy than a pound and a half of beef steak. Or three pounds of pork, or two pounds of veal.

bread made from Royal Household Flour

An Interesting Calculation

is the most economical food in the world.

Whether figured by the pound or by actual units of health and strength,

Especially is bread made from ROYAL HOUSEHOLD FLOUR good for growing children. They can't eat too much of it. For their general healthy growth and development, it furnishes an almost complete food. As a matter of household economy, children ought to be given all the bread they can eat at all times.

Statistics also prove that ROYAL HOUSE-HOLD FLOUR will sustain life longer than animal food. It is extremely rich in high quality gluten which comes from the best Red Fyfe Wheat - the finest in the world. This large percentage of high quality gluten is what makes ROYAL HOUSEHOLD FLOUR so much better than ordinary flour. Red Fyfe Wheat is known the world over for its richness in high quality gluten.

The beautiful white color of ROYAL HOUSEHOLD FLOUR is natural. It indicates the richness of the wheat from which it is made.

The one safe rule in buying flour is to get ROYAL HOUSEHOLD, and in that way you will make sure of getting the largest percentage of nourishment and the cleanest, purest and most uniform flour. Best for pastry as well as for bread. Rich, nutritive, natural, most uniform and most satisfactory for all household baking. Insist on ROYAL HOUSEHOLD-your grocer will be glad to furnish it if you tell him that substitutes will not do.

"Ogilule's Book for a Cook", with 125 pages of recipes that have been tried and tested, will be sent free to your address if you mention the name of your dealer.

THE OGILVIE FLOUR MILLS CO., LIMITED, MONTREAL.

ONE POINT OF VIEW

wable like Gladys

Frophesy; Miss Leah than the German system of compulsory of the characters were:

Mistress of House (Mrs. Gaskell), Miss Leah Bartlett.

Applicants for cook: College Girl, Miss Mary Chesley; Bowery Girl, Miss Havine Bates.

Maid: Miss Jennet King.

Mother of Mrs. Gaskell, Miss Gretten Allison.

Refreshments were served at the order of the entertainment of the enjoyable.

POINT OF VIEW

By COLIN McKAY.

Solution the specific provides the specific provides shiftly tawn of complete with the specific provides some jurisdiction in institute a system of institute a sy



