

Puddings

**Light and Savory,
Easy to Digest**

If Puddings were lighter and tastier, would you serve them oftener?
Would you attempt *new* varieties?
Then try FIVE ROSES flour in boiled or baked puddings.

The same good flour that makes the lightest bread, biscuits and muffins will make your puddings more daintily porous — palatable — *digestible*. Even when used in small doses, FIVES ROSES binds together the other ingredients and blends their delightful flavors.
We invite you to follow the lead of Canada's best cooks—and use

Five Roses^{*}
FLOUR for Breads-Cakes
Puddings-Pastries

And your reward will be those well-swollen puddings that maintain till eaten their freshness and aroma.
The kind that cuts into dainty slices without crumbing or ragged edges—Never soggy, insipid; never a disappointment.
And due to the wonderful nutritive value of FIVE ROSES, every spoonful becomes a toothsome source of vitality.
See that you also are given FIVE ROSES at your dealer's.
Your success will be so stimulating that soon you will *insist* on using it whenever "flour" is mentioned.

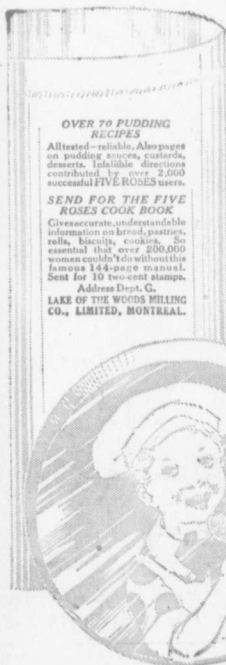
**OVER 70 PUDDING
RECIPES**

All tested—reliable. Also pages on pudding sauces, custards, desserts. Infalible directions contributed by over 2,000 successful FIVE ROSES users.

**SEND FOR THE FIVE
ROSES COOK BOOK**

Gives accurate, understandable information on breads, pastries, rolls, biscuits, cookies. So essential that over 200,000 women couldn't do without this famous 144-page manual. Sent for 10 two-cent stamps.

Address Dept. G.
LAKE OF THE WOODS MILLING
CO., LIMITED, MONTREAL.

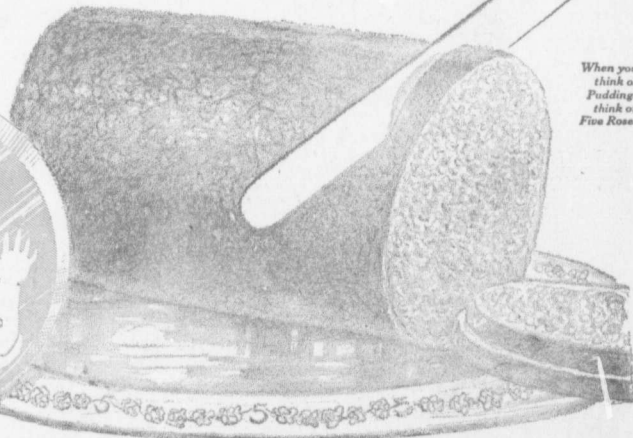


* Guaranteed
Not Bleached — Not Blended.

FIVE ROSES

Has Made These
Famous

Roly Poly
Sponge
Snowball
Yorkshire
Butter
Caramel
Chocolate
Cottage
Marmalade
Christmas
Poor Man's
Syrup
Sweet
Black
Apple
Bread
Carrot
Date
Cream
Paddy Bundles
Raspberry
Ginger
Fruit
Plum
Rice



When you
think of
Puddings
think of
Five Roses