

Learn why PURITY FLOUR is unlike any other brand

PURITY FLOUR is unlike any other brand of flour. No two milling companies follow exactly the same process of milling. In fact, no two different brands of flour in the world are exactly alike in quality.

And here is another fact worth knowing: Every wheat berry contains both high-grade and low-grade portions.

The process of milling PURITY flour costs more than to mill ordinary flour. The low-grade portions are separated and excluded. PURITY is an ALL HIGH-GRADE, hard wheat flour. It has greater strength, greater absorption and greater expansion. It is a thirstier, more elastic flour. It drinks more water and expands into more loaves.

Use PURITY FLOUR for your next batch of bread. Count the loaves. You'll find you have made "MORE BREAD AND BETTER BREAD" from PURITY than when you've used an equal weight of weaker and cheaper flour.



PURITY FLOUR

"More bread and better bread"

IMAGINE, if you can, how much whiter, and more toothsome, and more nutritious, the bread made from such a HIGH-GRADE flour must be.

And can you imagine yourself enjoying the flaky pie-crust and the light, delicate cake?—your reward for using PURITY flour

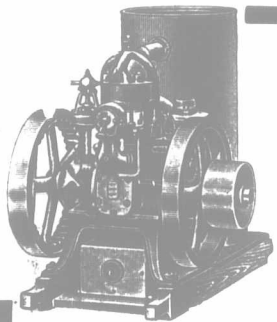
When making pastry, please remember to add more shortening than required with ordinary flour—for on account of its extra strength, PURITY FLOUR requires more shortening for best pastry-results

Yes, PURITY FLOUR costs slightly more than ordinary flour. But use it once and you'll say it's worth more—much more—than the difference.

Add PURITY FLOUR to your grocery list right now.



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termilk, which is often prescribed. Even beef tea, says Dr. Hutchinson, in his work on "Foods and Dietetics," contains only about 2 per cent. of nutriment. While these drinks, therefore, are excellent aids to an invalid's diet, they must not be depended upon to nourish, or the patient is likely to starve. To make them really nourishing milk or egg must be added to them. In case of sickness always consult the attending physician in regard to the foods that are to be given. A mistake may be fatal.

Fish and Egg Dishes.

Salt Cod:—Wash the cod (the quantity necessary) and soak over night in water to which a little vinegar has been added. Next day boil in fresh water, and flake into a dish. Serve with parsnips boiled, mashed, and beaten up with hot cream to which a piece of butter has been added. If liked the cream may be slightly thickened with flour before the parsnips are added.

Smelts:—Flour lightly, dip into beaten egg then into fine bread crumbs and fry in deep boiling grease. Garnish with slices of lemon.

Baked Whitefish:—Split the fish open on the back, remove the bones, lay it inside up in a baking pan, brush over with a tablespoon butter and juice of half a lemon, season with salt and pepper, sprinkle with cracker crumbs and bake in a hot oven 30 minutes.

Stuffed Whitefish:—Make a stuffing of 1½ cups dry bread crumbs, a heaped tablespoon butter, salt and pepper to season, 1 beaten egg. Stuff the fish and sew it up. Put in the baking-pan with 1 cup vinegar and bake 1 hour, basting with butter and water. Thicken the gravy with browned flour and serve around the fish.

Cheese Omelet:—Beat yolks of eggs well, add 5 tablespoons milk and seasoning to taste. Beat the whites very stiff and stir them into the yolks. Butter a large frying-pan and heat it, then pour the mixture in, cover tightly, and cook slowly until brown on the bottom. Sprinkle ½ cup fresh grated cheese over, fold together and serve at once.

Creamed Eggs:—Boil 5 eggs hard, take 2 cups bread crumbs, 1 cup milk, ½ tablespoon butter, salt and pepper to season. Scatter the crumbs over the bottom of a baking-dish, lay on the sliced eggs, sprinkle with salt and pepper and bits of the butter. Keep on thus in alternate layers until all are used, having crumbs on top; pour the milk over and bake in a moderate oven.

Dropped Eggs:—Have 1 qt. boiling water and 1 tablespoon salt in a frying-pan. Set on back of stove. Break 5 eggs, one by one, into a saucer and slide carefully into the water. Cover closely and let the eggs cook lightly. When done lift each out with a pancake turner and place on buttered toast.

Our Scrap Bag.

SEED CATALOGUES

If you have not received a seed catalogue send a postal card to a reliable seed house asking that one be sent you. Those that advertise in this journal are all reliable.

BREAKFAST CEREAL.

Cook graham flour in salted water and eat with sugar and cream. This makes a nice change for breakfast.

MENDING KNITTED GARMENTS.

Woollen underwear that has become too thin to stand ordinary darning may be made to last until warm weather by treating as follows: Soak a piece of net until soft and when dry tack on to the thin place on the inside of the garment, then darn by weaving in and out through the meshes of the net.

IN-GROWING TOENAILS.

A writer in British Medical Journal says that in-growing toenails may be cured by painting the part twice a day with a solution of one ounce fresh tannic acid dissolved in 6 drachms pure water, by a gentle heat.

CLEANING WHITE FELT HAT.

Rub with hot cornmeal and brush out, or mix pipe-clay or magnesia to a paste with water, spread on the hat and when perfectly dry whisk off.

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