

It Makes a Good Breakfast

We have a preparation of barley that is rapidly coming into favor as a breakfast dish, also for Desserts.

The barley is first carefully husked, or shelled, then partially cooked by steam, afterward rolled into very thin flakes, and carefully dried. It cooks very quickly, and has a sweet, rich flavor.

FOR BREAKFAST PORRIDGE:—First, we strongly recommend a double boiler—Flake Barley will be whiter if a double boiler is used. Shake slowly two cups Flake Barley into a pint of boiling, salted water. DO NOT STIR. Let boil from twenty minutes to half an hour, using a double boiler. Serve with sugar and cream.

Ask your grocer for Tillson's Flake Barley, or drop a card for a cooking sample to

The TILLSON COMPANY, Ltd.,
TILSONBURG, ONT.



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