

INSTEAD OF OATMEAL,

LOTS OF PEOPLE ARE USING

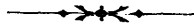
# FLAKE BARLEY,

AND LIKE IT BETTER TOO.

It is clean, wholesome, easily digested, and is rich in muscle-making, nerve-building and life-giving power. It can be served as porridge with milk, sugar and cream, instead of oatmeal, or as a dessert made into a pudding.

Those who have tried it have liked it—some are very enthusiastic in its praise.

We will mail cooking sample on application.



The TILLSON COMPANY, Ltd.,  
TILSONBURG, ONT.



USED IN WINDSOR CASTLE AND THE ROYAL LAUNDRIES

Everything depends on how a thing is done. Clothes washed with poor soap don't last long, nor do they look right. The very best soap for use on Clothes is

## SUNLIGHT SOAP

it whitens them beautifully without eating any holes in them. Clothes washed with Sunlight Soap will last—a great point gained. And, you know, you don't have to rub when you use Sunlight Soap.

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