



That Tired Feeling

"THAT TIRED FEELING" in the Spring is Nature's warning to shake the shackles of winter foods—to get from under the load of heavy meats and canned vegetables. It is the time of low vitality when the body is an easy prey to disease. It is the time for cereals, fruits and fresh vegetables. Help Nature to put you on your feet by eating crisp, delicious, nutritious

KORN-KINKS

THE ONLY MALTED CORN FLAKES

The food that puts vim and vigor into tired muscles and worn-out nerves. The ideal summer food, full of nutriment and easily digested. Made of choice selected white corn, steam cooked, malted, rolled into thin flakes and toasted to a delicious crisp. The best corn flake food made in the world.

**CRISP, DAINTY, DELICIOUS FLAKES
OF MALTED WHITE CORN**

5 CENTS A PACKAGE AT YOUR GROCERS'

THE H-O MILLS, HAMILTON, ONT.

To get the full flavor and delicious crispness of KORN-KINKS it is best to pour them into a pan and warm in oven before serving, then serve in large dish with cream, piling the flakes in on one side of the dish and pouring the cream in on the other side, dipping the flakes as eaten.