

BY ROYAL WARRANT, MILLERS TO H.R.H. THE PRINCE OF WALES

What Flour Granulation Means in Bread-Making

Flour is composed of myriads of tiny granules.

To make good bread these granules must be uniform in size.

In poorly milled flour some granules are large, some small.

The small ones absorb yeast, "rise" and "ripen" before the large ones—the result is bread of coarse, poor texture.

The large granules are not developed into "sponge," they bake into heavy hard particles, spoil the texture of the bread and make it harder to digest.

ROYAL HOUSEHOLD FLOUR is perfectly milled—all the flour granules are uniform in size—the sponge rises uniformly—the bread is even in texture—perfect in flavor—good-looking, appetising bread—easily digested.

Ogilvie's back it with their reputation by branding it

Ogilvie's Royal Household Flour.



CURES

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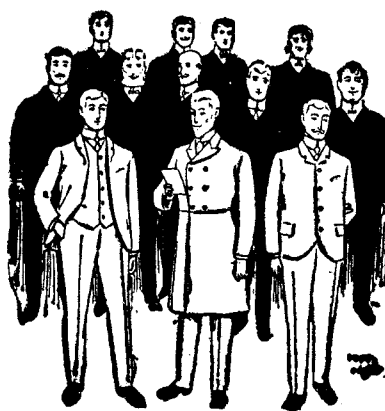
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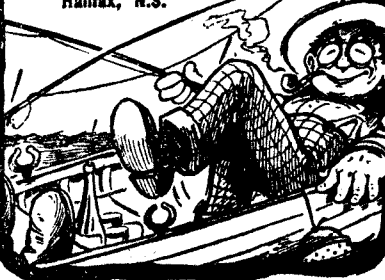
That Fishing Trip

See that there's plenty of Sovereign Lime Juice in the hamper. You'll need it during the long hot days to keep you cool. Good to prevent the system from being affected by change of water and climate, too.

Sovereign Lime Juice

is just the rich, delicious juice of ripe limes—free of alcohol and preservatives. It is a temperance drink, and a mighty sensible drink—any time and all the time.

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Can Eat Anything Now.

How many Dyspeptics can say that?

Or perhaps you are dyspeptic and don't know it.

Have you any of these symptoms?

Variable appetite, a faint gnawing feeling at the pit of the stomach, unsatisfied hunger, a loathing of food, rising and souring of food, a painful load at the pit of the stomach, constipation, or are you gloomy and miserable? Then you are a dyspeptic. The cure is careful diet; avoid stimulants and narcotics, do not drink at meals, keep regular habits, and regulate the stomach and bowels with **BURDOCK BLOOD BITTERS**, Nature's specific for Dyspepsia.

Miss Laura Chicoine, Belle Anse, Que., says of its wonderful curative powers:—"Last winter I was very thin, and was fast losing flesh owing to the run-down state of my system. I suffered from Dyspepsia, loss of appetite and bad blood. I tried everything I could get, but to no purpose; then finally started to use Burdock Blood Bitters. From the first day I felt the good effect of the medicine, and am now feeling strong and well again. I can eat anything now without any ill after-effects. It gives me great pleasure to recommend Burdock Blood Bitters, for I feel it saved my life."

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Will arrive at Winnipeg about Aug. 23rd.

Other excursions will start from the East as follows:—

ONTARIO - Aug. 29; Sept. 2, 4 and 6
QUEBEC - Sept. 8

J. J. GOLDEN,

Provincial Information Bureau

617 Main Street, WINNIPEG.