



MORE Nutrition at LESS Cost

STEW DAYS come oftener in these times of strict economy. But stew days become gratefully welcome when FIVE-ROSES dumplings add their rare deliciousness to the savory mess.

Light and porous as the crumb of well-risen bread, airy fairy bits of toothsome nutrition.

Did you know that, weight for weight dumplings are over five times as nutritious as beef? The gluten in the flour is "the lean of the meat of the wheat." In easily digested form your stew dumplings made from

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contain the muscle-building, blood-forming elements so plentifully stored up in the best Manitoba wheat. A little left-over beef or meat scraps will go a long way when you pop FIVE ROSES dumplings into the stew, besides jumping up its sustenance value *enormously*.

Thus are you able to secure more nutrition at less cost.

All about Dumplings for Stews

Send to-day for the famous FIVE ROSES Cook Book and learn to bake without waste. In its 144 pages you will find over 200 tested cake recipes, hundreds of directions for pies, biscuits, pastries and 50 infallible rules for bread-making, already in use by over 500,000 ambitious housewives. Mailed for 30c. stamps or silver. Dept. "D" LAKE OF THE WOODS MILLING CO., LIMITED, Montreal and Winnipeg.

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