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Many thousands of Western women have sent to us for our famous Blue Ribbon Cook Book and use it every day. It was compiled specially for use in Western Canada and great numbers of users have told us it is the best Cook Book they know. Bound in waterproof cover, it is an economical, practical, helpful book, easily worth a dollar.

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JELLY POWDER SPICES

The coupon in the corner is worth 10 cents if you send it with 25 cents for a copy of the Blue Ribbon Cook Book. When you read this it won't be too early to be thinking of Christmas cooking. So send now. Next time you give your grocer an order, ask for Blue Ribbon goods and see how pleased you will be with them.

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