

## Used in Millions of Tea Pots Daily-Every Leaf is Pure

Every infusion is alike delicious

Sealed Packets only.

# ECONOMY AND

BUYING THE CHEAPEST ARTICLE IS OFTEN THE POOREST ECONOMY.

WE DO NOT CLAIM TO MAKE THE CHEAPEST MATCHES, BUT WE DO CLAIM TO GIVE

> THE MOST OF THE BEST FOR THE LEAST MONEY

THEREFORE ALWAYS, EVERYWHERE BUY

### "We All Like Mustard."

A \$3.50 Hydro-Electric

Iron for \$2.00

To every person having their house wired for "HYDRO" during the month of February, or if you have

HYDRO-ELECTRIC

TOASTER for

Let us give you a FREE estimate, without placing

Write, telephone or call. We will wire your house

The City Hydro

Phones 250 and 251

an Electric Iron, we will give you a brand new

you under any obligations whatever.

For full particulars, call

on our easy-payment plan.

4 Points. So strengthening and invigorat-ing as a hot drink in cold

2. Better than beef-tea in sickness.
3. Very delicious for enriching soups, stews, pies, etc.
4. Economical and ready in a



## London Advertiser COOK-BOOK

Recipes Supplied By Cynthia Grey's Readers.

There's the FLAVOR of the World's finest wheat in the bread and pastry made from

RITYFLOUR

More Bread and Better Bread

Also makes

## Cynthia Grey's Mail-Box

possible, and to write on one side of the paper only. It is impossible to give replies within a stated time, as all letters have to be answered in turn. No letter can be answered privately.]

AdvertiserPatterns

A PRACTICAL BUSINESS COSTUME

August, 1914, expects to be home cheer up, you'll get a boy of ur own some day. There's lots of without letting the boys hug you. man doesn't want a wife that every

to Lampton's Waist—1893. Skirt—1892.
The quite agree Ladies' Shirt Waist pat-

tle woman, and no doubt Marc



CUCH a delightful change! See the pleasure a dish of pancakes brings to everyone's face. Astonishingly easy to make if you use White Swan. No ing edia ents to add-no further cost. Just 15c for the big package that makes 100 light, golden-brown pancakes.

## WHITE SWAN SELF-RISING

PANCAKE FLOUR

Did you ever think of the goodness in White Swan

Pancakes? Just the most wholesome food in the world

-the hearts of wheat, corn and rice all skillfully

blended. Well milled in a sunlit factory. Real nour-

ishment as well as a tempting delicacy. Last-but not

## The Easy Way To Make Good Pancakes

Mix White Swan Pancake Flour with an equal quantity of water or milk. Some people add an egg or brown sugar for flavor. Cook slowly on a moderate griddle. The result is pancakes of exquisite lightness and

> BISCUIT FLOUR-Self- COFFEE-WHITE SWAN is the result of over 50 years' experience

WHEAT FLAKES - IS the choicest product of carefully-selected Canadian white winter wheat,

least-economical.



White Swan Spices and Cereals, Limited 156 PEARL STREET, TORONTO, CANADA.

Good Grocers Carry These White Swan Quality Products

Hood's Sarsaparilla is not a cure-all. \$500 was handed to the Red Cross Hood's Sarsaparilla is not a cure-all. It is the best blood medicine on the market. It has stood the test of forty years, and is used all over the world. Get it and begin treatment today. It will surely help you. Soid by all druggists.

good grocer's.

## RED CROSS AND C.W.C.A.

do so at once.

Hood's Sarsaparilla acts directly and peculiarly on the blood—it burifles, enriches and revitalizes it and builds up the whole system.

The whole system.



WEULEU2 MAJAN DION

Quick Way to End Coughs, Colds and Croup

## HORLICK'S

Malted Milk for Invalida A nourishing and digestible diet. Contains rich milk and malted

For excellence and delicacy this is the cheapest vegetable now offered. Main & Collyer

grain extract. A powder soluble in water.

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