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At the beginning of my Cooking experiments, I tested many brands of Graham and Whole Wheat Flour in an attempt to find, as nearly as possible, a perfect flour, fresh, tasty, rich in gluten.

My search ended when I tried Hunting's Products.

East meets West in Hunting's Whole Wheat Flour! The high gluten content of Western Canada hard wheat, combined with that rich, nutty flavor of our Eastern Townships hard wheat, makes a Whole Wheat Flour that cannot be rivalled.

"All that one might desire and more than one might hope to find," describes Hunting's Whole Wheat Flour.

Hunting's Graham is made similar to the Whole Wheat, from all the wheat, except that it is more coarsely ground.

Hunting's Table Brand is pure bran, cleaned for cooking purposes.

For a delicious Breakfast Food, try 2 tablespoons Hunting's Table Bran, a few raisins or figs, and milk or cream. You'll want more!

Besides their being so fresh, tasty, so-always-the-same, there is another reason why I favor the Hunting Products. They are a product of our Eastern Townships, made by Eastern Townships people, in that beautiful little town of Huntingville. I wish you would visit it some day. You'll surely love the place.

In these recipes, we have tried to combine simplicity, economy, tastiness, as well as nutritional value. The white flour in most of your favorite recipes, may be replaced by Graham or Whole Wheat. As coarse flour absorbs more moisture than fine white flour, you will need two tablespoons less of Whole Wheat to every cup, than of the white flour.

Try it in your Plum Pudding and Christmas Cakes and note the improvement.

Yours for the best!

Lilian L. Palmer.

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