



A Carrot Pudding for Christmas Spicy Wholesomeness with Economy



light and palatable Carrot Pudding is a new suggestion to the Christmas appetite. Well-swollen, full-flavored, rich with fruit and peel, few folks can tell it from the most expensive plum.

And FIVE ROSES makes every spoonful of it a wonderful source of vitality. A FIVE ROSES Carrot Pudding creates an appetite it pleasantly satisfies.

The amazing strength of FIVE ROSES Flour makes it the economical choice of thrifty housewives. Serve your folks the most nutritious, appetizing and digestible of foods made with FIVE ROSES Flour. This is not inconsistent with patriotic economy.

FIVE ROSES FLOUR FOR BREADS, CAKES, PUDDINGS, PASTRIES.

How to Make a Five Roses Carrot Pudding

1 cup grated raw carrots, 1 cup grated raw potatoes, 1 cup sifted Five Roses flour, 1 cup white sugar, ½ cup seeded raisins, ½ cup currants, ½ cup butter, ½ teaspoonful cloves, ½ teaspoon nutmeg, ½ teaspoon cinnamon, 1 teaspoon soda in ½ cup grated potato saved till last, and added last of all. Flour the fruit well and steam 3 hours.

This is only one of 70 Pudding Recipes contained in the famous Five Roses Cook Book. It contains as well, economical ways to bake Bread, Cakes and Pastries. Sent for 30 cents in stamps.

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