

For Meatless Days

WHEN you want to save Bread, Beef or Bacon—serve Pancakes. When you want to save cooking a big meal—serve Pancakes or Griddle Cakes. When the appetite balks at fish—serve Pancakes, or Griddle Cakes, or Waffles. But at all times, when you seek real nutrition in Pancakes, dainty aroma and flavor, palatable richness and easy digestion—then serve FIVE ROSES Pancakes or Griddle Cakes.

Not only does FIVE ROSES flour bring the wonderful food value so plentifully stored up in Manitoba's finest wheat, but it makes

Delightful and Digestible Pancakes.

Dried in pan or baked on griddle, no cake can ever disturb the most delicate stomach, if made from a FIVE ROSES batter. Simply because FIVE ROSES is such a sturdy and glutinous flour that it resists the absorption of fat, merely taking enough to brown becomingly with a golden contrast, to crisp with crinkly, curly edges.

Serve this economical dish oftener, since FIVE ROSES makes it so palatable and nutritious. Truly it is no sacrifice to economize with FIVE ROSES.

Serve a Variety of Pancakes

Ten tested recipes for pancakes and a full chapter on griddle cakes and waffles in the famous FIVE ROSES Cook Book. Already over 400,000 ambitious housewives are learning to bake without waste through this 144-page manual. Let it help YOU to better bread, puddings, cakes and pastries. Send 30c. for your copy. Address Dept. "K" Lake of the Woods Milling Co. Limited, Montreal and Winnipeg.

FIVE ROSES
FLOUR FOR BREADS, CAKES
PUDDINGS, PASTRIES.

