

pick same big

on pro-



AGRICULTURE, STOCK, DAIRY, POULTRY, HORTICULTURE, VETERINARY, HOME CIRCLE.

Vol. LIII.

LONDON, ONTARIO, OCTOBER 10, 1918.

No. 1359

IT IS NO HARDSHIP TO USE SUBSTITUTES WHEN YOU USE

PURITY OATS



This carefully-milled product of the world-famous Alberta Oats, simplifies the daily problems of the Canadian housewife by enabling her to serve palatable and nutritious food, and at the same time releases a portion of her wheat flour for shipment overseas. Free wheat-saving recipes malled on request.

Western Canada Flour Mills Company, Limited

Toronto

Winnipeg

Calgary

Canada Food Board License Nos .- Cereal, 2-009. Flour, 15, 16, 17, 18