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GENERAL NEWS



BOGUS BARONETS



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## "Oats are the most Nutritious of all 

If you've been eating fad breakfast foods in the belief they were more nutritious than
oatmeal, it's time you knew the truth. In his great book, "Food and Dietetics," Robert Hutchinson, M.D., Edin., M.R.C.P., says "Oats
may be regarded as the most nutritious of all cereals. They are rich in nitrogenous matter and mineral substances. Of the total nitrogenous matter 94 per cent. is in the form of pro, and therefore available for tissue-building. Now that you know the facts you will take an added enjoyment from your bowl of oatmeal each morning.
children regularly.

## f all brainds of oats you'll like

## Tillsonis Oats

the best. Because Tillson's consists of selected
grains of oats and is Pan-Dried, its flavor is most grains of oats and is Pan-Dried, its flavor is most
delicious. Open a package and see our New flake, delicious. Open a package and see our $N e w$ flake,
which makes Tillson's even better than before.
Pan-Dried: A Food-Not a Fad Cooks in 15 Minutes Two sizes. 10 c . and 25 c . Each $25_{\mathrm{c}}$.. package contains a
handsome piece of English Seml-Rorcelain Tableware. Canadian Cereal \& Milling Co., Limited

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s12.50 per ton. Quality guaranteed.

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