

THRIFT INVESTMENT OF \$1.00

To Waste Food is Criminal and Poor Cooking Means Spoiled Food

1134
Recipes
compiled
from
the
Favorite
Dishes
of
over
200
of
Canada's
most
prominent
women,
by
the
late
Grace
E.
Denison
(Lady
Gay
of
Saturday
Night)



Preserves
Pickles
Jams
Jellies
Pies
Puddings
Cakes
Salads
Meats
Soups
Bread
Candies
and
Beverages

540 Pages, Size 6 x 8 Inches, Washable Oilcloth Cover

SAVE THE FOOD is the order of the day and it is the duty of every Canadian woman to see that no scrap of food that can be preserved is allowed to go to waste. The best way to start is to procure a good cook book and no other book is so suitable as THE CANADIAN FAMILY COOK BOOK compiled for Canadian women from Canadian recipes. You will perhaps save the cost of the book in the first batch of preserves you make according to its instructions.

THE REGULAR PRICE OF THE BOOK IS \$1.50, BUT FOR A SHORT TIME WE MAKE A SPECIAL OFFER TO COURIER READERS OF \$1.00 PER COPY POSTPAID, AND YOUR MONEY WILL BE CHEERFULLY RETURNED IF YOU ARE NOT SATISFIED.

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