

# THE FARMER'S ADVOCATE

Director General Exp. Farm Dec. 31, 18

AND HOME MAGAZINE

\* AGRICULTURE, STOCK, DAIRY, POULTRY, HORTICULTURE, VETERINARY, HOME CIRCLE \*

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## To Save Wheat



for our soldiers in the trenches, The Canada Food Board has been compelled to insist on the use of substitutes for wheat flour.

Use the Best:

# PURITY OATS

when used in all your baking in conformance with the new food regulations produces delicious bread, rolls, cakes and pastry.

Wheat-saving recipes free on request

## Western Canada Flour Mills Co., Limited

Toronto

Winnipeg

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