## A Letter From Washington

The Food Administrator Writes Us :
"The use of baking powder breads made of corn and other coarse flours instead of
patent wheat flour is recommended by the Conservation Division of the Food patent wheat flour is recommended by the Conservation Division of the Food
Administration. The wheat needed for export is thus conserved, and at the same Administration. food for our own people is provided. The circulation of recipes pro-
time healthful
viding for these uses would be of assistance in carrying out our plans," viding for these uses would be of asistance ind and Rye Roll

The following recipes for Corn Bread and Rye Rolls save wheat flour

## ROYAL BOKDVER <br> CORN BREAD rye rolls 药


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folks ot hoaes all about it.
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## She Hrgus ${ }^{\text {Srade }=a t=\text { Home }}$

 $\underset{\substack{\text { Patronites } \\ \text { Ontaris stoves. }}}{ }$ Department. ontarios StoresThe man who is willing to advertise his goods, has good goods to sell or he would not tell you about them It will pay you to investigate the goods sold by these firms who use these columes, They will serve you with good goods, at the right prices.

## You Can Get What You Want in Ontario



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Now nad second Hand 0 oooda


Causes Great Loss to the Local Coumunity.
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