

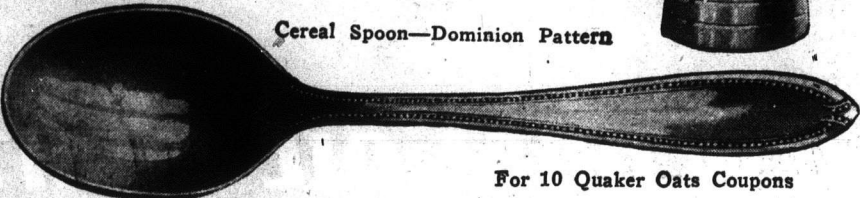
## Quaker Oats Premiums

We are offering many premiums to Quaker Oats users, in Silver Plate, Jewelry and Aluminum Cooking Utensils. A circular in each package illustrates them.

This takes the place of large advertising, and gives all the saving to you. Each 10c package contains one coupon. Each 25c round package contains two coupons. Each coupon has a merchandise value of 2c to apply on any premium. We make very attractive, very liberal offers. Note them in the package.



Cereal Spoon—Dominion Pattern



For 10 Quaker Oats Coupons

Silver Plate  
Jewelry Aluminum



## Vim for a Week In That Package

Power for a Thousand Tasks

Think what intensive driving power is concentrated in the oat. A large package of Quaker Oats contains almost enough energy to supply a human machine for a week.

To do all the work of a week. Or to start every day in a month, for one person, with vim food in abundance. The oat is a food for high spirits. It is for those who seek bubbling vitality. For those who would "feel their oats." That is why we urge you to make oat-food inviting. This dish, above all others, should always be served at its best.

## Quaker Oats

The Delightful Energizer

To some oats Nature gives a fascinating flavor. With some oats she omits it.

Some oats are rich and plump. Some are starved and puny.

In Quaker Oats we never mix those grades. All but queen grains are discarded in making this brand—all but ten pounds per bushel.

That's why these flakes are always large and luscious. That's the reason for their flavor and aroma.

You get the cream of the oats—the cream only—when you ask for Quaker Oats. And you pay no extra price to get it.

Please remember that.

Regular Package, 10c.

Except in Far West

Large Round Package, 25c

**The Quaker Oats Company**

Peterborough, Ont.

Saskatoon, Sask.

## New Round 25c Package

This season we bring out a new large package of Quaker Oats. It is a round package, insect-proof. A permanent top protects it until the last flake is used. This package contains two premium coupons with a merchandise value of 4c. Ask for it—price 25c. We still continue our large 80c package with china. Also our 10c. package. (1196)

## Household Suggestions

### Buckwheat

In certain districts of Europe, particularly in Russia and Brittany, buckwheat forms the staple part of the diet. In our own country, however, it is used wholly in the making of pancakes. Buckwheat flour is very nutritious, and is rich in the carbonaceous or heat and energy-producing elements. The exact proportions of the various elements are: Protein, 6.4 per cent; fats, 1.2 per cent; carbohydrates, 77.9 per cent, with 1,620 calories to the pound. The use of butter on the cakes makes up for the low percentage of fats, and for this reason is more healthful than syrup or molasses, which add a higher proportion of carbohydrates to a food already highly carbonaceous.

Buckwheat cakes are notoriously indigestible because of the frying process. Workingmen speak of them as "sticking to the ribs"—merely another way of saying that they remain undigested in the stomach for several hours, and thus stave off the approach of hunger. Omit the frying—but then, pancakes would not be pancakes prepared in any other way.

### Use the Cheaper Cuts of Meat

How can I lower the cost of the family food supply?

This is a question which many careful housekeepers are trying hard to answer. And as the meat bill is usually one of the largest, our attentions are, very naturally, first given to it.

In her desire to find a remedy the housewife may decide to try the cuts of meats which retail at low prices. Failing to produce a palatable dish she goes back, discouraged to the well known and easily prepared tender steaks, chops and roasts.

Although highly nutritious, the cheaper cuts, unless properly handled, are generally lacking in flavor, possess long and coarse fibers, and a large amount of connective tissue which the small boy calls "gristle."

To give them the desired flavor these cuts may be cooked with vegetables and carefully seasoned.

From such cuts as the lower round, the tail pieces of the porterhouse steaks, and even plate meat we can fashion delicious combinations as Salisbury steak, mock duck with dressing and garnish of vegetables, cannelloni of beef, or beef loaf with tomato sauce.

The fibers of some of the cuts which we do not care to grind, can be broken by pounding with the edge of a heavy saucer or a specially devised hammer. This allows a large amount of juices to escape and lose flavor unless we take the precaution to pound flour into the meat to absorb these juices. Upon browning, the flour gives an added flavor.

Meat treated in this way is called "Swiss Steak." This needs, at first a high temperature and very careful cooking at a low temperature afterwards. Another variation may be made, by using round, chuck, flank or skirt steaks with vegetables, finishing the cooking at a low temperature in a casserole (a small round porcelain dish). By cooking a pot roast slowly for several hours the connective tissues are softened and the meat made more tender.

The meat is best if first seared to retain the flavoring materials, then carefully "simmered" over a very low gas burner, on the back of range, or in the fireless cooker for a time, depending on the size of the piece. Some very good cuts which may be obtained and very successfully cooked in this way are cross ribs, boned and rolled; rolled flank; chuck or rump.

In solving the meat problem the housekeeper must keep clearly in mind the retail price, the amount of waste in fat and bone, the time and fuel consumed in preparing.

To safeguard the child from damage that worms cause, use Miller's Worm Powders, the medicine par excellence for children. These powders will clear the system entirely of worms, will regulate and stimulate the organs injuriously affected by the worms, and will encourage healthful operation of the digestive processes. As a vermifuge it cannot be surpassed in effectiveness.

### A Homemade Ice Chest

An ice box can be made for almost nothing that will take the place of a refrigerator in keeping the baby's milk cool.

An ordinary wooden box can be used. It must be about a foot one way, a foot and a half the other, and it ought to be a foot deep. The bottom of the box must be well covered with sawdust. On the sawdust is set a can or pail of tin or granite about eight inches in diameter, and high enough to hold a quart bottle of milk. The bottom of the pail must not touch the box. The sawdust must be thick under the pail.

A cylinder of tin a little larger than the pail must be placed around it. Sawdust is then packed between the cylinder and the walls of the box. No sawdust is permitted to fall between the cylinder and pail.

It would be well to have the cylinder extend a little above the pail, as the sawdust is packed almost to the top of the cylinder.

A heavy pad of newspapers is tacked over the lid of the box. This makes a perfect method of keeping milk cool. A bottle is set in the pail and cracked ice is packed around the bottle.

This homemade refrigerator will hold two quart bottles of milk, or four eight-ounce feeding bottles.

It will not cost more than three cents a day to supply this box with ice. If a tin can is used, it will not rust if a little soda is put in with the ice each day.

### Rye

Rye flour contains from four to six per cent less nitrogenous, or cell-building, material than does wheat flour, but on the other hand it contains from two to six per cent more of the carbohydrate, or energy-producing, element. This excess of carbohydrates would seem to make rye bread more valuable to the workman than the wheat bread, but this advantage is offset by the fact that it is more difficult of digestion than wheat bread.

In Germany two, and in Russia three, times as much rye is produced as wheat. Bread from rye, however, is coarser of texture than white bread, and consequently is slightly laxative, and so may be eaten with good effect when one is constipated. Rye bread has also this advantage, particularly in the summer months that it is slightly hygroscopic—that is, it gathers moisture from the surrounding atmosphere and does not dry out so quickly as wheat bread.

### Barley

Barley is a little more nutritious than rye, being richer in proteins and fats, though containing six per cent less carbonaceous material. In general favor among the housewives of early New England for bread, barley flour is to-day used almost not at all for this purpose. Barley bread, however, offers a change in the diet, and while, like rye bread, it is more difficult of digestion than wheat bread, it is, at the same time slightly laxative, and for this reason persons subject to constipation can use it to advantage.

In making barley bread be careful to mix with the flour a small quantity of wheat flour, in order to make good a deficiency of gluten in the barley flour. Likewise, a little barley flour added to the ingredients for wheat bread improves the flavor of the bread, and because of its hygroscopic qualities, enables the loaf to retain its moisture.

Pearl barley is barley from which the outer shell, or husk, has been removed, and which has been polished by a mechanical process. It contains rather less nitrogenous material than barley flour, but has a higher percentage of carbohydrates.

The two recipes which follow are simple, and as pleasing as they are simple.