

The Cost of Building Bodies



Protein is the body-builder. Also the costliest element in food.

Quaker Oats yield 16.7 per cent portein, which is more than sirloin steak. Potatoes yield less than 2 per cent—bread about 9 per cent.

That's one reason why oats dominate as food for growing children. They excel all other grains in this body-building element.

Figuring protein alone, this is what it costs at this writing in some necessary foods:

Cost of Protein	
Per Pound	
In Quaker Oats	\$.73
In White Bread	1.30
In Potatoes	1.48
In Beef, about	2.00
In Ham	3.63
In Eggs	2.32

Thus body-building with Quaker Oats costs about half what it costs with bread, and a fraction of the cost with meat.

What Energy Costs

Energy value is another food essential. Most of our food consumption goes to supply it.

Quaker Oats yield twice the energy of round steak, six times as much as potatoes, and 1½ times bread.

At present writing energy costs in essential foods as follows:

Cost of Energy	
Per 1000 Calories	
In Quaker Oats	\$.05½
In Round Steak	.41
In Veal Cutlets	.57
In Average Fish	.50
In Chipped Beef	.75
In Hubbard Squash	.75

Thus meat and fish foods average ten times Quaker Oats cost for the same energy value.

This doesn't suggest an exclusive oat diet. Other foods are necessary. But this food of foods—the greatest food that grows—should form your basic breakfast.

It means supreme nutrition, and the saving will average up your costlier foods for dinner.

Quaker Oats

The Delicious Flakes

Get Quaker Oats because of their matchless flavor. They are flaked from queen grains only—just the rich, plump, luscious oats. We get but ten pounds from a bushel.

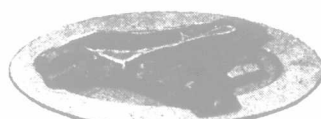
When such extra flavor costs no extra price you should get it.

Two Sizes: 35c and 15c—Except in the Far West

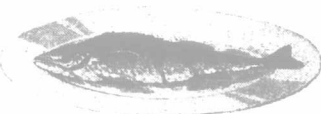
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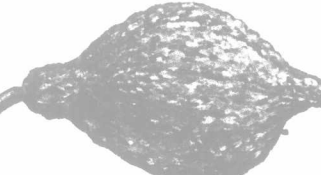
51½ Cents
Per 1000 Calories



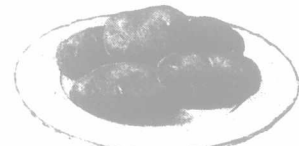
57 Cents
Per 1000 Calories



50 Cents
Per 1000 Calories



75 Cents
Per 1000 Calories



9 Cents
Per 1000 Calories

always two sets are used, the colored inside set, and the plain white or cream set next the glass. Always the inside curtains are drawn quite to the sides, even over the wall, and are connected at the top by a short frill or valance of the same material. When windows are grouped, the valance runs quite across the whole of them, and only two colored curtains are used, at each end, although each window must have its own cream or white allowance. Cream or white "next-the-glass" curtains may be of net, voile, marquisette, fishnet, or scrim. The heavier inside curtains may be of any of the "sundour" or "sunfast" fabrics—casement cloth, monk's cloth, linen, silk-and-linen, shantung silk, etc., or they may be of flowered chintz, cretonne, India print, or Japanese towelling or crepe. Very clever people have succeeded also, in making very pretty ones of factory cotton, dyed to suit the rest of the room and finished with band trimming.

It is usually safe to have the ground color of these inside curtains the same as the ground color of the wall-paper, but often, when more brightness is required, an absolute contrast is desirable. In this case pretty shadow-chintz may be used, or plain curtains in whatever color desired. The chintz, however, or the plain color chosen, must be repeated elsewhere in the room, to carry out the "tone." It may be used in the upholstery, or in cushions. For instance a room with soft bisque or putty-colored walls and green rug may have shadow-chintz curtains in pink and green, and the upholstery of the wicker furniture the same. Or a room with old blue walls and rug may need the saving grace of bright yellowish inside curtains, touches of the same on the cushions, and a brass or copper jardiniere or two, to make the place bright and artistically satisfying.

Quite often, now, one can buy wall-paper with a border to match the curtain and upholstery material—provided one buys all in the same shop. This is particularly helpful when furnishing bedrooms, as even the bedspread may be of the chintz or other material. For other rooms the paper border is not used as frequently as a plain wooden moulding placed right at the ceiling-line, or, if the walls are very high, just at the bottom of the drop-ceiling.

Some Suggestive Ideas.

AND now to a very different subject. Before the details fade entirely, I want to tell you a little about two more of the lectures that were given during our lecturing siege of a few weeks ago. One was given by Mrs. Charlotte Perkins Gilman, whose poems and articles you may often see in magazines from "over the border," and the one thought from it that has clung to me so that I might pass it on to you, was her warning against incessantly saying "Don't, don't, don't," to very little children.—The idea lying behind the warning was that by constantly cultivating the negative side of children during these early and very impressionable years, we tend to do away with the positive—the very quality that the child will need, in these strenuous days, to help him on his way through life. A child who is naturally very positive in character will likely get along all right despite this continuous checking, but to one of more colorless, bending disposition the result may be disastrous. . . . This is no new idea for long enough teachers in training for kindergarten work have been advised almost never to say "Don't" to a little child, the alternative being to attract his attention to something else and so divert him from the undesirable thing he may be engaged in doing. The thought may, however, be new to some mothers, and very suggestive to those who recognize the powerful effect the psychological has in forming the character of their children. It is quite possible, Mrs. Gilman thinks, to make children too obedient,—so obedient, in fact, that they may get into the habit of doing, almost automatically, what anyone tells them. The risk is that when they grow up they may still keep to the same way—for there is no chain so strong as habit—and follow demands and suggestions, bad as well as good, quite irresponsibly. Mrs. Gilman thinks it wise to let children see the reason why they should do thus and so, when asked to do it. If this is done, and the request made courteously, she apprehends little trouble with the normal child.

The other lecture was given by a man from Los Angeles, who certainly gave evidence of being able to go beneath the surface of things. His talk, too, pivoted about the thought of Education. —How much we are hearing about that nowadays! And what a splendid augury for the future!

The chief defect in our present educational system, said this man, is that from start to finish it almost entirely ignores the very greatest question in the world, "Why are we here?"—Of course the point of the observation was that the great purpose of our being here is really that we may serve—do steadily some useful work, help the world upward in one way or another.

Probably the one fact that keeps the world from hopeless chaos—at least even more hopeless than the muddle in which it now finds itself—is that most people, while merely earning a living, are forced to do some useful work. But there is a greater spirit of service than this,—the one that consciously tries to make things better somehow, than they were before—the house cleaner, the cooking more healthful, the garden prettier, the family happier, the community brighter and more progressive.—You see how it works. Indeed people may learn to feel responsibility to help somehow in making things continually better,—the bigger the opportunity the bigger the work, until it touches the welfare of the province, the country, the world. Such is the spirit that drives such men as Lloyd George, and Wilson, and Marconi, and Dr. Alexis Carrell, and, indeed, every one who feels himself or herself driven in the cause of uplift and helpfulness rather than mere self-seeking.

So the lecturer held that in such spirit of service alone do we get away from selfishness,—the cause of all evil; that through that spirit alone do we build character, the one personal possession that can persist, and that we can always carry along with us, since it is in reality *Us*, and for the building up of which we are *Here*.

—I am very glad to pass on to you this little bit of the message of the man from Los Angeles. Of course it is not new, either. So many have said it—are saying it. But it is surely worth repetition until it becomes burned into our lives, all lives. For is it not selfishness, somewhere, that is at the root of all wars, and murders, and oppression, and most of the unhappiness and poverty and grovelling in the world?

I wish you could all have these lectures, instead of just the little bits of them that I can pass on to you; but I think the day is soon coming when rural folk will concert and take measures to have all such inspiration come to them first hand. Nothing is more helpful or more enjoyable than a really good lecture. It adds to the richness of life. . . . We have been very much privileged here lately in this line,—having had no less than six very good ones within the space of about two weeks. I wish I could pass them every one on to you. JUNIA.

Price of Precious Stones.

For E. J. Better consult a jeweller in regard to prices of precious stones. So much depends upon the size and quality of the individual stone. A diamond may be of purest quality, or comparatively poor; similarly an emerald, a ruby, a sapphire, a topaz.

Dishes From Canned Tomatoes.

Tomatoes and Corn.—One pint canned corn and 1 pint canned tomatoes. Add a pinch of paprika or pepper and salt. Cook slowly for 20 minutes and add a tablespoonful of butter just before serving. Serve on slices of hot toast.

Scalloped Tomatoes.—One cup stale bread crumbs; 1 quart canned tomatoes; 2 tablespoons butter; salt, pepper, and grated onion to taste. Line a greased baking-dish with crumbs, dot with butter, then cover with a layer of tomatoes already seasoned with the salt, pepper and onion. Alternate the layers until the dish is full, putting crumbs and dots of butter on top. Bake 30 minutes in a hot oven.

Cream of Tomato Soup.—Bring 1 quart canned tomatoes to the boiling point and strain through a sieve or ricer. Add ½ teaspoonful soda and return to the fire. When the froth rises, skim. Season with

salt, pepper and with 1 table the flour is of boiling mi allowing it to nice supper

Clear 1 together 1 qu 1 slice onion cloves, a dash to taste and Add ½ teas with a little together and Serve for sup

Needle P Help! boo ments.

"There is keep away as the milk

TH

Candi

Cut the pe weak brine. Drain off br changing th each quart cups sugar an until the sy Drain in a c lated sugar w

Hemm

Before he run the edge hemmer. TH straight, and of hard henn