



Fed on Vim

Remember the Wealth of Vitality That Lies in Quaker Oats

Oats are for animals needing spirit and strength—for horses, not for placid cows

This is Nature's vim-food. Here she concentrates the very essence of energy.

That is why Quaker Oats is so essential to children. To countless grown-ups, too. It means activity, vivacity, power for work or play.

It should be Quaker Oats because these are the choicest grains. We pick just the rich, plump, best-fed oats for Quaker. Their flavor and aroma make the dish inviting. Their fullness gives the utmost vim-producing power.

Find out how quickly two big dishes daily can make languid people bubble with vitality.

Quaker Oats

The Luscious Form of Vim-Food

Ten pounds per bushel is all we get from the choicest oats that grow. That is because all the puny, starved grains are discarded.

You get in these flakes just the cream of the grain, rich in precious elements. And you get here a flavor, enhanced by our process, which makes the dish extra-delicious.

Quaker Oats is so rare and exquisite that oat lovers, from all the world over, send to us to get

Large Package

30c

Contains a piece of imported china from a celebrated English pottery.

Regular Package

10c

These prices do not apply in Far West.

it. In the homes of a hundred nations it is the premier morning dish.

Here it is handy to you. Every grocer has it. A simple call for Quaker Oats brings it to you always, and at no extra price.

We urge that it pays, in a food like this, to serve the most likable form. You want it eaten in abundance—want it eaten often. The way to insure that is to serve it in this tempting form.

One serving will convince you.

Household Suggestions

A Simple Refreshment Menu

A ball of cream of chicken salad served with nut sandwiches, and a glass of lemon squash, make a delightful tea or supper dish. Olives and salted peanuts may be passed.

To make the cream of chicken salad, chop the chicken very fine. Add to each half pint one-half pint of cream sauce and two tablespoonfuls of gelatine that has been soaked in four tablespoonfuls of cold water for an hour. Mix the ingredients together hot, season nicely, and turn into a shallow pan to cool. When cold form into balls the size of English walnuts. Put three of these balls on a nest of lettuce leaves, put one teaspoonful of mayonnaise in the middle and they are ready to serve.

Use slightly toasted unsalted almonds for sandwiches. After they have been chopped fine sprinkle them thickly between thin slices of bread and butter, press together, and cut in any fancy shapes desired.

The lemon squash may be made the day before. Grate the yellow rind of three lemons and add two pounds of sugar to one quart of water; boil for five minutes, and strain. Add the juice of twelve lemons, and strain again. At serving time dilute this with Apollinaris water, making the lemon squash sufficiently cool to be palatable.

Dried Fruits

In general the following broad rules may be applied to the purchase and preparation of all dried fruits. In buying such fruits as apples and apricots, reject those which have been sulphured (to be recognized by their light color). This process is objectionable, because though improving the appearance, it lessens the fine flavor of the fruit. Remember that it always pays to buy the best grade.

In preparing dried fruit for cooking, pick over, then cover with tepid water; let stand for five minutes, then wash thoroughly in several waters until perfectly clean. Drain, cover with fresh cold water, and let stand from twelve to thirty-six hours to soak.

When a simple dish is desired, turn the soaked fruit into a double boiler, heat slowly, and cook at the side of the fire for several hours, until the fruit is tender but unbroken. The fireless cooker may here be used to good advantage. This slow cooking dispels toughness and develops the full sweetness of the fruit. Sugar should not be added until about twenty minutes before taking from the fire. No definite amount can be given; use only enough to sweeten to taste.

Thus simply prepared, such fruits as apricots, peaches, pears, prunes, cherries, berries and prunelles may be used in alternation as a course for breakfast when fresh fruits are unattainable. Combinations of one or more fruits may also be made to great advantage.

Dried fruits can be utilized in many good desserts. When using tapioca or sago, substitute stewed and sieved fruit of some kind for the usual fruit juice, fresh fruit or milk. Make a mold of boiled cereal or corn starch, and serve with it as a sauce the sieved fruit made sweeter than usual. In place of the quartered apples in dumplings, take large prunes that have been soaked and pitted, halved peaches or apricots cooked until just tender, or figs or dates steamed until soft. Dip stewed apricots or peaches in a fritter batter, and fry in smoking-hot fat.

Stew a dish of soaked dried berries or pitted cherries, and sweeten liberally. Butter thick slices of stale bread, lay two on a platter, and pour over some of the hot fruit. Repeat until there are three layers of each, then cover with a platter and a slight weight. Set away for half a day, and serve cold with cream.

In the shortcake and roly-poly line dried fruits make a good filling. As a variation of the familiar German apple cake, mix three cupfuls of flour, two tea-

spoonfuls of baking powder, two tablespoonfuls of sugar, one-half teaspoonful of salt and rub in two tablespoonfuls of butter. Beat two eggs, add one cupful of milk, and stir into the dry mixture with more milk as necessary to make a thick batter. Spread half an inch thick on shallow greased pans, and press into the batter soaked and pitted prunes or any washed and soaked dried fruit. Use enough pieces to cover the top. Sprinkle thickly with sugar (some add a speck of cinnamon), and bake in a quick oven.

The proverbial "sweet tooth" will be satisfied with this confection: Take equal portions of soft figs, dates, seeded raisins and apricots, measuring after chopping fine (the apricots to be washed, soaked for four hours, then dried on a cloth), and one-half as much chopped almonds and pecans or butternuts. Mix well, pounding with a wooden beetle. Pack into a square or oblong mold, let stand for three hours, turn out, cut in small cubes, and roll in powdered sugar.

Lastly, when the preserve closet is empty and fresh fruit a long way off, do not despair. Pick over and wash four pounds of prunes, soak for twenty-four hours, then steam for twenty minutes. Boil together for ten minutes two pounds of sugar, one pint of vinegar, one ounce each of whole cloves and stick cinnamon and one-fourth of an ounce of ginger. Add the prunes, and simmer gently until tender, then can. Or pick over, wash and soak a good grade of dried apricots. Next day weigh the fruit, and for each pound add three-fourths of a pound of sugar. To four pounds of fruit add one cupful of water and the sugar, and cook slowly, with frequent stirrings, until reduced to a marmalade.

One of the Most Dreaded Pests

Bedbugs are liable to find their way into any house or apartment, but it is the housekeeper's fault if they find lodgment there. As with all other insects, perfect cleanliness is the greatest safeguard. If they are found in a room immediate action should be taken. There are many agents for exterminating these bugs, but my preference is for naphtha. It is clean, does not injure anything, is easily applied, and is absolutely sure, if enough is used in the right place. The only drawback is that the vapor is very inflammable, but if the work is done in the morning with the windows open, and there is neither light nor fire in the room, there is not the slightest danger. It must be remembered that these insects do not confine themselves to the bed. They get into picture mouldings, the backs of pictures, cracks in floors and walls, and in upholstered furniture.

When you are preparing to exterminate these pests get a spring-bottom oiler (a can such as is used for oiling machinery) and plenty of naphtha. Open the windows of the infested room. By means of the oiler force naphtha into every groove and crack in the room. Wet all the ledges over the doors and windows, the top of picture moulding, and every crack in the bed—which should previously have been taken apart—the mattress, pillows, etc. Have all the clothing put out on the line, and beaten and shaken well. Close the room, leaving the windows open, and after a few hours it may be swept, dusted and put in order. Another method is to fumigate with sulphur. Or, oil of cedar may be used. Dip a feather or small brush in the oil and brush over the cracks and crevices. Shut up the room for several days. Air well before using.

Broiled Fish

A very tasty dish may be prepared from smoked halibut, or salmon, cut into thin slices, sprinkled with lemon juice, and allowed to marinate in this dressing for an hour. The slices are then dipped into melted butter, dusted with pepper or paprika, and boiled over a clear fire, or under the broiler of a gas range. Serve with croquettes of rice, or hominy, and garnish with slices of lemon.