

to boiling point, and kept at this temperature over night so that it may be ready to serve in the morning. Where soft coal, wood or gas is used for cooking purposes, it will be necessary to put the oatmeal over the fire at noon, when the luncheon or dinner is being prepared. Put four heaping tablespoonfuls of the steel-cut oats into one quart of cold water; add half a teaspoonful of salt, and put it over the fire in a double boiler; cover, and cook continuously for one or two hours. Then it may be put aside until the night meal is being prepared, and cooked again as long as the fire is burning, and then put aside to be reheated at breakfast time. The kettle should be covered closely, and the oatmeal must not be stirred from the beginning to the end of the cooking, otherwise the grains will be broken. Stirring oatmeal seems to destroy its flavor.

Put one cupful of cracked wheat into one quart of cold water; add half a teaspoonful of salt, and cook precisely the same as oatmeal. This may be served with cream.

Cornmeal, being rich in fatty matter, is usually served with milk. Grits in the process of manufacture having parted with a portion of its nitrogenous principle, milk makes it a more perfect food. For this reason hominy grits is served with milk, and cooked in milk as well. Put half a pint of fine grits into one quart of milk. Soak over night; next morning cook in a double boiler without stirring until the grits have entirely absorbed the milk, and become perfectly soft and tender; this will require at least one hour. Hominy, containing a little more starch than oatmeal or wheaten grits, is not palatable when cooked the day before.

Cooking Wheatlet and Rice

Put one quart of water into a saucepan; add half a teaspoonful of salt, and when it boils rapidly, sprinkle in half a cup of wheatlet, stirring all the while. Stir constantly, and boil rapidly for five minutes; then push it to the back part of the stove where it will remain at boiling point for at least twenty minutes. It is then ready to serve.

Where rice is served as a vegetable it should, of course, be boiled in water so that each grain will stand out separate from the other, white and dry. Where it is used as a breakfast cereal, especially for children, it is much more nutritious when cooked in milk. Half a pound of rice will absorb one quart of milk without being pasty or heavy. Put the milk in a double boiler; wash the rice and add it to the cold milk; beat quickly and cook for three-quarters of an hour. The flake rice, which is steamed rice rolled flat, will cook in from ten to fifteen minutes, as it has been partially cooked before rolling. This is also true of flaked barley or wheat.

Cornmeal Breads are Digestible

Many of the cornbreads may take the place of cereals. Being baked, they must be masticated, which insures better digestion. Mush bread will take the place both of bread and a cereal, and is, perhaps, the most attractive of the simple breakfast foods. Put a pint of milk in a double boiler. When hot, stir in two-thirds of a cupful of white cornmeal; cook for five minutes, take from the fire; add a tablespoonful of butter, half a teaspoonful of salt and the yolks of four eggs. Beat the whites to a stiff froth, stir them in carefully, turn the mixture into a baking-dish, and bake in a moderately-quick oven for thirty minutes. This double cooking makes the bread digest more easily than it otherwise would.

Cornmeal Mush and Pone

While cornmeal mush forms an admirable breakfast cereal, it is not good warmed over and requires thorough cooking. The white cornmeal, however, cooks more quickly than the yellow. Put one quart of water into a saucepan over the fire. When the water boils rapidly take in your left hand the cornmeal, opening your fingers sufficiently to allow the meal to sift down gently into the boiling water, while you keep constantly stirring with a wooden spoon. As soon as the meal ceases to sink into the water and floats on the surface, stop adding, but stir, and boil

rapidly for five minutes. Push the kettle over a moderate fire where it will remain at the boiling point for at least an hour. If the mush becomes too thick in this time, thin it just at serving time with milk. Serve this the same as other cereals—with milk, and without sugar.

To make cornmeal pone, separate two eggs, and add to the yolks half a pint of milk, one cupful of meal, half a cupful of flour, half a teaspoonful of salt. Beat until smooth; then add a tablespoonful of butter, melted, a teaspoonful of baking powder, and beat again. When smooth, stir in carefully the well-beaten whites of the eggs; stir quickly. Bake in a greased, shallow pan in a quick oven for thirty minutes.

Hot breads, such as griddle cakes and quickly-baked muffins—a common article of diet in certain parts of the United States—are more difficult of digestion than even the underdone cereals. They are baked quickly on one side and turned, perhaps only three minutes given to the entire cooking; even the finest starch particles, made into a batter or dough, to be digested at all should be cooked fifteen minutes.

"The Day"

When Peace Comes Our Way

Written for The Western Home Monthly by Mrs. W. E. Walker, Irma, Alta.

Peace is coming our way—I can see it afar! This thought brightens each day, as one glorious star Shines out in the gloom of a dark dreary night; And tho' still we must pray, and still they must fight, Peace is coming our way, Peace is coming our way—

(God hasten "The Day.")

Peace is coming our way, but oh, what a cost! When we count o'er the loved ones that sad hearts have lost, And the hosts of those maimed, who must go thro' this life, Bearing ever the marks of untellable strife, All because of the lust for world-glory and power Of one misguided man—(describe him who can?) But still we can say "Peace is coming our way, Peace is coming our way." (Dear God, hasten "The Day.")

Peace is coming our way, and oh, when it comes, How proud we shall be, mid the roll of the drums, And the glad notes triumphant, of the bands as they play, As Our Boys march along, some young and some gray, But all with the light in their eyes to see "Home," And the prayer in their hearts that ne'e more need they roam To maim and to slay—yes it's coming our way, Peace is coming our way, (Oh God, hasten "The Day.")

Peace is coming our way! Shall we have perfect joy In that glad hour of Triumph, unless we employ Every power we possess to help on our great Cause To that glorious end? Ah no, Friend, because If we know that we have not done all that we could To bring out of this Evil, the ultimate Good For all of mankind, with less joy then will say, "Peace is coming our way, Peace is coming our way." (Oh, praise God for "The Day.")

Peace is coming our way, but oh, dare we withhold Aught of our possessions, tho' more priceless than gold, When they're needed to help the Brave Lads at the front, Who with courage unfaltering, have taken the brunt Of this battle betwixt Wrong and Right? Ah, no, give your help—speed the fight! Give your wealth, or your time, or your men, with your might— Then with clear conscience say, "Peace is coming our way, Peace is coming our way." (Oh, thank God on "The Day.")



50c per 1,000 Calories

6c per 1,000 Calories

Meat Meals Compared With Quaker Oats

Meat Costs 8 Times As Much

Madam, here are some facts which deserve your attention in these days of high food cost.

First, let us compare foods by calories—the energy value—the general unit of nutrition.

Quaker Oats yields 1810 calories per pound. Meats, eggs, fish and chicken—ten kinds of them—average 750 calories per pound.

Then let us compare them by cost—

Quaker Oats costs less than 6 cents per 1000 calories. Those same ten kinds of meats, eggs, fish and chicken average 48 cents per 1000 calories. That's over eight times as much.

Comparisons based on prices current at time of writing.

In flesh-building elements Quaker Oats is practically the same as lean meat. In lime it is ten times as rich. In phosphorus Quaker Oats supply three times as much as beef. And all the beef and iron mixture you could drink at a dose would not supply so much available iron as a dish of Quaker Oats. So Quaker Oats—at one-eighth the cost—vastly excels by every food measure. It is the supreme food in all-round nutrition and flavor. It is the age-famed food for energy and growth. Make it your basic food. Make it the entire breakfast. Mix it with your flour foods to add flavor.

Quaker Oats

Flaked From Queen Grains Only

The reason for Quaker Oats is superlative flavor. They are flaked from queen oats only—just the rich, plump, luscious oats. We get but ten pounds from a bushel. When such extra flavor costs no extra price it is due to yourself that you get it.

35c and 15c Per Package

Except in Far West

The Quaker Oats Company

Peterboro, Canada

(1905)

Saskatoon, Canada

Quaker Oats Sweetbits The Oat Macaroon

1 cup sugar
2 eggs
2 tea-spoons baking powder
1 table-spoon butter
1 teaspoon vanilla
2 1/2 cups Quaker Oats (uncooked)



Cream butter and sugar. Add yolks of eggs. Add Quaker Oats, to which baking powder has been added, and add vanilla. Beat whites of eggs stiff and add last. Drop on buttered tins with a teaspoon, but very few on each tin, as they spread. Bake in slow oven. Makes about 40 cookies.

Quaker Oats Pancakes

3/4 cups Quaker Oats (uncooked), 1 1/2 cup flour, 1 teaspoon salt, 1 teaspoon soda, dissolved in 2 table-spoons hot water. 1 teaspoon baking powder (mix in the flour), 2 1/2 cups sour milk or buttermilk, 2 eggs beaten lightly, 1 table-spoon sugar, 1 or 2 table-spoons melted butter (according to the richness of the milk).

Process: Soak Quaker Oats overnight in milk. In the morning mix and sift flour, soda, sugar and salt—add this to Quaker Oats mixture—add melted butter; add eggs beaten lightly—beat thoroughly and cook as griddle cakes.

Quaker Oats Muffins

3/4 cup Quaker Oats (uncooked), 1 1/2 cups flour, 1 cup scalded milk, 1 egg, 4 level table-spoons baking powder, 2 table-spoons melted butter, 1/2 teaspoon salt, 3 table-spoons sugar.

Turn scalded milk on Quaker Oats, let stand five minutes; add sugar, salt and melted butter; sift in flour and baking powder; mix thoroughly and add egg well beaten. Bake in buttered gem pans.