

## The Home

Written for The Western Home Monthly By C. M. Watson

**T**O some, the word "home" is almost a meaningless term, but to the great majority it is one of the sweetest words in the English language, one that thrills us with delight. How often have most of us repeated those well-known lines by Paynes and really felt that "Mid pleasures and palaces though we may roam, Be it ever so humble, there's no place like home."

Some one has described home as "a world of love shut in, and a world of strife shut out," but "Home is where we are treated best and grumble most" is a more correct definition.

In order to have that heaven on earth, a happy home, it is imperative that each and every member of the family do his best to contribute largely towards the happiness of the home.

"The world has nothing to bestow; From our own selves our joys must flow, And that dear hut—our home."

Although disrespect between the members of the same is frequently noticed, yet the same boy or girl who can be so cross and irritable at home can have a perfect demeanour away from home. But because we live in the same house and see each other so frequently, and become so familiar with them, we neglect to guard our tongues and our actions.

Let us peep into an ordinary household and tell what we see. The young

considered due. This is the credit she gets, "Ma, this meat is not done." "You did not boil the potatoes long enough." "This pie is tough." All of which assertions have not the least foundation. What pleases some will not please others, and each contribute their share of "kicking." Is it any wonder that the poor mother becomes discouraged? Instead, suppose one had said, "Ma, this meat is beautiful," or another, "I have enjoyed my dinner very much, thank you," or the young son had said, "Ma, this pie is fine, may I have another piece, please?" What a difference would have been noticed in the family circle, and above all how the kindly face of the mother would have brightened by the words of appreciation. Just try it and watch.

And now let us accept the invitation and go with one of the elder children (who are so good in grumbling at home), to a friend's house to dinner. How polite and respectful they are to those around them! Do they grumble at the food? Oh, no! They would not dare to transgress all laws of etiquette and courtesy. Now here comes the main question: "Is a stranger or friend more worthy of respect or courtesy than their own mother?" No! A thousand times no! But because she is their mother, they see her so often, and they know her so well, they forget, they neglect to give her the little acts of respect that they accord the stranger. These are only little things, little acts of carelessness, little acts of



Our lady of the snowshoes.

son has not slept very well and gets up "the wrong way." He is not so tidy as he might be, so it is not to be wondered at that he has lost his cap, his coat or his books, although he is "positive" they were put away in their place. Immediately the reserves of the household are called into action and a battle royal ensues for the recovery of the lost article, which, after much jangling, is found to have been thrown into a corner. "Well, I'm glad he's gone," follows the disappearance of the young culprit. This time it is the young boy who disturbs the peace of the home. Then Sister Sou gets into a sharp argument with her elder sister or mother, but just at this moment the door-bell rings and a visitor is announced. She is received with great respect and kindness. All angry feelings for the time being are forgotten, and a pleasant time is spent with the caller. As she goes away she says to herself, "What a beautiful home. How agreeable and pleasant those sisters are to each other?" Yet all this pleasantness was because of the appearance of a stranger in the home. These sisters gave the respect to a stranger which they failed to show to members of their own family. Then, perhaps it is father, but as the troubles of father are many we will simply address to him the words of Ella Wheeler Wilcox:

"It is easy enough to be pleasant  
When life flows by like a song,  
But the man worth while  
Is the one who can smile  
When everything goes dead wrong."

There are in some homes what you may call "chronic kickers." The mother has always plenty of work to do which takes up all her time, especially in the morning. She prepares what she considers a good dinner, and when the family are seated round the table she receives the thanks

omission rather than commission, but they all help to whiten the mother's hair, and to bring that careworn look.

We cannot always have our mother with us, but "we always have the memory of how we treated her." Those who have had the benefit and wise counsel of a Christian mother will, perhaps, echo the thought, and maybe feel "a slight vibration." When the mother is taken away we place beautiful wreaths on her coffin, expressions of love. Yet how much better would it be to give her "the roses of love" while she can appreciate them, not in actual flowers, but in the many little acts of kindness and thoughtfulness which makes the sunset of her life more beautiful than the sunrise. She delights to make the home pleasant and attractive for her children, and she cannot receive too much praise and respect for her labors of love.

A boy or young man is always the better for a girl's society, and a sister is the best comrade in the world. If a young man could always remember to treat his sister with the same respect that he treats someone else's sister, he would feel amply repaid.

The sister takes more interest in her brother than he is aware of, and delights to make the home attractive for both him and his friends. A young man will not go far astray when he thinks of his home. And the silent influence of a loving unselfish sister and mother will follow him wherever he goes. Their memory is a safeguard in times of temptation.

Much is said about woman franchise and their rights. Women, no doubt have their rights, and the greatest rights in the world, but they are the training of the boys and girls in the home to be noble men and women in thought, in word and in deed.

Let children learn from their home life to walk the right way.

## The New-Day Price Tags

Should Show Calories Per Pound

### The Vital Point in Food Cost

The calory is the energy unit by which governments and experts measure food.

It is a major factor to consider in combating cost of living. Figure what you get per dollar as compared with Quaker Oats.

In these foods, for example:

#### Cost Per 1,000 Calories

Quaker Oats	5 cents
Meats Average	40 "
Fish Averages	40 "
Canned Salmon	33 "
Canned Corn	30 "
Potatoes	13 "
Canned Peas	54 "

Most meat foods cost you 7 to 10 times Quaker Oats for the same calory units. And some foods cost you 20 times as much.

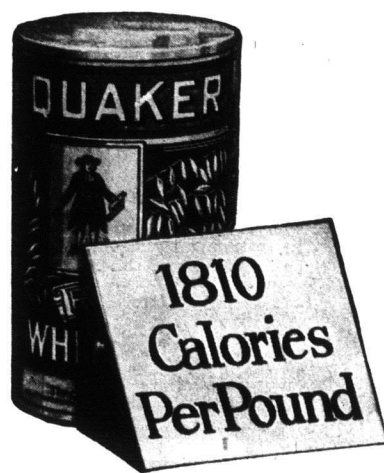
Then Quaker Oats is better balanced than these costly foods. It is richer in minerals. It is more nearly a complete food.

The oat is probably the greatest food that grows.

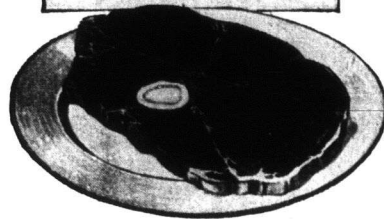
Use Quaker Oats to reduce your meat cost. Every dollar's worth used in that way saves \$7 on the average.

Then mix it with your flour foods. The more you use the more you save, and the better you are fed.

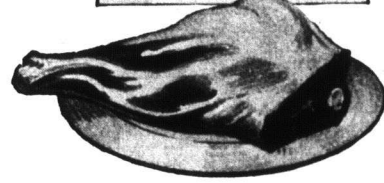
This great food in these times gains a multiplied importance.



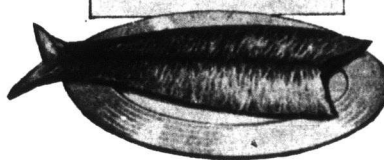
890 Calories Per Pound



360 Calories Per Pound



365 Calories Per Pound



## Quaker Oats

The Extra-Flavorly Flakes

Use Quaker Oats, because it means superlative flavor at no extra price.

It is flaked from grain grains only—just the rich, plump oats.

We get but ten pounds from a bushel. It means the cream of the oats and the maximum enjoyment.

35c and 15c Per Package—Except in Far West

The Quaker Oats Company

PETERBOROUGH, Canada

(2056)

SASKATOON, Canada

#### Quaker Oats Bread

1½ cups Quaker Oats (uncooked)  
2 teaspoons salt  
2 cups boiling water  
½ cup lukewarm water  
½ cup sugar  
1 cake yeast  
5 cups flour

Mix together Quaker Oats, salt and sugar. Pour over two cups of boiling water. Let stand until lukewarm. Then add yeast which has been dissolved in ¼ cup lukewarm water, then add 5 cups of flour.

Knead slightly, set in a warm place, let rise until light (about 2 hours). Knead thoroughly, form into two loaves and put in pans. Let rise again and bake about 50 minutes. If dry yeast is used, a sponge should be made at night, with the liquid the yeast, and a part of the white flour.

This recipe makes two loaves.

#### Quaker Oats Muffins

¾ cup Quaker Oats (uncooked), 1½ cups flour, 1 cup scalded milk, 1 egg, 4 level teaspoons baking powder, 2 tablespoons melted butter, ½ teaspoon salt, 3 tablespoons 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.

#### Quaker Oats Cookies

Mix dry 2 cups Quaker Oats (uncooked), 3 cups flour, 1 teaspoon cinnamon, 1 teaspoon salt.

Mix 1 cup sugar, 1 cup lard.

Put 1 level teaspoon soda in a small cup of sour milk. Add this to sugar and lard, then add dry ingredients, roll thin, cut in squares and bake. Raisins—2 cups—make an excellent addition.