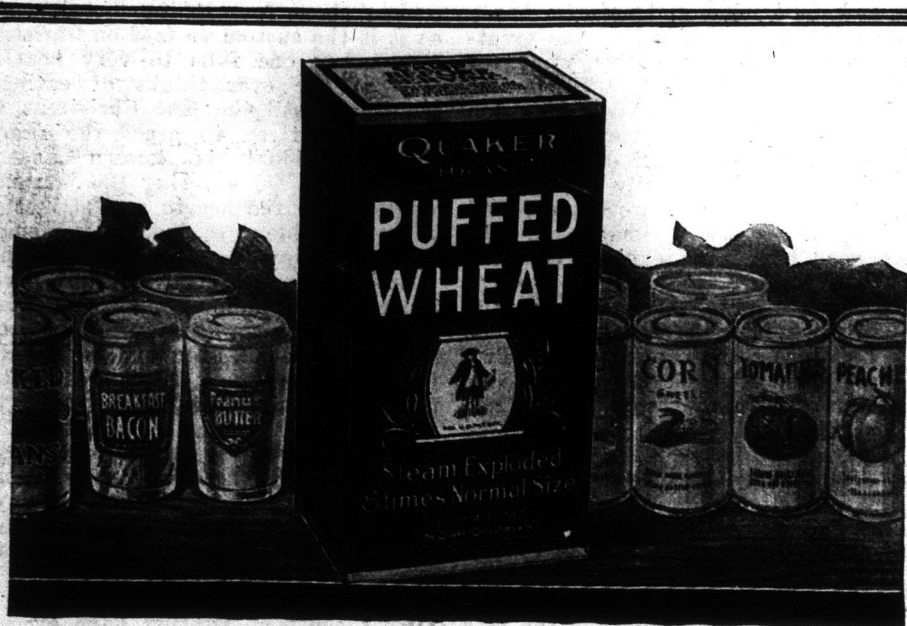




The One Lone Package

On the Pantry Shelf Shows a Wrong Idea of Puffed Wheat

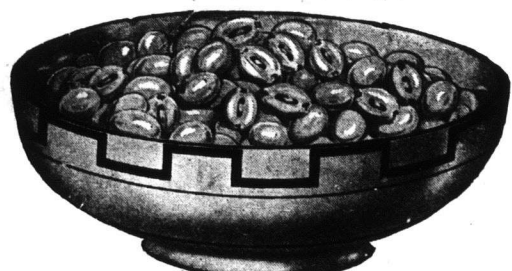
Some people treat Puffed Grains as tidbits, to be served on rare occasions. These bubble grains, flavory and flaky, seem like food confections. As some folks say, "They seem too good to eat."

That is a wrong conception. Puffed Wheat and Rice, above all else, are scientific foods.

They are whole grains, rich in minerals and vitamins. They supply what flour foods lack.

And they are fitted, like no other grain foods, for easy, complete digestion. Every food cell is exploded, so digestion can instantly act. And the whole grain feeds.

Their easy digestion makes them perfect between-meal foods, or good-night foods, or luncheon foods. Everybody revels in them. Keep plenty on hand, and both kinds, so children can have all they want of them. At odd hours or at mealtime, they are the best foods one can eat.



Puffed Wheat in Milk

**Puffed
Wheat**

**Both 15c
Except in Far West**

**Puffed
Rice**

Serve in the morning with sugar and cream, or mixed with any fruit. For luncheon or supper, float in bowls of milk. Use as wafers in soup, as nut-like garnish for ice cream. Douse with melted butter, like peanuts or popcorn, for an after-school delight. They are as welcome as confections, and far better for the child.



Mix With Fruit



Use Like Nut Meats

The Quaker Oats Company

SOLE MAKERS

Peterborough, Canada

(1698)

Saskatoon, Canada

The Young Woman and Her Problem

Pearl Richmond Hamilton

Facing the Future

"To every girl there openeth
A high way and a low,
And the high soul climbs the high way,
And the low soul gropes the low;
And in between, on the misty flats,
The rest drift to and fro.
But to every girl there openeth
A high way and a low,
And every girl decideth
The way her soul shall go."

We are all facing the future. We are always facing the future.

Have we a high aim in life? God would not have given us that desire without the ability to accomplish it.

Every girl who reads this is facing life's mountain—the higher we climb the more beautiful is the vision from the top.

There are dangerous places in this climb—forests, crevices, rocks, wild animals, all are there and nothing but Divine guidance will insure safety in the climb. The first step in a girl's life is the wise selection of a guide—one who will assist us over the difficult places in the climb. To-day is full of difficulties and it is hard to climb, but our brave boys in the trenches realize the value of the necessity of life's great Guide.

"Pray for me every night," writes one soldier over there, to my little girl—"for," he continues, "it was only through His guidance that I came out of Vimy Ridge alive." All our soldiers are living

talks with girls. I believe the poets would not care.)

"She that hath light within her own dear breast
May sit in the center and enjoy bright day;
But she that hides a dark soul and foul thoughts
Benighted walks under midday sun,
Herself in her own dungeon."

We plant a seed and wait for it to grow. We place it in the sun. If it is placed in a dark place it will be weak and delicate. How true to life this is. We need years of sunshine to make our lives strong.

"If I covet one high grace

It is this: upon my face
Just to wear an inner light
To illumine others' night.

"Give me such a look so high

That the saddest passerby
On a sudden glad shall say:
'Somewhere shines the sun to-day.'"

Then in the climb upward there are those about us who need a little help—our companions on the way.

"Many a heart is hungry, starving,

For a little word of love,
Speak it then and as the sunshine
Guides the lofty peaks above.

So the joy of those who hear it,
Sends its radiance up life's way,
And the world is brighter, better,
For the loving words we say."



A German plane which was brought down behind Canadian lines.

the great truth He taught. In the struggle of these times I have learned lessons—those who are suffering the most say the least. Suffering is the fire that burns the impurities of life out of us and leaves only pure gold. Those who are doing the most talk the least.

We say the toll of life in this awful struggle of war is terrible. It is: But let us not forget the lives wasted in peace—needlessly wasted. Tuberculosis, preventable diseases, alcohol, poverty, prostitution, drugs, and child labor factories have wasted millions of lives every year. We believe this war will make the world change these destructive agencies that waste human lives, because it is stirring the world to a readiness for great deeds and sacrifice.

One English soldier in his diary says: "I have seen the naked souls of men stripped of circumstance. Rank and reputation, wealth and poverty, knowledge and ignorance, manners and uncouthness—these I saw not. I saw the naked souls of men." There is a spirit there of mutual respect and understanding that does away with class—out of it all is coming a universal love for humanity. It must. At the top of the mountain is the vision beautiful.

Women—mothers, sisters, wives and sweethearts of men are seeing visions these days—they are rising up through an universal sacrifice for the betterment of mankind. They suffer. But they see visions they have never seen before.

While climbing the mountain of life let us stay in the sunshine. It will make us stronger. (Sometimes I quote poetry using the feminine pronouns—in my

In this climb let us not be blind to the beauty about us—the sympathetic smile, the little child's faith, the old lady's gentle word of love, the poor woman's gratitude for small blessings. These are gems of wondrous brightness everywhere.

There is a beautiful story of an Indian girl who wrapped the flag about her when an assailant tried to attack her. She felt his respect for the flag of his country would make him respect her virtue.

Is it not the duty of every girl who lives under the protection of the Union Jack to live a life so pure that she would be worthy of wrapping the flag about her—worthy of wearing it?

When a girl sacrifices her purity she is not true to the flag that protects her—the flag our brave men are sacrificing their lives to save.

"Blessed are the pure in heart for they shall see God."

Yes—at the top of life's mountain is this vision. This vision beautiful. Unless our minds grow we cannot see visions.

Fanny Crosby studied astronomy and her mind was lifted to lofty visions. Think of the millions of men and women this blind woman lifted because she willed her mind to see beauty.

Those who bring sunshine into the lives of others cannot keep it from themselves.

One of Them

She was cashier in a certain establishment. He earned a good salary. So they were married but they did not "live