

## THE LOVE OF OATS

Why Normal, Active People Always Crave Oatmeal

Oats contain more body-building food than any other grain that grows. They contain more energy-giving food. You know their effect on horses.

Oats contain more organic phosphorus than any other grain, and phosphorus is the brain's main constituent. They contain more lecithin, and lecithin is the chief component of the entire nervous system.

That's why workers love oatmeal. That's why growing children crave it. It is simply the call of nature for what bodies, brains and nerves require.

But some oatmeal fails to meet these requirements. Only the richest, plumpest oats supply a food worth while. The choicest oats are sifted 62 times to get the grains for Quaker Oats. Only ten pounds are secured from a bushel. And these fine oats, when prepared by the Quaker process, supply the utmost in oatmeal.

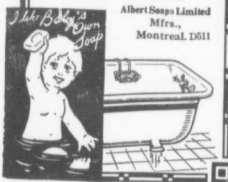
Oatmeal is the most important food you can serve. And the best costs only one-half cent per dish. Don't supply your table with inferior oats. Made in Canada.

"Best for Baby—best for you."

## Baby's Own Soap

Made of specially purified and refined vegetable oils. It will not hurt the most delicate skin. Refuse all substitutes.

Albert Hees Limited  
Mrs. J. Montreal, D.O.I.



## PLEASURE AND COMFORT

are derived from the

## Stratford Lawn Swing

For the children in the summer there is nothing will give them more pleasure than a lawn swing. For adults, a swing on the lawn provides a means of comfort and rest.



This swing is made of well seasoned hard wood lumber, nicely finished. It is made strong and durable, will stand great strain, is built for four passengers. The back can be adjusted and the foot rest raised so as to form a hammock or bed. Made in various styles at different prices.

Write today for illustrated catalogue M.

THE STRATFORD MFG. CO., LTD.  
STRATFORD, ONTARIO

We also make all kinds of Ladders and Verandah and Lawn Furniture.

## Home Improvement

Mrs. L. K. Shaw, Welland Co., Ont.

There is alluring beauty in a well kept lawn. When I go to the city and see the care that city people take of their little 10 by 10 lawns, it seems to me that surely the average farmer ought to invest in a lawn mower for his lawn, which is 10 times as large and can be made over so much more attractive.

A few years ago we paid \$8 for a lawn mower, and its work, although often hard to find time to do, has been a great source of satisfaction to us. At first we used it on the lawn while the lawn was in a rough condition. It made such an improvement in the appearance of our home that we immediately started to make greater improvements. We levelled in the hollows, laid out walks, and eventually we were planting shrubs. We trace all this improvement to that \$8 invested in the lawn mower. The satisfaction that we get out of the lawn in summer afternoons and evenings is well worth the work it takes to keep it in order, and my husband says that the lawn has added immensely to the value of the farm.

We are told that city people live more out of doors than do country people, that the country woman is really in the house more than her city cousin. I believe this is because there is really nothing in the surroundings of so many farmhouses to induce the woman to go out of doors. Had we attractive lawns there would be more inducement for us to spend more of our time outside and the health in country homes would be much improved.

## THE COOK'S CORNER

Recipes for publication are requested. Inquiries regarding cooking, recipes, etc., gladly answered upon request, to the Householder Editor, Farm and Dairy, Peterborough, Ont.

### PINEAPPLE JAM

Grate your pineapple; to one pound of the apple add three-fourths of a pound of loaf sugar; boil ten minutes.

### CHOCOLATE PUFFS

One pound sugar sifted, one cup of chocolate chopped very fine; mix together; beat the white of an egg, and stir in your chocolate and sugar; continue to beat until stiff paste; sugar your paper, drop them on it, and bake in a slow oven.

### COCONUT PIE

One and one-half pints of milk, six eggs, one cup of sugar, one cup of sugar, one-half cup of butter; mix sugar and butter, then the eggs, then the coconut, and lastly the milk.

### LEMON TARTS

Mix well together the juice and grated rind of two lemons, two cups of sugar, two eggs, and the crumbs of sponge cake; beat it altogether until smooth; put into twelve patty pans, lined with puff paste, and bake until the crust is done.

### RHUBARB JAM

Cut into pieces an inch long, put a pound of syrup to every pound of rhubarb, and leave till morning; pour syrup from it and boil it till it thickens; then add the rhubarb and boil fifteen minutes; put up as you do currant jelly in tumblers; it will keep good a year.

To make bread and pastry take on a beautiful brown without overcooking, burn a little sugar on the bottom of oven on baking day. I discovered this in baking, after the juice from berry pies had burned.

Don't salt meat before the cooking. A little after the meat is cooked, or when nearly done.

## The Sewing Room

Patterns 10 cents each. Order by number and size. If for children, give age; for adults, give bust measure for waists, and waist measure for skirts. Address all orders to the Pattern Department.

### SIX GORED SKIRT FOR MISSES AND SMALL WOMEN, 7-7

The six gored skirt is one much liked. It is smart, it is simple, and it is very generally becoming. This one is designed for young girls and for small women.

The 16 year size requires 5 yards of material 27 inches wide, 3 1/2 yards 36 or 2 1/2 yards 44 inches wide.

This pattern is cut in sizes for misses of 14, 16, and 18 years of age.

The five gored skirt always is a useful one. This one allows of many possibilities. In the illustration, it is finished at the natural waist line and closed on the left of the front, but it can be extended above the waist line if preferred.

For a woman of medium size the plain skirt will require 6 1/2 yards of material 27, 5 1/2 yards 36 or 4 yards 44 inches wide when material has figure or nap, 5 1/2 yards 27 inches wide when material has neither.

This pattern is cut in sizes 22, 24, 26, 28, and 30 inch waist measure.

BLOUSE WITH PEASANT SLEEVES, 7015

The blouse that is made from bordered material, is much seen this season and is very attractive as well as practical. Illustrated is one of the best models.

Medium size will require 3 1/2 yards of bordered material 20 inches wide, with 3 1/2 yards 36 inches wide for the shoulder portions, or 2 yards of plain material 27, 1 1/2 yards 36 or 44 inches wide.

This pattern is cut in sizes 34, 36, 38, and 40 inch bust measure.

CHILD'S COAT, 7030

This simple, loose coat is made with a big collar, is a smart one for little children, and available for many materials.

For a child of 4 years of age the coat will require 3 yards of material 27 inches wide, 2 1/2 yards 36 or 1 1/2 yards 44 inches wide.

This pattern is cut in sizes for children 2, 4, and 6 years of age.

Flour that has grown old can be used effectively and well by sifting several times and putting it in shallow pans and browning it well in a hot oven. Such flour is especially good for fruit cake, ginger bread, spice cake, brown bread, and all kinds of dark gravies.

It works like a Kodak



## 2A Folding Pocket BROWNIE

The first Brownie made 2 1/2 x 2 1/2 pictures and sold for a dollar.

It was made so well that the inevitable happened. Other and bigger Brownies for bigger people simply had to follow. They are made in the Kodak factories under Kodak superintendence by Kodak workmen. Habit with these people means honest workmanship. That's why the Brownie, a low-priced camera, has been and is a success.

The No. 2A Folding Pocket Brownie is a truly pocket camera for 2 1/2 x 2 1/2 pictures, loading in daylight with Kodak film. Capacity 12 exposures without reloading. Finest quality Meniscus Achromatic lens of 3 inch focus. Pocket Automatic shutter for snapshots or instantaneous exposures, two tripod sockets, auto-focusing lens and handometer. Honestly and handsomely made in every detail. Covered with a durable imitation leather, and has full nickle plated fittings.

Price \$7.00

Other Brownies \$1.00 to \$12.00  
Illustrated Catalogue of Kodaks and Brownie cameras, free at the dealers or by mail

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H. Ralph S. If a man has his farm to keep, he should consider of getting him to give the best of his laborious dispute.



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