

material for a 24-inch size. The skirt measures about 3 yards at the lower edge.

A pattern of this illustration mailed to any address on receipt of 10c in silver or stamps.

1582—A Good Style for the Growing Girl—This attractive dress is nice for combinations of materials. Serge and striped suiting is here shown. Galatea and linene would be nice for general or school wear. The overjacket may be omitted. The waist is finished at the center front, with tucks in slot style. The skirt has four gores with the fulness arranged in deep plaits. The sleeve is nice in wrist or elbow length. This pattern could be developed for a "best dress" in linen with jacket of embroidery, or of taffeta, with jacket of velvet. The pattern is cut in 4 sizes: 6, 8, 10 and 12 years. It requires 1½ yards of 27-inch material for the overjacket, and 4½ yards for the dress for an 8-year size. A pattern of this illustration mailed to any address on receipt of 10c in silver or stamps.

1587—A Natty Little Suit for Mother's Boy—These coat suits are ever popular and practical. This model is nice for

1425—A Practical Convenient Model—Ladies' House Dress with Long or Short Sleeve—For utility, comfort and convenience, this design has much to commend it. It closes in coat style, with the entire fronts overlapping. This assures easy and practical adjustment. An ample pocket is arranged over the side front. The waist is finished with a neat collar, and with cuffs for sleeve in short length. The long sleeve is dart fitted. The dart fulness may be cut away and the opening thus made, be finished with a facing and underlap for buttons or other fasteners; then the sleeve may be turned back over the arm when desired. The pattern is good for gingham, percale, lawn, seersucker, soisette, madras, dimity, drill or linen. It is cut in 7 sizes: 32, 34, 36, 38, 40, 42 and 44 inches bust measure. It requires 6½ yards of 36-inch material for a 36-inch size. A pattern of this illustration mailed to any address on receipt of 10c in silver or stamps.

1567—Ladies' Jumpers or Over-Waists—This illustrates a smart and pleasing fashion—one that may make a waist "two in one," for these jumpers can



velvet and corduroy, for serge, chevot and for all strong wash fabrics like linen, galatea or gingham. The coat may be closed in double-breasted style or turned back over the right front in revers fashion. The trousers are made with straight lower edge. The pattern is cut in 4 sizes: 3, 4, 5 and 6 years. It requires 3 yards of 44-inch material for a 4-year size. A pattern of this illustration mailed to any address on receipt of 10c in silver or stamps.

1457—A Popular Practical Style—Girl's Dress with Sleeve in Either of Two Lengths—As here shown checked gingham was used, with white linene for trimming. This design will develop nicely in serge, plaid suiting or wool mixtures. It is also nice for linen, pique, linene, velveteen, corduroy or poplin. The fronts are finished with slot tucks underneath which the closing may be effected. The skirt is a four gore model with a charming "grown up" flare. The pattern is cut in 4 sizes: 4, 6, 8 and 10 years. It requires 3 yards of 40-inch material for a 4-year size. A pattern of this illustration mailed to any address on receipt of 10c in stamps

be worn over any guimpe or blouse. In black silk or satin, in embroidered net or voile, they are charming. They are nice in silk or serge to match the color of a separate skirt, and so worn over a waist of chiffon, crepe or net. The one style shown is gathered at the waist, and may be made with straight or scalloped lower edge. The other style has waist portions lengthened by peplum sections. The pattern is cut in 6 sizes: 34, 36, 38, 40, 42 and 44 inches bust measure. It requires 1 yard of 44-inch material for No. 1, and 1½ yards for No. 2 for a 36-inch size. A pattern of this illustration mailed to any address on receipt of 10c in silver or stamps.

1591—Ladies' Night Dress, Perforated for Sack Length and Short Sleeve—Muslin, cambric, lawn, batiste, crepe, silk, flannel or flannelette are good for this style. It may be finished with a bit of lace or embroidery, or with tiny ruffles of material on collar and cuffs. In such shape the pattern could also be used for a dressing sack. It is cut in 6 sizes: 34, 36, 38, 40, 42 and 44 inches bust measure. It requires 4 yards of 27-inch material for the



125 Million Food Cells In that Grain of Wheat

Many sorts of food cells—about all we need.

But some valuable elements which we can't do without lie mostly in the outer coats.

That's why food experts advocate whole wheat.

Those food cells must be broken to digest.

That's why wheat is cooked or baked. And, to break more cells, you toast it.

But, toasting, even, hardly breaks up half.

Now We Explode Them

That's the fault which Prof. A. P. Anderson corrected by steam-exploding wheat.

Each food cell, he found, holds a trifle of moisture. So he puts the wheat kernels in guns. Then revolves those guns for sixty minutes in 550 degrees of heat. That converts all the moisture to steam.

The guns are then shot, and the steam explodes. Each food cell is blasted from within. Thus every element in every coat of the grain is fitted for easy, complete digestion.

Puffed Wheat is whole wheat. But, more than that, it is whole wheat made wholly available. That was never done before.

Puffed Wheat	Except in Far West	12c
Puffed Rice		15c

Puffed grains derive from the fearful heat a most fascinating taste. The puffing makes them bubbles, eight times normal size. The walls become thin and fragile, ready to melt in the mouth.

The grains are flaky bonbons—food confectations—seemingly too dainty to be eaten by the bowlful. But they are only grain.

Serve them as your morning cereals. Serve them in your bowls of milk. Mix them with your fruit.

The Quaker Oats Company

Sole Makers

Peterborough, Ont.

Saskatoon, Sask.

1189