



Consider Your Breakfast Cost

Some Foods Cost Ten Times Quaker Oats for the same Energy Units

Compare food cost by calories—the energy unit—and see what your money buys.

You will find that a dime buys as much in one food as a dollar in another.

You will find that the maximum food—which is Quaker Oats—stands minimum in cost.

This is how some foods at this writing compare in cost per thousand calories:—

Cost Per 1000 Calories		
Quaker Oats	- - -	5½ cents
Round Steak	- - -	41 "
Leg of Lamb	- - -	48 "
Veal Cutlets	- - -	57 "
Fresh Halibut	- - -	53 "
Salt Codfish	- - -	78 "

Meat foods will average per energy unit, ten times the Quaker Oats cost. Other foods will cost you up to twenty times as much.

Yet Quaker Oats supplies you the almost perfect food. No costly food compares with oats in balanced nutriment. Few foods are so delightful.

Make Quaker Oats your breakfast. Use it in your baking.

Every ounce yields twice as many calories as an ounce of round steak. Every dollar's worth used to displace meats saves around \$9.00.

Quaker Oats

Flaked from Queen Grains Only

The reason for getting Quaker Oats is a super-flavor. This brand is flaked from just the richest, plumpest grains. We get but ten pounds from a bushel. These big grains have a flavor which little grains must lack.

Get them, for they cost no extra price.

Two Sizes: 35c and 15c Per Package, Except in Far West

The Quaker Oats Company

Peterborough, Canada

Saskatoon, Canada

Quaker Oats Bread

1½ cups Quaker Oats (uncooked), 1 cup sugar, 2 teaspoons salt, 1 cup boiling water, 1 cake yeast, 1 cup lukewarm water, 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 1 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 Pancakes

2 cups Quaker Oats (uncooked), 1½ cups flour, 1 teaspoon salt, 1 teaspoon soda dissolved in 2 tablespoons hot water, 1 teaspoon baking powder (mix in flour), 2½ cups sour milk or buttermilk, 2 eggs beaten lightly, 1 tablespoon sugar, 1 or 2 tablespoons melted butter (according to the richness of the milk).

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

Quaker Oats Muffins

2.3 cup Quaker Oats (uncooked), 1½ cups flour, 1 cup scalded milk, 1 egg, 4 level teaspoons baking powder, 2 tablespoons melted butter, 3 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. (2073)

Farm Women's Clubs

Live Wires at Duhamel

WHEN I first came to this district from Edmonton over three years ago, I found that the ladies in the district were in the habit of meeting once each month at the different homes. A certain lady would ask all of the ladies in the vicinity to meet at her house on such an afternoon to bring her sewing, knitting, or fancy work, and spend a pleasant afternoon with a cup of tea, some sandwiches and cake before going home. On my second Sunday here, one of the ladies of the congregation approached me and invited me to her home for the following Thursday afternoon. I went and spent a very pleasant afternoon. The following month I was invited and went to another home, spending another pleasant afternoon. In the meantime, some of the ladies had been thinking that we should meet each month with some definite object in view instead of merely passing the time away by pleasant chatter. So Mrs. Hutchinson wrote Miss Beynon, of The Guide, for information regarding Farm Women's Clubs. Her letter was forwarded to Miss Jean C. Reed, of Alix, then Provincial President of the U.F.W.A. Miss



A Manitoba Secretary Between Office Hours.

Reed wrote Mrs. Hutchinson, with the result that, on March 12, 1915, a Farm Women's Club was organized with Mrs. Hutchinson as president and the writer as secretary-treasurer; a vice-president and four directors were appointed. We were 12 in all. Today we have over 30 members with more coming in. For three summers we have had very successful garden competitions for children up to 14 years of age. The plots are all the same size, either four feet by ten feet or five feet by eight feet, and the vegetables and flowers of the same, three kinds of seed for each plot. The second year we added a plot of onions as a special. Last year, instead of the onions, we branched out and bought alfalfa seed. Each of the children competing planted three rows of alfalfa. Dean Howes, of the University of Alberta, Edmonton, has come down the latter part of August each year and judged these gardens, and in the evening he has given an address, in the hall, on agricultural work. Last year, the children who had grown alfalfa were asked to write an essay on alfalfa-growing. No prize was offered, but the

essays were judged and the one which was said to be the best was to be published in The Grain Growers' Guide as a mark of distinction. The essay published in The Guide was one written by Lillian Hambly. This essay in The Guide was read by the manager of an Edmonton paper, who wrote to Miss Lillian Hambly, asking her for an article on alfalfa for his paper. Some time after this article appeared in the Edmonton paper she received a letter from a party some 60 miles north of Edmonton, asking for information on alfalfa-growing. Thus the efforts that the U.F.W.A. are putting forth for the betterment of our land are slowly bringing results. At the beginning of our club we started to do Red Cross sewing and to raise money for different patriotic purposes. Later we organized a knitting club for those who wished to knit. We have sewn over 2,000 articles for the Red Cross and knitted over 60 pairs of socks. Last year, to raise money for the Red Cross, we held an auction sale and realized over \$460 from the same. We have a Red Cross box in our local store and we have a Red Cross collection at each of our meetings. From time to time we have a paper on some interesting subject. Last year

we took up the study, "Women and the State," and had some splendid papers on this subject. This year we have had some good papers on "Food Conservation," "Teeth," "Tonsils," and "Adenoids." Each year, we have a children's day some time in August. We have a short meeting on that day and the children have a picnic and instead of the hostess providing all of the refreshments, we each take a cake or some sandwiches. We have a circulating library in connection with our club, and we have a small U.F.W.A. library as well. Quite a number of our members have cars, and those who have gather up all of the nearest members who have no way of getting to the meetings. In July of this year we visited the Perintosh U.F.W.A., some 14 miles distant. There were 24 ladies to answer our roll call. Mrs. Robinson, of the Perintosh U.F.W.A., read a very interesting paper on "The Training of Children," after which a very pleasant hour was spent discussing club affairs, and I am sure that as a result of that union meeting we have all been stimulated to make of our club a greater success than heretofore. We have

Manitoba Convention

The date of the Brandon Convention is fast approaching. In order to help make all arrangements for this convention as satisfactory as possible will the locals kindly bear in mind the following:—

1.—All resolutions from Women's locals to be forwarded to Central not later than January 1, 1919.

2.—At the annual meeting of the local associations the members of the Women's Sections should use their influence to secure, as far as possible, women delegates so that the women shall have adequate representation.

3.—In mixed locals we would suggest having a woman delegate elected in order that the women in these districts may be kept in touch with the work of the Women's Section in the province.

4.—As this year the Railways are making no reduction in rates it will be necessary for delegates to purchase return tickets to the convention and to secure at the time of making the purchase, receipts from the agent for the amount paid. These receipts will be presented with the credentials at the convention office where arrangements will be made for the pooling of fares.—M. Finch, Provincial secretary, W.S.G.G.A., Manitoba.

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