

## Consider Your **Breakfast** Cost

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

Compare food cost by calories-the energy unitand see what your money

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 ealories :-

#### Cost Per 1000 Calories

Quaker Oats	-		-		51	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.

# uaker 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 Oals Company

Peterborough, Canada

Saskatoon, Canada

#### Quaker Oats Bread

#### Quaker Oats Pancakes

her Oats (uncooked) 14 cups flour, I tea-teaspoon soda dissolved in 2 tablespoors teaspoon shaking powder (mix in flour), 25 lik or buttermilk, 2 cggs beaten lightly, 1 gar, 1 or 2 tablespoors melted butter (ac-richness of the milk), and the control of the ak Quaker Oats over night in milk. In the and sift flour, soda, sugar and salt—add or Oats mixture—add melted butter; add egg —beat thoroughly and cook as griddle cakes.

#### Quaker Oats Muffins

Quaker Oats (uncooked), 13 cups flour, dlk, 1 egg, 4 level teaspoons baking pow

## Farm Women's Clubs

Live Wires at Duhamel

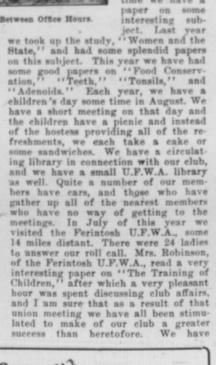
HEN I first came to this district from Edmonton over three years ago, I found that the ladies in the district were in the habit of meeting once each month at the different homes. A certain lady would ask all of the ladies in the vicinity to meet at her house on such an afternoon to bring her sewing, knitting, or fancy work, and spend a pleasant afternoon with a cup of tea, some gandwiches and cake before going home. On my second Sünday here, one of the ladies of the congregation approached me and invited me to her

invited me to her home for the fol-lowing Thursday afternoon. I went and spent a very pleasant afternoon. The following menth I was invited and went to another home spending another pleasant after noon. In the noon. In the meantime, some of the ladies had been thinking that we should 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 Miss Beynon, of The Guide, for information re-garding Farm Women's Clubs. Her letter was forwarded to Miss Jean C. Reed, of Alix, then Provincial

Reed, of Alix, then Provincial President of the U.F.W.A. Miss 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 alfalfagrowing. 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 alfalfaasking for information on alfalfawing. Thus the efforts that the
U.F.W.A. are
putting forth for
the betterment of

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 patri-otic nursesses. different patriotic purposes.
Later we organized a knitting club for those who wished to knit. We have 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 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 sub-ject. Last year





A Manitoba Secretary Between Office Hours.

#### 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.

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' 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 scure 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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