

energy through food; and while either will yield the requisite amount of energy in perfectly digestible form, yet the proteins have the great advantage of supplying at the same time repair material as well, and what is even more important, elements which go to build up the resisting power of the body against disease. Both are first-class foods, and there is no adequate basis whatever for the widespread belief that either of them within reasonable amounts, or even in moderate excess, will produce any injurious effect upon the body. Starches have the great practical advantage of being usually much less expensive per calory. The best results so far have been obtained from a combination of the two with the fats.

Recipes

Chicken Fritters—Take some tender slices of cold chicken, put them into a mixture of lemon juice, salt and pepper, and leave them there for a short period. Then mix a batter of milk, egg, flour and salt, stir the slices of chicken into it, and fry in boiling lard, putting one bit of

oats, two cupfuls of flour sifted with two teaspoonfuls of baking powder, one teaspoonful of powdered cinnamon, one-half teaspoonful of powdered ginger, then add two tablespoonfuls of cocoa or grated chocolate, two tablespoonfuls of milk, a pinch of salt, two well-beaten eggs, one and one-half cupfuls of sugar, and three-fourths cupful of lard or butter. Drop from a spoon onto greased baking tins and bake until firm.

Lemon Pudding—Take the rind of a lemon, grate it, and squeeze out all the juice. Make an ounce of cornflour smooth in a little cold water, pour it into a cupful of boiling water and stir till thickened. Add the juice strained and grated rind, two ounces of sugar, and one egg well beaten. Line a pie-dish with paste, pour in the mixture, cover with more crust, and bake till ready, about three-quarters of an hour or longer. If thought desirable, add an ounce of butter to the lemon mixture.

Meat Essence—Remove all the skin and fat from a pound of lean, juicy beef and a pound of lean mutton. Shred the meat up very finely, and put into an earthen-



Reflections.

chicken in each spoonful of batter. Serve very hot, after draining the fat off well. As a garnish, parsley may be used.

Coffee Sponge—Soak two tablespoonfuls of granulated gelatin in one-fourth cupful of cold water five minutes, and add to two cupfuls of hot, strong boiled coffee; then add three-fourths cupful of sugar and a few grains of salt. Strain into a pan, set in larger pan of ice water, cool slightly, then beat, using a wire whisk, until quite stiff. Add the whites of three eggs, beaten until stiff, and continue the beating until mixture will hold its shape. Turn into a mold first dipped in cold water. Chill thoroughly, remove from mold and serve with sugar and thin cream.

Brown-Bread Pudding—The ingredients required for this unusual dish are a quarter of a pound of scraps of bread, two ounces of sugar, half an ounce of candied peel, one egg, one ounce of suet, two ounces of currants, half a pint of milk, a little cinnamon. Soak the bread in cold water till soft; squeeze the water well out of it. Chop the suet and peel finely, wash and dry the currants, and mix the peel with them.

Oatmeal Spice Wafers—Mix well together two and one-half cupfuls of rolled

oats, two cupfuls of flour sifted with two teaspoonfuls of baking powder, one teaspoonful of powdered cinnamon, one-half teaspoonful of powdered ginger, then add two tablespoonfuls of cocoa or grated chocolate, two tablespoonfuls of milk, a pinch of salt, two well-beaten eggs, one and one-half cupfuls of sugar, and three-fourths cupful of lard or butter. Drop from a spoon onto greased baking tins and bake until firm.

Old Curtains

A dainty use for old curtains. If the curtains are four yards long by two yards wide, cut off the lower portion, which, to the depth of one and a quarter yards, is generally the best part. Join neatly together, which gives a lace bed-spread with scalloped edges all round, measuring two and a half yards long by two yards wide.

Tack this to a foundation of satin, the color of which tones best with the bedroom wallpaper.

Make a duchesse set and two cushion covers of satin to match, and on these buttonhole a lace design of roses, etc., according to design, which can be cut out of remainder of curtains.



It Saves You 75% This Luscious Quaker Oats

By units of food value—as all foods should be figured—these are some food costs as compared with Quaker Oats:

Bacon and Eggs cost 5 times as much.

Steak and Potatoes 5 times as much.

Round Steak 4½ times as much.

Fried Perch 6 times as much.

Bread and Milk twice as much.

The average mixed diet—meats, cereals and vegetables—costs about 4 times as much. So each dollar you spend for Quaker Oats saves an average of \$3.

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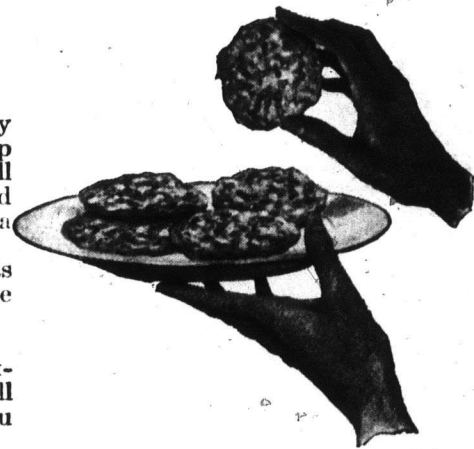
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Note the recipes on the package and in it. Quaker Oats will improve many a food which you now make of white flour.



Try This Recipe—Oatmeal Cookies

Here is a nut-like confection, called Quaker Sweetbites, which children will eat by the dozen.

1 cup sugar, 1 tablespoon butter, 2 eggs, 2½ cups oatmeal, 2 teaspoons baking powder, 1 teaspoon vanilla. Cream butter and sugar. Add yolks of eggs. Add oatmeal, to which baking powder has been added, and add vanilla. Beat whites of eggs stiff and add last. Drop on buttered tins with teaspoon, but very few on each tin, as they spread. Bake in slow oven. Makes about 65 cookies.

30c and 12c-per package in Canada and United States, except in Far West where high freights may prohibit.

The Quaker Oats Company

Peterborough, Canada

(1689)

Saskatoon, Canada