



Nature's Pet

On Quaker Oats She Lavishes Her Best

The oat is Nature's favorite grain. Through sun and soil she lavishes her richest treasures on it.

She stores it with phosphorus and lecithin, of which brains and nerves are made. She endows it with matchless vim-producing powers. Then, to win the children to the food they need, she adds enticing flavor and aroma.

But not to all oats. Some grains are starved and puny. Only the big, plump grains show Nature's lavishness. So we use in Quaker Oats those premier grains alone. Thus you get in these flakes the essence of the oat—the utmost that this food affords.

Quaker Oats

Luscious, Fragrant Flakes of Vim.

A bushel of choice oats yields but ten pounds of Quaker Oats. These choice, rich grains are treated by heat in a way which enhances their flavor. Then we roll them into big, inviting flakes.

That is why Quaker Oats, nearly all the world over, holds the first place among oat foods.

Even Great Britain, the home of the Scotch oats, sends for millions of pounds of Quaker.

Serve it in abundance. Each spoonful is a battery of energy, yet young folks rarely get enough. A food so rich in what children need should be served in big dishes and often.

There lies the reason for Quaker Oats—delicate, fragrant, delicious. It makes this the wanted food, and every mother desires that.

In Quaker Oats you get this extra quality without any extra price. You will get it always and anywhere if you specify Quaker Oats.

Large Package

30c

Contains a piece of imported china from a celebrated English pottery.

Regular Package

10c

The Quaker Oats Company

Peterborough, Ont.

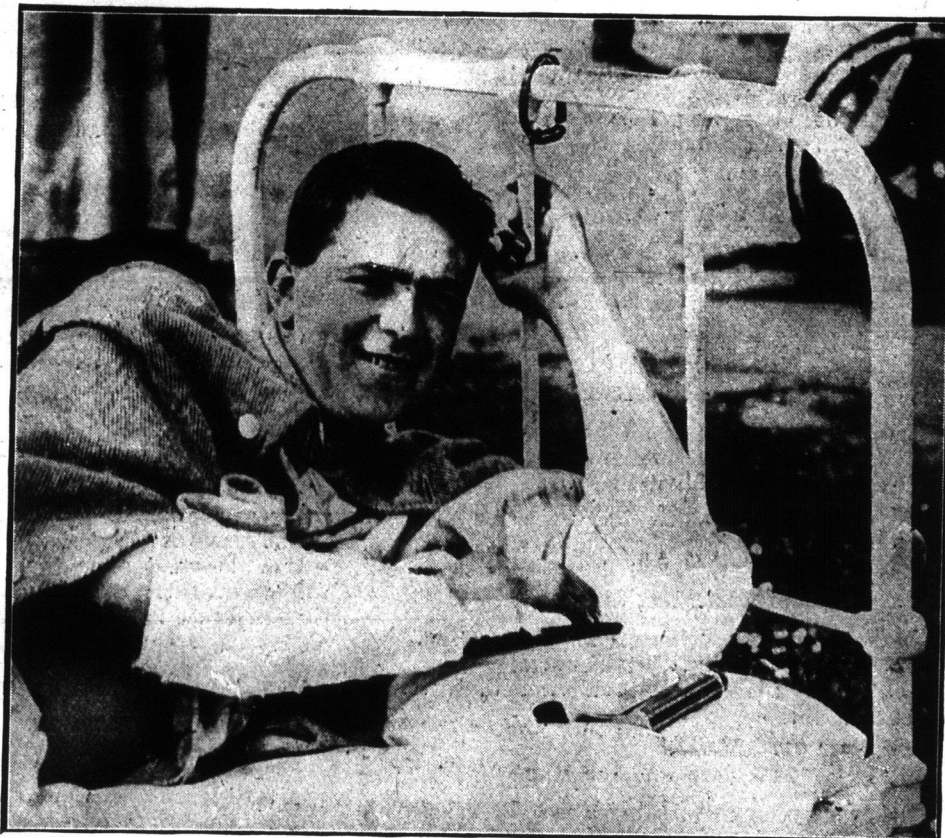
Saskatoon, Sask.

Woman's Quiet Hour (Continued from Page 32.)

First, let me say that medical dressings, when the new specifications are out, are best left to the larger towns and cities for the simple reason that they need to be properly sterilized before being packed, and this can only be done where there is a hospital with a proper sterilizing plant; but there are, I was going to say, a thousand other requisites that can be made anywhere—sheets, pillow slips, towels, pyjamas, surgical shirts, hospital gowns. These are a few of the things that any little group of women anywhere in the country can help to supply. The Red Cross furnishes exact specifications for the making of the garments and the bed linen, and these have not changed since the opening of the war and have been printed so often in the daily and weekly papers that they are familiar to nearly everyone. However, I will be glad to furnish them to any group of women who have not got them. I have enumerated some of the things that can be supplied for the hospitals, and then there is the knitting of socks.

difficult, if not an impossible task. But wherever money can be raised, it is the first requisite of the Red Cross, because money can be transferred to Britain by telegraph and can be made available for buying dressings and other requisites more quickly than anything else. Every few dollars count, and it can safely be sent to any branch of the Red Cross Society with the full confidence that it will be expended properly and quickly.

I am glad to announce that for the future all Red Cross supplies from Western Canada will go directly through to the seaboard without having to go to the headquarters in Toronto which has been the rule heretofore. This will save time, and I would like to say in closing this word about the Red Cross, that it is, I know, a rather monotonous and dreary thing to keep on working and sending in supplies of which you never hear again; but let me assure every worker that the men and women at the head of the Red Cross are capable and devoted, and while it is impossible to send out definite reports of where supplies go and how they are used, everything for the Red Cross is being used



Private Charles Lightfoot, of the 90th Winnipeg Rifles, photographed in the beautiful open-air hospital of Mr. & Mrs. Astor at Clifden Hill, where he is recovering from wounds received in battle. Private Lightfoot fired several hundred rounds in eight hours, holding the Germans at St. Julien. He was wounded severely by shrapnel and later by bullets.

It is estimated that before next October there will be at least 150,000 Canadians on the firing line. Every one of these men should have a pair of fresh socks at least once a week. My readers will gather from this that there is no danger of an over-supply of socks. Every army man bears testimony to the fact that hand-knitted socks are the best, and surely the women of Western Canada wish to give only the best for their men. If you cannot knit socks and have the opportunity of getting socks properly knit by machinery, by all means supply these; but I would like to think that every woman in Western Canada who can knit is knitting for the men at the front. The general specification for socks is that they should be 14 inches from the top of the sock to the bottom of the heel and 11 inches from the back of the heel to the toe. Do not knit the heel with a seam in it. The legs of the sock may be either ribbed or ribbed for four inches and then knit plain, and in toeing off the socks it is much better to run a darning needle with the yarn around the last ten stitches of the sock, drawing it up closely and fastening smoothly, than to knit it off to the last stitch. It makes a round and more comfortable toe. But as a passing word, keep on knitting socks; there will never be too many of them.

Raising money is a subject that I never urge on the women of the West because I know that with very many of my readers this is possibly very dif-

for the work of the Red Cross and for nothing else. In the past there were some delays and some confusion, owing to the new organization of the work and to some confusion which occurred between the definite spheres of the Army Medical Service and the Red Cross. But this is done away with, and every garment and every package of dressings and linen which goes forward, for the future, will bear on it the absolute stamp of the Canadian Red Cross. Every woman who makes surgical shirts or pyjamas may take to herself the comfort of knowing that the men who wear them will see that they have been made for them by women in Canada.

There are a number of other subjects which I would like to take up, but this month I have felt impelled to devote all the space which the editor will allow me to this explanation

In Conclusion and plea for Red Cross supplies. If I can answer any questions or help in any way with information, write to me and I will answer as quickly as possible. Above all things, keep on knitting socks.

The latest story of the "Bang went saxpence" series. There were two Heel-an'men, an' they were at the front. An' yin o' them coteh a hen an' the ither yin was jist goin' to throw its neck. "No the noo," says the first yin, "let her be till the morn's mornin'." She might lay an egg."