

except when she wanted something, and, of course, mother is still the unfailing source of all the material things the children need, mother or father.

Another question, do you know your children's friends? Are they welcome visitors at your home? Do they love to come?

Do you know the men or women who teach your children? If not get acquainted. You can help them so much, and they can help you. In nearly every case I find that knowing the parents of my pupils helps me and it helps them. The home interest stimulates activity in school work. Mother's "well done" counts for a lot. Mother's sympathy and faith in better things to come helps the boy or girl who has not done well this month to work harder next month, when a word of discouragement or lack of faith may produce a don't care attitude.

Perhaps, mother reader, these questions do not affect you, you have not lost your children's confidence, you know their

their confidence, it will come naturally. You may show your interest in many little ways. Give them a pleasant little surprise some day. Don't you love a surprise? I do. Invite their friends home, and give them a really good time. A boy or girl loves to hear his chums say, "What a brick your mother is."

Don't put yourself up on a pedestal, because you are older than your children, if you are worthy they will do all of that that is necessary. Your extra years alone are not sufficient to claim respect. There are just as many old fools as young ones. Parents are often tempted to quote Scripture. Remember that the same book which bids us "Honor your father and mother" also says, "And ye fathers provoke not your children to wrath."

The Old Testament contains ten commandments, the law, and the prophets. Christ summarises them all very briefly, love for God and love for our fellow man. There you have the key to all. Love will open every heart. If you love the Good



See particulars on pages 43 and 44.

friends, they are welcome to your home, they love to come, their noise does not bother you, and so on. But if you are not so fortunate do not be too discouraged you can still recover much of the ground you have lost. You have always your love to help you, and by degrees your children will come back to you. Now if there is one word I would like to eliminate from your vocabulary and mine in our intercourse with children it is the word "Don't." It is so easy to say, and so provocative to the child. "Don't" is so often accompanied by a frown. Children of a larger growth are none too partial to the word. I have an obstinate friend who immediately does what you tell him not to. I wanted his opinion of a book, so I said, "Don't read it, you won't like it." He read it, and I got the desired criticism. I think he often heard "don't" both at school and at home. I do not advocate diplomacy of that nature in dealing with children.

Now having expressed myself on the word I am going to use it a few times in my talk to you. If you want to know your children better don't try and force

Book, and, of course, you do, get a reference Bible and look up the word "child." Especially read the words of the Great Teacher, and you will feel wonderfully enlightened and helped. No this is not a sermon, or if it is I am preaching it as much to myself as to you. In conclusion, let me say have faith in your children and you will inspire them to do the best that is in them. Be a child with them, learn with them and from them, then they will be willing and able to gain from your experience

The strength is not infrequently increased by reducing the amount of food eaten.

An Oil of Merit.—Dr. Thomas' Electric Oil is not a jumble of medicinal substances thrown together and pushed by advertising, but the result of the careful investigation of the curative qualities of certain oils as applied to the human body. It is a rare combination and it won and kept public favor from the first. A trial of it will carry conviction to any who doubt its power to repair and heal.



Costing
35 and 15c
Contains 2490
Calories

It Looks Big When You Figure Its Food Value

Meat Costs 8 Times as Much per Calory

The small package of Quaker Oats contains 2490 calories of food. It costs 35 and 15c.

The calory is the energy unit used to measure food.

Quaker Oats equals in food value—approximately—the following amounts of other staple foods.

Measured by Calories

One 13 Package Quaker Oats Equals

3 lbs. Round Steak	3½ qts. Milk
3 lbs. Leg of Lamb	2 lbs. White Bread
5 lbs. Young Chicken	7 lbs. Potatoes

Figure what you pay for these foods. You will find that meat foods—for the same calories—cost 8 to 14 times as much as Quaker Oats. Then compare them.

Calories Per Pound

Round Steak 890	Eggs 720
Young Chicken 505	Quaker Oats 1810

Thus Quaker Oats—the food of foods—has from 2 to 3 times the calory value. Yet all are good foods, and some are indispensable.

Use Quaker Oats to bring down the food-cost average. Make it your breakfast. Serve it fried. Mix it with your flour foods to add flavor and save wheat. Each dollar's worth used to displace meat saves you about \$8, measured by the calories supplied.

Quaker Oats

The Extra-Flavory Flakes

The reason for Quaker Oats is super flavor. They are flaked from queen grains only—just the rich plump oats. We get but ten pounds from a bushel. When such a grade sells at no extra price, it is due to yourself that you get it.

35 and 15c Per Package

Except in Far West

Quaker Oats Muffins

¾ cup uncooked Quaker Oats, 1½ cups flour, 1 cup scalded milk, 1 egg, 4 level teaspoons baking powder, 2 tablespoons melted butter, ½ 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.

Quaker Oats Pancakes

2 cups Quaker Oats (uncooked), 1½ cup flour, 1 teaspoon salt, 1 teaspoon soda dissolved in 2 tablespoons hot water, 1 teaspoon baking powder (mix in the flour), 2¼ cups sour milk or butter-milk, 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 eggs beaten lightly—beat thoroughly and cook as griddle cakes.

Quaker Oats Bread

1½ cups Quaker Oats (uncooked), 2 teaspoons salt, ¼ cup sugar, 2 cups boiling water, 1 cake yeast, ¼ 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 ¼ 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.

The Quaker Oats Company

PETERBOROUGH, Canada

(2021)

SASKATOON, Canada