

Wheat Bubbles

Puffed Wheat is whole wheat, puffed to bubbles eight times normal size.

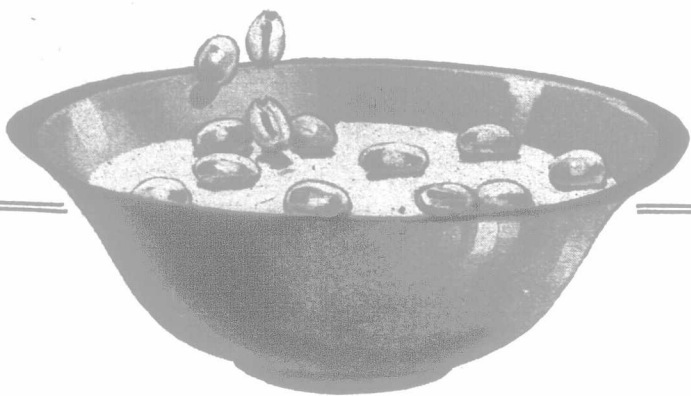
The grains are thin and crisp and flaky. They are four times as porous as bread. And they taste like food confections—like airy nut-meats, toasted.

Steam Exploded

The grains are heated to a high degree, then shot from guns.

Every food cell is exploded, so digestion is easy and complete.

Nothing makes a milk dish so enticing. Nothing forms such ideal whole-grain food.



So Thin, So Airy That They Seem Like Fairy Foods

Prof. Anderson created the greatest grain foods in existence. Never were whole grains made so delightful, never so digestible as these.

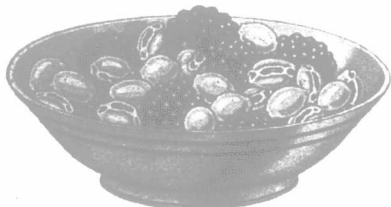
Puffed Grains are not mere breakfast dainties. They are all-hour foods—foods for playtime, foods for bedtime, foods for every hungry hour.

Let no day pass without them. Children need whole grains. And here they are as ever-ready, tantalizing tidbits.

No supper dish you ever served compares with Puffed Wheat in milk.

Puffed Wheat

Each 15c, Except in Far West



Mix With Fruit
To add delightful blend.

Puffed Rice

Each 15c, Except in Far West



Eat like Peanuts
Crisp and lightly butter.

The Quaker Oats Company

Peterborough, Canada

Sole Makers

Saskatoon, Canada

3175

dried fruit—figs, dates, etc.—soaked, cooked then cut in small bits. Do not add the juice. Bake in a very moderate oven as usual. A plain custard pie may be given a new flavor by adding $\frac{1}{4}$ teaspoonful of cinnamon.

A Fireless Cooker Dish.

Boiled Beef With Sauce.—Take 4 lbs. round or top sirloin, 1 qt. water, 2 tablespoons butter, 2 tablespoons flour, 1 tablespoon horseradish or catsup, chopped parsley, salt and pepper. Wipe the meat and skewer or tie it in shape if necessary. Place in one of the vessels of the cooker, add the water and bring slowly to boiling point. Cook over the fire for 20 minutes, season with salt and pepper, close the lid tight and place immediately in the fireless cooker. Cook at least 6 hours—8 will do no harm. Just before serving, make the sauce. Mix flour and butter together, add 2 cups of the water in which the meat was cooked and stir until boiling. Cook 2 or 3 minutes, add the horseradish or catsup and pour over the beef. Sprinkle the chopped parsley over the top and serve at once. This dish may be cooked over night and just warmed up for dinner.

The Scrap Bag.

White Soaps.

Be sure to use a mild white soap and cool water for washing gingham, colored muslins, voiles, etc. Lux is good, but the suds should be let cool before using for colored goods. White silk waists should always be washed in cold or almost cold water, then rinsed well, rolled up in a cloth and ironed; hanging out in the sunshine yellows them.

Coloring at Home.

White silk waists, stockings, etc., that have become off color may be given a new lease of life by tinting them any color one chooses. A little colored "crinkle paper" is often used for this and possesses the advantage of being easily washed out, so that one can use another color next time. Boiling is not needed for this. Old cotton dresses or undershirts of any kind may be given a permanent color by using any of the popular dyes "Sunset," "Dyola," "Diamond," etc. "Magic Dye Flakes" make a dye that does not require the goods to be boiled.

The Dingy Hat.

"Never throw away a hat as long as it hangs together," said a one-time milliner. No matter how disreputable your old "chapeau" has become, a coat of liquid shoe-polish, colorite, or a good bleach—according to the color one wishes to have it—will make it look quite respectable, while re-blocking, with a new facing and freshening up of the trimming will work absolute wonders. So little trimming is required nowadays that almost anyone can manage that part at home. Gone are the days when a mass of tulle, a feather, a flower and two or three fancy pins were all piled on one poor inoffensive hat; may they never come back!

Fertilizer for Poor Soil.

Fertilize the "almost sterile soil" with shredded cow-manure, or pulverized sheep-manure, bone-meal and ashes. Do not mix these before using, but spread the cow- or sheep-manure on the surface from one-half to one inch deep, and spade or fork it in so as to mix it thoroughly with the whole body of soil, and not bury it at the bottom of the border. Next, spread on enough bone-meal to make a white covering on the ground, and rake or hoe it in; lastly, spread on a like coat of wood-ashes, and work them in the same way as the bone-meal. Once or twice each season, after the plants are growing, apply and rake the bone-meal. At the end of the season, after the ground has frozen, cover the whole surface between and around the hardy plants and shrubs with any stable-manure to the depth of two or three inches. The following spring, rake off the coarser part, and work the finer into the ground by shallow cultivation. Use bone-meal once or twice during the

summer, same as first season, and ashe too, if convenient. All the above fertilizers except stable-manure may be purchased at the large seed-stores. Where the ground is sour, an application of air-slaked lime, sufficient to make the surface white, well raked in, will correct this acidity, and also hasten the action of the other fertilizers, and in some degree will itself be a fertilizer.—*Suburban Life*.

Killing Rats.

One chemical for destroying field rats is bisulphide of carbon. Cotton or rags are saturated with it and pushed into the holes. The inmates are thus suffocated. Ernest Ingersoll, the noted nature writer, recommends this, but adds, "this is of little use in buildings, for it escapes too easily." He goes on to say: "While endeavoring to kill off the rats by these various methods, precautions should be taken against their return. Their runways and harboring places must be sought out and made untenable. The wisdom of stopping up all holes by which they enter houses, barns, or cellars, need hardly be mentioned to common-sense readers. Freshly slaked lime placed in their dry burrows and runs is effective. A strong solution of copperas is good, and gas tar daubed about their holes, as also is caustic potash."—*Suburban Life*.

In Berry Time.

BY GRACE STONE FIELD.

Oh, long ago, so long ago that I can just remember.
When one short week was "most a year" before a holiday;
When August slowly waxed and waned, to merge in bright September,
And all the air was scented sweet with new-mown hay—

Oh, in those long-gone golden days, with all the birds a-singing
For every joy of being in the glad free world,
We used to start at early dawn with pails and baskets swinging,
And seek the upland meadows, through the grass, dew-pearled.

For there above the little town were berries for the taking,
The nectar of the gods in ev'ry luscious, juicy one;
The wine of sweetest August days, for thirsty childhood's slaking,
Epitomes of summer and her gracious sun.

Oh, was it berries that we sought or just the joy of 'venture?
Explorers, each and ev'ry one, were we, those happy days.
Oh, who of us that minded scratch, or torn frock, waiting censure?
Oh, who of us that heeded time, or earth's set ways?

The bushes were a fairy maze, with ogres grimly peopled,
A harmless snake, that fled us, was a dragon, breathing fire;
The forest was a castle, moated, turreted and steepled,
To storm its bodeful portals was our heart's desire.

Perhaps the pails and baskets were not filled to overflowing;
Perhaps our hands and garments were not tidy, as at morn—
But no one thought to chide us when we came home, laughing, glowing,
Our blouses stained with berries and our aprons torn.

Ah well, 'twas long ago indeed, and yet the upland meadows
Still yield their treasure and delight to ev'ry questioning soul!
And often when the valley lies in quiet and in shadows
I take the winding pathway to my childhood's goal.

And live again with fairies and with ogres and with dragons!
And drink again the nectar that we quaffed so long ago—
For nature, as of old, presenteth magic in her flagons
To him who seeks with understanding heart, I trow!—Sel.