



In Food Units

A 12-Cent Package of Quaker Oats
Equals 2½ Pounds of Round Steak

The round steak will cost you—for the same nutrition—at least 4½ times as much. Finer steaks will cost 6 to 8 times as much.

Bacon and eggs will cost six times as much. The average mixed diet costs four times as much.

Remember that. Every meal or part-meal made from Quaker Oats means an average saving of 75 per cent.

Yet Quaker Oats is the luxury grade of the best-balanced food in existence. Of the most nutritious grain food. It is the food for growth, the energy food, and nowadays the economy food.

Think what a delightful way this is to bring down cost of living.

Quaker Oats

The Extra-Fine Oat Food

Two-thirds of the oats as they come to us are omitted from Quaker Oats. We use but the queen grains, and we get but ten pounds from a bushel.

The marvellous flavor which results has won millions to this brand. Yet it costs no extra price.

Note the recipes with every package for bread, muffins, pancakes, cookies, etc. There are many delightful ways to use it, outside the cereal-dish.

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

An Aluminum Cooker for \$1.00

Made to our order, extra large and heavy, to cook Quaker Oats in an ideal way. We have supplied over 1,000,000 homes. Send us five coupons and \$1.00 and this ideal cooker will be sent to you by parcel post prepaid. We supply only one cooker to a family. This offer applies to Canada only. Address:

THE QUAKER OATS COMPANY

(Premium Department)

Peterborough, Canada Saskatoon, Canada



Extra Large
Extra Heavy
Made to
Order

4th October and netted in \$48.05 after paying all expenses. We have now \$108.05 in Holdfast Bank. Now we want the men to co-operate with us and build a Grain Growers' Hall, with executive room and kitchenette, so that we can rent it for lectures and so on. We need a hall so badly at Dilke.

MRS. E. OSBORNE,
Sec.-Treas., Dilke W.G.A.

COMMUNITY FAIR

The W.G.A. Association recently formed at Rabbitfoot Lake, Swanson, organized a neighborhood fair which took place on Monday, October 8. It was a huge success. There were 128 exhibits and 54 prizes. There were competitions for adults in needlework, cookery, plants and photography; for children, school work, potatoes and puppies. In the evening an impromptu program was given, including dialogue by Mr. and Mrs. Kirch, readings and recitations by Mr. Atcheson and Mr. Kevl, songs by Misses Antil, Mr. Murray and Mr. Walker. The children gave dialogues, songs and recitations.

Great credit is due the W.G.A., of Rabbitfoot for their effort. The chicken supper was very ably served by Mrs. Buck and Mrs. Scrutons.

B. M. CRIMP

INSTITUTE DISTRICT CONFERENCES

There has been a great increase in the number of branches of the Women's Institutes of Alberta during the year 1917. Seventy new organizations have started work through the various districts of the province, increasing the membership from 3,000 to 8,000 ladies. The territory covered reaches as far north as Peace River Crossing and as near the International boundary as Cardston and Milk River. With the vast field of work which is opening up for women of our country at this time the activities of women's organizations are becoming more and more extensive and as the importance of the proper development of a new country is of great concern to every loyal citizen, the members of the branches of the Women's Institutes have found that they can assist very materially in the betterment of conditions in all communities, by working co-operatively in the interests of "Home and Country."

It is a well understood fact that different localities and elements bring about a different state of affairs and so the branches of the institutes which are situated north of Red Deer and Edmonton are engaged in solving problems which may not confront the workers south of those districts. Consequently with a view to breaking up the work into its natural divisions, as it were, three districts were formed, viz.: Northern, Central and Southern. This feature of the work brought out the advantage of all the branches of one district meeting to discuss common problems and interests and so three district conferences were arranged for at centres which could be reached by all and at a time when representatives were sure to be present. Up to this time the Southern and Central districts have conferred and the results of this undertaking have been more than successful.

Through the courtesy of the department of agriculture the delegates of the Southern district met in the School of Agriculture in Claresholm on November 6 and 7. Nearly every branch was represented and from the reports of work done by the institutes there can be no doubt that the existence of these organizations is a benefit and pleasure to all districts. In these days the main work of the branches is Red Cross sewing and the raising of moneys for war work funds. Particular note might be made of the Claresholm-branch which has raised over \$3,000 this year and sewing over 5,000 articles and in another instance, a two months' old institute raised \$250 and contributed the amount to the Red Cross Fund. Efforts to secure the medical inspection of rural schools, the municipal hospital, and consolidated schools are being made where such conveniences are necessary and in all cases, civic improvement as well as household management and personal education form the regular lines of endeavor.

Several excellent addresses were given at this conference by Mrs. L. C. McKinney, M.P.P., whose subject was

"The Laws of Alberta Affecting Women;" Mrs. Beaubier of California, who is a member of the National Federation of Women's Clubs of America and who gave an interesting account of the workings of that sister organization; Miss Isobel Noble, provincial president of the women's institutes and Mrs. A. H. Rogers, provincial secretary. Miss Hayward, instructor in home economics at the schools treated the delegates to a demonstration in the canning of meats, vegetables and fruits, showing the latest reliable methods of preserving these supplies. The president of the Claresholm branch was kind enough to make arrangements for an entertainment during the evening of the 6th, at which several very enjoyable musical numbers were listened to, rendered by local talent, after which a dainty supper was served and an opportunity was given for all visitors to make friends with their co-workers.

On November 8 and 9 the delegates from branches in the central division of the province met for their conference at the School of Agriculture at Olds. There was the same good attendance as at the southern meetings and again, reports of much work accomplished and good plans for future activity were read, with all phases of war work receiving much attention. Mrs. McKinney of Claresholm spoke on this occasion, explaining the legal status of women in Alberta, and Mrs. O. C. Edwards of Macleod gave a most interesting address on the material and spiritual outlook on life as affected by women's economic position at the present time. Miss Noble, president of the institutes spoke on institute work, setting forth the importance of all members working co-operatively for definite ends.

The instructors in home economics at the school very kindly entertained the delegates at dinner on November 8, after which a reception was given. Miss Storey conducted a demonstration in the preparation of hot supper dishes on the following day, from which many useful ideas and suggestions were obtained.

On November 14 and 15 the northern division will confer at Vermilion, and it is hoped that the same benefit is felt in that locality, from the personal touch with the work as conducted in all parts of the district, as was the case with the southern and central divisions.

MARY MacISAAC,
Supt. Women's Institutes, Edmonton.

NEW ENTHUSIASM

Our last meeting was held on the first of the month, 12 members and six visitors being present. The resolutions were received from Mrs. Barrett and brought up before the meeting, discussed and unanimously carried. It is time a change along this line was made. The farm women here feel that they will and are economizing as much as possible on the food problem, and what we save is such a little compared to what is being wasted in alcoholic beverages. Two papers are being prepared on the "Growing Child" for our next meeting.

It was decided that we serve tea some Saturday in Ponoka as soon as possible, the proceeds to go for the Red Cross. We have raised \$99.05 for the Red Cross since we organized and are doing all the sewing possible. Now that the busy time is over we hope to make our meetings more interesting. A great many of the members were unable to attend owing to having threshers.

MRS. F. S. JAMES,
Maple U.F.W.A., Ponoka, Alta. Sec'y.

A NEW U.F.W.A.

We have just organized a U.F.W. club at Granum and have our officers elected, but need literature on the subject of club work. We have worked a year for the institute, but we felt that we could do more by working with U.F.A. here in Granum. We have Red Cross work in connection with the rest room and also a library. We would like to get up something new to raise money for Red Cross work. The men give freely so we like to give something in return. Also we would like to encourage the school children. Entertainments are well patronized here.

MRS. C. C. WATERSHEEL,
Granum, Alta. U.F.W.A. Pres.