



The Start of a Perfect Day

This scene in the kitchen means that breakfast brings a luxury dish.

And it means for the day — for its work or its study — a wealth of energy.

Nature gives to queen oats her most inviting flavor. She has made them her premier vim-food. She has lavishly endowed them with rare elements we need.

So the oat dish to-day, as for ages, holds unique place among grain foods.

You know this. All folks know it.

And all folks value the effects.

But how often do housewives, to save a little time, start the day on a lesser food.

Quaker Oats

The Extra-Grade Vim-Food

Quaker Oats is oat-food of an extra grade. It is flaked from queen oats only — just the big, plump, luscious grains. We get but ten pounds from a bushel.

The result is a matchless flavor. There are no insipid grains to affect it. That flavor has won the world. Oat lovers of every nation send to get it.

Every package which bears this brand contains these extra oat flakes. Yet it costs no extra price. That is why it is worth your while to ask for Quaker Oats.

Large Round Package, 25c. Regular Package, 10c. Except in Far West

The Quaker Oats Ompany

Peterborough, Ont.

(1406)

Saskatoon, Sask.

Fashions and Patterns

A Smart Frock for Mother's Girl—1829—Blue gingham, with trimming of white braid, is here shown. The design is good for all wash fabrics, for serge, flannel, suiting, gabardine, repp and poplin. It is also nice for corduroy and velvet. The closing is at the left side under the tuck. The pattern is cut in 4 sizes: 6, 8, 10 and 12 years. It requires 3¾ yards of 36-inch material for an 8-year size. A pattern of this illustration mailed to any address on receipt of 10 cents in silver or stamps.

A Dainty Frock for Mother's Girl—1823—Girls' Dress, with sleeve in either of two lengths, and with round or square neck outline. Batiste, lawn, pique, linene, gingham, percale, cashmere, crepe and nun's veiling are nice for this model. The dress is gathered over the sides in Empire effect. The sleeve may be fin-

and gathered to the waist. The pattern is cut in 4 sizes: 4, 6, 8 and 10 years. It requires 3½ yards of 36-inch or wider material for an 8-year size. A pattern of this illustration mailed to any address on receipt of 10 cents in silver or stamps.

A Simple but Practical Combination—Waist 1817. Skirt 1818—Comprising ladies' shirtwaist pattern 1817, and ladies' three-piece skirt pattern 1818. In cheviot, voile, gabardine, broadcloth, velvet and taffeta, this will make a lovely business suit, and be just as available for home or calling. The waist pattern is cut in 8 sizes: 34, 36, 38, 40, 42, 44, 46 and 48 inches bust measure. The skirt pattern is cut in 8 sizes: 22, 24, 26, 28, 30, 32, 34 and 36 inches waist measure. The skirt measures 3 1-3 yards at the foot, and requires 3% yards of 44-inch material for its development. The



ished in wrist or elbow length. The pattern is cut in 4 sizes: 1, 2, 4 and 5 years. It requires 2% yards of 44-inch material for a 4-year size. A pattern of this illustration mailed to any address on receipt of 10 cents in silver or stamps.

A Smart Style for Misses and Small Women—1836—This comprises a blouse in middy style, finished with a sleeve in wrist or elbow length, and with comfortable pockets. The skirt has plaited sections over the hips, below pointed tabs. Gabardine, serge, cheviot. broadcloth, velvet and taffeta are nice for this style. The pattern is cut in 3 sizes: 16, 18 and 20 years. It requires 6½ yards of 44-inch material for an 18-year size. The skirt measures about 3½ yards at the foot. A pattern of this illustration mailed to any address on receipt of 10 cents in silver or stamps.

A Pretty Dress for Party or Best Wear—1846—Girls' Dress, with or without Bolero, and with sleeve in either of two styles. Nainsook, batiste, voile, crepe, lawn, tub silk, messaline and taffeta are nice for this model. The waist may be finished with or without the bolero. The back extends over the for two separate pattern is full to any address cents for each pattern.

waist requires 2½ yards of 36-inch material for a medium size. To make and combine skirt and waist of one material will require 5% yards of 44-inch material for a medium size. This illustration calls for two separate patterns, which will be mailed to any address on receipt of 10 cents for each pattern in silver or stamps.

A Smart Combination - Waist 1807. Apron and Bag 1844—This portrays ladies' shirtwaist pattern 1807, together with a pretty apron and workbag illustrated under 1844. The bag is ideal for darning or embroidery, and may be finished with various pockets for practical and convenient purposes. The apron is attractive. It is cut in 3 petal shaped sections, and has a smart pocket over the centre section. The pattern for this model is cut in one size: medium. It requires 25% yards of 27-inch material for the apron, with % yard for the bag. The waist pattern is cut in 6 sizes: 34, 36. 38, 40, 42 and 44 inches bust measure. It requires 31/4 yards of 27-inch material for a medium size. This illustration calls for two separate patterns, which will be mailed to any address on receipt of 10