The SUNDAY SCHOOL LESSON

By Rev. R. Barclay Warren

THE CHURCH IN ROME

Romans 1:1, 7-12; Acts 28:14b-15, 30-31.

Golden Text: I am not ashamed of the gospel of Christ; for it is the power of God unto salvation to every one that believeth; to the Jew first, and also to the Greek.
—Rom. 1:16.

Paul was commissioned of God to carry the light of the Gospel to the Gentiles. His first headquarters was Antioch, the hub of Syria. Then it was Ephesus, the center of operations in Asia Minor and eastern Europe; and finally, Rome, the metropolis of the world. Rome was capital of the last great world empire. Its mighty armies even conquered Briton. But the power of Rome did not daunt Paul for the message of the Gospel of Christ was more powerful yet. It would not destroy but save everyone who would trust in Christ. Paul was unashamed of such a Gospel. He longed for the opportunity of placing its banner at the heart of the empire.

Paul did not know that he would go to Rome as a prisoner. When a group of Christians learned of his coming, they went down the road about forty miles to meet him: "Whom when Paul saw, he thanked God, and took courage." The thoughtfulness on the part of the little band in Rome did much to help Paul. If we would just remember that little acts of kindness can have great significance, we would do more of them.

Paul had written in his letter to the Romans, "We know that all things work together for good to them that love God". 8:28. Now he had a chance to prove it. He was allowed his own hired house where he could receive all who came. He preached the Gospel. Later he wrote from prison to the Church at Philippi, "I would ye should understand, brethern, that the things which happened unto me have fallen out rather unto the furtherance of the gospel; so that my bonds are manifest in all the palace, and in all other places; and many of the brethern in the Lord, waxing confident by my bonds, are much more bold to speak the word without fear."

You can't lose, being a Christian.

Hen Adopts Guinea Pigs—Betty Jane Robb kneels down to feed her motherly pet hen who is a busy biddy these days. The hen has adopted 20 full-grown guinea pigs and treats them as she would her own brood of chicks.

Fiddling with music—During the first rehearsal of the Israel Philharmonic Orchestra at Tel-Aviv, Israel, Conductor Serge Koussevitzky, left, and screen star Edward G. Robinson talk over Robinson's "unparalleled" technique with the violin. Dr. Koussevitzky apparently enjoying the horse-play, is on a world tour.

A Railway Line Run By Childen

One of the world's most popular railroads doesn't connect any cities, has only a single track, and runs little more than two miles.

Yet, despite these disadvantages which would bankrupt any other line, hundreds of persons, including visitors from all over the world, flock every day to its main terminal on Szechenyihegy hilltop above Budapest to take a ride. On the Hungarian railroad called Uttoro Vasut, Pioneers' Railroad, in English, the employees, rather than the right-of-way, account for its popularity.

Prospective passengers buy their tickets, which cost one forint (about 10 cents), from a young lady who still counts sums higher than five on her fingers. While waiting for the next train, they peer through the windows of the dispatcher's office to watch a freckle-faced lad wearing his first pair of long trousers, part of a spruce blue-gray uniform, tap out messages on a telegrapher's key. On the platform, the stationmaster, a pigtailed blonde, signals the train to start.

Budapest's children's railroad, which opened in 1947, is run entirely by youngsters between the ages of nine and 14. Boys and girls alike, they handle every job—selling tickets, working as conductors, telegraphers, and stationmasters; operating signal towers, coupling and uncoupling locomotives and cars, and even selling candy and souvenir post cards aboard the train.

The only adults besides the passengers, are the men who drive the two blue-and-white Diesel-powered locomotives and a patient, soft-spoken man named Ferenc Nemeth, who keeps a fatherly eye on the "employees." A veteran of 14 years on the Hungarian railways, Nemeth says the children are the best workers he's ever seen.

The locomotives and cars, roughly two-thirds of standard size, are exact replicas of full-sized trains, right down to baggage racks and high-pitched whistles. There's a picnic ground at the end of the wooded, scenic, two-mile route.

Burapest children try out for jobs on the railroad by attending two weeks of classroom training during which they learn all the fundamentals of railroading—telegraphy, signals, mechanics and ticket selling. There's also a post office at each of the three stations along the line, so the children are also taught how to sell stamps and direct letters.

Only the best students get jobs on the railroad. They work six hours every day for a month, getting their lunches free. Their jobs change every day, so that each child gets all-round knowledge of the line's operations. They also learn how to use and respect authority; today's stationmaster may be tomorrow's candy merchant.

Cow Towels

Progressive dairymen wash the udders and teats of their cows with warm water before milking. A sterilized cloth towel is used to dry the udders. Despite this precaution bacteria are carried from cow to another. Individual paper cow towels used once only reduce this chance of spreading infection. The cellulose cow towel is made from special wood pulps and chemicals. It remain strong when wet, and it is soft and lint-free.

Bees Great Part In Flower Pollination

Flowers did not appear till some 150,000,000 years ago. At that time beetles were the only pollinating insects.

The modern descendants of these original flowering plants—the magnolias and their relatives—are still pollinated by beetles. The magnolas are composed of numerous, spirally arranged, colorless petals, stamens and seed-bearing organs.

Unlike bees, beetles do not stick to one variety of plant. Probably the earliest flowering plants were insufficiently pollinated and probably they did not reproduce abundantly.

All this changed when bees appeared at the beginning of the Tertiary period, about 60,000,000 years ago. Bee pollination is more efficient than beetle pollination.

With bees doing the pollating, flowers tended to develop petals in the form of a deep tube or cup, with nectar stored at the base. This relieved the plant of the burden of producing excess pollen and numerous stamens, the flower's pollen-bearing organs. Since bees habitually land on flowers when they suck nectar or gather pollen, the flowers tend to form the lower petals into a long lip to serve as a "landing platform."

The color of the flowers was affected too. Bees can see blue or yellow, but they are color-blind for red. Most flowers that attract bees, therefore, are some shade of blue or yellow or a mixture of these two colors.

So the appearance of many flowers today (color, shape and symmetry of petals and number of stamens) is an evolutionary adaptation. Plants developed tubular flowers, reduced the number of stamens and concealed nectar at the base, where it is available to the long-tongued bees but not to the beetles. The tubular petals carried out a screening process which gradually eliminated the visits of beetles to many flowers and favored the visits of bees.

Use Live Steam As A Cooler

Use of live steam to cool fresh vegetables seems a paradox, but the method, based on well known physical laws ingeniously applied, has been used commercially by California lettuce shippers for more than a year and tested by the Department of Agriculture. Vegetables can be cooled even after they have been packed in plastic bags. Bulk containers of vegetables are placed in an airtight metal chamber and the loading opening is a sealed High-pressure steam creates a vacuum and sucks the air out of the cooling chamber. Water evaporates from the surface and tissues of the vegetables. Changing the water from the liquid to the vapor form requires heat. This is drawn from the vegetables within the chamber and results in their quick cooling.

TABLE TALKS

by Jane Andrews.

Back in 1907 a man went to Washington as Senator from Minnesota. His name was Knute Nelson, and his favorite eating was bean soup. He liked bean soup every weekday and Sundays as wel; and when he found that the Senate Restaurant didn't serve this delicacy, he made a terrific squawk.

So before long it appeared on the Menu. What's more, it has been appearing there every single day for almost 34 years, just because thousands of others, besides Mr. Nelson, went for it in a big way. "Famous Senate Restaurant Bean Soup" is the way it's always listed; and it has probably been eaten by more noted people than any other single dish.

Perhaps you'd like to know how to make it. Here is the recipe as handed out by Paul Johnson, the restaurant's head waiter for half a century.

FAMOUS BEAN SOUP

3 lbs. small navy pea beans
1½ lbs. smoked ham hocks
1 onion
4 quarts water
A little butter
Salt and pepper

METHOD: Take three pounds of small navy beans, wash and run through hot water until the beans are white again. Put on fire with four quarts of hot water. Add 1½ lbs. smoked ham hocks. Boil for 2½ hours. Braise one onion, chopped small, in a little butter and when light brown, put in the soup. Season with salt and pepper, then serve. Do not add salt till ready to serve. (Serves eight.)

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When Lenten appetites begin to lag, it's time to treat them to something different in the line of fish recipes. I'm sure your folks will enjoy these:

FISH CHOWDER CASSEROLES

Cook . . . 1 cup chopped onion in ¼ cup butter or margarine
Blend in 3 tablespoons flour
Stir in . . . 1½ cups milk
½ cup liquid drained from vegetables
Cook until thick and smooth.
Add . . . . . 1½ cups cooked fish (halibut, whitefish, or perch), flaked
1 cup cooked, diced potatoes
¾ cup cooked, diced carrots
¾ cup cooked peas
1 teaspoon Worcestershire sauce
1½ teaspoons salt
¼ teaspoon pepper
Pour into 6 greased, individual casseroles or one 3-quart casserole.
Top each one with a round of unbaked biscuit dough
Bake at 425 deg. (hot oven) 20 minutes
Serves 6

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With meat prices as high as they are I don't need to offer any apologies for the following three recipes, all of which use the cheaper cuts, and yet are both tasty and nourishing.

SAVORY LAMB SHANKS

4 small lamb shanks
Flour
3 tablespoons lard or other fat
1 cup meat stock or water
2 teaspoons Worcestershire sauce
1½ teaspoons horseradish
1 tablespoon vinegar
½ teaspoon salt
Few grains of pepper

Method: Roll lamb shanks in flour and brown in hot fat in a skillet. Remove to a large casserole. Stir 1 tablespoon flour into remaining fat in skillet, add 1 cup water gradually, and stir until thickened. Add horseradish, Worcestershire sauce, vinegar, salt, and pepper. Pour over lamb shanks and cover casserole. Bake at 325 deg. F. for about 2 hours, or until tender. Four servings.

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LIVER AND ONION PATTIES

1 pound beef or pork liver
1 medium onion
10 crackers
2 eggs
¼ cup milk
1 teaspoon salt
⅛ teaspoon pepper

Method: Cover liver with boiling water and allow to stand for 10 minutes. Put meat ,onion, and crackers through fine knife of meat grinder. Add slightly beaten eggs, milk, and seasoning. Drop by tablespoons onto hot fat. Flatten with a spatula and fry each side until crisply brown. 6 servings.

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GROUND BEEF STEAK

1 pound ground beef
¼ cup fine bread crumbs
1 egg, beaten
1 teaspoon salt
⅛ teaspoon pepper
3 tablespoons minced onion
¼ cup chopped celery
1 can mushroom soup
½ cup water

Method: Dilute the mushroom soup with ½ cup water and blend until smooth. Combine ground beef with crumbs, beaten eggs, salt, pepper, onion, and celery. Shape into an oblong about 1 inch thick. Brown in a skillet in hot fat. Carefully turn and brown on other side. Cover with mushroom soup and cook on top of stove at simmering temperature for 25 minutes. 4 servings.

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CHEST COLDS

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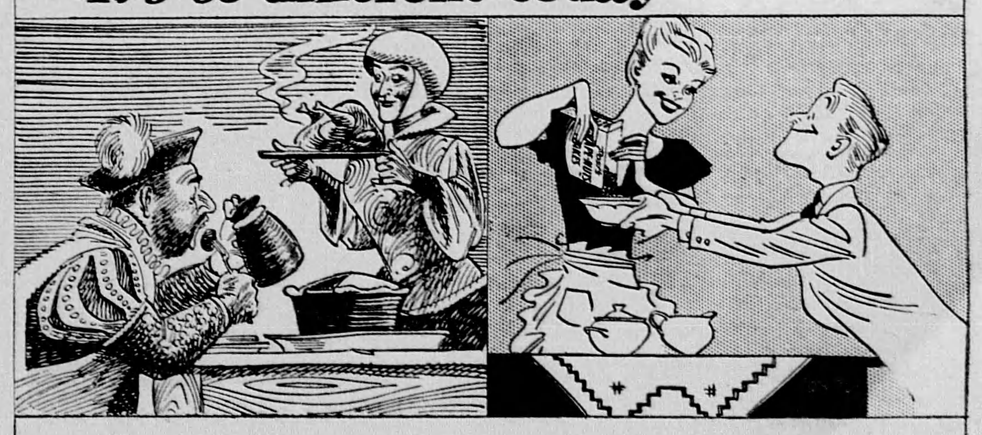
Folks sure favor a MAGIC cake!

SELF-ICED SPICE CAKE

Mix and sift 3 times, 2¼ c. once-sifted pastry flour (or 2 c. once-sifted hard-wheat flour), 2½ tsps. Magic Baking Powder, ½ tsp. salt, 1½ tsps. ground cinnamon, ¼ tsp. each of ground cloves, ginger, allspice, nutmeg and mace; mix in ½ c. washed and dried seedless raisins and ¼ c. chopped walnuts. Cream ⅓ c. butter or margarine and blend in 1¼ c. lightly-packed brown sugar; beat in 3 well-beaten egg yolks and ½ tsp. vanilla. Add dry ingredients to creamed mixture alternately with ⅔ c. milk and spread batter in 9" square pan, which has been greased and the bottom lined with greased paper. Beat stiff, not dry, 3 egg whites and a few grains salt; gradually beat in 1 c. lightly-packed brown sugar and spread over cake; sprinkle with ½ c. chopped walnuts and bake in a rather slow oven, 325°, 1¼ to 1½ hours; cover lightly with brown paper for last half hour.

It's so different today



In olden times they started the day with a juicy steak and a tankard of foaming ale! Today the ace-high breakfast dish is Post's Grape-Nuts Flakes . . . ready-to-eat; easy-to-digest . . . made not from one but TWO grains—sun-ripened wheat and malted barley.

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JITTER — By Arthur Pointer