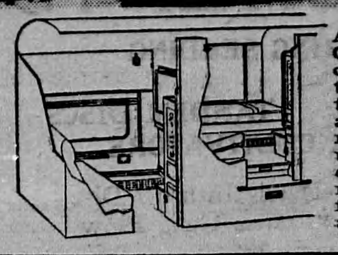


A NEW LOOK in sleeping car styles is being introduced by the Canadian National Railways. This is the modern duplex roomette car, and it sets a new low cost for room accommodation aboard trains. There are 24 roomettes in each car, twelve at floor level and twelve raised two steps higher giving the car an unusual exterior appearance. The cutaway section above shows the interior of the rooms prepared for daytime and night travel, and at left is a close up view. The interior fittings, furnishings and color schemes are of the latest designs developed by railroads on this continent. Each room is completely private, equipped with water cooler, toilet facilities, wide mirrors, medicine cabinet, outlet for electric razor, and individual controls for lighting and air conditioning.

TABLE TALKS

by Jane Andrews.

"I just love the kind of meals you cook in one dish," said the youngest—and hungriest—member of our family recently. Asked just why he likes them his reply was frank. "'Cause you get a plateful you can dig right in, with no waiting for the potatoes and stuff to be passed around."

So here's one of "that kind" which he thoroughly enjoyed, and which I'm sure your folks will too. It makes a grand supper, especially if served with crisp cabbage salad and, possibly hot muffins.

PORK SAUSAGE SUPPER

1 pound seasoned pork sausage
2 medium-sized onions
2 cups corn
4 medium-sized pototoes
1 teaspoon salt
½ teaspoon pepper
⅔ cup tomato juice
⅓ cup hot water
1 teaspoon sugar

Method: Shape pork sausage into six flat cakes, brown lightly on both sides, then drain. (Link sausage may also be used.) Chop onions fine and slice potatoes thin, and have ready to use a well-greased two-quart casserole.

Place a layer of potatoes, onions and corn, sprinkle with salt and pepper, and repeat until all is used. Top with sausage, and pour tomato, hot water and sugar mixture over all and sprinkle with a little paprika. Cover and bake one hour at 375 degrees. Serves 6.

* * *

"Once there was a man who didn't like cheese," somebody wrote, "and he shall forever be known as a curiosity." Of course that may be stretching things a little too far. Still, most folks DO like cheese, so I'm making no apologies for passing along this recipe, in which it is a principal ingredient. (By the way, it's a fine way to use up any left-over cheese sandwiches you may have.

CHEESE STRATA

12 slices day-old bread
½ pound Canadian cheddar cheese, sliced
4 eggs
2½ cups milk
½ teaspoon prepared mustard
1 tablespoon chopped onion
1½ teaspoons salt
Dash of pepper

Method: Arrange six slices of bread (crusts trimmed) in the bottom of a baking dish, 12 x 7 x 2 inches. Cover with the cheese, then with the remaining bread. Beat the eggs, add the milk, mustard, onion, salt and pepper, and pour over the bread. Let stand one hour. Bake in very moderate oven (325 degrees F.) one hour. Serve immediately. Four to six servings.

* * *

I find that recipes which make use of peanut butter are always highly popular, although personally I prefer to take my peanuts——if at all—as they emerge from the shell. I know, from experience, that those who like the peanut butter flavour "go for" these in a big way.

PEANUT BUTTER MUFFINS

¼ cup peanut butter
¾ cup rolled oats
2 cups sifted four
¼ cup sugar
3 teaspoons baking powder
1 teaspoon salt
¼ cup melted shortening
2 eggs
¾ cup milk

Method: Cut peanut butter into rolled oats until mixture is the consistency of coarse corn meal. Sift together flour, sugar, baking powder and salt. Combine melted shortening, beaten eggs, milk, and peanut-butter mixture. Add to flour mixture, blending just enough to moisten ingredients. Fill greased muffin pans ⅔ full. Bake in a moderate over (375 degrees F.) about 25 minutes. Makes 12 large muffins.

* * *

Now for a cupcake recipe I can really recommend. The quantities given make about 20 cakes, and there are suggestions for variations in the toppings.

EXTRA SPECIAL CUPCAKES

Sift together:
2½ cups sifted flour
2 teaspoons baking powder
½ teaspoon soda
½ teaspoon salt
1 teaspoon cinnamon
½ teaspoon ginger
Cream
⅓ cup shortening
½ cup sugar
Add:
1 egg, well beaten
Stir in:
¾ cup molasses

Add dry ingredients alternately with ⅔ cup milk. Fill greased muffin pans ½ full. Bake at 350 degrees (moderate oven) 20 to 25 minutes.

Topping Variations

1. Serve warm with sweetened whipped cream.
2. Frost with boiled frosting or orange-flavored confectioner's sugar icing.
3. Sprinkle frosted tops with chopped nuts, shredded coconut, or grated orange rind.

* * *

Now for a couple of what the man on the TWENTY QUESTIONS radio program calls "quickies." If you've never tried "spuds" cooked in this style I think you're in for a real treat in:

GOLDEN POTATOES

Cook potatoes with their jackets on until almost done. Peel and coat each potato with melted fat, then roll in crushed dry breakfast cereal that has been seasoned with salt. Place on baking sheet and bake for about 20 minutes.

* * *

Lastly, here's an easy-to-make but really fine cake frosting.

LEMON BUTTER FROSTING

Cream two tablespoons butter and one-eighth teaspoon salt with one-half teaspoon grated lemon rind. Blend in one and one-half cups sifted confectioner's suger alternately with one teaspoon lemon juice and two to three tablespoons cream. Add one-half teaspoon vanilla and beat until creamy. Spread on cooled cake.

The SUNDAY SCHOOL LESSON

By Rev. R. Barclay Warren B.A., B.D.

AMOS ATTACKS SOCIAL INJUSTICE

Amos 4:1-2; 6:1-6; 8:4-7

Golden Text: Hate the evil, and love the good, and establish judgment in the gate.—Amos 5:15a.

The condition of Israel in the day of Amos was like our own in many respects. Luxury, oppression and trickery were present. Amos pictured those who were at ease on their beds of ivory, eating the best of lamb and veal. Chanting to music they drank wines not in cups, but in bowls. They put on themselves the most expensive ornaments. They were having a "big time."

But someone must pay. Amos saw that the poor were oppressed and the needy crushed. There were those who were ready to swallow up the needy and cause the poor to fail. These were irked until the sabbath was over and they could sell their wheat. In this there was trickery; making the container smaller, the money to be paid greater, and the scales were fixed. They planned how to sell the refuse of the wheat to the poor. Of all this God said, "Surely I will never forget any of their works." Because they repented not at the preaching of Amos and others, they were carried into captivity.

It would be nice to think that these evils were not with us to-day. With the buyers' market returning, there is keener compeition. Some have learned that it is good business always to be straightforward and honest. Others will take a chance of making a little extra by shady advertising and dealing. Some have a sense of "serving the public"; others are concerned almost exclusively with making larger and larger dividends. "Righteousness exalteth a nation: but sin is a reproach to any people." Prov. 14:34. Because Israel was refusing to turn unto God He would come in judgment. A final warning was given in the words, "Because I will do this unto thee, prepare to meet thy God, O Israel." Let us learn from the past.

Film Pictures Cancer Research

For more than 3,000 years, cancer has been known as a destroyer of human lives. Feared by the Egyptians 1,500 years before Christ, the malignant cancer cell, invisible except under the microscope, is now a primary target in man's struggle against disease.

Today's cancer problem is like a giant jigsaw puzzle. Science has some of the pieces and is carefully fitting them together; others are missing. To fill the gaps, scientists all over the world are pooling information on concer to arrive at a better understanding of its nature, evaluate methods of treatment, and provide exact data that may some day lead to a cure.

In Canada, two voluntary organizations give national leadership in cancer work. The Canadian Cancer Society, predominantly a lay organization, aims at public education, welfare problems of cancer patients, and fund raising. The National Cancer Institute of Canada assists in co-ordinating professional scientific cancer research activities in Canada.

The complexities of cancer research are interesting not only to scientists, but to people everywhere in the world. The story of cancer research is so complicated that it has been extremely difficult to tell people what is going on in everyday terms they can understand. To help answer the widespread thirst for information about progress in this field, the health agencies of two governments, the Department of Health and Welfare in Canada and the National Cancer Institute of the U.S. Public Health Service joined forces to produce a film on cancer research.

This internationally sponsored educational program has as its secondary purpose, the recruitment of young people from high schools and colleges into scientific work. Cancer research involves all the basic scientific disciplines, including biology and chemistry as well as physics and mathematics, and provides an interesting challenge in the world of research.

The film, "Challenge — Science Against Cancer," is of particular interest to Canadians as a great part of the film was taken in Canadian universities, hospitals and research laboratories.

The film will be shown in theatres throughout the province during the month of April. April is cancer month in Canada, and duing the month, the Canadian Cancer Society will campaign for $1,000,000 in Canada. Ontario's share of the national quota is $300,000 and contributions may be sent to any local unit of the society or mailed direct to Ontario headquarters, Postal Station "F," Toronto.

NO NEED THEN

Pracher: "Do you say your prayers at night, little boy?"

Jimmy: "Yes, sir."

"And do you say them in the morning, too?"

"No, sir. I ain't scared in the daytime."

King George Shirt Designer

Locked away in the showroom safe of a London firm of shirtmakers is a shirt which the King helped to design—for himself. It was made to his own specifications in a Scottish factory where special alterations were made to the textile frames.

Of knitted wool and silk, it is known as the pullover shirt. The colour and design details are secret—that is why the model of the shirt is kept locked up. The King wanted a double-purpose garment which he could wear when shooting, one which would allow him complte freedom of movement and ensure maximum warmth. The secret is in tht cut for the arms, shoulders and biceps.

At least half a dozen of these shirts have been delivered to the King. Copies will probably sell in Canada and the United States for about $20 each and thus become dollar earners.

It is also reported that the King has a tartan dinner jacket — and started a new fashion, received enthusiastically on this side of the Atlantic.

"Oh, I'm feeling so embarrassed," said one glow-worm to another.

"I've just been talking to a cigarette end for five minutes!"

WAKE UP YOUR LIVER BILE—

Without Calomel — And You'll Jump Out of Bed in the Morning Rarin' to Go

The liver should pour out about 2 pints of bile juice into your digestive tract every day. If this bile is not flowing freely, your food may not digest. It may just decay in the digestive tract. Then gas bloats up your stomach. You get constipated. You feel sour, sunk and the world looks punk.

It takes those mild, gentle Carter's Little Liver Pills to get these 2 pints of bile flowing freely to make you feel "up and up." Get a package today. Effective in making bile flow freely. Ask for Carter's Little Liver Pills. 35¢ at any druggstore.

B.A. Oil Shares

—Interesting—

Success of the recent issue of B.A. Oil Common Shares is further evidence of the attractiveness of this old-established Company's securities. Current dividend rate on the Common Shares is $1.00 per share payable quarterly and the current market around $26⅛ per share.

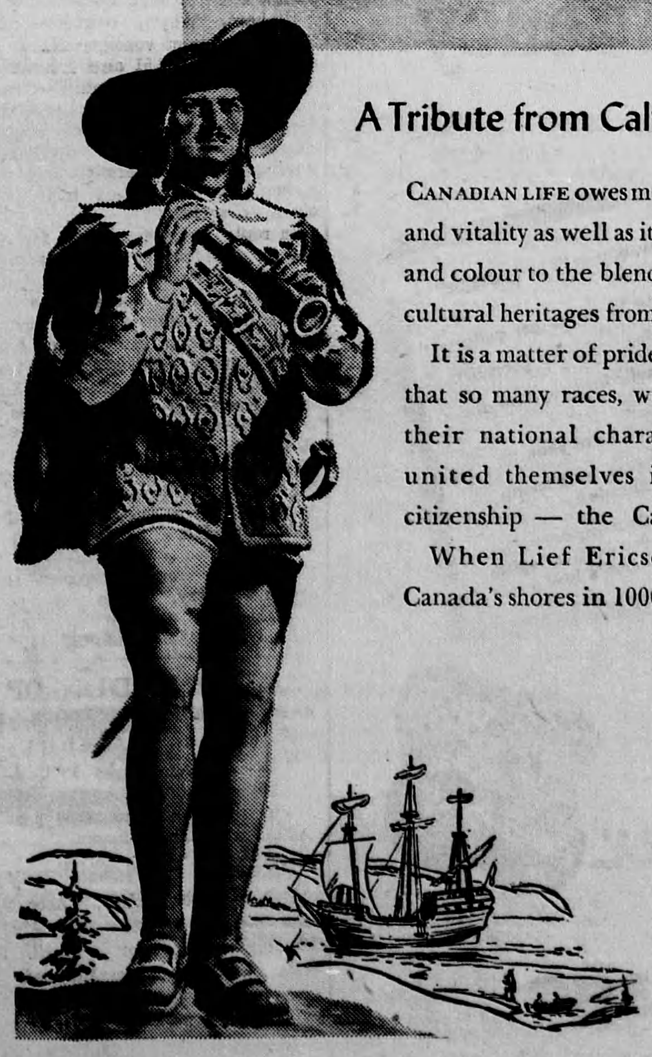
Known for its quality products throughout Canada, the Company is also actively engaged in exploration and development of oil properties both in Alberta and in the United States where its wholly-owned subsidiary has 488 producing wells in ten States including Texas, Oklahoma and California.

Earnings of the Company during the current year are reported very satisfactory and current outlook continues highly promising.

The interesting story of B.A. Oil is told in the prospectus, a copy of which we will send you freely upon request.

Wood, Gundy & Company Limited
36 King Street West
Toronto
Telephone: ELgin 4321

The Canadian Family owes much to . . . Norway



A Tribute from Calvert to Canadians of Norwegian Descent

CANADIAN LIFE owes much of its strength and vitality as well as its variety, interest and colour to the blending of racial and cultural heritages from many lands.

It is a matter of pride to all Canadians that so many races, without sacrificing their national characteristics, have united themselves into one great citizenship — the Canadian Family.

When Lief Ericson touched on Canada's shores in 1000 A.D. he was the first Norwegian to set foot in the New World. The years which followed have seen a steady stream of our hardy Northern cousins add their strength and culture to Canada's growth.

Norwegians, too, brought with them one of Canada's favourite sports — skiing. Their industry and thrift, their love of literature, their stamina and daring are qualities which have contributed much to Canada's progress.

Calvert DISTILLERS (Canada) Limited
AMHERSTBURG • ONTARIO

Calvert, founder of Canada's first colony at Newfoundland in 1622, was head of the famous Calvert family. Calvert's ideals of democracy, ideals which were perpetuated by his descendants, helped set the pattern for the freedom we now enjoy