

food costs.

bacon and molasses sauce.

of vegetables, chopped cooked eggs, celery tops. Serves 7 or 8.

oven and take it out, meanwhile arine, a little milk and 2 egg yolks.

Hello Homemakeral Casseroles, everyone enjoys their afternoon. regardless of what goes into them | Here is an idea! First, pan fry (within reason, of course) are a chopped onion in hot dripping. surprise while at the same time When tender or lightly browned they provide & flavoursome, whole- add 2 cups cubed cooked beef, lamb some main dish and whittle down or chicken, I cup lettover or canned peas, I cup diced celery, % cup Some lettover meat and the odd grated 'catrot' and 4 cups of well a well-sessoned sauce take the place, broth, or leftover gravy. Sesson to of meat and vegetables from three taste. Pour into a greased casdifferent saucepans. Other savory serele; top with triangles of biscuit combinations are meat, rice, toma- dough to which have been added toes and seasoning; macaroni, chopped chives or olives for a most celery soup and cheese; beans, pleasing flavour. Bake in a hot electric over, until top is golden An attractive and tempting wash- and the meat mixture is bubbling

ground beef (raw) and brown it. pared ahead of time and there's puff made with mashed potatoes only one thing to do-put it in the beaten with a tablespoon of marg-

The whites should be beaten and NORVAL SATURDAY NITE folded into this mixture before CLUB HAS FINE PARTY . spreading over the meat. Bake in a hot electric oven at 375 degrees | About 45 members and 40 visi-

for 20 minutes or until potatoes tors danced to the strains of Jamie are puffed up and crusty brown. Burns' Orchestra at the Norval A casserole need not be a com- Saturday Nite Club on February plete" meal. If you have baked 12th. This coming young orchestra stuffed pork chops in a roast pan was greatly appreciated by everymake a combination vegetable cas- one present. serole of diced potatoes, celery and | . Cost of membership in the club carrots and serve with butter or is \$1.00 and an application form

oven meul use another casserole for member from the president or sea dessert of Apple Betty which cretary, filled out and passed on bakes in a moderate electric oven by the committee before a memfor about the same length of time. bership card is issued. The club Diced vegetables covered with a has openings for twenty or thirty thin paste of flour, butter and more members. A radio-phonowhole milk will be a lenten dish graph is now owned as well as a cupful of leftover vegetable, plus seasoned sauce made with chicken you'll want to remember. And any good selection of the best dance with open minds and open hearts cheese dish looks. very attractive records.

use it. Then turn to Bake or switch

2. When 'you heat chinaware in

plates on the racks — never stack

them which may cause heat

3. After you have finished using

the oven leave the door ajar at the

position for broiling. When it has

cooled wipe out with a damp cloth.

If there is any stale smell place a

dish of ammonia on the shelf and

4. Fine steel wool and a high

close the door for a few hours.

ing mixture into another dish.

"checks".

and is so creamy cooked weln cas- The committee is composed of obey the moster. Such were the 1. When you prehent the electric program committee, Murjorie Cas- est 'life ever lived' and the years of oven for a casserole and the indi- cadden, Marlon Pomeroy, Mac Wat posterity with their unfolding gencator shows the exact temperature son; refreshment committee, Au- erations. To these, it was given to click it off if you are not ready to brey Hudson, N. H. Mottershead.

Then there was the old maid and the great pronouncement in its lower element to High when you place the food in a few minutes who thought a Romance language closing days "Ye have not chosen later until correct degree of heat was made up of words used in me, but I have chosen you and orlove letters.

. THE QUESTION BOX Mrs. J. T. asks for this recipe:

CHEESE SOUFFLE

- 3 tablespoons flour teaspoon salt cayenne
- 3 tablespoons butter
- 1 cup milk. 3 eggs
- 's cup cheese

grade abrasive will remove fresh brown stains. Clean oven frequentfive ingredients. Remove from elec- might be with him" and that they ly to keep stains from discoloring tric element; add beaten yolks of might be sent forth "to proclaim eggs, then grated cheese. Fold in the glad tidings." It might be well 5. To prevent smoke stains, slip whites beaten until stiff. Turn into here to differentiate the two words a pan of water under the shelf of buttered baking dish and bake in "Disciples", and "Apostles". The anything that may start to boil a pan of warm water. The cooking former might be explained as a over. Reduce the temperature and period will be 40 to 45 minutes in "follower, learner, pupil," the latif possible dip out some of the boil- a preheated electric oven of 325 ter as "persons sent forth, mesdegrees. When a knife inserted in sengers." The Apostleship of the 6. Remove the lid of a casserole souffle comes out clean, it is done. twelve designates them from the dish if food begins to bubble boil. It should be served at once as it many other disciples of Jesus. Browness of crust is only possible may fall within 20 minutes.

day dinner is a bubbling mixture and brown. Garnfsh with green and a can of mushroom soup topped For a quick casserole dish you with a tender golden brown biscuit may cook a chopped onion in dripcrust. It's a morale building dish ping until tender, add a pound of Sunday supper is the time to Empty this mixture into a casserole the oven be sure to spread the without a cover. serve company a casserole meal, and add one can condensed tomato because such dishes can be pre- or vegetable soup. Top with potato

Help The Red Cross TEA

CANADA PRODUCES SOME OF THE WORLD'S FINEST LUMBER



Canada has almost unlimited timber. From British Columbia fir to Maritime spruce her lumber is in demand throughout the world.

Why Seagram's sells Canada first

This is an adaptation of one of a series of advertisements designed by The House of Seagram to promote the prestige of Canada and help sell Canadian products to the markets of the world.

The campaign is appearing in magazines and newspapers published in various languages and circulated throughout the world. The peoples

of many lands are told about the quality of Canadian products and see Canadian scenes illustrating these products.

The advertisements are in keeping with the belief of The House of Seagram that the future of each business enterprise in Canada is inextricably bound up in the future

of Canada itself; and that it is in the interest of every Canadian manufacturer to help the sale of all Canadian products in foreign markets.

A campaign such as this not only helps Canadian industries but also puts money in the pocket-

of every Canadian citizen. One dollar of every three we earn comes to us as a result of foreign trade. The more we can sell abroad the more prosperous we will be at home. It is with this objective that these advertisements are being produced and published through-

The House of Seagram

Comments on the Lesson

(by Rev. John M. Smith)

(intended for last week)

JESUS CHOOSES THE TWELVE Having commenced his ministry and having aroused interest in the hearts and minds of folk Jesus proceeded to select it band of followers who were to be a sort of margarine. To prepare a complete must be obtained by a prospective "inner circle" of friends who would live close to him and who would catch something of his vision and of his spirit. They were men of the common walks of life, lacking in religious rank and distinction, lacking in social position; in fact they were very ordinary everyday men and a willingness to follow and Mrs. J. T. Cascadden, president; chosen disciples of Jesus: such Dune-Robinson, vice-president; were the men destined to be the George Smith, secretary-freasurer; connecting link between the greathear the challenging, "Follow Me". at the beginning of His ministry dained you, that you should go and bring forth fruit.—"John 15:16,

> Mark 1:16-20; Luke 6:12-16 The printed portion for this week's lesson introduces us to the twelve disciples and reveals to us something of their vocations. The Martan selection tells us the familiar story of the call of the four fishermen. The Lucan passage implies that the twelve were later chosen from among the growing crowds that were following Jesus. Make a thick white sauce of first These were chosen "that they

The Biblical Basis:

The Application: It is well for us to know something of the Apostles and their association with the Master. From

them we can learn that: 1. Jesus does not call a man for what he is but for what he can become He still calls men from all walks of life. For him there are no barriers of race, class, or col-

2. To follow Jesus willingly and faithfully transforms us from what we are to the kind of men we can

become. 3. To be a disciple of Jesus requires service, sacrifice, and devotion - It calls for great faith and demands the use of our physical and mental energy.

discipleship - "no man having put his hand to the plough and looking back is fit for the Kingdom of God" - - Complete self commitment to Christ. (b) Marks of discipleship -- "For everyone that exalteth, lumselt shall be exalted" - humility is necessary. This does not mean to be mean spirited, cowardly, or tacking in enthusiasm Forgiveness is necessary. "Father, forgiven them' --- Let us remember toat the servant is not above his Lord. To this let us add that sympathy and true neighbouriness are also necessary. (c) The Privirege of discipleship - Fellowship "Responsibility is and service the price of privilege. The privilege of discipleship and the duty of of discipleship go hand in hand.

5. Disciples are still being called to the same fellowship and for the same purpose -- the establishing of the Kingdom of God in the hearts and lives of men and women.

Helpful Quotations:

"No friendship is worth the name which does not elevate, and does not help to nobility of conduct and to strength of character. It should give new zest to duty, and a new inspiration to all that is good."

"Influence is the greatest of all human gifts, and we all have it in some measure . . . It must always be a solemn thing for a man to ask what he has done with this power of influence."

"Influence cannot rise above the level of our lives. Here as in other regions, a good tree bringest forth good fruit, but a corrupt tree bringeth forth evil fruit,"

... "The disciples were just a group of men with passions, failings, inconsistencies, loyalties like ourselves."

"Men have always responded, when the cause was great enough and the conditions hard enough." "It is the mark of a great leader that he should clearly state the terms of his discipleship."

> EYES EXAMINED O T. WALKER **OPTOMETERS** Main St. N., Brampton Phone 599 Georgetown office ever Telephone Office, the

ORGAN RECITAL

Kenneth R. Harrison

MONDAY, FEB. 28th 8.15 p.m.

Knox Presbyterian Church

SOLOISTS: Ruth Davis, Jean Ruddell Jack D. Harrison Alex J. Calder

Admission: 40c Proceeds for Choir Fund

Flowers FOR EVERY OCCASION DESIGN WORK A SPECIALTY

Bonded Member T.D.S. (Telegraph Delivery Service) Flowers by wire anywhere in the world

Norton Floral

Phone 315W-Georgelown

4. To consider the (a) Cost of

Next time you feel the urge to go places, see your local bus agent. He can tell you all about fares, stop-over arrangements, time tables and other details that will help you to enjoy your trip. He is a member of your community and will be glad to serve you.

FARES ARE LOW

CHICAGO \$ 19.40 LOS ANGELES MONTREAL

WINNIPEG

ROUND TRIP (Tax Included) Subject to Change

50.30

