



Hello Homemakers! Casseroles, regardless of what goes into them (within reason, of course) are a surprise while at the same time they provide a flavoursome, wholesome main dish and whittle down food costs.

Some leftover meat and the odd cupful of leftover vegetable, plus a well-seasoned sauce take the place of meat and vegetables from three different saucepans. Other savory combinations are meat, rice, tomatoes and seasoning; macaroni, celery soup and cheese; beans, bacon and molasses sauce.

An attractive and tempting wash-day dinner is a bubbling mixture of vegetables, chopped cooked eggs, and a can of mushroom soup topped with a tender golden brown biscuit crust. It's a morale building dish as well as tasty.

Sunday supper is the time to serve company a casserole meal, because such dishes can be prepared ahead of time and there's only one thing to do—put it in the oven and take it out, meanwhile

everyone enjoys their afternoon. Here is an idea: First, pan fry a chopped onion in hot dripping. When tender or lightly browned add 2 cups cubed cooked beef, lamb or chicken, 1 cup leftover or canned peas, 1 cup diced celery, 1/2 cup grated carrot and 4 cups of well-seasoned sauce made with chicken broth or leftover gravy. Season to taste. Pour into a greased casserole; top with triangles of biscuit dough to which have been added chopped chives or olives for a most pleasing flavour. Bake in a hot electric oven until top is golden and the meat mixture is bubbling and brown. Garnish with green celery tops. Serves 7 or 8.

For a quick casserole dish you may cook a chopped onion in dripping until tender, add a pound of ground beef (raw) and brown it. Empty this mixture into a casserole and add one can condensed tomato or vegetable soup. Top with potato puff made with mashed potatoes beaten with a tablespoon of margarine, a little milk and 2 egg yolks.

NORVAL SATURDAY NITE CLUB HAS FINE PARTY

About 45 members and 40 visitors danced to the strains of Jamie Burns' Orchestra at the Norval Saturday Nite Club on February 12th. This coming young orchestra was greatly appreciated by everyone present.

Cost of membership in the club is \$1.00 and an application form must be obtained by a prospective member from the president or secretary, filled out and passed on by the committee before a membership card is issued. The club has openings for twenty or thirty more members. A radio-phonograph is now owned as well as a good selection of the best dance records.

The committee is composed of: Mrs. J. T. Cascarden, president; Duno Robinson, vice-president; George Smith, secretary-treasurer; program committee, Marjorie Cascarden, Marlon Pomeroy, Mac Watson; refreshment committee, Aubrey Hudson, N. H. Mottershead.

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 a band of followers who were to be a sort of "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 with open minds and open hearts and a willingness to follow and obey the master. Such were the chosen disciples of Jesus: such were the men destined to be the connecting link between the greatest life ever lived and the years of posterity with their unfolding generations. To these, it was given to hear the challenging, "Follow Me" at the beginning of His ministry and the great pronouncement in its closing days "Ye have not chosen me, but I have chosen you and ordained you, that you should go and bring forth fruit."—John 15:16.

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Take a Tip

1. When you preheat the electric oven for a casserole and the indicator shows the exact temperature click it off if you are not ready to use it. Then turn to Bake or switch lower element to High when you place the food in a few minutes later until correct degree of heat is noted.
2. When you heat chinaware in the oven be sure to spread the plates on the racks—never stack them which may cause heat "checks".
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 close the door for a few hours.
4. Fine steel wool and a high grade abrasive will remove fresh brown stains. Clean oven frequently to keep stains from discoloring enamel.
5. To prevent smoke stains, slip a pan of water under the shelf of anything that may start to boil over. Reduce the temperature and if possible dip out some of the boiling mixture into another dish.
6. Remove the lid of a casserole dish if food begins to bubble boil. Brownness of crust is only possible

Then there was the old maid who thought a Romance language was made up of words used in love letters.

THE QUESTION BOX

Mrs. J. T. asks for this recipe:

- CHEESE SOUFFLE**
- 3 tablespoons flour
 - 1/2 teaspoon salt
 - 1/2 cayenne
 - 3 tablespoons butter
 - 1 cup milk
 - 3 eggs
 - 1/2 cup cheese
- Make a thick white sauce of first five ingredients. Remove from electric element; add beaten yolks of eggs, then grated cheese. Fold in whites beaten until stiff. Turn into buttered baking dish and bake in a pan of warm water. The cooking period will be 40 to 45 minutes in a preheated electric oven of 325 degrees. When a knife inserted in souffle comes out clean, it is done. It should be served at once as it may fall within 20 minutes.

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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 throughout the world.



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Timely Travel Tips!

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	98.25
MONTREAL	17.10
WINNIPEG	50.30

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