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Hello Homemakers! In your quest for foods to serve during Lent, let me suggest lima beans. They are a good alternate for potatoes, macaroni and rice. Because they belong to the starchy foods, lima beans contribute energy and heartiness to the meal as well as minerals. They rate high in protein, too, which puts them in the class of meat substitutes.

While the flavour of lima beans is bland, it is sufficiently distinctive to add variety to your meals even if beans are served plain in place of potatoes. However, because of their blandness we can vary them in a wide range of uses. We like them equally well in salad or in casserole. In a chilled bowl combine cold cooked lima beans with crisp textured vegetables such as celery and fold in some rather nippy homemade salad dressing.

A variety of delicious lima beans casseroles is possible with the use of different sauces and seasonings in their preparation. Plan the remainder of the meal to balance such an all-in-one course, e.g., Lima Bean Casserole, Carrot and Raisin salad, Date squares and canned fruit.

**LIMA BEAN CASSEROLE**

- 1 cup dried lima beans
  - 3 onions, sliced
  - 1 can condensed tomato soup
  - 1 tablespoon chopped celery
  - 2 tablespoons bacon fat
  - Two thirds cup hot water
  - 1 cup grated cheese
- Soak lima beans over night. In the morning bring to boil. Then place over boiling water, add celery and cook until tender. (1 to 2 hours). Drain.

While beans are cooking, fry sliced onions in bacon fat until golden brown. Add tomato soup and water. Simmer gently for 10 minutes. When beans are cooked and drained, add to sauce. Stir in cheese. Season with salt and pepper. Pour into greased casserole. Bake in moderate electric oven (350 degrees) for 20 mins. Yield: 4 servings.

**LIMA BEAN SALAD**

- 2 cups chilled lima beans (chilled)
  - 1/2 cup grated carrot
  - Salt
  - 3 hard-boiled eggs
  - 1 cup chopped celery
  - 1/2 cup cooked salad dressing
  - Leaf lettuce
  - Watercress or parsley
- Combine beans, celery, carrot and salad dressing lightly with a fork. Season with salt. Serve in mounds on leaf lettuce. Garnish with hard-cooked egg sections.

**THE QUESTION BOX**

- Mrs. J. C. asks for this recipe:  
**PIQUANT DRESSING**
- 1 cup mayonnaise
  - 1 tomato, finely chopped
  - 1 tablespoon onion, minced
  - 1 tablespoon onion juice
  - 3 tablespoons minced parsley
  - dash of paprika
- Stir all ingredients together. Cheese in matchlike shreds may be added. Serve with salad greens.
- Mrs. M. T. asks for this recipe:  
**MEAT AND CHEESE CAKES**
- 1 pound minced, round steak
  - 1/2 cup cubed loaf cheese
  - 1 beaten egg
  - 1/2 onion chopped
  - 1/2 cup celery, chopped
  - 1 teaspoon salt
  - 1/2 teaspoon pepper

1/2 teaspoon mace.  
1 cup milk  
1/2 cup cracker crumbs  
Combine all ingredients thoroughly. Turn into greased muffin tin. Bake in electric oven at 375 degrees about 1 hour.  
Mrs. T. D. asks: How can we prevent fish from breaking while boiling or steaming?  
Answer: Wrap prepared fish in parchment paper or aluminum foil. Cook whole in enough boiling water to cover, to which is added salt and lemon juice or vinegar. Vinegar helps to hold fish flakes together.  
Mr. J. C. asks: How much time do you allow for baking fish?  
Answer: Bake in a preheated moderate oven, allowing ten minutes per pound and 10 minutes extra.  
Miss V. D. asks: What makes a good salmon salad?  
Answer: Use equal quantities of cold flaked salmon, and chopped celery. Toss together with boiled dressing to which you have added some finely minced sweet pickle.  
Miss J. K. asks: How do you cut meringue squares to prevent breaking?  
Answer: Begin to cut meringue when baked product is lukewarm. Dip a sharp steel knife in hot water, use wet and cut into sections.

**J. H. Davidson Dies In Guelph Hospital**

An employee of the Provincial Paper-lower mill for many years, John Herbert Davidson died in Guelph General Hospital on Thursday, March 10th. Mr. Davidson was born at Rockside 72 years ago, a son of the late William Davidson and Janet McDonald. About 36 years ago he took up residence in Glen Williams, moving to Georgetown a few years later. He had been in failing health for the past few years. He was a member of the Canadian Order of Foresters. Predeceased in 1934 by his wife, Blanche Norton, he leaves a family of five children, John, Cecil, Kenneth and Miltye of Georgetown and Alfred of Orangeville. There are five grandchildren. He also leaves two brothers and a sister, Alfred of Sarnia, Emerson of Hamilton and Mrs. Charles Price of Terra Cotta.  
The funeral service from the McClure Funeral Home on Saturday was conducted by Archdeacon W. G. O. Thompson. Pallbearers were James Costigan, Jack Fry, Walter Louth, Richard Marchment, R. B. Shortill and Ray Webster. Interment was made in Glen Williams Cemetery.

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**"SALADA" TEA**

**BAPTIST CHURCH HIGHLIGHTS**

At the morning service the pastor used as his text Galatians 6:7, the words of Paul when he said: I bear in my body the marks of the Lord Jesus. Paul had preached the gospel in Galatia. Leading Jews said that the law of Moses was essential to salvation. Paul preached that the necessary thing was faith in Jesus as redeemer. Because Paul preached the gospel he was scourged and put in prison. He was able to say, I bear in my body the marks of the Lord Jesus. Jesus had the nail prints in his hands and feet. Paul had marks of his scourging and the prison treatment.  
We too, if we are Christian will have marks of some kind in our body, life or character that will speak of Jesus. We bear marks either of Christ or Satan. May the cord of love be woven in the centre of our life and character, so that the world will know we belong to Christ. May we not be ashamed of the gospel of Christ. We are bearing either the marks of a Christian or a non-Christian. Jesus said: By their fruits ye shall know them.  
At the evening service the subject was: Liberty by Law or Liberty by Grace. The text was in Galatians 5:1. Stand fast therefore in the liberty wherewith Christ has made us free, and be not entangled again with the yoke of bondage. Liberty is what all are seeking. God has revealed in His Word the way of Liberty. Many think Liberty is to do as you please regardless of others. Religiously, intellectually and politically our solution is found in His Word. Real liberty is being saved from the waste pile of humanity. Where God is recognized there is liberty and freedom. No change of laws can set free those who are slaves at heart. The greatest slaves of our land today are the slaves of their own appetites and vice.  
The Grace of God in our hearts and souls is the only real liberty. By Grace are ye saved through faith, and that not of yourselves. It is the gift of God. Liberty is the release of soul from guilt and bondage through Christ. The Grace of God cleanseth from all unrighteousness.

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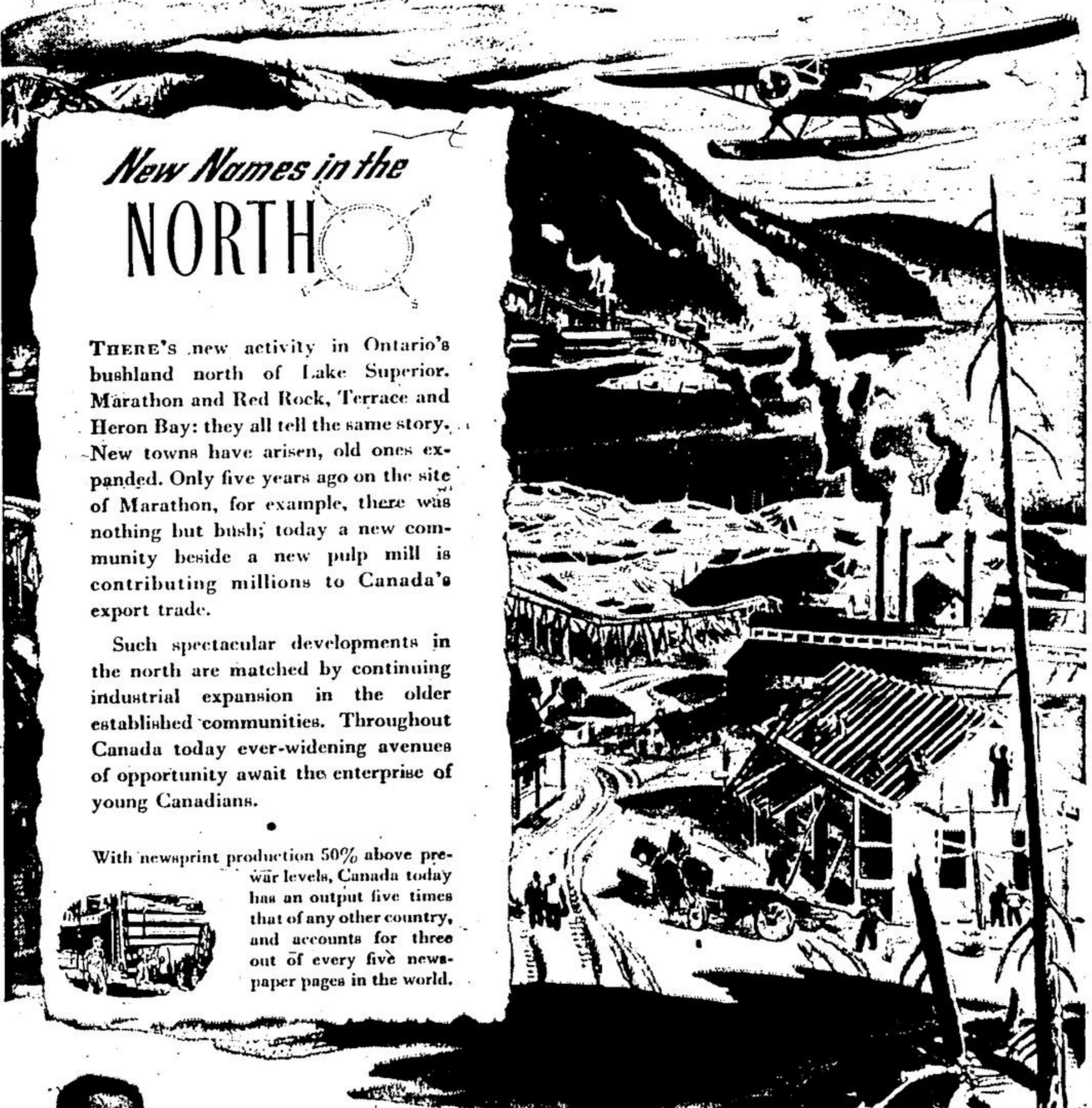
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