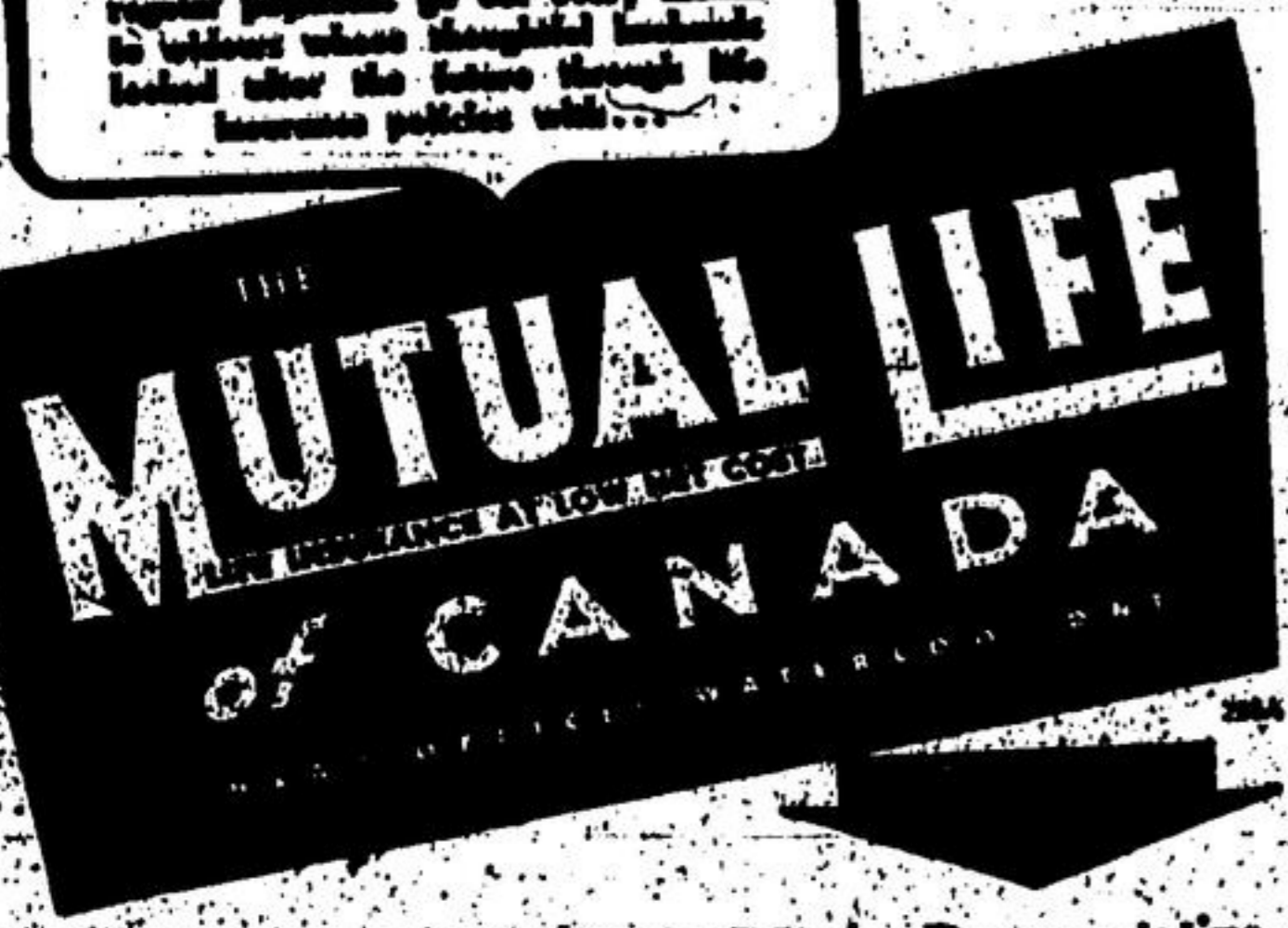


Today in every province in Canada, regular payments go out every month to millions whose thoughts have looked after the future through life insurance policies with...



**MUTUAL LIFE OF CANADA**

**JACK T. ARMSTRONG, District Representative**  
 GEORGETOWN, ONT.  
 Branch Office: Brampton, Ont.



**Hello Homemakers.** Imagine trying to prepare meals for a day without using cereals. There would be no porridge for breakfast, no stuffing for the chicken, no cookies or cake for dessert and of course, no breakfast.

Cooking would certainly be complicated but fortunately in this cereal-rich land it's a joy to select various kinds of flour, barley and manufactured cereals.

Cereals can make a big contribution to the main course in tasty substantial supper dishes, and with their help, small amounts of meat, cheese, eggs or left-overs can be transformed into budget-saving, nutritive dishes.

We have tried the recipes published below as lunch box items and appraise them worthy of your selection, eaten cold from a shallow jar in the lunch kit.

**2. Ibsps. fat, melted.**  
 Mix and sift flour, sugar, baking powder and salt. Add half the milk (the well beaten egg and the remaining milk mixed with the cereal). Add melted fat. Beat only enough to combine. Bake in greased muffin tins at 400 degs. F. for 22-30 minutes.

**TAKE A TIP**

1. Good porridge is made by sprinkling 1 cup of quick cooking rolled oats in 3 cups boiling water to which 1/4 teaspoon salt is added. Cook 3 minutes over direct heat or 10 minutes in double boiler. Makes 2 1/2 cups.
2. Cereals may be cooked the night before, covered closely and not stirred while being reheated. To prevent the skin forming, cover with a thin layer of cold water.
3. When you cook in glass cooking utensils add the salt last to prevent sticking. If cereal is cooked the night before, add iodized salt in the morning as it often turns cereal greenish.
4. All cereals should be tightly covered in a cool, dry place. Glass sealers are excellent for storing bulk cereals, tightly covered in their own containers.
5. To prevent weevils in raw cereals, stored for 2 months, heat cereals in a warm oven (not higher than 200 degs) for 1 hour, then cool.
6. When pastry flour is used in place of all purpose flour, two extra tablespoons per cup are required.
7. Whole wheat flour should be stirred with a fork before measuring to lighten the flour.

**THE QUESTION BOX**

Mrs. K. R. requests recipe for pie with custard on bottom and cake on top.

Answer:

**LEMON CAKE PIE**  
 1/2 cup sugar  
 2 tbsps. flour  
 Rind and juice of 1 lemon  
 1/4 tsp. salt  
 1 cup milk  
 2 tbsps. melted butter  
 2 eggs, separated  
 1 cup cake crumbs  
 Cream 1/2 cup sugar and butter; add flour and salt, lemon juice and rind. Mix well. Add egg yolks and milk. Beat egg whites stiff and gradually beat in the rest of the sugar. Fold into first mixture. Pour into greased 1 quart cake-pan or pie plate and then sprinkle with cake crumbs. Set in pan of hot water. Bake at 350 degs. for about 45 mins. Serve warm. Six servings.

**TAMALE LOAF**  
 1 lb. ground pork  
 1 cup chopped onion  
 1 can (3c) tomatoes  
 1 cup cornmeal  
 1 cup corn niblets  
 2 eggs, beaten  
 2 tbsps. salt  
 1 tsp. pepper  
 1 tsp. paprika  
 1 tsp. chili powder  
 Brown pork and onion, stirring until crumbly. Add tomatoes and bring to a boil. Sprinkle in the cornmeal and cook 10 mins. Stir in remaining ingredients and pack into 5x8 inch loaf pan. Bake in electric oven at 350 degs. for about 40 mins. Makes 8 servings.

**LIQUOR TAXES DON'T PAY DRINK HARM SAYS SPEAKER**

What the community gets in taxes from the beverage alcohol industry and retail trade doesn't nearly meet the cost of illness, death, unemployment, accidents, crime and mental disease, which result from alcohol abuse, said Rev. H. E. Wellwood of Toronto when he spoke in Georgetown Baptist Church on Sunday morning.

He was representing the Ontario Temperance Federation.

Law officials state, he said, that forty five per cent of traffic accidents are caused by drink. The liquor interests talk a lot about temperance. They really mean moderation in drinking. There is no moderation in the crime it causes, in its profits or in broken homes. No gold mine pays the profits that the liquor industry pays.

At the evening service, Rev. C. R. Gower spoke on "The Divine Healer", taking John 5:1-9 as the basis for his message. A man crippled for many years was healed by Jesus. He can heal the spiritually sick as well and there is no way to get rid of sin but through Christ's power. Christianity everywhere is marked by His mercy toward the sick, crippled and needy.

Only one Friday the 19th this year, and it comes in October.

**Hobby Show Planned In April by G.R.C.**

An ambitious Hobby Show is being planned by Georgetown Recreation Commission. It will be held in the auditorium of St. John's United Church for three days, April 25, 27 and 28. The show is designed, says Alex MacLaren, chairman of the GRC to demonstrate the three aspects of recreation — physical, musical and education and will be a composite show window of what is possible and of what is being done in Georgetown.

The Ontario Society of Artists is lending an exhibit of 160 or more paintings by prominent Ontario artists for the show. Three local ladies, all of whom are graduates of the Ontario College of Art will constitute a hanging committee. Mrs. Winnifred Watson, Miss Dorothy Stone and Mrs. Robert Nicol. Work of local artists will also be on exhibit.

There will be collections of every type on display — stamps, coins and hobbies. Handicraft will be shown and demonstrated by members of the Arts & Crafts of Georgetown. Each evening there will be a stage program. Members of Mrs. R. B. Canham's ballet class are at work on a special ballet and there will be such attractions as fencing, boxing and wrestling.

Many organizations will be cooperating with the GRC to make the Hobby Show something really special.

**FATHER OF SKATING TEACHER DIES**

The death occurred at Toronto Western Hospital on March 12th of Loftus Charles Amys, father of Miss Kathleen Constance Amys, who teaches the local figure skating class conducted by Georgetown Recreation Commission.

Mr. Amys is survived by his wife, Meta Mairs and Miss Amys is their only child. He was the son of the late Arthur Loftus Amys of Peterborough. The funeral service was held last Wednesday with interment in Mount Pleasant Cemetery.

**Georgetown Transportation Company TIME TABLE**

**GEORGETOWN - MILTON**

Leave Georgetown:  
 6:55 a.m. (daily except Sunday)  
 12:20 p.m. (Sat. only)  
 6:00 p.m. (Sat. only)  
 8:30 p.m. (Sun. & Holidays only)

Leave Milton:  
 7:35 a.m. (daily except Sunday)  
 1:00 p.m. (Sat. only)  
 6:15 p.m. (daily except Sun.)  
 8:15 p.m. (Sun. & Hol. only)

The above services connect with the Milton-Hamilton services of Canada Coach Lines.

Also Monday to Friday inclusive, buses leave Georgetown, for Milton at 5:05 p.m. and 7:10 p.m.

**GEORGETOWN - INGLEWOOD** (daily except Sunday)

Leave Georgetown:  
 12:15 p.m. and 4:45 p.m.

Leave Inglewood:  
 12:55 p.m.

Notices have been posted in Stewarttown and Glen Williams giving bus times from these centres.

**GLEN WILLIAMS** (daily except Sunday and Hol.)

Lv. Glen	Lv. G'town
8:30 a.m.	8:15 a.m.
10:30 a.m.	10:15 a.m.
1:30 p.m.	12:15 p.m.
3:30 p.m.	3:15 p.m.
4:30 p.m.	4:15 p.m.
6:30 p.m.	4:45 p.m.
7:30 p.m.	6:15 p.m.
8:30 p.m.	7:15 p.m.
10:30 p.m.	8:15 p.m.
	10:15 p.m.

**GLEN WILLIAMS** (Sundays and Holidays)

Lv. Glen	Lv. G'town
10:30 a.m.	10:15 a.m.
2:00 p.m.	1:45 p.m.
6:30 p.m.	6:15 p.m.
8:30 p.m.	8:15 p.m.
10:30 p.m.	10:15 p.m.

**STEWARTTOWN** (daily except Sunday & Hol.)

Lv. S'town	Lv. G'town
8:45 a.m.	8:40 a.m.
10:45 a.m.	10:40 a.m.
1:45 p.m.	1:40 p.m.
3:45 p.m.	3:40 p.m.
6:45 p.m.	6:40 p.m.
7:45 p.m.	7:40 p.m.
10:45 p.m.	10:40 p.m.

**STEWARTTOWN** (Sundays and Holidays)

Lv. S'town	Lv. G'town
10:45 a.m.	10:40 a.m.
2:20 p.m.	2:15 p.m.
6:45 p.m.	6:40 p.m.
10:45 p.m.	10:40 p.m.

For added times on the Stewarttown service, see Milton table.

**SATURDAYS ONLY**

Hourly service to Glen Williams and Stewarttown. Buses leave for the Glen at a quarter after the hour and for Stewarttown at 20 minutes to the hour. Last buses at 10:15 and 10:40.

Parcel service is included in all bus runs.

**TELEPHONE 161**

**SCHULTZ**  
 Electrical Construction  
**WIRING**  
 — Renfrew Agent —  
 Fred Schultz Phone 531w


**West Brothers**  
 Hardwood Flooring  
 New floor supplied, laid and finished  
**OAK - MAPLE - BIRCH**  
 Old floors Resurfaced  
**TILES**  
 Rubber, Mastic, Treadgs  
**PHONE**  
 Cooksville 219 r 3  
 Hamilton 7-6945  
**FREE ESTIMATES**

**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 — Georgetown

**Memories**  
 to honour a lifetime for lifetimes to come  
**Monuments & Markers**  
 — Moderately Priced —  
 A card or letter will bring our service to your door  
**OAKVILLE MONUMENT WORKS**  
 20 Colborne St., Oakville on highway

**E.P. Head**  
 Optometrist  
 — Eyes Examined Scientifically —  
**HEARING AID BATTERIES**  
**QUICK REPAIRS TO**  
 Glasses — Binoculars  
 Field Glasses, Etc.  
 58 ST. GEORGE'S SQ.  
**GUELPH**  
 Phone 1529 Est. 20 years

**CASH FOR DEAD ANIMALS**  
**COWS \$2.50 ea.**  
**HORSES \$2.50 ea.**  
 Hogs over 250 lb. 50c according to size and condition.  
**PHONE COLLECT**  
**GALT 572 R**  
**INGERSOLL 21**



**BOWLING**  
 — AT THE —  
**Lucky Strike Club**  
**OPEN BOWLING**  
 Monday and Friday afternoons  
 Wednesday evenings from 9 p.m.  
 Friday evenings from 9.30 p.m.  
 All day Saturday  
 10 am. to 11 p.m.;  
**SNACK BAR TELEPHONE 315J**

**MULLIGAN**


2 cups macaroni  
 1/4 lb. sausage meat  
 1 lb. minced beef  
 1/2 small onion  
 2 cups tomato juice  
 1 tbsps. chopped parsley  
 2 tps. salt  
 1/4 tsp. pepper  
 Parboil macaroni in boiling salted water for 5 minutes and drain. Brown sausage, beef and onion, stirring frequently. Add macaroni, tomato juice and seasoning. Cook slowly for about 30 mins. Makes 8 servings.

**CHEESE OAT CAKES**

1 1-3 cups oatmeal  
 1 2-3 cups hot water  
 3/4 tsp. salt  
 1/2 cup grated cheese  
 1 tsp. minced onion  
 Few grains pepper  
 2 chopped cooked eggs  
 1-3 cup coarse oatmeal  
 Sprinkle 1 1/3 cups oatmeal in the boiling salted water. Cook 5 minutes. Add cheese and stir until melted. Remove from electric element and beat the mixture. Mix in onions, eggs, then chill for 1/2 hour. Shape into patties and roll in oatmeal. Heat in moderate oven or pan fry in a little fat. Serve with relish. Makes 6 servings.

**CEREAL MUFFINS**

1 1/2 cups flour  
 4 tbsps. sugar  
 3 tbsps. baking powder  
 1/2 tsp. salt  
 1/2 cup milk  
 1 egg, well beaten  
 1 cup thick cooked cereal, (oatmeal, cracked wheat,



**ONTARIO MOTOR VEHICLE ACCIDENT TOLL RECORDED ALL-TIME HIGH IN 1949**

**URGENT APPEAL IS MADE FOR WHOLE-HEARTED PUBLIC AND PERSONAL CO-OPERATION TO CUT TRAFFIC LOSSES IN 1950**

In deaths and injuries on Ontario streets and highways, 1949 proved to be the worst year in the history of the Province. Despite the fact that the intensive and maintained campaign for safety by the Department received generous support and co-operation of the press, the radio, the schools, the police, many service clubs, safety organizations, the operators and drivers of commercial vehicles and many thousands of citizens, the toll of tragedy reached an all-time high.

**HERE IS THE 1949 RECORD**

Motor vehicles registered in Ontario 969,368  
 Tourist vehicles recorded 4,500,000  
 Persons killed 830  
 Persons injured 17,469  
 Property damage \$9,531,659

**THE PICTURE IN 1950**

In 1950 there will be in operation on Ontario highways one million motor vehicles owned by Ontario residents. There will be more tourist vehicles in the Province than ever before. Traffic will be much heavier, and more chances of accidents will exist.

Estimated motor vehicles in 1950, 1,050,000  
 Estimated drivers licenses in 1950, 1,350,000  
 Estimated tourist-vehicles in 1950, 5,000,000

Unless the Ontario public takes this problem of highway safety seriously to heart and everyone sets out to cut down this mounting scale of accidents, it is possible that in 1950 the death toll may reach a new shocking figure, with the number of persons injured keeping pace.

With these facts in view, it behooves every man and woman, young and old, to make it a personal objective to establish and maintain safety, and to preach it at all times to schools, families, drivers and acquaintances.

The Department of Highways is devoting all its energies to a continuous planned attack on accidents. The earnest teamwork of all citizens and organizations is requested.

It is a common cause that all of us can aid for the general good.

**GEO. H. DOUCETT**  
 Minister of Highways