

CASTOR CUPBOARDS

LIFESAVER BRAN MUFFINS

By Kerry-Lynne Wilson
Kenmore, Ont.

- 1 cup wholewheat flour
- 1 1/2 cups natural bran
- 1/2 cup raisins
- 1 tsp. baking soda
- 1 egg
- 3/4 cups skim milk
- 2 tbsp. oil
- 1/2 cup molasses (or honey)



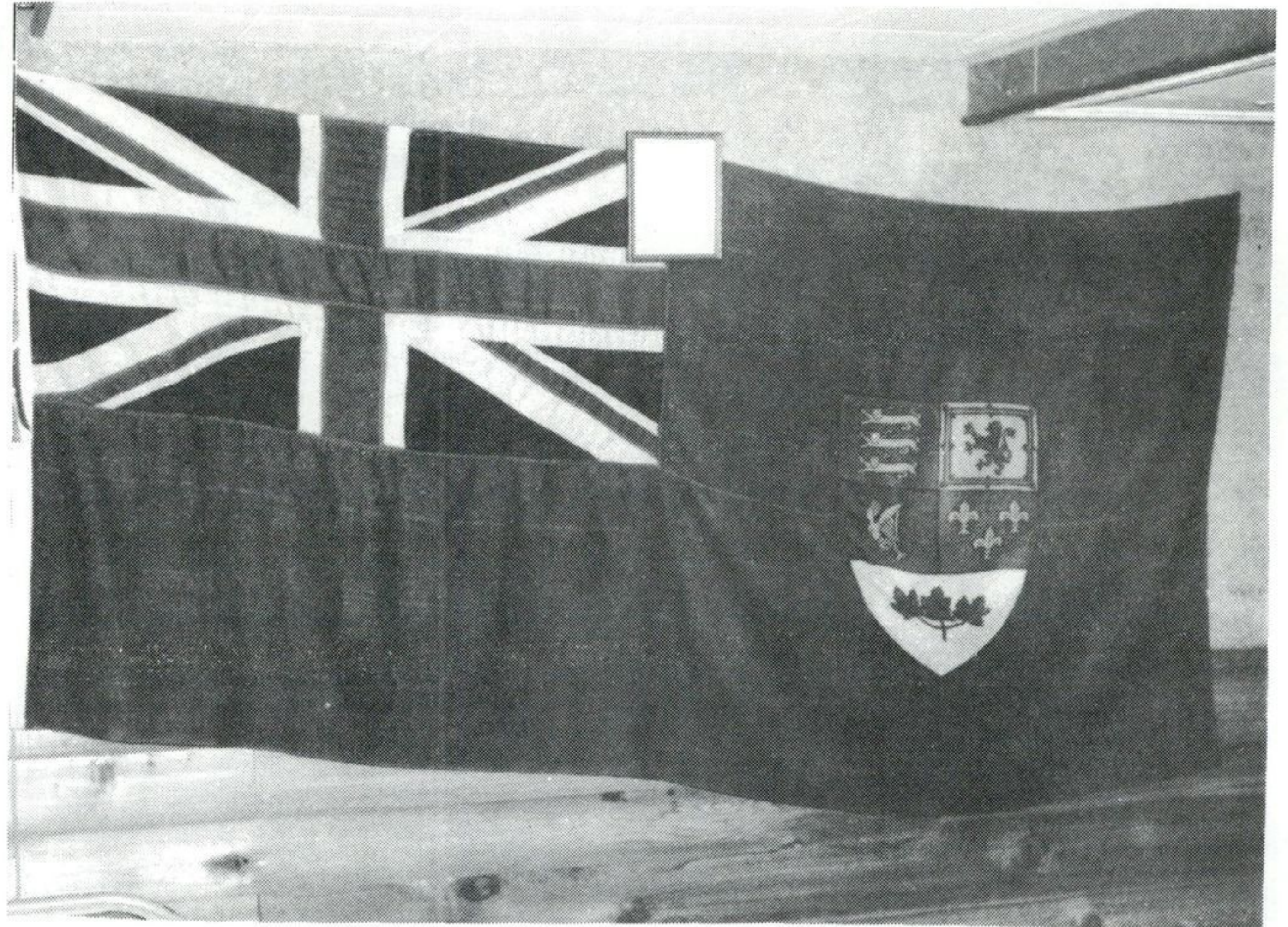
Bake 20-30 minutes at 400 F. Makes twelve healthful muffins that should be eaten every day of your long life.

Baked goods can be healthy for you, believe it or not. Here are some good rules to follow:

White flour can almost always be replaced with whole wheat flour.

Honey or molasses replaces beautifully that awful white sugar.

Bran can be added to anything — toss in a handful when making biscuits or cakes; add a bit to sauces, yogurt, cake mixes.



FITZPATRICK FLAG

The Red Ensign which graces the Russell Legion Hall is a gift from Mr. Charles Fitzpatrick of Saskatoon, Sask., widow of the late Major Charles Fitzpatrick. Legionnaires are also grateful to Jessie White and Lola Wood, the major's sisters, for the

gift. The late Major Fitzpatrick, born and educated in Russell, served in both World Wars, and this Red Ensign flew at Canadian military headquarters, London, Eng., where he was officer commanding in World War Two.

Visiting

With Dorothy Marquette

Mr. and Mrs. Brian Walsh, Ricky and Brandi Marie of Winnipeg visited the former parents, Mr. and Mrs. Norman Walsh.

Mr. Gordon Morrow of Botha, Alberta spent a couple of weeks with his sister, Mrs. William Carscadden and other relatives in the area.

Mrs. E. Coons of South Mountain and Mrs. Wayne Patterson of Iroquois visited Mrs. Warren Lake and Mrs. Richard Hamelin. Mrs. A. J. MacWilliams of

Calgary was a guest of her niece, Mr. and Mrs. Donald Hay.

Mrs. William Carscadden spent a few days in Ottawa with Mr. and Mrs. Eric Carscadden and Mr. and Mrs. Robert Pritchard.

Mrs. Asa Sullivan visited her daughter and son-in-law, Mr. and Mrs. Hilton Buckingham of Kemptville.

Mrs. Donald Hay was a weekend guest of her Aunt, Mrs. A. R. MacDonald of Toronto.

Miss Nancy Carscadden of Kingston spent a week with her parents, Mr. and Mrs. Fred Carscadden.

How does it feel to be out on the street?
Find out. Take a walk.



ANNOUNCEMENT

There will be a general meeting of all those interested in Christian Public School education at the Lion's Den in Metcalfe on March 2 at 8:00 p.m. The purpose of the meeting is to organize a Christian School Association and to elect a board which shall be authorized to establish a Christian Public School in the Metcalfe, Russell area.

For further information call John Bouwers at 821-1987.

Meditorial

By Rev. James Paul

Have you ever considered one interesting characteristic of the chipmunk and how it relates to a Christian's life? The chipmunk has an appropriate name which actually means "the steward" or "one who lays up stores". With remarkable foresight, the animal lays aside provisions for times of scarcity. During the days of

autumn, the striped bundle of energy labors from dawn until dark — finding and storing away nuts in its winter warehouse underground. One chipmunk is reported to have stashed away a bushel of food in three days. This little creature displays the admirable characteristic of responsibility, a quality every

follower of Jesus needs to develop.

In Matthew 6:19-21, the Lord Jesus spoke about man's need to practice spiritual responsibility saying "lay not up for yourselves treasures upon earth, where moth and rust doth corrupt, and where thieves break in and steal: but lay up for yourselves treasures in heaven". Canadians have excelled at being financial stewards. In fact, we have one of the highest per capita averages in the area of personal savings. In spite of our bank accounts bulging with money, we find it hard to be spiritual stewards. Satan has authored the lie that man is not a spiritual being — once you die there is no more. The real truth of the matter is that our physical life is but a flash of time when compared with the length of eternity which begins immediately after death. "Eat, drink, and be merry for tomorrow we die" is a blind philosophy set on fire by hell. Life may end tonight for you, have you prepared for eternity? The best way in laying up for yourselves treasures in heaven is by signing the ownership of your life over to Jesus Christ.



ROYAUME REPRIEVED

Royaume des Petits president Richard Blouin and director Suzanne Lemieux are shown at a meeting last month of parents with children enrolled in the Embrun nursery school. Russell Township council recently decided to continue financing 20 per cent of the school's \$32,500 annual operating budget, good news for parents who pay \$50 a year for each child enrolled; most of the school's funding comes from the provincial government. Council had discussed cutting its subsidy to the school but a 500-name petition persuaded it to reconsider. The school is in a duplex on Lapalme Street in Embrun.

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RUSSELL

445-5409

Kenmore and Russell Baptist Churches

Minister: Rev. James Paul, 821-2144

- Kenmore — Sunday School, 10:15 a.m.; Morning Worship Service, 11:15 a.m.
- Russell Evening Fellowship, 7:30 p.m.
- Sun., Feb. 11 — at Hal Wahl residence, Felton
- Sun., Feb. 18 — at Al Staniforth's residence, Forest Park
- Sun., Feb. 25 — at John Bailey's residence, Russell
- Sun., March 4 — at Wally Lehmann's residence, Casselman



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