TABLE TALKS

Green Peas

What makes better eating than dewy, round green peas, fresh from the vine? Personally I don't believe that any garden vegetable tastes as delicious as those tender first peas.

But before you know it, those vines are liable to be loaded, and that's when you have to really hustle to catch the peas at their best for the can or freezer. And that's the perfect time to freeze or can a good supply for next winter—before they have time to get too old and starchy.

Cook the freshly picked and shelled peas gently and only until tender. This takes from 10 to 20 minutes. Drain and season with butter. Save the liquid to use in sauces and gravies, and use it as part of the liquid in a rich cream sauce.

Peas With Cream

2 tblsp. butter
2 small onions
1 heart of lettuce
1 bunch of parsley
3 pts. shelled peas
1 tsp. salt
Boiling water
¼ c. liquid from peas
½ c. cream

Melt fat in saucepan. Add whole onions, heart of lettuce and parsley (both well tied), peas, salt, and sufficient boiling water to cover the bottom of pan. Start the cooking of peas over high heat. After 10 min., reduce heat, and cook peas with the saucepan tightly covered, so that no steam will escape. When peas are tender, remove onion, lettuce, and parsley. Drain peas. Add ¼ c. liquid from the peas to cream, and pour over the peas. Serve very hot.

Peas team up with meats or eggs for main dishes as does no other vegetable. Their rich green can make a dish colorful and appetizing.

Scalloped Salmon and Peas

1 c. bread or cracker crumbs
2 c. salmon, flaked
2 c. cooked peas
2 c. milk, scalded
2 eggs, well beaten
1 tsp. salt
2 tblsp. butter

Place in buttered casserole alternate layers of crumbs, salmon, and peas. To hot milk add well beaten eggs, salt, butter, and pour over salmon mixture in casserole. Bake in moderate oven (350 F.) until brown and firm. Yield 6 servings.

Savory Green Peas

4 tblsp. butter
4 tblsp. flour
2 c. milk
½ lb. cheese, grated
½ tsp. salt
⅛ tsp. pepper
3 c. hot, cooked seasoned peas
3 hard-cooked eggs, coarsely chopped
⅓ c. chopped onions

Make cream sauce with butter, flour, and milk. Add ¾ of the cheese and stir until melted. Season with salt and pepper. Place the hot peas on platter and cover with the cheese sauce. Sprinkle with the chopped eggs and onions, then with the remaining shredded cheese. Place under broiler just long enough to melt the cheese. Yield: 8 servings.

Chicken and Vegetable Pie

1 c. peas
½ c. celery, chopped fine
¾ c. diced raw potato
1 small onion, chopped fine
½ c. water
2 c. diced cooked chicken
1½c. white sauce
1 tsp. salt
¼ tsp. pepper

Mix vegetables together and cook in ½ cup of water until almost tender. Drain. Mix vegetables with the cooked chicken and white sauce. Add seasoning and put into a shallow baking dish. Cover with the rich pastry rolled to about ⅛-inch thickness. Bake in hot oven (400F.) for 25 min. or until pastry is browned. Yield: 6 servings.

Take Your Choice—There is no lack of variety in beach fashions this year. Here are three of the latest creations by top Canadian designers. The dressmaker type (upper left) is of nylon printed twill carrying a gay sailfish design. A neat one-piece number in crisp nylon taffeta with contrasting white piping is shown (upper right). The cool-looking black and white two-piece suit (below) is another nylon twill which should prove highly popular with those who find sunbathing as exhilerating as swimming. Nylon's ability to keep its shape, its quick-drying and lightweight properties, make it an ideal fabric for beach wear.

...THE GREEN THUMB...

By Gordon L. Smith

Summer Mulching

Summer mulching is no longer an experiment, but a proved garden practice. A covering for the bare soil surface provides conditions which are natural to your plants and beneficial to them.

Mulching benefits the gardener as well in many ways. Two of these are the elimination of much cultivation that would otherwise be necessary, and the suppression of weeds. Even if there was no other gain, these two would make mulching worth while. Then, too, a properly mulched garden requires little or no watering.

* * *

Here, briefly, is what summer mulching accomplishes. It prevents erosion and soil baking; checks evaporation of much-needed soil moisture; and shades the soil, keeping it cooler during the day and warmer at night. This in turn results in an increase of soil bacteria which transforms raw fertilizer materials into nourishing plant food.

The mulch also holds rain water, giving it to the plants gradually. Mulched areas for this reason almost invariably show increased root activity.

* * *

Almost any plant material may be used for mulching. This includes low-growing plants, usually referred to as ground covers. These are of the utmost value in a shrubbery border or in shaded areas where lawn grasses do not thrive. Mulches in a flower garden should of course be as inconspicuous as possible, and for that reason granulated peat moss and shredded tobacco stems are popular. But there are many other substances which serve the purpose almost as well, such as buckwheat hulls, leaves and coarse compost. Hemlock and pine needles are especially good for acid-soil plants; and for mulching a rock garden stone chips are best. Larger stones placed in a perennial border often work wonders; and newly planted trees like a mulch of sand, two inches or so deep, spread as far as the branches of the trees extend.

* * *

All the substances mentioned may be used in the vegetable or fruit garden as well; and in addition there are strawy manure, straw, marsh or salt hay, ground corncobs, shredded cornstocks and a host of others.

Among the wood products used for mulching we might mention are mulch paper, sawdust and excelsior. Lawn clippings have not been mentioned because the best place for them is right on the lawn where they fall.

* * *

From many parts of Canada and the United States comes word of one "crop" that shows signs of extra-luxuriant growth this year—and it is one which we could very well do without altogether. The three-lobed leaves of Poison Ivy are shooting out from old vines that have climbed walls and tree trunks, as well as creeping along the ground.

Spraying with 2-4-D on a sunny day is an easy way of destroying Poison Ivy. Two applications may be needed in shady places. But every precaution against infection should be taken while spraying, including gloves, long sleeves and scrubbing with strong soap when the job is done. And don't forget that 2, 4-D is hard on spraying equipment. However carefully sprayers are rinsed some residue is almost certain to remain and eat tiny holes in the metal. Best plan is to mix the 2-4-D in a gallon-size glass jar, and screw on a plastic gadget to sprinkle the foliage.

CHRONICLES OF GINGER FARM

By Gwendoline P. Clarke

My menfolk have been very busy this week re-seeding our spring crop. One field had to be worked all over again and the entire field re-sown. Another field was re-seeded just where the showing of green shoots was thin and bare. Most farmers are doing the same thing. It is discouraging, of course, but then it is just an experience that farmers have to take every so often. And if the crops come along all right in the end I am sure there will be very little complaining. Of course some farmers, with lighter soil, managed to get their grain in and growing before the rain came. Their fields are really looking splendid.

Another big change took place this week. Partner turned the cows out to pasture. The date was May 27. (CBC please note — the date might interest your dairy experts.)

* * *

You would think cows would be gloriously content their first day out on the grass wouldn't you? But no! After the first hour, during which time they in turn chased each other around or ate voraciously at the fresh green grass, after that they began to bawl. Some of them remembered their off-spring in the barn so they bawled to get back into the stable. Others bawled because they were thirsty. They didn't need to be thirsty; there is plenty of fresh running water in the creek but it isn't what they had been used to, so, like spoilt children, they tried bawling to see if they could get what they wanted that way. But that kind of thing doesn't work with cows so well as it does with children—that is, some children. Still other cows were neither thirsty nor overburdened with a mother complex—they just bawled because the others bawled — and usually the ones that have nothing to bawl about are the ones that bawl the loudest. Cows are not so very different from the human race after all, are they?

* * *

Hasn't it been grand to have a little warm weather? It has even been warm enough to work outside so I have at last managed to pull a few weeds out of the flower beds. While working I have also been bird watching. Last year I said how I wished I had a really good bird book and one of my readers write telling me the book I should get. Acting upon his advice I bought "Birds of Canada" by P. A. Taverner and found it to be exactly what I needed. Given the opportunity for close observation, identification of the various birds is a simple matter with this book to guide you. Yesterday there were a pair of birds on the lawn—slate-grey, black cap and chestnut undertail. They were very interesting to watch and my book informed me they were "cat-birds." That same evening I heard a lovely little songster at the back of the house; every so often he seemed to say "Jerry-bob . . jerry-bob." I couldn't see him but I sat quietly and watched. Presently he flew down to the clothesline and to my delight I saw it was one of my little cat-birds. His mate was answering from a distance so perhaps they are nesting not too far away.

* * *

How strange it is that weather conditions—bad for certain types of growth are good for others. This cold, wet spring, for instance—so bad for crops, seems just exactly right for fruit trees. But perhaps I shouldn't generalize—I am judging only by our own Early Richmond cherries. The trees were loaded with blossom and it looks as if every blossom has "set". I have hopefully inspected the harvest apple—it too was a solid mass of bloom—but it is too early yet to speculate on results.

* * *

Well, June 7 is getting very close and yet there seems to be very little excitement in the air. Personally anyone could have my vote who would tell me where I could get a good used electric refrigerator! Of course I am not serious—my vote could never be got by bribery. I vote as I please and I am not influenced by election promises but by party records. Which party? Why, the right party of course—and you know which that is, don't you?

New, — And All Of Them Useful

Engine Starter. Moderately priced and easy to install on most cars, trucks and motor boats, this starter does not interfere with the normal operation or running of the motor. It makes it possible for the operator to start the engine by merely turning on the ignition key; and if the engine stall at a traffic light, on a hill or at a railroad crossing, it automatically cranks the engine.

Cold Paint Stripper. A new product that requires no heat and is non-inflammable, and that removes paints, enamels, lacquers and synthetics almost instantly. It requires no neutralizing other than a pressure water wash or wiping well with a rag; and refinishing can then proceed immediately.

One Car Garage Pattern. To help meet the tremendous demand for one-car garages, this pattern simplifies construction of an architecturally styled garage and tool house. Measuring 13 by 20 feet the garage contains ample room for even the longest car, and provision is also made for a garden tool room completely partitioned from main part of garage.

Indoor-Outdoor Thermometer. A double-feature thermometer which is hung adjacent to a window and tells you how cold it is outdoors and, at the same time, the temperature inside your house.

Light Weight Cycle. Designed especially for the American market this new British bicycle weighs only 25 pounds 14 ounces. It is 21 pounds lighter than the average bicycle on this side of the Atlantic and 8 pounds lighter than usual British cycles for the home market.

For Preserving Food. A combination of a thermoplastic resin with an odorless and tasteless preservation for the coating of fresh food, particularly fresh eggs in their shells. Vegetables, fruits and other foods can also be treated with it.

For Cooler Homes. A new electric fan, weighing only thirty-five pounds, is claimed to deliver nearly twice as much air as other fans the same size. Company engineers have found that an exhaust fan set three feet from a window is 50% to 100% more efficient than when set flush to the wall.

The Hard Part

Like all successful writers, Stephen Leacock was constantly being importuned by ambitious would be authors to impart to them his magic recipe for writing success. They wanted to know just how he wrote his delightfully funny paragraphs.

To this supplication, the humorist would reply, "It is not hard to write funny stuff. All you have to do is to procure a pen and paper, and some ink, and then sit down and write it as it occurs to you."

"Yes, yes," the would-be writer would prompt.

"The writing is not hard," Leacock would conclude, "but the occurring—that, my friend, is the difficulty."

Answer To This Week's Puzzle

	R	U	N	G	S		S	A	L	A	D			
D	E	P	A	R	T		P	R	I	M	E	R		
A	S		P	A	R	T	A	K	E		B	E		
R	U	M		B	I	R	D	S		C	A	W		
E	M	I	T		V	I	E		M	O	T	E		
S	E	D	A	T	E		D	R	O	N	E	D		
		I	R	E			E	O	N					
P	A	R	E	N	T		S	T	R	I	P	E		
E	R	O	S		R	A	P		E	V	I	L		
D	E	N		C	A	S	E	S		E	R	A		
A	N		P	O	C	K	E	T	S		A	T		
L	A	M	E	N	T		D	E	L	E	T	E		
	S	E	R	E	S		S	T	Y	L	E			

BACKACHE May be Warning

Backache may be a signal your kidneys are failing to filter excess acids and poisonous wastes from the system. Dodd's Kidney Pills help relieve this condition, often the cause of backache, headache, rheumatic pains or disturbed rest. Dodd's contain essential oils and medicinal ingredients which act directly on the kidneys and help them regain normal action. Get Dodd's Kidney Pills to-day. 138

Dodd's Kidney Pills

Wool - Blankets - Wool

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"THAT'S A VERY SENSIBLE PURCHASE M'LOVE — WHY DIDN'T YOU BUY A COUPLE?"

"Huh? What'd you say? Oh — you mean those malty-rich, honey-golden Post's Grape-Nuts Flakes!"

"They're some dish!"

"They're so cleverly made — of two grains, you know — really divine Canadian wheat and malted barley!"

"They sure taste out of this world, darling — but you're forgetting that other reason why I go for Post's Grape-Nuts Flakes."

"Energy, you mean? The carbohydrates that load you up with energy so they call you the human dynamo?"

"Right! And what are those things that help build up the old muscle?"

"Proteins, Hercules. And Post's Grape-Nuts Flakes sure have got 'em!"

"And phosphorus — what's that for?"

"That's for sturdy bones and sound teeth."

"Eating Post's Grape-Nuts Flakes every day — no wonder I'm such a husky guy!"

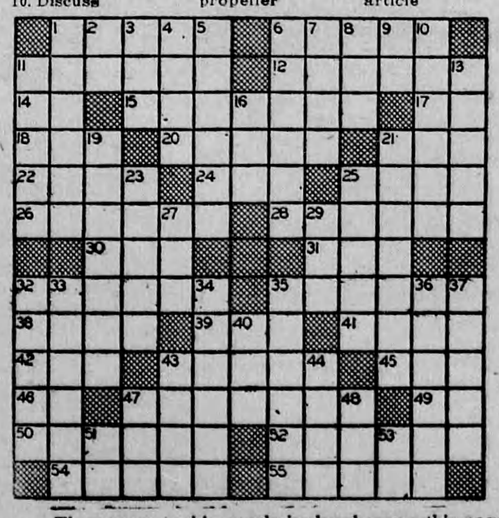
"And Post's Grape-Nuts Flakes give you iron for the blood—and other food essentials."

"Say — Post's Grape-Nuts Flakes are ready to eat right from the package, so let's have some, quick."

CROSSWORD PUZZLE

ACROSS
1. Ladder steps
6. Cold dish
11. Leave
12. Device for firing an explosive
14. Like
15. Share
17. Exist
18. Strong liquor
20. Flying animals
21. Hoarse cry
22. Radiate
24. Emulate
25. Dust particle
26. Sober
28. Spoke monotonously
30. Anger
31. Eternity
32. Forebear
35. Band
38. God of love
39. Light knocking
41. Sin
42. Lair
43. Situations
45. Age
46. Article
47. Small bodies of ore
49. Near
50. Bewail
52. Erase
54. Withers
55. Fashion

DOWN
1. Renew
2. Higher
3. Pile
4. Snatch
5. Endeavor
6. Prepared to plant
7. Boats
8. Rest
9. Exist
10. Discuss
11. Defies
13. Remarry
16. Prefix meaning three
19. Golf club
21. Cooperate secretly
23. Weeds
25. American jurist
27. Numeral
29. Steep
32. Bicycle propeller
33. Boxing rings
34. Regions
35. Hurries
36. Corsair
37. Puff up
40. Request
43. Ice-cream container
44. Do not dele
47. By
48. Crafty
51. Myself
53. Spanish article



The answer to this puzzle is elsewhere on this page.

LITTLE REGGIE

By Margarita