

Of Interest to Women

Menu Hints

Recipes for New and Novel Dishes, Household Ideas and Suggestions

ASPARAGUS

The delicacy of asparagus as it comes to the market fresh, crisp and green typifies spring. Asparagus is often classified as a luxury vegetable, but never knowledge of nutrition emphasizes the value of green colored vegetables and therefore it should be used often during the short season. Simply boiled and served with butter asparagus is delicious, but there are many ways in which this vegetable may be used.

The Consumer Section, Marketing Service, Dominion Department of Agriculture, suggests the following tested recipes:

Asparagus Potato Puffs

- 1 cup asparagus puree
- 2 cups hot mashed potatoes
- 1 egg
- 1 teaspoon salt
- 1/2 cup bread crumbs
- 3 tablespoons butter

Mix asparagus, potatoes, salt and well-beaten egg. Drop in spoonfuls on a greased baking sheet. Brush surface with melted butter. Sprinkle lightly with crumbs. Bake at 400 degrees F. until golden brown.

Chicken and Asparagus Casserole

- 12 stalks asparagus
- 1 cup cold cooked chicken
- 1 1/2 cups water
- 1 cup milk
- 3 tablespoons butter
- 5 tablespoons flour
- 1 cup bread crumbs

Cook asparagus 15 minutes in water. Drain and reserve water. Melt butter. Add flour. Cook until frothy. Add asparagus, water and milk. Stir until thickened. In a baking dish spread 1/2 crumbs, then chicken and asparagus. Pour sauce over. Top with bread crumbs. Bake 20 minutes at 325 degrees F.

Cream of Asparagus Soup

- 2 cups milk
- 1 cup asparagus water
- 1/2 cup asparagus
- 2 tablespoons butter
- 2 tablespoons flour
- Salt and pepper

Press asparagus through a coarse sieve. Melt butter. Add flour. Cook until frothy. Add liquid. Stir until smooth. Add asparagus puree. Season and serve at once.

To can asparagus at home use only freshly cut stalks. Cut off any woody portion. Scrub thoroughly with a brush to remove sand and scales.

In bunches of size that will conveniently slip into a pint jar. Stand the bunches upright in a saucepan with about two inches of water. Cook closely covered for four minutes.

Pack in jars, allow one-half teaspoon of salt to each pint jar and fill with boiling water. Use the water in which asparagus was cooked, adding sufficient freshly boiled water to fill the jars to overflowing.

Put on rubbers and tops and partially seal. If screw top jars are used, seal completely, then loosen one-half turn. If spring top jars are used press down one clamp.

Place jars in sterilizer. If pressure canner is used follow directions for the type and allow forty minutes at fifteen pounds pressure. If water bath canner is used allow water to cover jars at least two inches and sterilize two hours. Be sure that water is kept boiling.

When jars are removed from the sterilizer seal at once. Cool, wipe dry and store in a cool, dry, dark place.

Shopping Now Treasure-Hunt

Brussels Sprouts for Oranges in England But It's Exciting

LONDON, (CP)—"Quite frankly I pity everyone who is not sharing our experience," says a cheerful woman writer in Overseas telling of shopping in England in wartime. "Shopping has become an exciting treasure-hunt," she says. "The real letter days stand out as those on which we have been lucky enough to find a tin of tinned, a little cheese or a few dates. In the old days there was only boredom to be got when we knew we could get everything we wanted from every part of the world."

Of the green-grocers' wares she writes: "Piles of potatoes and brussels sprouts now take the place of oranges and bananas; rhubarb instead of grape-fruit. We are urged on all hands to return to the ways of our grandparents and eat more porridge and oat cake. Nothing, of course, could be better, and it is surprising how little difference it makes after all."



AIR COMMODORE E. W. STEADMAN, O.B.S., A.R.C.S.C. Air member for Aeronautical Engineering on Canada's Air Council

Chronicles of Ginger Farm

Written Specially for The Acton Free Press by GWENDOLINE V. CLARKE

With spring seeding almost finished, and after that we shall be watching and praying for rain. The ground is terribly baked which makes it very hard going for the horses. But still, although we do need rain badly, it has been nice to have a week's fine weather so that seeding could go on without any let-up. The tractor, after having done a good week's work with Son at the wheel, is now sitting high and dry in the driving shed. Son is away back to Hamilton and shirts, overalls and underwear have been washed and put away, so now I believe we have finished with that horrible oily, tractor smell around the place. Sometimes I wish we had a boy who wanted to work in a bank or hold down an office stool. It would be so much cleaner. At other times, when I see the work he can accomplish in a little while, I feel thankful we have a boy who is mechanically minded. Of course Partner gets dirty at his work, too, but somehow I don't seem to mind that—I suppose because it is just ordinary farm dirt that seems natural with tilling of the soil and caring for the cattle.

Let me see—what I was telling you last week? Oh yes—about the chickens—oh—that was one of my worries. Well, I lost about sixteen altogether and I don't think that was too bad. After all, one can't expect one hen to look after a hundred chickens and not tramp a few. Our little noise from Toronto—age six—was here last Saturday and she was thrilled with the baby-chicks—Of course she had to have one to hold in her hand by her very own self, and stood glibly breathless while the little thing cuddled down contentedly in her warm, moist palm, with the other hand on top of it to keep it from falling. There were also three new calves at the barn for Ann to see and polywogs in the creek. We even had to find a jar so that she could take some polywogs home with her. I have no doubt she would have taken a few chickens too had she been given the chance, but I didn't notice any enthusiasm about that from Mommy and Daddy. I always think it is such fun showing a little girl or boy from the city around the farm. They get such a thrill out of everything they see and I sometimes think it makes us farm people appreciate what we have a little better to have other people so thrilled over the ordinary everyday things we have come to take so much for granted.

We haven't got our radio home yet and it has been away over a week. However I think it will be here tomorrow for which we shall be truly thankful. Do you know what we did? We were so desperately anxious, to hear Dorothy Thompson when she was speaking in Toronto that I went down town and hired a radio until our own should be done. And we thought Miss Thompson's address well worth the hire of the radio. Of course, we know we could have heard her at any of our neighbors, but these days one hasn't time to go rummaging around for what one wants to hear.

It seems one can learn something from almost every experience. By being without a radio for a week we learned how easy it is for people to just go on with their work without ever thinking about the war at all—that is if they haven't a radio. Or even if they have a radio and don't listen to the news-casts. Or, if they don't read a daily paper, or haven't letters coming from the old country. Yes, you can go on with your work, if you are so minded, without worrying about the war at all, simply because there is nothing in this country to bring it home to you unless it's the budget. There is nothing to remind you that the planes are being bombed, and hundreds and thousands being made homeless. There are no screaming sirens, no deafening anti-aircraft guns, no black-outs, no terrible sickening scenes of rescue crews digging out the dead and wounded from the rubble of shattered buildings. We can, if we shut off our radios and read nothing but the "funnies" in the paper, get on with our work in comfort, get on with our working hours to suit ourselves. We can go to bed and enjoy sound sleep; we can get up the next morning refreshed and strengthened for a new day's work and spend the whole day, if we so desire, sweeping, dusting, baking, mending and for no one but our own families. Every woman knows it is quite possible to put in all her time at home if she is fussy enough. It is my opinion that to do so is to make ourselves individual isolationists. We need the radio to

Navy Men Proud Of War Savings

Some Notes on Men in Training Base on East Coast

HALIFAX, (CP)—A day at Stadacona Two, training base for hundreds of Canadian naval stokers and signalmen, put these notes in a reporter's pad:

"Pride over their showing in the War Savings Campaign is rampant among officers and men alike. Nearly 95 per cent will have an average of about \$3.75 a month taken from pay, which in the majority of cases is less than \$40. . . . About 98 per cent of the men have never been to sea and some of the ablest never conquer seasickness. "Sea Legs" come to the average landlubber in about two months.

Teaching the men to use the navy's singular dialect is another problem. They must learn that once they step inside the doors of the huge exhibition building they are "aboard," that the floors are "decks." . . . The signal base has adopted the crest of the Portsmouth signalling school in England.

The copy, like other excellent posters and sketches around the walls, was turned out by red-headed Murray Westgate of Regina. . . . Murray came in as a telegrapher but his artistic talents were soon recognized and put into service.

Cosmo of R.C.N.

More than a few of the men in uniform of an ordinary sailor are B.A.'s, M.A.'s and B.Sc.'s. David La Touche, whose son lives in Houston, Texas, is an ex-Harvard man who served as an ordinary telegraphist before getting a chance at the officers' training course.

Names pour in in wide variety, like Vladimir Hummlak, a Winnipeg Russian, now at sea; Stefan Odlifsson of St. Vital, Man., a Swedish descendant, and Samuel Iscovitch, a Montreal Hebrew. . . . The only khaki on the scene comes from the dentists, army men. No man is allowed to go to sea without his teeth in A1 condition.

One of the 33 survivors of the H.M.S. battle cruiser Queen Mary, sunk at Jutland, is commander of the dormitory. . . . He finds many of the boys know little about their new tasks—making beds, washing their clothes and generally doing things "ma" used to do at home. . . . About officers: Captain of the school is J. C. I. Edwards, an aggressive man with a tennis racket. . . . Mascot of their mess is Sadie, oddly enough a tom cat and whose methods of slipping in and out are mystery to all. . . . Officers with grey pants are talking a signal course. White pants and galtoners indicate they are studying discipline.

British Perish In French Camp

Imprisoned by Germans Under Shocking Conditions Many Lose Lives

LONDON, (CP)—Of 4,000 British subjects interned by the Germans at Besancon, France, 140 died in the first six weeks, says a dispatch to The Daily Telegraph from a special correspondent in Lisbon.

The British subjects, women, children and elderly men, were arrested by the Germans in occupied France last December. It is believed about 1,000 Britons are still interned at Besancon. The arrests were a so-called reprisal for detention of certain Nazi women in Britain.

The correspondent's informant said the barracks were in a filthy condition when they were moved into them. Living conditions were shocking with sanitation non-existent. They were packed together in dormitories, with scarcely room to move between the beds. Some women slept in two-tier beds one above the other.

"Breakfast consisted of coffee substitute and a mid-day meal of soup made from potatoes and mangolds, with occasionally small pieces of meat floating in it."

The informant said she believed about two-thirds of those originally arrested had since been released.

BEARS ON PARTY LINE

SANTA BARBARA, Calif., (CP)—After many protests of subscribers about interruptions of telephone lines here it was discovered that bears along a deep forest section had chewed through several poles and crashed the wires.

keep our senses alive to the urgency of the hour. We need to use every spare minute to work for those who have so little time or opportunity to work for themselves. And if we haven't any spare time when we need to eliminate some of our own work to make time. "Just will keep but violets won't" nor will bombs, and suffering, and hunger, and cold. We who can work in comfort must remember those who can't, before it is too late. A warm quilt may mean life or death to some poor soul. Don't let us be isolationists—for that is what we are if we shut our eyes and ears to what is going on in the world today.

Canada Boosts Cheese Output To Front Line

Ottawa All Set for Millions of Pounds Increase to Export to United Kingdom

OTTAWA, (CP)—Canadian cheese, 12,000,000 pounds of it, will flow across the Atlantic in a steady stream to maintain the strength of the front line in the United Kingdom.

Agriculture department officials report "things look all right" in respect to supplying Britain's large cheese requirements. Producers are switching into cheese production as expected, and while no experts have taken place as yet under the "112,000,000 pounds or more" agreement with the United Kingdom the movement will begin in the immediate future.

Observing the farmer's usual switch to cheese production at this season, agriculture department officials said the quantities in sight were satisfactory.

Production Soars

Messages from the United Kingdom have demonstrated the satisfaction with Canadian supplies of cheese which soared from 81,153,400 pounds in 1939, to 103,191,700 in 1940 and will probably surpass 112,000,000 pounds this year.

Canadian cheese exports have a vital importance in maintaining the

health of workers underground, said information received by the agriculture department from the United Kingdom. A recent letter from South Wales miners to the British Ministry of Food said that the men underground felt the shortage of cheese very keenly. Because of the dust, butter, meat and other soft foods were not suitable for those working in pits and more cheese was wanted.

Under the British cheese rationing system effective May 5, the general ration starts at one ounce per head per week, but a special allowance of eight ounces per week is provided for miners working underground and persons engaged in agriculture.

Recalls Cheddar "Our information is that Canadian cheese comes near being exactly the same as English cheddar which has been most popular in the United Kingdom for a long time," said an official here. "We have heard of many complaints on the quality of our cheese in these years of major exports and we are confident that the supplies the United Kingdom requires in these times will be made available by Canadian producers."

SECOND GROUP NOW IN TRAINING UNDER FOUR MONTHS' SCHEME

A total of 9,830 young men called for the four months' training period are now in training. In the second draft 468 of the 5,358 reporting failed to pass the medical examination at the training centres.

Hubby Can Cook? Let Him Show It

Maybe He Has One Specialty and That's Worthy Showing The Folks

MONTREAL, (CP)—If your husband tells how he used to cook, don't let him off with talk. Get the data to the last spoonful, because a man who admits he can cook likely is a cook worth listening to, says Mrs. Alexander George of The Associated Press.

A lot of men you meet these days speak by their cooking. They are making parties something different with their command of the skillet. You find some of them with one specialty only, but a good one. And you find some who surprise you with a cookbook full of successes. You may know them, the novelist, is one of these with a notebook of successful recipes. He got started cooking while digging up background for his books. He was amazed at the facts he found about people and places via food.

You Roll Them Better With

OGDEN'S FINE CUT CIGARETTE TOBACCO

MULTI-USE ENAMEL

EASY TO USE - FAST DRYING - 28 MODERN COLORS

Gives Sparkling Beauty to all inside and outside surfaces

CRYSTAL CLEAR Gives a clear high-gloss protective finish to all surfaces, inside or outside.

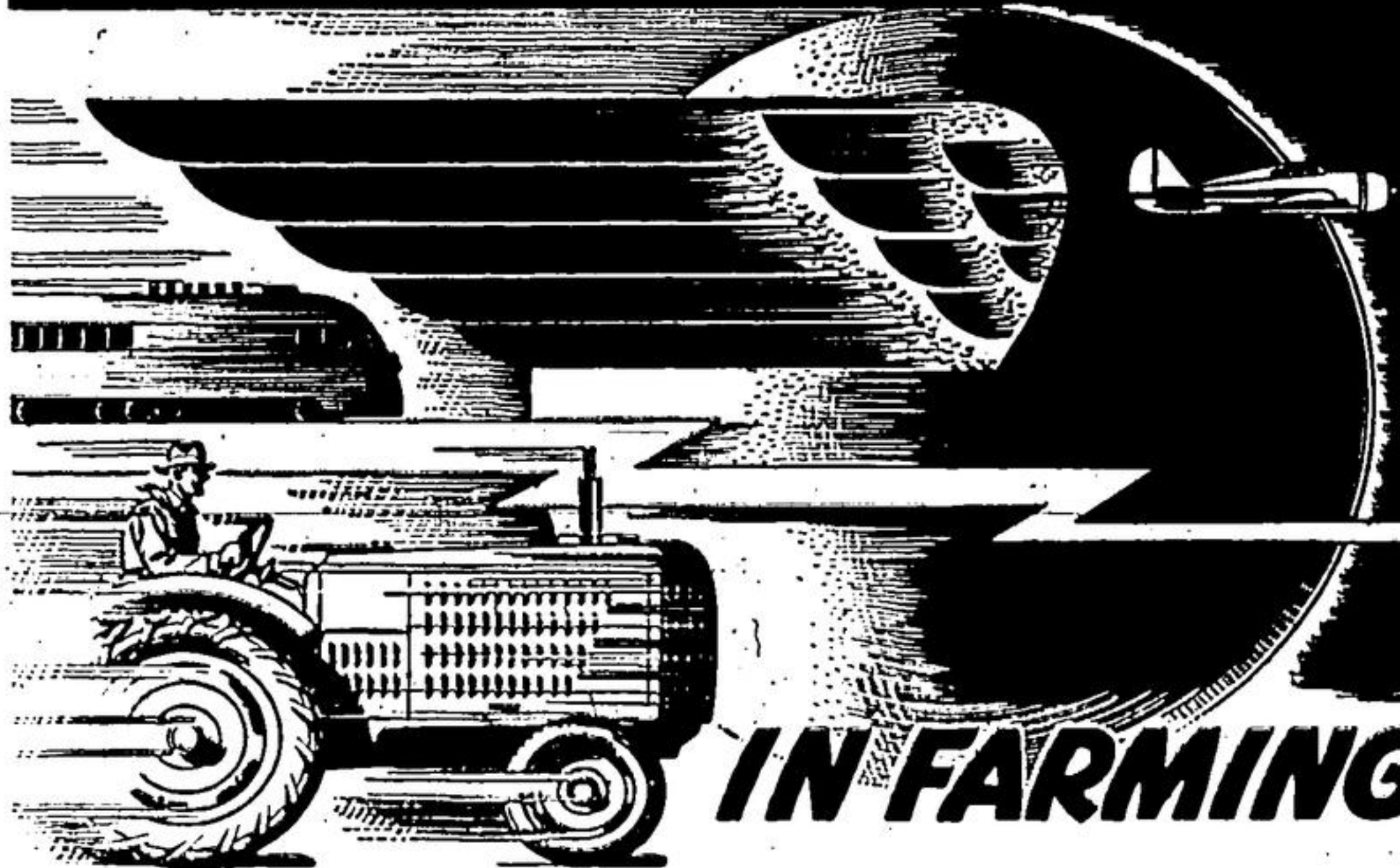
Use it on FURNITURE, WOODWORK, FLOORS, TOYS, IMPLEMENTS, BOATS, etc.

W. D. TALBOT

PHONE 76

MILL STREET, ACTON

TRANSFORMATION -



IN FARMING

SCIENCE and technological progress have wrought wonders in the realms of transportation, communication and industrial engineering. The ease and speed of travel by car, and now aeroplane, the practical elimination of space by telephone and radio and the convenience and comfort of electric lights and electrical household appliances are worth-while achievements towards the more abundant life.

In keeping with this progress is the contribution of the implement manufacturer toward lightening the labor and increasing the efficiency of the farmer. Farming has also been transformed.

All too little recognition in this respect has been taken of the tremendous advances in farm tractors. In design—more practical and attractive—the ease of starting and operating of an automobile, operating at low cost, making possible astounding reductions in the cost of certain farm operations, and with greater power, at prices which put them within the reach of even the smaller farmer.

This more tractable and flexible source of power revolutionizes farming practice, eliminates the back-breaking work of days gone by, and makes it possible, in many instances, to operate gainfully even under existing difficult conditions.

MASSEY-HARRIS COMPANY LIMITED BUILDERS OF GOOD FARM IMPLEMENTS SINCE 1847