# Of Interest to Women

## THE MIXING BOWL

By ANNE ALLAN
Home Economist

Spring is in the markets—the counters are beginning to take on a colorful appearance, and to present some items we haven't seen in a long time. Asparagus, for instance, is coming in every morning. It grows quickly and as the season is all too short we should make use of it while we can.

One of the nice ways to serve asparagus is with slice of ham. Cook the aparagus stalk standing them up in a saucepan or with the heads propped up out of the cooking water by inserting a small tin at one side of the kettle. Heat slices of boiled ham in a small amount of tomato juice, using another saucepan. When you are ready to serve, lay the slice of ham on the platter and put a serving of asparagus on it. Serve with a mock hollandaise sauce.

There are still potatoes on the market this year. But let's not waste them. Keep them in a cool, dark place and prepare them in ways to prevent waste. A good rule is to serve baked potatoes three times a week.

**Take a Tip:**

1. Check the price per pound or can or package of the food you wish to buy and consider nutritive value before you buy.

2. Store the imported vegetables carefully; they are accustomed to a moist, cold atmosphere. Clean and store them in your electric refrigerator in the crisping pan or covered pan.

**ASPARAGUS RABBIT**

Welsh rabbits served over cooked asparagus tips placed on toast makes a splendid luncheon dish. Crisp bacon may be served in addition.

Melt 1 tbsp. butter in the top part of the double boiler, blend in flour. Add ½ cup milk, stirring it gradually to make a smooth sauce. Cook until thickened somewhat and smooth. Grate ½ lb. cheese (2 cups) and stir until melted. Add seasonings (¼ tsp. salt, ¼ tsp. prepared mustard and ¼ tsp. paprika.) Pour and serve immediately.

**ASPARAGUS SALAD**

Cut bread thin, remove crusts and spread with butter. Place in the centre of each slice a cooked asparagus tip marinated with French Dressing. Roll bread around it and secure with tooth picks. Cut in two at an angle after thoroughly chilling the rolls. These are favorites at wedding teas.

**CREAMED POTATOES AND ASPARAGUS**

Cook vegetables separately, allow one half pound asparagus to six potatoes. Combine with cream sauce, using half asparagus water and half milk for liquid.

**MOCK HOLLANDAISE SAUCE**

2 tbsp. butter, ¼ tsp. salt, 1 cup milk, 1½ tbsp. flour, 1 tbsp. lemon juice, 1 egg yolk.

Melt butter on top of double boiler. Add flour and blend until smooth. Add salt and lemon juice. Add cold milk gradually, stirring constantly. Cook over hot water continuing to stir until mixture thickens. Cook for 15 minutes, stirring occasionally. Pour hot sauce over beaten egg yolk. Return to top of double boiler. Heat thoroughly. Serve very hot. Be sure and remove from heat if sauce must be kept standing for a while before serving.

**The Question Box**

Mrs. J. M. asks: How do you bake kippers?

Answer: The easiest and yet nutritious way: Arrange them on an oven-proof platter or pie plate and pour tomato soup over them. Dot with butter; sprinkle with seasoning and bake in a hot electric oven for 20 minutes. Serve with a slice of lemon and piping hot toast.

Mrs. J. B. asks: How do you make a good crumb pie paste?

Answer: Use very dry bread crumbs. Make fine crumbs. Combine with 2 tsp. sugar and 2 tbsp. melted mild-flavored shortening or butter to each cup of crumbs. Pack into pie plate about one-enghth inch thick and bake in electric oven at 350 degrees for 15 or 20 minutes. Then cool and fill.

Mrs. A. H. says: Tell folks that their housecleaning is not finished until they clean the condensor of their electric refrigerator. We clean the fine coils twice a year with the vacuum cleaner attachment or a long handled brush.

Note: Pull the cord from the convenience outlet to disconnect the refrigerator before you start the cleaning.

Mrs. S. Mc. asks: Why do some pieces of home-corned beef become tough when boiled and other pieces do not.

Answer: You never "boil" ham or corned beef. If the water is kept boiling the fibres of the meat become tough. Start the meat in boiling water and boil it for several minutes so the heat will penetrate to the centre of the meat, then turn down the element so the water does not bubble but keeps at a simmering temperature.

**THE HOME TOWN TIE**

In many communities there is an intense feeling of loyalty and affection for the home town. People love it, they are deeply attached to it, and they would not move away unless they got very great inducements. In some towns there is less of that sentiment. A town where this loyal affection exists had a great asset. ogue, blooms outside in January and at good pay or have been prosperous in business, they usually like the town where they live. If they have good advantages in their home town, they usually become attached to it. A friendly spirit is a great help in pro- February. That sounds too good to be cling to a town where they have warm friends and where they meet welcoming smiles on the streets and in the organizations.

## Chronicles of . . Ginger Farm

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

Discouragement over our present unsettled weather led me to look up last year's seeding dates and I find we sowed our first spring grain on June 12. This is May 15, and we have one field sown and about two acres in another field, so I guess there is still hope—except that it is raining again! It is too bad the weather doesn't stay fine long enough for the farmers to finish seeding because the men say the land is in ideal condition and any grain that has been sown is growing splendidly. It is difficult for farmers to know how to work to the best advantage. In some cases, where neighbors have agreed to work together, one man has his seeding done, while the other hasn't started. That is likely to happen any time and the one who is left has to be a pretty good sport to take it. Co-operative farming is a fine thing in principle, but if the weatherman doesn't co-operate too, there is just a chance the scheme may create a little bad feeling. It just depends on what plans have been made beforehand and how willing each man is to take chances—and accept the result!

The country is really lovely these days. Of course, it is always lovely in the spring, but this year I honestly believe it is the best yet. I don't think there was ever a year when the grass, the trees, and the shrubs looked so fresh and green. Nor was there a year when the grass grew so fast. Or do I just notice it because I have to cut? It takes about three hours to mow all the grass around here—and that is without clipping the edges. Saturday I had it about half done and then had to leave it to go to town. When I came back, Partner had finished it. After all, a shower of rain has its advantages.

Do you mind if I say a word or two about chickens in general and mine in particular? You don't think I had better? Well, perhaps not, because what I might say wouldn't be fit for publication anyway. You see my chickens are now seven weeks old and high time they were roosting. To encourage them I took away their first low roosts and replaced them with the proper ones, slanting them in the approved fashion and placing wire-netting underneath to force the chickens to perch on the roosts instead of going into a huddle on the floor. When it was nearly bedtime for the chicks I went out to see what they were doing. I was very well satisfied because about half of them were roosting and I thought that was pretty good for a start. A little later I went back to shut them up for the night and every last chicken was on the floor. Some of them were even under the wire-netting. How they ever got there is more than I know. If only chickens could be trained like dogs.

And that brings me around to the subject of Tippy—and chickens. The other day I thought I heard a suspicious noise going on outside. On investigation I found Tippy stretched out on the grass with a chicken between his front paws. I noticed he kept giving it a wee bite as if it amused him to hear it yip. To my surprise the chicken wasn't hurt at all and jumped up and ran off as soon as it was released. And then it was Tippy's turn to yip and yelp. Since then he has left the chickens alone, although I often see him watching them with longing eyes. I'm not taking any chances.

Tippy loves to be with me when I am working in the garden—and I have been out quite a bit lately, what with cutting grass and setting out shrubs. I bought a few new ones last week and transplanted some of the others. One of the new ones is witch hazel which, according to the catalogue blooms outside in January and February. That sounds too good to be true—but it will be interesting to see what happens. But oh dear, if one could only be in two places at one time. The more I work outside, the more my work in the house gets behind. The paper in the dining room is half off and looks awful. It is a terrible wall to scrape—I don't seem to make any headway at all. Wouldn't somebody like a job?

**EXCHANGE OF CANNING SUGAR COUPONS**

The ration administration announces that "F" canning sugar coupons may be exchanged for preserves coupons on the basis of one "F" coupon for one preserves couupon but not until they are declared valid. The first five "F" coupons become valid May 25 and the second five on July 6.

## The Week at OTTAWA

BY DOUGLAS GREEN
Canadian Press Staff Writer

OTTAWA (CP)—For four days of the past week the contentious question of monetary reform occupied the attention of members of the House of Commons, and though the government's bill to amend the Bank Act has received second reading and now will go to the banking and commerce committee for study, it is certain to receive thorough verbal dissection there.

G. G. McGeer, Liberal member for Vancouver Burrard and long noted for his advocacy of monetary reform, teamed with Arthur Slaught, Liberal member for Parry Sound, to expound the belief that the Dominion should issue money not creating a debt, and that powers of chartered banks should be restricted.

Mr. Slaught set forth the view that inflation was a "bogey" which helped to keep the banking monopoly linked around the taxpayers' necks, and Mr. McGeer said that on the basis of Canada's financial experience in the present year—with war budget last year five times as great as that which experts earlier said Canada could finance—no future government should ever say it was necessary to borrow abroad to finance the Dominion's development.

Mr. Slaught's views on the function and operation of a commercial bank drew the rejoinder "complete nonsense" from Douglas Abbot, parliamentary assistant to Finance Minister Ilsley—an indication of the divergence of views which no doubt will see the banking and commerce committee the locale of lively discussion on the merits or demerits of the bill.

**Political Broadcasts**

Of interest to those of all political faiths is the acceptance by the Commons radio committee of an invitation from the Canadian Broadcasting Corporation to re-define a "national political party" for purposes of free network time, and the CBC's accompanying offer, made by Dr. Augustin Frigon, its acting general manager, of an increase in network political free broadcast time from a half-hour to an hour each month.

Some of the committee raised considerable objection to the present definition which provides that only Liberal, Progressive Conservative and C. C. F. speakers qualify for free time. Those most strongly opposed to the current ruling, providing that a party must have at least 61 candidates to qualify, were Social Credit members, who claimed that their party was excluded from the free time.

It is believed now that the CBC is willing to accept a new all-party definition and to widen the regulations by providing extra time to take care of extra party speakers.

Scope of the federal government's draft national health insurance plan, laid before a Dominion-Provincial health insurance conference here, was indicated by Pensions Minister Mackenzie's statement that the draft bill suggested that the federal government make grants covering health insurance, tuberculosis, mental disease, general public health, venereal disease, professional training and crippled children.

The minister said the proposed plan would cost an estimated $250,000,000 annually, an amount less than the present annual cost of illness. He offered the estimate, based on the assumption that each day of illness costs $3, that the total cost of illness annually in Canada is $264,062,700.

**Historic Speech**

Prime Minister Mackenzie King—in Britain for the Commonwealth prime minister's conference—provided one of the gathering's highlights last week when, standing in the history-steeped royal gallery of the Palace of Westminster, he told a joint session of both houses of parliament that "future security of the peace-loving nations will depend upon the extent and effectiveness of international co-operation."

He urged the British Commonwealth to provide world leadership in pursuing policies of international co-operation which could embrace all nations.

The Canadian leader's pronouncement on world policy was believed in harmony with views of Mr. King's fellow prime ministers.

In suggesting, the Empire take the lead in policies of co-operation, Mr. King declared:

"I profoundly believe that both security and the welfare of nations of the British Commonwealth, and in large measure, the security and welfare of all peace-loving nations will depend on the capacity of the nations in the pursuit of policies which, in character, are not exclusive but inconclusive.

"How far such policies can be successfully pursued will, of course, depend on the extent to which other nations are prepared to pursue the same policies. But let us, at least, wherever that is possible, give the lead that is in the interests of the world as a whole."

**Against Isolation**

From the Empire's foremost rostrum, Mr. King set himself against any idea of consolidating the Empire in opposition to other nations or groups. Similarly, he warned against changes in Empire consultation methods which might give the impression to people within the Commonwealth that their freedom of decision was limited or to peoples outside that the Commonwealth states were "ganging up." He referred to present methods of intra-Empire consultation as "a continuing conference of cabinets," in contrast to a single Imperial War Cabinet.

Meanwhile, Canadian citizens took another step in their "work and save" march toward victory by oversubscribing the $1,200,000,000 Sixth Victory Loan. They passed the minimum objective on the second last day of the three-week campaign.

**FAKE COSMETICS MENACE**

LONDON (CP)—English women who use black market cosmetics face life-long disfigurement, experts here warn. By adding what is termed "rubbish" to the small amount of oils and waxes made available by the government, they make in large quantities cosmetics said to be injurious to the skin.

**SHIPPING EXPERT JOINS THE R. A. F.**

LONDON (CP)—Robert Thomason, who went to Canada and the United States as leader of the British Admiralty Merchant Shipbuilding Mission in 1940 to arrange for construction of the first mass-produced ships, has joined the R. A. F. as an aircraftsman, second class.

At 37, he will be trained as a member of a bomber crew and thus satisfy his ambition to hit back at the enemy personally. The government would not allow him to join up before because he was judged too valuable to the shipping effort.

For his work in causing shipyards to spring up in swamps and wastelands and in keeping the production rate ahead of the number of ships lost he was awarded the C.B.E.

**RUBBER PRODUCTION UP**

DAR-ES-SALAAM, Tanganyika, British East Africa (CP)—This territory hopes to have full rubber production this year. Production in the last quarter was 10 times the amount during the same period a year ago.

To-day, as always, the 'Salada' label is your guarantee of a uniform blend of fine quality teas.

"SALADA" TEA

## ALLIES CONSOLIDATE BEACHHEAD

Following successful seaborne landings (Jan. 22) by the Fifth Army, thousands of British and U. S. Troops consolidated their beachhead in the Nettuno area about 30 miles south of Rome, and pushed rapidly eastward to cut the key supply lines of the German troops on the Garigliano front. By Feb. 2, the Allied forces were within 13 miles of Rome and the German's Gustav line had been pierced by the main 5th Army forces.

Picture shows: British Tommy guards first German prisoners shortly after initial landings on Italian west coast behind enemy lines.

## Officers Escape from Italian Prison Camp

Lieutenant General Sir Richard O'Connor, Lieutenant General Phillip Neame, V.C., and Air Marshal O. T. Boyd have escaped from their P.O.W. Camp in Italy and are safely back in Algiers. Air Marshal Boyd was captured by the Italians in November, 1940, when his plane made a forced landing while he was on his way to take up his new appointment as deputy to Viscount Wavell, then C.-in-C. Middle East. General O'Connor and General Neame were captured by a German motor cyclist armed with a tommy-gun while their stal car was leaving Derna for a new H.Q. The three senior officers took advantage of the confusion among the guards at their camp when the news of Italy's capitualtion came through. The method of their escape is still secret.

Picture shows: Left to right: Lieutenant General Richard O'Connor, Air Marshal O. T. Boyd and Lieutenant General P. Neame, V.C., photographed together after their arrival at Algiers.