

# Of Interest to Women



**THE MIXING BOWL**  
Hello Homemakers! We frequently slur over the word asparagus when we would say, Ay, it's asparagus. Asparagus heads the list of our (and your) fresh vegetables. Its tender stalks shoot up every morning as if to remind us to use them often while the season lasts. We should, too. Although it's good as a fresh-boiled vegetable, there are variations to make asparagus a treat every day for a month. Cream sauces with different additions each time are the best toppings. Grated cheese, hard-cooked eggs, parsley, nuts, mushrooms, are some suggestions. And the way in which this most food is served makes a difference: soup, casserole, timbales, etc.

**CREAM ASPARAGUS SOUP**  
2 tbsps baking fat, 3 tbsps flour, 2 tbsps salt, pepper, 1 tbsps grated onion, 3 cups milk (half milk and half asparagus liquid), 2 cups asparagus stalks, cooked.  
Heat milk in double boiler, mix flour to a smooth paste and stir into hot milk. Stir in fat and seasonings and cook until sauce thickens (about 15 mins). Add 1 1/2 cups of asparagus put through a sieve, fold in remaining 1/2 cup stalks and heat thoroughly. 6 servings.

**ASPARAGUS AND EGG CASSEROLE**  
2 tbsps baking fat, 3 tbsps flour, 1/2 tsp salt, 1 1/2 cups milk, 3 hard-cooked eggs, 2 cups cooked asparagus, bread crumbs.  
Melt fat in saucepan, blend in flour and seasoning. Gradually stir in milk. Place a layer of cooked asparagus in bottom of greased casserole, pour over this part of cream sauce, add a layer of sliced eggs and repeat until casserole is full. Top with bread crumbs. Heat in electric oven of 350 degs for 20 mins. Five servings.

**TIMBALES OF ASPARAGUS**  
4 cups sliced cooked asparagus, 2 tbsps butter, 2 tbsps flour, 1/2 tsp salt, 1/2 tsp pepper, 1/2 tsp onion juice, 2 egg whites, beaten stiff.  
Put asparagus through a sieve and add enough milk to make one pint. Make a sauce of butter, flour, salt, pepper and 1/2 cup asparagus liquid. Stir in the above puree. Fold in egg whites, pour into greased moulds and steam 20 mins. or oven poach. Serve with egg sauce.

**TAKE A TIP**  
1. Cook a little grated onion with sliced carrots and just before serving add a tablespoon of orange juice.  
2. Small cooked carrots may be dipped in beaten eggs, then in crushed corn flakes and browned in a small amount of fat. Pieces of cooked parsnips respond well to this treatment too.  
3. Salt and pepper are not the only vegetable seasonings. Try a dash of nutmeg with turnips, cloves with beets, a pinch of thyme or savory in a minced vegetable dish, mint with carrots or parsley with peas.  
4. Some like to brown the sliced onion before adding it to the stock and it does give a richer flavor and color.

**THE QUESTION BOX**  
Mrs. C. F. asks for Mock Maple Butter recipe.

**MOCK MAPLE BUTTER**  
Use a smooth saucepan or frying pan. Melt 1/2 cup brown sugar with 2 tbsps of butter but do not allow the mixture to burn. When melted, add 1 1/2 cups of water and 1/2 cup of brown sugar. Cook over a moderate heat until the mixture is dissolved. Do not allow the mixture to boil.  
In a second saucepan, cook together 4 level tbsps of butter and 6 level tbsps of bread flour until mixture is bubbling. Allow it to cook for a minute or two, stirring constantly, but do not allow it to brown. Now add the syrup mixture and a few grains of salt, and stir constantly to prevent lumping.  
Bring to boiling point and cook until the mixture is smooth and thick then add 2 slightly beaten egg yolks and cook for 2 mins longer. Remove from the fire, and when the mixture is almost cold add 1/2 tsp of maple flavoring. This makes a nutritious spread for children's bread—and they usually enjoy it. To make it even more nourishing, milk, instead of water can be used, in which case the mixture must be watched very carefully to avoid burning it.  
This mixture can also be used as a filling for butterscotch pie and for plain cake filling.

Mrs. A. E. S. says: That she uses 1/2 as much flour as sugar to make a cake frosting and finds the frosting is smoother than one made entirely of sugar.

Mrs. J. Mc. says: That her husband's favorite sandwich filling is made of thickened left-over stew put through the grinder. This is a hearty filling as a spread, using medium-sliced bread.

## Chronicles of... Ginger Farm

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

A fire still feels quite comfortable these days even though it is the middle of May. There is still very little growth in the gardens and fields although we did have quite a nice rain. But that rain needed to be followed by warm, sunny days, and it wasn't I wonder why someone doesn't tell the weatherman about it.

We have had a busy time at Ginger Farm just lately quilting for the clothing drive on June 17 you haven't forgotten about it, have you? Our regular Institute meeting was last week and as thought it might be a good idea to have it take the form of a quilting. Not only do we get a lot of work done that was but the women get a better chance to visit. (And how says you!) Well, I must admit we did do a little gossiping but it was all good-natured as far as I know. So, believe it or not, I don't think anyone's reputation suffered as a result of our quilting. But I am usually sure that some people, somewhere, are going to be much warmer and comfortable with our good quilts to cover them. They were really lovely quilts, beautifully pieced, well-marked and well quilted. We don't cater to the idea that "anything will do for over-seas." Most of our members like to feel that the covers we make not only give warmth but bring a little bit of cheer into homes that the war has stripped of gaiety and charm.

Saturday I took time off to attend an auction sale. I stood around and froze all afternoon and then came away without buying a thing. But that wasn't my fault, somebody always raised my bid—and there wasn't anything I wanted badly enough to make me keep on bidding again and again. I am not Scotch but we do live in a Scotch settlement, so it may be that I have absorbed some of good old Scottish thrift through the years. It may be that that makes me go canny at an auction. Whether I buy or not I still like an auction sale. I like to watch the sort of mob spirit that gets hold of the crowd which I am sure is responsible for a lot of the wild bidding that so often takes place.

Upon arriving home that day what a surprise I got! Waiting on the table for me were six beautiful carnations. They were so perfect it didn't seem possible they were real. But they were and so was Daughter, who brought them. Flowers and Daughter both on hand for Mother's Day. So also were Bob and his pansy plants, little blossoms that will perpetuate Mother's Day for many weeks to come.

With Daughter around to tell it we heard plenty about the shortage of meat and stockings in the city but mostly meat. Maybe that accounts for the number of strangers that were in our local stores this week-end. After awhile the small places will be sold out of meat too and then we shall all go vegetarian.

Right now we are anxiously awaiting the result of the Milk Producer's request for the continuance of the winter milk subsidy. It isn't that we are so frightfully concerned about the subsidy but we are curious to see what will happen if the government doesn't come across. We can't imagine how a milk shipper's strike would be organized to be really effective. On one news-cast the other day someone is reported to have said that farmers are getting better prices now than they ever did—and that most of them were satisfied. Partner says that is perfectly true up to a certain point. We are getting good prices and we WERE satisfied. But not now. Good prices don't mean a thing unless industry and agriculture keep pace with one another. At present what the farmer buys is about two jumps ahead of what he sells. Right now we seem to be on a giddy old merry-go-round, with everyone on the horses and no one in charge to stop the music or put on the brakes. But still the farm work goes on and that being so, I must away and put my chickens to bed. They have the run of the farm now but at night there are always a few who haven't sense enough to go home. And in that they are no worse than some of the human race who should know better—but don't.

**FELINE STEPMOTHER**  
LINDSAY, Ont. (CP) — Mother instincts of a cat settled a family court case in the animal world when George Wells borrowed the tabby from his cousin to look after the four pups of a negligent mother on his silver fox ranch. The youngsters are getting along famously with their stepmother.

## Veteran Builds Merry-Go-Round

Home-Made Machine Costs West-erner Only \$2.50

WEYBURN, Sask. (CP) — Day-dreaming of merry-go-rounds wasn't the general occupation of men in the Canadian army overseas but one veteran admits that he did and has recently made the dream come true by building one for his children for \$2.50.  
April and Joyce Greaves, aged five and two respectively, whirl merrily for hours at a time on the home-made merry-go-round built by their father, Jack. He is waiting to start training on an electrical course at Moose Jaw and has used his spare time and odd ends to build the contraption.  
Parts of the merry-go-round include an old washing machine motor, two 20-foot two-by-fours, an old wagon wheel, two small pulleys, a few bricks and a few strands of wire.  
The motor drives the pulleys which in turn drive the wagon wheel which runs on a circular board, pulling the complete apparatus with it in a 60-foot circle.

The merry-go-round travels at a speed of 10 miles an hour and has two safety devices. The operating switch on the seat must be held up to operate the machine. If a child falls out the switch is released and the motor stops.  
The second safety factor is connected to the safety bars on the seats, similar to those on a ferris wheel. When the bars are open the circuit is cut.  
The youngsters sit for hours and hours in the seat going round and round," said Mr. Greaves. "And they don't get sick either."

The fate of my nation depends on the way I live.

## BEST SEED POTATOES FOR HOME GARDEN

With the world confronted by the greatest food shortage of all time the need of home gardens is greater than ever before. The potato is the most universal vegetable consumed in Canada and should, where possible, be considered when planning the garden. Table potatoes should not be used for seed. If the most food and the greatest enjoyment from gardening are to be attained, certified seed potatoes should be planted. Such potatoes have been inspected twice during the growing season and again after harvest by qualified inspectors of the Plant Protection Division of Dominion Department of Agriculture. Only potatoes found to come within standards set by the Department are permitted to be sold as seed. Genuine certified seed can be obtained from seed stores. All packages of 10, 15 and 25 pounds will bear a sticker giving the name of the variety and the certification number. Bags of 50 pounds or more have a government certification tag attached, giving the name of variety, the certification number and the date of inspection. There are two sizes of certified seed: 1 1/2-3 ounces and 3-12 ounces. Either size is suitable for the production of table potatoes.

Potatoes should be planted in a well prepared soil. Tubers of 3 ounces or more should be cut into pieces called sets. Each set should contain at least one eye, and should be knobby, not sliced thin. The sets can be placed about a foot apart in rows 4 inches deep and 28 to 30 inches between the rows. If a horse-drawn cultivator is to be used, it may be necessary to place the rows 30 to 34 inches apart. Planting should be done early in May.

## HORSE JUMP FROM FERRY

HALIFAX (CP) — Two frightened horses broke the cabins at the stern of the Dartmouth ferry and plunged to their death in Halifax harbor. Their owner, H. H. Darve, jumped clear of his car as it was dragged over the end of the ferry and escaped uninjured.

## SPRING-FEVER

As the spring days steal into our lives with their soft and languid sunshine, restlessness seizes the human heart. People shut up by the restrictions of winter long to get out in the sunshine, and wander through the fields and observe the revival of nature. There is a magnetism in the air that seems to draw us away from the burdens of every day life, and which tells us to get out—and wander.

Not many are able to satisfy their desire, so people usually settle down to their ordinary labors with an air of resignation. Yet the longing persists to quit work, and take life easy in the bright sunshine. These feelings are sometimes referred to as "spring fever," but days usually come when one can satisfy this longing and get out to enjoy the charms of reviving nature.

## POTATO STORAGE

In determining the size of storage space required to store a given quantity of potatoes, the estimate may be based on forty pounds of potatoes (tubers) per cubic foot of storage space. On this basis a bin 10 by 10 feet square filled to a depth of six feet would hold 400 bushels.

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# What Every GO-AHEAD FARMER Should Know

**QUESTIONS & ANSWERS**

Today, scores of farm improvements can be undertaken by farmers even though they may not have the ready cash.

By borrowing under the Farm Improvement Loans Act from the Bank of Montreal. The Farm Improvement Loan Plan is too detailed to set out in full, but here are some typical questions about these new loans and the answers to them.

**Q: What are Farm Improvement Loans?**  
A. They are advances authorized under the Farm Improvement Loans Act for the assistance of farmers who want to make their farms more productive, more profitable, more comfortable and convenient. These loans are obtainable at the special loan rate of 4% simple interest.

**Q: How much can I borrow?**  
A. Up to \$10,000, depending on your requirements for farm improvement.

**Q: For how long can these loans run?**  
A. Generally speaking, for longer periods than have hitherto been possible. In certain cases, repayment may be spread over as many as ten years.

**Q: How do I repay?**  
A. By monthly, quarterly, semi-annual or annual instalments. The terms are flexible and depend on your particular requirements; they can be adjusted to meet your convenience and individual circumstances.

**Q: For what purpose can I get a loan?**  
A. For any of those mentioned in the check list in this folder and for numerous others. Like other farmers, you have your own particular plans and problems, and you, at the Bank of Montreal, will be glad of the opportunity of working them out with you.

**Q: Are there any other bank charges besides interest?**  
A. No, except for the interest, there is no fee or service charge of any kind made by the Bank.

**Q: Is it true that a loan can save me money?**  
A. Yes. By enabling you to improve your production and by assisting you to install labour-saving equipment, a Farm Improvement Loan can actually earn money for you. Furthermore, it can make it possible for you to take discounts by buying for cash—a saving that in many cases more than enough to cover the interest charge.

**Q: How do I go about getting a loan?**  
A. Call on the manager of your nearest B of M branch. You will receive a cordial reception and will find a genuine desire to assist you. Naturally, your affairs are discussed in the strictest confidence and you need have no hesitation in "laying your cards on the table."

**BANK OF MONTREAL**

—Your B of M manager is ready to help you if you need money for the improvement of your farm, barn repairs, fixing fencing or drainage, road building, buying new breeding stock, implements or equipment. If you want to speed up ploughing, cultivating, seeding and harvesting, he is the man to see. You will find him friendly, a good listener, and very much interested in your plans and problems. Give him your full confidence. It will pay you.

Acton Branch: W. H. CLAYTON, Manager



means READY MONEY for the GO-AHEAD FARMER