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THE MIXING BOWL

By ANNE ALLAN

Hydro 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 slices of ham. Cook the asparagus stalks 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 crispning pan or covered pan.

ASPARAGUS RABBIT

Welsh rabbit 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 1/2 cup milk stirring it in gradually to make a smooth sauce. Cook until thickened somewhat and smooth. Grate 1/2 lb. cheese (2 cups) and stir until melted. Add seasoning (1/4 tsp. salt, 1/4 tsp. prepared mustard and 1/4 tsp. paprika). Pour and serve immediately.

ASPARAGUS SALAD

Arrange cooked, chilled asparagus on chicory or watercress. Serve with French Dressing:
1 tsp. salt, 1/2 tsp. pepper, 1/4 cup vinegar, 2 tbsps. chili sauce mixed to-

gether. Drop in 1/2 cup salad oil, shaking after each few drops.

ASPARAGUS ROLLS

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 toothpicks. Cut in two at an angle, after thoroughly chilling the rolls. These are favourites 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 tablespoons butter, 1/4 teaspoon salt, 1 cup milk, 1 1/2 tablespoons flour, 1 tsp. 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. 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 slice of lemon and piping hot toast.

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

Answer: Use very dry bread crumbs. Make fine crumbs. Combine with two tbsps. sugar and two tbsps. melted mild-flavoured shortening or butter to each cup of crumbs. Pack into pie plate about one-eighth inch thick and bake in electric oven at 350 for 15 to 20 minutes. The cool and fill.

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

Children's Aid Society

(Prepared by the Association of Children's Aid Societies of the Province of Ontario.)

The last article outlined some of the statutory duties of the Children's Aid Society in every community—responsibilities which are defined under the Children's Protection Act and the Unmarried Parents' Act. But it must be clearly pointed out that the very first effort of the Society is to keep the child in its own home and to raise the standards of that home to make this possible.

Falling this, legislation, as has been shown, provides the Society with legal instruments to investigate cases of cruelty and neglect on a very broad basis. If becomes necessary the Society obtains evidence and lays charges in court and thereafter, upon the Judge's or magistrate's order, assumes guardianship for a child either on a temporary or permanent basis. In such cases the child becomes a permanent or temporary ward of the Society which acts toward him in every respect as his natural parent.

What is the concept of these responsibilities of guardianship by the Society toward a little boy or girl whose own parents are either dead, or unworthy and incapable of giving them their birthright as Canadian citizens?

Let us inspect for a moment the "Canadian Children's Charter" which has recently been prepared by the Montreal Council of Social Agencies. It is the hope of the Council that the Charter will receive the endorsement of the Canadian Child Welfare field as a dynamic instrument of policy and publicity. Its value lies in its positive and simplified statement of every child's right and every citizen's duty. It states in the plainest possible terms the concept of the Children's Aid Society as to the rights of all children and certainly of those who come under its care. Here it is:
"Let us ensure to every child in Canada:"

1.—A HOME where he is wanted and decent housing in good surroundings, loved.

2.—ADEQUATE FAMILY INCOME, nourishing food, suitable clothes.

3.—GOOD HEALTH by providing sufficient medical, dental and mental health services.

4.—OPPORTUNITIES FOR SPIRITUAL GROWTH and the development of sound values in preparation for responsible citizenship.

5.—WHOLESALE PLAY in his home and in his neighbourhood.

6.—EDUCATIONAL FACILITIES suited to his needs.

7.—EMPLOYMENT, when he is ready, at work for which he is fitted and in which he can grow.

Reference was made in Article Four, to the vision shown by pioneers of the child protection movement in Ontario. In clear and unmistakable language they stated that the ideal of care for children coming under the responsibility of the Children's Aid Society was to establish them in foster homes, temporary institutional shelter only being provided until such arrangement could be made. At the founding of the Hamilton Children's Aid Society in 1894 the Hon. John Gibson, who framed the Children's Protection Act, made special reference to this provision in the legislation.

So that we find in the earliest days of the child protection movement a modern concept being advanced—that the ideal is to provide, if neglected, abandoned or abused little boy or girl with the nearest approach to a natural home and loving parents. One of the greatest responsibilities of any Society is to find good foster homes for their wards and thereafter to constantly visit these homes in the interests of both the child and the foster parent. In many Societies we find a Foster Parent's Association part of the whole organization. This is a democratic body, offered by the Foster Parents themselves and in constant touch with the Society, which often makes available lectures, discussion groups, etc., which are welcomed by the parents and are successful in promoting the highest and most intelligent standards in child care.

In other words, the child must never be placed out and forgotten or only casually visited by his Society. The Society has the responsibility of being, a parent to the children committed to its charge—of providing through its staff and foster homes the love and striving by every means to create the affection which the children have missed in their own homes and of sustaining in the children that sense of security which is so essential to their normal development and which has either been seriously shaken or is missing altogether in their lives.

Volumes could be written about thousands of our foster homes in this province. There can surely be no higher function that good citizens can perform in society than to take under their roof a child deprived of everything he should normally have and give to him the love, the care, the opportunities and the standards which will not only make him happy, but will give to the community a healthy, good-principled, useful citizen later on. Thousands of foster parents are doing this for our children of Ontario today. And we need still more foster homes.

The utmost care in selecting the foster home, a sense of comradeship established between the big family of foster parents and the society, mutual confidence and esteem, between the Society's staff and the parents and their foster children is the ideal of the

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good Society. This ideal goes far beyond the demands of legislation. It requires the highest social and spiritual principles on the part of experienced and qualified social workers. It requires the active support, encouragement and intelligent understanding from you—the men and women of the community—who through membership on the Board and Committees can help to set the standards for your Society. The next article will deal with adoption.
(To be Continued)