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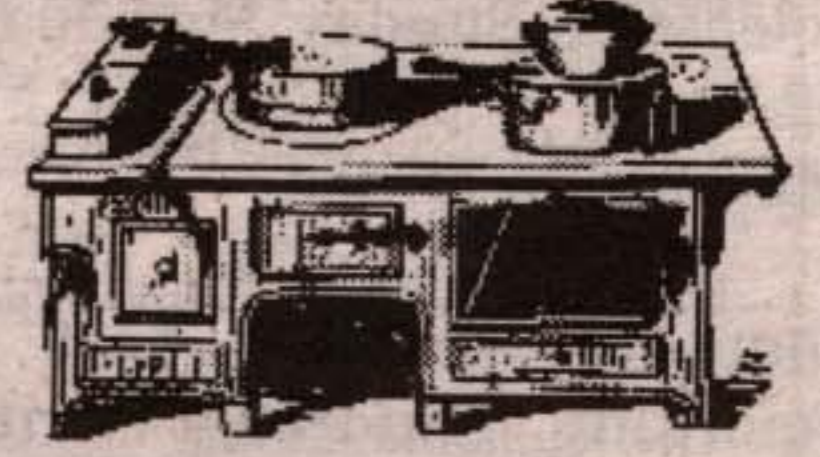
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Glenda's Kitchen Kapers

BY GLENDA BENTON



Spring is my favourite time of year as all the new growth comes to life once again. Also my two favourite fruits are at their best — rhubarb and strawberries. I am very fond of strawberry-rhubarb pie and I'd like to share a recipe from the June 1960 Family Herald. I date myself because this familiar paper that came to every rural household is no longer printed. I still correspond with, and have visited twice, a penpal from public school days on beautiful Cape Breton. I answered her request for penpals from across Canada. Incidentally I am the only one she still keeps in touch with and was so delighted when we arrived on her doorstep on our second trip down east. Now back to the recipe.

RHUBARB STRAWBERRY PIE

4 cups strawberries, washed and hulled
2 cups diced rhubarb
2 cups white sugar
1 cup all purpose flour
1 ten inch, chilled, unbaked pastry shell with crimped edge
2 tablespoons lemon juice
2 tablespoons soft butter
2 tablespoons brown sugar
¼ teaspoon cinnamon
Combine strawberries, rhubarb, sugar(white) and ½ cup flour in large bowl; toss together gently. Allow to sit for 30 minutes. Turn strawberry mixture into chilled pastry shell and sprinkle with lemon juice. Combine butter, brown sugar and cinnamon in small bowl. Blend well. Add remaining ½ cup of flour and mix thoroughly. Sprinkle over strawberry mixture. Bake in preheated hot oven 425°F for about an hour or until fruit is tender and shell is nicely browned. Cool pie on wire rack and serve with whipped cream or ice cream.

Note: If you wish, reduce cinnamon to 1/8 tsp. and add 1/8 tsp. nutmeg. I like to use all nutmeg. I made this for our Mother's Day meal in a 9 by 13 cake pan and added more fruit. It was still plenty sweet.

I'd like to share a jam recipe that I believe came from the same source.

HALF HOUR JAM

5 cups diced rhubarb
6 cups sugar
1 cup drained crushed pineapple
3 oz. package strawberry jelly powder
Boil rhubarb and sugar together for 15 minutes. Add pineapple and jelly powder. Pour into sterilized jelly glasses or jars.

Cover with an eighth inch layer of melted paraffin wax. When cold, attach metal lids. Today not many of us use paraffin wax when we use modern lids. Again, this was a recipe from years ago. Very tasty on toast or muffins!

The easiest way to get to sleep is to count your blessings instead of your problems.

The Lawn Chair Gardeners

THE BROTHERS VON CUBE
1ST LINE HOMECARE GURUS

Water conservation for us all

Someone once told me the resource of the next millennium is going to be water. That clear liquid that comes from the tap to wash the dishes, water the flowers and on occasion even to wash the family limo. It doesn't seem to fall from the sky with the same regularity as it did in springs past. A little slighted comment usually nets a refreshment from the neighbour, but song, dance and sometimes even a little prayer can't seem to convince the powers above to bring the gardens a little drink.

It is high time to take this resource seriously! Not only are the watering holes and swamps starting to dry up, but soon

there won't be water coming from that hole in the ground we call a well if we are not careful. Even the city folk are piping their water in from miles away because there is none in the area.

It's high time we enacted all those conservation principles we learned but never thought we would need. Catch what rain water we can to use for watering plants, and only water in the evening to avoid losing most of it to evaporation. Give trees and shrubs a good soaking and cover the base with mulch. Even mulching flower beds can look very attractive and largely reduces the need for water.

Washing the car with a biodegradable soap on the lawn is better than watching the water run down the driveway to the street. Most of all, be conscious of that fact that this vital resource can't be taken for granted.

For the country dwellers, if you have a readily accessible pond that the fire department could draw from in an emergency, they would really appreciate a call to that effect. That water could be used to save a life. Maybe, just maybe, if we all do our little part we can nudge Mother Nature in the right direction and this crazy dry cycle will right itself to abundant water again.



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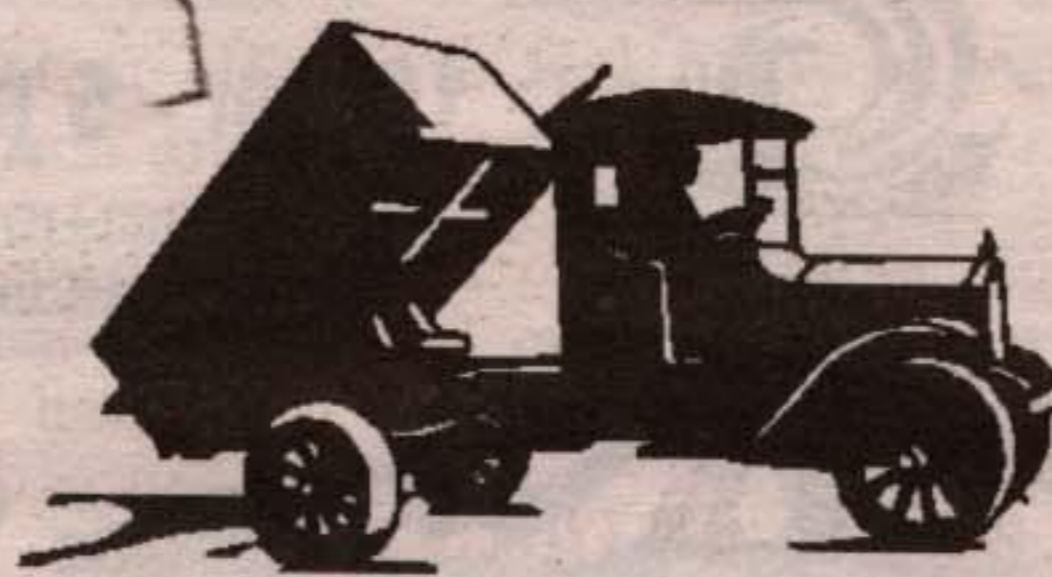
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