

# Of Interest to Women



Hello Homemakers! Sunshine has prematurely warmed the earth and urged the succulent asparagus sprouts to make an early appearance this season.

To enjoy asparagus 'to the utmost' you should eat it as fresh as possible, cooked until it is tender. When you shop for asparagus, look for stalks that are firm and fresh . . . the tips should be tightly closed. The very green asparagus is a good source of Vitamin A. This is the kind that is most plentiful on the market. Green asparagus is a good source of iron and also contributes some vitamin C.

### Asparagus Omelet

4 eggs, ½ tsp. salt, 4 tbsps. asparagus water, 1 cup cut asparagus.  
Beat egg yolks, add salt and asparagus water. Beat whites of eggs until stiff. Gradually stir in yolk mixture and asparagus cut in pieces. Pour into hot greased frying pan. Reduce heat and cook slowly until set. Put into an electric oven at 300 degrees to dry slightly. Fold and turn out. Garnish with asparagus tips. Serve immediately.

### Moulded Asparagus

Cooked asparagus of good shape and color may be added into plain gelatine flavored with lemon. Soak 2 tbsps. gelatine in ¼ cup cold water and then stir into 1½ cups hot water and ¼ cup lemon juice. When partly set, place asparagus tips and segments of grapefruit in the jelly. Chill in refrigerator until firm. Serve with mayonnaise flecked with paprika.

### Vinaigrette Sauce

1 tsp. salt, ¼ cup vinegar, ¼ tsp. paprika, ½ cup salad oil, 1 tbsps. minced pickle, 1 tbsps. minced onion, 1 tbsps. minced parsley.  
Combine ingredients; shake together in a corked bottle. Serve over hot asparagus.

### Pork and Asparagus Casserole

2 cups cooked pork, diced, 2 cups cooked asparagus, cut, 2 cups thin white sauce, 2 egg yolks, ½ cup grated cheese, salt, pepper, nutmeg.  
Pour hot white sauce over well-beaten egg yolks, stirring constantly. Season chopped asparagus with salt, pepper and dash of nutmeg and one cupful of the sauce, and place in a well-greased casserole. Place diced pork on the asparagus. Cover with remaining sauce and sprinkle with grated cheese. Set the casserole in a shallow pan of hot water and bake

in oven, 375 degrees for about 30 or 40 minutes.

### TAKE A TIP

When cooking asparagus: If you break rather than cut the remaining portion will be entirely edible.

Wash each stalk thoroughly to remove any grit.

Tie asparagus in bunches and stand in a deep saucepan.

Use enough boiling water to come half way up the stalks.

Cover and cook 15 minutes then tip bundles over and cook another 5 minutes.

Drain off the liquid and serve with tomato sauce, egg sauce, cheese sauce or creamed mushroom sauce.

Try chilled, freshly-cooked asparagus stalks served on crisp lettuce with a vinegar and oil sauce.

### THE QUESTION BOX

A Toronto homemaker asks: Which herbs shall I buy as small plants and which herbs are annuals?

Answer: Annuals for the herb garden include summer savory, parsley, basil, sweet marjoram and dill. It is better to buy small plants of thyme mint and sage. Tarragon roots may be planted. For information regarding planting and care of herbs, write to any Dominion Experimental Farm or Agricultural College.

Mrs. H. W. says: My molasses cookies burn at a high temperature (400) and are rubbery baked at 325 degrees.

Answer: Use a tested recipe and bake in a preheated oven from 325 to 350 degrees.

### Molasses Cookies

1 cup molasses, ½ cup shortening, butter and lard mixture, 2½ cups bread flour, 1 tbsps. ginger, 1 tbsps. soda, 2 tbsps. warm milk, 1 tsp. salt.

Heat molasses to boiling point, add shortening, ginger, soda dissolved in warm milk; stir into measured salt and flour. Drop from spoon on greased cookie sheet and bake in oven at 325 degrees.

If you prefer shaped cookies, this dough may be, thoroughly chilled in refrigerator, then rolled thin and cut in desired shapes.

### LITTLE GREY HOME

TORONTO (CP)—Househunters are looking wistfully at the only vacant home on the housing list — a grey stone, 21-room mansion in North Toronto with an annual rental of \$6000. The house has stood untenanted for six years.

### KEEPS ODD RECORD OF VITALITY TREND

TURNBRIDGE WELLS, Eng. (CP)—Claud Baker Gabb has one of the queerest hobbies in the world—he keeps a record of the names, ages and professions of people who die over the age of 89.

Every morning he checks the obituary column of the London Times to compile his lists and in the past 30 years has collected 12,756 names. As a class, Gabb says that the record for old age belongs to clergymen and clergymen's widows.

He also calculates that women live to be 90 in the ratio of about three to one with men and that the greatest number of "over-89's die during January and February.

### NEWFOUNDLAND LINKED

CHARLOTTETOWN (CP)—Regular steamer service between here and Newfoundland will commence in May when the 1,000-ton John Cabot makes its initial run. Trips will be made at three-week intervals, Premier Walter Jones told the legislature.

### EXTRA COUPONS FOR PRESERVES

The Prices Board has announced that "P" coupons in Ration Book No. 5 will be used for the purchase of preserves or sugar for canning after June 21 when the last of the preserves coupons (No. 57) on the orange colored sheet and "P1" on the yellow colored sheet become valid.

The board said the use of the spare sheet of "P" coupons was necessary because 20 extra preserves coupons, each worth a half-pound of sugar or the regular value in preserves, are being made available this year for purchases of sugar for canning.

Preserves coupons 43 to 44 already have been declared available for this purpose. The other extras will be preserves coupons 49 to 56, valid May 19, and "P" coupons 4 to 13 valid July 19. The regular preserves coupons, two valid each month, also may be used for the purchase of either sugar or preserves.

### IN THE FAMILY

WATERLOO, Que. (CP)—John Fullum has completed 38 years of service as Canadian National Railways agent here. Five brothers work on the railway. Two sisters married railwaymen. The immediate family has served a total of 440 years. If uncles, cousins and nephews are added the grand total is more than 1,000 years.

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### MAGIC Pork Rolls

**Sift together** 1 cup flour, 1 tsp. Magic Baking Powder, ¼ tsp. salt.  
**Stir in** 1 beaten egg, ¾ cup milk, 2 tbs. melted shortening.

Grease skillet lightly. Make 6 large thin pancakes about 5 inches across. When brown on both sides, heap in centers a filling made of 1½ cups of chopped cooked pork moistened with 1 cup gravy or white sauce. Roll up, place on hot platter and pour remaining sauce over rolls.

MADE IN CANADA



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