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CLEAN UP - PAINT UP and Make Your Garden Beautiful

Of Interest to Women

A QUICK MEAL BASED ON ASPARAGUS

Here is a Vegetable Which for Centuries Has Been Regarded as a Dish for a King

"The asparagus plumps out with the name of Caramé," pronounced one of the admirers of the great chef. Ordinary mortals, however, may need a few directions for its plumping, as no vegetable is more sensitive. The delicate flavor is ruined by overcooking. As the heads are so much more tender than are the stalks, a special method should be used.

I have put a large double boiler to work for this purpose. After the stalks have been thoroughly washed and the tough ends removed, I retie the stalks into a bunch, place it in the lower part of the double boiler with water enough to cover the bottom of the pan to the depth of one inch. To the water I add a dash of salt and a dash of sugar. I then use the upper part of the double boiler as a cover. The steam will cook the heads just quickly enough so that the whole stalks will be tender. By this method color will be preserved quite well.

Those of us who are fond of this vegetable, which for centuries has been considered by epicures as the king, will use it often during its comparatively short season. It is almost a meal in itself, and will make a satisfactory main dish for the quick meal whether it is served with Hollandaise, with a sour cream sauce, with a cheese sauce, with a cream sauce on toast, with browned crumbs or with brown butter and grated cheese. Parmesan cheese is particularly delicious with asparagus. You may also like to serve it occasionally cut in small pieces before cooking and dressed with cream.

Asparagus in Cream

1 bunch asparagus
½ cup cream
Salt, pepper, nutmeg
Wash and clean asparagus and cut into one-inch pieces. Reserve tips, cook remainder in water, to which a dash of salt and a dash of sugar have been added, for five minutes. Add tips, cook about five minutes more and drain. Add cream and seasonings, heat and serve.
Cheese Sauce
2 tablespoons butter
1½ tablespoon flour
1 cup milk
¾ cup grated cheese
Paprika

Salt.
Melt butter, stir in flour, and when well blended, add milk and stir over a low fire until smooth and thick. Add cheese and paprika stir until cheese is melted and season to taste with salt. Serve with asparagus.

Quick Meal Shrimp Cocktail

Asparagus with Cheese
Sauce on Toast
Mixed Vegetable Salad
Strawberries and Cream
Coffee
Method of Preparation
Prepare asparagus and cook
Prepare strawberries
Prepare salad.
Dress Shrimps.
Make cheese sauce.
Make toast.
Make coffee.

KITCHEN COUNSEL

Variety of Meats Can Be Obtained Through Changes in Foundation Meats and Vegetables.

There can be such great variety in meat pies that it is hardly necessary to have repetition. The variety in the foundation meat, itself, may give you a number of changes, then you'll add a generous mixture of vegetables to one kind, and only a few to another. But it's about the tops I want to tell you today, for variety creeps into them, too.

Not so long ago we were served chicken pie with a puff paste patty perched on each serving. You see the individual casseroles had been filled with the mixture of chicken, and vegetables in delicious gravy, then the patty was placed atop. I presume the hot mixture was put into the hot dishes with the patty, and set in the oven until sufficiently long to heat the shell. It must never brown beyond its original golden color. These toppers differed from the usual to be-filled patty for the little centre had been replaced and puffed up just a little above the top of the rings.

I'm partial to biscuit crust for pies, and want to tell you about another service which your family will like. I think it is best with the same delicious thickened gravy that you would have in the one described above, but others may like it better with the less rich tomato foundation. Again when the vegetables are all cooked, pour the pie foundation into a shallow casserole, and cover with rolls made as follows:

Meat Pie Rolls

2 cups flour
5 teaspoons baking powder
¾ teaspoon salt
6 tablespoons shortening
Milk
1 cup grated cheese
2 tablespoons finely chopped green pepper.
Sift flour, baking powder and salt together, then work in flour to an even meal. Add enough milk to make a soft dough, and toss onto floured board. Roll or pat out into a rectangular sheet and spread with the cheese. Sprinkle with chopped pepper and roll as a jelly cake. Cut into pieces, about half an inch thick, and place on top the meat pie. Bake in a hot oven.

But some of the others of you may be interested in still another version which is simpler than either of these. When the pie is just about ready to serve, cover the top with rounds of white bread cut about half an inch thick, and spread lightly with butter. Continue to bake until bread is well browned. Sometimes I toast the bread on one side and butter the other, putting the toasted side down, of course.

But for those of you who can't quite get away from the real pie crust I suggest another simple arrangement:

Pastry Topping

Roll pastry to average thickness and cut into a circle a little larger than the size of the dish. Flute the edges. Cut a piece of pastry into a strip about 2½ inches wide and ten inches long. Cut down for a depth of about an inch fringing the edge in not too narrow strips. Roll lightly. Place crust on pie and cut a slit in the centre and insert the frilled roll. Bake in a hot oven until crust is well cooked.

Frozen Peach-Pineapple Fluff

1 package lemon gelatin
1 pint drained fruit juice
½ cup sugar
¾ cup mashed canned peaches.
¾ cup crushed pineapple
Sprinkle of salt
1 teaspoon vanilla
1 cup whipping cream.
Dissolve gelatin in the fruit juice and when cold and nearly stiff whip, and add sugar, peaches and pineapple. Mix well then add vanilla and salt and fold in stiffly beaten cream.

CANADIAN NATIONAL RYS. TO BUILD SECOND LINE INTO ROUYN MINES

An Important Gold Mining Area Producing Millions of Dollars Worth of Gold Each Year

(Special to The Daily Mail) MONTREAL, Quebec, May 27—The Canadian National Railways, having pioneered the opening of the rich Noranda-Rouyn mining field by the building of a branch line, plans this year to begin construction of a second branch leading off the National Transcontinental Railway into the new gold mining field east of Rouyn. Powers are being sought under the authority of a branch line Act of the federal government for the construction of this line and it is understood that the measure will come before Parliament in the course of the next two weeks. The proposed line will start at Senneterre on the National Transcontinental Railway and will be 99 miles in length, running south-westerly it will pass through the well known mining field where Peron, Lamaque, Siscoe, Sullivan and other mines are located, then proceed in a westerly direction, passing through the Canadian Malartic, O'Brien, McWatters, mining section to tie on at Rouyn with the Taschereau-Noranda branch coming in from the north of the Transcontinental Railway. The proposed line will, the Canadian National Railways believe, best serve the interests of the territory and at the same time prevent duplication by private interests of the National Transcontinental and other publicly owned facilities. In a statement made here tonight, S. J. Hungerford, president of the Canadian National Railways, said, "It is an historical fact that the development of the Abitibi section of Northern Quebec has resulted from the building of the National Transcontinental Railway, which is a part of the Canadian Government Railways entrusted to the Canadian National Railways for operation, the National Transcontinental railway was initially constructed through this region especially for the development of the Northern section of Quebec. During the past two decades development, while slower than was anticipated, when the line was projected, has been proceeding from year to year and latterly at an accelerated rate. The operation in the Abitibi district in 1916 was 3,000 and it is now over 48,000.

It has been the aim of the railway management to foster settlement and industrial and mining development along the line and in the territory contiguous to it in every way possible. The community is now making a real contribution toward the wealth production of the Dominion. Today mining development promises to outreach in importance all other forms of natural resources in the territory. In this particular field, as in others, the Canadian National has been alert to aid whenever possible.

When it was reasonable to expect that the prospects in the vicinity of the original Horne discovery, approximately 35 miles south of the National Transcontinental Railway, would develop into a mine, a branch line was built from Taschereau into the area, providing the transportation facilities necessary for the development of what is now the Noranda mine and smelter. This was in 1925. Anticipating that farther discoveries would justify additional mileage

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through the mineralized belt, governmental authority was obtained at that time to build easterly from Noranda to Senneterre.

The onset of the depression and the necessity of keeping capital expenditure of the railway to the lowest possible figure deferred the completion of this branch line between Noranda and Senneterre. The many spectacular finds as a result of recent work in this mineralized belt have brought confirmation of the railways opinion that the area in question offers the best long continuous stretch of gold bearing country at present known in Canada. Already there are a number of well established mines in active production, others are rapidly nearing the production stage, and there are numerous prospects under development. The current production of producing mines is at the rate of \$8,000,000 per annum, which is an indication of the importance of the belt. After giving careful consideration to the situation and notwithstanding the necessity for keeping expenditures on the government-owned railway to a minimum, the management of the Canadian National Railways has reached the conclusion that the time has arrived for the immediate building of this line between Senneterre and Rouyn, and has brought its views to the attention of the Dominion government. The development of the territory has (Continued on Page Seven)

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