

Women

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IDA BAILEY ALLEN

Soup Made With Greens Is A Springtime Special

By IDA BAILEY ALLEN
How many greens do you know? How many kinds do you buy? How many ways do you prepare them?

Greens are classed in two ways. There are the salad plants that we usually eat raw, such as lettuce, romaine, cress and escarole. There are also the green leaves and stems of plants we usually cook, such as kale, spinach, Swiss chard, turnip greens, sorrel, mustard and dandelion greens, marsh marigolds (cowslips) and other wild greens.

HIGH IN IRON
In general, all salad plants and cooking greens are high in iron and vitamin A and C, and this is important, the darker green leaves, usually discarded from salad plants, are used.

One of the most appetizing Spring soups is made by the Italians, and served with grated cheese in soup plates, often for lunch.

Measurements are level; recipes for 6.

Italian Greens Soup: To 6 c. boiling meat stock (any kind) or reconstituted canned broth, add 1/4 lb. high protein elbow macaroni and 1/4 tsp. garlic powder. Boil 10 min.

Add 2 c. fine-chopped raw greens (spinach, dandelions, whichever greens you favor; and continue to simmer 10 min., or until macaroni is tender.

TOMORROW'S DINNER
Hot Garden Broth
Smoked Pork Tenderloin
Mustard Sauce
New Potatoes
Browned Potatoes
Spring Greens Mimosas
Steamed Maple Custards
Coffee Tea
Milk

Hot Garden Broth: In 3-qt. saucepan, combine 1 c. packed-down chopped celery and leaves, 1 c. chopped carrot tops, 1 1/2 c. chopped spinach leaves, 2 tsp. chopped onion and 1 c. finely-chopped fresh mushrooms with stems.

Add 5 c. cold water. Bring slowly to simmering point; simmer 10 min.; do not boil. Strain. Season to taste with seasoned salt.

Serve in cups 1-3 filled with coarse-chopped (not cooked) water cress. Or serve ice cold. Instead of chopping cress, add it as garnish on saucers holding bouillon cups. Or decorate Japanese style.

Japanese Garnish: On broth surface, float paper-thin slices of carrots notched like flowers; or garnish with thin slices of red radish or water chestnuts.

Steamed Maple Custards: Beat 3 eggs slightly with 1/4 tsp. salt. Stir in 2 1/2 c. milk, 1/4 c. pure maple syrup and 1/2 tsp. vanilla. Transfer to small custard cups. Steam 35 min., or until firm in centre; or place in baking pan, half-surround with boiling water, cover pan with foil and bake 35 min. Chill.

Unmold and top with maple syrup and chopped, toasted nut

Mustard Sauce for Smoked Pork or Greens: Melt 2 tbsp. butter. When slightly browned, stir in 2 tbsp. flour. Slowly add 1 1/2 c. brown stock or canned condensed beef broth. Stir in 1/2 tsp. table mustard. Mix thoroughly.

Bring to rapid boil; simmer 5 min. then add 1 tsp. lemon juice.

TRICK OF THE CHEF
When the rustle of Spring creeps into the Chef's kitchen, he immediately thinks of garnishes that suggest the season.

Mimosas, or acacia as it is sometimes called, is one of the earliest blooms. To stimulate it, the Chef hard-cooks eggs, and presses the yolks through a sieve to make a yellow flower-like facsimile. Add sprig of parsley-et Volla!

BONSHAW BAPTIST W.M.S.
The May meeting of the Bonshaw Baptist W.M.S. met with Mrs. Edwin Bell on Wednesday evening May 6th.

Meeting opened by singing "What a Friend we have in Jesus" followed by Scripture from Ephesians 4th. Chapter, reading the entire Chapter.

An interesting paper entitled "Rehabilitation" was read in parts by Mrs. Colin MacLeod, Mrs. J.K. Gordon, and Mrs. L.R. Graves. This paper explained the activities of the corrective homes for girls in the Maritimes.

A reading "Give Him Your Best" was given by Mrs. J. MacEachern; also a poem by Mrs. Graves and followed by prayer.

Collection taken—amounted to \$2.25; also one member paid yearly dues. The members were very happy to welcome a new member, Mrs. Gordon Holm, to the Society.

Roll call was answered by nine, with a Scripture verse containing the word "Son". Minutes of April meeting were read, approved, and signed.

The annual Thankoffering service was again discussed and it was decided to postpone same until the month of July.

Mrs. J. Gordon invited the group for the June meeting with Mrs. C. MacLeod and Mrs. J.

89TH BIRTHDAY

Mrs. Freeman Reynolds of Montague, celebrated her 89th birthday on May 8th. "Aunt Penzie," formerly Penzie Mackon, spent most of her life in Murray Harbor, but has resided for the past six years with her nephew, Mr. Robert Mackon. She reads and knits and is active daily. She still makes an annual visit to Murray Harbor.

MacEachern assisting with lunch. Meeting closed by singing "Rescue the perishing," followed by Mizpah Benediction in unison.

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Assorted styles in men's oxfords with welt soles. Colours; black or brown. Broken size range.

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Crystal glass salt and pepper shakers with mother of pearl top and sterling trim.

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Ball point pens, assorted colours. each 9c

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Paint Sets

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Envelopes

Good quality envelopes with floral design interior. Approx. 3 1/2 x 6 1/2"

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Scrap Books

With large manilla sheets approx. 11 1/2" x 14" in shades of red, brown, green and black.

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In red, green, black or brown covers. Contains sheets of black mounting paper about 10" x 13"

2 Special EACH 89¢

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Broom Rakes

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LEATHER

BY VERA WINSTON

THE leather coat really comes into its own this year, as spring collections show a wide variety of leather garments. Some are ideal for travel, while others seem more at home in the suburban scene. Still others are made for glamorous town wear. This casual coat, in white or yellow, relies on precision tailoring for its distinction. It has a half belt and slit in back.