



AUTUMN IN SPRING

The Morley Autumn Fashion Show, held recently in London, included this "Glennaz" tartan sweater dress with long sleeves and a polo neck. It is matched with stockings of the same pattern (CP Wirephoto from British Information Services).

Women

The Guardian, Charlottetown, Wed., April 13, 1966.

IDA BAILEY ALLEN

Spring's Fresh Greens In A Broth Of A Broth

Springtime brings to most persons a natural desire to eat fresh green foods. Years ago while our country was largely rural, the homemakers went into the meadows and fields to gather wild greens to cook as a vegetable, or make into "Green Broth" for their tonic qualities—refreshing, invigorating, bracing—because the vitamin content in the greens is greater in the spring.

Quickly Cooked

To conserve these "tonic" elements, the greens were washed, half covered with boiling water and quickly boiled before the vitamins were vitiated. The valuable mineral content is not injured by heat, but when greens or other vegetables are drained and the liquid discarded, the minerals are lost. The homemakers of earlier days always consumed both liquid and greens, a custom we moderns can do well to follow.

Here is the recipe for a modernized famous "green broth".

Measurements level; recipes for 6

GREEN BROTH FOR SPRINGTIME

- (Repeated by Request)
- 1 1/2 c. chopped celery and tops
- 1 c. chopped carrot tops
- 1/2 c. chopped parsley
- 1/4 c. chopped spinach
- 2 tsp. chopped onion
- 1 c. chopped mushrooms
- 5 c. cold water
- Seasoned salt to taste
- 3/4 c. coarse-chopped watercress

Combine all chopped vegetables except the watercress and add water. Bring slowly to simmering point; cover. Simmer-boil 20 min. Strain; stir in seasoned salt to taste; serve poured over watercress, which should be raw, not cooked.

If desired, chill and serve ice cold. Then the dress is not chopped, but the sprigs are used as a plate garnish beside the cup of broth.

Note: "The strained-out vegetables may be chopped very fine, seasoned with salt, pepper and butter, and served hot at lunch or dinner."

Hot Green Broth in Cups—Escalloped Lamb and Spaghetti—Planned over Rosemary Spinach Loaf. Sliced Chiz

Peaches and Bananas in Orange Gel with Honeyed Sour Cream—Coffee, Tea, Milk.

ESCALLOPED LAMB AND SPAGHETTI

As this is a planned-over entrée from Monday's column, the measurements given in this recipe can be approximated according to the oddments at hand.

- 3 c. chopped oddments roast lamb
 - 4 c. cooked spaghetti
 - 1 (8 oz.) can tomato sauce with cheese
 - 1 (8 oz.) can onions, drained and chopped
 - 2 tsp. butter or margarine
 - 1/2 c. seasoned bread crumbs
- Combine lamb, spaghetti, tomato sauce with cheese and onions in low 2-qt. open casserole. Melt butter or margarine; stir in crumbs and spread over contents in a casserole. Bake 45 min. in mod. oven, 350 degrees F. or until hot, bubbly and browned.

ROSEMARY SPINCH LOAF

- 2 lb. fresh spinach, washed and cleaned
 - 3/4 c. bread crumbs
 - 1 peeled small onion, fine-chopped
 - 3 tsp. butter
 - 1-3 c. flour
 - 1 1/2 c. milk
 - 2 eggs
 - 1 tsp. salt
 - 1 tsp. sugar
 - 1/2 tsp. ground rosemary
 - 1/2 tsp. black pepper
- In covered saucepan, steam-cook spinach 7 min. or until tender (use no water). Drain but reserve liquid.

Chop spinach medium-fine; add crumbs. Sauté fine-chopped onion in butter; mix in flour. Measure spinach liquid. Add enough milk to make 1 1/2 c. of combined liquid, and stir into flour mixture. Stir-cook until boiling and thick; add spinach.

Separate eggs; beat yolks until creamy, whites until stiff. To spinach add yolks, salt, sugar, rosemary and pepper. Fold in egg whites.

Transfer to oiled 9" x 5" x 3" loaf pan. Bake 1 hr. in mod. oven, 375 degrees F., or until firm. Cool 10 min. Unmold on a platter. Cut in 1" slices.

THE CHEF SUGGESTS

Add a whiff of ground dill to Green Broth for unusual flavor.

Member Honored By Alberton UCV

Mrs. Peuley Hardy conducted an Easter Worship service at the April meeting of the Alberton UCV.

An interesting introduction to the study of mission work in Trinidad was presented by Mrs. Charles Johnston. Pictures of intricate silver jewellery made by East-Indian silversmiths in Trinidad were displayed.

Lucy Hardy was presented with a life membership in the organization, when the certificate and pin were presented by her sister-in-law, Mrs. Gordon Hardy.

Following the meeting, refreshments were served by Mrs. Charles Gordon, Mrs. Charles Johnston and Mrs. Arthur Wilkie. Hostesses for next month will be Mrs. James Hodgson, Shirley MacArthur and Mrs. George Ramsay.

MONTAGUE

Mr. and Mrs. Bart Brink and their four children of Dartmouth, N.S. are spending a few weeks at his home at Union Road, Kings County.

Mr. and Mrs. Fred Carver-Union Road, left last week to visit their daughter and son-in-law Mr. and Mrs. Elmer Gillis and other relatives and friends in Toronto and Brantford.

Mrs. D.A. MacPhee, East Royalty, is visiting in Weymouth, Mass., a guest of her niece, Mrs. Robert MacPherson.

Mr. and Mrs. Douglas Winters, Lunenburg, N.S. are spending the Easter holidays with her parents, Mr. and Mrs. Chessel Annear, Lower Montague.

Mr. and Mrs. Ian Scrimgeour and family, Nashwaakias, N.B. are spending their holidays with Mrs. Scrimgeour's parents, Mr. and Mrs. Chessel Annear, Lower Montague.

Mr. and Mrs. Robert Hewitt and Mr. and Mrs. Cecil Bell, Montague, have returned from a business trip to Toronto, where they visited with Mr. and Mrs. Laurie MacLeod and family. They were accompanied home by Arthur Hewitt of Lower Montague, who spent the past winter in Toronto.

Mr. and Mrs. Raymond Poole, Lower Montague, have as their guests, their daughter and son-in-law, Mr. and Mrs. James Hatcher and family of Chatham, N.B.

Freddie MacKenzie has returned to Lower Montague, after being employed in Toronto during the winter months.

Shirley Graham, Lower Montague, left last week for Halifax, N.S. to spend the Easter holidays with her aunt, Mrs. Slauwhite and to visit her uncle, Abraham Edmunds, who is a patient in the Victoria General Hospital.

Mr. and Mrs. C.K. Whiteman, Halifax, spent the Easter weekend with their son and daughter-in-law, Mr. and Mrs. Arnold Whiteman, Montague.

Recent guests of Mr. and Mrs. Simon Campbell, Kilmer were their daughter and son-in-law, Mr. and Mrs. MacLeod of Hunter River and their son and daughter-in-law, Mr. and Mrs. Malcolm Campbell and children, Jill, Debby and Sandy of Ontario. Mr. Campbell is with the RCAF and has recently been transferred to Summerside.

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