

SPRING BRINGS ASPARAGUS

ASPARAGUS is so delicious by itself as a separate course, that it seems almost a pity to make it into fancy dishes. Wash the stalks carefully, tie them in bundles, and stand them upright in a saucepan containing enough boiling water to well cover the white part. The tips will cook in the steam. Add a little sugar as well as salt to the water, and cook gently for 25 to 30 minutes, or till tender. Untie the bundles, and serve each person's quota in an individual dish, with a piece of toast underneath to absorb any water. Pour a little hot melted butter over the tips.

Asparagus Tips With Bacon

Cook the asparagus as above, then arrange on buttered toast, and put crisp grilled bacon on top.

Asparagus Spring Salad

This is most delicious. Fill up cooked asparagus on individual salad plates, allowing about six stalks to each person. Arrange crisp heart-leaves of lettuce round, and pour over a little French dressing, mixed with minced chives. Sprinkle with tiny crisp croutons of bread fried in butter, and garnish with red radishes peeled backwards to look like flowers.

Asparagus Cigarettes

These make delightful savouries. Prepare some thin triangular pieces of fresh white bread, spreading very sparingly with butter, and a dusting of grated cheese. On these place cooked asparagus tips, about 3 inches long, and roll them up. Brush with melted butter and grill a pretty brown all over. If preferred, "cigarettes" may be fried brown in a little butter.

Grilled Asparagus

Half cook the asparagus tips in a saucepan in the usual way, as explained in the first recipe. Then take them out, dust with pepper and salt, and roll them in fine breadcrumbs mixed with a little melted butter. Put them in the already heated grilling pan and grill for about eight minutes, turning them so that they are browned all over. Sprinkle with a little grated cheese and serve at once.

Scalloped Asparagus

One bunch asparagus; 2 cups milk; 2 tablespoons butter; 1 cup breadcrumbs; 2 tablespoons flour; 4 hard boiled eggs. Cut the asparagus into inch lengths, soak in cold water for half an hour, then boil half an hour. Make a sauce of the butter, flour and milk, chop the eggs finely and add to the sauce. In a buttered dish put a layer of asparagus, then a layer of sauce, then breadcrumbs, and repeat till the dish is full, finishing with breadcrumbs on top. Bake a golden brown in a moderate oven.

FROM THE MAIL BAG

Renovating Shabby Blinds

Dear Aunt Daisy,

For the "Link" who asked about renovating her shabby faded holland blinds, tell her that this method

is very satisfactory. I treat mine every year, and they look like new. Wash them first with cool soapy water. When dry, rub over with linseed oil on both

For Soldiers' Parcels

Chocolate Caramels

[HALF a pound of sugar; $\frac{1}{2}$ teacup good cream; 2 oz. grated chocolate (or a bar of milk chocolate melted); 1 teaspoon butter. Boil gently, and stir till it begins to leave the sides of the pan. Take off the fire, add vanilla to taste, and stir for awhile. Pour into buttered egg-cups, or patty pans, for soldiers' size pieces; or a buttered plate, and cut into squares when cold.

(From "Help Each Other", Papanui.)

sides (either raw or boiled oil will do). I do not remove the blinds from the rollers. They are quite easily treated.

"Irish Lass" (Otorohanga).

Still another suggestion was to rub them with shoe polish, after cleansing with soapy water, and drying. Put the polish on with a brush, and then rub

up with a clean soft brush and a velvet pad, exactly as for shoes. You can get shoe polish in more than one colour.

Parsley and Rusks

Dear Aunt Daisy,

Could you please let me know how to dry or preserve parsley, as I have a lot of young roots coming on, and would like to have some when there is none in the garden. Also could you give me a recipe for plain rusks such as those we used to be able to buy, as I like them for my baby.

"Mrs. D.C." (Hawke's Bay).

Rusks: You can make good rusks for baby by just baking thickly-cut "fingers" of stale bread in a coolish oven till crisp and brown. Ordinary whole-meal scones, split open while hot, and put back in the oven to crisp and brown the inside part, are also good rusks. Here is a special Rusk recipe. Cream 2 ozs. butter with $\frac{3}{4}$ teacup of sugar; add 2 cups of flour sifted with 2 small teaspoons of baking powder, alternately with a beaten egg, and sufficient milk to mix to a stiff dough. Roll out to $\frac{1}{2}$ inch thick and cut into squares. Bake on greased cold slide in a fairly hot oven. When cooked, split in half and return to oven, reduced heat, till brown and crisp. These are very nice for the rest of the family with a little grated cheese and a dash of cayenne added to the mixture before cooking.

Parsley may be preserved by putting it into boiling, slightly salted water, and boiling for 2 or 3 minutes. Then drain and dry as quickly as possible on a sieve or rack, either in the hot sun or in the oven. Store in jam jars in a dark place. When wanted for use, let it stand for about 5 minutes in warm water.

NO MORE MOTHERS

need fear being unable to rear baby at the breast. By taking Lactagol during and after pregnancy an adequate supply of rich nourishing breast milk is assured and the mother is also relieved of all risk of strain, exhaustion and debility.

8 Southwick Avenue,
Portsmouth Estates,
Porchester, Hants.

Dear Madam,

You may be interested to know that at the end of March I had a baby daughter who was barely 3-lbs. in weight. I was able to feed her from the first but we were both so weak that nurse suggested Lactagol might help us both. I had had a bad hemorrhage and baby was premature.

Can you believe, that now at 4½ months old, baby Jean weighs 12½-lbs.? I am as fit and well as ever. I was and Jean is a healthy bonny baby. I would like to offer my heartfelt thanks to Lactagol and hope that if this letter will interest other mothers you will indeed use it.

Mrs. Dorothy Gardner.

LACTAGOL

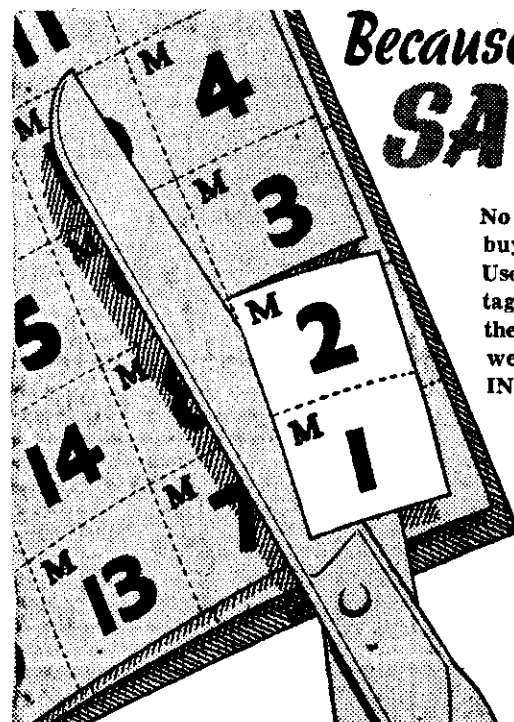
recommended by the medical profession for over 40 years, ensures adequate natural secretion. Maternal milk, pure and germ-free, made rich and nourishing by Lactagol, will safeguard baby against rickets and most infantile ailments. The non-fattening restorative properties of Lactagol will also greatly benefit the mother before and after confinement. The nursing mother who finds that her milk is poor in quantity or quality can stimulate a rich and abundant flow by taking Lactagol.

FREE Both expectant and nursing mothers should write for sample of Lactagol and useful booklet to:

Miss J. E. Don, Lactagol Ltd., Dept. E., P.O. Box 977, Wellington.

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