

## HOUSEKEEPING

### FIRST VEGETABLES OF SEASON, CANNING OF ASPARAGUS STARTS

Asparagus is the first of the spring vegetables. Home economists tell us that it is the first new vegetable which starts the canning season, and the freezing season as well. They also tell us that it is actually a native of Europe and was one of the favorite vegetables of the ancient Romans. Canadians eat only the spears of asparagus but in some other parts of the world the seeds are used to make a beverage resembling coffee.

Asparagus, once planted, is one of the few spring callers in the garden that shoots up uninvited, uninvited but always welcome. This perennial plant requires two years of cultivation before a crop may be harvested. Once planted it is a hardy guest which calls for little service, other than room service, that is, space to grow, with no competition from weeds.

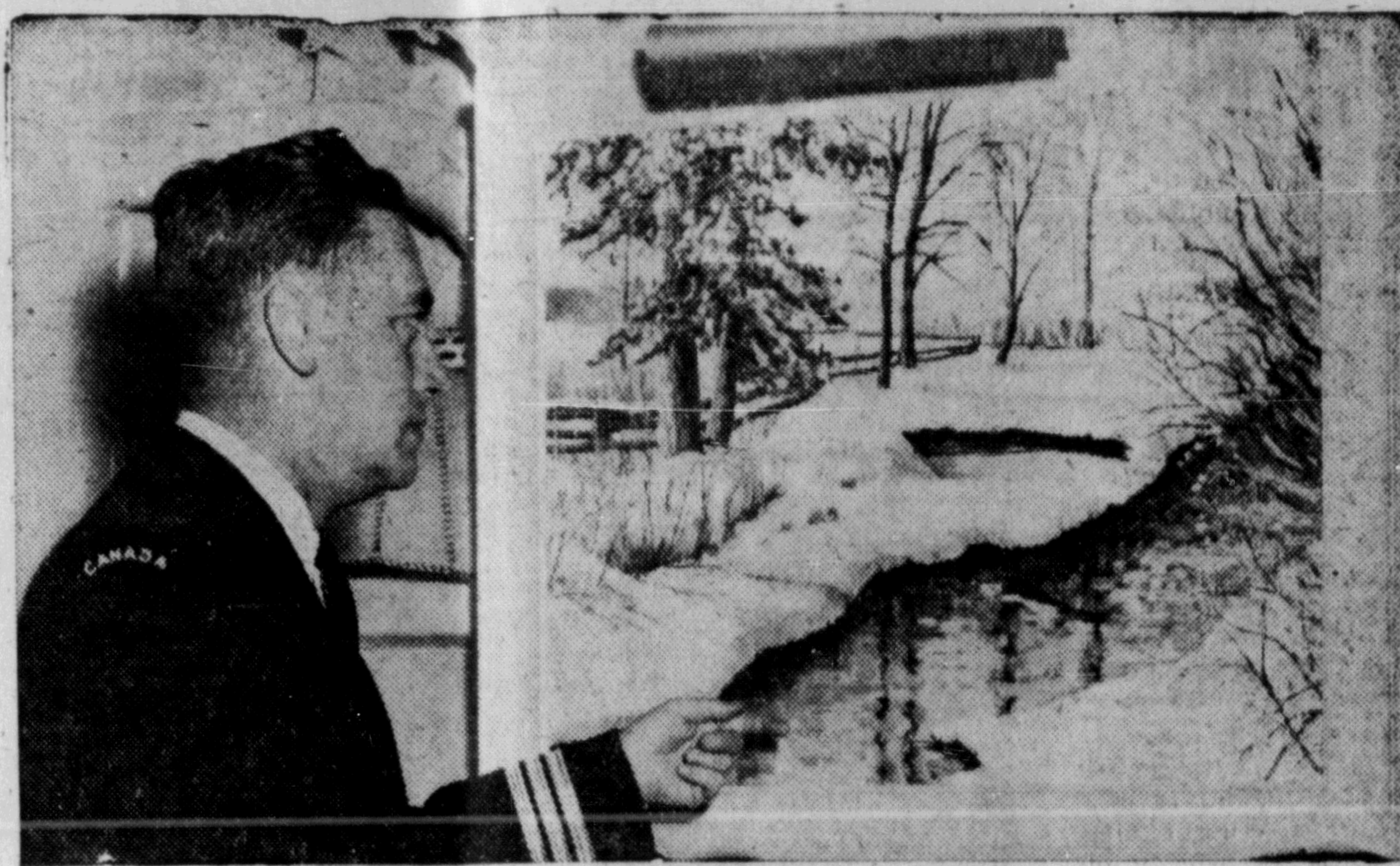
Mary Washington or Martha Washington are the most common varieties grown in Canada. However, no matter which variety consumers buy they are certain points that should be watched.

Any family would enjoy these tender green stalks when they are served hot with a cheese sauce, a cream sauce or with just

a little lemon-butter. If any of the stalks are left-over they are wonderful to cut up in salads or they may be served on lettuce with mayonnaise. Asparagus sandwiches, either rolled or plain, are another popular way of using this attractive green vegetable.

Home economists say that the best start for canning asparagus is an early one, particularly for those who have an asparagus patch in their garden. Insure the quality of canned asparagus by starting early in the morning to speed the tender young stalks on their way into clean, hot jars or bright clean cans. Prepare asparagus for canning in the same manner as it would be prepared for cooking, being sure that the asparagus is cut in lengths to fit whatever type of container that is to be used. The asparagus should be tied in uniform bundles and allowed to stand upright in sufficient boiling water to come halfway up the stalks. It should then be covered and brought to the boil and allowed to boil for 3 minutes. After the 3 minutes boiling, the asparagus should be removed from the water and packed hot into the container. All the tips should be up, except the 3 stalks for the centre, which should be placed with the tips down. One-half teaspoon of salt should be added to each pint sealer or 20-ounce can or, if quart sealers are used 1 teaspoon of salt should be added. The asparagus should then be covered with boiling water, allowing of course, 1/4-inch headspace in glass sealers and 1/2-inch in tin cans. Pressure canning is the only really safe way of canning vegetables although some home-makers can vegetables in a foil-lined water bath with success. When canning asparagus in a pressure canner thirty minutes at 10 pounds pressure, should be given pint jars or 20-ounce cans, and 35 minutes for quart sealers or 28-ounce cans.

Most everyone who is fortunate enough to own a home freezer or is able to rent frozen food lockers naturally, wants to freeze asparagus, for use throughout the year. Once the stalks are all washed, cleaned and cut in uniform lengths for freezing they should be blanched, that is partially cooked, in boiling water allowing 4 minutes for large stalks and 3 minutes for medium stalks. After the blanching is completed the asparagus should be cooled immediately in ice water. When the asparagus is completely cooked it should be packed and sealed in cartons so that no moisture will be lost during the time the asparagus is in storage. The cartons should then be frozen immediately.



ARTIST TOO—Commander (E) John Osborn, of Vancouver, a marine engineer by profession and an artist by avocation, has enough hobbies to occupy every off moment at sea. Engineer Officer of HMCS Ontario, Commander Osborn in his spare time turns from turbines, machinery and boilers to oil painting, embossed copper work and other related hobbies. During the Ontario's present training cruise in Australian and New Zealand waters he has been recording on canvas scenes of the places the ship has visited. Commander Osborn is shown here with one of his paintings in the wardroom of Ontario. (National Defence Photo)

## Lakelse Lots Sell Quickly

TERRACE — Within an hour after the opening, twenty-seven Lakelse lakeshore lots offered for auction by Government Agent

Gordon Forbes of Prince Rupert were picked up by ready buyers, several of whom came up from Prince Rupert for the sale.

The lots are at Squirrel Point near the outlet to Lakelse River on the south shore of the lake. They are particularly adaptable to summer resort purposes. The purchasers included Doug-

las Frizzell, Dr. W. S. Kergin and Ray L. Johnson of Prince Rupert and Mr. Murdo Smith. A. O. Morris, Mrs. Clarence Michiel, H. Gale, E. T. Kenney Ltd., Herb Spencer, C. Newhove, James Piffer, Lloyd Johnstone, David Bain, Lakelse Investments Ltd., Dr. Garland May and Vernon McMahon.

## New Life for Premier Mill

Silbak-Premier mine could use 50 more miners in its extended operations in the famous old mine in the Portland Canal district, 16 miles inland from Stewart. If it could get them, said D. L. Pitt, managing director, who was in the city last evening on the Camosun returning north after a trip to Vancouver. There are at present 176 men employed at the property which continues to be the one important producer of the area.

Silbak-Premier is now getting the most of its ore through its own former workings from adjoining Premier Border ground. This year, it also expects to be handling ore from Indian mine, two miles to the north, which ore will be brought to the Premier mill by an aerial tram.

Mr. Pitt would not hazard an estimate as to just when the Indian ore might be arriving at the Premier mill. Tram construction still has to be completed and then mining machinery will have to be moved on to Indian and set up. The mining crew on Indian will be housed at and work from Premier.

Mr. Pitt admitted that 17-cent and 18-cent prices for lead and zinc were an important factor in keeping Silbak-Premier running. For many years, when in its own ground, it was a spectacular gold producer.

Recent diamond drilling on the Premier Border has disclosed hitherto unknown ore body existence on the 600-foot

level of Premier Border, extending also back into original Silbak-Premier ground. All of the mine further life is expected. Silbak-Premier is negotiating with contractors the immediate sinking of a shaft to explore further possibilities of Premier. A level may be added this year make available further grade ore.

## Hotel arrivals

### Prince Rupert

Alex Wallace, J. H. C. D. Platt, L. G. Hughes, Thain, Miss E. Blais, Primeau, Miss M. Stacey, Quigley, Cecil Lindsay, Cooper, J. R. Bentham, L. Cox, C. Mapson, J. A. H. J. Marshall and R. A. Vancouver; J. Halcomb, Weaver and D. N. Barry monton; J. Butcher, Victor Joy and A. S. Fisk. George; Rev. M. Young set; Mrs. P. Yonginsky; nel; Mr. and Mrs. H. G. Montreal.

### FIRST CROSSING

The first airplane crossing the South Atlantic was made the Portuguese Coutinho Cabral westward in 1922.



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## Heavy Rain Down Coast

VANCOUVER — The southern mainland is getting more inundating rainfalls. Abbotsford airport had 1.91 inches in 24 hours yesterday and Vancouver airport recorded 1.35 inches.



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