



The Experts Say...

By KAY REX
Canadian Press Staff Writer

VEGETABLE GARDENS—Now that spring is here, penny-wise housewives are planning vegetable gardens to save on food bills during the summer months.

Vegetables with the highest nutritional value should come first in this modern economy garden spinach, squash and carrots are suggested because of their vitamin A content.

If this is her very first crack at gardening, the lady with the spade would be well advised to buy plants of such crops as cabbage and cauliflower rather than trying to grow them from seed.

Spinach, lettuce, early sprouting potatoes and radish are planted in mid-April in B.C. and southern Ontario; late April and May in the prairie provinces; late April and May in Ontario and Quebec; late April to late May in New Brunswick, Nova Scotia and Prince Edward Island.

Carrots, squash, beets, and bean seeds are planted early to late May, or early June in British Columbia and southern Ontario; late May to mid-June in the prairie provinces; late May to late June in Ontario and Quebec; late May to late June in New Brunswick, Nova Scotia and Prince Edward Island.

TIPS FOR GARDENERS—Choose your garden site where there is constant sunlight. Soil filled with tree roots should be avoided as these roots will absorb plant food and moisture from the soil at the expense of vegetable crops.

Sandy loam, gravelly loam, and clay loam are the best soils for vegetable crops. The first two are easy to work and are classed as "early" soils because they warm up quickly in the spring. But they have the disadvantage of losing moisture during dry weather.

While more difficult to work, the clay loam, with careful handling, will produce good crops of all kinds. Digging or plowing must not be done while clay loam soils are wet as it will cause lumpiness which makes preparation of a fine seed bed difficult.

Crops are grown best when planted in long rows. Consideration should be given to the amount of shade cast by taller growing plants. Tall plants such as corn, stalked tomatoes and pole beans should be planted on the north side of the garden.

Well rooted manure is an excellent source of the organic matter essential to plant growth. It should be applied at the rate of 100 pounds or more to 100 square feet of garden area. This should be spread over the surface before plowing or digging.

The ground should be prepared just as soon as it is dry enough to work properly. It should be worked to a depth of eight to 10 inches.

RAIDERS SLAUGHTER DEER—EDINBURGH, Scotland (AP)—Night raiders using Tommy guns are slaughtering red deer in the forests of north Scotland and selling the carcasses to the London black market.

SPREAD OUT THIN—One ton of newsprint provides 69,000 sheets of newspaper-size paper.

PRINCESS ANN SHOPS FOR TROUSEAU—Although former King Michael of Romania told an interviewer in New York on his arrival in New York that he had no definite wedding plans, Princess Ann of Bourbon-Parma, his fiancée, is going ahead with hers. She is shown as she visited Raphael's in Paris to select material for a wedding gown. One reported hitch in the wedding plans is that the young princess (left) is a Roman Catholic and Michael belongs to the Orthodox Church.

Seasonable Ideas for Housekeepers
RHUBARB FOR FLAVOR AND COLOR; MANY DESSERT POSSIBILITIES

The controversy about whether rhubarb is a vegetable or a fruit goes on and on in some circles but the homemaker is satisfied to consider it the first fruit of spring and use it often. The tender, pink stalks of rhubarb are relished when simply stewed and served as cause but there are dozens of delicious fruit desserts which are doubly pleasing when made with early rhubarb.

The main point in cooking rhubarb is to preserve its beautiful color and tender texture. Home economists recommend methods which bring out the best qualities.

RHUBARB SAUCE
6 cups rhubarb
1/2 teaspoon salt
3/4 cup sugar
Wash rhubarb, cut in 1-inch pieces but do not peel. Cover with boiling water, let stand 5 minutes, drain well. Complete cooking by using one of the following methods.

Double Boiler Method—Cook rhubarb with salt in a closely covered double boiler for 25 minutes. Remove from heat. Add sugar, stir and let stand until sugar is dissolved. Chill. Six servings.

Oven Method—Cook rhubarb with salt in a covered casserole in a moderately hot oven, 375 degrees F., for 30-40 minutes. Remove from oven, add sugar and stir. Cover and let stand until sugar is dissolved. Chill. Six servings.

Either of these methods will result in a sauce that is broken down and is excellent for serving on cottage pudding, gelatin desserts or blanc-mange. If it is desirable to keep the shape of the pieces of rhubarb the sugar should be added before cooking.

RHUBARB-BANANA PUDDING
4 cups rhubarb, cut in 1/2-inch pieces
1/2 cup sugar
3 bananas, sliced
1 cup fine dry bread crumbs
2 cups milk
3 eggs, slightly beaten
1/2 cup sugar
1/4 teaspoon salt
1 teaspoon vanilla
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RHUBARB LONG CAKE
3 cups raw sliced rhubarb
1/2 cup sugar
1 1/2 cups sifted all-purpose flour or 1 2-3 cups pastry flour
3 teaspoons baking powder
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