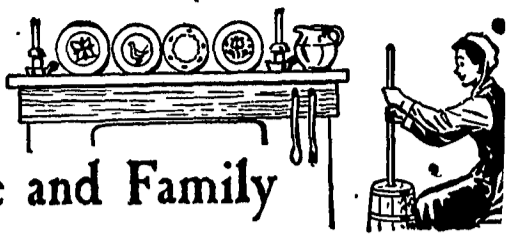


For the Farm Wife and Family



BREADS OF SPRING

By Mrs. Richard C. Spence

Rhubarb is the first sign of spring but that fresh flavor can be with you through the dull winter months, too. It's simple to freeze rhubarb without sugar so that you can use it for sauce pies and toppings. But for some dishes you can prepare them before they go into the freezer.

You can make rhubarb fillings, puddings your work will be done. Just cook up 2 pounds or 1-1/2 quarts or rhubarb in 1 cup water. Boil it only 2 minutes, cool and press it through a sieve. Mix two-thirds of a cup of sugar with a quart of the puree and pack into containers. Leave a 1/2-inch headspace for each pint of puree. Seal, mark and freeze.

You may want to make up some rhubarb into juice. You can do this by cooking 4 quarts of rhubarb, cut into large pieces with 1 quart of water. As soon as the fruit starts to boil remove from the heat and press it through a sieve. Cool, add 1/2 cup sugar for each

quart of juice and freeze. You'll need two kinds of canners to can the early foods of spring, rhubarb and asparagus. You'll use a pressure canner for asparagus and it's important that the dial gage is checked for accuracy. Your county home agent, the dealer where you bought your canner, or the manufacturer can check your dial gage. If it's more than 5 pounds off you should replace it. A weighted gage on a canner needs only to be thoroughly cleaned.

Both asparagus and rhubarb should be brought to a boil so that the food fibers relax and let down. Then, when you pack these foods hot they're not apt to float in the jar. Process pints of asparagus or 3 minutes before packing in jars. Process pints of asparagus Boil asparagus pieces for 2 at 10 pounds pressure for 25 minutes, quart jars for 30 minutes.

quart of juice and freeze.

GET EQUIPMENT IN ORDER TO CAN RHUBARB AND ASPARAGUS

Your canners, jars and lids should be checked before you start any spring canning. Don't spend time and effort to prepare food for the canner and then put it into chipped jars with poor lids.

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Let pieces or rhubarb stand

in sugar, 1/2 cup to a quart, to bring out the juice. Then bring to a boil. Pack at once into jars. You'll use a boiling water bath canner for rhubarb and other fruits and tomatoes.

Process either pint or quart jars of rhubarb for 10 minutes. Take from the canner and complete the seals, if the closures aren't self-sealing. Cool away from drafts.

There are dozens of ways of serving asparagus but everyone's favorite seems to be creamed asparagus on toast. Memories of it reach way back to childhood and anticipation

grows stronger each spring as the asparagus season approaches.

The secret of any creamed vegetable is a satiny smooth white sauce and creamed asparagus is no exception. The sauce should be thin enough to coat each piece of vegetable and thick enough to smoothly blend them for lading over toast.

Cook the asparagus pieces just as always but use a measured amount of water. When the stalks are tender, remove from heat and, without draining, stir in butter to melt.

(Continued on Page 15)

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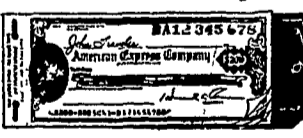


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