

MRS. WILSON TELLS HOW TO PRESERVE ASPARAGUS

There Must Be No Delay in This Procedure When the Work Has Once Been Started—Several Causes for Failure

By MRS. M. A. WILSON (Copyright, 1921, by Mrs. M. A. Wilson. All rights reserved.)

BETTER a dinner of herbs where love is, than a stalled ox and hatred therewith.—Solomon's proverb.

The season for asparagus is very short and those who love this delicate vegetable must be eager to preserve the asparagus in such a manner that it will be as fresh and tender as when first gathered.

The method of canning is the best and most reliable. It is frequently disappointed with results obtained in the ordinary canning method. Quite a number of households have caused a large amount of money to be expended for a purpose which is entirely unprofitable.

The Department of Agriculture and the National Canners' Association call this "hemorrhagic" or sour flat. This trouble is caused by certain bacteria which develop in certain conditions under which thermal jars of sour flat occurs in the asparagus as follows: (1) If asparagus is left standing in the field in the sun, it will be packed for shipping after being packed during transit.

After reading the first four reasons the housewife will readily see that it is unwise, even foolish, to purchase asparagus from the corner store or market for canning purposes and expect it to keep.

Do not misunderstand me—the grass mentioned above is perfectly good and proper for table consumption, but due to certain processes and reactions that occur in foods under conditions after canning—so can asparagus successfully if it is not immediately from the field as soon as it is cut and then the canning process is followed.

Hence, if you are unable to see or know that the grass has just been cut, less than an hour before it comes to you, do not attempt to can it. Failure and loss of time and material will be the result.

However, assuming that it is possible for you to obtain asparagus fresh from the field, there are several things to do before canning: (1) early morning is the best time to cut the asparagus; (2) the professional canner desires his grass cut before the hot rays of the sun have a chance to scorch up its central juices.

After obtaining the grass, open the bundles at once and spread them out in a cool, airy and shaded place in single layers. Do not allow them to remain in the adjoining room. Have the jars prepared the day before, the lids fitted and rubber ready and the container that is to hold the jars. Special cold-water method containers are sold in nearly every house-furnishing shop.

This consists of a holder with a rack fitted to the bottom. This rack is for the purpose of preventing the jar setting on the bottom of the holder. If the jars were to be set directly on the bottom of the holder, the intense heat would very quickly evaporate the water from beneath the jars and it would crack. So the vital necessity is the rack.

For holders are necessary to prevent burning the hands, and perhaps letting a jar fall in taking it from the hot-water bath. These holders may be purchased in a set to fit the boiler or individual. So choose the style that pleases you the best. Next, having everything ready, the actual process for canning the asparagus is before you.

Cut the grass so that it will fit into the jar quite easily. Personally, I cut the grass when preparing it for the jars. I divide the bunch and before attempting to start the process, I pack one jar so as to find the average number of stalks required for each jar. Do not prepare more than will fill the number of jars that will fit into the hot-water bath or boiler.

Place the preserving kettle or large steamer on the range and fill with cold water to boiling. Now begin and thoroughly wash the asparagus. It is best to grasp a few stalks in the hand and pour the tip up and down in a stream of cold running water, talking care not to break the tip against the side or bottom of the washing pan.

Now place sufficient grass for two or three jars in a piece of cheesecloth and bring the grass into boiling water. Cook rapidly for eight minutes and then remove and place at once in a pan of cold running water. Pack the grass immediately into the jars and fill them to overflowing with boiling water. Adjust the rubber and lid and partially tighten. Place in hot-water bath at once and finish, as quickly as possible, sufficient jars to fill the bath. Then cover the top of the boiler with four thicknesses of newspaper. Place on the lid and bring quickly to a boil.

acids, prepare the grass for easy packing and to set the color. During this process the heat has just begun to penetrate toward the center of the stalk and when the grass is removed from this hot bath and plunged into cold water, the cold dip—the process of cooking is apparently delayed but the heat is driven toward the center of the stalk—hence it can be seen that speed is vitally necessary in getting the grass into the jar and into the bath.

Slow or careless work at this point is frequently the starting point of this trouble. Do not allow the grass to lie in a bundle or in a heap. Spread it out on a cold platter after lifting from the cold dip. Do only enough to fill two or three jars at a time. Pack the jars quickly and speed them to the hot-water bath or boiler. Fill it with sufficient jars as quickly as possible.

Have the water in the hot-water bath or boiler just about 165 degrees or just below the simmering point. If it is hotter than this, the jars are apt to crack. Constant and rapid boiling is necessary for success.

About the closing of the jar—if you use the old-fashioned screw top Mason jar—place the lid on the jar and turn gently until it stops. Now give it a half turn back to loosen just a little.

For the all-glass jar just slip the large wire bale into position. The reason for partially tightening the jars in the hot-water bath is that when the hot-water bath is kept boiling for some time the contents of the jar are also boiling, and unless a sugar leverage were left in the jar, the steam created by the boiling action would cause the jar to crack.

Failure to adjust the lid properly is one of the causes of the liquid seeping from the jar. When the lid is properly adjusted and the liquid evaporates the cause will be found that the jars have not been covered to a sufficient depth with the water in the bath. When the tops of the jars are left exposed during the process in the hot-water bath, the intense heat necessary to bring the contents to the boiling point creates a vacuum through the top of the jar, and the result is liquid content of the jar is evaporated.

The water should be at least three inches deep over the tops of the jars in the hot-water bath. When the time limit expires for the processing of the asparagus, it is very necessary to take precautions for careful and quick cooking. The best way to do this is to remove the jars from the hot-water bath and put them in a tray covered with a dry cloth and then set the tray in a cool room, which is free from draughts. The moist and humid temperature of the kitchen will not do, as soon as the jars are handled, they will chill them quickly by the process given above.

Sometimes the question of using preservatives in canning comes from some housewife, and in answer to this I would say that any drug used in preserving food is a violation of the law and a deadly danger to the human body. Preservatives, liquid and powders simply embalm the product. Products of this character will cause serious intestinal and digestive disturbances, and rather than these embalmings materials do not use them.

Here are some suggestive ways of using both the canned and fresh asparagus. Souffle of Asparagus. Have the asparagus cooked and cooled before preparing this dish. Rub sufficient well-cooked asparagus through a coarse sieve and then take one cup of water in which the asparagus was cooked and add five level tablespoons of flour. Stir to dissolve the flour and then bring to a boil and cook for three minutes. Turn into a bowl and let cool. When cold add the prepared asparagus.

One teaspoon of salt. One-half teaspoon of white pepper. Two drops of onion extract. Yolks of eggs. Beat well to mix and then carefully fold in the stiffly beaten whites of four eggs. Rub an oval or round mold well with butter and dust very lightly with flour. Turn in the asparagus mixture and cover with buttered paper. Set in a pan of warm water and bake in a slow oven until firm in the center. This usually takes from twenty-five to thirty minutes. Remove from the oven and let stand for five minutes. Loosen the souffle from the edge of the mold with a knife and then turn out on a hot platter. Garnish with tips of asparagus and serve with Hollandaise sauce.

This is a dainty and elegant dish and will require half a dozen eggs and a bunch and a half of asparagus. It can be prepared for less than a dollar. Cold, left-over souffle may be served as a salad with sour cream or mayonnaise dressing.

Next complete novelettes—"When Ouria Predicts." Purify Specialties Co. CHARLES L. HUFF, Owner and Mgr. Denclea Bldg., Philadelphia, Pa.

your office wants Lily cups

Are you using... Drink from a LILY

THE DAILY NOVELETTE. A Lucky Turn of Fate. By SHIRLEY SYMONDS

"There! That's the silliest thing I have done since I slapped Joe Mills in the face the day before he went away twenty years ago, and told him I never wanted to see him again." Molly Smith turned herself as she wrote her name and address on a small brown envelope. Placing it in a packing case with dozens of other choice specimens she lovingly lowered the lid and tacked on the label.

"Those eggs ready yet, Molly?" yelled Martin, her brother, from the farm truck outside. "Yes," she called back, "and you'll have to hurry if you make that noon express."

Life held but few thrills for Molly nowadays. Several years before, upon the death of her parents, they—she and Martin—had moved to this little town in Maine, and to say that she was lonely most of the time was putting it mildly. Though she would be forty her next birthday there was still a lingering shred of romance in her nature, and it was that, maybe, which led her to repeat an old experiment of girlhood days when she and her sisters would laughingly inscribe their names upon eggs being made ready for market with hopes of receiving responses from some of the youthful city beaux.

"A letter would be the monotonous, anyhow," sighed Molly, as she watched her brother savor out of the doorway. "Three weeks later Molly was sitting on the back porch peeling apples for pies when Martin, with a quizzical look on his good-natured face, approached her with something in his hand. "Say, Molly, I'm sorry, but I've carried this letter of yours in my pocket for over a week—drat the luck!—picking up his voice, "there's every blamed cow in the corn field," and tossing the letter into her lap he hurried away, much to Molly's relief, as it left her alone to read that letter she had been hoping—foolish though it was—to receive."

Laying aside the paring knife she examined first the postmark, and then the writing on the envelope. She liked it—such strong, bold masculine strokes; and then she thought the pretty little porch with its clinging vines and filtering sunlight was no place for such an important event, she hastily sought the seclusion of her bright little chamber in which to open the precious missive. Molly stared at the name at the bottom of the closely written sheet. Woman-like she had sought the signature first. "There was as plain as day—Joseph Draper Mills. It couldn't be—but back to the beginning."

"My dear little Molly," she read, "or of course you are little—a miss of fourteen or fifteen, say—I can scarcely fathom your disappointment when you learn that the beautiful egg with your address was unlucky enough to fall into my hands—an old fellow of forty, now when an old fellow like me receives something obviously intended for some young and handsome hero the least he can do is to write and express his sorrow over the affair. But when you learn the circumstances which led me to that egg perhaps your gentle heart will be able to forgive me, after all. You see, I lost my dear mother some months ago—her name was Molly, too—right here Molly gaped. Every last doubt was now dispelled regarding the identity of the writer, and ever since then I have had to keep busy by myself. I found it very hard at first, but I can now sweep the floor without raising dust to the ceiling; also manage a few other things without disaster. But as for cooking—the only thing I can cook is eggs. If I could cook other things I might not have asked my grocer for a dozen of his best this morning."

"You see, I lost my dear mother some months ago—her name was Molly, too—right here Molly gaped. Every last doubt was now dispelled regarding the identity of the writer, and ever since then I have had to keep busy by myself. I found it very hard at first, but I can now sweep the floor without raising dust to the ceiling; also manage a few other things without disaster. But as for cooking—the only thing I can cook is eggs. If I could cook other things I might not have asked my grocer for a dozen of his best this morning."

"All ready in half a minute, Joe," she cheerfully called, and as Joe folds up his newspaper and joins his uxorious wife at the table he fondly kisses her and remarks: "Well, this is what I call a lucky turn of fate—eh, Molly?"

"Next complete novelette—"When Ouria Predicts." Purify Specialties Co. CHARLES L. HUFF, Owner and Mgr. Denclea Bldg., Philadelphia, Pa.

BLACK CREPE DE CHINE HAS GRACEFUL PANELS



By CORINNE LOWE. Why not say crepe de seen, and have done with it? Certainly no other fabric, save, perhaps, its rival of heavier weave, Canton crepe, is held quite so often as crepe de chine. The smartest frocks of both crepes continue to be self-supporting.

For, after all, nothing has been invented quite so simple and so dashing as these models which Vionnet, the French house that permits no professional buyers to be lusted portable, brought out last year. The panels and drapings of self-fabric that distinguish these models have been echoed by many designers, both here and abroad, and among them all the fan-shaped panel seems to be still one of the most popular of skirt versions.

We are presenting this fan-shaped panel in the black crepe de chine restaurant and afternoon frock of today's drawing. Here variety is given by the points extending upward on the corsage. The loose, graceful sash is of self-material.

Today's Collar. The finish of an attractive navy serge model occurs in the center frills and high collar of white organdy. Right here let us mention, in fact, that there is a great deal of that same humane spirit abroad. We are encouraged to wear many collars, labiate, ruffled, and ruffled things—also collar linings—of this becoming stuff. And oh! what a difference it does make—escaping the obligation to have some dingy, sooty looking material close about one's face and throat!



Seymour B. Conger of the PUBLIC LEDGER

Last summer Conger was the first newspaper man to reach Brest-Litovsk and get through (to the Public Ledger) the story of the battle between the Bolsheviks and the Poles. Conger ranges over Poland, Germany and Russia for the Public Ledger Foreign News Service. From 1910 to 1917 he was Associated Press correspondent in Germany. Ambassador Gerard, writing of the difficult position of American correspondents in Berlin, says—"It is the splendid patriotism under fire of Ackerman and Conger that deserves special mention." (Mr. Ackerman is chief of the Public Ledger Foreign News Service.)

DREAMLAND ADVENTURES. Taming of Bert the Bully. By DADDY

"HOW would you like to be a little tin can to your tail and send you scotching?" asked Judge Owl as he began his evening story. "I wouldn't like it," answered Pecos. "I'd bite the boy," added Billy.

"Well, Toddie Puppies didn't bite Bert the Bully for trying a can to Toddie's tail, but he made Bert pay dearly for his mean fun. Bert the Bully was bigger than the other boys at school. He was also the most cruel. He delighted in bossing the smaller lads, teasing the girls and being mean to dogs and cats and other animals.

"Toddie Puppies is a friendly pupper, as you know, and he always greeted Bert the Bully with a wagging tail, until one day Bert grabbed him and tied a tin can to that tail. Then Bert gave Toddie a kick and sent him howling down the street. As Toddie ran the tin can banged against his legs and hurt him. That made Toddie run faster, and the faster he ran the more the can banged him. He ran until he could run no more. Then he crawled into an old box, and there Jimmie, a kindly lad, found him. Jimmie untied the can and patted Toddie Pupkins until Toddie forgot his hurts.

"After that Toddie growled when he saw the tin can and kept to the other side of the street. Every year the school which he went to had a day of sports, which ended in a foot race for a fine silver medal. "Jimmie was the best runner in the school, and next to him was Bert the Bully. On the day before the race Toddie Pupkins saw Bert the Bully with his three chums. Toddie hid behind a fence, but he could hear every word they said.

"I'm going to win that race tomorrow," said Bert the Bully. "If I can't win over Jimmie by speed, I can win by my wits."

"What are you going to do?" asked one of Bert's chums. "I will tell you because I need your help," said Bert. "I want you to hide in the bushes along the race track—one near the start, one half-way to the finish and one toward the end. As we come along you will jump from the bushes and scare Jimmie. That will throw him out of his step and give me enough of a start to beat him."

Toddie Pupkins made up his mind to help Bert's chums.

"STUDENT DESIRES PART-TIME WORK. Young man (23), preparing for college, desires clerical or other position three or four hours daily after 3 p. m. Has had experience as shipping clerk, telegraph operator (railroad) and detail work in advertising department. Good references. Earnest, loyal worker. C-827, LEDGER OFFICE

COINNE LOWE.

J. B. Sheppard & Sons Table Linens

We have the following to sell at these prices, which every housewife will recognize as Very Greatly Reduced

Table with columns: Quantity, Character, Size, Price. Lists various table cloths and napkins at reduced prices.

These goods are qualities which we have discontinued and present opportunities which must be grasped promptly.

1008 Chestnut Street

Advertisement for American Stores Co. featuring Asco Blend Coffee, Why Pay More?, and various products like Louella Butter, Gold Seal Eggs, and Macaroni Spaghetti.

Asco Coffee advertisement: Why Pay More? Last week we reduced the price of the popular Asco Blend Coffee...

Asco Coffee advertisement: Why Pay More? No matter how much you pay, you can't buy better coffee satisfaction...

Advertisement for Louella Butter and Gold Seal Eggs. Louella Butter 60c, Gold Seal Eggs carton 37c.

Advertisement for Richland Butter and Strictly Fresh Eggs. Richland Butter 55c, Strictly Fresh Eggs, doz. 32c.

Advertisement for Typical Asco Values. Lists various Asco products and their prices, such as Asco Sliced Bacon, Asco Dried Beef, etc.

Advertisement for Asco Pork and Beans. Asco Means Highest Quality and Lowest Price. Asco Pork and Beans 3 cans for 25c.

Advertisement for Victor Bread and Asco Teas. Victor Bread 8c, Asco Teas lb. 45c.

ASCO STORES ALL OVER PHILA. AND THROUGHOUT PENNSYLVANIA, NEW JERSEY, DELAWARE AND MARYLAND.