

At Home With Trudy McNeil



Spring Treats

Trudy McNeil is seen daily, Monday through Friday, on "Home Cooking" from 9:30-10 a.m. on WROC-TV.

Asparagus has arrived, this is a sure sign that spring has come to our area. It is true that we have had fresh asparagus from California for the past month but with the local asparagus here, the price will be less expensive than asparagus shipped cross-country to our markets.

AN ALREADY SHORT ASPARAGUS SEASON WILL BE SHORTER THIS YEAR. A short season is characteristic of asparagus, as only warm days and warm nights favor the growth of this tender vegetable. To enjoy fresh asparagus buy it now, for the season will only last through May and June.

In buying asparagus remember that freshness is most important for the stalks age rapidly once cut from the plant. Look for asparagus that has: FRESH, TENDER STALKS. A tender stalk is brittle. The stalk should be tender with the exception of an inch or two at the base.

CLOSE, COMPACT TIPS. A spreading tip is indicative of

age or that the asparagus has been harvested too long. Usually such asparagus is tough and wasteful with only the tips edible. GREEN STALKS except for an inch or two at the base. PREPARE AND COOK FRESH ASPARAGUS CAREFULLY. Store fresh asparagus in the refrigerator in a plastic bag or moisture proof container. It should be used within a day or so after buying.

The stalks may be snapped off within an inch or two of the base end. If sand is present, remove the scales and wash the stalks only (about 1/4 inch). Let whole spears, tie them in a bundle and stand them upright in a narrow saucepan or the top of a double boiler. Use enough boiling salted water to cover the lower part of the stalks only (about 1/4 inch). Let the stalks boil and the tips steam until tender, about 12 minutes. AVOID COOKING.

Asparagus is a good source of vitamin A and C and is low in calories, averaging less than 4 calories per spear. ASPARAGUS IS AN UNUSUAL VEGETABLE in that it is a perennial plant, that is it does not have to be replanted each year. It takes about a year to develop an asparagus bed but once established asparagus may remain productive up to 30 years. The spears may grow as much as 8 inches a day and may be cut every day during the height of the season.

View Beautiful Lake Ontario From Our Tables (On A Clear Day) JOE & MARY FALBO'S GRANITE COFFEE ROOM Delicious Coffee & Luncheon ROOM 1240 GRANITE BLDG.

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THE WEEKLY NOTE FROM MR. PEPSI: We are mortgaging our tomorrows for the brief instant called today for the sake of what the world recognizes as success. Few of us feel that success is attained at being a good human being is quite enough. Consider how the flies of the field grow; they neither toil nor spin. But if God so clothes the grass of the field, which flourishes today but tomorrow is thrown into the oven, how much more you... Sufficient for the day is its own trouble. Gazing over a rain-freshened hillside, can the dollar ever be as green as a blade of grass... or half so beautiful?

Anniversary Sale FREE! Lollipops for Children FREE! Gold Plated Souvenir KEY CHAINS. FREE! 4 lb. BAG of CHARCOAL with a \$3 Purchase of any of these. OUTDOOR SPECIALS Reg. \$3.50 (3 ft.) STEP LADDERS Seasoned smooth wood... Galvanized Hardware \$2.80 HURICANE LIGHTS with wrought iron attic in ground 99¢ Reg. \$3.50 PATIO TIKI TORCH \$1.79 Reg. \$1.25 PRUNING SHEARS 79¢ Reg. 98¢ (7") Snack Bowl with handle 69¢ Decorated CUTLERY BOARD for Patio 88¢ Reg. 98¢ Plastic Ball & Bat Set 59¢ and hundreds of other bargains to choose from VACUUM PACK MIXED NUTS (large size) lb. 69¢ Reg. 50¢ NECCO CANDY BARS 10 Bars for 39¢

MAY AND JUNE ARE STRAWBERRY MONTHS. If you have read Isaac Walton's Compleat Angler you may remember that he said about strawberries: "Doubtless God could have made a better berry, but doubtless God never did." Fresh ripe strawberries do have every thing as far as I am concerned, visual beauty, flavor, fragrance, succulence — everything but calories. You may have a nice dish of strawberries for about 40 calories and strawberries are an excellent source of vitamin C—the more sunlight, the richer the strawberry in this health-giving vitamin. ONCE PICKED, STRAWBERRIES SHOULD BE REFRIGERATED. Do not wash them until about an hour before serving time. Float strawberries in cold water, in a large bowl of cold water, rather than holding them under a fast running faucet. Dunk a handful at a time under water, gently, letting water drain through fingers before placing the berries in a colander. Never pour berries and water through a sieve or colander because this washes some of the sand back on the berries. If berries are to be served sweetened, cut in half and sprinkle with powdered sugar. Let them stand at room temperature for about an hour to form juice. If you're looking for an idea for a scrumptious dessert, fill a baked pie shell with fresh ripe strawberries in vanilla pudding. Top with a cloud of whipped cream and be-level the whole dessert with a few perfect unaccepted berries. FRESH STRAWBERRY PIE 1 package vanilla pudding, 1 package (1 T.) unflavored gelatin 1/4 c. cold water 1 1/2 c. sliced fresh strawberries c. heavy cream, whipped 1 inch pie shell, baked Fresh strawberries for garnish Prepare the package of vanilla pudding according to directions on the box. Soften gelatin in cold water and stir into hot pudding. When cool add strawberries and 1/4 c. of the cream, whipped. Pour into cooled pie shell. Refrigerate until serving time. Garnish with remaining whipped cream and fresh strawberries. Yield: 8 to 9 servings. FRESH STRAWBERRY AND GRAPEFRUIT COMPOTE 1 pint fresh strawberries 1 c. sugar 1 fresh grapefruit whole unaccepted strawberries Wash strawberries, remove caps and cut in half. Sprinkle with sugar and set aside in a cool place or refrigerator. Peel grapefruit and cut into sections, being sure to remove the white inner portion of the rind and membrane. Fill sherbet glasses with alternating layers of sugar strawberries and grapefruit. Garnish with whole unaccepted strawberries. Yield: 8 servings.

Refugee Bishop Buried in Rome Rome—(NC)—Bishop Vincent Padoleski, a refugee from Communist Lithuania, was buried here in the presence of His Eminence Giuseppe Cardinal Pizzardo and other high Vatican officials. Bishop Padoleski died (May 8) after a heart attack. In recent years he had been president of the Lithuanian College of St. Casimir in Rome. BISHOP PADOLESKI was born in Virbalis, Lithuania, on April 21, 1904. He was ordained a priest in 1927 and in 1930 was consecrated titular Bishop of Caspida and named Auxiliary of Vilavakia. He was forced to leave Lithuania in 1944.

Revival Survivals By RUPHMA WYATT Three of the latest musicals known to the King as "The Anna," whose gentle integrity is storm proof in the King's explosions, is wily in her Centre and the revival at City Theatre are now in the theatre vacated by GREEN WILLOW, CHRISTINE and FROM A TO Z. I confess I wasn't very excited at the idea of seeing the third revival of THE KING AND I but its own inherent charms highlighted by the excellence of the production invite me to place it with FORGY AND BESS, WEST SIDE STORY and CAROUSEL in the top ranks of American light opera. The present cast of THE KING AND I headed by Farley Granger and Barbara Cook are very much younger than when Yul Brynner and Gertrude Lawrence created the roles of the King and the British Governess. GRANGER with very straight black hair instead of Brynner's bald pate gives the King a spoiled boyhoodness which mitigates his outbursts of temper and adds sympathy to his pride in his children. "I have only seventy-three children," he says apologetically to Sir Edward Ramsay, the British Minister, "but three more will soon be born." Barbara Cook as Mrs. Lowrance, Je Michener's sets are also still extant and the bright costumes by Irene Sharaf. Under John Fearnley's direction, Miss Jean Dalrymple has done another good deed for the theatre in offering such rich fare at low prices. Her revival of FINLANS RAINBOW was so successful that it has been moved to the FORTY EIGHT STREET THEATRE and THE KING AND I will probably go to the ALVIN.

Open House Scheduled At Nazareth College Nazareth College has issued invitations to the parents of college bound high school juniors from the Rochester area to attend Open House at the college on Sunday afternoon, May 27, at 3 p.m. with their daughters. Because of the necessity for early planning so many students in college, and so many young women in making a wise choice of a college, Sister Rose Angele, the dean of Nazareth College, has scheduled Open House for this year in the spring, rather than in the fall as in previous years. "WHERE WILL WE" is a brief program in the auditorium, followed by a conducted tour of the campus. Members of the Faculty and recent alumnae have been invited to act as guides for these tours. The parents and the young ladies will have an opportunity to meet the Nazareth admission officers, and the heads of departments, and to see the advantages that Nazareth College has to offer new students. To Visit Keyes St. Columban — (NC) — Father Timothy Connolly, S.S.C., Superior General of the Society of St. Columban, will visit the congregation's residence in Keeseville, it was announced here.

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Sister William Joseph's Mass Offered By Nephew

Funeral Mass for Sister William Joseph Pappert of the Congregation of the Sisters of St. Joseph was offered by her nephew, Rev. Edward Pappert, C.S.B. in Nazareth Convent, May 22.

Sister William Joseph, a teacher in the Rochester diocese schools for 40 years, died at the convent, 4245 East Ave., Pittsford, May 9, 1966.

Father Pappert imparted the blessing in Holy Sepulchre Cemetery assisted by the Rev. Mr. Joseph H. Gelfell and Father Schnack. Father Pappert was assisted in the Solemn Requiem Mass by the Rev. Francis J. Taylor, deacon and the Rev. Frederick W. Bush, subdeacon. Rev. Albert H. Schack, master of ceremonies; Rev. Robert Miller, Thurston. Also in the Sanctuary were: Rt. Rev. Msgr. Louis Edelman, Reverend Fathers George M. Kallb, James Embser, C.S.B., Wilfred Dwyer, C.S.B., Daniel Burns, C.S.B., William Roche.

A guard of honor was furnished by eighth grade girls of St. John the Evangelist School, Rochester area in 1942 and Sister taught.

A member of St. Boniface parish, Sister William Joseph entered the Sisters of St. Joseph in 1915. She taught in Our Lady of Perpetual Help School for two years, then was assigned to St. Alphonsus School in Auburn where she worked 25 years, first as a teacher then principal. She returned to Rochester area in 1942 and taught in St. John's School, Greece, until 1953. Illness forced her retirement in 1954. Surviving are one sister, Sister Regina Clark of the Sisters of St. Joseph, and nieces and nephews.

Prayers Asked For Summit

London—(NC)—The Bishops of England and Wales have urged Catholics to pray for the success of the Paris summit conference. They asked for special prayers on May 15, the day the summit conference begins. President Eisenhower, British Prime Minister Harold Macmillan, French President Charles de Gaulle and Soviet Premier Nikita Khrushchev are meeting to resolve differences between East and West.

Brooklyn Liturgy Day

Brooklyn—(NC)—A suburban parish near here was host for a liturgical day to encourage a program of active participation in the Mass in parishes of the Brooklyn diocese. Bishop Bryan J. McEntegart of Brooklyn presided at the program at Ascension Church, Elmhurst, where over 300 priests from all 219 parishes of the diocese attended. The day opened with a dialogue Mass with all priests participating in the responses and hymns.

College Sophomore Wins Scholarship

Miss Patricia Denniston, a sophomore at Nazareth College, has been awarded an Arvie Eldred scholarship by the New York State Teachers Association. This is the first time that a Nazareth student has been selected for this award.

MISS DENNISTON is the daughter of Mrs. Jane Denniston of Birmingham, and a graduate of Central High School in Birmingham. While a student Miss Denniston was elected vice-president of the Student Council, and a member of the Honor Society. She served as sports and news editor of the high school paper. The PTA scholarship was also awarded to her.

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