

Mrs. Wilson's Cooking Lesson Today Takes Up Leafy Green Vegetables

These Are Nearly All Rich in Mineral Salts, an Important Food Necessary to the Upkeep of the Body

By Mrs. M. A. Wilson

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The leafy green vegetables are the class of foods under discussion in the lesson today. The vegetables in this class are:

Celery, parsley, lettuce, cabbage, string beans, tomatoes, spinach, kale, globe artichoke, egg plant, green and red peppers, okra, corn, asparagus, leek, chives, scallion, shallot, the young pea, the young lima bean, Brussels sprouts, cauliflower, young sweet corn, dandelion, dock, chard, and rhubarb.

The vegetables in the above list contain large amounts of water, mineral salts, cellulose, and are called the succulent vegetables for this reason. The succulent vegetables, as a rule, contain very little protein, or starch, and in the pulse family, namely, corn, peas and beans, this food element does not mature until the grain is fully ripened. The succulent vegetables are very good for our physical upkeep, for this reason, that the cellulose of bulky content is needed for roughage, and should be served on our tables at least once a week during the entire year. Nearly all the succulent vegetables are rich in needed mineral elements, many containing iron.

Celery (*Aplium, Linn.*)
Celery belongs to the umbelliferace family. This family is composed of plants with hollow striate stems, and are aromatic and stimulating, also carminative, depending upon the volatile essential oils of the plant in the stalk and leaf. Plants of this family require lots of water and thrive best in damp, watery locations.

Parsley (*Petroselinum sativum, Hoff.*)
Parsley is a very close relative of the celery; in fact, it is named by the name Parsley is used as a pot herb and for garnishing.

Lettuce (*Lactuca, Tournef.*)
The name lettuce is from the Latin *lactuca*, meaning milk, and is named because of the abundant milky juice of this plant. Many varieties of this plant under the gardener's cultivation have reached perfection. Lettuce is a moisture-loving plant, and grows best in a cool climate for perfection. Lettuce is used as a vegetable as well as a salad plant.

Cabbage (*Brassica oleracea, Linn.*)
The cabbage plant is a native of Europe; the word cabbage is Celtic (*Breic*). It is also accredited to Sweden, where the gardeners have brought this plant to perfection.

Methods of preparing the cabbage are well known and do not require any special here. The cabbage should be placed in boiling water to cook and covered and cooked until tender. The usual time required to cook cabbage is thirty-five minutes for the young and tender, green cabbage and fifty minutes for the winter cabbage.

String Beans (*Haricots Verts*)
This vegetable is popularly known and is the immature navy bean or dried bean. In its green state it contains very little nutriment, but when cooked and dried; the green bean is used as a succulent vegetable, and today, owing to the market conditions, is in season the year round.

Spinach (*Spinacia oleracea, Miller*)
The name spinach is used to identify a number of succulent greens that are cultivated under this title, all containing virtually the same composition, and are used for a pot green. Members of this family contain large quantities of iron, that is so very necessary to the blood stream. This is one of the causes of cellular structure it acts as a broom to sweep waste accumulations from the digestive tract, and should be used two or three times weekly while in season.

Kale
As a member of the spinach family, contains abundance of chlorophyll or the green coloring matter; does not have much vegetable acid or flavor. Kale is used as a pot green and cooked in the same manner as spinach.

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Tomatoes (*Lycopersicon, Tournef.*)
The tomato is a member of the Solanaceae or night-shade family, and was given the name of tomato from the Greek, because of this fruit resembling the peach. The tomato is today cultivated in every part of the world, its succulent juicy fruit is accredited with being one of our most powerful antiscorbutic foods.

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No. 4. How would you cook lettuce?
No. 5. What countries are accredited with the discovery and cultivation of the cabbage?
No. 6. Give short history of the string bean.
No. 7. Describe the globe artichoke and tell how to cook it.

FEBRUARY SALE SPECIAL

REFRIGERATORS

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Manufacturer, Wholesale and Retail Dealer of the better kind of Furniture.

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THOSE FRECKLES

Don't try to hide those freckles. Black and White Beauty Bleach, a fragrant, dairy cream applied according to the directions quickly and easily removes all traces of skin discolorations. Black and White Beauty Bleach forms an invisible coating on the skin surface, which not only removes these blemishes but makes the texture soft and smooth. Your druggist can supply Black and White Beauty Bleach, 50c the jar. Send 25c to Dept. C, Plough, Memphis, Tenn., for a refillable powder puff of genuine mid-down containing a two weeks' supply of the perfect face powder—Black and White "Incense of Flowers"—also literature giving in detail all information regarding the beautifying properties of Beauty Bleach.

Hospital Nightgowns \$1.25 to \$2

\$1.25 for three-quarter length muslin gowns, open front.
\$1.50 for three-quarter length gowns that tie in the back.
\$2 for full-length nightgowns. All have long sleeves.

(Central)

GUARD AGAINST GERM-LADEN AIR

STREET and subway cars, railroad trains, interurbans, theatres, schools and stores are the haunts of disease germs—so are the windy, dusty streets.

Check these germs at once with Formamint Tablets, and prevent throat infection, sore throat or possibly laryngitis, tonsillitis and influenza. Dissolve one of these convenient-to-take, pleasant tasting, yet powerfully antiseptic Tablets in your mouth, now and then.

An efficient antiseptic is released and mixing with the saliva, continuously bathes the mouth and throat, checking contagious germs. Relieves hoarseness. Helpful for singers, actors, speakers, smokers, lecturers, etc. Children like them. 60¢ at all druggists.

Recommended by throat specialists, physicians, dentists and druggists.

Formamint GERM-FIGHTING THROAT TABLETS

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Good for Children and for Grown-Ups, Too

Spearmint has so pleasant a taste and imparts such a refreshing fragrance to the mouth that mothers experience no trouble in getting their children to use it regularly. In fact, the kiddies clamor for it. Spearmint Tooth Paste is as good for grown-ups as for children. It cleanses the mouth thoroughly, makes the teeth white and beautiful and tends to keep the gums firm and healthy.

NO GRIT

SPEARMINT TOOTH PASTE

The Cleansing Paste With the Pleasant Taste

Contains absolutely no grit or injurious chemicals which can harm the delicate enamel of children's little teeth. Spearmint is safe.

A little Spearmint goes a long way. Lay it ACROSS—not ALONG the brush; 320 cleansings in every tube.

Send for FREE Sample Tube Today

Wrigley Pharmaceutical Co., 311 S. Randolph St., Philadelphia, Pa.

Please send me free sample tube of Spearmint Tooth Paste.

Name.....
Address.....
My Druggist's Name.....
Address.....

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WANAMAKER'S DOWN STAIRS STORE WANAMAKER'S

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Remnants of Silk or Silk-and-Cotton Half Price

One to four yard lengths of satin, foulard, taffeta, crepe de chine and sports silks in a wide range of desirable colorings. Now 85c to \$1.50 yard.

New Spring Silks Low Priced

Satin messaline, in jade, sapphire, old rose, tan, brown, navy and black, 35 inches wide, \$1.50 yard.
Wash satin, white or flesh pink, 35 inches wide, \$1.65.
White fiber sports satin, very shining and lovely, 40 inches wide, \$2.50 yard.

(Central)

Straight Chemises, 85c

are of sturdy muslin, snowy and fresh and finished with convent edge, ribbon run.

Women's Flannel Nightgowns, \$1

are of warm flannel, in regular and extra sizes and in two good styles, one with V neck, finished with collar, and the other with V neck, trimmed with braid and hemstitching.

Hospital Nightgowns \$1.25 to \$2

\$1.25 for three-quarter length muslin gowns, open front.
\$1.50 for three-quarter length gowns that tie in the back.
\$2 for full-length nightgowns. All have long sleeves.

(Central)

Children's Socks Silk-and-Wool With Colored Tops

Prettiest and softest ones we have seen. They are in brown and a heather mixture of brown and green, with turn-over silk striped tops in red-and-green or blue-and-yellow. Sizes 6 to 10 at \$1.25 pair.

(Central)

Evening Dresses, \$15 and \$25

Some Newly Repriced

Wonderfully pretty chiffon dresses at \$15. Youthful taffeta dance frocks at \$15.

Maline frocks like the picture have been marked down to \$25; their maline veils chiffon and the chiffon veils a silk lining and they are quite delightful. Then there are heavy chiffon frocks, too, with silver girdles, and taffeta affairs with silver lace at \$25. Not all sizes in every style; some only one of a kind.

Cape Frocks of Homespun Tweeds, \$25

Just in from the maker! Just made! Quite the newest of new Spring fashions. And really practical. A new one-piece frock of homespun in Copenhagen blue or jade—with elbow sleeves, many buttons and narrow belt together with a long enveloping cape—far smarter this season than a coat. Both of these smart Spring garments for \$25.

Long Line Jersey Dresses \$16.50 \$20 \$22.50

New shipment of slenderizing styles in sizes 16 to 44. Navy or brown wool jersey with overskirts that have more or less conventional embroidery. Silk-lined bodices.

(Market)

Still Plenty of Good All-Wool Overcoats for Men at \$25

(Gallery, Market)

Central Aisle Opportunities

Imported Kidskin Gloves A Third Under Price, \$1.65

Gloves a well-dressed woman will appreciate at once as just the right finish to her smarter costumes!

Two-clasp style, overseam-sewn, with heavily embroidered backs. Gray, brown, tan, beaver, white and black.

Gingham for Spring Frocks 18c Yard

How would you like a fresh, crisp new frock for \$1.08? The making, in these days of simple tastes, is no obstacle whatever, and six yards make a dress for the average woman. Plain colors, stripes or checks. 26 inches wide.

New Blouses Just In at \$1.65

Prettiest ones we've had yet at this low price!

Roll-collar style in extremely good striped dimity trimmed with imitation filet edging. Peter Pan style in white voile with woven "block" effect. Collar and cuffs finished with inch-wide ruffing stitched in colors.

Silk Handbags Ruffle Trimmed, \$3

New ones of heavy moire taffeta silk made on metal frames with snaps of serpents' heads and trimmed with tiny pleated ruffling. Well made, well lined and extremely good value.

1000 Brassieres and Bandeaux, 40c

An unusually wide selection of brassieres and bandeaux in many styles and materials. All sizes to be found in the lot.

More Flowered Cotton Petticoats at \$1

Last lot went out in a hurry! Brown, Copenhagen blue and navy backgrounds made with accordion-pleated knee ruffles and elastic waist bands.

Toothbrushes, 10c to 25c

Hard, medium or soft bristles in toothbrushes for men, women or children. Bone or clear yellow handles.

At 18c a few good "seconds" of a well-known make.

Almost 200 New Styles in Spring Dresses, \$5 to \$65

Every sort of frock one can imagine! Evening frocks for pre-Lenten parties. New cape frocks of colored homespun. Remarkable variety of silk or wool frocks at \$25 for afternoon and all kinds of occasions. Amazingly effective dresses of good materials at \$6.75, \$10, \$15, \$16.50 and upwards.

More and more Philadelphia women are discovering the help of Wanamaker's Down Stairs Store fashions. More and more of them are walking through the Dress Salon, the Fashion Aisle and other sections every day or two to keep in touch with latest arrivals. For one never knows what will turn up here. There's always something new. Copies of high-priced frocks for small sums. Special purchases of "samples." Brand new fashions from new makers. Something is always happening to bring good fortune to these Down Stairs Fashion sections.

Young Girls' Dresses at \$6.75

are copies of a model that sold earlier at two and three times this price. Navy crepe poplin or serge with insets of cerise or fuchsia crepe de chine and stunning wooden bead girdles. Sizes 14 and 16 only.

Odd Dresses Repriced and Added to the Group at \$10

"Finds" for the curious. Poiret twill with touched panel and sleeves of crepe de chine. Tricotine with stitched designs. Tricotine with embroidered motifs from collar to ankle. And many others at \$10.

Canton Crepe and Other Dresses \$15 \$16.50 \$23.50

\$15 for embroidered crepe de chine dresses, nice for wear in the house, now and for cool all-summer use.
\$16.50 for Canton crepe and gay taffeta frocks of the kinds that one really likes.
\$23.50 for Canton crepe with jet-like beads; for taffeta with scalloped skirts.

(Market)

Clearaway Prices on Women's Winter Coats \$12 \$16.50

Low prices on two groups of coats which have been marked much more. All sizes from 16 to 40, though not all sizes in any one style. \$12—for coats of cut bolivia, silver-toned bolivia and velour in navy blue and brown. Most of these are full-lined with figured silk. \$16.50—for double-faced polo coats in dark colorings, lined through the waists and sleeves. Also for quite a gathering of cut bolivia and velour coats, embroidered, plain or topped with fur collars of beaverette and silk lined.

At \$29, \$39 and \$48

All sorts of excellent coats of velour and various bolivia weaves in navy blue and brown. They have collars of nutria, Australian opossum and mole or are made without fur and are lined with silk.

(Market)

Women's Duplex Gloves \$1 a Pair—Save a Third

And in some instances the savings are even greater! Excellent gloves they are, of the very kinds women want now, and all fresh and new.

\$1 a pair for strap-wrist, five-button length gauntlet-style gloves in these fashionable colors—pearl gray, chamois, sand, medium gray or white.

They have English cut thumbs, are half pique sewn and have embroidered backs. Extremely good looking!

75c Pair

for two-clasp duplex gloves in white, mastic, pongee, gray and beaver in all sizes, and brown in sizes 6½ and 7.

(Central)

Such Good House Dresses! and Such Prices!

is what you'll say when you see these new ones—all fresh and crisp and far better than you'd get ordinarily for the prices.

For \$1.85

there is the pretty frock sketched—a gingham dress with collar, cuffs and pockets finished with scalloped white pique. The gingham is good quality and in gay checks, stripes and plaid effects.

For \$3.50

(and this is sketched, too) there is a trim, well-made dress of linene, in Copenhagen, rose, green or tan. The waist is scroll stitched.

300 Specially Priced Aprons, 50c

Wonderfully good choosing in this lot—

- gingham bungalow aprons—small and large checks;
- figured percale aprons;
- bib aprons of gingham;
- pink or blue figured percale aprons, with bibs;
- plain, full gingham aprons;
- gay, flowered cretonne aprons.

Save from 25c to 50c on each apron!

"Nancy" Is a New Apron Set

of cheery, checked gingham. The apron is a cover-all, made like a slip-over. Neck, armholes, the deep pockets and the strap across the front are all trimmed with rickrack braid. And there's a generously cut cap to complete each set, \$1.50.

(Central)

Window Shades, 60c and 75c

They are all 36 inches wide and 6 feet long, and fixtures are included with each shade. Two tones of green, two of yellow, terra cotta and white.

60c each for water color shades. **75c each for oil color shades.**

(Chestnut)

Women's Silk-and-Fiber Stockings 50c Pair

Right now the wholesale price of these stockings is more than 50c. They are of silk-and-fiber with mercerized tops and feet and are shaped. In black, bronze and gray—"seconds."

(Central)

Extra-Size Taffeta Petticoats, \$7.50

Generally proportioned and well-made. Black, navy and changeable hues.

(Central)

Nemo Corsets Are Real Health Corsets

Nemo corsets will fit properly and comfortably figures which cannot be fitted in any other corset. They are skillfully cut on lines especially designed for reducing the hips and abdomen.

Some have special reducing straps and lacings across the front and wide front steels. Others have insets of elastic over the hips and in the back of the long skirts.

Busy women with many duties find comfort in Nemo corsets which they cannot find in any other.

A number of new Spring models in Nemo corsets have just arrived. Expert corsetiers can give helpful advice as to the selection of the proper model and will see that it is correctly fitted, \$4 to \$10.

(Central)

New Spring Oxfords and Pumps Come Trooping In at \$5

A whole regiment of splendid new pumps and oxfords of the type that women want for immediate wearing has marched in. They follow the smart brogue lines of the season, showing many perforations, low flat lines, broad toes and substantial soles.

Fourteen Different Styles at \$5

Some have the very new square toes that young women are enthusiastic about.

In black and dark tan shades in both oxfords and one and two-strap pumps. All of this footwear is thoroughly good and marked at the lowest prices in years for such excellent grades.

All sizes for women and young women.

(Chestnut)

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And in some instances the savings are even greater! Excellent gloves they are, of the very kinds women want now, and all fresh and new.

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