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Mrs. Wilson Continues Her Lessons on Vegetable Plants and Their Uses

Housewives Who Are Anxious to Know Cooking in All Its Branches Make a Study of This and Answer the Questions

By MRS. M. A. WILSON
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THE eggplant is a prickly herbaceous branching plant, the fruit egg-shaped and a deep purple color, varying from an egg to a melon in size. This plant is a member of the nightshade family, Solanaceae, meaning the plants have a colorless juice.

The eggplant is cooked in the following manner: Broiled, sautéed, baked, stuffed, in croquettes or cutlets, and as a vegetable.

Peppers (Cap'sicum Thourm)
This plant is a member of the nightshade family and closely related to eggplant, the potato, tomato and other vegetables in this family. The same is from the Greek and means to bite or hot. Often called Chilli particularly in countries of French and Spanish origin. The varieties are green before ripening and red when ripe.

Capiscicum Annum (Linn) is the red pepper or cayenne, a tree of the tropics. There are several varieties of this species, the green and red pepper used for garnishing and flavoring the sweet or mild variety is stuffed and baked and in Spanish and Creole style of cookery. Also by the foreigners, namely, the of the countries adjacent to the Orient.

Poke (Phytolaccaceae Turm)
This weed is a common roadside variety and only the very young shoots are used in the early spring, for a green cooked similar to the method used for asparagus. Considered as a medicinal green being accredited with purifying the blood stream.

Sorrel
This leafy green is used both as a salad plant and as a vegetable green. Its history and characteristics will be considered under its heading in salad plants, and is only mentioned here as a succulent vegetable green or pot herb.

Asparagus (Officinalis Linn)
The ancient Greek name of the asparagus, meaning unarméd or branching herb; this vegetable is the oldest and most delicate vegetable known. Ancient Rome regarded this vegetable most highly, and such characters as Pliny, Cato and others of their time were loud in their praise of this delicate succulent green of the early spring.

Medicinally the asparagus is accredited with being tonic in its properties, the vegetable substance known as asparagin having decided diuretic effect upon the kidneys.

This vegetable belongs to the liliaceae, or lily family, and is prepared for the table by boiling and serving with sauce of chives. Asparagus is also used as a salad plant, and for soups.

The leek, chive, scallion, or young garden onion, the shallot, are all members of the lily family. This name signifies a bulb-like plant of the herb variety with bulb or tuberous stems growing upright, generally of rich coloring, and growing to large size. Used for flavoring and also can be cooked as a vegetable green similar to onions or spinach.

Methods of cooking, prepared as for spinach and cooked in boiling water until tender, then dressed and seasoned like boiled or braised onions.

Pea (Pisum sativum, Linn)
The garden pea is the oldest legume cultivated, and has been cultivated from time immemorial, so that its native country and local history is now unknown. Many species of this delicious succulent food are to be found on the markets. The pea is an early spring vegetable and does not thrive well during the extreme hot summer.

The garden pea is cooked by boiling in water, drained and seasoned, with plenty of butter, salt and pepper.

Lima Beans (Phaseolus lunatus, Linn)
This vegetable is found in both the bush and climbing variety. The bean is whitish in coloring and delicious tasting. This plant is a native of the East Indies. Cultivation has brought many improved varieties to the market. The bean is cooked in boiling water, drained when tender and seasoned with plenty of butter, salt and pepper. The early American Indians used this vegetable in a stew with string beans, corn and peppers, and called the dish succotash. Indian for vegetable goulash. The west bean is a herb, and is a cross of the bean family.

Brussel Sprouts
A cultivated member of the cabbage family (Cruciferae brassica Linn). This vegetable is cooked in boiling water until tender, usually twenty-five to thirty minutes, then drained and dressed with salt, pepper and butter, or with sauce similar to that served on asparagus.

Collards belong to the cabbage family, having full, fleshy leaves that do not form or head up like cabbage. This species of the cabbage family is grown and used as a pot green. Cooked and served like spinach or cabbage.

Cauliflower (Betritys cauliflora Linn)
The cauliflower is a member of the cabbage family. The thick white heads are the result of intense cultivation. A delicate vegetable, succulent, native of Southern Europe, its flat floral head being in direct contrast with the headed cabbage cauliflower.

The cauliflower is prepared by removing the coarse outside leaves and then breaking the flowers in pieces. Cook in boiling water until tender. Drain well, season with salt, pepper and plenty of butter.

This vegetable may be served in salad when cold and marinated in highly seasoned French dressing. Also in au gratin with hollandaise sauce, cream cheese sauce. The leaves removed from the head of the cauliflower are delicious when cooked, as for asparagus, trimming the wilted parts. Serve as for asparagus. It is a serious waste to throw this part of the flower away. It is rich in iron and mineral content.

Young Corn (Ze'a Mays Linn)
Indian corn or Ze'a Mays is a native of North America, widely cultivated as an important food staple. The young or immature corn is the product known as sweet corn, and is used during the crop season as a succulent green vegetable. Cooked in boiling water and served on the cob. Corn is cooked in a gratin, in fritters, in custards and scalloped.

Dandelions (Taraxacum officinale, Weber)
This common weed of the pasture, field and roadside is a valuable addition to the greens, and is used for a pot green and also as a salad plant. The essential oil Taraxacin is especially active in the gall bladder, increasing the flow of bile, and also as a diuretic, stimulating the secretion of the kidneys.

Method for cooking as for spinach; also after boiling slice fine and sauté with finely minced and cooked bacon in the pan.

Dock Shoots, Sourdock (Rumex crispus, Linn)
A common roadside weed, native of the United States and Europe, often used as a pot green. It is a root crop and is used in the same manner as spinach.

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MRS. WILSON'S ANSWERS

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Mrs. M. A. A.

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DREAMLAND ADVENTURES

Four Good Words
By DADDY

Pretty Mrs. Blue Jay asks Jack and Janet to help her get her husband out of jail, where he has been locked up by the little old gray man, for making the birds pay rent for houses that did not belong to him.

CHAPTER II.
They Find Blue Jay

JACK and Janet saddled their ponies, Jack and Topsy. "Where are you going?" barked Toddie Pupkins, the collie.

"We are going with Blue Jay's bonnie new bride to get Blue Jay out of jail where the little old gray man has locked him up," said Jack in one breath.

"Wow! Wow! And where will you find the little old gray man?" asked Toddie Pupkins.

"That we do not know," replied Janet doubtfully. "He lives some place far off in the woods."

"Wow! Wow! Then I had better go with you and find him with my nose," said Toddie Pupkins, sniffing at footprints left behind by the little old gray horse when the little old gray man put up the bird houses. I can follow the little old gray horse wherever he went!"

"Wood! Wood! If you are going deep into the woods you will need protection," grumbled Johnny Bull, the bulldog. "I will go along to look after you."

So Jack and Janet mounted the ponies and, with Toddie Pupkins running ahead and Johnny Bull following behind, they galloped into the forest.

Mrs. Blue Jay went with them. Part of the time she darted among the branches of the trees, part of the time she mounted high above the woods to get a wider view. All the time she kept up an eager, anxious calling: "Jay! Jay! Where are you, my own Blue Jay? But no answer came to her call.

They traveled far into the woods. Toddie Pupkins led the party confidently. The trail left by the little old gray horse was cold, but Toddie Pupkins' nose was sharp. At last he turned off not far from the path into a dim side trail. "Ki! Ki! Ki!" they came this way," he yelled eagerly.

The woods grew wilder and wilder. All the time Mrs. Blue Jay kept calling: "Jay! Jay! Where are you, my own Blue Jay?"

"Jay! Jay! Here I am in jail!"

Mrs. Blue Jay gave a cry of joy and dashed toward Jack and Janet urged the ponies on faster.

Soon they came to a little old gray cabin in the woods. Beside the cabin was the little old gray wagon and near by was the little old gray horse tied to a stake.

"Hello! Hello!" cried Jack and Janet loudly.

"Hello yourself!" came an answer from the house, and the little old gray man poked his head out of the door. "How do you do and what do you want?"

"We want to get Blue Jay out of jail," cried Jack and Janet.

"Ho! Ho! Ho!" laughed the little old gray man. "You have just got him into jail, and now you want to get him out of jail."

"When we got him into jail we didn't know he had a bonnie new bride," explained Jack.

"And she says he will be good," added Janet.

"Ho! Ho! Ho! But what does Blue Jay say?" laughed the little old gray man, turning to a window. There hung the little bird house marked "JAIL". Inside was Blue Jay looking very fat, very forlorn, and very much ashamed. Mrs. Blue Jay flew to the jail and kissed him through the barred windows.

"It'll be good," said Blue Jay humbly. "It'll be very good."


"You should have been good before you were bad," said the little old gray man. "Please let him out right away," begged Janet.

"Ho! Ho! I can't do that," said the little old gray man. "I am only Blue Jay's jailer. I can't let him go unless you can find four folks who will say a good word for him."

"Jay! Jay! Jay! That is easy!" exclaimed Mrs. Blue Jay happily. "I'll get those four good words in a minute."

"But Mrs. Blue Jay, I can't let you do that. You can't say four good words for Blue Jay, as will be told tomorrow."

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Repeat until the dish is full, and then pour over two cups of gravy. Put on top a crust and bake in a slow oven for one hour. Potatoes may be added if desired. One pound of cooked beef may be used in place of the leftover steak.

Dear Mrs. Wilson—Please print a good recipe for beefsteak pie for six people.
A. H. E.

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