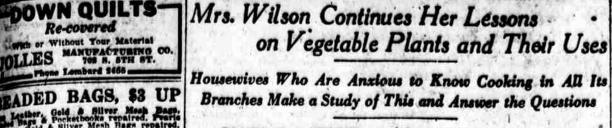
EVENING PUBLIC LEDGER- PHILADELPHIA, TUESDAY, FEBRUARY 21, 1922



DEPOSTED FRENCH READED MARCEL BEAD SHOP

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Now is the time to have Wilson estimate on interior and exterior home renovating with paints and painting that will Housewives Who Are Anxious to Know Cooking in All Its Branches Make a Study of This and Answer the Questions

THE eggplant is a prickly herbaceous shaped and a deep purple color, vary-ing from an egg to a melen in size. This plant is a member of the night-shade family, Solanaceae, meaning the plants have a colorless juice. The eggplant is cooked in the fol-lowing manner: Broiled, sauted, baked, stuffed, in croquettes or cutlets, and as a vegetable. THE eggplant is a prickly herbaceous

the cauliflower. This list of succulent vegetables is important and should be considered first when planning the menu, for the vital reason that these vegetables hold the controlling health elements that are vitally necessary in our food budget if we are to keep physically fit. Peppers (Cap' sicum Thourn) Troppers (Cap strum Anoun) This plant is a member of the night-shade family and closely related to egg-plant, the potato, tomato and other varieties of this species. The name is from the Greek and means to bite, or hot. Oten called Chilli particularly in countries of French and Spaniah origin. The varieties are green before ripening and red when ripe.

The neglect to consider these vegeta-bles are green before ripening
Capicicum Annuum (Linn) is 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
Ye hose of the countries adjacent to the Orient.
Poke (Phytolaccaceae Term

This weed is a common roadside va-Can You Answer the Following Ques-tions?

riety, 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. No. 1-Describe the eggplant, its family, and can you give some data about this vegetable not given in the

No. 2-To what family is the green pepper related? No. 3-Where will you find the pole

weed?

This leafy green is used both as a salad plant and as a vegetable green. Its history and characteristics will be con-sidered under its heading in salad plants, and is only mentioned here as a succulent vegetable green or potherb. No. 4-Give a short outline of as-paragus. No. 5-To what family does the leek belong? Name other varieties of this

Asparagus (Officinalis LAnn) The ancient Greek name of the as-paragus meaning unarmed or branch-ing herb; this vegetable is the eldest and most delicate vegetable known. An-cient Rome regarded this vegetable most highly, and such characters as Pliny, Cato and others of their time were loud in their praises of this delicate succu-lent green of the early spring. Medicinally the asparagus is accred-ited with being tonic in its properties, the vegetable substance known as as-paragin having decided diuretic effect upon the kidneys. No. 6-Tell something about the cauliflower. No. 7-What medicinal qualities are

attributed to the dandelion, and why? No. 8-What is the early history of the pea? No. 0-Tell something about the

legumes. No. 10-Give a short theme on the common field or roadside edible weeds.

DREAMLAND **ADVENTURES**

> Four Good Words By DADDY

bers of the lily family. This name signifies a bulbike plant of the herb variety with bulb or tuberose stems growing upright, generally of rich color-Pretty Mrs. Blue Jay asks Jack and Janet to help her get her hus-band 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. ing, and growing to large size. Used for flavoring, and also can be cooked as vegetable green similar to onions on

CHAPTER II. They Find Blue Jay

Methods of cooking, prepared as for spinach and cooked in boiling water until tender, then dressed and seasoned like boiled or braised onions. JACK and Janet saddled their ponies, Trixie and Topsy. "Where are you soing?" barked Toddie Pupkins, the going ?"

Pes (Pi' sum savivum. Linn) collie. "We are going with Blue Jay's

Things You'll Love to Make Gauntlet Cuffs



It is nice to have a few pairs of GAUNTLET CUFFS with collars to match. If worn on a very simple frock they turn it into a smatt-looking affair. By having a few sets you can change them easily in order to launder them (if made of washable fabric). More slaborate sets will make the same frock serve for informal evening affairs. The cuffs are very simply made. Use straight pieces of material as full as you like. Beam the pieces. Line them if you wish. Trim with ribbon, braid or embrodiery. A little ingenuity will help you to think out many stunning GAUNTLET CUFFS. FLORA.

FLORA

MRS. WILSON'S ANSWERS

I doubt if you have anything in your home sufficiently large to make fruit punch for 200 persons. You will need a barrel for the mixing. You do not give any idea of cost for this punch. Make a sirup as follows:

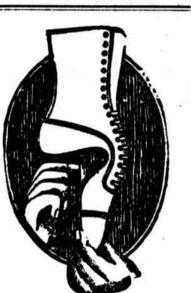
Twenty pounds of sugar, Five gallons of water. Boil for fifteen minutes. Turn in the tub or barrel and add

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Out cold lefforer steak in pieces and Three pollons of orushed ice, Two gallens of ordnye fuice, One pollon of lemon fuice, Two gallens of mised fruite, we Apples, pord and diced, Thinly sliced conned peeches, Marzeching cherries, out in bits Bananas, out in thin slices.

One pound of cooked beef hidney. Line the pudding dish with plain pastry and then place a layer of beef, then kidney, and season with Sweet marforum.

Repeat until the dish is full, and then ach person. Dear Mrs. Wisson--Please print a good recipe for beefsteak pie for siz people. A. H. -This amount allows two glasses

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neys.

Oldest Title In The garden pea is cooked by boiling in water, drained and seasoned, with far off in the woods. plenty of butter, salt and pepper.

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 Lima Beans (Phaseolus lunatus, Linn) This vegetable is found in both the bush and climbing variety. The bean gray horse when the little old gray man is whitish in coloring and delicious tast-put up the bird houses. I can follow the

Sorrel

Asparagus (Officinalis Linn)

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

The leek chive, scullion, or young garden onion, the schallot, are all mem-

upon the kidneys.

asparagus. Collards belong to the cabbage fam-ily, having full, fleshy leaves that do not form or head up like cabbage. This

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)

"Ho! Ho! Ho!" laughed the little old gray man. "You have just got him into jall, and now you want to get him out of jall." Indian corn or Ze'a Mays is a native of South America, widely cultivated as an important food staple. The young or "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. an important food staple. The young or immature corn is the product known as sweet corn, and is used during the crop scason as a succulent green vegetable, Cooked in boiling water and served on the cob. Corn is cooked in au gratin, in fritters, in succotash, cream corn in pudding, in custards and scalloped.

Dandellons (Taraxacum officinale, Weber)

This common weed of the pasture, field and readstde is a valuable addition to the greens, and is used for a pot green and also as a salad plant. The essential oil Taraxacum is especially active in the gall bladder, increasing the flow of bile, and also as a diuretic, stimulating the secretion of the kid-nevs.

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 jnil and kissed him through the barred windows. "I'll be good," said Blue Jay humbly. "I'll be very good." "You should have been good before you were bad," said the little old gray man.

man. "Please let him out right away,"

neys. Method for cooking as for spinach; also after boiling minced fine and saute with finely minced and cooked bacon in the pan. Dock Shoots, Sourdock (Rumer cris-pus, Linn) A common roadside weed, native of the United States and Europa, often called here had ay purior dock ; best and the the time of the time and the time of the time and the time of the time of

Are Your Feet Pirched or Cramped?

When you pinch or cramp your feet in ordinary shoes, you suffer more than local injury. You impair your circulation through compressed veins; you reduce your vigor and spirits; and you prepare the way for fallen arches, backache, nervous-ness, headache and other serious

nose was sharp. At last he turned off ailments physicians ascribe to foot from the forest path into a dim side troubles. To avoid these, wear the trail. "Ki yi! Ki yi! They came this way," he yelped eagerly.

served like spinach or enblage.
Cauliflorer (Betrytis cauliflors Linn)
The cauliflorer 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 plant.
The cauliflorer is prepared by reinoving the conres outside leaves and then breaking the flowers in pieces. Cook in boiling water until tender. This vegetable, season with salt, pepper and plenty of butter.
This vegetable may be served in

noving the coarse outside leaves and then breaking the flowers in pleces. Soon they came to a little old gray colin in the woods. Beside this cabin was the little old gray wagon and near by was the little old gray horse tid to a stake. This vegetable may be served in selad when cold and mariunated in highly seasoned French dressing. Also in au gratins with hollandaise sauce, crean or cheeso sauce. The leaves removed from the head of the caulifower are de-licious when cooked, as for asparagus, trimming the wilted parts. Serve as for

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

> This graceful boot is made in black kid and brown kid. Also in brown or black kid with cloth tops

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