

Mrs. Wilson's Article for Today
Takes Up the Starch in Vegetables

Artichokes, Beets, Turnips and Other Edible Plants Are Studied in a Way That Is Easy to Follow

By MRS. M. A. WILSON
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JERUSALEM ARTICHOKE (Helianthus tuberosus, Linn.), are a root bearing tuber, belonging to the sunflower family, a native of Brazil, Spain and Italy. This vegetable is prepared by scraping to remove the skin and throwing at once into cold water to prevent discoloring. Cook in boiling water until tender. The Jerusalem artichoke is served as follows:

Stachys (Tuberosa)
This plant belongs to the Hedge Nettle, and the small tubers resembling in texture the Jerusalem artichoke, and is cooked and served in same manner.

Radish (Raphanus, Linn) Sativa Linn)
The two varieties of radishes for the table, the round or knobby radish and the long carrot-shaped radish.

Turnips
The turnip belongs to the cabbage family, and two varieties are: White turnip (Brassica Rapa, Linn) and yellow turnip (Brassica campestris) the Russian and Swedish or rutabaga (yellow). The part used, both the root and the top, as for pot greens.

Carrot (Daucus Tourn)
The carrot is supposed to belong to Greece and is well known as a vegetable and as a pot herb for seasoning soups, stocks and meat dishes.

Onions (Allium)
This heading includes the many species of the onion family, namely, garlic, white onion, yellow onion, Spanish onion, chive, Welsh onion.

Beet (Vulgaris Linn)
The parts of the plant used are the root and the tops for pot greens. Active varieties of beets, and both the table and sugar variety hold a prominent place in the foodstuffs. Varieties, the red and white beet. Cooked in the same manner as the Jerusalem artichoke.

Salsify (Tragopogon Porrifolius Linn)
Salsify or vegetable oyster plant belongs to the parsnip family, and is wrapped to remove the skin and cooked until tender, then prepared as follows: In croquettes or cutlets with cream sauce, scalloped and au gratin, fried and mashed.

Parsnips (Oenanthace Sativa, Linn)
The parsnip resembles the carrot in appearance and contains as much sugar as carrot. The parsnip contains a liberal amount of cellulose and is a valuable addition to the vegetable foods.

Kohl Rabi, Broccoli (Boleracea Linn)
The kohl rabi and the broccoli are species of the cabbage family, while the celeric is a member of the celery family.

Methods of Cooking the Root and Tuber Family
(a) Baking is one of the most economical methods; but this method must be adapted to vegetables that have an outside coat to hold the steam, and at the same time cook the starch and soften the cellulose.

(b) Casserole cooking—Similar to baking, the covered dish taking the place of the skin on the vegetable.

(c) Boiling vegetables in their skin. (d) Escaloping. Suitable for vegetables cooked in the skin. A method of reheating. The moisture is retained and the crumbs on the top add additional flavor. Frying left-over vegetables; really suitable for very few vegetables for this reason, that the intense heat hardens the outer surface, and unless

After-Dinner Tricks



No. 103—Needle Floats on Water

To make a needle float on water is regarded as impossible by most people, but it is in reality a very simple matter. Lay a cigarette paper on the water and the needle on the paper. In a little while, the paper will sink, and leave the needle floating there.

With a little practice, however, no such preparations are necessary. If the needle is perfectly dry and is rubbed between the fingers and thumb a few times, it can be held a fraction of an inch above the water, and dropped onto the surface of the water, where it will float.

then it must be done with a sharp knife and very thin paring removed.

(d) The mineral matter is soluble in water, and for this reason the water in which the vegetables are cooked should be used for soups, stock or gravies. The flavor of vegetables is both volatile and soluble and may be retained by covering the vegetables at once with boiling water, and then covering closely in the pot to prevent escape of the steam, thus retaining a goodly part of the liquid which usually boils away if the vegetable is cooked in an open kettle.

To Give Dance and Play
The Chevre Bhr Cholm play and dance will be held tonight in Mercantile Hall, Broad and Master streets.

the vegetable is cut very thin the food soaks up considerable fat.

Seasoning and Serving
The vegetables belonging to the root and tuber family are deficient in fat, so that the usual seasoning will include butter, salt and white pepper.

Laboratory Work
Grate a carrot and wash as for the potato. Make test for starch.

Repeat the same test for the turnip, beet and parsnip.

Pare and scrape turnips, carrots and beets and place in cold water, bring slowly to a boil and cook until tender. Drain, set the water drained from vegetables in a bowl and let stand. Drain off water and make test for the starch in the sediment in the bottom of the bowl.

Which vegetable shows the least starch?
Jerusalem artichoke contains minimum amount of starch and just a trace of sugar.

Stachys; about the same as the Jerusalem artichoke.
Radish; small traces of starch.
Turnips; small trace of both starch and sugar.

Carrot; contains large amounts of both starch and sugar.
Onion; minimum traces of starch and sugar.
Beet; contains liberal amount of both starch and sugar.

Salsify; shows traces of both starch and sugar in very small quantities.
Parsnip; shows some starch and sugar.
Kohl rabi, broccoli and celeric; very small traces of starch.

If you desire a rating for this lesson, write the following questions and answers on paper, mail to me with self-addressed and stamped envelope and I will mark the paper and return same to you:

No. 1—How would you prepare the Jerusalem artichoke?
No. 2—Also, can you tell the difference between the artichoke and the Jerusalem artichoke?

No. 3—What are Stachys?
No. 4—Give three methods of preparing the radish.
No. 5—To what branch of the vegetable kingdom does the turnip belong?

No. 6—Give the names of two vegetables that contain both sugar and starch in large quantities. What comparison would you make between the beet and parsnip for starch, for sugar, and why?
No. 7—Give the aim of cooking the tubers and root plants as food.
No. 8—Explain methods of cooking and why.
No. 9—Give the result of your laboratory tests and your personal opinion about the character of the changes you notice.

WANAMAKER'S March 7, 1922 DOWN STAIRS STORE

Wanamaker's Down Stairs Store



\$25 \$16.50 \$18.75 \$15 \$20 \$25 \$10 \$18.75

Inexpensive and Charming Dresses Radiant With Springtime in the Great Fashion Sale
\$10 \$15 \$16.50 \$18.75 \$20 \$25

It's like a flower garden these days in the Down Stairs Store—such color, such gaiety, such delightful Spring freshness!

What fun to choose a new Spring frock from a collection like this! Scores and scores of different styles are spread out before you, each dress newly arrived but a day or so ago. Here you will find at the lowest possible prices

Sports Dresses | **Dinner Dresses** | **Business Dresses**
Afternoon Dresses | **Shopping Dresses** | **Utility Dresses**

They are made of Canton crepe, crepe de chine, crepe-back satin, wool Canton crepe, tricotine, Poiret twill, lace and silk eponge. Suitable for women of all ages and all types.

Special at \$10
Frocks of taffeta, cut double breasted with shawl collars. Cape dresses of tweed in lovely colorings. Heavy crepe de chine frocks in navy and brown. Poiret twill dresses in tailored styles.

At \$15 and \$16.50
there is a wide choice of dresses. Especially pretty and quite different are the wool Canton crepes, trimmed with braid. Silk eponge, heavy crepe de chine, taffeta and dark blue lace make other frocks in this group.

Sports Hats Have Captured the Rainbow
The sprightly, sporty air of them gives one the "Spring feeling." The very styles that women want immediately to wear with tweed suits and sports coats. All are quite smart and usually show the soft lines that are becoming to all women, but turn-up and turn-down sailors are in abundance.

Tweed hats, in all the suit shades, are \$2.50 to \$5.
Hats of ribbon or straw, often in combinations of the two, are \$3 to \$8.

Georgette Crepe in All the New Shades—\$1.75 a Yard
Gold, carnation pink, dawn-mist, cinder, sand, old rose, petiwinkle, bonfire, lavender, pale blue, turquoise, apricot, burnt orange, orchid, navy, black, white, dark brown, peacock blue, Harding blue and purple are the colors. 40 inches wide.

Women's Tweed Suits Start at \$12.75
They're in a pretty little check of two tones of tan and are made with four patch pockets on the jacket.

Next come smart mixtures in green, gray or tan colorings at \$16.75 and \$18.

Exquisite Colorings
distinguish the suits at \$25 to \$37.50. Dull blues, soft lilac tones, rose, Copenhagen, mist gray and warm tans are among them. Jackets are belted or plain and prettily lined with silk.

Serviceable Black Petticoats, 50c
Lustrous black perceline that will give no end of wear, made with elastic at the waist and a tucked flounce. 30 to 36 inch lengths.

Men's Pajamas \$1.50
Well-made pajamas of the smooth soft cottons that men like to wear, in the colors they prefer: blue, tan, pink and white.

New Circular Tweed Capes at \$15
will make friends quickly, for they are very smart, comfortable and convenient. Most of them are in herringbone weave in tones of tan, gray, brown, green and lavender. Some show flecks of red and all are pretty in coloring. The younger women especially will like them.

Other Capes at \$15
Navy and black tricotine cape-wraps are three-quarter length, fully lined with silk and very graceful of line. Warm little wraps, they are, with cord girdles.

Every Imaginable Kind of Cape at \$25
Very few of a style but, oh, how many styles! We'll cover 200 capes and wraps in the lot and all sizes among them! That speaks well for the choosing, and, indeed, women will find some surprisingly lovely "finds" for this price.

March Sales on the Central Aisle
Spring Dress Gingham, 18c Yard
To see it brings forth delightful visions of all the crisp, pretty frocks that will be fashioned from the yards and yards of this extremely practical material.

Blouses of Soft Voile, New at \$1.65
Blouses that are particularly appropriate for new tweed suits or sweater costumes.

Women's Underclothes, \$1 and \$1.50
\$1 for EXTRA-SIZE nightgowns of firm white nainsook, made in the plain-tailored style so many women prefer.
\$1.50 for envelope chemises of soft pink bariste, daintily trimmed with ribbon and hand-done French knots. Also for envelope chemises of white nainsook trimmed with ribbon, lace and embroidery medallions.

1000 Bands Just in at 35c
Whether they are of a broche or of web cloth and whether they fasten in front or in back, women who wear sizes 32 to 46 will find them extremely comfortable and well made.



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One of Philadelphia's chief assets is her ice cream.

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