EVENING PUBLIC LEDGER-PHILADELPHIA, TUESDAY, MARCH 14, 1922

oday We Have Various Salad Plants in Mrs. Wilson's Domestic Science Talk

e Dandelion Plant Is Used in Delicious Ways and Has Real Food Values, Like Lettuce

salad plants?

No.

this?

swer.

late?

By MRS. M. A. WILSON ight, 1922. by Mrs. M. I. Wilson. All rights reserved

self-addressed and stamped envelope. and I will mark and return to you the HE plants, of many vegetable tam- answers you have sent to me. flies, are classed under this heading. Cruciferae, or mustard family. d watercress, peppergrass, the cabatard plant. The Geraniaceae, or geranium family, salad plants? No. 3-Giv

No. 3-Give method of preparing salad plants for the table, and why? re us the nasturtium, while the Cuthe cucumber. The Umbelliferae, or parsley family, fires us parsley, celery coriander.

and Compositae family gives up arti-riokes, chicory, endive, dandelion, ro-The Solanacear, or night shade fam-

Ity, produce the chill or green pepper, in all of its varieties, while the Labiatae. or mint family, adds mint, sweet basil, thyme, savory, marjoram and sage. enopodiaceae, or goose foot family.

Polygonaceae are the dock sorrel. Valerianaceae, the valerian family. Liliaceae, or lily family, bring the

naparagus, onion, leek, chives, garlie, scallions or green garden onions and the shallot

The word salad is taken from the French, Salada, meaning a combined mixture of leaves and green herbs. The plants grouped under this head- acquing are usually served raw with a that essing to make palatable.

The salad plants are starch free and contain from 55 to 95 per cent of their total weight in water. A few contain a volatile eil, which is the essential favoring, which gives them their pecu-

Chicory (Cichorium Intybus, Linn.)

well-bleached endive. tiny, split and sweet. split and sweet. It is a winter have four salad, and is frequently served in place of celery, or as an appetizer.

Com Salad or Lamb's Lettuce

(Valerianello, Olitoria, Poll.)

Corn salad grows wild in many places in Europe, but is cultivated in this country for the early spring salad. Usually served in manner similar to ettuce and dandelion greens.

Garden Cress

(Lepidium Sativum) Pepper Grass

This plant resembles in appearance and flavor the watercress, and is used a salad plant and sometimes cooked served as a pot green. Used for nishing meats, such as steaks, pot

 Interface (Incruce Sativa, Linn.)
 The many varieties of this plant due to interse cultivation have given us a bountiful variety to choose from. Under this heading come the head of the sound of the sou der this heading come the head, or Bos-on lettuce, and the new California va-risty, called iceberg lettuce, owing to wonderful keeping qualities.

Endive (Cichorium Endivia, Linn.) This plant has under intense cultition produced a salad plant of ex-isite daintiness, and is the king of salad plants. Endive is the dinner ntion produced a salad plant d par excellence.

Mustard (Brassica Alba

The young leaves of this plant are used for the early spring salad and are delicious and tender, with a pleasing matic taste.

Watercress (Nasturtium Officinale, Brown)



Paul and Virginia By HELENA HOYT GRANT

A Treasure From New Mexico PAUL came home with a great, fat Paul came near to sporting.

L bundle, a bundle as big as a youth's "Genuine? Why, of course, it's genuine? Anybody can see that to look

beculiar expression on his face which made Virginia pondered and her mind raced back to a department st or c advertisement bargnins. bargnins. paper only a few days

"Well, I hope it's s," she said meekly, " Paul flared. "If that isn't just ike a woman" he Virginia, in prophetic "Chenille drapes?" man picks up a real

bargain, something valuable and unique trust a woman to throw cold water on the whole thing!" Virginia helped him straighten out

"Oh, you needn't try to

dle unrolled, revealing a big rug, a rug with all the colors of the rainbow. "It's a genuine Navajo." said Paul.

like that in the factory manufactured kind of rug, what?"
''Nothing under her hand as she smoothed the rug.
She glanced at it hastily and then, with a quick little tug, detached the object and crumpled it hastily in her palm.
''I bet some poor old Indian and his whole family worked for months on the own.
''L and the family worked for months on the own.
''Nothing and then.
''L bet some poor old Indian and his whole family worked for months on the own.
''Nothing and then.
''L bet some poor old Indian and his whole family worked for months on the own.
''L and then with a quick little tug.
''L bet some poor old Indian and his whole family worked for months on the own.
''L and the did not like Lucy Randolph, and then whole family worked for months on the own.
''L bet some poor old Indian and his whole family worked for months on the own.
''L and the did not like locy like her own. straightening out his prize. "A genuine what?" "A Navajo," said Paul ca "Love is a rainbow; be off with thee."" "A Navajo," said Paul calmly. "It's Kissing the curis of her baby boy, Then spake the mother in trembling ico, where it was woven by hand by "Ther some poor old indian and his whole family worked for months on this thing and then never got more than \$5 or \$6 for it." murmured Paul, with the fervor of the born collector in his eyes. "And from that far-away spot where the provide the structure of the trip home she the big, dusky studio she looked around discontentedly and renewed the attack. "Rand, why do we have to live in a the Navajo Indians. You've seen ple-"Love is a worship of sacred zest, Having its home in my throbbing breast! Love is a chorus within my soul, Guiding me safely from woe-strewn right out in the white sunshine, and eyes. "And from that far-away spot in New Mexico they bring these beaustain the wool with native dyes as they in stain the wool with native dyes as they go along, you know, dear. And say, thoney, I got it at a great bargain. \$29: Special sale in a funny little shop tiful things to brighten our homes and studio apartment? Mr. Randoph is an artist and they don't live in a place And he dreamed for an hour. ciay!" Holding her cherub, she passed along, one of this particular design in the Crooning in gladness foves old sweet world. Those Navajos don't have a In the privacy of the kitchen Vir-ginia smoothed out the thick paper near the office. I guess it's the only on the privacy of the attract the paper one of this particular design in the ginta smoothed out the thick paper world. Those Navajos don't have a pattern idea, you know, so there are no duplicates." duplicates. Virginia Virginia felt the texture and Smith Manufacturing Company, thoughtfully bit her lip. Twenty-nine Brooklyn, N. Y.," was the solemn promise of the tag. But the secret was safely locked in dollars "Well, don't you care for it?" he the bosom of the perfect wife! demanded. "Why, of course, dearest, it's very



with her a case is to dodge recognition. to scurry to one side with a furtive air, like a thief afraid of detection, to pretend to



of

New Crinoline Models

at the permanent showroom

of the

Royal Pattern Company

304 Empire Building : Philadelphia

Publishers of LE COSTUME ROYAL and CHILDREN'S ROYAL

Down through the

years prunes have proved themselves

the essential fruit-

food. Especially is

this true of so

Sunsweet Prunes-

a year 'round fruit

that you need for

California's

Nature-flavored

<u>munes</u>

Please Tell Me What to Do By CYNTHIA To "Anita"

in order given, and mail to me with a

The Questions

No. 1-What average percentage of water does the salad plant contain? No. 2-What percentage of starch in

4-Are there any vitamines in the

5-What leads you to believe

No. 6-Give some ways to serve the

salad plants. No. 7-Do you believe that a salad

space between each question and an-

green is necessary, and if so, why? Write all questions and the replies on one side of the paper and leave a

Drop the man's acquaintance at once and let any who tell you he calls you his girl understand that he is simply an acquaintance and not a polite one at acquaintance and not a polite

"Plebe" Is Sarcastic

Dear Cynthia-American or foreign-orn? There is still breath in that dis-ussion. Walt, I will brain it for you. Most artists agree, we read, that the pretiest women sprout in this country, Ruskin said: "Remember, the most Chicory resembles, somewhat, the II-bleached endive. Its leaves are burger, and the said: Remember, the most beautiful things in the world are the instance. Put two and two together and you will

"urtain— Has "T. B. P." been in the vicinity of ate? I miss him. PLEBE. No. T. B. P. has not written for several months.

Still on Foreigners

Still on Foreigners Dear Cynthla-Will you please print the following for me? Just a note to "No. 1 Foreign." You are the first person I ever came across who had the nerve to earn your living off America, live in America and then say that all the American fellows do is hang around corners. I judge from your letter you are a girl, so, little girl, will you kindly tell what you and your foreign husband would do for a living if our American men stood on the corners all the time? You are what you would call "insulting." That is all you are.

A Poem on Love

Dear ('ynthia-You might print the following poem in answer to "Whitle's" question, "What is low?". It was writ-ten by Byron Williams and, I belleve, will satisfy "Whitle." WHAT IS LOVE?

"Pray, what is love?" scoffed the cynic, Hate. "Nothing but heartache at Foliy's fete: Naught but a bubble by Fancy blown;" Chaos and forment by Passion sown!"

"Love." cried the lover. "is bliss divine; Strained are life's joys for affection's

"Love is the light," quoth the maiden "Bringing Arcadia to my feet!"

"Bah "" sneered the cynic, with taunting

37

chenille drapes for the living room," cried is."

Virginia nodded. You said we ought to have something lively, and-He smiled now.

"Well, there's something lively and gay here." He indicated the bundle. the new acquisition on the floor of the

honey, because you'd never hit it in a thousand years." He cut the heavy twine and the bun-

This plant is found growing wild, in shallow clear streams. The market gar-dener also cultivates watercress and thus is able to control the season. The pungent watercress needs little to bring it to mind. Used by the chef. erved in same manner as the dande-

lien. Closely associated with the salad plants come the edible weeds; in fact. many of them are used as the salad plants, replacing lettuce during the arly spring.

Sumex Crispus; Linn., the Saurdock

very young and tender leaves for the salad. The older leaves are used as a pat green, both the long leaf and curly varieties being used. A high-sounding Latin name for this "Love," said the cynic, "is real and

Rumex Acetosella (Linn.) Sorrel* This plant grows wild and is also cultivated extensively both in this country and Europe, for a salad green. It Reducing the Hips is usually a spring green and has a To the Editor of Woman's Page: pleasing tart taste, served as for the dandelion or shredded lettuce.

Pursiane (Portulacca Oleracea, Linn.) This common garden weed is used

for salad only when very young and To Sell Sport Handkerd tender; it also is used for pot greens. To the Editor of Woman's Page:

rse shaped pod of this plant gives it ta name.

The rules for preparing salad plants: Look over the plants carefully, dis-arding all braised and wilted leaves. Place in water for fifteen minutes. Then take pan of warm water, add one water. Dip and work the leaves brough this water; this causes the tiny nvisible slugs and mites that cling levely in the folds and crevices of the lants to drop off. Lift from this bath to cold water to crisp, and place on or in cold, damp place to keep The salad plants are essentially weather plant and wilt very dickly in warm places soon after utting.

small bag, made of mosquito net or cheesecloth, or even a welltuce. Never place the salad plants storage without first cleansing well.

meats. Seten plain with salt, served with dressing, pouring first the oil and a vinegar, with blended French meling, mayonnaise dressing and the cial varieties made from it, such as outsand Isle. Hussian, Tamaqua and the server a rating for this lesson the sine and the answers to be given a room with COMBINA-I TION CURE INS. TION CURE INS. TON CURE INS. meats.

Then is a worship of sacred zest. its home in my throbbing Having its breast ! Toya

shoal

shoal! is a spark of immortal fire, is my life to its great desire! is my hope—take it not away, thou take all but the worthless clay."

The Woman's Exchange

Reducing the Hips

Lamb's Quarters (Chenopodium Capitistum, Watson)
 This common garden weed is a dainty delicate salad green and is welcomed in the early spring. The album, or white variety, is specially cultivated by the gardeners for a special salad plant.
 Parsiane (Portulacca Oleracea, Linn.)

To Sell Sport Handkerchiefs

tender; it also is used for pot greens. Dandelion (Taraxacum Officinale, Weber) The young and tender leaves of this well-known and popular roadside weed, are used for salad, the older leaves are used for a pot green. The market gardener cultivates the dandelion, as well as the other roadside weeds for the salad plants are Shep-herd's Purse (Capsella Bursa-Pas-toris, Moench) which is found in moist pastures. Only the delicate tender leaves are used for the salad. The tiny purse shaped pod of this plant gives it



Balad plants are served plain and th other vegetable combinations, both and cooked, as well as with fish meets.

Tomorrow-The Call of the Wild -very odd and pretty. Are you sure.

> Can You Tell? By R. J. and A. W. Bodmer

Why Jewels Are Used in Watches

did not answer, her brain began to turn table The placing of jewels in a watch around the idea of a separate work much better than I whether or not they novement is often misunderstood, even place. At least Rand had never sug- might be what you would want. ologist means the person whose flesh is movement is often misunderstood, even place. hard and unyielding. How to recog- at the present day. Many people do never have a single moment's peace

people, has been retailed in another tended for ornament or in some way to She wondered suddenly if she ought to warn Lucy Randolph, but at that mo-

"Don't say anything about that, will you, Judy? Carl told me tonight in confidence

"You mean he wants to keep it from his wife?"

"Not necessarily, but at present it's

watch. The jewels are strictly serv. just an idea, and I don't think he iceable in their purpose. A pivot, or bearing, running in a hole drilled in a jewel, creates almost no friction and requires so little oil that a single drop her."

as big as a pinhead is enough for an her." entire watch. Because jewels are so "Nevertheless, I don't want you to hard and smooth, a watch with jeweled say anything about it. I can trust you, bearings runs better and wears less, can't 1?"

bearings runs better and wears less, than one in which the jewels are lack-ing, and does not require so much power to drive. Jeweled bearings were first introduced into watches by Nicholas Swiss.

to influence, and the line of least re-to influence, and the line of least re-sistance is to let him feel that he is the hour hand, and were therefore not the hour hand, and were therefore not

One of our common barnyard ani-mals—the hog—contributed something toward the improvement in early watches, i. e., he furnished a bristle which eventually became the first hair-spring in a watch. The bristle worked very well and served to demonstrate

the correctness of the principle involved, i won't say anything about it." But the The next step was, of course, the substi- thing stayed in her mind long after tution of a steel spring for the bristle, she was in hed and kept her from drop-

Tomorrow-"The Artist's Model"

Tomorrow-Who Invented Egyptian Cigarettes?

Organdie is doing all sorts of chores in the new frocks and suits, and a touch

Copyright. 1923, by Public Ledger Company

New Sport Dresses

Have you seen the newest dresses

which are taking the place of the sport What trims them? Well, almost any. thing you happen to think of. Flowers are used in abundance and some of them are flowers that you never saw before the tweed or heather materials, on straight, simple lines with sockets below or since in botany or millinery; but they're good looking. Then there are ornaments of straw and ribbon, and some of the little close hats of ribbon or fancy silk aren't trimmed at all. Draned fabric hats are wound eround in or standing collar of the material which in the new frocks and suits, and a touch of rose or red organdie does much in be-half of the navy costume. As to navy, this remains in its former excellent standing. Indeed, its condition is slightly bettered and the spring collec-tions are filled with navy costumes de-yeloping ary incompared and the spring collec-tions are filled with navy costumes de-transfer and the spring collec-tions are filled with navy costumes de-yeloping ary incompared and the spring collec-tions are filled with navy costumes de-transfer a second, but do not detract from the charm of the hat the first your hat any cold way that you like the spring collec-tions are filled with navy costumes de-transfer a second suita you like the spring collec-tions are filled with navy costumes de-transfer and the spring collec-tions are filled with navy costumes de-transfer and the spring collec-tions are filled with navy costumes de-transfer and the spring collec-tions are filled with navy costumes de-transfer and the spring collec-tions are filled with navy costumes de-transfer and the spring collec-tions are filled with navy costumes de-transfer and the spring collec-tions are filled with navy costumes de-transfer and the spring collec-tions are filled with navy costumes de-transfer and the spring collec-tions are filled with navy costumes de-transfer and the spring collec-tions are filled with navy costumes de-transfer and the spring collec-tions are filled with navy costumes de-transfer and the spring collec-tions are filled with navy costumes de-transfer and the spring collec-tions are filled with navy costumes de-transfer and the spring collec-tions are filled with navy costumes de-transfer and the spring collec-tions are filled with navy costumes de-transfer and the spring collec-tions are filled with navy costumes de-transfer and the spring collec-tions are filled with navy costumes de-transfer and the spring collec-tions are filled with the spring collec-tions are filled with anavy costume and t

F YOU are one who appreciates the the big, dusky studio she looked around a touch of color given to the arm by discontentedly and renewed the attack. a dainty bracelet of rather unusual de-"Rand, why do we have to live in a "Rand, why do we have to live in a udio apartment? Mr. Randoph is an of smooth round stones, coralscolored, between each of which is a metal link.

like this." "No, they don't." Rand returned Hanging from the one end is a large coral-colored stone which somehow makes me think of a bangle. I suppose quietly, "and Carl Randolph has to coral-colored stone which somehow work in a little two-by-four room beit could be called that. These same bracelets can also be had in amber cause of it."

"At least he has some consideration for his wife." Judy said sharply, "She has the kind of home she likes, even color, and I saw one which resembles the lovely lapis lazuli. All are priced if he doesn't have the main room in the place for his work." "Yes, and as soon as Carl begins to Another item w

Another item which seemed to be sell things regularly he's going to take a very good linen bargain, although I a studio outside to work in." a studio outside to work in." "That will give him plenty of oppor-tunity to see the people fits wife doesn't approve of, won't it?" Judy said quickly. There was an edge to her volce. As usual, she was trying to doesn volce. As usual, she was trying to draw Rand into an argument. But when he days you stop in and look at these table cloths, for you yourself know

For names of abops address Weman's Page Editor or phone Walnut 3000 or Main 1601 between the hours of 9 and 8.



The Tidbit Package \$1.25 a pound A brand new package of old favorites which have been found to be most in demand in the Huyler stores.

Honey Nougat Asstd. Caramels Burnt Almonds Spiced Strings Cream Pepps Jordan Almonds

Assorted Chocolates



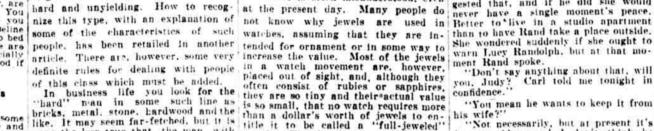
Special this week:

Creams

Dethe good of your days and your live-long ways s SUNSWEET 1320 Chestnut Street Old-Fashioned Chocolate

"For the good of

your days"



people, has been related in analysis tended for ornament or in some way to article. There are, however, some very increase the value. Most of the jeweis definite rules for dealing with people in a watch movement are, however, of this class which must be added, of this class which must be added, of this class which must be added,

bricks, metal, stone, hardwood and the bricks, metal, stone, hardwood and the than a dollar's worth of jewels to en-like. It may seem far-fetched, but it is title it to be called a "full-jeweled" none the less true that the man with hard flesh has a liking for hard sub-

hard flesh has a liking for hard sub-stances. They appeal to him. If you are trying to sell him some-thing remember that he is a rigid dis-ciplinarian. You won't get far by making free and easy with his office rules, particularly in interrupting the work of his employes. Waste no time expanding to his winnething. If he appealing to his sympathles. If he is any he locks them up during busi-

ness hours. Instead, it is well to open up by an appeal to his judgment on some minor matter. He's a hard man to influence, and the line of least re-

Things You'll Love to Make

sistance is to let thin her, is and dominating the hour hand, and were therefore not something something the situation. Present your proposi-One of our common barnyard ani- from her, 'she said finally. 'Would naving his own way and cominating the situation. Present your proposi-tion in such a way that, if he accepts it, he can do so with the feeling that he is doing something economical, con-ventional, simple and useful to himself,

that he is doing something from which the beneficial results will last a long time; or buying something that is in uself sturdy, hard and durable.

Tomorrow—Leading the Sensitive Ones Copyright, 1923, by Public Ledger Company hairspring, as it is used today.

A Substitute

Banana-peel is excellent to give a dark rich polish to any tan calfskin shoe in case you keep on forgetting to buy that tan polish. Simply rub the inside that tan polish. Simply rub the inside of the peel well into the leather, and when dry polish off with a soft flannel Very often one can buy remnants of cloth. You will soon discover new fruit

Busy Organdie

By Digby Phillips Dear Madam-Kindly tell me how I may reduce hips, also how to obtain long, black lashes. M. S. Selling the Hard Customer By the "hard" person the character-

Read Your Character