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## Something New in Vegetables

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of 40 the death rate is nearly three times what it is at 20."

—Dr. Eugene L. Fish, Life Extension Institute of New York.

You have read some startling facts and figures from men of national repute. In answer to your queries as to how physical education meets these conditions, I present these replies:

1. For national defense. "We must realize that physical education is as necessary to development of our young as mental training. A sound mind must depend upon a sound body and we should organize educational systems providing for physical development."

—Newton D. Baker, Sec. of War.

2. For peace time progress. "The defects of 286,649 New York state children were corrected during the past three years."

—Dr. John Finley, Commissioner of Education of New York state.

"Physical education is education for the purpose of promoting health and efficiency. Adequate physical education necessarily involves the teaching of hygiene and sanitation. It involves health and sanitary inspection and it involves the teaching and supervision of physical activities."

—Dr. L. W. Sargent, Cambridge, Mass.

With such a bill as the Fess-Capper

bill we can be more hopeful of more physically fit men and women out of this rising generation. This national plan will not duplicate the work of the state educational and health authorities. It will on the contrary stimulate and support them without creating new and expensive machinery. Do not think that this bill is demanding that all children be given a physical examination. It gives the state the opportunity of deciding whether such is necessary. It is not trying to make gymnastic performers of our children. It is to instruct all in the simple rules of health and training for organic efficiency.

It is most imperative that our states receive this federal aid. Physical education established exclusively by local boards has resulted in much waste and ineffectiveness. Programs are too often restricted to older students or are to produce only a few star athletes or they overlook the fact that leadership is far more important than equipment.

There are a few wealthy states that have already made appropriation for state wide physical education, but only a few. The majority of states need financial assistance.

There are in the country 25 million school children between the ages of six and eighteen and only about 5,500 trained leaders of physical education. That means that 45,000 trained leaders will be needed to give adequate

physical supervision (allowing approximately 500 to each leader.)

There are only seven normal schools and thirty-seven colleges and universities having special physical training departments. At present there are only 3,000 pupils in training in these schools!

The total amount of money appropriated annually by various state legislatures for physical education amounts to \$500,000 and this amount includes \$294,000 expended by the state of New York.

Iowa homemakers, are you satisfied to let the situation remain as it is? What are you going to do to help secure the passage of this bill? Don't delay for now is the time to act! Do at least these four things.

1. Have resolutions of endorsement passed by your own and other organizations and have copies mailed to your congressmen.

2. Have influential citizens write to your congressmen urging that they work actively to secure early consideration of this measure.

3. Secure local publicity.

4. Report on all action taken and expressions from congressmen to the National Physical Education Service, 309 Home Building, Washington, D. C.

"Why make children wait since federal action can save many years in establishing universal physical education."

## Something New in Vegetables

By ERVINE F. PARKER

MANY, MANY, years ago, so history tells us, the inhabitants of the earth lived entirely upon fruits and vegetables which they gathered from the forests where they made their home. Then, someone's crude house burned down, so tradition tells us, and burned a pig belonging to the master of the house. In rescuing the roasted pig, the man burned his fingers and poked them into his mouth to cool them. He liked the taste, so tried it again and then called the family and the neighbors who relished the roast pork as much as he. And henceforward all peoples have been eating meat in ever increasing quantities to the elimination of the fruits and vegetables of former days.

During this decline in popularity many of the once common vegetables have almost passed out of the cookbooks and meal plans of the average housewife. The American housewife is the most delinquent user of vegetables. The French, the Peruvians and the Orientals use the less common vegetables and herbs to a surprising extent which is probably responsible for the delicacy and characteristic flavors of dishes prepared by the foreign cooks.

That vegetables hold a decidedly important place in the diet of the healthy man, woman or child has been proven conclusively by the leading dietitians and food specialists in the country. The problem confronting the housewife is not the preparation

of larger quantities of a few vegetables but a wider range of vegetables which her family will enjoy and not grow tired of before the season is over.

Our less common vegetables are often under-valued, for instance, witloof chicory, which makes a most delicious salad. Its velvety toothsome qualities sometimes put it in demand at sixty cents a pound in our Eastern markets. The roots taken up before heavy frosts can be forced during the winter in deep boxes of wet sand in a warm temperature, with the root crowns six inches below the surface of the sand. In about four weeks time tender heads will form and be ready to use as a salad with mayonnaise dressing. The green foliage in the summer make delicious greens.

Early in the spring the dandelion is a great appetizer. The improved thick leaved variety is far superior to the wild type. With some cultivation on good soil such a mass of succulent leaves are produced that only a few plants are needed for a meal.

Swiss chard supplies good greens all thru the season. The blades of the leaves are prepared like spinach while the midribs and stalks are cooked and served like asparagus. If the whole plant is not cut, new foliage will develop all summer. It is easy to grow even with adverse weather conditions.

The best greens during the heat of the summer can be obtained from the

tender shoots of the New Zealand spinach. Shoots about two inches in length are the most tender. The seed of this plant is slow to germinate so it is desirable to soak the seed in water a day or two before planting.

Savory cabbage, while little grown should have a place in the home garden because it has the most delicate flavor of all the cabbages. Red cabbage is also very fine and makes delightful salad when a color scheme of red is desired.

Another vegetable for the epicure is egg plant. The fruits are prepared for serving by slicing and frying them. This is a heat loving plant and needs to be started in a greenhouse or hot bed.

A vegetable of cabbage flavor appreciated by many people is kohlrabi. This looks like a cross between a turnip and cabbage. The edible portion is the swollen part of the stem just above the ground. It is of the highest quality when about two inches in diameter.

Endive, a salad plant, altho liking cool weather, makes a satisfactory growth in the summer. The curled and frilled leaves when blanched are a substitute for lettuce and make attractive garnishes.

A very good fall salad plant is Chinese cabbage, which has a very fine delicate flavor. It is as tender as head lettuce and may be used for salad, cold slaw or boiling.

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