



The Women's Page



Fresh Vegetables in the Diet

Few people realize the close connection existing between the eye, the appetite, and the digestion, particularly in the case of persons not in perfect health.

It is a proven fact that food eaten with relish and satisfaction is more completely digested and absorbed than that eaten under protest, and without satisfaction. The dish which appeals to the eye will often stimulate the appetite when none exists, and if it tastes as good as it looks, and is eaten with relish, it will be well digested.

This is one great reason why everyone should grow, and frequently serve, fresh vegetables and fruits, because they can easily be made into attractive dishes, especially salads and desserts.

The composition of most green vegetables is largely water and mineral matter, which helps to keep the body cleansed, regulates the temperature, and is necessary to keep life in each tiny cell.

Among the vegetables highest in mineral matter are spinach, lettuce, parsnip, beans, peas, and corn.

Spinach is higher in iron than almost any other vegetable, and since iron is



MISS COGDELL AND MISS FERREE

the most important mineral needed for the nerve and muscle cells, we should think more of its value. It is one of the

easiest vegetables to grow, and many attractive dishes may be made in a short time. For instance, did you ever think of spinach soup? It can easily be made in the order of any cream soup. The spinach must first be boiled until it is very tender, then pressed through a sieve, or cut in very small pieces, then added to the stock.

Spinach may also be boiled in salted water, put on a platter, and garnished with attractive shapes of beets or hard-boiled eggs.

Little May Comers

To Mr. and Mrs. B. S. Garrison, Falls Road, 7¼-lb. daughter, Virginia Catherine—May 1.

To Mr. and Mrs. J. P. Green, Maple Street, a daughter, 8 pounds—May 2.

To Mr. and Mrs. W. F. Bradford, a daughter—May 4.

To Mr. and Mrs. J. H. Cowles, a son, 12 pounds, Allen—May 7.

To Mr. and Mrs. Jno. W. Brown, Pear Place, a son, 11 pounds—May 10.

To Mr. and Mrs. L. V. Leatch, Spruce Avenue, a son—May 18.

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