

FACULTY CORNER

REMARKS ON HERBS

"For use and for delight," says the Herb Society of America, and others define an herb as "a garden plant which has been cherished for itself and for a use." Having suggested definitions, how shall we pronounce our term? Webster's Dictionary gives "urb" preference over "herb." English usage retains the "h" and its use is growing commoner in this country.

During Tudor days and for seven centuries before, by a garden was meant an herb garden, and this garden supplied the household not only with pot herbs but with cough mixtures, tonics, sweet waters, love potions, insect powders and cosmetics." It was utilitarian; though in reading lists of plants grown, we are charmed by names such as Lovage, Sweet Cicely, Rosemary, balm and rue. We may be disappointed, too, for good King Henry, on further acquaintance proves to be a kind of "spinage." Many of the plants grown in these old gardens have no place in our gardens, but others may well find a place because of their fragrance, beauty of form and usefulness.

Many herbs are at home in Mediterranean countries where their essential oils protect against heat and drought and they require a sunny location for virtue and fragrance. A good, dry baking North Carolina summer should appeal to these sun lovers. Their soil requirements are not exacting and poor soil gives a higher yield of aromatic oil for less leaf develops. Science C, a few years ago, planted specimens of some great herbs in the flower bed between East Rock and the West Building and there you may see some that have survived and thrived.

Two large lavender bushes have been happy there until this winter, which claimed one victim. Lavender, a favorite sweet smelling herb, is a shrubby perennial with gray green foliage and purple, lavender or white flower spikes. It is native to hot, dry hillsides around the Mediterranean and prefers a light, warm soil and plenty of lime. The dried blossoms are used to scent linens and to make pot pourri.

Rosemary is the fitting companion for lavender. It, too, is a woody perennial with glistening, gray green foliage—and delicious, resinous fragrance and flowers of an exquisite shade of blue. Brush against the bush or (you have my permission) pinch a few leaves to delight your nose. Rosemary was the herb of remembrance and a sprig of it was presented to wedding guests and friends and, with an orange stuck with cloves, it was a New Year's gift. It was used for strewing and in cookery and in medicine and is still used in the manufacture of *eau de cologne*. A few leaves add flavor to roast veal.

Rue, or the herb of grace as it was called, is a bitter herb. Its leaves are bluish green, and delicately scalloped and finely divided. Pale yellow flowers are borne in flat topped clusters. Rosemary and rue were

considered protective herbs and branches were placed before the judges in court to protect them against goul fever.

The thymes are almost without number. They are sun lovers of low shrubbery or creeping growth habit. Many are tough enough to use in the garden path and give up their fragrance to the air when stepped upon. Bacon said that "herbs are fast of their smells" but they do yield such good smells when encouraged to do so. Beside the common thyme of stuffing fame, there is the wild thyme which is a valuable bee plant that gives an excellent flavor to honey. We have, too, the lemon scented variety.

An annual which comes readily from seed and sows itself is borage, with wide, rough, bristly leaves and star-like blossoms of pale blue. The blossoms were once used to decorate the claret cup and the leaves were recommended as a kind of "spinage," of which some of us think there is a plenty without search for new varieties. Borage was the sovereign Anglo-Saxon remedy against melancholy and was said "to comfort the heart and increase the job of the wind." The traveller stuck a piece in his shoe and was never foot-weary.

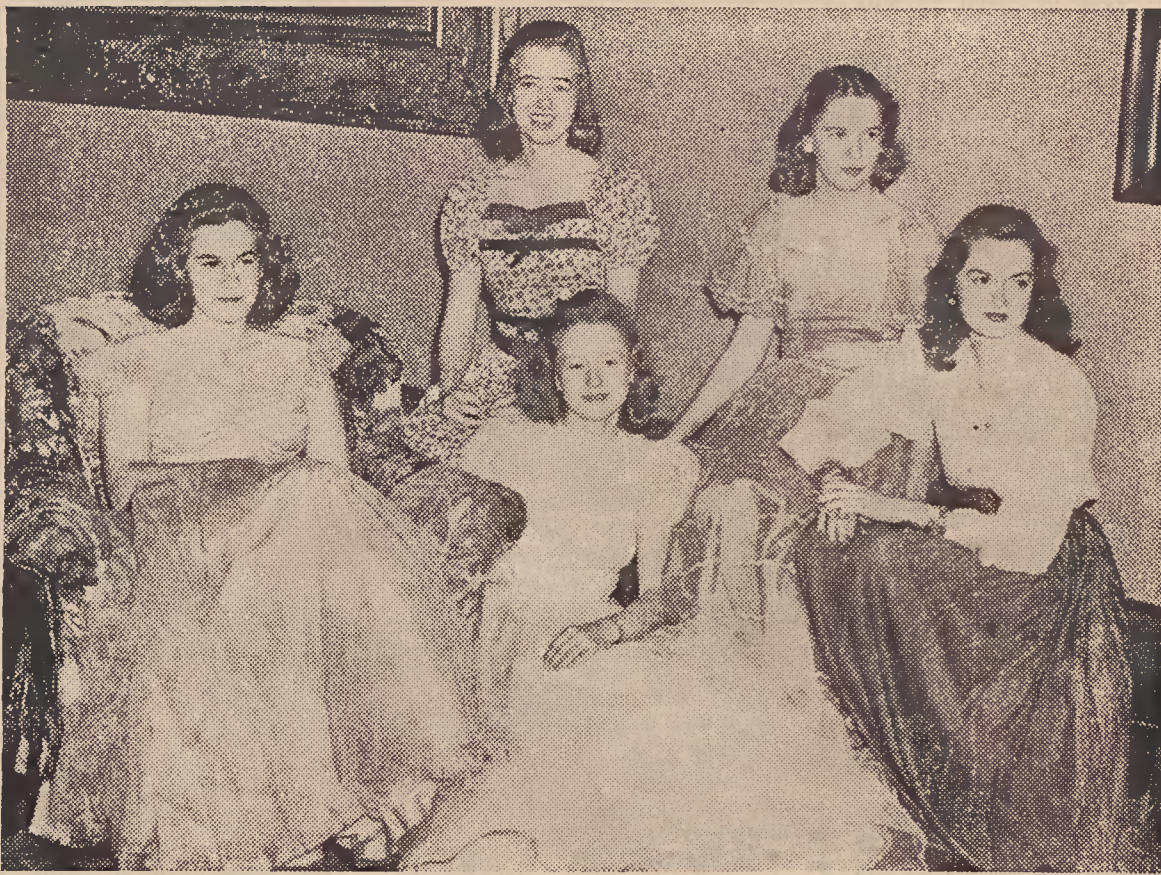
These are a few of the herbs you may enjoy and I must tell you that herb gardening may be taken to the fireside and there enjoyment is to be had from the quaint recipes in the old Herbals, recipes for sweet waters to comfort the brain and to cheer the spirit and for protection against the brown nightmare that paws on the chest. One recommends bruised horehound leaves for "woman's willfulness in falling on her husband's hastie fistes." Under thyme, there is a recipe to enable one to see the

Fairies. As Miss Rohde quotes, "If there be any that are not true, yet they are pleasant."

M. LALOR.

Saint Sallies

We're all wondering when the weather will make up its mind. One day we dress for sunshine, that afternoon it rains and we get out our reversibles—we even put on galoshes! . . . Peggy Parsley packed off to Carolina last week-end—looking as gorgeous as usual, by the way! . . . Rachel Evans and Peggy Dennis are two of the fortunates who are acquiring a slow but steady tan. . . . Last Saturday night Virginia Williams and Sybil Lytle tripped off to the Sig-Ep ball. Tassie Fleming and Bunny Dicks added that extra something to the Figure. . . . If anyone has lost a Kappa-Alpha pin please see Margaret Swindell. One was returned to her, but, sadly enough, she doesn't claim to be the owner! . . . Not to change the subject, but have you heard "Polka Dots and Moonbeams"? It seems to be the rage at the moment along with "Rebecca." . . . Gertrude Carter and Gray Woodard were just in ecstasies about Lawrence (Heathcliff) Olivier (ditto yours truly). . . . For those interested—Eddie Duchin has been signed up for State's Finals. We can bet that Saint Mary's will be represented as usual. . . . Nancy Moore's Gus finally got here last week end. After hearing about him so much we just couldn't resist mentioning him! It appears that this was one of those rarely pleasant rainy afternoons. . . . Ruth Miller and Betty Youngblood



(Times Staff Photos)

Above are the six dance marshals elected recently from the freshman and sophomore classes. These marshals together with the upperclassmen's representatives took over their new duties at the Junior-Senior dance and made it one of the most well-regulated dances Saint Mary's has ever had. In the usual order they are Nancy O'Herron, Ann Carter, Peggy Parsley, Mary Davis and Betty Jane Feuchtenberger. Libba Thorne, also a marshal, is not pictured above.

really had a heavenly time in Baltimore. From what they say, they didn't spend the greater part of the nights at home! . . . Glad to see Clara Ann Gardner back again. . . . Martha Kight couldn't talk enough about her trip to Virginia, or Glenn Miller either. It seems she had to much of a good time to want to come back! On the subject of Virginia—Jean Betts and Betty Barnard are planning to go up for Finals. . . . Listening to T. Dorsey tomorrow night will be Betty Thorp and Mary Doyle White. Wish we could be there too.

AT THE THEATERS

AMBASSADOR

April 28-29: "It's a Date."
April 30-May 2: "My Little Chickadee."
May 3-6: "My Favorite Wife."

CAPITOL

April 28: "U-67."
April 29-30: "Brother Rat and the Baby."
May 1-2: "Forgotten Girls."
May 3-4: "Spoilers of the Range."

STATE

April 28-29: "Invisible Stripes."
April 30: "Millionaire Playboy."
May 1-2: "Sidewalks of New York."
May 3: Stage Show.
May 4-5: "Black Friday."

WAKE

April 28: "Reno."
April 29: "Oh, Johnny, Oh."
April 30-May 1: "Charles McCarthy, Detective."
May 2: "Babes in Arms."
May 3-4: "Shooting High."