

Of all the trees that spring in wood,
The holly bears the crown.

—Old English Song

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"ON THE CAMPUS"

Tastes Like Spinach

By Alice Morrison

"WHAT kind of vegetable is this, anyway?"
"Why, it looks to me like cauliflower."

"Yes, but whoever heard of green cauliflower? It tastes something like spinach, and it's green."

Modern America is being confronted with the problem of preparation and consumption of a relatively new vegetable, broccoli. Formerly this term was applied to the various forms of cauliflower, but with the appearance of the true Italian broccoli the terms began to be confusing, and so each vegetable was given its own name.

Although broccoli does resemble cauliflower in its shape, and spinach in its color, it is truly a member of the cabbage family. When it is in season during the winter and early spring, it is largely supplied by growers in Texas and California. Each year the supply has increased due to a growing demand on the part of American housewives for this new vegetable, the flavor of which is a combination of cabbage, asparagus, cauliflower and brussels sprouts.

Due to its green color, it should be cooked in tap water, uncovered, until it is tender but firm. After being cooked about 7 minutes it may be prepared for the table in a number of ways. One of the most delicious ways is this Italian method:

Add to the tender broccoli a sauce prepared in the following way: Assemble ½ tablespoon of lemon juice or vinegar, ½ cup melted butter, 1 egg yolk, and salt and pepper to taste. Mix the ingredients well and pour over the broccoli.

Other sauces may be used for variation.

Louise Mohr

(Continued from page 7)

Grace Hoover, Y. W. secretary," she says, "every girl should sometime include the Y. W. C. A. in her campus activities."

This year Louise is serving on the Y. W. Cabinet as member at large. She was a Campus Sister Key in the Campus Sister organization this fall. She is also a member of Phi Upsilon Omicron, home economics professional honorary.

Louise has always shown an interest in working for herself. Even before she came to Iowa State she taught in a grade school for two years. Waiting tables near her home town occupies most of her summer vacations.

The future? Louise is carrying a split major of institutional management and dietetics, and expects after graduation, to become a dietitian.

Bake a Pudding

(Continued from page 1)

down for a few minutes until the paper will strip off easily. When it is completely cooled, store it in a bread box lined with wax paper. Fruit cake or pudding is not nearly so good when it is

FOAMY PUDDING SAUCE

4 T. butter
2 egg yolks
½ t. vanilla
1 cup pwd. sugar
2 egg whites
½ cup cream, whipped

Cream the butter, add sugar gradually. Add well-beaten egg yolks and beat over hot water. Fold in stiffly beaten egg whites, vanilla, and whipped cream, if desired. Serve hot.

fresh as it will be after a ripening period of two weeks or longer. If cakes are put away before they are completely cooled, there is great danger of molding.

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