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★ MAY 3 1929 ★

U. S. Department of Agriculture

Monday, May 6, 1929.

Housekeepers's Chat

NOT FOR PUBLICATION

Subject: "Saving Our Wild Flowers." Program based on articles in Nature Magazine, and material furnished by P. L. Ricker, Bureau of Plant Industry, U.S.D.A. Menu and recipe from Bureau of Home Economics, U.S.D.A.

--ooOoo--

I wonder how many of you have cast your ballot in the American Nature Association's National Flower poll. Yes, strange as it may seem, there are candidates for national honor "who make no speeches, have no campaign funds, and want no political managers. They are the flowers, and the place they seek is the one beside the flag and the eagle -- the honor of National Flower."

The American Nature Association, some time ago, invited the people to take part in a national poll, through which we may register our choice of a national flower. More than 250,000 votes have already been cast.

Practically every nation, except the United States, has a national flower. Every state, except Pennsylvania, has a state flower. I am told that once, in 1889, the goldenrod was elevated to the place of national honor, by an indecisive vote. But the goldenrod has lost much of its popularity, because of the false propoganda which lays the hay fever sins of the ragweed to the golden blooms.

What are the qualifications we desire, in a national flower? Mrs. Britton, of the New York Botanical Garden, has drafted the platform upon which our floral chieftains should run. They must bloom in all parts of the United States and its territories, be available at all periods of the year, for floral decoration, be known to all, and be symbolic, in appearance, of the more idealistic and perfect characteristics of this land of the free. One important qualification is that tradition and history must radiate from a suitable choice.

As I told you, more than 250,000 votes have already been cast. Two weeks ago, when I went to the headquarters of the American Nature Association, to get figures on the election, the wild rose was leading, by a vote of more than 120,000. The columbine was next, violet third, and goldenrod fourth. Next came phlox, daisy, dogwood, American beauty rose, and tenth, mountain laurel.

The other day I read an article on the flower vote, from which I want to read you one paragraph:

"Most enthusiastic has been the response of nature lovers, wherever the idea of a national poll has been presented to them. They have quickly seen the educational value of such balloting, which will create a new interest in flowers,



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and make them a significant part of the national life . . . They have pointed out the conservational benefits, and enthusiastically predicted that perhaps by such a medium, the public could be instructed in proper care of wild flowers, and would no longer sally forth of a Sunday, to pick and tear them up by the roots . . ."

If our wild flowers could "tremble with fear," there would be quaking of the earth, in field and wood, at the beginning of every spring. "Before them lies another season when they may be plucked up by the roots, gathered without regard for the future, and their numbers still further diminished. The American Nature Association urges its members to become acquainted with our wild flowers, and to spread abroad the thought that the most beautiful wild flower is the one that is left where nature meant it to grow."

That's worth repeating, isn't it? "The most beautiful wild flower is the one that is left where nature meant it to grow."

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Now, if you don't mind the sudden transition, we'll see what the Menu Specialist is giving us for dinner today. Tongue, with Vegetables -- that's the main dish -- sounds all right to me. The whole name of this dish is Casserole of Calf's Tongue, and Vegetables. Rather imposing title, but perhaps it's an imposing dish -- certainly contains enough ingredients -- ten ingredients. And before you begin writing, let me tell you that the word cup is used six times, and the word teaspoon, twice.

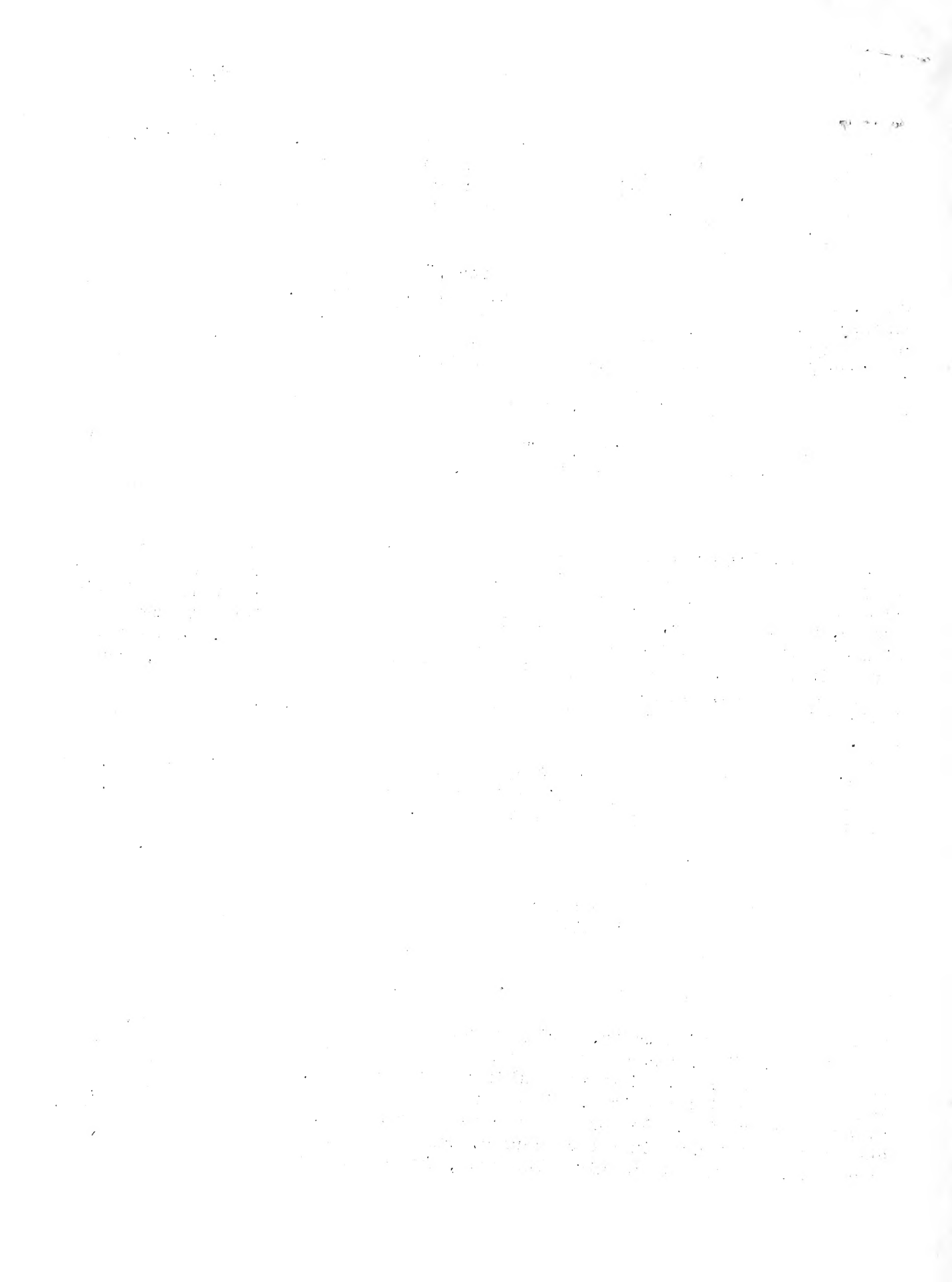
Let's write a small c for cup, and a small t for teaspoon. That will save us work.

There's more to the menu besides Casserole of Calf's Tongue and Vegetables, but since this is the main dish, let's write the recipe, now. Ten ingredients, for Casserole of Calf's Tongue and Vegetables:

1 calf's tongue	1/2 cup sliced green pepper
1/4 cup butter	1-1/2 teaspoons salt
2-1/2 cups sliced carrots	3 cups hot water
2 cups sliced onion	1/8 teaspoon pepper, and
1 cup sliced celery	1/2 cup stuffed olives sliced thin

Ten ingredients -- check them please: (Repeat).

Cover the tongue with water. Bring to the boiling point, and simmer for about ten minutes. Drain and remove the skin and gristle and place the skinned tongue in a large casserole. Melt the fat in a large skillet, and add all the vegetables except the olives. Cook until lightly browned and somewhat dry, stirring constantly. Season with the salt and pepper, put the vegetables over and around the tongue in the casserole, and add the hot water. Cover the casserole, and bake in a fairly hot oven, for about 1 hour, or until the tongue



is tender. Remove the cover, and put the olives over the top of the tongue and vegetables, and serve.

Won't that be attractive, with the garnish of stuffed olives?

While you have your pencils, let's write the whole menu: Casserole of Calf Tongue with Vegetables; Brown Rice; Spinach, quick-cooked; Rhubarb Jelly; and Baked Custard.

Rhubarb Jelly is made with the addition of pectin. By the way, if you want directions of making pectin extracts, from apples, oranges, and lemons, send for the bulletin on Pectin Extracts, and Their Use in Jelly Making. In general, it is worth while to use pectin extracts with strawberries, and with fully ripened grape, raspberry, and blackberry juices, either fresh or canned or bottled; with cherry juice, rhubarb juice, orange or lemon or grape fruit juice, and with pineapple juice. Pear and peach jellies can also be made by the aid of pectin. The bulletin I mentioned gives all the directions you'll need.

Let's see -- we strayed far away from the menu. For dessert, we are having a Baked Custard. You'll find the recipe in the brand new leaflet called "Eggs at Any Meal." (NOTE: IF TIME ALLOWS, BROADCAST RECIPE.)

To repeat the menu: Casserole of Calf Tongue with Vegetables; Brown Rice; Spinach, quick-cooked; Rhubarb Jelly; and Baked Custard.

Wednesday: "A Dash of Imagination in Housekeeping."

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