THE SUNDAY OREGONIAN, PORTLAND, OCTOBER 5, 1919.



your beans into the oven in dripping pans and heat them up thoroughly, stirring well to prevent weevil. It is often recommended that car-bon disulphide be poured over them in a tight container to accompilen this and this must be done when you wan' the beans for seed. Use two cunces carbon disulphide to a five-gallon can of dry beans, closing the can up tight. of dry beans, closing the can up tight, that the poisonous fumes may pene-trate well. This leaves the vitality of the seed unimpaired, while heat kills the life germ, but for beans to be eaten the oven heating is much cheaper and easier and just as effec-tive. Store in a tight bag or other container in a dry place. Green string beans will keep com-ing on until late in October probably or until cut off by hard frost. Never touch the blossoms, as you disturb their pollenation, and never disturb their pollenation, and never disturb them in any way while they are wet with dew or rain, as this is liable to cause mildew. Green string beans may be salted down and freshened in winter just like cucumbers. Lima Beans.-These, like other beans, will stand a light frost without injury. Pick the dry limas and treat just as you do other dry beans. Shell and cook the green limas or can them All green string beans or limas left at the end of the scason are good for pickles if not frosted. Winter Beets. that the poisonous fumes may pene-Winter Beets. The little round turnip beets which you planted for a fall crop should be gathered and used. The long varie-

may, on the Pacific coast, be left in the ground all winter and pulled from time to time as needed, or they may be stored in pits like potatoes. Be careful of one thing with all the roots you leave in the ground—that they do not stand in water in winter when our rains are heavlest. If the water collects about any of them you must dig a little ditch and drain it off, as it is very bad for any roots to stand in water constantly.

Broccoli and Brussels Sprouts.

Broccoli-our winter cauliflower-s very hardy and attains its greatest is very hardy and attains to greatest perfection in our climate. It is left in the ground and used as wanted, as it is not injured by wet or cold. It will be ready for use after the first of February and can be used as desired all through the later winter and early

all through the later whiter and early spring. Bruasels sprouts has much the same characteristics of growth as broccoll though it is a very different vege-table. It forms a succession of "baby cabbages" all down a central stalk and a large part of the growth is made in the cool weather of early fall, when the large top leaves should be broken down to give the little heads more room to grow.

Leave them in the ground all win-ter and early spring, using them as desired by picking off the larger bot-tom "sprouts" and leaving the smaller ones to mature.

Winter cabbage matures in October and November, but in the mild climate of the Pacific coast it may be left in the ground until wanted for use during the winter, as it is exceedingly hardy in resisting our cold and wet weather-forming fine firm heads, keeping in excellent condition during

are pulled on a dry day and turned over on the heads for a few hours to drain. Then they are set in a cooi cellar on the floor with roots up or stored with their roots in boxes of earth. Or they may be buried, heads down. In long trenches in a dry place, covering them with straw and boards or dirt to keep out the rain and keep

Cabhage - Sometimes Imperfect Cabbage — Sometimes some of the heads begin to burst open. This can often be remedied by puiling the head gently to break part of the roots, but not all of them. If the heads persist in breaking open they will soon spoll unless used. They can be made into sauerkraut in this condition. If you don't like the German name, use the new one, "liberty salad" which we see used

the German name, use the new one, "Ilberty salad," which we see used lately. Small and inferior heads can also be used in this way. There is no winter vegetable more easily or cheaply prepared and if just a little care is given in the details of prepara-tion it will keep for months. It can the seamed and hent indefinitely the stalks or leaves and they will re-vive again.

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can be taken down at any time t inspect the plants and they are ready for table use at any time after they



where. You will find a delightfully varied selection identified by the famous Queen Quality Trade Mark.

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White Velvet Bag For Evening Use

A way with the silk handbag of summer now-it cannot help looking shivery and passe-like a thin frock on a cold October morn-ing! The velvet bags to accompany fail costumes and furs are here and two of the most taking new styles are pictured. One is a square framed bag of black panne velvet with an inner frame and cunning pockets for

ChatsWithHome Gardeners

servation of fruits and vegetables by canning, pickling, etc., and one point in regard to this I want to reiterats: that in order to have your canned wegetables delightfully tender and as full of flavor as though just picked the Umpqua and Rogue river valleys and the Puget sound country. The "Home Storage Manual for Vegetables and Apples," sent out by the Junted States pational was ter the gathered and sto

has another great advantage over those who must purchase their pro-duce from the market to can it or buy it canned. There is as great a difference between carefully put up home vegetables and commercial canned goods as there is between considering each vegetable which is not to be canned, but to be kept green fresh picked garden products and the stale vegetables from the market. Beor ripe for winter use in alphabetical sides all the saving in cost, the qualorder. ity is immensely superior.

Wild Fruits.

Wild Fruits. Let me call your attention once more to the use of our wild fruits. Evergreen blackberries are abundant. The large seeds should be removed by putting them through a sieve for deliving them and ther matural way of harvesting

The large seeds should be removed a sixe for natural way of harvesting them through a sixe for natural way of harvesting the default of the bean of the ground a few days then lying on the ground a few days then

Harvesting Beans.

also be canned and kept indefinitely. vive again, Late Fall Cauliflower.

Harvesting Sweet Corn.

Our mid-season caluiflower, which we set out in July, will give us fine heads of cauliflower now our cool fail rains have begun. They will be ready for use in October, November and December, though cauliflower is more tender than cabbage and must have some protection, even in our cli-mate. If left out in our heaviest froats. If the wether comes off hot for any length of time, when your fall cauliflower is forming its fine "white curd," draw the leaves over it and the them together or fasten with Our mid-season caluiflower, which Sweet corn is best canned, but some

tis them together or fasten with toothpleks, to keep the curd white. They should be cut and used, or anned, as soon as the curd becomes canned, as soon as they open and separate into branches if left too long, which practically spoils them. When you are cutting your cauliflower and cabbage heads, if you will cut them as high as possible and leave the slowly for a long time, seasoning as usual. Development of the source of the seasoning as source of the seasoning as the seasonin roots in the ground, new small heads usual. Corn too old to can or dry are liable to form on these roots and may be allowed to ripen and fed to you will often get some that are good chickens or other animals. Some per

D EAR PRIENDS—Winter supplies from the garden consist of two form the garden consist of two forms and those kept fresh in the ground or the cellar. My last letter was about the colappreciated.

Harvesting Cucumbers.

In the mild climate west of the Cucumber plants are very tender and will not endure a hard frost. Pick all the cucumbers before they Cascades carrots may be left out in the ground all winter and pulled as wanted. Or in colder locations they

Carrots in Winter.

full of flavor as though just picked from the vines you must not use the fully matured vegetables you use for the table for your canning, but for best results the product to be canned should be picked two or three days sooner than they would ordinarily be harvested for the table, and they should be rusned into the cans as fast as possible after being taken from the vines. Here is where the home gardener

Cucumbers in Brine.

any entirely different consistences and conter directions for harvesting and conter directions for harvesting and conterval and contents the instruc-tural college bulletins, the instruc-tions of our local seedsmen and the advice of other experienced persons I have gathered and condensed and the have gathered and co There are many recipes for making fancy pickles, but sometimes it is not convenient to do so just now, and you would like to put your cukes down be likely to cause them to rust or rot. After a few days draw more earth about them and repeat the process later until only the tops of the leaves are visible. Care should be taken that the plants are not hilled up or disturbed while the ground is damp, as to do so makes them liable to in-jury from rust. If the multiplication of the leaves and the source of the leaves are functioned process, so rather hard to functioned process, so rather hard to find described. However, it is just are source are not hilled up or disturbed while the ground is damp, fury from rust. If the multiplication of the source of the source of the source function of the source o

wooden candy pail or any such con-tainer. Cover the bottom with com-mon sail. Gather the cucumbers every other day, early in the morning or late jury from rust. If the weather grows severe, the tops, which project above the dirt, may be covered with leaves

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bers is to be added remove stone board and cloth, wash them very board and cloth, wash them very clean and wipe every particle of

salt, tuck cloth closely around the edges, placing the board and weight on top, cover the cask or crock close-ly and the pickles will keep perfectly

Pick all the cucumbers before they begin to mature, for as soon as the vines begin to mature fruit they cease to produce. As you pick your small cucumbers an easy way to make sour pickles of them is to wash and pack each day's picking in a crock containing one sallon cider vinesar

To Make the Pickles. Just now linens are scarce, and though the government has released Take off the weight and board, carefully lift cloth with soum on it, wash stone, board and cloth clean and wipe all soum off the cukes and wash stone, board and cloth clean and wipe all scum off the cukes and the sides of the cask. Take out as many as are wanted, return the cloth, beautiful linens are not so easy to get in large quantity as they were a dec-ade aga. Tet to housekeepers they them for general use and no longe.

hoard and weight and cover closely. Place pickles removed in vessel con-taining two or three times as much

Place pickles removed in vessel con-taining two or three times as much water as there are pickles and change water as there are pickles and change the water every day for three days. Taste them and when just as saity as you like, make them up with vine-gar alone or with spices to taste, or with more or less sugar, just as you wish and just as your recipe calls for with the fresh pickles, only leaving out the sait. Red pepper pods, pickled nasturitums, seed pods and sliced horseradish root are each very ap-petizing additions to different recipes

a source of joy and satisfaction, and there is small doubt that the donor of If you put them up in glass cans several handsome linen tablecloths you can use three bay leaves to the with naplaks to match will be more you can use three bay leaves to the quart or one teaspoonful mixed spices to the quart or some bits of dill plant in other cans. We will continue this discussion next Sunday. Your Garden Neighbor,

and years. Laundered occasionally, re-ironed and rafolded, linen tablecloths and napkins will last for years, even if

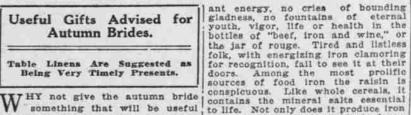
who is a "born good housekeeper" than a gift of handsome table linens ecupy a house unless it has an even for the new home.

Health Giving Raisin Lauded.

not used, and there seems to be no

gift that would be more practical and bring more pleasure to the little bride

Science of Eating. Iron deficiency as a disease baffles the medical profession. There are no whoops of joy, no outbursts of buoy-



OF HOT WATER measure lime, magnesium, potassium Wash poisons and toxins from system before putting

UP DRINK GLASS

WHEN YOU WAKE

food into stomach.

Wash yourself on the inside before breakfast like you do on the outside. This is vastly more important because the skin pores do not absorb impuri-

the same pores do not absorb impuri-ties into the blood, causing iliness, while the bowel pores do. For every ounce of food taken into the stomach, nearly an ounce of waste material must be carried out of the body. If this waste is not elimi-nated day by day it cuickly formeric nated day by day it quickly ferments and generates poleons, games and tox-ins which are absorbed or sucked into the blood stream, through the lymph ducts which should suck only

nourishment. A splendid health measure is to drink, before breakfast each day, a glass of hot water with a teaspoon-ful of limestone phosphate in it, which is a harmless way to wash these polsons from the stomach, liver, kidneys and bowels; thus cleansing, sweetening and freshening the allmentary canal before eating more

A quarter pound of limestone phosphate costs but very little at the drug store, but is sufficient to make any-one an enthusiast on inside bathing.

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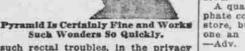
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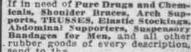


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petizing additions to different recipes.

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