

FRESH VEGETABLE IS POSSIBLE EVERY DAY

Particularly Beneficial to Those on Restricted Diet.

Great Number of Plants Have Been Grown in Search for Those Low in Carbohydrate—Diabetic Urged to Plant Garden.

(Prepared by the United States Department of Agriculture.)

With a view to suggesting to those on a restricted diet, particularly to diabetics, ways in which variety might be introduced into the menu, the United States Department of Agriculture has searched the world for promising vegetables, low in carbohydrate. The difficulties of the diabetic diet center mainly around the supply of vegetables and the provision of variety at all seasons. A great number of vegetables have been grown in the course of these investigations. Last year 91 species were planted, so that some vegetable was available every day of the year.

These varieties included asparagus, asparagus, basella, bush and pole beans, cabbage, carrot, cauliflower, celeriac, celery, chard, chervil, chayote, collards, corn salad, cress, cucumber, dandelion, eggplant, endive, escarole, fennel, kale, kohlrabi, lettuce, mung bean, mustard, New Zealand spinach, okra, onion, leek and shallot, orach, pal-tai, parsley, patience, pepper, purslane, radish, rocket, salsify, scorzonera, sorrel, soy bean, spinach, squash, vegetable marrow, tomato, turnip and witloof. All these vegetables are valuable in the diet of the normal person as well as the invalid, because of the vitamins, minerals, and bulk they furnish. Many excellent combinations can be made among them. They vary in their composition and suitability for invalid diets, and the department recommends that the advice of a physician be followed in their use.

The department suggests that every diabetic or other invalid dependent on vegetables who can do so should develop a garden, both for the sake of variety in the diet and because of the new interest and hobby it furnishes. Even city patients may find it possible to have small gardens on near-by vacant lots. Most of the uncommon vegetables in the foregoing list can be easily grown. Information concerning them may usually be had from the extension agent, whose headquarters are at the State Agricultural college, or from the United States Department of Agriculture.

KEEPING SOUP POT ON STOVE

Much to Be Said in Favor of Practice Provided Contents Do Not Become Stale.

There is much to be said in favor of keeping a soup pot on the stove all the time, says the United States Department of Agriculture, provided great care is taken not to allow the contents to grow stale. Into this pot can go clean portions of uncooked food, and also clean foods left from the table, such as meat, milk, mashed potatoes, or other vegetables, crusts, cold cereal mushes, and even fruits. Soups made from such materials may not have great nutritive value, but, like those made out of materials bought for the purpose, they encourage the use of a large amount of bread, particularly if carefully seasoned.

Household Questions

Too much salt hinders bread from rising.

Rust on copper may be removed with liquid ammonia.

Coffee may be used as the liquid in spice or ginger cakes. It gives an interesting flavor.

Putty mixed with mustard and broken glass will make the best filling for holes where rats and mice come in.

If the drain pipe of the sink is stopped with grease, try pouring down kerosene before you send for the plumber.

If vaseline is heated a little and rubbed on doors, chairs, beds or hinges that squeak, they will at once become noiseless.

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RUGS MADE BY SOUTHERN WOMEN



Making "Pulled" Rugs in Arkansas—The Insert Shows Part of a "Crazy" Quilt Made of Old Neckties.

(Prepared by the United States Department of Agriculture.)

The beautiful old art of making "pulled" or "hooked" rugs is being revived in Arkansas and Mississippi by rural women who are anxious to increase the family income. The industry is one which has started among the farm women and girls themselves, and wherever possible it is being spread and encouraged by extension agents. A representative of the United States Department of Agriculture on a field trip recently saw one woman near Little Rock who sold many of her small pulled rugs made from her own designs of flowers and forest leaves for as much as \$12 each. Several other women were doing similar work under her instruction, and all seemed to be succeeding in making extra money by this work.

In another part of the state an old loom, brought over from England 150 years ago, was seen. The woman who owned it not only used it to weave rugs but also made beautiful woven wool coverlets of unusual designs, showing not a little ingenuity in making up new patterns. She, too, was teaching others in her community to make rugs and coverlets.

In addition to pulled and woven rugs, many of the popular rag rugs are made, including the braided and crocheted types. "Crazy quilts" and counterpanes of applique work are also being revived in addition to the beautiful woven wool counterpanes.

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