

Plant Vegetable Garden And Aid Purse and Menu

By the Bureau of Home Economics, U. S. Department of Agriculture. "Grow your own food"—or some of it at least. "Save by living at home." These are slogans of the state extension workers. The bureau of home economics of the U. S. department of agriculture joins in the chorus, pointing out the contribution that a well-planned garden can make to a balanced diet. That means a garden spot, of course, but often even a small backyard will yield green foods enough to count materially toward the variety necessary for a healthful, balanced diet.

Let us assume we have, or can find, the necessary garden space. A half-acre garden, we are told by those who know, can be made to furnish practically all the vegetables needed by a family of five throughout the summer, with some left over to can or store for the winter. Indeed, there is a record of a one-acre garden in South Carolina that produced 20 kinds of vegetables—from seventy-five plantings in all, planting some kinds every few days to insure a long season of supply. That was enough for a family of 14 throughout the year, and yielded 400 quarts of vegetables for canning and a lot for market during the season. A record like that may be hard to duplicate, but to raise a half, or a quarter, or an eighth that much would be worth while.

How much, then, shall we plant in order to feed the family throughout the year with fresh home-grown vegetables in season, some more for canning and putting away for winter? That will depend partly upon the climate and the soil, but here is a recommendation from the extension service of the University of Illinois, appropriate for that part of the country.

The list is given by groups of vegetables, with the quantities to plant to provide a given number of servings per person per week. These quantities should be multiplied by the number of persons in the family.

Tomatoes: For 6 servings per person every week, or 312 during the year, put out 15 tomato plants.

Cabbage, lettuce, spinach: For 6 servings per person every week, or 312 for the year, set out one week of plants in the spring and 18 more in the fall. Plant 9 feet of lettuce in the spring, 6 feet in the fall; 15 feet of spinach in the spring and the same in the fall.

Carrots, turnips, beets, parsnips, onions: For 6 servings weekly, or 312 per year, plant 15 feet of carrots spring and fall; 10 feet of turnips in the spring, 15 feet in the fall; 10 feet of beets spring and fall; 6 feet of parsnips; 20 feet of onions, cauliflower, string beans, asparagus, cauliflower, celery: At least 1 serving a week or about 60 per year. Plant 36 feet of string beans; 8 crowns of asparagus; 4 plants of cauliflower spring and fall; 8 plants of celery.

Peas, beans (dried), corn: For 2 servings a week, or 114 per year, plant 45 feet of peas; 60 feet of beans, and 100 feet of sweet corn.

Potatoes (white), potatoes (sweet), squash: For 7 or more servings per week, or about 400 per year, plant 300 feet of white potatoes; 80 feet of sweetpotatoes; 1 squash plant in the spring, 3 in the fall.

You would not need, of course, to raise all the vegetables in the list in order to have a balanced supply. The idea is that you would choose from the groups according to the family preferences. Or you might substitute turnip tops, beet tops, kale, Brussels sprouts or chard for the cabbage, lettuce, or spinach; broccoli, okra, or eggplant for beans, asparagus, cauliflower, or celery. A family of five would need, in all, something like 40 or 45 pounds of vegetables per week, at least, or more than 2000 pounds for the year.

To get the most out of any garden, keep the land working every minute of the growing season. This is the advice of one of the garden specialists of the U. S. department of agriculture, W. B. Beattie, whose garden in Maryland, near the District of Columbia line. Of peas, Mr. Beattie says, he puts in 3 rows, each about 100 feet long, plantings about a week apart, 1 row at a time. "That gives us peas for 3 or 4 weeks. I plant snap beans every 3 weeks in the early part of the season. In addition, I make 2 or 3 fall plantings, besides 1 or 2 special plantings just for canning. One row of carrots, 1 of beets—no garden would be complete without those two vegetables, and I make 2 plantings. The first planting, made very early, is for spring and summer use, the late planting is for storage. Beet tops are another good leafy vegetable. When I thin my beets, we always use the tender young plants as best greens."

Two plantings of tomatoes—25 to 30 early plants pruned and tied to stakes, and about 50 late plants allowed to grow as they will on the ground, should yield plenty of ripe tomatoes for summer use, enough for canning, and also some green tomatoes for pickling, says Mr. Beattie. He suggests also 5 or 6 hills of early summer squashes, and 4 or 5 hills of cucumbers, also a row or two of lima beans. But a half-acre garden would not be big enough to include all of the late potatoes, sweet potatoes, squashes, or sweet corn for canning or drying, and so a place for these should be provided outside the regular garden.

To the family of small income, the great importance of the garden lies in the fact that it furnishes the protective foods which might not be within reach if they had to be bought. Corn meal, flour, and cereals, sugar and fats cost less than vegetables, as a rule, and a limited food supply is likely to mean a one-sided diet composed of a few of the cheapest foods. Such one-sidedness is almost certain to cause malnutrition and illness. Garden crops are a protection to the family health.

LOW-COST MENU FOR ONE DAY.
Breakfast: Hot Cereal, Top Milk, Toast, Tomato Juice (baby), Coffee (adults), Milk (children).
Dinner: Shoulder Pork Chops, Mashed Potatoes and Gravy.

Spring Onions on Toast
Canned Fruit
Tea (adults) Milk (children)
Supper:
Baked Beans, Catsup
Steamed Brown Bread and Butter
Jelly or Preserves
Milk for All.

RECIPES

Spring Onions on Toast.
Allow 6 or 7 finger-sized onions for each serving. Trim off the green tops, cook the onions until tender in lightly salted boiling water in an uncovered vessel. This will take only about 20 minutes for fresh, young onions. When they have cooked tender, drain, add more salt if needed, and season with melted butter. In the meantime toast slices of bread. Arrange the onions in the same way as asparagus on toast, and serve at once.

Spinach.
Carefully pick over the spinach, discard wilted leaves, cut off the stem ends, and wash in several waters to remove grit. If the spinach is young and tender, it can be cooked in the water that clings to the leaves. Start the cooking at moderate heat, cover the kettle, at first, turn the spinach now and then until thoroughly wilted, then remove the cover, and stir frequently. Cook about 10 to 15 minutes (a quantity of 2 pounds), chop fine, season with pepper, salt, and butter, or other fat, and serve. Spinach cooked in this way will retain its attractive green color and fresh flavor.

Older spinach is better if cooked in a small quantity of water for about 20 minutes, then drained, chopped, and seasoned with butter or other fat, pepper, and salt. To vary the flavor, brown a small quantity of finely cut onion in the fat before adding it to the spinach, or season with vinegar and bits of crisped salt pork or bacon, or serve with olive oil and sections of lemon. Sliced or chopped hard-cooked egg is of course always attractive served on spinach.

Wilted Garden Lettuce.

Wash and drain the lettuce thoroughly. Fry diced salt pork or strips of bacon until crisp. If bacon, break the crisp slices, after frying, into small pieces. Pour the fat and the crisp pieces over the lettuce, which has been placed in a hot vegetable dish. Serve at once, with slices of hard-cooked egg over the top, if desired, and a little vinegar or lemon juice for added seasoning.

HOP YARDS PROVIDE WORK FOR HUNDREDS

SALEM, April 7.—(AP)—Several hundred men have been at work in the hop yards of the vicinity the past week and more were expected to be employed soon if good weather continues. Laborers in the hop fields are getting 20 cents an hour.

To Command Cadets



Lieut. Col. S. B. Buckner, Jr., son of the confederate general who surrendered Fort Donelson to General Grant in the civil war, was appointed commandant at West Point. He will take office on June 13. (Associated Press Photo)

Three-Century Rise of English Press To Be Shown in New York Exhibit

HEADLINES OF 300 YEARS AGO

1625 THE CONTINUATION OF OUR WEEKLY NEWS, from the 24 of February to the 24 of March.

1705 The Daily Courant, Tuesday, October 16, 1705.

1721 The Daily Post, Friday, May 26, 1721.

King, When I put out my hands this way, then after having said two or three words (as he stood to himself with hands and eyes lift up; immediately flopping down, laid his neck upon the block. And then the Executioner again putting his hair under his King said, "I say for his Majesty's sake, Yes, I will and it pleases Your Majesty."

An exhibition showing the progress of English journalism from the seventeenth century will open April 24 in New York. In connection with the annual meeting of the Associated Press there. "The Continuation of Our Weekly News," published in 1625 (above) is a forerunner of the modern English newspaper. Later there came a contemporaneous account of the execution of Charles I. The Daily Courant, founded in 1702, was the first English morning paper, and the Daily Post had Daniel Defoe for a contributor, running "Robinson Crusoe" in serial form.

LONDON.—(AP)—A complete panorama of the English newspaper, illustrating its evolution through three centuries, will be presented in conjunction with the annual meeting of the Associated Press in New York April 24.

The collection, believed to be the most complete of its kind in private hands, belongs to the London Press club and begins with a issue that antedates the famous sale of Manhattan island by the Indians by several years.

Associated Press Co-operating. Exhibition in the United States, the first outside of London, was arranged by Carl W. Ackerman, dean of the Columbia University School of Journalism.

The Associated Press is co-operating with Mr. Ackerman and the university, and the first showing will be April 24, the day of the annual meeting of the press association members. University students and invited guests in attendance at the American Newspaper Publishers' association meeting will have opportunity to study the rare collection April 25 and 26.

The exhibit has been formed during the last five years by Andrew Stewart, honorary librarian of the London Press club.

It begins with the embryonic stages of the English press in the reign of James I, when the only semblance of a newspaper published in London was a small quarto entirely consisting of news translated from the Courants, issued on the continent.

One of these, "The Continuation of Our Weekly News," dated 1625, opens the panorama, which then proceeds to an unbroken sequence of the news pamphlets which informed England of the progress of its civil war.

One of the outstanding exhibits is a complete contemporaneous record of the trial of Charles I and of the scene on the scaffold when he was executed January 30, 1649.

The Day's "Hot News," It was hunger for news hot from the battlefields of England and of the doings of parliament that led to the establishment of the regular newspaper, and the pamphlets of the

standard of the English newspaper until 1808. Later phases of evolution are illustrated by examples of the great newspapers which came into existence in the days of George III, including the still flourishing Times and Morning Post.

Because of their influence on journalism, the collection also includes a number of royal proclamations of the reigns of Charles II, William and Mary and Queen Anne for the suppression of scandalous books and newspapers, acts of parliament imposing duties on the press and a number of historic issues of the official London Gazette.

The collection comprises in all more than 300 separate items.

PENDELTON, April 7.—(AP)—George Hartman of Pendleton was elected president of the Umatilla Rapids association at the annual meeting here yesterday, succeeding Governor Julius L. Meier.

Tom Thumb Wedding, Friday evening, 7:30, at First Methodist church. Admission: Adults 25c, children 10c.



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SMALL WHITE BEANS.....	5 lbs. 24c
PETITE PRUNES.....	4 pounds 19c
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POST WHOLE BRAN.....	Pkg. 10c
WHEATIES . 2 pkgs. 23c	
Genuine Beestleware SKIPPY BOWL FREE	
TREE TEA Black, 1/2 lb.	33c
Green, 1/2 lb.	25c
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