

Plant Vegetable Garden Advised for Health, Diet

By Bureau of Home Economics, U. S. Department of Agriculture.

Spring is coming—despite the cold, long-staying winter—and you will feel the urge to go out in the garden or the backyard and dig in the dirt. Don't hold back when you feel that urge, says the Bureau of Home Economics of the U. S. department of Agriculture. Indulge it, encourage it, stimulate it if it is slow in coming to life. If you are any sort of a gardener at all, it will probably save you money, it will certainly give you better meals than you would otherwise have, and it will supply, at minimum cost, protective foods of which most Americans do not use enough.

A half-acre garden—220 by 100 feet—can be made to produce all the vegetables the average family can use throughout the growing season, and plenty for canning, storing and drying, says W. R. Beattie, garden specialist for the U. S. department of Agriculture. In other words, a year's supply of vegetables. Even if you have only a tenth of that space, or just a small back yard, you can grow some fresh green foods to help toward a balanced diet.

Home gardens were, in fact, more numerous last year than ever, and there will probably be still more this spring. From the south comes the report of one home garden from which "beginning with collards January 1, there has not been a day that we have not served fresh vegetables out of the garden." There were 32 varieties of vegetables grown in that garden, and in November it contained turnips, winter greens, mustard, onions, radishes, carrots, spinach, collards, egg-plant, tomatoes, and peppers. Besides plenty to use for the table fresh, 160 quarts of vegetables from this garden were canned, and almost \$125 worth were sold.

In Illinois a garden plot of less than an acre furnished \$100 worth of vegetables for summer use, an additional \$40 worth that were stored for winter, and \$20 worth sold for cash. Of 300 demonstration gardens in Kansas, the average returns, net, were about \$85 worth of vegetables per garden.

For comprehensive information and directions for planting each and all the common vegetables, you can obtain from the superintendent of documents in Washington for 5 cents per copy, Farmers' Bulletin No. 1673-F, "The Farm Garden," and Farmers' Bulletin No. 1044-F, "The City Home Garden." Or to estimate your needs more closely, you can probably get a garden plan from your own state extension service. Here is one from New York state, for example. It is based on the needs of one person for 12 months, allowing two vegetables daily besides potatoes. It includes several kinds of greens, and several kinds of root vegetables, for the sake of variety, but it does not attempt

to list all the vegetables that might be grown in a home garden in that part of the country. Others, of course, can be substituted in their proper nutritive class; that is, brussels sprouts or cauliflower for broccoli, turnip greens for any other greens, and so on.

The New York garden list runs something like this:

Greens—To provide one serving per week throughout the growing season, from any one of the following greens, plant: Chard 7 kale, a row 6 feet long; spinach, 25 feet, which will allow for 4 1/2 quarts canned; broccoli, 12 feet. (You can have best greens, also, from the beets listed below.)

Lettuce—2 plantings, 12 feet each, to provide 4 servings a week through the growing season.

Cabbage—40 feet, to provide 1 or 2 servings each week, and 30 pounds to store for winter.

Tomatoes—40 feet, to allow 3 to 4 servings per week in season. And 18 quarts canned for winter. This will be enough for an adult. For each child in the family, plant 75 feet, to allow a serving every day in season, and 30 quarts canned for winter.

Green peas—3 plantings, 20 feet each, to provide 1 serving per week fresh in season, with 4 1/2 quarts canned.

Snap beans—3 plantings, 20 feet each, to provide 1 serving per week fresh in season, with 4 1/2 quarts canned.

Carrots—3 plantings, 15 feet each, to provide 1 serving per week in season, 18 pounds stored.

Onions—25 feet, to provide 1 serving per week, 18 pounds stored.

Corn—3 plantings, 25 feet each, to provide 1 serving per week fresh in season, 4 1/2 quarts canned.

Rutabaga or turnips, 25 feet; **beets**, 2 plantings, 20 feet each; **parsnips**, 12 feet; **squash**, 3 hills, will allow 3 servings from this group of vegetables each week, with a bushel of beets to store.

Potatoes—200 to 400 feet, to provide a serving every day, with 3 bushels stored.

Beans, dried—80 to 100 feet, to provide 1 serving per week, with 10 pounds stored.

Multiplying the quantities required per person, as indicated above, by the number of persons in the family will show how much of a garden to plant to meet all your vegetable needs—except tomatoes. Of these the children need more than the adults of the family as indicated in the list.

MRS. MASSIE BACK FROM RENO



Mrs. Thalia Fortescue Massie, still weak from the nervous collapse she suffered at Reno, Nev., after she was granted a divorce from Lieut. Thomas H. Massie, is shown with Woodie Volner, her lawyer, as she stopped in Chicago enroute to New York. (Associated Press Photo)

for you to serve twice the quantity of vegetables, or more. Where the list given below includes 1 1/2 pounds of vegetables other than potatoes every week, you could have 35 pounds. And from your garden you could have the fresh green peas and beans, fresh tomatoes, lettuce, radishes, broccoli, or chard which might cost more in the market than you could afford. With this double quantity of vegetables, you would need less cereals, sugars and fats.

PAINTED MOSQUITOES WILL REVEAL FACTS

WASHINGTON. —(UP)—The mosquito is going to have a new Easter suit. He will be dressed in blue, or perhaps even pink, but his bite will not be affected.

The department of agriculture is starting the vogue. The color scheme for mosquitoes has been devised by department officials to determine how long they live, how far they travel, and other facts of their life. The same method is used to paint mosquitoes as is employed in the coating of a new automobile. The color is sprayed, but dries shortly, leaving the permanent shade desired.

FAMED LIAR CLUB IS INCORPORATED

BURLINGTON, Wis. (UP)—The Burlington Liars' club, which has gained national fame each New Year's day when the champion liar of the United States is selected, has been incorporated.

Incorporation papers sent to Madison were first returned for verification, but then members of the club insisted that for once they were "on the level," the incorporation was granted. The papers read:

"Formed for the purpose of preserving for posterity that distinctive form of American humor—the lie. Incorporators: O. C. Hulet, H. W. Schenning, L. J. Slang.

Hulet, president of the club, said plans are being made to publish the 25 best lies received in the contest each year.

Food Inspector Was Victim LOS ANGELES.—(UP)—Ivan Follett, Santa Barbara health inspector and food expert, came here to study pure food laws preparatory to drafting ordinances in his own and was stricken with ptomaine poisoning and forced to enter a local hospital.

EGG GRADING ACT HELPING INDUSTRY DECLARES MICKLE

Dairy and Food Chief Says Law Eliminating Eggs Not of Top Quality—Bad Egg Sale Misdemeanor

SALEM, Ore. (UP)—Enforcement of the egg standardization act has done more toward stabilizing the Oregon poultry industry than any other factor. J. D. Mickle, chief of dairy and food division, department of agriculture, said today.

The law has tended to eliminate from the market all eggs not of top quality, Mickle said. Salable eggs are carefully graded as to quality, and the resulting price differential has made producers strive for improvement.

The egg law makes a misdemeanor selling eggs unfit for human food, including those addled, containing black spots, blood ringed, with adherent yolks. Foreign eggs sold must be labeled as such. Restaurants or bakeries using foreign eggs must state the fact in prominently displayed signs.

Classification of salable eggs are: **Fresh extras:** Eggs clean in outward appearance, with fixed air space of not more than one fourth inch in depth. In candling the yolk must be visible. The weight shall not be less than one and five-sixths ounces. **Fresh mediums:** Same specifications, but with eggs not less than one and seven-twelfths ounces.

Fresh pullets: Weight not less than one and one-fourth ounces. **Standards:** Egg which does not meet requirements for a fresh extra but is wholesome and weighs not less than one and five-sixths ounces. **Medium first:** Does not meet requirements for fresh mediums and weighs not less than one and seven-twelfths ounces.

Pullet first: Does not meet requirements for fresh pullet eggs, and weighs not less than one and one-fourth ounces.

Undergrades: Good edible eggs that do not include requirements of other grades, may include checks, leakers, bakers or eggs with weak yolks or watery albumen.

Desire of eastern trade for white eggs has resulted in use of white leghorn chickens almost exclusively by Oregon poultrymen, Mickle said.

Governor Paid Man's Fine LA HABRA, Cal.—(UP)—Governor James Rolph, Jr., to save a sick man from a jail sentence, paid two installments of a fine for liquor possession levied against Barstow D. Hogan after hearing pleas from Hogan's wife for aid.



Mrs. Gifford Pinchot, wife of Pennsylvania's governor, who joined critics of the NRA in Washington, termed the recovery organization's enforcement of its labor program a "grizzly farce." (Associated Press Photo)

West Coast U. S. Cemetery SANTA MONICA, Cal.—(UP)—Nationalization of the cemetery at national military home near here, placing it on a par with the Arlington national cemetery in Washington, D. C., has been requested by several local groups who point out that 12,000 veterans are buried in the cemetery.

All kinds of legal blanks for sale for rent, no hunting, no trespassing and other cards for sale at Commercial Printing Dept. of Mail Tribune.

3 Midget Photos 10c Peaseley Studio.

MISSOURI TOWN'S BOYS MAKE GOOD

HUMANSVILLE, Mo. —(UP)— This Missouri town's chief export is celebrities, and its chief pride, "local boys who made good."

More than 4 dozen merchant princes scattered through the west, some of them retired millionaires living on California estates, call Humansville home. And several have proved their affection for the scene of early endeavors by civic memorials.

Their contributions made possible a magnificent community hall. Local people contributed \$5,000 to its cost, former residents \$100,000.

Charles Dimmit, vice-president and director of the J. C. Penney chain of department stores, started his mercantile career here. Frank Jones and Frank Washburn went west to acquire 43 stores in the Golden Rule chain organization.

Sam Kennedy, Humansville physician, became wealthy in Oklahoma oil enterprises and built the Tulsa skyscraper bearing his name. O. W. Fisher and J. B. Barnett became wealthy in lumber.

Fred Burns, C. G. Anderson, C. H. Ramsey, D. A. Murphy, C. W. Wheelock, W. J. Lindsey and Robt. Worthington are other "Humansville boys" who amassed fortunes in business and remembered the home town with contributions to its welfare.

Gets Coolidge Furniture NORTHAMPTON, Mass.—(UP)—The desk and chair that the late President Calvin Coolidge used while practicing law in this city, and three volumes of newspaper clippings, a historiette of his career, were presented to the Forbes library here by his widow, Mrs. Grace Coolidge.

67,000 Acres of Land Offered LINCOLN, Neb.—(UP)— Approximately 67,000 acres of Nebraska state land on which leases have been forfeited because of delinquent rentals, will be offered for lease at public auctions by the county treasurers soon, according to Harry Conklin, state land commissioner.

Ducks Poisoned by Shells WASHINGTON, D. C.—(UP)—Poisonous phosphorous from shells fired at the Aberdeen proving grounds in 1923 has killed 50,000 canvasback ducks. For ten years it has kept its deadly qualities in the mud of Chesapeake bay and will continue to do so for many more, according to chemists.

NEGLECT OF COMMON CONSTIPATION IS A SERIOUS MATTER

Prevent This Condition with Kellogg's ALL-BRAN

The first question your doctor asks is whether you are constipated or not. He knows that this condition may cause headaches, loss of appetite and energy, sleeplessness. It is often the starting point of serious illness.

You can prevent and relieve common constipation so easily. Just eat a delicious cereal once a day. Laboratory tests show that Kellogg's ALL-BRAN provides "bulk" and vitamin B to aid regular habits. ALL-BRAN is also a rich source of blood-building iron.

The "bulk" in ALL-BRAN is much like that found in leafy vegetables. Within the body, it forms a soft mass. Gently, it clears out the intestinal wastes.

Isn't this "cereal way" safer and far more pleasant than taking patent medicines—so often harmful? Two tablespoonsful of ALL-BRAN daily are usually sufficient. With each meal in chronic cases. If seriously ill, see your doctor—ALL-BRAN is not a "cure-all."

Enjoy ALL-BRAN as a cereal, or use in cooking. Get the red-and-green package at your grocer's. Made by Kellogg in Battle Creek.

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BUY A HALF POUND AT ITS REGULAR PRICE

AND GET ANOTHER HALF POUND PACKAGE FOR 1¢

Here is known value—the world's finest tea unchanged in its supreme quality—at half its usual price. Here is a tea that is worth every cent you would ordinarily pay for it, at less than the price of cheap teas of vastly inferior grade. We offer this bargain because we know that all Green Tea drinkers will like Lipton's Green Label Japan Tea. We know Lipton's Green Label Japan Tea will sell itself to you if you give it a fair trial. We are glad to help pay for your experiment by sharing the cost with you.

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John, Dear!

Don't forget to bring home a package of Snow Flakes!

Those crisp, flaky soda wafers taste so good with cheese. They have a true wheat flavor that's simply delicious—and they're salted just the way you like them.

Do you know, Snow Flakes are the most popular soda wafers in the West? Yes! They're always so good—so oven-fresh. Because... Unceas Bakers ovens are within a short distance of your grocery store! The double wax wrapping helps, too.

Don't ask for crackers—say

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He needs lots of good food, for he's growing fast and playing hard. You want him to have a good rousing appetite, and food that tastes good is the best of all ways to make him eager for mealtime. For food that is always both tasty and healthful you can't beat Piggly Wiggly. You'll find Piggly Wiggly's shelves filled with famous brands that guarantee dependable quality—and you'll like Piggly Wiggly's convenience and economy, too. Why not try it tomorrow?

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Baker's Cocoa, 1/2-lb. can	10c		10 bars 17c
Alber's Inst. Tapioca, 16-oz. pkg.	14c	Peerless Floor Wax	Paste or Liquid
Durkee's Mayonnaise	Pt. jar 24c Qt. jar 44c		16 oz. can 39c
Stewart's Bluing, 4-oz. bottle	10c	Piggly Wiggly Butter	Lb. 26c
Ivory Soap, medium bar	5c		
Orange Slices, lb. bag	19c	Fresh Extra EGGS	doz. 11c
Cake Flour	Swan's Down pkg. 29c	All Brands MILK	4 Tall Cans 23c
Del Monte Tuna Fish	1/2 size tin 2 for 29c		
White King Granulated Soap	Lg. Pkg. 29c		
Cocoanut Piggly Wiggly	1/2 lb. Pkg. 15c		
Sodas or Grahams	American 2 lb. Pkg. 25c		
Kremel, 4 packages	15c		
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 Both for 34c

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