

TIPS to Gardeners

Proper Watering

EACH year, more and more gardeners are learning that gardens should not be watered by sprinkling.

Sprinkling usually moistens the surface soil only and thus the roots naturally come up there for water. When the root system is concentrated near the surface there is more danger of injury by hoeing; and if sprinkling is not done constantly, plants will be quickly affected by drouth.

Considered from the time angle, moreover, sprinkling is impractical. Many hours can be wasted holding the hose and directing the spray. Time of watering is not of great importance, but it is usually considered more economical to water thoroughly early in the forenoon or late in the afternoon since the soil can then be thoroughly soaked with less loss from evaporation.

The most efficient method of watering, according to Walter H. Nixon, Ferry Seed Breeding Station vegetable expert, is to lay the hose on the ground. Do not have too heavy a flow of water, or there will be a washing of soil and exposure of roots. Let the water run slowly in one place for 20 minutes to half an hour. KEEP THE SUBSOIL MOIST.

Plant for a CROP not for a sample!



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Not to correct one's fault is to make new ones.—Confucius.

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American Adventurers

By Elmo Scott Watson

'The Old Pioneer'

A CENTURY ago newspapers in various parts of the country frequently printed contributions signed "By an Old Pioneer." The man who thus signed himself was one of the most interesting characters in the history of the West—John Mason Peck, preacher, writer, teacher and editor.

A Yankee by birth, Peck arrived in St. Louis in 1817 as a young and zealous preacher sent out by the Baptist church to Missouri territory. Except for two or three years, the remaining four decades of his life were spent in traveling thousands of miles on horseback, preaching, exhorting, establishing schools, churches and Bible societies, making friends and giving counsel to many a settler far removed from civilization.

Also during this time he was making an even greater contribution to posterity. He was recording his observations and impressions of the people and the country through which he traveled. He interviewed many frontier notables, among them the venerable Daniel Boone and later wrote a biography of the great Kentucky pioneer.

By the time of Peck's death in 1857 his journals numbered some 53 manuscript volumes which he willed to a library. At the beginning of the Civil war, the librarian went away to fight and Peck's material was stored temporarily. When the library was moved to new quarters at the end of the war it was left behind and eventually was acquired by a paper mill and turned into cardboard. Thus much priceless historical information was lost.

But despite this loss, Peck's life had not been lived in vain. His writings, published in the newspapers, had a great deal to do with bringing settlers into Illinois and Missouri and in establishing those two commonwealths.

Under Five Flags

WALPOLÉ ROLAND is believed to have been present at more historic events and known personally more historic characters than any other American who is not famous in his own right.

He served under five flags, with the British, as a major in the Turkish army during the Crimean war, a colonel of cavalry in the Mexican army, a general in the Chinese army under Li Hung Chang, a scout for Custer in the Civil war. During the Crimean war he was an eyewitness to the famous Charge of the Light Brigade and in India he was present at the "Relief of Lucknow."

He knew the Duke of Wellington, Napoleon III, Sultan Mejid VI of Turkey, who decorated him, and Abraham Lincoln, who expressed his gratitude for Roland's leaving the Chinese army to volunteer in the Union army. Roland went 20 miles into Confederate territory and returned with the topographical maps upon which the famous battle of Gettysburg was fought.

At the age of 71, he volunteered for service in the Spanish-American war and was rejected as being physically unfit. But 13 years later, at the age of 84, he was lost in the Canadian woods for 21 days without food—and came out of it without any injury to his health. In fact, he lived to be more than 100 years old, but this war-worn adventurer spent his last days in a poorhouse in Detroit.

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Honors Woman Explorer

In recognition of her work in making photographic surveys of the Far North, Denmark named a large section of Greenland Miss Boyd Land in honor of Miss Louise A. Boyd of San Rafael, Calif., polar explorer. France made her a Chevalier of the Legion of Honor, and Norway a Knight of St. Olaf. She was the first woman to be elected a member of the American Society of Photogrammetry.

WHAT to EAT and WHY

C. Houston Goudiss Explodes Some False Notions About Food; Warns Homemakers Against Fallacies and Superstitions

By C. HOUSTON GOUDISS

IT HAS been well said that a little knowledge is a dangerous thing. This is particularly true of dietary facts, for half-truths can be more misleading than lies.

There should be no place for half-truths, misinformation or superstition in a matter so vital as the choice of food. Yet judging from the letters that come to my desk, thousands of homemakers are being influenced, not by scientific knowledge, but by "old wives tales," and a multitude of fads and fancies which there is not a shred of scientific evidence to support.

Some food fallacies are harmless. Others may be detrimental to health. For they result in an unbalanced diet that deprives the body of substances needed to maintain physical efficiency at the highest possible level.

Misinformation About Meat

Many common and persistent fallacies concern the eating of meat. It is wrongly charged that light meats are more wholesome than dark meats . . . that veal is not completely digested . . . that meat is a contributing cause to disease, and many other equally foolish notions. All these misconceptions are in a class with the absurd ideas that eating turnips will make you brave, that lettuce is a cure for insomnia, or fish a food for the brain.

There is no evidence to support the belief that some meats are less desirable than others because they are less completely digested. Tests show that the length of time meat remains in the stomach varies with such factors as the quantity of fat present, the method of cooking, and the amount of chewing it receives. But there is no marked difference in the thoroughness with which the different kinds of meats are digested.

Erroneous Ideas About Cheese

Other fallacies that continually crop up in my mail are the ideas that cheese is constipating, and that this good food is not completely digestible. Neither belief is in accordance with the facts.

Numerous tests have shown that when cheese is given a proper place in the diet, it is usually well digested. Moreover, it has been demonstrated that there is practically no difference between cheese and meat with respect to ease of digestion.

As for the completeness with which this food is utilized by the body, studies made by investigators for the United States department of agriculture, demonstrated that on the average, about 95 per cent of the protein and over 95 per cent of the fat of cheese were digested and absorbed!

Some few persons may have an allergy to cheese just as they are sensitive to a variety of other protein foods. But that is an abnormal reaction and has no bearing on the use of cheese by persons in normal health.

Cheese Is Not Constipating

The mistaken idea that cheese is constipating doubtless arose from poor menu planning. Cheese is a highly concentrated food. It enjoys the distinction of being the most concentrated source of protein known. Because of this fact, menus containing cheese should be balanced by the inclusion of foods containing bulk or cellulose,

spite of their acid taste, however, most fruits have an alkaline reaction following digestion.

My earnest advice to homemakers is to disregard all such fads and fancies. Don't be guided by hearsay advice. Eat a wide variety of foods in moderation. Learn what constitutes a well-balanced diet. And make that your health ideal.

Questions Answered

Mrs. E. B. L.—The refreshing flavor of pineapple makes this fruit useful for stimulating a lagging appetite. It contains valuable minerals and the vitamins A, B, C and G.

Mrs. A. L. T.—Children require more protein than adults in proportion to their body weight. Nutritionists estimate that about 15 per cent of the total calories of the child's diet should be taken in the form of protein.

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Being Tactful

Tact is the knack of keeping quiet at the right time; of being so agreeable yourself that no one can be disagreeable to you; of making inferiority feel like equality.—G. H. Lorimer.

Correct Constipation Before—Not After!

An ounce of prevention is worth a pound of emergency relief. Why let yourself suffer those dull lifeless days because of constipation, why bring on the need for emergency medicines, when there may be a far better way? That way is to KEEP regular by getting at the cause of the trouble.

If it's common constipation, due to lack of "bulk" in the diet, a pleasant, nutritious, ready-to-eat cereal—Kellogg's All-Bran—goes straight to the cause by supplying the "bulk" you need.

Eat this crunchy toasted cereal every day—with milk or cream, or baked into muffins—drink plenty of water, and see if you don't forget all about constipation. Made by Kellogg's in Battle Creek. Sold by every grocer.

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