

THE GARDEN PATH

The Victory garden should be large enough to raise all the fresh vegetables that a family can use, but not so big that it can't be well cared for, according to tests made at the Ferry-Morse Seed Breeding Station near Detroit, a 15x30 foot garden will produce plenty of vegetables for a family of two or three; a 20x40 or a 25x50 foot garden is ample for a household of four or five and sometimes more. Farm families with no lack of space are urged to plant and use in one way or another all the vegetables possible, but to plan in advance to use seed to best advantage.

It is a simple matter to determine how much seed to use. A standard size packet of radish seed will plant at least a 25 foot row, according to Ferry-Morse findings. The same is true of carrots, summer squash, spinach and snap beans. Of such vegetables as require quite a wide spacing in the row, as beets and Swiss chard,

a packet of seed can be made to plant as much as fifty feet of row.

If one packet of radish or lettuce seed will produce more than the family can use while the vegetables are tender and tasty, sow only part of the seed the first time, and the rest in about two weeks. This is also a practical plan with carrots and beets so that young roots will be coming on for use at frequent intervals instead of all at one time.

Seed packets of such vegetables as parsley and the kitchen herbs often produce more plants than a family can possibly use. Seed of tender vegetables—tomato, pepper, egg plant—started indoors for later transplanting outside frequently yield many more plants than most home gardeners have room for. Surplus plants might be shared with gardening neighbors to good advantage. An exchange of varieties as well as planting experiences over the backyard fence gives added zest to home gardening and definitely helps avoid waste.



ALL GARDEN SUPPLIES ARE HERE!

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Wednesday—11:30 a. m. to 1:30 p. m.—5:00 p. m. to 8:00 p. m.
Friday—6:00 p. m. to 9:00 p. m.
Saturday—2:00 p. m. to 9:00 p. m.

Successful Women and How They Attain Success — Isabella Taves. Ambition is not peculiar to any age. The girl of sixteen and the woman of fifty-six each is eager to find her métier, to "get into something" in which she can express herself and through which, incidentally, she can attain recognition—financial, artistic or both.

Recognizing this, Miss Taves has taken the lives of more than twenty women who have made a success of their chosen careers, and though she does not pretend to demonstrate that any other woman can do exactly the same thing, she does point out the experiences over the backyard fence gives added zest to home gardening and definitely helps avoid waste.

Here is the perfect book for every woman who has a dream which is her goal—a dream of success. More than that, it is a delightful reading for anyone who has a normal interest in and curiosity about the women who have made a success of their chosen careers, and though she does not pretend to demonstrate that any other woman can do exactly the same thing, she does point out the experiences over the backyard fence gives added zest to home gardening and definitely helps avoid waste.

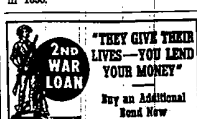
Fighting Fleets—Crittchell Rimpington. How many capital ships have the Japanese and how do they compare in age, fire power, speed, etc., with our own? What type of submarine are the Germans using in the Atlantic? Of what does the French Navy consist? Thousands of queries of this sort are answered in this new and comprehensive book on the navies of the world.

The purpose of this book is to select for the layman as well as the professional the significant information from the vast uncollected masses of reference material; to compare all this by means of graphic comparative charts and histograms; to evaluate it in practical terms in the light of yesterday's experience, today's operations, and tomorrow's strategy; to provide a ready reference book which is complete in all essentials. It will at the same time be exciting from a photographic point of view and will give any reader an intelligent picture of the character of the navy of each country in the world.

The Sea is So Wide — Evelyn Eaton. This story of the Acadian exodus from their hard-won farm lands in Nova Scotia, and of their scattered settling through the South and elsewhere is one of the most moving and fascinating in our colonial history. Here it is told with sympathetic and dramatic force, personified through the endearing Comeau family. Through them is brought home the enormity of the Acadian tragedy. What happened to Barbe Comeau and her father when they were shipped to Williamsburg, Virginia, how they reacted to the strange, exciting life in the sophisticated royal colony capital, how she found again the English soldier she loved and believed her enemy, makes a rich and stirring tale.

Timber — Rodrick L. Hals-Brown. Timber is the story of a friendship: Slim Crawford—expert logger, fisher, hunter, man of thought and of action, half in love with his cousin, Julie Morris—and of Slim's friend, Johnny Holt, who can do anything Slim can do, but who acts first and thinks after. What follows is Mr. Hals-Brown's story—how together they hunt, fish, handle company bosses, run timber camps in the lush years, mastering the hazardous work of logging in every split second detail, until, in the lean days that follow, together they are drawn into the fight for an honest union to protect the lives of their men.

Alpaca Cloth
Alpaca cloth was introduced in England by the then earl of Derby in 1838.



Items of Interest to THE WOMEN

Vitamin-Rich Meatless Dish



PUT this recipe for Rice Stuffed Green Peppers in your permanent file of meatless dishes. Green Peppers are rich in Vitamin A, which has been named the "blackout vitamin" because it helps the eye adjust to the dark. Tomato juice and glassed condiments make the rice stuffing tasty and appetizing. To stuff 6 peppers, you'll use:

6 green peppers
5 tablespoons brown fat (or other fat)
2 tablespoons minced onion
2 cups cooked rice
1 cup tomato juice
1 teaspoon salt

Wash and hollow out peppers. Parboil in slightly salted water for about three minutes. Invert to drain. Heat fat and add onion and cook slowly until tender, about 5 minutes. Stir in rice. Add tomato juice, salt, tabasco, Worcestershire sauce and parsley. Fill pepper shells with mixture. Combine buttered crumbs and cheese and sprinkle over tops. Bake with sprinkles. Place in a greased baking pan and bake in a moderate oven (350 deg. F.) for about 25 minutes or until nicely browned.



Mrs. Kimball and Mrs. Worthington, dressed soberly and wearing their best black gloves, walked along the "Army country road" toward Sophia Hardy's farm, to pay their visit of condolence. "How do you reckon she'll be bearing up?" Mrs. Kimball asked Mrs. Worthington. Both ladies wore their most solemn, funeral expressions.

"A mighty severe blow," Mrs. Worthington said. "Mighty severe. To lose your only son, the mainstay of your declining years. And such a dreadful death, too, to go down with a ship. Mercy!"

"The first of our boys from Hand County to go, too," Mrs. Kimball said, mutely. "I wouldn't blame Sophia Hardy for feeling right bitter."

"It's nice of you to come," Sophia said. "Do sit down."

"We came," Mrs. Kimball said almost reprovingly, "to tell you that our hearts are bleeding for you in your great loss."

"Oh, I keep busy," Sophia said. "I've just finished applying for the Government insurance on Tom's life."

"The ladies could not resist a shocked glance at one another. "I don't get it right away," Sophia said. "So I can put it into War Bonds. My boy hasn't finished fighting yet, not by a long shot!"

The ladies were so occupied with feeling horrified, so utilized by this callous behavior in a bereaved mother that neither of them noticed Sophia's hands. Under the folds of her clean print dress, against the seat of her chair, they were tightly clenched.

(Story from an actual report in the files of the Treasury Department.)

Carry on for mothers like Sophia. Buy War Bonds. Buy U. S. Treasury Department.

Prevents Table-Mark
To prevent the base of a pottery vase from leaving a ring on the table, it may be coated with a clear synthetic resin sealer now on the market.

A WORD TO THE WIVES

Hello there—spring not only brings changes to the world of nature, but to our bodies as well. In the "good old days" it was a dose of sulphur and molasses that our grandmothers gave our parents. Then they had never heard about vitamins, minerals and calories, and I sometimes think they were a lot happier for it. But at least some kind of a tonic was needed to repair the ravages of a cold winter to our bodies.

Nowadays, with a little time and study we can eat the right foods that will have the same, if not better effect on our systems. Here are some of the better springtime foods and what they do for you:

For the extra pep and vigor we need to carry us through the busy spring days, try serving rhubarb frequently. Rhubarb itself has few calories, but is practically unobtainable unless sweetened. So those of you who are watching your weight, go as easy as possible on the sugar, honey, corn syrup, etc. that you use as a sweetening agent. It is rich in Vitamin C and B complex, so particularly good for building up the blood and nervous system. Either the homegrown or the homegrown varieties are good for you, though the latter is a little more tasty.

Asparagus is another early spring vegetable that is particularly good for us, as it is a gentle stimulant for the kidneys. Served without butter or a rich sauce, it is ideal for calorie conscious people. Those who must go easy on the amount of roughage they consume, would do well to eat just the tips. The green varieties contain Vitamins A, B1, C and G, but the bleached types are rich only in B and C Vitamins.

Dandelion greens is one of the best spring vegetables that can be eaten, containing just about all the minerals and vitamins that are necessary for a well rounded meal. I can remember as a child gathering a bagful for our dinner, and loving to eat them too. But it has been a good many years since I have had any. Some like them

served with butter, salt and pepper and others with just a dash of vinegar. Remember to pick the greenest plants that have not yet flowered! You can still find them, if you have a patch of lawn that is pretty well shaded.

I have heard people say about cucumbers "that even the cows won't eat them," but believe it or not, they are good for you. There is an enzyme contained in them called erepsin, that helps digest proteins, so makes them a very good accompaniment for meat. Some folks who have trouble with stomach upsets from eating cucumbers will find themselves able to eat them cooked, parboiled then broiled. They are rich in Vitamins B1 and G.

Onions and leeks have been believed for many centuries to help in the relief and prevention of colds and laryngitis. That belief still holds true today. Early spring onions can be best for tenderness and flavor.

Radishes are another early spring vegetable that has curative powers. They assist in stimulating the digestive tract. Some persons might find themselves distressed after eating them whole but can readily digest and relish them if they are shredded or sliced in a salad.

What You Buy With WAR BONDS

Actual experience on the world's war fronts has proved the collapsible boat an essential safety feature for both Naval and land based planes. They are made of rubberized material, easily inflated.



At the Battle of Midway an Army Lieutenant, after bombing a carrier, was forced to bail out of his bomber. He was able to get a "fish eye" view of the entire battle from his collapsible boat and was later picked up by an American plane. Your purchase of War Bonds with at least ten percent of your income every payday will help protect the lives of men who are flying for us. Get behind them today. U. S. Treasury Department

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