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## TOP ARCHITECTS PARTIAL TO WOOD FOR HOME BUILDING

Many leading architects are partial to wood, such as oak flooring, wood windows and wood wall paneling for homes today. One prominent architect points out, for example, that "wood gives an elegant sense to life because of its inherent beauty." He adds that it is one of the most durable of building materials.

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## Homes and Gardening

### PACKED LUNCHES SHOULD BE VARIED, SAYS AUTHORITY

Winter is the time of year when packed lunches seem to bog down with the same old thing.

Whether the children or the father of the family carries them, there are some basic A, B, C's to follow in making packed lunches, declares Rachelle Schemmel, instructor in foods and nutrition at Michigan State University.

First of all, a good lunch is fresh. You can keep supplies of fresh sandwich filling in the refrigerator — even the bread can be kept in the freezer to insure freshness. Miss Schemmel suggests you keep the butter or margarine out at room temperature for easy spreading.

Second, a good lunch is attractive. Wrap sandwiches neatly in waxed paper or cellophane. Use waxed paper for salads or desserts, and a thermos bottle for hot or cold liquids. A glass screw-top jar for a hot stew or main dish is often a good idea. Paper towels can be wrapped around the jar to keep the food hot.

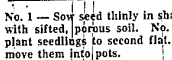
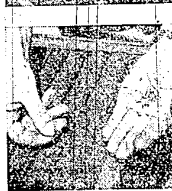
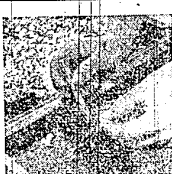
Third, the lunch should be nutritionally well balanced. The one serving of vegetable, which should be in every lunch, may be lettuce, tomato, or a vegetable filling such as lettuce and tomato. Celery sticks, carrot sticks and carrot sticks can also be enclosed as relishes.

The lunch should have at least one serving of protein. The easiest way to do this, says Miss Schemmel, is to fill the sandwich with meat, cheese or eggs. Or without sandwiches, many hot dishes pack well. Also included should be at least one fruit as a salad or dessert. (A baked fruit, turnover, dumpling or tart can be an interesting surprise instead of the unpeeled orange or tangerine that is so often brought home by children.)

A nutritional lunch should also have milk either as the beverage, or for the adult, as a creamed soup or custard or pudding dessert. Scalloped or cream dishes include a good supply of milk too, concludes Miss Schemmel.

If you are an average city dweller, you get about 14 per cent of the total thiamine in your diet, 13 per cent of the niacin, 12 per cent of the iron, 10 per cent of the protein, riboflavin and food energy and 9 per cent of your calcium from the bread you eat.

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No. 1 — Sow seed thinly in shallow drills. No. 2 — Cover lightly with sifted, porous soil. No. 3 — When leaves develop, transplant seedlings to second flat. No. 4 — When plants are ready, move them into pots.

### Offers Suggestions To Gardeners For Growing Plants Inside In Winter

Have you ever wondered how florists grow those stocky pot plants of petunias, marigolds, and many other lovely annual flowers which they sell in the early spring?

Their methods require no skill which any amateur cannot duplicate. While there is better control of temperature and light in greenhouses, plants can be started in the home and grown to transplanting size by following similar techniques.

There is no better way to acquire a green thumb than by starting seeds indoors. And the seedlings you grow will cost only a fraction of what you would pay for commercial plants.

First, seed is sown broadcast or in shallow drills (tranches) in a flat (shallow box) which has been filled with porous soil. This you can buy, or prepare by mixing one-third peat, one-third charcoal, and one-third of your best garden top soil, sifted.

Cover the seed lightly with the

same soil, sifted through an ordinary kitchen sieve.

Firm the soil gently, soak it with water by standing in a tub, so the water soaks up from the bottom, and the seeds are not disturbed. Put in a dark, but well ventilated place until the seeds sprout, then bring it into all the light you can supply.

When the seedlings have developed their first leaves, transplant them to another flat, spacing them two inches apart each way. At this early stage transplanting shock is at a minimum, and the tiny seedlings are easily lifted with roots intact using a pointed stick, or pocket knife blade.

The roots are dropped into the prepared hole, and soil pressed against them in one second. When the flat is filled, return it to its place in the sun all the sun you can give it — until the seedlings have developed several pairs of leaves and are ready to be potted.

Potting is quickly done, placing each seedling in the pot and filling in soil around it, leaving space at the top for watering. Pots may be of clay, 2 to 4 inches depending on the size of the plant wanted; or paper pots or plant bands may be used. Avoid using a pot so small that the plant will receive a check in growth before safe to move to the garden.

For automatic watering use a wick, for which a hole is bored in the bottom of the seed box. Fibre glass wicking can be purchased, but a six inch piece of clothes line will serve for one season. Draw the wick through the hole, shred the upper end and imbed it in the soil. The lower end drops into a pan of water below the box and as long as there is water in the pan the soil will be moist.

The degree of moisture can be controlled by varying the distance between the pan and the box. The closer the pan, the more moisture in the soil.

Sunlight may be supplemented by artificial light when necessary. Cool fluorescent lamps may be placed a foot above the box. A 40 watt tube in a reflector burned 15 hours a day is sufficient to grow healthy seedlings. Temperature varying between 60 degrees at night and 70 degrees by day should produce stocky, vigorous plants.

Damping off, which may kill seedling plants even before they emerge, can be prevented by covering the soil before sowing with a half-inch layer of sphagnum moss, which has been passed through a sieve. Sow the seeds in this moss, and cover lightly with it. This mass is anti-biotic and prevents the growth of fungi.

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### SUPPLY EXCEEDS MEAT DEMAND, PRICES DOWN

The decline in livestock and meat prices which began months ago has continued. In a recent week, the representative Chicago area, the American Meat Institute found that retail prices for all meats went down an average of 12 per cent from a year before.

The reason lies in the old natural law of supply and demand. There has been too much meat coming to market to make it possible for prices to hold stable, much less to rise.

During September, for example, the slaughter of cattle and hogs under federal inspection was the largest on record. Since then, production has continued at peak levels.

Moreover, swift as our population growth has been, production has increased faster. In 1951 our per capita production of all meats and poultry was 162 pounds; this year it will be about 188 pounds.

Inevitably, these heavy supplies have resulted in lower prices — just as, in past times, lighter supplies have resulted in higher prices.

What can and should be done about all this? One sound current step is found in intensified promotion to move the heavy meat supply into consumption promptly, and thus to help avoid undue price swings. In the long run, a better adjustment between supply and demand will prove an automatic corrective. The worst possible step, from the viewpoint of either producer or consumer, would be for the government to move in, with controls and subsidies, and become the boss.

### FOLDER ON STATE'S WATER RESOURCES NOW AVAILABLE

A new quarterly publication, designed for persons interested in Michigan's water resources, is available from the Conservation Department's geological survey division.

The newsletter, "Water Views," will be distributed without charge to persons requesting future copies. Such requests must be accompanied by four self-addressed, stamped envelopes to cover the first year of distribution. All members of the Michigan Water Well Drillers Association have been placed on the mailing list and need not supply request.

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### Will Give Talk On Fruit Diseases

Farmington area commercial and private fruit growers are invited to attend a lecture on fruit diseases to be given by Professor Edward Kios, plant pathologist, Michigan State University, on Monday, January 23, at 7:30 p.m. The lecture will be given at Labor Hall of Wayne, Michigan, located across the street from the County Extension Building at 3930 Newberry Street.

Dr. Kios has worked with commercial fruit growers all over Michigan. Some fruit diseases that he will discuss are apple scab, peach leaf curl, peach canker, brown rot, black knot of plum, anthracnose on raspberries, and fruit rot of strawberries.

He will discuss problems of home as well as commercial fruit production. Dr. Kios says that everyone can expect good control of fruit diseases with present day fungicides if the grower knows when to spray.

John Chippison Sells Insurance Phone GR. 4-3511

### AREA RESIDENTS INVITED TO ORGANIC GARDENING MEETING

Farmington-area residents interested in the organic garden movement are invited to a meeting of the Wayne County Organic Gardening and Farming Club to be held Saturday, January 21, at 7:45 p.m. The meeting will be held in the service room of Mack's Flowers at 7600 Meridian Road, south of B-course Road in Romulus Township.

Mrs. M. C. Baird of Birmingham will give an illustrated lecture on "Weeds." She will point out the value of many weeds to our everyday living. A question and answer period will then be held, followed by a lunch.

President of the organic organization is Mr. Walter B. Mach.

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