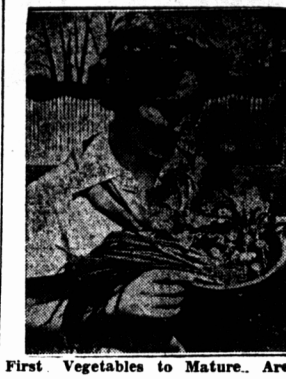


# A Harvest Schedule Helps Avoid Garden Wastage

**SOW EACH OF THESE VEGETABLES SEVERAL TIMES**

Vegetable	Harvest from one sowing lasts	Grow for family serving
Beans, snap	4 weeks 1 foot	
Beets	6 weeks 1 foot	
Carrots	8 weeks 2 feet	
Cucumbers	4 weeks 2 feet	
Endive	6 weeks 1 foot	
Lettuce	6 weeks 1 foot	
Kohlrabi	3 weeks 2 feet	
Turnips	2 weeks 1 1/2 feet	
Spinach	2 weeks 3 feet	
Sweet Corn	10 days 4 feet	
Onion Sets	4 weeks 1 foot	
Peas	2 weeks 3 feet	
Radish, early	2 weeks 1 foot	
Summer	2 weeks 1 foot	
Winter	6 weeks 1 foot	



First Vegetables to Mature—Are Green Onions and Radishes

An hour spent in figuring out a production schedule for the vegetable plot may save work and money later on. An efficient schedule keeps the whole plot busy growing something all summer long and does not grow more than you need.

This enables you to use minimum space, which saves work, seed, plant food and water, which is important in sections where garden watering is restricted. But to make such a schedule calls for research into this question:

What vegetables do you need and how much of each? Take carrots; how often should they be served to your family, once, twice, or three times weekly? It should not be difficult to decide that.

The harvest of carrots from a single sowing will last in top condition at least eight weeks. A row of carrots two feet long will provide an ample serving for the average family. So a first sowing of carrots 32 feet long will provide 16 servings, two per week.

This should be followed by a second sowing, timed to mature when the first crop has been harvested; and three sowings should see you through the season, so far as table use is concerned.

If you will estimate the number of family servings each week of all short-harvest vegetables, you can figure out the number of sowings and the length of row for each, from the data in the accompanying table.

vide one serving for a family of four.

Data on days to table size is given in most seed catalogues for every vegetable variety. Early varieties of lettuce will be ready in 40 days; while late head lettuce may take 90 days to mature. By sowing early and late varieties at the same time, you can have a longer harvest. This may be advisable for sweet corn, because late varieties do better in late summer and early fall weather. But this practice requires more space, since the slow maturing varieties occupy soil which could be used for something else, if a succession of quick growing crops were sown.

Peas, lettuce, radishes and spinach will not do well in July and early August, so do not plant these crops to yield in hot weather, but sow them for early summer and fall harvest only.

Do not follow a leaf crop, seed crop, or root crop with one of the same class; but use a different type, to avoid disease and soil exhaustion.

Before sowing a second crop, dig up the soil and apply plant food again; 2 pounds to 100 square feet, or 100 feet of row.

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## Morning Smile

The visitor calling on a small boy's mother was of uncertain age and rather unprepossessing appearance, and the child was doing his best to answer her questions politely.

"And how old are you?" she asked him.

"I'm six," was the reply. "And how old are you?"

"Oh," she said, looking embarrassed, "I don't remember the year I was born."

"Never mind," answered the small boy politely, "tell me the century."

## How Can I

**Q. How can I utilize left-over asparagus?**

A. Try mixing the left-over asparagus with celery, pickle relish, and salad dressing, and serving on lettuce. Or combine it with left-over ham or veal and serve in a cream sauce on toast or buttered toasted rolls.

**Q. How can I prevent the iron from sticking to the garment being ironed?**

A. A little turpentine added to a pot of starch will prevent the iron from sticking to the goods.

**Q. How can I get rid of cock-roaches?**

A. Try using equal parts of plaster of Paris and powdered sugar. Or, lime powder well spread about is also good.



**HOT FUDGE PUDDING**

1 cup sifted flour.  
1/2 tsp. baking powder.  
1/2 cup sugar.  
1/2 cup cocoa.  
1/2 cup milk.  
2 tsp. melted shortening.  
1 cup chopped nuts.  
1/2 tsp. vanilla.

Sift dry ingredients. Stir in milk and shortening. Mix until smooth. Add nuts and vanilla spread in pan. Sprinkle with 1 cup brown sugar mixed with 2 tbs. cocoa.

Four 1/2 cups hot water over entire batter and bake in moderate oven 40 to 45 minutes.

—Mrs. Frank Poirier, St. Nicholas W. I.

# Alice Brooks Designs



**QUICK TO KNIT**

Twelve-month fashion! Knit this waist-length shrug to wear indoors, under a coat now—without a coat later on. Use big needles, heavy knitting worked.

Easy pattern stitch, ribbing border. Pattern 7073; knitting directions. Sizes 32-34; 36-38 included.

Send Twenty-five Cents in coins for this pattern (stamps cannot be accepted) to ALICE BROOKS Designs c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly Name, Address, Pattern Number.

**BRAND-NEW and beautiful**—It's the 1954 Alice Brooks Needlecraft Catalog. Four patterns printed inside. Plus the most popular embroidery, crochet, sewing, color transfer designs to send for—ideas for gifts, bazaars, fashions. Send 25 cents for your copy now!

**EARLY SETTLERS**

New Hampshire was visited by Samuel Champlain in 1605 and settled in 1623.

**DOES BUMPY SKIN KEEP DATES AWAY?**

Help clear up pimples, rash, oily skin, black-heads with Cuticura Soap and Ointment—use clearer, smoother skin in just 7 days. Buy Cuticura today. **CUTICURA**

7073  
by Alice Brooks

## ELLEN'S DIARY

By An Island Farmer's Wife

Before two young spectators, schoolbags on shoulders, a new battery was installed in the tractor this morning in better preparation for the busy days ahead.

"You should come and see Daddy take the old battery out and put the new one in," Gage, quietly intent, hailed us at the doorway.

"It's interesting to see."

"Is it as interesting as watching a horse being shod?" we smiled stopping nearer.

"On that!" he shrugged. "How many horses are here, Jamie? Well, there are more than a dozen anyway."

Rededicated to the service of the place, the machine was then, in the happy voices of the schoolboys who because of "no roads" must be carried there by this morning.

Fresh was the new day—hushed, lovely. No wind yet disturbed the branches of the trees about. Sparrows looked down from a roof at the stately pigeons strutting in the yard below. Now at sight of the tractor a dog on a neighboring farm barked; and two lads hurried along a field to join these of ours, at the road.

"Better bring yeast cakes," we called to Bob, and turning then to come indoors gave up the young students to the hours of their school day.

Raisins, sugar, spices, shon'tin' and all the rest, we then mixed into a Poor Man's Cake, smiling to remember that the name was a misnomer since we have often seen, in our own practice, a farm-cupboard bare of such needed ingredients. Beyond the window in the sunshine Spring was at a length of weaving, vaguely colorful against a neutral background—hint of rose on the maples, subtle brightening of the willows. A trickle of stream nosed along the yard, wearing a course in a worn snowdrift. Down, down along the decline of hillside it would go. The millstream would be red and swollen by noon. But not now, it would be clear. If one stopped a moment by the lane-bridge, one might catch sight of trout darting about in the cool depths below.

In the quiet kitchen we worked to the tune of the radio, sometimes mind wandering afield, but again interest caught listening pleasantly to the feature presented: engaging music, beyond of old habits, the school broadcast always finding something of value in the material and presentation of the same. More than a little sorry to remember that not every teacher and not all the taught, Island-over, were then enjoying the same privilege as were we. Indeed unless they are absent from classes because of some indisposition or the weather, numbers never have the opportunity to listen in to those.

The spice-cake scented the kitchen. The morning sun gave us a bed of brightness in the old armchair to make a dream-couch for the cat. The kettle sang as it now does—of a hundred items of our living; of the days past and the days to come... of new hopes that "Spring" eternal with the arrival of Spring.

Until tomorrow — — — — — Diary  
— — — — — Good-night. . . .

## Contract Bridge

By Josephine Culbertson

**TIME FOR A CHANGE**

West's opening lead in the following hand was well within reason (though open to some question), but his failure to readjust his sights when the dummy appeared was inexcusable.

South dealer.  
Both sides vulnerable.

♠ A 9 7 4  
♥ A 7 10 9  
♦ K 10 9 8  
♣ A K 10 9 8

♠ A K  
♥ 10 8 6 5  
♦ K J 5  
♣ 4 3

♠ J 10 7  
♥ 4 3  
♦ A 8 7 2  
♣ 8 4 3

♠ Q 9 8 6  
♥ K Q J 3  
♦ 6  
♣ A K J 5

The bidding:  
South West North East  
1♣ 1♦ 2♣ 2♦  
2♥ Pass 3♥ Pass  
4♥ Dbl. Pass Pass  
Pass

On the bidding, West might well have aimed his opening lead at making declarer ruff and fatally shorten his trump suit, and that course demanded a diamond lead. But West's actual selection of the spade ace was to repeat almost equally logical. He intended, of course, to lay down the spade king at Trick 2, thus announcing from this ace-king order that he could ruff a third round.

When the dummy turned up with only two spades, West had no conceivable reason to carry on with his plan—but he did, laying down the spade king. Then he shifted to low diamond. West took the nine with his ace and returned a diamond, but South was now in a strong position. He ruffed with the heart three, cashed his own top hearts, and then went to dummy with a club, to cash the heart ace. While he was thereby drawing West's last trump he discarded a spade from his own hand, and he could then claim the balance with solid clubs and the spade queen.

West should have shifted immediately to a diamond instead of cashing his second spade trick. True, by guessing correctly South could drive out West's spade king and establish his own queen, but meanwhile the defenders could force South twice in diamonds, and by thus shortening his trumps, fortify West's trump holding so that it would be sure to produce the setting trick.

## DOROTHY DIX'S COLUMN

### Official Helper

#### Domestic Worker Insists On All Privileges Of A Guest

DEAR MISS DIX: After a recent operation, I was advised to have somebody come in to do the housework. Therefore, I engaged a woman recommended by my cousin. She has her own room, ample time off, and we are paying her more than an average salary. Our household consisted of my husband and myself. We welcomed her into our home and did everything to make her comfortable. She'd watch television with us in the evening, but now it has reached the point where she expects all these privileges as her due. If we prefer reading, or entertaining instead of watching television, she makes it quite plain that she's upset. She expects to be part of any group visiting us, staying in the living room for refreshments, etc. The situation is becoming very annoying.

Brenda G.

### Better English

By D. C. Williams

1. What is wrong with this sentence: "I shall be pleased to accept your invitation."

2. What is the correct pronunciation of "pajama"?

3. Which one of these words is misspelled? "Incredible, inconsolable, inconvincible, invincible."

4. What does the word "ennui" mean?

5. What is a word beginning with "no" that means "wandering; roaming"?

### Modern Etiquette

By Roberta Lee

Q. What is the exact meaning of "semi-formal," as applied to the dress of both men and women?

A. This usually depends upon the community. In some places, where the men customarily wear tails, then semi-formal means tuxedos for them and simple evening dresses for the women. In a simpler community, it would be plain dark blue or gray business suits for the men and afternoon frocks for the women.

Q. If a bride's father is not living, should the mother give her away?

A. This is seldom done, the rite usually being performed by a man. The bride may choose her brother, an uncle, cousin, or even a very close friend of the family.

### Household Scrapbook

By Roberta Lee

**Vaseline Jelly Stains**

Vaseline jelly stains can be removed from clothing by moistening the spots with a mixture of 1 part aniline oil, 1 part powdered soap, 10 parts water. Allow it to remain for 10 minutes, then wash with water.

**Cloves**

When whole cloves are used, if the round heads are removed and only the stems used, the aroma of vegetables will not turn black, but merely a light brown color.

**Grease Spots**

Grease spots on wall paper can be removed with a flannel cloth dipped in alcohol. Rub the paper lightly.



## That Body Of Yours

By James W. Barton, M.D.

**HOW TO LIVE WITH YOUR HEART CONDITION**

One of the things a physician learns from his everyday practice is that he must be guarded when he tells the patient about the condition of his heart. If the patient thinks he has something wrong with his heart, every little thing the doctor mentions will assume a large role in the examination.

I have written before about a relative calling me on the telephone and asking me for the name of a "good" heart specialist which, without further thought, I gave her. I received an indignant telephone message from the heart specialist rebuking me for sending him a patient with a normal heart. Since that time I do not decide whether or not to have a patient consult a heart specialist until I have finished examining the heart.

The first thought should be as to whether or not there is an abnormality of the heart and, if so, whether the condition is serious enough to need the advice of a heart specialist as today we know that many abnormalities are so near to being normal that more harm is done in mentioning them to the patient than in not mentioning them.

One of the best known health writers of today is Dr. Walter C. Alvarez of the Mayo Clinic and Mayo Foundation and in a booklet called "How to Live With Your Heart Condition" (Willcox and Follett Co., Chicago) he makes some helpful suggestions for patients with heart disease, that is, real or organic heart disease.

"Before trying to learn to live with your heart disease, it is a good idea to find out if you really have any or anything that is that may be wrong with you. That you were once turned down for life insurance or military service, or once the idea occurred to you to get a medical checkup and the doctor said you had a murmur,

Continued on page 9

## The Stars Say

By Genevieve Kemble

**For Tomorrow**

YESTERDAY'S quickened tempos and stimulated energies continue and, to make the most of them, it would be as well to rest your ambition and efforts toward long-range goals. Hard work, wise counsel and inspired action can help to put over important plans now.

If you have to make greater co-operation with others, you will find that where you are concerned, this is an excellent time to plan for renovations and improvements if they are not on the extravagant side.

**For the Birthday**

If tomorrow is your birthday, you have reason for great optimism in all of your affairs since your horoscope indicates successful, if not spectacular, success in both professional and financial matters for some time to come. By mid-summer, you may have to make some drastic changes in business plans, but do not be discouraged, the projects upon which you are presently engaged were planned, after all, for their long-range value so do not be disturbed by temporary problems. Accept them as a challenge instead, and use your innate shrewdness and intuitiveness to solve them.

During the fall, enterprises re-

## Tuna Turnover

I package pie crust mix, 1 7-oz. tin cream, drained, 1/2 cup condensed cream of mushroom soup, 1 egg, slightly beaten, 1/2 tablespoon chopped parsley, 1 teaspoon lemon juice, 1 hard-cooked egg, chopped, salt and pepper to taste, 1 egg yolk, beaten, for brushing turnover tops.

Roll out pie crust on lightly floured surface as thick as for a pie lining and cut into six 4-inch squares per package.

Combine the tuna (flaked), mushroom soup, beaten egg, parsley, lemon juice and hard-cooked egg and blend well. Add seasonings to taste. Set a tablespoonful of this mixture on each square, brush the edges with water and fold over. Press edges with a floured fork to seal. Brush tops of turnovers with beaten egg yolk and prick with fork. Place turnovers on a greased baking sheet and bake for 20 minutes in a moderate oven 375 deg. F. Serves 6. Note: The leftover tuna mixture can be baked for lunch in a small casserole.

## Three Maritime Women Attend Welfare Course

Course No. 60, General Welfare was held at Civil Defence College, Amport, Ontario, March 22-27 with an attendance of 22 women and 18 men representing various organizations.

All Provinces were represented excepting Newfoundland. The course featured Lectures, Demonstrations, Films.

Opening address was given by General Worthington, Organizations represented were I. O. D. E., Civil Defence, Catholic Women's League, National Council of Jewish Women, Salvation Army, Seventh Day Adventist Church Groups, Women's Institutes, Department of Veterans Affairs, etc.

Representing Federated W. I. were three Maritimers, Mrs. J. A. Stewart, Dalhousie, N. B., Mrs. G. Snyder, Lunenburg, N. S., and Mrs. M. J. Doyle, North Rustico, P. E. I.

## That Body Of Yours

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Continued on page 9

## Lenten Meditation

from the columns of the Times, London  
REFUGE AND STRENGTH

Christianity is often condemned by those who maintain that it is a faith offering heavenly consolation in recompense for earthly hardships; that its worship is a means of mental and imaginative escape from the realities of life and of death.

Certainly there have been Christian preachers and writers who have given substance to this complaint. Some Lyonn writers and composers of hymn tunes have been particular offenders. Evelyn Underhill used to say that "hymns of the Weary Willie" type had done great harm to the Christian cause. Yet it is a caricature of Christianity that is being rejected, not the faith itself. This caricature gains support neither from the foundations documents of the faith nor from the lives of its most notable exemplars. Christianity is not a way of escape but a way of belief.

The believer lives, indeed, as seeing him who is invisible; but this means that he is in touch with a spring of life which enables him to face daily tasks with courage and grace. The relevance of heaven to practical daily living is announced whenever he prays "Thy will be done, in earth as it is in heaven." It is his task to seek to know God's will; to gain fresh insights upon life from the Bible, from prayer and meditation, from fellowship with Christians past and present; to live in daily contact with an unseen companion. God's will is not only to be known, it is to be obeyed. The place of obedience is here; the time is now.

This is illustrated by St. Paul, writing from imprisonment to his friends in Philippi. "Our conversation is in heaven" is the translation in the Authorized Version of a sentence in the third chapter of Philippians. The Revised Version corrects this to read, "Our citizenship is in heaven;" while the late Dr. Moffatt gave the bold rendering, "We are a colony of heaven." Certainly this rendering—though not quite literal—draws out the thought which must have been in Paul's mind as he dictated the words.

Philippi was a Roman colony. In this Macedonian outpost there had been placed detachments both of Roman soldiers and of Roman citizens. The task of the first was to overawe, and, if necessary, overpower, the tribes in the hinterland which threatened rebellion. The task of the second was to place the stamp of Rome upon the place to turn Philippi into a little Rome. Their attitude was not to be one of escape, of constant longing for comforts left behind; if that were so they would not achieve success. The Christians in Philippi were similarly citizens of heaven. They had a most important task—to put the stamp of heaven upon the place; to seek to do God's will in Philippi as it was done in heaven.

An outpost from heaven—God's bridgehead upon earth—is what every Christian church is meant to be. Because it has an otherworldly loyalty, its members can hope to exercise a decisive influence upon the society in which they live. Human life needs the admixture of what is not merely human; otherwise it becomes empty, insipid, brutish. Because God is a refiner and strength, he is also the author of a transforming godliness which can so change the world that it will begin to reflect the ways and laws and the abounding charity of heaven.

## Rules For Inviting Heart Attacks Given by Executive

KANSAS CITY, (AP) — Ten rules for membership in the Coronary Club—all invitations to heart attacks— are cited by Francis J. Curtis, St. Louis business executive.

Curtis, vice-president of Monsanto Chemical Co., listed his rules in urging conservation of executives during a speech to the American Chemical Society.

Here are Curtis' rules which he says are invitations for a heart attack:

1. Your job comes first, personal considerations are secondary.
2. Go to the office evenings, Saturdays, Sundays, holidays.
3. Take the briefcase home on evenings you don't go to the office. This way you can review completely all troubles and worries of the day.
4. Never say "no" to a request, always say "yes."
5. Accept all invitations to meetings, banquets, committees, etc.
6. Don't eat a restful relaxing meal—always plan a conference or the meal hour.
7. Regard fishing, hunting, golf, bowling, billiards, cards, gardening, as a waste of time or money.
8. Believe it's poor policy to take all the vacation allowed you.
9. Never delegate responsibility to others, carry the entire load yourself.
10. If your work calls for traveling, work all day and drive all night to keep the next morning's appointment.

During courage, energy and imagination are favored and there are also excellent aspects for development along altruistic lines. This period also favors social and romantic matters. A child born on this day will be imaginative and ambitious, but inclined toward impatience.



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ORANGE PEKOE  
TEA in BAGS

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