

Garden Foresight

Victory Garden preparations for Transylvania county's 1943 crops are being completed, and plantings have been made in some home garden sites. This is the time of the crop season at which all gardeners are laying the foundation for their subsequent garden harvests.

Foresight as to what will be done later provides not only for the overall successful production of a victory garden, but it also starts, the Victory Gardener on the significant details which must be attended to now and which are vital to the crop.

Land for a victory garden has an enhanced value this year. Superior value of its yield is greatly out of proportion to its value when there are no food shortages. A plot of land understood and handled this year may mean the difference in the amount of food stuff available to a family whereas in other years a plot of land might have been planted out of habit. Formerly, because there was an abundance of yield all over the country that plot and the crop from it might have been plowed under. Victory gardeners will take into consideration this year the inherent possibilities of land. It is not a static or inert thing this year. It is dynamic and has potential values. Sunshine, conservation of water and soil, provision of run-off and aeration of the soil are more than mere names of garden factor, this year. For example, victory gardeners should try to lay out their gardens so that the rows run north to south. A moment's reflection will remind one that thereby both sides of every row get the greatest amount of sunshine that can be given to the crop. The victory gardener should, like a good general, prepare for what the enemy might do, the garden enemy alluded to here being that of a dry period during part of the growing season or for much of it. Accordingly, the victory gardener should provide himself with good hand mulching tools or an adequate supply of horse drawn duck feet, sweeps, middle busters, etc., at the initiation of starting his crop season. They might be vitally important, and unattainable when needed later, if the garden starts to dry out and its soil moisture must be conserved. Along with conserving the soil moisture, there is the added requirement of running the rows with contours or of putting a diversion ditch above the garden if the garden is located on the side of a hill and fresh water might pour down on to the garden and wash away the soil and the planted crop. Even though the gardener has fortified himself with tools and good intentions to take care of his garden during the dry season, he should also keep in mind provision of run-off if there should be a wet season. Filling in the low places, before the garden is planted; chopping brush out of drainage ditches and shoveling out dirt and sticks that have clogged the ditches; and, if a permanent use is to be made of the garden, the installation of covered drains under the garden are all good victory garden precautions. Many a victory gardener has already experienced the vital importance of soil aeration. He has already showed his concern over it in having plowed his land early and in having tool worked it to ventilate it and to form a friable seed bed. Good aeration does many things. Among them are acceleration of water soaked old vegetable residues, increased enrichment of the soil with beneficial bacteria and a leaching out of soil acids whose production is encouraged or which are retained all the more positively if the soil is not aerated. A land that is well prepared before planting can become compacted and brought into a condition where aeration is discouraged before the crop has matured if during the life of the crop the middles are not worked, a mulch has not been formed and acid spots are not dried out.

Victory gardeners in having become land-condition conscious are also thinking beneficially of some details

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You can chart your own family food needs

However big or little your family is, or even if you live alone, with the help of this chart you can figure how much of each type of food you should have during a week to get a good diet at low cost. The amounts have been worked out by the United States Bureau of the Home Economics. In the blank column at the left, beside the description that fits, write the name of every person who eats at your table.

Family Members		Kinds and Quantities of Foods for a Week				
Name	Description	Milk (1)	Potatoes, Sweet-potatoes	Tomatoes, Oranges, Grapefruit	Leafy, Green, Yellow Vegetables	
		Quarts	Lbs. Oz.	Lbs. Oz.	Lbs.	Oz.
	Children under 2 years	5	1 8	1 4	1	8
	Children 2-3 years	7	1 12	1 4	2	8
	Boys:					
	4 to 6 years	7	2 0	1 4	2	8
	7 to 8 years	5-7	2 4	1 4	3	8
	9 to 10 years	5-7	2 8	1 4	3	12
	11 to 12 years	5-7	2 12	1 4	3	12
	13 to 15 years	5-7	3 0	1 4	3	0
	16 to 19 years	5-7	4 4	1 4	3	0
	Girls:					
	4 to 7 years	7	2 0	1 4	2	8
	8 to 10 years	5-7	2 4	1 4	3	8
	11 to 13 years	5-7	2 8	1 4	3	12
	14 to 19 years	5-7	2 12	1 4	3	12
	Men 20 years and over:					
	Active work	3½	5 12	1 4	3	0
	Moderate work	3½	3 0	1 4	3	0
	Inactive	3½-5	2 12	1 4	3	8
	Women 20 yrs. and over:					
	Active work	3½	3 0	1 4	3	8
	Moderate work	3½	2 12	1 4	3	8
	Inactive	3½-5	2 0	1 4	3	8
	Total					

- (1) Or its equivalent in cheese, evaporated or dried milk.
- (2) Count fatty bacon and fatback as fat, not as meat.

A MAXIM FOR WISE EATING: Eat first the foods you need, then eat whatever else you like. When meals are poor, they are usually shortest in

LETTERS HOME:

February 28, 1943

Dear Mr. Wells:

Haven't time to write a letter just now as am terribly busy after just arriving here today, but wanted to let you know my change in address. It is now.

A/C BEN M. RICKMAN
Squadron 11-6
Maxwell Field, Ala.

I was classified a Pilot and sent here to start my Pre-Flight training for 9 weeks. Will be restricted for 5 more weeks, so would like to hear from you all when you have time. Enjoy reading the Echo. As ever,
BEN.

February 11, 1943

Dear Mr. Wells:

It hasn't been long since I gave you my new address and now my address has been changed again.

It must be quite a job for Ecusta to keep up with all the boys addresses as many as there are in the service and as often as the addresses change.

I am in Australia now. It sure is a nice country and I like it fine here. It has been some time since I received the Echo. Sometimes it is a little late but it is always news to me.

I wish to thank you and all there who make it possible for me to receive the Echo.

Sincerely yours,
WILLIAM H. LAUGHTER

February 25, 1943

From: Staff Sgt. T. E. Westall.

U. S. Army Engineers (Overseas)
To: His Mother and Father.
Dear Dad and Mom:

Can't write a thing, the censor's to blame,

Just say that I'm well and sign my name.

Can't tell where we sailed from

Can't mention the date,

And can't number the meals I've ate

Can't say where we're going,

Don't know where we'll land,

Could not inform you,

If met by a band.

Can't mention the weather,

Can't say if it rains,

All military secrets, and secrets they'll remain,

Can't have a flash light to guide me at night,

Can't smoke a cigarette, except out of sight,

Can't keep a diary, for such is a sin,

Can't keep the envelopes your letters come in,

Can't say for sure folks just what I can write,

So, I'll call this my letter and close with "good night."

Love "Pic"

Victory Garden Pays Dividend

In conversation with Dr. Marshall recently we learned some interesting items about gardening. One point of particular interest was that any gardener, novice or otherwise, may have a garden with a minimum of effort and at the same time one that will include the food values essential to every diet. This may be done by planting four rows of vegetables and those of us who have but a small unit of our time to spend on gardening and who are perhaps wavering in our decision as to whether or not to bother with a project we may fail to do well, take a tip and follow this plan:

Plant a row of Irish potatoes

Plant a row of carrots

Plant a row of tomato plants

Plant a row of cabbages.

Potatoes are not only a nourishing food but are rich in mineral content. Carrots are an excellent source of vitamin A (the vitamin for good eyes) as are all yellow foods. Cabbages provide several vitamins as well as roughage as do all green leafy vegetables and tomatoes are one of our best sources for vitamin C. These four vegetables plus a whole grain cereal or bread made from the whole grain and milk will assure you of a diet containing all necessary food values to build and maintain a strong, healthy body.

At the end of the summer before the first frost dig your potatoes and put in a good, dry place where they will not freeze. Can your ripe tomatoes and pull the vines up with the green tomatoes still on and hang them inside. The green tomatoes will continue to ripen and can be used. Pull up your cabbages, roots and all, and make a bed of straw. Place the cabbages roots up and cover with straw, then cover with dirt. Dig out during winter as needed. Carrots can be kept the same as cabbages.