

## How Does Your Garden . . . . ?

By BOB BOLT

How many of you heard President Truman, former President Hoover and Secretary of Agriculture Anderson, on the food situation report last week? You'll certainly want another row of beans, two more of potatoes, and more of everything else in your garden, if you heard that program!

### What Is The Picture?

President Truman: "The United States and other countries have moved food into war-torn countries in record amounts, but there has been a constantly widening gap between essential minimum needs and available supplies.

"The threat of starvation in many parts of the world and the urgent need for food from this country emphasize the importance of continued effort to add to our total food supply this year. A continued program of gardening will be of great benefit to our people.

"Because of the effects of war and severe droughts, world food production per capita has been cut 12 per cent below pre-war level. In Europe one hundred million people will be starving this year. Several million may die of starvation in India. In China, thousands die by the roadside every day.

"While we, in the United States, have been consuming food at a daily rate of about 3,400 calories per person, the urban population in half of Europe is existing on less than 2,000 calories, and in some areas, less than 1,500 calories per day per capita."

### Here's The Garden Program For 1946

(U. S. Dept. of Agriculture)  
1. Add your bit to the world food supply. By growing a part of your family's needs, you release food stocks that can be used somewhere else in the world.

2. Plan your garden carefully. Grow enough to supply your needs for fresh vegetables and as much extra as you can preserve for family stocks.

3. Make successive plantings for continuous supplies and late crops.

4. Your garden will make it easier to save "A slice of bread a day" by enabling you to have an extra fresh vegetable with every meal.

5. Stay with your garden throughout the season.

6. Figure out how much your garden can save you in money.

7. Work toward a permanent garden.

8. Gardening is fine exercise. Nothing like a little spade and hoe work to keep you out in the fresh air and in good shape.

9. Relax! No better way to forget your problems than to get down in the dirt and dig.

10. And eat better. You can't beat fresh vegetables and fruits right out of your own garden for flavor and nutrition.

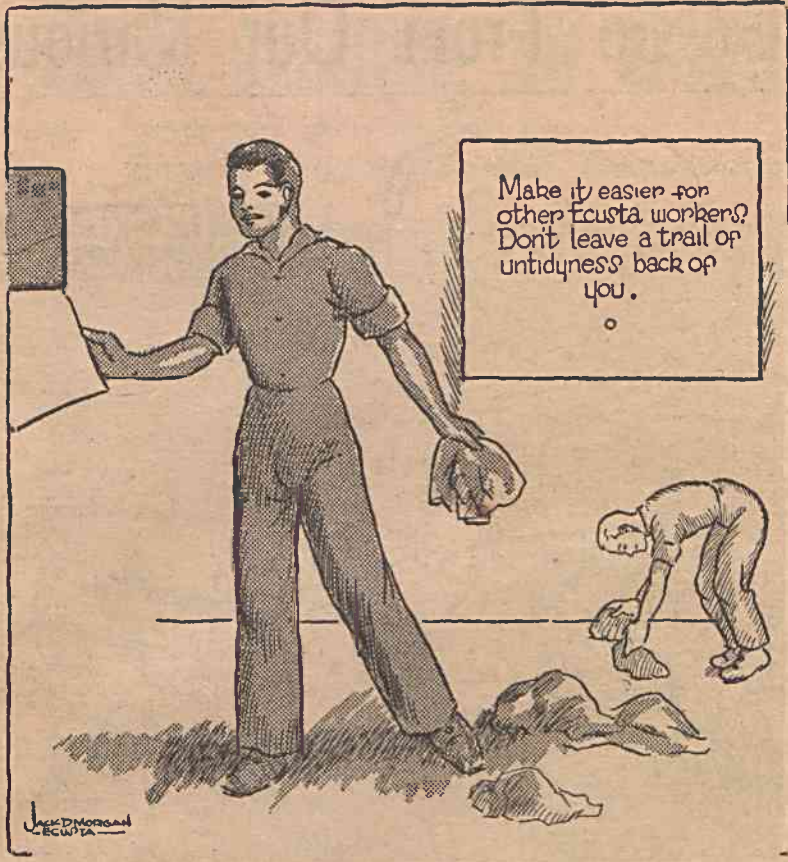
Let's all follow that program!

Keep your tomatoes watered during dry weather. Sudden changes in rainfall (dry weather followed by heavy rains) cause a physical rot (water-rot).

It isn't too late to fertilize the lawn. Get ahead of the weeds!

Early-flowering shrubs such as spirea, forsythia and quince can be pruned now if you haven't already taken care of them. Remember that the flowers come on new wood.

Don't fertilize weeds! Keep a clean garden.



## Every Employee Can Help

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- do not walk on it under any circumstances.
- 4. Avoid using too much oil and grease. Wipe off any excess.
- 5. Consider keeping dirt out of our product as a most important part of your job.
- 6. Keep the floors and equipment clean.
- 7. Keep your shoes and other articles of clothing clean.
- 8. Do not expect someone else to clean up after you. It is your job.
- 9. Do not hesitate to make suggestions as to how to further this cause.

A prize of \$5 will be offered each month throughout this year for the best limerick having to do with housekeeping and cleanliness. Sample limericks are scattered throughout this paper. Use your imagination, and send in as many entries as you wish to The Echo Office.



## TESTED RECIPES

### Vegetable-Cheese Casserole

- 4 medium sized potatoes, quartered
- 1 1-2 cups carrots, cut in large cubes
- 4 small onions
- 1 cup peas
- 2 tablespoons butter
- 2 tablespoons flour
- 1 1-4 cups milk

- 1-2 teaspoon salt
- 1-2 cup grated cheese

Cook the vegetables separately in salted water, only until tender. Melt butter, add flour and blend. Add milk and cook, stirring constantly, until smooth and thickened. Add salt and cheese and stir until cheese is melted. Arrange

## Clarence Lewis Died On April 22

We wish to express our regrets at the recent loss of Clarence M. Lewis, who died April 22. Clarence lived in Hendersonville, N. C., and had been employed in the Finishing department for the past three years.

Flowers were sent by the employees of the Finishing department and the Company. The funeral was held Wednesday, April 24, at the Shepherd Funeral home in Hendersonville.

## CPL. LAMAR HAMILTON GETS HIS DISCHARGE

Cpl. Lamar Hamilton visited us recently on return from 15 months' with the 1st. army in the E T O.

Cpl. Hamilton's division was the first to cross the Rhine at Remagen.

He wears the Good Conduct medal, the American Theatre ribbon, the European Theatre ribbon, with two battle stars, the Victory ribbon, German Occupation and the Combat Infantryman's badge.

Cpl. Hamilton was in service 36 months. He was discharged April 14 at Ft. Bragg.

Prior to induction, Cpl. Hamilton was a Landscape employee.

vegetables in casserole and pour cheese sauce over all. Bake in a moderate oven, 350 F., for about 20 minutes, or until top is slightly browned. Serves 6.

### Dried Beef And Noodles

- 4 ounces dried beef
- 4 tablespoons butter
- 3 tablespoons flour
- 2 cups milk
- Salt and pepper
- 1-2 cup grated American cheese
- 1-2 9 oz. package medium noodles, cooked

Melt butter in a heavy skillet, add shredded dried beef and saute until lightly curled. Remove beef and add flour to butter and blend. Add milk, cook and stir over low heat until smoothed and thickened. Add grated cheese and beef and heat until until cheese is melted. Season to taste with salt and pepper. Mix with drained, cooked noodles, and pour into a greased casserole dish. Cover and bake in a 375 F. oven for 25 minutes. Serves 6.

Good eating! Yes, sirree, there's nothing like it! You'll say, "Doesn't that look good!" When you eat these tasty dishes, you'll be even more pleased. We're positive you'll agree that these are taste-tempting recipes.

### Scalloped Tuna And Potato Casserole

- 4 tablespoons butter
- 4 tablespoons flour
- 2 cups milk
- 1-3 cup minced onion
- 1 teaspoon salt
- 1-4 teaspoon pepper
- 1 tablespoon minced green pepper
- 4 cups sliced, peeled, uncooked potatoes
- 1 can (7 oz.) tuna fish.

Melt the butter, blend in the flour, add milk and cook, stirring until smooth and thickened. Add the salt and pepper, onion and green pepper. Place alternate layers of potato and flaked tuna fish in a greased casserole and pour white sauce over all. Bake in a moderate oven, 350 F. for about one hour, or until potatoes are cooked. Salmon may be substituted for tuna, if desired.