



GARDEN TIME
m. e. gardner
n. c. state college

When the hot summer weather reaches your neighborhood, spring greens will lose quality. There is one leafy vegetable that you can have through the summer. If you like spinach, plant seed of the New Zealand variety. In the mountains leafy vegetables should still be available. Keep them sidedressed with nitrogen to promote rapid growth and good quality.

Potted amaryllis plants that have finished blooming should be plac-

ed outside in partial shade and kept growing during the summer. Occasional light applications of a complete fertilizer will assist in storing food reserves in the bulb. Sinking the pot in the ground will help prevent water loss, but water if needed to keep the plant growing. Do not dry out until time for frost.

This is to remind you about jonquils and similar bulbs. It is not necessary to move or divide them every year, but it is highly desirable to do this every third year. They may be lifted, divided and replanted at once, or they may be carefully dried out and stored in a cool place until fall. Do not lift them until the leaves have begun to turn yellow.

Now is a good time to plant dahlias in the Raleigh area. Some prefer to plant earlier but the profusion and quality of bloom seem to be better when planted in May. You still have from two to three weeks to do this in the mountains, depending upon elevation. Be sure

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COLORFUL COUPLE—Danny Kellum, nattily attired in polka dot vest and Panama hat, will squire Betty Biggers bop style in "Pink Shoe Laces"—a feature of tonight's "Dine and Dance" show at the New Bern High school auditorium.—Photo by Wray's Studio.

Over 12 years, boys and men need more food than girls and women of the same age, thus their food costs are higher. It costs about a third more to feed a 16-year-old boy, on the average, than to feed a girl of the same age. Next to the teen-age boy, a man of 35 to 54 years averages highest in the cost of his food.

These figures prove that age is important when planning the family food budget.

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**Food Costs Vary
With Person's Age**

Age is an important consideration in estimating family food costs.

Though it is often said that growing boys eat more than their fathers, and elderly people eat less than those who are younger, more definite information on food costs as related to age is needed.

In general, food costs increase with age up to 20 years, then decrease, according to Mrs. Ruby P. Uzzle, consumer marketing special-

ist for the N. C. Agricultural Extension Service.

Food economists used average countrywide retail food prices for August, 1958, to estimate that on a moderate cost plan, feeding a three-year-old boy would cost \$4.50 a week compared to \$11.50 for a 16-year-old boy and \$8.50 for a 75-year-old man. These estimates were based on home meals, not "eating out."

to have one good bud on each root. There are many good varieties so take your choice. Use the larger flowered types for show in your garden and the smaller types for cutting and house arrangements.

Keep your vegetable and ornamental plants free of weeds. A good mulch will help control moisture, soil temperature and weeds. Spray or dust as needed to control insect and disease pests.

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