

Around the House and in the Garden

Autumn Gardening

The approach of autumn brings a touch of sadness to the hearts of the thousands of true gardeners the country over, for it means that soon those daily trips to the garden for baskets of vegetables and bouquets of flowers will be at an end.

If they know their hobby, however, these same people will now be busy at numerous garden tasks. Among other things, they'll not fail to continue picking the annual flowers regularly, for many of them, particularly the calendula, bachelor's button, pansy, marigold and snapdragon, will continue blooming right through several light frosts, if properly cared for.

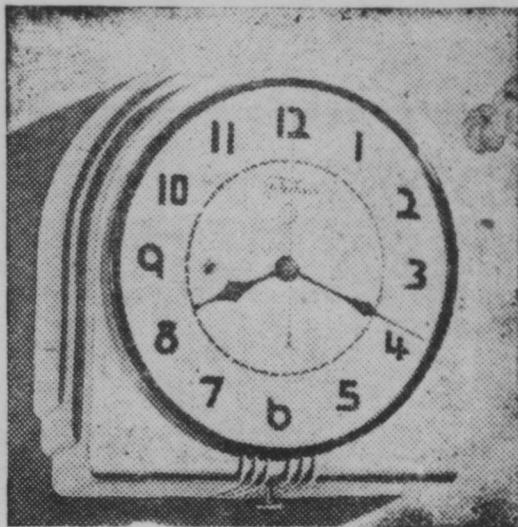
They will be sure, once cold weather has definitely arrived, to clear the garden of all old, dead plants. They often harbor insects and fungus growths which may survive the winter if not destroyed. Garden rubbish should not be spaded under, but gathered up and burned.

Many gardeners who are reluctant to let the frost kill some of their choicest annual flowers have had real success in taking up the plants, potting them, and allowing them to continue growth for several weeks in the house. This practice is suggested on the basis of tests conducted at the Ferry-Morse Seed Breeding Institute which reveal that the following flowers survive best indoors: Ageratum, begonia, calendula, carnation, coleus, pinks, lobelia, dwarf marigold, pansy, petunia and snapdragon.

True gardeners are also making plans now for their next spring's showing of bulb flowers. Proper planting is vital to successful bulb flower growing. Depth must be carefully measured. Anemone should be planted one inch deep; snowdrop and scill, two inches deep; jonquil and tulip, three inches; hyacinth, four, and most lilies, five inches. In measuring depth, measure from the top of the bulb. For instance, have the tip of the hyacinth bulb *under* four inches of soil.

Bulbs are planted in the fall to give them opportunity to develop ample root growth. It is the safer practice to protect bulbs in the ground with a mulch of leaves or straw, applied after the ground is frozen hard. It is intended to protect the bulbs from the damage of alternate freezing and thawing, not from the cold.

Bulbs should be planted in well-drained loam. Soil should be pressed around them so there are no air spaces. It always pays to buy bulbs of fine quality. Good, healthy bulbs are firm and comparatively heavy for their size.



This Electric Wall Clock Makes Kitchen News

Here is a new electric wall clock for the kitchen that matches the trim smartness and perfect performance record of modern refrigerator or range. Made of molded plastic the finish will not chip and it is easy to keep clean.

This clock is priced for the moderate budget and can be selected to fit any color scheme. It is purchasable in ivory, green, white, black and red. It has a self-starting, sealed-in-oil Telechron motor. Its metal dial with clear black numerals on a light cream background—or white background for white models—gives it a permanently fresh appearance.

Your Child's Eyes

The principal causes of the loss of vision are just as preventable as such diseases as smallpox, and if science and education persist, the ratio of blind to the general population will decrease steadily, is the opinion of Lewis H. Carris, Managing Director of the Society for the Prevention of Blindness.

Educators and doctors believe that much work needs to be done toward the preservation of the school child's sight. Architects must become more conscious of the necessity for proper lighting in schoolroom. More books are printed in large type on non-reflecting paper than ever before, but it is agreed the ideal has by no means been reached. The inspection of children's eyes and the prescription of glasses on the advice of eyesight specialists has done much to save the sight of thousands of boys and girls. Lately, the introduction of absorptive Soft Lite lens has helped in many cases to preserve vision both at work and play. Most important of all, parents and school authorities are beginning to be keenly aware of the wisdom of caring for children's eyes.

Any abnormal mannerisms of the child while he is reading should be noted, the

Apples Provide Menu Variety

Commercial refrigeration and apartment house dwelling have combined to bring about the death of the family apple barrel which used to appear each season after the harvest with the winter's supply of apples. However, the recipes that mother used to devise for husky appetites from the contents of the old apple barrel are still as tempting and delicious as they used to be.

Here are two of the choicest ones that may have slipped your memory. They can always be counted on to add variety to menus and satisfy jaded appetites.

New Englanders will recognize this apple upside down cake made with real shortcake dough. It is at its best when served hot with a generous helping of warm milk seasoned to taste with sugar and vanilla and a dash of nutmeg.

UPSIDE DOWN APPLE CAKE

- 4 medium sized tart apples
- 4 tablespoons butter
- 1/2 cup brown sugar, firmly packed
- 3 cups sifted cake flour
- 6 teaspoons baking powder
- 1 teaspoon salt
- 1/2 cup butter or other shortening
- 1 cup milk or enough to make a soft dough

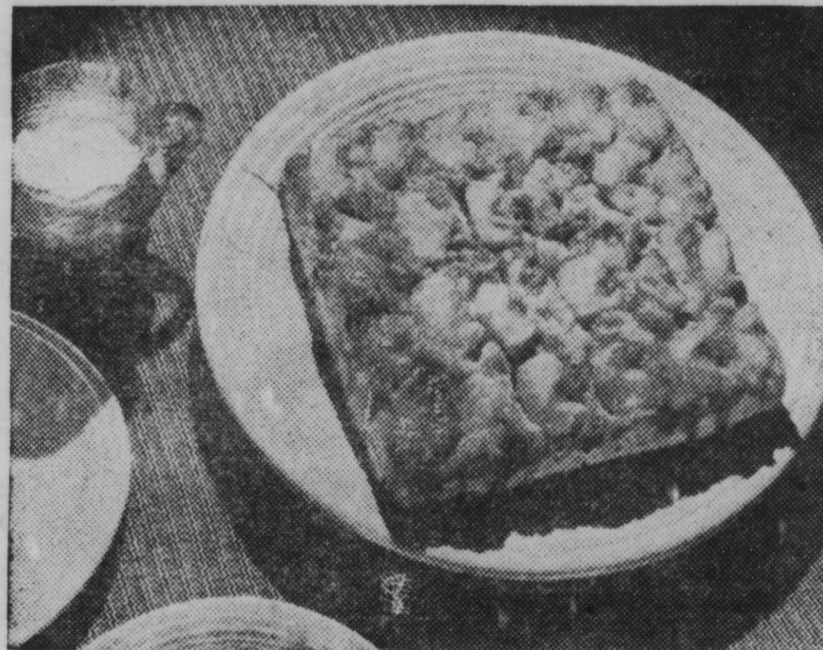
Pare, core and slice apples in eights. Melt butter and brown sugar in a square shallow pan (8" x 8" x 2"). Arrange apples in rows over butter and sugar. Sift flour once, measure, add baking powder and salt, and sift again. Cut in shortening; add milk all at once and stir carefully until all flour is dampened. Then stir vigorously until mixture forms a soft dough and follows spoon around bowl. Dough should be soft enough to spread easily. Pour over apples and spread evenly in pan. Bake for forty-five minutes in a moderate oven (375° F.).

Apple stuffing for chicken makes the finest bird taste even better.

APPLE STUFFING FOR CHICKEN

- 3 cups moistened bread crumbs
- 1/4 cup butter, melted
- 1 cup chopped apples
- 1/3 cup chopped walnuts
- 1 cup chopped celery
- 1/2 cup seeded grapes
- 1 small onion, diced
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 teaspoon powdered sage

Mix all the ingredients together. Approximate yield: 6 cups dressing.



Real shortcake dough baked over a layer of tart apple slices, melted butter and brown sugar makes this delicious version of upside down cake.

report of the Joint Committee on Health Problems in Education points out, for they may indicate difficulty in seeing. Such things as blinking, holding the

book too far away or too close, squinting, lack of attention or understanding, and a strained expression on the child's face are reasons for an eye examination.

Brazil Nuts Give New Palate Appeal to Many Vegetables

Brazil nuts, now in season all year around, have made a place for themselves in the daily meal plan. Gone are the days when this fat brown shelled nut made its appearance but once a year to adorn the Christmas table.

Nor is the Brazil nut still confined to the nut cup and chocolate bar, the cookie and fancy dessert. Housewives have learned that the creamy texture and pleasing flavor of the Brazil nut may be used to add distinction to many dishes that appear on every day menus. The Brazil nut has been introduced into the field of vegetable and cereal cookery, with the result that many palatable dishes have been created to increase the popularity of these oft served foods.

The tempting dish at your right is rice in a new disguise—Cooked to a flaky tenderness, combined with beaten egg, grated cheese, and chopped Brazil nuts, expertly seasoned, rolled into croquettes and fried to a golden brown rice becomes a dish fit for a king.

The tomato is another vegetable whose flavor has been enhanced through a combination with Brazil nuts. Scooped out and refilled with a well seasoned bread dressing to which the tomato pulp and chopped Brazil nuts have been added and then baked, the tomatoes emerge from the oven to delight the most discriminating palate.

The tested recipes for both Rice nut croquettes and tomatoes stuffed with Brazil nuts follow:

RICE NUT CROQUETTES

- 1 egg
- 1/2 teaspoon Worcestershire sauce

Rice Croquettes with Brazil Nuts



- 1/2 teaspoon prepared mustard
- 1/2 teaspoon salt
- 1/2 teaspoon paprika
- Pepper
- 1 cup grated cheese
- 3 cups cooked rice
- 1 cup ground Brazil nuts

Beat the egg, stir in the remaining ingredients. Shape and fry in deep, hot fat, 390 degrees F., until golden brown. Drain on soft paper. Serve on a hot platter, garnished with sliced tomatoes and parsley. A well seasoned tomato sauce may be served with the croquettes, if desired.

TOMATOES STUFFED WITH BRAZIL NUTS

- 1 tablespoon bacon fat or butter
- 1 tablespoon minced onion
- 1 cup soft bread crumbs
- 1 cup chopped Brazil nuts
- Nutmeg
- Salt and pepper
- 6 whole Brazil nuts
- 6 tomatoes
- 1 green pepper

Heat the bacon fat or butter, add onion and cook three minutes. Add bread crumbs, chopped Brazil nuts and seasoning to taste. Hollow out tomatoes, add pulp to bread mixture and stuff shells. Place a Brazil nut on top of each. Bake in a hot oven, 450° F., about 15 minutes until golden brown. Serve garnished with parsley and slices of green pepper.