

It's Garden Time In Cleveland County Now

Tips For Garden Program Listed

Garden Is Most Important Unit In Live-At-Home Program. Garden Notes.

By Mrs. Irma Wallace, Home Agent

In the state-wide farm plan there is no other part of the program so important to the carrying out of the slogan, "Farm-to-Make-a-Living," as the garden unit.

The poet has said "In the spring a young man's fancy lightly turns to thoughts of love." We might add this inelegant but thoroughly truthful bit of rhyme, "And in March the housewife's muscle 'gins a hoe and rake to shove," for there is no time like March, the month of awakening life, to get the results par excellence from a bit of work. The dormant season is over, and the cradling winds are awaking trees and shrubs to fresh new life, the spirit of the seeds are restless and eager for a start, and spring furnishes the best conditions for growth for all seed that can stand a cool spell that may follow these balmy days.

The human plant, if we did but realize it, is just as much starved for earth and sunlight with the right kind of exercise as these plants who have their fixed places in the soil. This is the first aid to health, and I recommend gardening to every woman who has so much house work that she simply can not find time for out door exercise, as the best method I have ever found to provide this time, and guarantee added health and strength even though the garden itself may not be such a success.

I am asking my club women to try at least one new vegetable for spring, for summer, for fall and for winter. We can become so accustomed to eating the same things that we miss some of the most delicious and healthful foods that we may have for the small price of seed and a little extra work. I am listing some of the things that we may try, if we have not already made them a part of the gardening plan. I believe that the majority of our club women have already formed the habit of planting the carrots three times per year so that they may have the tender succulent roots in their gardens the year round, and even those who have failed to persuade their families to eat the cooked carrots make delicious salads using the carrots in their combinations. Salsify, or oyster plant is another favorite that has won a place in our gardens in the past few years. Parsnips have not been so popular, but with a little perseverance one can cultivate a taste for them, for like celery they have a decided flavor that has to be cultivated in most cases. Summer spinach, the New Zealand variety, is not so well known as the winter and spring varieties, but is of far greater importance, because it may be used all through the summer, at a time that it is almost impossible to have other greens on account of the hot weather and insects. Several women tried the "new" vegetable that has proved so popular in the trucking sections, broccoli, but we did not have the success we were expecting. This was because we have not learned the best methods for handling it, so I am asking that you try it again.

Quoting from the garden notes for March, prepared by Mr. E. E. Morrow:

Don't forget the importance of timeliness in the planting of garden crops. Nothing gives the gardener greater satisfaction than the knowledge that he has given every crop its best chance for development. This means, first of all, the planting of each crop is accordance with its seasonal or climatic requirements.

Cool Weather.

Remember that such crops as English peas, radishes, spinach, and lettuce require cool weather for their best growth. Don't make the mistake of planting lettuce so late that the plants will run to seed instead of making heads. Strong

plants should be ready for setting not later than the first week in March in most parts of the state. Lettuce likes plenty of nutrients, so make the soil rich if you want good heads. Side dress with readily available forms of ammonia fertilizers as soon as the plants have become well established in the field or garden. This is also a good practice to follow in the fertilization of cabbage, spinach, and other leafy crops.

Ventilate the hothed on bright, sunny days. Lack of proper ventilation is apt to result in damping-off of the seedlings at the surface of the ground or in the production of tall, leggy plants. Vigorous, stocky plants are best for setting. If the tomato plants have begun to crowd in the hothed, transfer them to another hothed or to the coldframe. Set the plants 4 inches apart in their new quarters.

Sweet Potatoes.

For an early crop of sweet potatoes, bed the seed about 6 weeks before it is safe to set the plants in the field. A 12-inch layer of fresh horse manure under the potatoes will provide warmth during the cold days. Place a 6-inch layer of sand or soil on top of the manure and bed the potatoes on top of this. Then cover with 2 inches of sand or sandy loam soil. A covering of glass sash or cloth should be provided to protect from frost. Vine cuttings may be made in early June from the first setting of sprouts.

By all means plant a row of carrots this year. Plant at the same time and give the same cultural treatment as for beds. The Chantenay is the leading variety for home and market. For a good early beet, try Early Wonder. Detroit Dark Red is a good man crop variety.

Begin work early on the watermelon and cantaloupe patch. Both crops respond well to stable manure. Four or five tons per acre applied in the hill will give good results. Add a handful of super-phosphate to the manure in each hill. The manure should be in a well rotted condition before the seeds are planted.

Tenth of Acre.

If every farmer requires that both he and every one of his tenants shall plant at least one-tenth of an acre of land for each person in their family, we shall soon be free from the dread, curse of pellagra and want. It has been estimated that the vegetables grown on one-half acre of land would cost at least \$225.00 if bought in stores or on markets. I ask you what tenant, or farmer, can attain any degree of success if he pays out that amount for vegetables, or what degree of health can he attain if he does not have them?

Paper Helping.

The Star is doing a good piece of work with its live at home pledge. The editors realize that it is the common failure of human nature to plan to do great things, and just keep planning until it is too late to do anything toward accomplishing the purpose, so they have hit upon that plan to help keep your promise to yourself, for when you have signed the pledge and sent it in, you will get straight to work to fulfill your promise to your paper. If you have not signed the pledge, hunt your Star and sent in your name, that this honor roll shall approach the circulation of the paper in number.

The Progressive Farmer and Southern Ruralist of March 1-15 does not literally carry the label of "Live At Home Edition" but it should, for I have never seen an edition of any paper so rich in helpful information for the farmer in practically all lines of work. I am filing mine for future reference. It is truly an all star edition, with pages 5 and 6 the nucleus of the entire paper.

For our own Piedmont section of state I know of no better text book on gardening that may be had than The Farm and Home Garden Manual, which may be had for the asking from N. C. Agricultural Extension Service, State College Station, Raleigh, N. C.

Some of the main facts discussed therein are:

Why are vegetable so essential in the diet?

How is the hot bed constructed?

How can early vegetables be secured?

When should vegetables be planted in the open?

How late may different crops be planted for the fall garden?

How may we get the greatest productivity from a small garden?

What are the best varieties of vegetables to plant?

How deep and how far apart should different vegetables be planted?

How should the different specific crops be handled?

How may I increase my knowledge of gardening?

These questions are answered in the manual in simple form that any one may readily understand, and the manual is full of tables and illustrations that make it even simpler for use.

The most helpful table on pages 26-27 gives the following information:

Number seed for 100 foot row, number plants, depth of planting, number days to come up, distance between rows, length of time to mature. On page 24 there is a table telling how many feet of row to plant for a family of five and from this you may compute the number for any size family.

I am not mentioning the generally raised vegetables specifically, because we have the best variety of vegetables raised in our county that I have ever seen anywhere, and I take it for granted that every gardener will follow the usual habit of planting everything that grows in the garden in spring and summer. I am going to ask that you provide for a surplus for canning, and enough to sell a surplus for exchange for the things that we cannot grow in our climate. One of my club women said she could even grow oranges here. Another asked how, and she replied, "By having enough eggs to trade a dozen eggs for a dozen oranges." I think that would be a good sub-slogan to add to the state's one of "Farm-to-Make-a-Living."

By actual experiment we have found something that may prove of wonderful service, and yet may be the result of the type of year. I am going to tell you, and you may try it without a guarantee that it shall work. From observation we have found that bean vines are not nearly so badly infested with the bean beetle when they are planted where the sun will not strike them until late in the morning. Several tried this as a test case last year, and their results were good, but as it is an infant experiment, we do not guarantee, but it is worth trying. We think it must take the early sun to hatch the eggs, so if this proves true for all time and we can arrange to follow the experiment, we shall in time be freed from the pest. If any one tries this, will you please report the result to me?

I was impressed with the report of one of my club women last January, in discussing winter gardens she named eleven different vegetables that she was using at that time, and told us how she had put on her husband boots and taken a rake out into the garden during the snow that she might have the pleasure of having greens for dinner when the snow was deep on the ground.

Plan Ten Vegetables.

Let us plan to have as many as ten vegetables growing in our garden at all times through the year. You feed your live-stock according to their needs, let's treat ourselves as well.

Here is the list of "Daily Food Essentials for Growth and Health" This list gives you what is considered the least we should have for good health.

Milk—1 pint to 1 quart daily.

Vegetables—3 servings daily: 1 starchy vegetable such as potatoes, 1 leafy vegetable such as collards, cabbage, turnip greens; 1 other vegetable, such as beets, carrots, onions.

Fruits—2 servings daily. (Fresh, canned or dried.)

Be sure to use a raw fruit, a raw vegetable, or canned tomatoes daily.

Eggs—1 daily.

Meat (lean)—1 serving daily (pork, beef, mutton, poultry or fish.)

Whole grains—2 servings daily—breakfast cereal as oatmeal, cracked wheat; bread as cornbread, whole wheat bread.

Fats—2 tablespoonfuls of butter daily in addition to other fats in food.

Sweets—1 serving daily.

Water—6 to 8 glasses daily.

In providing for the foregoing essentials this list of things to be included in these budgets will be exactly enough of canned foods to provide for the carrying out of the essentials during the months that we may not have these things growing in our gardens.

Flint Hill News Of Current Week

(Special to The Star.)

There was a large crowd at Sunday school Sunday morning and also B. Y. P. U. Sunday afternoon.

Misses Maline Martin and Alma Pearson were the dinner guests of Miss Quella Martin Sunday.

Miss Lillian Russ is spending a week with Mr. and Mrs. Lee Moore near Ellenboro.

Mrs. Howard and Hoyt Martin spent the day Sunday with Mr. W. A. Martin.

Mrs. D. D. Clary who has been spending the last several weeks with her daughter Mrs. Revis Hays is now at home.

Miss Quella Martin spent last Friday night with Mr. and Mrs. Frank Moore.

Mr. and Mrs. Blaine Godfrey spent Sunday evening with her parents Mr. and Mrs. D. D. Clary.

Misses Kate and Brunie McSwain spent Saturday night with Mr. and Mrs. A. M. Martin.

Mr. Clary and Hoard Hamrick spent Sunday evening with Mr. Gibbs Hamrick.

Miss Virginia Hopper was the dinner guest of Mrs. Roe Davis Sunday.

Mrs. Albert Yelton spent Sunday evening with Mr. and Mrs. Vick Hamrick Sunday.

Miss Marysue Clary spent Saturday night with Mr. and Mrs. Vick Hamrick.

Mrs. I. D. Blanton and Mrs. Osh Martin spent Sunday evening with Mr. and Mrs. Greene McSwain.

"The big men of America are those who never give up." We'd noticed that. When they predict better times, and nothing happens they just predict some more.—Brooklyn Times.

"Where are the biggest and worst mosquitoes found?" asks The Literary Digest. But who in—well, who besides The Digest wants to know?—Weston Leader.

Prof. Blanton to Present Diplomas At Sunday School Visitors In Section.

(Special to The Star.)

Zion, Mar. 17.—Our Sunday school is progressing fine. We are expecting a large crowd Sunday. Mr. Lawton Blanton of Lattimore high school will be there to award diplomas to those who took the manual during the study course of a few weeks ago.

The junior girls from the junior department Miss Clare Royster's class gave the following interesting program in the church auditorium Sunday morning.

Devotional by Mary Frances Levin. Topic of lesson and memory verse by Faye Cornwell. Recitation "The Discovery" by Maxine Cabanus. Poem "The Land of Our Lord" by Montrose Simmons and Mary Frances Irvin. "A Little Song of Life" by Montrose Simmons. Song "Dare to be Brave" by class.

The teachers and officers are to meet with Miss Josie Wilson Thurs-

ZION COMMUNITY BATCH OF NEWS

day night. We are expecting a fine meeting. Mr. J. F. Lutz will conduct the devotional. Mr. Fred Greene of Double Springs will be there to teach the lesson. Miss Clara Royster will talk about the junior department. Everyone is invited.

Miss Pearl Cornwell was the attractive week end guest of her brother Dr. Abner Cornwell and Mrs. Cornwell of Lattimore.

Mrs. G. M. Gold spent the week end with her daughter Mrs. Latham Wilson and Mr. Wilson.

Mr. and Mrs. Yates Brooks spent the week end with Mr. and Mrs. P. Cabanus. Mrs. Brooks is spending this week with her parents.

Miss Nellena Jones of Lattimore was the pleasant week end guest of Miss Margaret Martin.

We are very glad to note that Mr. Odus Royster is improving slowly.

Mr. and Mrs. Willie Mauney and family were spend-the-day guests Sunday of Mr. and Mrs. W. L. Simmons and family.

Mrs. George Cabanus and daughter, Patsy Walker have returned home, both mother and babe are doing fine.

A statistician points out that there are more "Williams" in the House of Commons than any other name. But a lot of "Bills" are thrown out.—Pacing Show (London.)

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Lattimore, N. C. Nov. 6, 1930.

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Spirea Van Houttoi, 4-5 ft.	20c	Chinese Arb. 4-5 ft \$1.50
Weigelia Rosea 3-4 ft 25c		Chinese Arb. 2-3 ft. 75c
Deutzia, P. R., 3-4 ft. 25c		Ligustrum Lucidum, 2-2 1/2'
Bush Honeysuckle, 3-4 ft.	20c	(This is one of the best of the Broadleaf.)
Spirea A. Waterer, 12-15 in.	30c	Ligustrum Japonica, 3-4 ft.
Calycanthus, 1 1/2-2 ft. 25c		(Sweet Shrub.)
Butterfly Bush, 3-4 ft.	25c	Nandina Domestica, 1 1/2-2 ft.
		Nandina Domestica, 15-18 in.

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