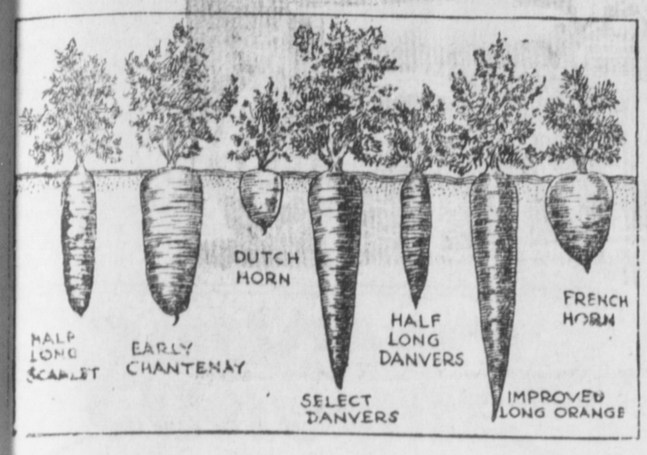
Gardens and Gardening In Northern British Columbia

VEGETABLES FOR HEALTH



The carrot, now a staple article of diet for very young children from a health standpoint because of its vitamines and also because of its high content of lime in shape for utilization by the human system, is equally beneficial to grown-ups and all intermediate stages of growth. From a culinary standpoint, the carrot is really two vegetables, the baby carrot and the half grown to the mature root. The baby carrot pulled before it has developed its full sugar content has quite a different flavor from the more mature roots and is better liked by some than the roots which have attained the majority of their growth.

From the health standpoint, the mature carrots are said to have greater value. While the baby carrot had the call in dietary popularity for a time because of the delicacy of its flavor, the more mature roots with their sugary properties developed are now pushing the baby vegetable closely. This is because the proper method of cooking the grown carrot to retain its health-giving properties also develops and preserves all its finest flavors.

The carrot should be cooked with as little water as possible. The best way to cook it is in a steamer or steam cooker, with no water. The old-fashioned way of boiling in water enough to sink it resulted in the valuable mineral salts being boiled out and thrown away with much of its sugary content. A carrot cooked properly is a revelation to those who have never encountered it before. There are many ways of dressing carrots for the table to add to the zest of their flavor.

While they are best served to the youngsters with only a dressing of melted butter, a favorite method for grown-ups is to add a little onion flavor, a delicacy not scorned now at elaborate banquets. This dish is made most attractive by slicing the carrots into Julienne strips. Butter is melted in a saucepan sufficient to dredge over the carrots and in the butter a little onion is minced and fried until it is soft but not brown. The butter and onion is then poured over the carrots, which are tossed like a salad to coat each piece of carrot.

THREE MONTHS OF ASTERS

Asters require a rich, rather heavy soil and full sun for their best development. They also want plenty of lime in the soil. Wood ashes as a dressing after they have gotten into growth and bone meal in the soil when the plants are transplanted into permanent quarters are advisable.

There is one thing an aster needs that very often it doesn't get and that is plenty of room. One foot apart is the minimum and the larger types will give better results at eighteen inches. Given space and good cultivation they are one of the finest annuals in the garden.

There is a tendency to relegate asters to the cutting garden because of the lateness of their bloom and their short season in the garden, but this is a mistake as there is nothing finer in their season for garden decoration and nothing to substitute for their delicate colors which offer a pleasing harmony with the great company of yellow flowers that bloom in the fall with the reds which usually accompany the yellows.

While nothing is finer for cutting than the aster, it also ranks as high as any annual in garden decorative value, particularly, the tall, long stemmed strains. By judicious selection of varieties it is easily possible to have a display of asters for three months, August, September and October. September is usually the month of maximum display. This selection with an early start for the seed will give as long a garden display as one could wish.

The Queen of the Market is an excellent early type. The Early Wonder strain is even earlier. Then come the Ostrich plume types, the early flowering strain of the American Beauty type, the Giant late branching type, and last of all, the late blooming American Beauty type. A fascinating mid-season development is the new anemone-flowered Sunshine aster, and there are also some fine strains of single-flowered asters that are beginning to run the huge double types a close race because of their grace and beauty for cutting. The English gardeners are going in more strongly for the single types than Americans but they are making their way in our gardens and are worthy subjects.

GARDEN FRAMES ARE ALMOST NECESSITY

Under the general term of garden frames are included the hotbed, the cold frame, and the small seed frames. There is no more useful adjunct to successful gardening and, once installed, a gardener wonders how he ever got along without one. They are fundamentally merely a wooden frame to support glass, sash being made in standard sizes to fit the usual 3 by 4foot unit and now they are made in half size for convenience in handling.

They are an all-the-year-around garden utility. For wintering plants not quite hardy or those which while hardy as to frost, can't stand winter wet, for early starting of seed, for the propagation of plants by cutting during the summer months, they are always of use. They are easily constructed by the gardener with a little knack of handling carpenter's tools and can be bought knocked down. They maybe either permanently made of concrete or portable and made of wood.

GETTING IN EARLY PEAS

Gardeners are alert watching the soil for an opportunity to get in peas at the earliest possible moment. The peas need the earliest possible start as the successful crop depends upon their growth before the weather gets hot so that they can be harvested the last part of July and early part of August.

Sometimes it is possible to get peas in during the latter part of March but more often the middle of April in the northern half of the country is about the earliest possible. The first crop should be of the smooth-seeded type. While not having the finest quality they will be welcomed for the earliest picking before the better flavored peas get into bearing.

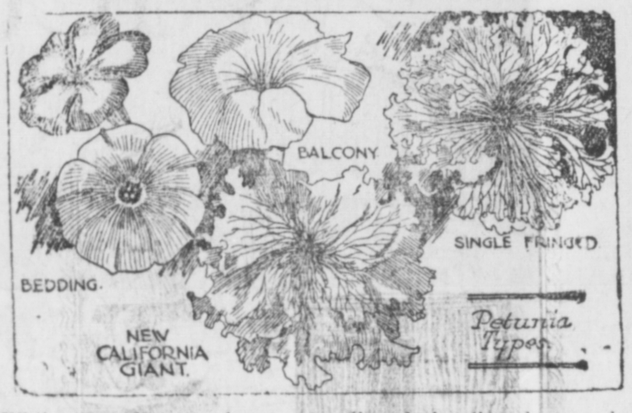
Of the smooth peas for the earliest of all planting the variety Alaska is usually deemed the earliest cropper and the safer to plant with Maud S. a close competitor. Some gardeners prefer Maud S. They are the hardiest of all the peas. To realize their best quality they must be picked while the pods are young, just after the peas have filled out. They deteriorate in quality rapidly as they approach maturity.

By the time the smooth-seeded peas are popping through the ground it will be about time to chance the wrinkled peas for an early crop. If bad weather should spoil the planting little will be lost and they can be replanted a few days later and be in time for the usual pea crop. The main idea is to beat the weather as far as possible for early peas.

Rich, well-drained soil is the best combination for a full crop of peas. The drainage is essential for their start in early spring as the better the drainage the less the likelihood that the seed will rot should a cold, wet spell set in. In heavy soils rotting is much more likely. Balanced commercial fertilizer sprinkled in the rows when the peas are planted will do much to speed their growth. The main idea is to get the pea started early and keep it spinning until the pods are ready to pick.

The dwarf kind are the popular favorites, but it pays to plant the tall sorts for larger cropping.

GROWING BETTER PLANTS



While there is a tendency on the part of advanced gardeners to scorn the petunia as old-fashioned and common, the magnificent displays that are seen where petunias are properly grown and given a fair chance soon bring them back into the garden. The main factor in getting all there is out of a petunia, and it is an enormous lot compared with many plants, is to feed it heavily and give it room. A well-grown plant of a petunia, such as Rosy Morn, will make a solid mat nearly two feet across covered with a sheet of bloom that fairly hides the foliage if given a rich well-worked soil and an abundance of water. Some of the finest specimens are seen along stone walks where they have the protection of the stone on one side to preserve moisture in the soil.

The petunia likes a warm location, all the sun there is, and an abundant supply of moisture but a well-drained soil. Waterlogging is not to its liking. Plant petunias eighteen inches apart to secure maximum development. The reward will be well worth the misgivings when the little plants look so lonesome when first set out at this distance apart. When it takes hold the petunia is a rapid grower and it won't be long before they meet. This applies to the smaller flowered bedding strains. The larger flowered ones do not make such rampant growth, the balcony types coming closest in covering ground.

The large flowered frilled and fringed types, magnificent blooms worthy of the finest greenhouses in their exquisite markings do not make this rampant growth and should be set a foot apart. But for all of them give rich soil, drainage, full sun and plenty of water in dry spells. The small flowered bedding type, such as Rosy Morn, spread out and make a heavy mat of growth which acts as a mulch and keeps the soil moist about them. They will not wilt and show the lack of moisture as quickly as the large flowered types.

A border of the small flowered bedding types in blue rick purple, pink or white make a magnificent display from midsummer on if given the room and the food to develop their capabilities. It is as easy to have fine petunias with great masses of bloom as straggly ones with scattering bloom.

Sweet peas should be started either in pots, boxes or in the open ground in such sections where the soil can be worked.

The old system of soaking peas over night before planting them has good reason behind it. It hastens germination.

Last call to get lettuce seed started if the lettuce is to head properly.

For a fine and durable red not in the garden, include some of the plumy celosias or cockscombs. They are also handsome for dried winter bouquets, retaining their color.

The cardinal climber is the most colorful of all the climbing annuals and is as easily grown as a morning glory. Seed should not be planted till the soil is warm.

It would be a good idea to order a packet of summer and winter radish seed. They are fine for later planting.

LOBSTER INDUSTRY

Lobstering is a distinctive industry. In 1870, there were three lobster canneries on the Atlantic coast of Canada; in 1927 the canneries numbered 438 and gave work to 6,180 people; 30,000,000 lobsters in a normal catch.

NEW COLORS IN SNAPDRAGONS

Each season brings numerous snapdragons to beguile us until the list one of the most puzzling from which to select in the catalogues. There seem to be two popular types, the pinks, placed in favoritism by the florists, and the bronze, orange and copper combinations that are predominant in many of the new types. These are particularly fascinating with their brilliant shades so beautifully blending into each other. The greatest variety of coloring is found in the semi-tall types, the best garden type without special training and cultivation.

The giant-flowered type has become so specialized that many of the varieties are better suited for greenhouse than garden cultivation. The semi-tall sorts reach a height of 18 to 20 inches, the tall sorts from 24 to 36 inches, and the giant flowered under intensive cultivation even a greater height than that. The dwarf sorts average about eight inches. The last named are fine for edging beds of the taller sort.

The snapdragons like a rich, warm, well-drained soil and also prefer a soil with lime in it. Drainage they must have to be at their best. They also respond to frequent cultivation.

They are slow growers in their early states, the plants when first germinated being tiny things and they are likely to stand still for quite a time, enlarging the seed leaves before they start spinning up in the world. Once started on their upward career, their growth is fast. It is usually advised to start snapdragon seed in cool quarters to encourage slow and stocky growth of the main stem at the start.

The reds, ambers, oranges and flame-colored sorts should be kept away from the beautiful silvery pink types in the garden for the best color effects. The pinks and creamy whites make ideal combinations together with some of the varieties that are white with a pink lip.

The seed should be scattered thinly which is difficult, as it is very fine and should be merely pressed into the soil. In order to facilitate thin sowing the seeds should be planted in rows. The seedlings should be thinned or transplanted as soon as large enough to handle as they start spindling very readily if in too crowded quarters.

FOR SALE—Flowering garden shrubs — Lilac, bush Honeysuckle, flowering Crabs, Siberian Pea trees, Carrigana, Skeena Wonder strawberry plants and white Banana Potato seed. Michaud Bros. Terrace, B.C. 96

A FEW FACTS ABOUT PRINCE RUPERT

Prince Rupert is:

The terminus of the Canadian National Railway.
The Central administrative point for the whole of central and northern British Columbia.
The nearest point in British Columbia to the Orient.
The centre of the halibut and salmon fishing business.
The centre of an extensive mining and lumbering district.

Prince Rupert has:

One of the finest harbors in the world.
The largest fresh halibut business in the world.
The largest fish cold storage plant in the world.
A large, strictly modern drydock and shipbuilding plant.
A grain elevator leased to the Alberta Wheat Pool with capacity of 1,250,000 bushels.
A large, modern ocean dock.
A new modern lumber mill, planing and shingle mills and box factory with capacity output of 60,000 board feet daily.
Fish reduction plant.
A new mill at Porpoise Harbor and another building alongside it seven miles from the city.
Railway shops employing about 75 men.
Several ship sheds for building and repairing small craft.
Provincial government district offices and court house.
Dominion government fisheries, customs, and other offices.
Marine department central station.
Dominion government wireless station.
Canadian National district offices.
Dominion fisheries experimental station.
B. C. Packers district offices.
Consolidated Mining & Smelting district assay office.
P. Burns Co., Ltd., modern abattoir.
Several docks and wharves used by coasting vessels.
Number of fish houses doing an export business.
About twenty salmon canneries in the neighborhood.
Several fishery supply and shipchandlery establishments.
Several wholesale houses doing a large business in the district.
Fine modern retail stores.
Good steamship services to Alaska and south to Vancouver and Victoria and west to the Queen Charlotte Islands.
Three large oil and gasoline distribution stations.
Good hotels and restaurants.

Prince Rupert has:

Modern high school with first year university classes.
Four public schools with over thirty teachers.
Seven churches representing the most important demonina-tions.
Paved streets and concrete sidewalks in the business section.
Well kept gardens and pretty residences.
Number of clubs and fraternal organizations.

Prince Rupert has:

No severe cold in winter.
No extreme heat in summer.
No mosquitos or other insect pests.
Great opportunities for boating, fishing and hunting.
Fewer climatic or other disadvantages than most places in Canada.
A harbor that never freezes.

PLANT for BEAUTY and UTILITY

Gardens for flowers as well as for vegetables! Seeds and plants must be bought with care to assure the perfect development of your "crops." Make sure that your months of labor on your gardens will not be in vain. Buy only the finest! They cost no more than inferior ones.

Prince Rupert Floral Shop
(MRS. R. McCARTHY)
Third Avenue Phone Red 183

Garden Field Seeds
FERTILIZER
BULKLEY VALLEY HAY AND GRAIN
Prince Rupert Feed Co.
PHONE 58