

Gardening....

THESE VEGETABLES YIELD AN ALL-SUMMER HARVEST

Vegetables which are most rewarding to the home gardener are those which, once mature, can be harvested the rest of the season. These do not require succession planting, and two of them—parsnips and salsify—can be harvested all summer and winter. It is important, of course, not to sow too much, for surplus vegetables cost both work and money and are usually wasted.



Peppers

Take especial care with the greens—parsley, Swiss chard and New Zealand spinach—which are often overplanted. Instead of a row of each, to divide a row among the three will suffice for many families. All are among the richest of vegetables in vitamin A and should be eaten often, say nutritionists.

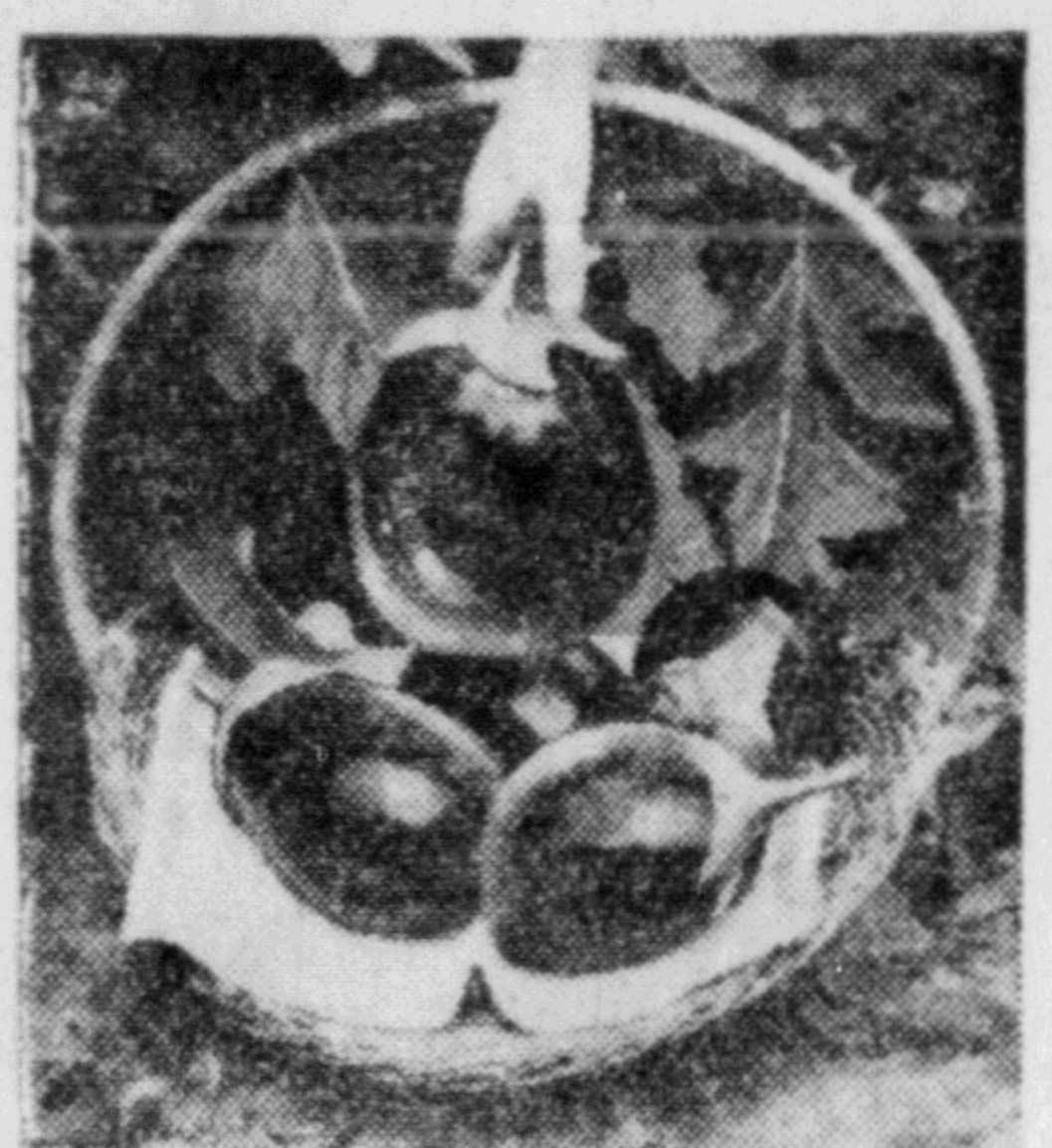
The time for planting all these crops is definite. Sow seed of the hardy ones just as soon as the soil can be prepared. Plants, even of the hardy ones, should not be set out until the danger of frost is over, and that is also the time to sow, or set out, plants of the tender varieties.



Parsnips

SOWING DATA ON LONG-HARVEST CROPS

Vegetable	Days to Grow for Table	Portion Size	Serving.
Broccoli	70	2 ft.	
Celery	140	1 ft.	
Collards	75	1 ft.	
Kale	60	1 ft.	
Leek	90	2 ft.	
Parsley	70	6 in.	
Parsnip	95	2 ft.	
Salsify	100	2 ft.	
Swiss chard	60	6 in.	
New Zealand spinach	60	6 in.	



Egg Plant

It is not so easy to determine how much to sow, because the harvest lasts from the time they are large enough to use, until frost kills the plants. This is an indefinite period, but will usually average about 12 weeks. To estimate the space sufficient to supply the table for this period multiply the figure given in column two of the accompanying table by 12, then again by the number of times per week the vegetable will be served on your table.

If vegetables are to be grown for canning, additional space must be provided. Where catalogues offer both early and late varieties of a vegetable, space should be divided between them, to get both a nearly harvest and the heavier yield which the slow-maturing kinds usually give.

Prince Sets Boys Style

LONDON (P)—Queen Elizabeth sets no "fashion" in the clothes she chooses for three-year-old Prince Charles, but the suits and coats he wears are inevitably copied for other well-to-do British youngsters.

The infant prince's clothes are obviously selected with care and imagination. Made on the simplest lines, with no fussy details to hamper an active boy's movements, his clothes are carefully tailored mostly from materials that will wash or clean easily.

The type of suit in which Charles is most often seen is a blouse or shirt tucked into short knickers, the one buttoned to the other. The coats usually have a shoulder yoke at the back with fullness below it expressed in neat box pleats, and a straight front buttoned up to a round collar.

The materials include firm woollens or light flannels for the knickers, and fine wool, silk or cotton for the shirts. One particular fabric which is enjoying a vogue now is half pure merino wool and half fine cotton.

Cheeks are among the most popular patterns selected for boys' or girls' shirts or blouses in this material, made with a small neat collar and either long or short sleeves. They can be washed out in a few minutes and ironed without trouble.

The same simple principles apply to dresses for little girls. Frills and laces are rarely used except on really important occasions, and even then with restraint.

Scorns Clothes In Zero Weather

SASKATOON (P)—Middle-aged Dick Rustemeyer, wearing only bathing trunks as he putters around his back yard with odd jobs, smiles as he watches shivering, fur-coated neighborhood women hanging out shirts and other laundry in sub-zero weather.

It's the shirts and socks that amuse him. There are no shirts or socks on the Rustemeyer clothesline.

Rustemeyer hasn't worn a shirt for about 15 years. While he is no cultist, he lives more or less the life of a nudist, even in 40-below weather.

It started with the practice of gardening and working outdoors without wearing a shirt. He kept up the habit as far into the winter as he could. Eventually, Rustemeyer became allergic to the weight and feel of clothes.

On his feet, even in winter, he wears a pair of canvas shoes with the uppers cut away to form sandals. But when he goes downtown he wears an unbuttoned pair of canvas shoes, slacks and an unbuttoned jacket.

His chest is ruddy with summer tan and winter windburn, but hard. He says he's had only one cold in 15 years. And mosquitoes never bother him. His skin is too tough.

Now retired, Rustemeyer takes on light duties on his own time schedule. He's up at 3:30 a.m. every morning and goes to bed at 8 p.m.

A native of the Ruhr, he came to Saskatoon in 1912. His English wife, who doesn't have to worry about ironing any shirts, says he's a "wonderful" husband.

HOSPITAL DEVICE

STOCKHOLM (P)—A novel type of X-ray table which permits three-dimensional photographing of the heart has been designed by a doctor and engineers at Malmo. The new table is expected to greatly improve diagnosis for operations.



NAVAL BRASS—Senior officers of the Canadian navy met in Ottawa for their annual conference. Here, left to right, are: Cmdr. F. D. Elcock, secretary to the Chief of Naval Staff; Capt. O. C. S. Robertson, naval member of the Canadian Joint Staff, London; Cmdr. William W. Porteous, superintendent of H. M. C. Dockyard, Halifax; Cmdr. K. F. Adams, R.C.N. barracks, Esquimalt, B.C.; Rear-Admiral W. B. Creery, Flag Officer Pacific Coast; Rear-Admiral J. G. Knowlton, Chief of Naval Technical Services; Rear-Admiral H. G. Dewolf, Vice-Chief of the Naval Staff; Vice-Admiral E. R. Maingay, Chief of Naval Staff; Cmdr. J. C. Hibbard, Chief of Naval Personnel; Cmdr. C. L. Keighly-Feach, Assistant Chief of Naval Staff (Air); Rear-Admiral R. E. S. Bidwell, Flag Officer Atlantic Coast; Cmdr. H. F. Pullen, R.C.N. Barracks, Halifax; Cmdr. H. N. Lay, Naval member of Canadian Joint Staff, Washington; Capt. A. P. Musgrave, Commanding Officer, H.M.C.S. Cornwallis; and Capt. H. A. McCandless, Naval secretary. Many of these officers are well known in Prince Rupert. (CP from National defence)

PUBLIC WARNING (Continued from page 7)

nation could they achieve their ends, or part thereof, whilst improving, rather than tainting, the soul of the giver.

DISTORTED GEORGE

I trust that none of you have the distorted views on Income Tax which my friend George has. It's a source of great worry to myself and other friends of his for we feel George's lack of understanding will result in his quarrying enough stone for a whole bridge. You see, George's argument is this: The Form, he says, is issued by the Government and the only logical way to read it is backwards. Hence, he reads "Return Tax Income." By dividing the figures given in the Population Census into the Government surplus as quoted in the last budget he ascertains the amount due to him from excess taxation. By juggling the figures on T1 SHORT he invariably manages to arrive within five cents of his estimate. We thought we had him once. "What if the Government shows a deficit?" we asked. George paled. He was obviously hurt. "A man has some finer feelings, after all," he gasped. "If the boys in Ottawa were as short as that, I wouldn't claim a cent, not a cent."

It's no use trying to explain a thing like this to George. As we all agreed, George is too stupid. I had a letter from him recently. Apparently he hopes to retire this year. Bought a place in California which he's named "Abbott's Haven." Remarkable how a man like that can retire before the age of 30. Finally, a word of advice to

those who will be in court later this year. No matter what other charges they add to that of tax evasion, use the following formula: "I blame the Communists." That's all, don't enlarge on it any more than they do. Do you see the point? Why, they DARENT convict you. If they did, any half-smart lawyer could put the lot of them inside. Just get yourself a cheap lawyer and tell him to keep repeating that phrase. If the thing should go wrong you'll at least have the satisfaction of smirking

through the bars each morning with a mocking "Good morning, Mr. Abbott."

May I wish you all the very best in the game of wits you are about to enter and may all your Returns be big ones.

DOUGHTY ANGLER

SOUTHAMPTON, England (P)—G. W. Howard, who lost a leg in the First World War, landed a 49-pound salmon after a 25-minute struggle on the River Avon. The fish is believed the largest salmon ever caught in southern England.

Reminder..
Luscious Pear Desserts
Ask for... **ROYAL CITY** CANNED FOODS

Get Carnation... it's S-M-O-O-T-H-E-R
Carnation Milk is always smooth as rich cream. That heavy, cream-like smoothness is one reason why Carnation gives velvety-smooth results in cooking, whips so quickly and well, creams coffee exactly right. Get Carnation—IT'S SMOOTHER!
MAKE THIS SEVEN DAY TEST— for just one week use Carnation Milk in place of your present brand. Once you've used Carnation we are sure that no other brand will satisfy you.
MORE PEOPLE IN CANADA USE CARNATION THAN ALL OTHER BRANDS COMBINED

Discover "TEA GARDEN FRESHNESS"
Open a package of the new Fort Garry Tea Bags—Notice the delightful fragrance—the pleasant FRESHNESS—it's different because it's sealed in an entirely new package made of PLASTIFOIL. Only Fort Garry Tea is packed in this triple-laminated foil!—Try it—for the freshest cup of tea you ever tasted!
BUY IT—YOU'LL BE DELIGHTED!
FORT GARRY PEKOE AND ORANGE PEKOE TEA BAGS 100 2-CUP BAGS

Mr. and Mrs. J. W. Eastwood returned to the city on the Prince Rupert yesterday from a visit in Victoria.

Square Dancing, Friday 8 to 10:30 p.m. CIVIC CENTRE AUDITORIUM

Barbara Brent's BUYS AND WHYS
A WEEKLY INFORMATION SERVICE
MONTREAL, March 27th—Wash... Well, DOMOLITE—that famous stain-removing fabric—is your answer. It's exceptionally stain-resistant. It sews easily and your kitchen and shower curtains, garden covers, baby's bibs, aprons and a host of things, Domolite (made by Dominion Oil and Linoleum Company) is easy to clean with a damp cloth—no ironing, of course. It won't rot, ... lasts for ages. See the variety of beautiful colors and styles at your nearest department store or five and ten. And write to Barbara Brent, 1411 Crescent St., Montreal, P.Q.—for free, literature on what you can do with this brand new, long-lasting...

Years For The Asking... A booklet that does away with all guess-work in your personal financing. It's the Personal Planning Work-book—the "Master Key" to successful Personal Planning. I'm no wizard at arithmetic, but with this BANK OF MONTREAL booklet to help me, I've solved most of my money problems—saved money without scrimping. In fact, I'm happy, though budgeting. Yes, if you want to live within your income and like it, the Personal Planning Work-book is a "must." However, if you're new to Personal Planning, you'll want to read "Personal Planning for Successful Home-makers" first of all. You'll enjoy this introductory booklet with its happy case-history of John and Edith Smith. Tell me if you'd like a copy of this as well as the real P.O.

Special Offer! A sturdy, handsome—ascan-beat pot... or several, if you wish. For each individual bean pot you desire, simply send me your name, address and three labels from any of the four famous varieties of HEINZ OVEN-BAKED BEANS. Ask your grocer for Home Oven-Baked Beans today—then write to me, Barbara Brent, 1411 Crescent St., Montreal, P.Q.—enclosing the labels and 10c to cover handling and postage cost for each bean pot. You'll soon be famous for your wonderful bean-festivals... Heinz mellow, meaty beans with a bright spiced sauce of "Aristocrat" tomatoes... served straight from your oven—pip-hot in your individual bean pots. With a side-dish salad and hot buttered rolls—who could wish for more? Send for your bean pots today!

This Is The Kind Of Food News I like to be able to give you! For less than 5c a serving, you can have a main dish for four that takes just 7 minutes to cook! And those are just some of the reasons why KRATZ DINNER is so popular! It's a delicious macaroni-n-cheese combination that your family will love. In every package you'll find two mouth-watering ingredients... a special, fast-cooking macaroni and grated cheese for mellow, cheddar cheese flavour. M-m-m! So good! And so handy for "emergency meals"... it's off the shelf—in the pot—into the table. A nutritious main-course dish for Lent. Look for it in the new yellow and red package!

Here's Instant Coffee He'll Really Enjoy. (And he'll enjoy what you do for your budget, too!) That's INSTANT CHASE & SANBORN COFFEE. Because it causes there's no waste. Wink-quick and easy to use (takes no longer than boiling the water), it's delicious. Yes, you'll fall in love with the famous Chase & Sanborn instant coffee. It's full-bodied—hardly ever gives you a real lift. That's because it's only instant coffee backed by over 80 years of experience. But you don't need to know the experience. You just need to know you appreciate its hearty, deep-down flavour. Every sip tells you it's something special. So treat him to a cup of Instant Coffee tonight. And serve it when guests drop in... it's as easy as tea cups as one!

Setting-Up Exercises are good for you in the morning... and just as important at helping you start the day right is a "Wake-up" breakfast of "CREAM OF WHEAT." M-m-m! Delicious 5 Minute "Cream of Wheat" was made to order for early-morning appetites. It cooks in just 5 minutes of boiling to velvety, tempting smoothness. And it's so good for you. For 5 Minute "Cream of Wheat" gives you Iron, Calcium and Phosphorus for diets deficient in these elements... and all for less than 1c a bowl! Particularly good, I find, topped with brown sugar, raisins and cream!

Bring The "Spirit Of Spring" right to the dinner table with succulent JELL-O desserts. Desserts made with Jell-O Jilly Powders are so delicious because the flavour is so fresh and delicious. You see, the flavour is locked right in each tiny particle. So when you release it by adding hot water to the Jell-O, the flavour is there. Seven exciting "locked-in" flavours give you a serving! Try... BANANA FOAM (So easy to make!) 1 package Jell-O (any flavour) 2 tea-spoons sugar 1 cup hot water 1 egg white, stiffly beaten with dash of salt 1 cup cold water. Turn into attractive mould. Chill until firm. Just before serving, crush banana to pulp with fork, add sugar, fold into egg white, and beat well. Top Jell-O with banana mixture. Serves 6.

"Mommy!—It's As White As Snow!" Think you're Blue in the final rinsing does the trick. For it's Blue that prevents clothes turning yellow. There's no pure white without blue in it. (I can remember that from my school-days, can't you?) And, when you think that Blue costs just a few cents a month, it's certainly worth it—isn't it? For Blue is safe as safe can be for your finest fabrics... and it keeps them snowy-white!
Yes, for the whitest wash, it's RECKITT'S Blue.

For Your GARDEN NEEDS
★ RAKES
★ FORKS
★ HOES
Complete Selection of small GARDEN TOOLS FERTILIZER
Gordon & Anderson
Phone 46