

MY VEGETABLE GARDEN THIS YEAR

By D. W. GEORGE

THE whole of Canada is awake to the importance of the small individual garden. Here in Toronto there is a big movement on foot under the supervision of the Backyard Gardening Committee of the War Time Thrift Campaign. The Government of Ontario has under way a garden movement which will cover the whole of the Province of Ontario, and is calling upon the people to plant gardens and grow foodstuffs to help cut down the cost of living and make available more food supplies so greatly needed in the time of war.

Let every reader of EVERYWOMAN'S WORLD have the best garden that circumstances will allow, and we shall at once be a long way ahead with the garden movement, for surely anything over 130,000 gardens, each of them properly looked after and each producing at least sufficient to care for the requirements of one family, will make a decided impression upon the nation's productiveness and economy.

Then, of course, certain of the vegetables which can be grown in our gardens will take the place of meat to a very great extent, and will be far more healthful. It has been a common thing for many years in Southern European countries to eat very little meat, since meat is scarce and high in price. They eat pulse, as it is called, a mixture of the various legumes, including peas, lentils, and the different varieties of beans. Just consider that beans will run from 23 per cent. to 25 per cent. proteins, which is the same nitrogenous substance that we get in the white of egg, or in beefsteak, and also remember that peas will run from 20 per cent. to 22 per cent. in protein, both of them having a high percentage of digestibility; and you will see what a tremendous advantage these legume cereals are in our diet.

Plans and other definite and detailed information are readily obtainable in bulletins from the Department of Agriculture, and much useful and special information is available as advertised, especially this year, by the Government. Therefore, it is not my purpose to take up space in duplicating this information which is so readily available in better form than I could possibly give it to you.

I always plan out my garden on paper; it is so much better to have it down in black and white than merely in one's imagination. The planning I do in my head may never get much further, but when I get it all worked out on paper, and estimate, as closely as I can, my requirements in fertilizers, seeds, and other things that I know I shall need, I get a much more tangible idea of the garden-to-be, and my plan is in itself an encouragement to go ahead with a will and see the whole thing through to a successful conclusion.

I am not giving any special detailed instructions concerning the soil or the working thereof. Certain kinds of soil are of course better adapted to certain kinds of crops than are others. Most of the seed catalogues go into this matter rather fully, and as this information is so readily available, I shall merely mention that quick growth is desirable if we are to get crisp, high quality vegetables. The lighter sandy soils are the best for early growth, though they are usually lacking in some of the elements of fertility, so if you have this kind of soil, be sure to supply it with fertilizer unsparingly. In my own garden I try to avoid having the same crop follow in the same place in the garden as it was in the previous year. I always endeavour to rotate the crops over the garden year after year, since it is believed that one kind of crop takes certain elements from the soil which another one does not. By this rotation of crops we avoid such diseases as Tomato-rot, and others which are brought on by a continual succession of the same kind of plant in the same position.

There are many bugs and insects, both biting and sucking, which we have to combat, and I shall deal with these later on in the season, when you will need the information. I may, however, point out that we may not be able to get Paris Green at all readily this summer, but, as I have been advised recently by the Canada Paint Company, who are large manufacturers of insecticides in Montreal, we shall still have available Dry Arsenate of Lead and Kalcikill for the spraying of potato plants. While these two latter insecticides are not as strong in killing power as Paris Green, they have the advantage of being more adhesive to the foliage, so that the final results should be as good.

HERE is a list of the vegetables I shall grow in my own garden:

Beans.—I make three plantings of different varieties, each from four to six weeks apart, in order to provide green beans for the table over a long season. I also plant an extra quantity of a suitable variety to harvest in the fall for use in winter.

Peas.—Three plantings, each two weeks or more apart, using two varieties, in case one variety should not meet with success owing to the peculiarities of the season.

Beets.—I plant enough to have for greens, as well as for pickling later in the season, and to use for salads during the summer, and later from beets stored in the cellar during the winter.

Swiss Chard.—This is a sort of spinach or spinach beet, and is not very generally grown, but we think it one of the finest vegetables to

have in the garden. It is cultivated just like beets and spinach. The tops may be cooked for greens as soon as they are big enough to use, and later on in the season, when the stalks grow big and stout, the leaves may be stripped from them and cooked like spinach, and the stalks may be cooked and used with vinegar just as beets are used. I advise every one to have some Swiss Chard in her garden this year, and put in plenty of it, as it boils down to quite a lot less than its original bulk.

Brussels Sprouts.—These are a real delicacy, and are not particularly hard to grow, though most of us have not been used to having this vegetable.

Cabbage.—I prefer to buy the plants and to set them out later in the season rather than to attempt to grow them from seed, though good success may be obtained in both ways. Have plenty of cabbage, as you can always store it in the cellar for early winter use; and for later use in the early spring it may be carried over the winter in pits in the earth of the garden.

Carrots.—Plant lots of them. They can be stored and kept perfectly in dry sand in the cellar throughout the winter.

Cauliflower.—Every one needs cauliflower. I like to buy the plants ready grown and set them out shortly after the 1st of June, putting a second crop in a few weeks later.

Celery.—I should feel sorry, indeed, if I did not have a good supply of celery on hand to use as freely as I may want it throughout the winter months. I buy the plants and set them out about the middle of June, or before the 1st of July.

Sweet Corn.—I like to put my corn where it will get the greatest possible amount of sunshine. Corn is a southern plant, and it flourishes in heat and sunshine. I make three plantings, and there is just one variety that I use—Golden Bantam. It is a rather small cob, yellow in colour, but I consider it far superior in quality to any of the other varieties, though Stowell's Evergreen is good, and Country Gentleman is a good producer for later in the season. By planting my favourite Golden Bantam, first planting about the middle of May, second planting about the last week in May, and the third about the 10th of June, I have a constant succession of the excellent variety which best suits my palate.

Cress.—I always have a short row of about six or eight feet of cress. It is splendid for garnishing and also for the flavouring of soups.

Cucumber.—I often think that the cucumber is not half enough appreciated. We used to think it poisonous; now we know better. After being chilled in the refrigerator, peeled and cut into chunks like radishes, and dipped in salt, it is most luscious, and I believe most healthful. For pickling, the cucumber is of course quite an essential. It must be watered quite regularly and must be carefully watched in its early stages, or it may be wiped out almost in a day by the striped cucumber beetle.

Kohl Rabi.—This is a special favourite with me. A kind of cross between a cabbage and a turnip, it has a distinctive flavour, and I like a good supply of it. It is easily grown, just like turnips.

Lettuce.—So anxious am I for lettuce, that I start it early in the house in a special box under the kitchen stove. Then I transplant it into the frames, and later into the garden loam, and at intervals of two to three weeks during April and May I re-sow it so that I always have new stock coming along, to be available day by day throughout the summer for the table.

Onions.—I plant them for cooking, for pickling, and for storing, and of course for eating early in the season, grown from onion sets.

Parsley.—A little parsley is fine for garnishing and for flavouring soups. The seed is very slow in germinating. It may be three or four weeks before it makes its appearance, so do not be disappointed if you have to wait for it a long time. Be sure to put it in well cultivated soil to give it a good chance against the weeds.

Parsnips.—I have always found this to be one of the most valuable of all the garden vegetables. They may be left right in the ground during the winter, and will be in perfect condition when dug in the spring. They are said to be poisonous after they begin to grow the second season.

Peppers.—Eight or ten plants are quite enough, and I make a space for them.

Pumpkin.—I plant a couple of hills, enough to give me six or eight pumpkins, among the corn.

Radish.—I like the White Icicle much better than the crimson or white tipped turnip radish. I plant a succession of radish every two or three weeks, so that I may have a regular supply of them. Later in the season, about the last week in June, I put in winter radish. These can be stored, and I enjoy them throughout the winter when kept fresh in sand.

Rhubarb.—I would not think of being without rhubarb or pie plant in my garden. Five or six plants supply us nicely. It is a profitable crop to sell, as there is always a good demand for it, and a specially brisk demand early in the season. I like to place two or three roots in the cellar after it freezes up in the fall, and I get from these the most delicious rhubarb in the depth of winter.

(Continued on next page.)

Backyard Garden High Grade Seeds

Cardinal Globe Table Beet....Pkg. 10c, oz. 20c, 4 ozs. 50c, 1b. \$1.50.
Stringless Refugee Wax Butter Bush Beans...4 ozs. 15c, 1b. 50c, 5 lbs. \$2.25.

XXX Early Summer Cabbage, hard heads...Pkg. 10c, oz. 30c, 4 ozs. \$1.00.
Spinach Beet for greens, used as spinach...Pkg. 10c, oz. 30c, 4 ozs. 90c.
Chantenay Red Table Carrot...Pkg. 5c, oz. 25c, 4 ozs. 65c, 1b. \$2.00.
Cauliflower, Best Snowball, gilt edge.....Pkgs. 15c, 25c, 1/4 oz. 85c.
Paris Golden Celery, extra fine.....Pkg. 15c, 1/4 oz. 60c, oz. \$2.00.
Citron for Preserving, most productive...Pkg. 5c, oz. 15c, 4 ozs. 40c.
Golden Bantam Table Corn.....Pkg. 10c, 1b. 40c, 5 lbs. \$1.90.
Early Market Table Sugar Corn.....Pkg. 10c, 1b. 35c, 5 lbs. \$1.50.
XXX Table Cucumber, early, prolific...Pkg. 10c, oz. 25c, 4 ozs. 60c.
Select Nonpareil Lettuce, fine heads...Pkg. 5c, oz. 20c, 4 ozs. 60c.
Tall Climbing Nasturtium, standard...Pkg. 5c, oz. 15c, 4 ozs. 40c.
Giant Yellow Prizetaker Onion (black seed)...Pkg. 10c, oz. 25c, 4 ozs. 65c.

Yellow Globe Danvers Onion (black seed)...Pkg. 5c, oz. 25c, 4 ozs. 65c.
Yellow Dutch Onion Sets.....1b. 35c, 5 lbs. \$1.70.
XXX Guernsey Parsnip, best for table...Pkg. 10c, oz. 20c, 5 ozs. 50c.
Champion Moss Curled Parsley.....Pkg. 5c, oz. 20c, 4 ozs. 50c.
XXX Earliest Table Marrow Peas...4 ozs. 15c, 1b. 40c, 5 lbs. \$1.90.
Improved French Breakfast Radish...Pkg. 5c, oz. 10c, 4 ozs. 30c.
Scarlet China Winter Radish.....Pkg. 5c, oz. 20c, 4 ozs. 50c.
Improved Beefsteak Tomato, very large.....Pkg. 10c, 1/2 oz. 35c, oz. 60c.

XXX Earliest Scarlet Tomato.....Pkg. 10c, oz. 50c, 4 ozs. \$1.50.
Rennie's Prize Table Swede Turnip.....Pkg. 5c, 4 ozs. 20c, 1/2 lb. 35c, 1b. 65c.

Giant Branching Asters, Crimson, White, Pink, Blue, etc...Pkg. 10c.
Spencer Good Mixed Colours Sweet Peas...Pkg. 10c, oz. 25c, 4 ozs. 80c.

"Pakro" Seedtape. "You plant it by the yard."
2 pkts. for 25c. Ask for descriptive list.


Rennie's Seed Catalogue Free to All. Delivered Free in Canada.

Order through your Local Dealer, or direct from

Rennie's Seeds Wm. RENNIE Co., Limited
King and Market St., TORONTO

Also at MONTREAL WINNIPEG VANCOUVER

15



BRUCE'S Flowering BULBS

WE offer a complete assortment of Bulbs to give the greatest satisfaction in the garden.

GLADIOLUS Choice Mixed—10 for 30c; 25 for 65c; 100 for \$2.00. **Groff's Hybrid Seedlings Mixed**—10 for 40c; 25 for 75c; 100 for \$2.00. **Bruce's White and Light Shades**—10 for 50c; 25 for \$1.00; 100 for \$3.50. **Postage**—10 for 10c; 25 for 20c, and 50c per 100 extra.

DAHLIAS Splendid Named Varieties—3 for 55c; \$2.00 per dozen. **Mixed Varieties**—16c. each; 3 for 80c. **Postage**—5c. each.

Also a large assortment Begonias, Caladium, Gloxinias, Lilies, Tuberoses, etc.
Handsome catalogue of Bulbs, Plants, Seeds, Poultry Supplies, etc., FREE.

JOHN A. BRUCE & CO.
Limited
HAMILTON
Canada



"Real Doughnuts"

MADE WITH EGG-O

Melt in your mouth—

MAY BE USED WITH SWEET MILK SOUR MILK OR WATER

Use the Coupon in the Can for Recipe Book

"BEST BY TEST"