

KELSO HOMEMAKERS CLUB.

At a Valentine Social held in February we had twelve new names for membership, and on Friday last at our meeting two of these new members gave the following interesting papers on Vegetable and Flower Gardens.

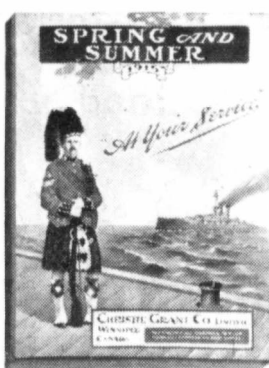
"The growing of Vegetables," by Mrs. Porter. The situation should be as sheltered as possible, if any trees or bluff try and make use of these for a wind-break. The ground should be well-plowed and harrowed, and the seed rows may be put in quite early as frost does not hurt them, when starting to grow hoe them about twice a week until three inches high and do not thin them on much. Carrots, beets, turnips, etc., when fear of frost is over. Mrs. Porter's son planted some beets and carrots last year in the middle of June, and cultivated them well, and they did better than the earlier ones.

Cauliflowers should be planted so as to be ready to cut when the cucumbers are ready. Cabbages and tomatoes are always better started in boxes and stood outside in the sun every day. As soon as the tiny pink weeds show run over very lightly with the rake, this will prevent a lot of weeding later on. The best thing to kill all worms is wood ashes, it is also a good cultivator.

"Growing Flowers," by Mrs. James. In laying out a flower garden one should if possible, choose a plot of ground facing the east, or failing that, the south east, as a flower garden facing the west seldom does well because of the severe high winds we get during the growing season. The soil should be mellow, well worked and packed. Start early to plan your flower beds, and choose the kinds of flowers you intend to grow. My experience has been that sweet peas planted early do best, they can be planted in the snow and mud, be well cultivated and have a frame to hang to. I have found Eckford's sweet peas are the best in the West as they are very hardy.

Pansies can also be sown early and require a shady place, the pansy is not a lover of hot sun. The first buds should be pinched off which will make the plant grow stronger, and the more the blooms are picked the faster and larger they grow, also keeps them from going to seed. For a border nothing is prettier than the mixed pansy, but the Black Prince is my favorite. The Dwarf Sweet Peas and Portulaca make another pretty border. One should have a collection of flowers I think, to make a fine flower garden, the mixed Poppy, California Poppy, the Four o'clocks, Portulaca, Nasturtiums, Balsams, these together make a beautiful blaze of color, and are continually blooming. I love the Four o'clocks and think they should have a place in every flower garden as they are hardy and easily grown, the flowers are fresh every day, they open at 4 a.m., and close at 4 p.m. For cut flowers we can have a very large collection, most of them easily grown, such as the Aster, Mignonette, Zinnias, Pinks, Sweet Peas, Sweet William, Ten weeks Stocks, Verbenas, Double Daisies, Larkspur, Candy Tuft, Bachelor's Buttons, Snap Dragon and others. There is a plant called the Evening Scented Stock, the flowers come out just as the sun goes down and stay out all night. It is very sweet and easy to grow. No home seems complete without a few pansies, and to my fancy, no vine is so pretty as the morning glory, it seems to put the working spirit into one, as one step to the door each morning and enjoy the beautiful morning glory flower. It can be sown early, and will seed themselves after the first year. They like a shady place and the flowers will then stay fresh until late in the afternoon, they sometimes climb as high as 12 or 14 feet.

The wild cucumber makes a pretty vine but is apt to be a bad weed if not well looked after, but if you have an old fence, or stone pile or an old building you would like to see covered in the summer the wild cucumber will certainly do it. The foliage of the Hop vine, although it has no bloom, is such a beautiful dark green that it is a show



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RECIPES

Do We Know How to Cook Vegetables?

Vegetables are a necessity, not a luxury, and only when properly cooked do they retain their full value. The vegetable needs the flavor to make it palatable; we need the vegetable, with its flavor, to keep our blood pure and clean.

In the case of green vegetables, their condition before cooking, and the cleaning and preparation, count for quite as much as the cooking itself. These vegetables must be properly ripened and fresh from the garden, or as nearly so as possible. If stale, wilted, or partly dried, they can never be made into a perfect dish. Wilted vegetables, if not stale, may be restored by crisping in ice water for an hour or two. The washing cannot be too thorough; every grain of sand, every particle of decayed matter should be removed, and whatever other preparation is necessary, in the way of trimming or cutting, must be neatly done. A brush for scrubbing the vegetables saves hands and labor. Special cutters are attractive, but not always necessary. With a sharp knife—one with a real steel blade—and a small board, much can be accomplished. Carrots and turnips should be diced, or cut into long, thin "strings" before cook-

ing. They not only cook in much less time, but look beautiful when done. Beets, of course, are simply washed—without breaking the skin—and five or six inches of the green stem should be left on, otherwise the beets will lose the rich red color which makes them so attractive. They may be cut, as desired, after cooking. When possible, cook the green tops, too, as you would spinach, and use for garnishing the dish. Cabbage should be shredded, then simmered gently (210° F.) for twenty minutes, without a cover. The flavor of a potato lies next to the skin; do not throw it away by making thick parings. The success of spinach depends upon the washing, and final fine chopping and seasoning; beans, in the proper stringing and cutting—lengthwise rather than across.

Peas and corn are only good when fresh, so delicate is the flavor. A pod or two should be cooked with the peas, and the corn should have the final inner husk left on. Both should be timed carefully, as overcooking is disastrous. Eight to ten minutes is long enough for the corn, if not over-ripe. The kernels should be slit before eating. If there are any very small squash, or crooknecks, left in the garden, not grown enough to harden the shell, try boiling them whole. Serve split

of itself. The scarlet runner bean is a showy vine but it is hard to grow in the West but if successful it will grow to a height of from 12 to 18 feet.

In the dry season when one has not the time to be running round with the sprinkling can I find a few old tin cans set in the ground having a few holes punched in the bottom and others around the sides and filled with water once or twice a week in a splendid way to keep the flower beds moist and also seems to coax them on. As a general rule flower seeds should not be planted deep as it takes the life out of the seed before it gets to the surface of the soil. I seldom cover small seeds such as Asters, Pansy and such like. I take a flat board and pack them into the soil. To plant Sweet Peas dig a trench 4 or 5 inches deep, plant the seed from one to two inches apart, cover to the depth of one inch, and as the seed sprouts put another inch of earth and so on until the trench is full, the peas will then grow apace, pinch the first buds off to keep them flowering.

Hoping you may find these remarks sufficiently interesting for your paper.

Yours sincerely,

Emily Cox,

Cor. Sec., Kelso Homemakers Club.