

than it usually does. Some say, "O! vegetables are cheap, we can buy all we want for a trifle." Allowing this to be true, I find by observation that those who depend on having their vegetables are often without them; then, too, the vegetables are not so fresh and crisp as when gathered just as you want to use them.

A garden lessens the housekeeper's labors in the kitchen. For instead of working in a hot kitchen all the forenoon baking, she can get from the garden a bowl of fresh berries and some vegetables. These will be enjoyed by the family far more than the best cake baked. An evening meal of good bread and butter, berries and cream, some green vegetable such as cress, lettuce, radishes, etc., are within the reach of all and moreover are fit for a king. When we go to the garden for vegetables, the fresh air, the cool breeze, as well as the beauties the eye may feast upon, all seem to put us in better humor for our indoor duties.

But I hear someone say in scornful tones, "What beauty is there in a vegetable garden?" Just follow me, do not the contrasting shades of green in the lettuce and onion beds rest your eyes? Look yonder at the leafy tops of the carrots waving a welcome to you; a little later on the bright red berries and currants, nestling under the green leaves of hanging in graceful cluster from the bushes; there are the cucumber vines, with their broad, downy leaves which hide the cool, green cucumber where in dark paths indescribable and accompanying doctor's bills. From that we pass to the spreading branches of the tomato plant, which form a beautiful background for the rosy red tomato, and last, but not least, comes the golden pumpkin, which brings up visions of pumpkin pies to be enjoyed after awhile. Thus all through the season our garden is our source of interest and health to us. Health, do you say? Yes, because each kind of vegetable used reasonably has a beneficial effect on our systems, and not only that, but the smell of the fresh earth when working in it gives one an appetite and invigorates one's body, giving a new lease of life.

There are some who may not be strong enough to attend to a vegetable garden, so why not have a small flower garden? This is not beyond the reach of any and is a pleasure and comfort until the snow flies. By all means have a bed of flowers, if it is only nasturtiums. They bloom a long time and make pretty bouquets for the table. By having perennial flowering plants, the work is lessened considerably and one need not be without flowers until the frost comes.

I think that by beautifying our surroundings, our children will like the farm more; it is easy to get them interested in flowers and nature; such things have a tendency to elevate their thoughts and to make them contented with country life. We are told "a thing of beauty is a joy forever," and such is the flower garden.

When you are tired, worried and discouraged, just take a run out to the flowers; while looking at and enjoying their beauty, they will bring the comforting message to you that: "He who clothes the flowers in such beauty is just as surely watching and waiting for you."

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