

# THE KITCHEN CABINET

Will the love that you're so rich in  
Build a fire in the kitchen  
And the little god of love turn the  
spit?

Enthusiasm is essential to the successful attainment of any high endeavor.

DAINTY MEALS FOR SMALL FAMILIES.

As we all learn from sad experience, roasts are not satisfactory bought in small quantities and no family enjoys beef, mutton or chicken three or four days in succession; neither does the frugal housewife wish to waste good food.

To make a successful caterer for a small family attention must be paid to the marketing and arrangement of quantities. If one arranges to have guests for luncheon, after having a chicken dinner, the chicken may be used in patties, or salad or as chicken croquettes. Thus one may entertain without feeling any special drain on the living expenses.

A can of corn may be opened and part of it used as a vegetable with milk or cream, then a few days later prepare it with egg, a cupful of white sauce and seasonings of mustard, salt, Worcestershire sauce and pepper into an escalloped dish, to serve either as a main dish at luncheon or as a vegetable at dinner. Such dishes as veal birds or olives are attractive and made from small bits of meat. Flatten them by beating, roll up with a piece of bacon or salt pork and bread crumbs brown in a hot frying pan, then add cream and simmer until tender.

Cucumbers too old for slicing may be cooked after crisping in cold water and served as one does asparagus.

Why in the world do you want to carry things that annoy and harass and hurt? Stop them and drop them, a new day is here. Squeeze a laugh from it instead of a tear.

## VEGETABLE COOKERY.

It may perhaps have been noticed—the lack of space given in our cook books to the subject of vegetable cookery. This lack shows the value we place upon them and the reason for the slipshod methods of cooking. We do not learn, by instinct, to cook vegetables, and until they take their proper place in food values they will no doubt continue to be wasted in cooking.

The failure of getting good results from vegetable food may be with the selection, for vegetables out of season are neither economical nor satisfactory; the flavor is usually in inverse ratio to the cost. The best of cooking and seasoning cannot supply the lack of flavor.

Vegetables may be crisp and fresh when brought from the market, but by careless handling are wilted and spoiled. In the cooking of vegetables there are a few things to remember, first to retain all the mineral matter and nutrient possible, to soften the cellulose and to develop the flavor, making them more palatable.

Spinach cooked properly should be well washed and cooked without the addition of water or very little. This vegetable being rich in iron which is soluble in water, may be being cooked in a large amount of water be nearly valueless as a food. This is true of saffron, green peas and beans, or, in fact, any of the delicately flavored, succulent vegetables. The seasoning is another important item; the flavor should never be disguised by seasoning. Usually butter, pepper and salt, not too much, is the best because it is the plainest.

To accomplish these results one may use several methods; cook the vegetable whole or in large pieces, to cook with the skin on when possible, to cook in as small an amount of water as possible without burning, to serve the water in a sauce with the vegetable whenever possible, and to season after the vegetable has started cooking so that the salt does not draw out the flavor.

**Narrow Escape.**  
"You have deceived me," said the young man, "and from this time henceforth you shall not occupy my mind."  
"Oh, thank you, kind sir," she rejoined. "I am so glad."  
"Why are you glad?" he queried.  
"Because," she explained, "I never could be satisfied to occupy a flat."

**Must Have Real Experience.**  
"One cannot know war without having been under fire."—Exchange.

**Change Shade of Canary.**  
A bird's color, in many instances, is affected by the nature of its food. Among bird fanciers it is a common practice to change the color of canaries from yellow to orange red by feeding them on red popper. This food, however, is said to have no effect on adult birds, but must be fed to nestlings.

**Change Means Advancement.**  
If people never changed their minds humanity would still be in the stone age.

An angel paused in his onward flight  
With a seed of love, and truth and light  
And cried, "Oh where shall this seed  
be sown?  
That it yield most fruit when fully  
grown?"  
The Savior heard; and he said, as he  
smiled,  
"Plant it for me in the heart of a  
child."  
—Mrs. N. C. Alger.

## FOOD FOR THE CHILD.

It is important that the growing child should have tissue building food as it is that he should have plenty of fresh air. Both are necessary for growth. Highly seasoned rich food, sweets, pickles and spiced foods have no place in the diet of a child. Simple, plain, well-cooked food of sufficient variety to conform to the age and health of the child is important enough for each mother to give time and study to her child's needs.

Broths of various kinds, as well as purees of vegetables, are good dishes for children, with a slice or two of well buttered whole-wheat bread. Well-cooked rice with no seasoning but salt, served in good, rich milk, will make a satisfying meal. Rice combined with sugar, eggs and milk makes a dessert which is safe and wholesome.

Orange juice may be given quite a young child, provided it is done between feedings. Scraped apple, stewed figs and prunes without sugar, are all good for the child. The natural craving for sweets may be satisfied by giving a piece of wholesome candy after a good meal. Never allow the child's appetite to be cloyed by sweets before a meal.

Often the irritable, naughty child is only so because of improper food and being allowed to eat sweets. For a child's supper dish there is nothing that takes the place of good bread and milk, adding a pinch of salt to the dish.

**Mutton Broth.**—Wipe three pounds of the neck of mutton, remove the fat and skin and cut in small pieces. Cover with cold water and heat gradually to the simmering point; skim and strain when the meat is tender, season with salt and add three tablespoonfuls of rice or barley. Cook until the rice is tender.

All that men ever did,  
Somewhere sometime was hid;  
Thought has to dig it out,  
Zeal has to bring it out,  
Nothing is futile to wit, grit and skill;  
Your lot depends on the strength of your will.  
—Kaufman.

## SOME QUICK SOUPS.

The soup for an emergency is without argument the canned variety. It is wise to have on the emergency shelf with which every well-regulated family is supplied, a variety of canned soups to which to turn in time of need.

**Cream of Peanut Soup.**—Put a cupful of peanut butter into a quart of milk; add half a teaspoonful of salt, a dash of cayenne, a tablespoonful of grated onion, a bay leaf, a pinch of celery seed, or a few of the leaves of celery tops. Cook in a double boiler for ten minutes. Moisten a tablespoonful of cornstarch with cold milk and stir until smooth, add to the soup and cook ten minutes. Strain through a sieve and serve with squares of toasted bread. Freshly roasted peanuts may be ground fine or pounded and used instead of peanut butter.

**Cream of Pea Soup.**—Press through a colander a pint of peas, add a quart of milk, a bay leaf, and a teaspoonful of onion juice. Melt two tablespoonfuls of butter, add two tablespoonfuls of flour, and when well cooked add the first mixture. Remove the bay leaf, season well and serve hot.

**Quick Egg Soup.**—Stir a teaspoonful of beef extract into a quart of boiling water, add a grated onion, celery salt, salt and pepper to taste. Pour boiling hot into a tureen with four tablespoonfuls of boiling rice and two well-beaten eggs. Serve hot. Any portion of cold cooked vegetable may make a very palatable soup, if put through a sieve, added to hot milk, seasoned and thickened as usual.

*Nellie Maxwell*

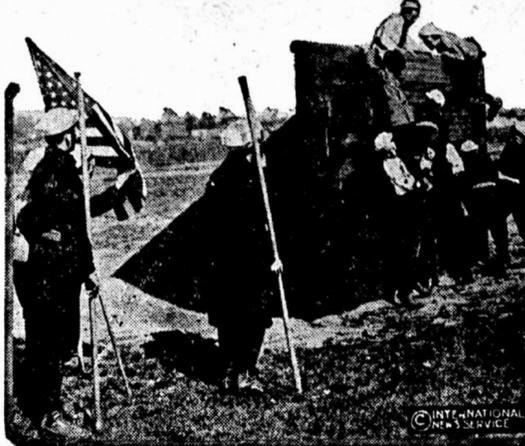
**Real Thing in Success.**  
Some men succeed because they inherit wealth with which to overcome adverse circumstances; but the man who makes good with only his brain and his hands as his capital is the real thing.

**The Difference.**  
"Light shower" is defined by the Kansas City Star as a thunderstorm just before the ball game. A "cloud-burst" is a thunderstorm just before church time.

**Curing Diphtheria With Keroseene.**  
In several grave cases of diphtheria relief has been brought about within forty-eight hours and final recovery assured by the internal administration of ordinary kerosene oil. The disagreeable taste of the oil was disguised by mixing it with sarsaparilla and the doses were given every four hours.

**One Fault of Optimists.**  
Some people are such optimists that they lose their temper with you if you don't cheer up to suit 'em.

## JUNIORS OF THE NAVY LEAGUE DRILLING



The members of the Junior section of the Navy league in New York are as enthusiastic over preparedness as are their elders, and daily, when the weather permits, the youngsters may be seen engaged in their outdoor drill, which includes the regulation army drill and wall-scaling contests.

## QUICK THINKING SAVES SOLDIER

British Sergeant Tells of Daring Exploit in Letter to Rector.

## HURLS HAND BOMB AND RUNS

Wins Promotion and the Distinguished-Conduct Medal for Sensational Escape From German Patrolting Squad—Saved From Prison by Bomb.

London.—Captured by a German patrolling squad, escaping through the use of a hand bomb which was overlooked when he was searched and narrowly escaping with his life in a rain of shell fire are some of the experiences which won promotion for Sergt. Arthur James Brooke and also the distinguished-conduct medal: In a letter to the rector of the church at his home in Manchester, which was printed recently in an English newspaper, Sergeant Brooke gives the details of his daring escape:

"I can hardly tell how thankful I am in being able to write you this day after the troubled experiences of Sunday night last. I have had many exciting times previous to this occasion, but nothing to be compared with this last one. I took out my party of scouts at half-past six in the evening and arranged them in various positions across the marshes. Having done this I remained with one small party.

"Everything seemed all right, so off I went myself to push farther on. But before doing so I intended seeing another small party in another position on my way. I got as far as my men should be, but could not find them anywhere. Something was wrong somewhere, I thought. Suddenly I heard someone coming and, it being a very dark night, I could not see who it was. They passed me toward our position. I looked around to see if anybody else was coming and I saw another man.

"Up went my rifle at ready and I said, 'Who are you?'  
"Working party," was the reply in good English.  
"Dropped Patrol With Shot."  
"Come here, working party," I said. He came until I saw he was a German, and then he dropped at a shot from my best friend, my rifle. I then turned to do those who had passed me something also and did succeed in damaging one or two. However, they came from all directions for me and soon had me a prisoner. They took away my best pal, the rifle, and my ammunition. Next went my cap. Following this the beautiful scarf which you sent was taken from me, also my letters.

"After they had got enough souvenirs half a dozen of them commenced to drag me toward their village. While I was being taken away a terrible struggle was taking place between one other scout and other Germans in a wood. This half dozen took me about two hundred yards toward the village and then left only one tall man, over six feet, with me. Now was a chance for me, I thought. I said a short prayer asking him to help me get back to my comrades safely.

"Then I suddenly thought of a bomb which I had carried with me. It was not in a pocket where I had put my other things, but was in a slit in my leather jacket. I suppose that is the reason they overlooked it, for it was still there. I then managed to get it out, but found I could not pull out the safety pin with only my right arm. However, I did the trick by hitting him on his temple with it, dropping him without a word. Off I made as fast as my legs would carry me, and at once out came another lot to get me.

"Still the bomb was left. I stopped, pulled out the pin and threw the bomb among them. It put more of them out of the fight, but still they kept after me. They were only a few yards from retaking me when our machine gun opened fire on them. I was safe from them then, but was in danger of being shot down by our own gun which had

## FIND BONES OF A DRAGON

Fossil Remains of Specimen 60 Feet in Length Unearthed in China.

Shanghai, China.—This is the dragon year in Japan, and it is appropriate that that prehistoric beast should emerge from the well-known "mist of ages" and take his place as a forerunner fossil. In testimony that this may be, we have the story of a correspondent of the Times:

## QUICK THINKING SAVES SOLDIER

bulked them. I got within a short distance of our position when a German gun commenced to shell all around. "I was blown from place to place and in the early hours of the morning I found myself in a large shell hole half buried with dirt, where I must have lain a long time. I got home again later, safe and sound, suffering only from a bad head. My watch was lost, as the Germans took that and smashed it before my eyes. Our commanding officers were very pleased with me for getting away and doing what I did. At the same time I was told I had been given the distinguished conduct medal for my work. I had a fine reception from our men and have since been made a sergeant as a result of it."

## SUNFLOWERS A PAYING CROP

Raised by Farmers in Southeast Missouri on as Large a Scale as Corn.

Kansas City, Mo.—In southeast Missouri farmers raise sunflowers to feed their chickens. Many farmers in New Madrid county, Missouri, are growing sunflowers for seed on as large a scale as they grow corn. The seed is high in oil and protein and makes an excellent feed. It is used chiefly as a feed for parrots and as a part of the commercial poultry feeds. The seed is purchased each fall by general seed buyers from St. Louis.

The soils in which sunflowers are grown are the once swampy lands and range from sandy loams to clays. The average production is about 8,000 to 15,000 pounds of seed to the acre. The usual selling price is from 2 1/2 to 4 cents a pound. The average return is about \$40 for each acre. Some of the farmers are growing the sunflowers in place of corn.

The crop is planted about the same as corn. In the labor required in handling and cultivation, the two crops are alike. When the crop matures, a wagon is taken into the field and the heads are cut off and thrown into the wagon. The seeds are then threshed out with a threshing machine.

## GOOD NEWS TRAVELS FAR



San Francisco recently observed the tenth anniversary of its destruction by earthquake and fire by striving to outclass any other city in the United States in its per capita membership in the American Red Cross. It has 11,000 members now and is aiming at the 25,000 mark in a vigorous campaign. This special effort is inspired by its gratitude for the aid rendered by the Red Cross in San Francisco's disaster ten years ago. The picture shows Miss Mabel Boardman of the American Red Cross in Washington receiving a telephone message from San Francisco telling of the opening of the campaign.

**Jealous of "Mourning" Husband.**  
New York.—Mrs. Elizabeth Sherwood has instituted proceedings in divorce against her husband, Peter V. Sherwood of New York city. She alleges he "went in mourning" for the death of another woman and refused to tell her the woman's name.

**Invalid Cremated in His Chair.**  
Philadelphia.—Unable to make his feeble voice heard, James B. Yerkes, a sixty-nine-year old invalid, was burned to death in his chair in his home in Philadelphia. It is supposed Yerkes dropped a lighted pipe among his clothing.

Chinese, who can now without exaggeration declare that they have seen what every respectable Chinese of mature age likes to say he has seen, a dragon, though in this instance a fossilized one. A small portion has been clipped off and sent to the British museum.

## SUFFER THE MOST BEFORE A BATTLE

German Soldier Gives Psychological of War as It Affects the Men.

## FEAR IS ROUTED BY SONG

Doubt and Expectancy Proves Unnerving to Many—Fighters Assailed by Thousands of Thoughts, Says Former Schoolteacher.

Berlin.—The following interesting article giving the psychological study of a battle, was written by a German schoolteacher, who since has been killed on the west front. The article which appears in the German papers, has caused considerable comment:

"To describe the sensations, the emotions and the innermost feelings of the soul of a soldier in battle is an unusually interesting but difficult task. While the battle rages a soldier is beset and agitated by thousands of thoughts that flash like lightning through his brain, but it is only during the remarkable calm that comes after a battle that he is enabled to analyze them. As I have participated in thirty-six engagements and battles, both on the eastern and western fronts, I have been in a position to make a study of the soul of the soldier. It is a great subject for the psychologist and one that opens a mine of valuable information.

"Is This Real?"  
"The troops receive orders at night to prepare for a charge the next morning. The first thought is, is this real? Somehow, it seems like a dream. It is the same thought that stirs the soul in any great event in life, be it one of joy or one of sorrow. It does not seem real.

"However, when the soldier does realize that it is no nightmare, he begins to think of the likelihood of death claiming him in that battle. A strange, indescribable fear begins to agitate the soul. The awful thought pesters him that he will go to his death and leave home and loved ones and everything that is dear in a moment of time. He ponders over the subject of immortality and wonders if death comes whether it will mean eternal darkness and annihilation.

"To one who is in the prime of life, who has everything to live for, hell itself cannot offer torture to equal the terrorizing doubts that assail the soul in those dreadful moments before a battle.

"Then, too, the thoughts come that we have not made the most of life; that there is so much which we would still like to do; that if only given the opportunity how different we would shape our life in the future. "All night long the troops move to the front, and all night long we think of God and the uncertainty that lies directly before us.

**Song Routs Fear.**  
"Morning comes. It is a most beautiful morning; the sun shining warm and bright. The notes of a German song are wafted on the still air. It is a song of the fatherland and all join in the chorus. It is then that we forget all our doubts and fears. A new life seems to be born within us. All fear has vanished and we are ready to go down to the gates of death unafraid.

"And then the battle. The bullets begin to whistle. In those first moments every soldier naturally looks for some sheltered place for protection. Nevertheless, the soul is remarkably calm. Though comrades are falling on all sides we never for a moment think of being hit by a bullet ourselves. We keep on running, running toward the enemy. All feeling, all thought, all emotion, all sensation is obliterated, we go on, fearing nothing. Occasionally we hear a voice uttering a curse or a threat, due to the hate against the enemy, born anew in the thick of battle. That feeling of hate becomes uppermost. We are seized with a frenzy of rage, and our one thought is to meet the enemy face to face and annihilate him. As this hate is mingled with a certain feeling of patriotism and love for the fatherland, the lust of battle is developed in such a manner as to quiet our nerves and forget all about danger and death.

"The battle has been fought and won. The soul experiences an indescribable peace, but when we begin to see our broken ranks and make count of our fallen comrades, painful sensations follow. Then only do we realize what danger we so callously faced, and a wave of thoughtfulness warms our blood and body.

"The feelings and sensations on emerging from a battle are like those of convalescence from a serious illness. The tired soldier longs for peace and rest, and the soldier falls into a deep, sound, dreamless sleep, in which all the fear and stress and storm of the time are forgotten."

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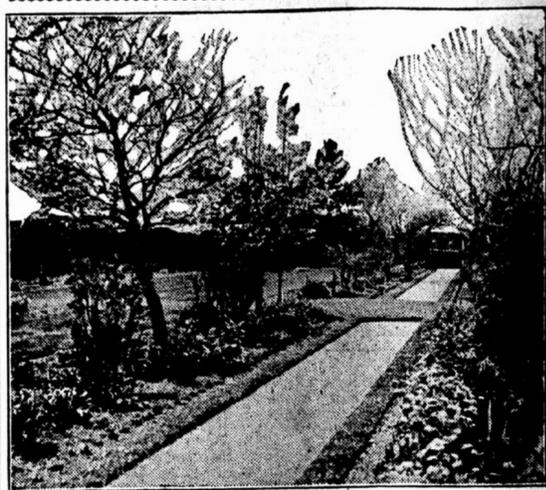
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In order to increase speed by overcoming wind resistance, one of the New England dirigibles has all the machinery and space for passengers included in the balloon.

## The HOME BEAUTIFUL

Flowers and Shrubbery  
Their Care and Cultivation.



Effective Planting Makes for Beauty.

## HOME GROUNDS BEAUTIFUL

By BETTY PAKE.

Look out for dahlias, gladioli and other rank-growing plants that are likely to be blown down by the wind and stake them. Pick the pansies and nasturtiums every day if you want to have plenty of bloom.

When the lilacs have finished blooming all the seed clusters should be cut away. It is fatal to some plants to fertilize them with rich manures when the ground is very dry.

Never allow roses to remain on the bush until the petals fall. If the seed is allowed to develop on the lilac it generally has few flowers except every other year.

The best way to kill weeds is to pull them up by hand. Do not allow them to get ahead of you. Look out for the red bug and other enemies of the rose.

An excellent spray for the rose bushes is made of one-half pound of laundry soap melted in hot water to which is added one cupful of kerosene. When this comes to a boil, use about one part to fifteen parts of water.

Keep the moisture in your soil around your plants by applying road dust about the roots during the hot and droughty weather.

Lawn clippings make an excellent mulch for bushes, shrubs and large plants. Tea roses like to have the soil about their roots cool and moist. Grass clippings are good for that purpose. Spread the grass over the bed to a depth of two or three inches. As soon as it withers work it into the soil when as it decays it will act as a fertilizer. Apply fresh clippings.

## HELPS IN FLOWER GROWING

Don't drain the soil before the moisture of winter and spring has drained from it, so that it will pulverize perfectly. If the soil drops from the spade in moist, soggy lumps, be sure it is not ready to work.

As the frost leaves the soil dig in the manure-mulch placed last fall about the shrubs, roses and hardy perennials. If there be no winter mulch about such plants, be sure to apply some kind of fertilizer to them.

A good coat of bone meal in the absence of well-rotted manure will serve. Scatter it about the base of the plants after the soil is stirred, and let the rain drive it to the roots.

Dig a strip 15 or 18 inches wide across the bed or border and then rake it, beginning at the bottom of the trench and flinging the soil from the subsoil to the top. Continue this throughout the length of the bed, and then you will have worked the soil perfectly.

To insure a succession of blooming periods, do not sow all your annuals at the same time, nor your biennial bulbs. Start cosmos as early as possible, and at the end of April plant in the open two to four feet apart, for they need plenty of room. They want light, rich soil, and can stand a great deal of pinching back to keep them stocky.

It is said that the quickest growing hardy vine is the Kudu vine—puearia Thunbergiana—which often grows 40 feet in a season. It needs winter protection as it sometimes winter-kills.

Just as soon as the frost is gone, plant the Madeira vine. It is propagated by tubers. It grows rapidly, has thick, waxy leaves, and its flowers—drifts of creamy snow—cover the plant when in bloom. The finest example of what this plant can do was seen on a second-story porch, turning a prosaic second-story flat porch into a Juliet tower of beauty.

Give the wild grape a place about the home. It is so hardy and its flowers so sweet.

If you have a dry, bare spot that gets sun all day, seed it to portulacae. They will beat weed seeds growing.

## TRANSPLANTING SEEDLINGS

As soon as seedlings can be conveniently handled, transplant in pots or boxes; give them plenty of room on all sides.

Transplanting carefully by hand is the way professional gardeners do their transplanting, but a forked stick can be used if carefully handled.

Shade from the bright sun for a few days and water carefully. If the weather is advanced, give the newly transplanted plants plenty of air. In this way they are hardened off until they will be able to stand full exposure in the open ground. Care must be exercised with all plants removed from conservatories, hotbeds or from plants raised in boxes or pots in the house.

## EDGING PLANTS

Plants for edging should be low-growing. There are many effective plants that add beauty to the rest of the bed. In pink, petunias, candytuft, portulaca, phlox, pink, verbenas and surprise are effective. In white, dwarf ageratum, dwarf white petunias, portulaca, zinnia lilliput and dwarf white verbenas. In red, cock's-comb, dwarf compact scarlet verbenas, portulaca, phlox and petunia. In yellow, dwarf single marigolds, yellow violet, dwarf yellow chrysanthemum, double yellow portulaca, double miniature zinnias.

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