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GARDENS AND GARDENING

By MINA G. HUTT,
Landscape Architect

Graduate in Landscaping U. of C., American School of Landscape Architecture and Gardening. Member National Landscape Service.

**A VEGETABLE GARDEN
PROVIDED BY NATURE**

It is hard to realize that many of the weeds that we despise and wish that we had never seen were, in the days of our forefathers considered rare delicacies. But in the present period very few of us will go to the trouble to even gather them for use as it is so easy to call up the corner grocery and have our vegetables delivered to the door. Not very long ago while working around the garden a lady carrying a basket and a hand trowel stopped and asked me if I would object to her taking up any dandelions she might find around the garden. I'll leave my answer to your imagination. However I noticed today that there are any number of them left and I regret that I do not know her address.

In the early days it was quite a job to secure sufficient green food to avoid the scurvy and it was through this that the edibility of certain of our present day weeds and wild plants was discovered and they were introduced into the kitchens of the pioneers.

The buds and tips of the wild mustard are excellent for greens and also make a delicious salad when mixed with French dressing.

Miners lettuce can be found in many moist shady spots and may be used in place of water cress.

Sour grass may be mixed with chicory or lettuce and used as a salad.

Young nettles have a fine flavor and lose their stingers in the pot. Cook with ham hocks. Use gloves when picking the nettles.

Tender dandelion leaves make a splendid spring vegetable if parboiled.

Shoots of hops make a nice salad if cooked in salty water to which has been added a little lemon juice. Serve with cream or butter and see if you dont

think them almost as good as green peas.

Pigweed or Lambs' quarters grows abundantly on waste plowed land. It has light green leaves frosted with silver on the under side. Cook with smoked meat. It takes the place of spinach.

The small tender leaves of the plantain may also be used in place of spinach. Cook with salt pork.

The long slender leaves of the sour or curly dock makes a nice vegetable if cooked with mustard greens or spinach. It has a delicious flavor.

And last but not least in quality and quantity there is the common bracken which springs up so quickly in the spring. The tender leaves are just beginning to uncurl now. The flavor is like that of bitter almond and gives a nutritious zest to fruit salads. If cooked until tender it may be served on toast like asparagus. It is said that the food value of bracken is equal to that of the cabbage and more than half that of asparagus. Use only the tender stalks and leaf tips.

In another part of this issue you will find how you may secure without cost or obligation of any kind, complete garden plans for your garden.

NOTE—The writer will consider it a pleasure to answer questions concerning the garden in this column. The questions should be addressed to the writer in care of the Editor. The answer will appear in an early issue or if a personal reply is desired a stamped, self-addressed envelope should be enclosed.

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PERSONALS

Mr. and Mrs. P. M. Kitchener of Vancouver have taken a house at 1847 Marine Drive, and expect to move in on 1st June.

J. M. Edington, who has been a patient at the St. Paul's hospital for some time following a bad accident returned to his home last night. His many friends will be glad to know he is making satisfactory progress.

Mr. and Mrs. D. Anderson, 23rd and Jefferson, have as their guests Mrs. D. Stephenson and family of Winnipeg. Mrs. Stephenson, who is a sister of Mrs. Anderson, arrived last Sunday, and will probably remain here for some time.

Mr. and Mrs. John Lawson, 2227 Bellevue, had a pleasant surprise last Wednesday night, when they received an unexpected visit from their daughter, Mrs. W. J. Pitman of Prince Rupert accompanied by her husband and daughter. The visitors will stay here for some days.

D. Critoph of Trail, has taken the Fraser house at 1215 Duchess Avenue, for the summer months.

Victor, the son of Mr. and Mrs. Smith, 11th and Esquimalt, cut his knee badly last week as the result of falling on some pieces of glass. Several stitches were necessary to close the wound.

Mrs. Fred King, who now lives in North Vancouver, but who was a former resident here, is ill and in the North Vancouver General Hospital.

Mr. and Mrs. David McClelland and family have purchased the new Williamson bungalow at 23rd and Kings, and expect to move in 1st June.

Mr. and Mrs. Howard and family, who have been residing at 22nd and Lawson, have moved to North Vancouver.

Alfred Searle of the Vernon Feed Store, had the misfortune on Saturday to slip and sprain his ankle, as a result of which he was confined to his home for several days this week.

Mrs. Turner and family, 17th and Bellevue, are leaving shortly to visit Mrs. Turner's parents in England. They are going via San Francisco and the Panama Canal.

Mrs. H. Atkins, 18th and Marine Drive, returned on Thursday 3rd instant from an extended visit to Scenic, Washington.

Mr. Gordon Geary and Miss Anna Geary, R.N., left recently for New York via Chicago where they will sail for England tomorrow (Saturday).

New Books in the Library

At the monthly meeting of the Library Board it was decided to proceed with the re-cataloguing of the books for the convenience of the members, and several new books were ordered. Recent books placed on the shelves include the literary sensation of the season by the Johannesburg tin-ware pedlar now at the age of 74 turned author "Trader Horn," A. E. W. Mason's latest "No Other Tiger," "Beau Sabreur," "Prester John" by Buchan and "The Definite Object" and "Martin Coningsby's Vengeance" by Farnol.

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