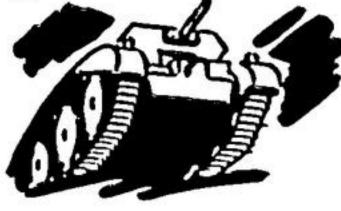


They say spring menoration are remine."

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EAMPLE COPY ON REQUEST

Grow More Vegetables

Britain

One of the secrets why the Chinese are able to minist on a very small screeze, is that they sat their vegetables extle pound. Young plants are more nutritious than older once. They comisin far more proteto. In way the Ohinese grow 3 or 4 crops epais as sis courser airp or a ces Our encourage-grandeds look ence ersed out in July, theirs look tresh and green blost vegration, except peas and Windsor beans, will stand plenting or southy two or three times ments of the estation to belo them on. Why not set your segretation while yourse? You will help to best the rentry to so down

Mr. A. O. M. Bruyta entire w: "We are continually being told, as er should be told that in order to belo Britain-which britaguared fortrees to now attracted in the very midel of Nati territory - se must send more LIBLIAND BOTO to the Armed Purers, LLDthy more planes, must talks, must guns more thins and more munitions of eat of every sort; but three is another thing Britain needs that is not more of to make pri strep it bathate even more necessary, and that to POOD Britain desprisitly peeds more and more food

In the British Like their are approximately 66 million proper Circl Bustam from her own soil can procuce foud for less than half her pupu lation Milkela of British people therefore, must depend upon recenthe perely test supplies of foodstuffs from oversees. These supplies have all to be carried in alupa over lors dutances, and as we see from the published treat a percentage to with and destroyed by the enemy

'Britain's normal pracetime sources of supply of much of these foodstuffs, 1e Holland, Denmark, Poland, Normay and traeden, are completely cut Other countries such as Austra-He New Zealand and the Argentine mbere surplus supplies are available. tre too far away. Britain's dependence for foodstuffs, therefore, nos rests mainly upon the United Blates and Canada, which countries, while still a long way from limitain, are preset then other sources of supply. but the surplus foodstuffs now being produced by the farmers of the United Bistes and Canada, and which are not consumed by the city people on this Continent, are barely sufficient for Britain's requirements. The truth is the British people really need more food than Ounada and the United RIGHTS DOS TL MEININ

The simple solution is for us to produce more, and also to spare more for Oreat Britain of some of the more essential foods we are now producing This can be done if we will use less ourselves of such products as bacon, cheese, butter, epp. mini and so

How can the Cunadian people, furmers and city people alike, spare more from present production? There is one thing certainly can be done, and it is suggrated most acriously that our Canadian people should do it. We can easily grow more vegetables, eat more regetables ourselves, both during the coming aummer and next winter, consume less in Cunada of our animal and dairy products, and so finally release for overseas shipping more of these precious foodstuffs that the people in beleaguered limitain now so budly need.

How to Set Out a Vegetable Garden "Many farmers, and many people too who are not farmers, hostate about setting out a vegetable garden because of the labor involved in weeding, and labor on farms, villages, towns and cities is expected to be

short this coming year. "In space of all this, however, it is amazing to see the amount of vegetables that can be grown with a comparatively small amount of overtime or evening labor if people really desire to do it, and there is no question about the serious need for the production of more vegetables.

"In order to cut down labor, the writer of this article used to sow vegetables on his farm in long single rows on a summerfallowed field, with a space between the rows wide enough to permit an ordinary farm field cultivating implement, either a harrow, disc or cultivator, to pass. Then when the implements went out to the fields to work, or came home from work, an occasional stroke between the rows of vegetables kept the weeds down, and certainly reduced the remaining weeding to be done to a amall amount.

"On a small scale this method can also be adopted in a home garden, where again better success will be assured if single rows are planted with as wide a space as possible between the rows so us to admit of easy hoeing. This also will reduce hand weeding. There is another advantage in rows being spaced wide apart. The vegetables then have large areas of land from which to draw moisture, and so they will be of good size, will

do well and give an abundant crop. "At all events, regardless of the extra work required, it does certainly seem as though it would be a fine patriotic thing if those who have no gardens, both farmers, village, town and city people, would put one in, and if those who already have a garden would grow a larger one, sufficient to provide fresh vegetables and roots for the family, not only for summer use, but to provide sufficient quantities also to be bottled, preserved and pickled for the winter.

Which Vegetables Should be Grown "Some most important discoveries about the improvement of health and protection from disease have been made by medical experts and authorities on nutrition during the past few years. One important finding is that for even reasonable health and for protection against many diseases, the human body requires to consume every few days minimum amounts of the vitamins and of certain salts and minerals, notably iron and calcium, "These authorities also realise now the great importance of green vege-

tables in the dist, particularly

children and adolescents. The amount of vitamina sales and minerals contained in the various vegetables have now been determined, and it is found that BRODDOLL heads the entire list for being very high in the precious examine "A" and "C." and for conteining too gifts good amounts of calcism and tron, making BROCCOLL probably the most valuable green regetable available on this continent Next to brococks ORUBB, and then not far behind MUSTARD AND CREES. BRUSEZLE

EPROUTS and SPENACH follow Draft

in order, all high in both vitamin "A and vitamin "O" CARRAGE and CAULIFLOWERS OF THE IN VICINIL OT. TOLLATOES and LETTUCE AN high in vitamin "A." After these some considerable way down the list. rome TURNIPH with good quantities N VILLETIN "C." and CARUBOTH with WITH A RADIBHES and LEXICE have moderate amounts of only vit amin "O" but are high in fron PAR-DNUPS, PEAB and ONIONS have comparatitely amait amounts of vitamin C', PRENCH and RUNNER BEANS have a fair amount of vitamin "A." PUTATOES, because they are eaten in targe quantities are an important source of vitamin "C," and contain

pright contain less than potators "Most of the vegetables listed can be grown on Canadian farms and in toth gardens Broccoll, particularly should be grown, with mustard cress. trumer's sprouts and spinach; and wherever there are running streams. water cress should certainly be tried."

some amounts too of the resentlai

vitamin B-1, but potators do not con-

tain any vitamin "A" whatsorver.

ONIONS contain much the same vit-

amine as potatore but wright for



FARMERS' FRIEND

Farm interests and farm probtress are the first concern of Harry J. Heyle, newly-appeinted Ontario Farm Breadcast Commentater for the CBC. Mr. Boyle has been farmer, stare ciert, newspaper editor and breadcaster in rural Ontario all his life. He was born at Ht. Augustine, Ontario, 26 years ago, has devoted himself to the interests of farm communities ever since school days. He is brard weekdays from CBL and CBO at 12.30 p.m. EDT, having succeeded Don Fairbairn now serving with the R.C.A.F.

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PER PERSON

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