er and vegetable gardens and get

Cooks Hitler's Goose

It is estimated that approximately

15 per cent of food is wasted in the

normal process of preparing and

cooking. Much of this is unavoid-

able even in war-time; however, if

only one-quarter of this wastage is

eliminated by thoughtful planning

and care, the saving would amount

to 334 per cent. Here are seven!

1. Use measures and the clock.

2. Food value is lost through over-

3. Soda added to vegetables de-

4. The outer leaves of cabbage, if

5. Peeling potatoes is a peace-

6. Save fat by frying the bacon

rinds separately. Use the fried rinds

7. Less sugar is required to sweet-

en stewed fruit if added just before

time luxury and destroys valuable

too tough to be served as a vege-

Accuracy in cooking prevents waste

and produces better results.

stroys valuable properties.

examples:

cooking.

roughage.

for flavouring soups.

cooking is completed.

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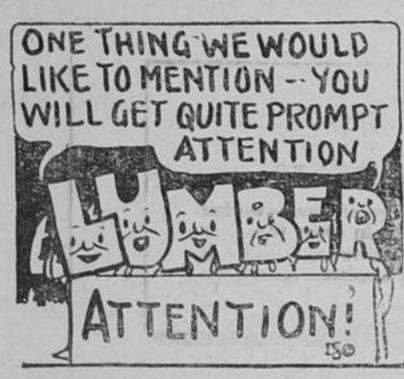


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When the Gas Tank is Empty Turn to Your Garden for Healthful and Satisfying Recreation

YOU'VE GOT TO HAVE A GARDEN | time to apply it is just as soon as IF YOU WANT TO HAVE

A HOME

in little flats;

spots to hang their coats and

their letters and their bills; is on their window sills.

Their children play, instead of having broad and grassy lawns

Where trees and shrubs and flowering plants leap from the living loam.

-A house without a Garden is House but not a Home.

The place may be a palace,-with a flat on every floor,

But it will be a Parking-space, just that and nothing more,

Despite its marble corridors and gleaming copper dome;

For You've Got to Have a Garden If you Want to Have a Home

-Charles Henry Mackintosh. This spring and summer we Canad'ans are going to have some leisure time on our hands due to the rationing of gas which will mean going without the pleasure trips to the country and bleaches. How can we spend this le'sure time? What bet ter way could we answer that question than by finding aesthetic, intellectual and physical satisfaction

in recreational gardening. Gardening is no mere recreation; it partakes of philosophy, it ranks as a fine art; it provides material for whatever sort of intellectual exercise one may be inclined to take, as well as physical exertion of the most wholesome sort.

Home and garden are in partnership, for the garden is part of the very fabric of the home. It provides for the children a background of beauty, a playground safeguarded and healthful, and its products are growth-giving foods of supreme im-

life ideally suited to a nation of leisure. Its devotees employ their leisure hours in a manner which improves themselves and their communities, increases the value of their holdings and which in time, as leisure increases, will transform the ugliness of our industrial scene into an ordered beauty unsurpassed anywhere in the world.

We realize more each day that Richmond Hill is Toronto's healthiest suburb. We are unable to find housing accommodation for the people who would like to take up residence here. Why not aim to make our little village Toronto's most beautiful suburb? Starting now this spring - let's keep that aim foremost in our minds - Make Richmond Hill more beautiful. The first step would be to join the Horticultural Society and add your knowledge and help to that group of lovers of nature's beauty who each year try to make beautiful some unsightly corner of the village. When you have done this think next of your own surroundings.

Spring is a crucial period for the

To have a beautiful lawn you must feed that lawn - furnish it with all the elements growing grass needs. Many people fail to realize the amount of plant food removed from the soil each year by growing grass. They do not realize the necessity of replacing that plant food. They wonder why their lawn becomes thin, scraggly and weedy - and why reseeding alone does not solve the

The most desirable method of feeding is to apply a complete, balanced plant food - ordorless, economical and easy to appry.

Plant food to be of greatest benefit to grass, should be applied to the established lawn very early in the spring. The most favorable management and the spring of the spring.

under proper conditions. Start planning your outside flow-

The ground is still honeycombed I sympathize with city folks who live from the effects of freezing and thawing and the plant food readily They haven't Homes, but merely finds its way to the grass roots.

spring thawing begins because-

The nourishment is available to the roots, just as soon as root ac-To sleep, perhaps to eat, to get tion begins, and when all conditions are favorable for growth - plenty But all the Garden-space they have of moisture from spring rains, cool weather, just the conditions that grass likes. Remember that root ac-Among the dangers of the street, tivity starts long before any sign with trucks and honking horns, of growth is visible above ground. If water bills are a factor in your garden budget, by all means take advantage of early feeding, for plant food need not be watered in if applied before top growth begins. The early spring rains will take care of

> this watering-in process for you. On large areas, the job of application may be simplified by the use of a plant food spreacer.

A lawn that is fed early and given an advantageous start when all factors are favorable for the growth table, make nourishing soups. of grass, will be able to crowd out, woods and prevent germination of any weed seed that may have blown or washed on the lawn. Weeds start active growth later than grass, and if the lawn has a headstart, there will be no bare spots to encourage weed growth.

Early feeding will develop sturdy roots that are resistant to summer heat and drought, and that will support a green velvety carpet of grass the whole season through.

This column wil welcome items of interest to gardeners. You may be able to help some one solve a garden problem by your experience.

March is the month to do a little indoor gardening. The geraniums which have bloomed for your pleasure all winter, fuchsias, coleus, begonias &c., should be slipped for readiness for those window boxes you are planning. With a sharp knife or razor blade, cut off branches, remove all but the top leaves and slice off the lower end close below a joint. Place firmly in clean sand and keep well wat-Gardening, in short, is a mode of ered. The old plants may be shaken out, removing the old soil, and reprosperous home owners, with ample potted. This will set them back for awhile but they will soon recover and bloom just as profusely. If left, in the old pots they are liable to get hard and stunted and grow or bloom very little.

Christmas plants, such as point settias, will be exhausted now, so Tey may be put away for a rest. Below a greenhouse bench on their side is an ideal position. Cyclamen and Christmas begonias may keep growing for a long time but we

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