

INDOOR GARDENING

By John Bradshaw
GARDEN EDITOR
The month of March is an excellent time of the year for anyone in an apartment or a home to try growing house plants from seed. Just a few cents invested in the seeds will give you many more plants than you could possibly buy full-grown for the same money.

Begonias and geraniums, fuchsias and primroses, gloxinias, flowering maples (Albutilon), even cacti, are only a few of the kinds of house plants that may be grown from seeds.

Such foliage plants as coleus and asparagus ferns are other possibilities. Actually, there's a long list of plants that thrive in the home and are easy to develop from seeds.

Scrub up some flower pots to use as seedbeds and put half an inch of broken flower pots, coarse cinders or gravel in the bottom of each for drainage.

A mixture of equal parts of good garden soil, granulated peat moss and sand will make a good medium in which to start the seeds. Firm the soil after nearly filling the pots.

Over the top of the soil put half an inch of sphagnum moss which has been rubbed through a sieve (or you can buy it already "milled"). Seeds sown in this moss

will not be troubled by disease and their roots will grow down into the soil mixture.

Do not cover such very fine seeds as begonia or gloxinia. Just press them into the moss with the flat of your hand. Larger seeds may be covered with more moss to a depth that is twice the diameter of the seed.

Cover the pots with pieces of glass, set them in a pan of water until the soil on top shows it is damp, drain and then keep them in a shaded place until seeds sprout. Then move the pots to a sunny place, shading them with paper from the hottest sun.

As soon as the seedlings have grown their second set of leaves they can be transplanted to little individual pots which are set in a pan with peat moss, stuffed between pots to prevent drying out.

Keep watering with a fine spray when necessary and repot when roots fill the little pots.

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Downward trend in holstein shows

Curtis Clark, Carstairs, Alberta, Chairman of the Extension Service Committee of the Holstein-Friesian Association of Canada told the Annual Meeting of the Association held February 14 in Toronto: "Of particular concern to the Committee has been the continuing downward trend of our shows both in numbers of animals and exhibitors. Nothing can quite replace the showing in providing an opportunity for the indi-

vidual breeder to compare his cattle with the best others have to offer, nor in acting as a show window for the breed. We urge every breeder to give support to the shows."

Said Mr. Clark: "1967 surpassed all previous years for Selective Registration with 39,525 head classified, a gain of 14 percent over 1966, the highest previous year. A total of 3,670 herds received service, an increase of 11 percent. Un-

doubtedly, classification ranks with production testing as one of the two most important steps a breeder can take to improve his herd and it is gratifying to see that more and more of our breeders realize its importance."

Referring to production testing, Mr. Clark continued, "The picture is not quite as rosy for Record of Performance testing, with only a modest overall gain of 185 in the number of Holstein

herds for a total of 3,812. The 346 new herds were counter-balanced by 161 that dropped out."

A family history of premature heart disease can be turned to your advantage, the Ontario Heart Foundation says. It's a signal to be more careful about heart attack risk factors that you CAN control with your doctor's help: diet, overweight, smoking and high blood pressure.



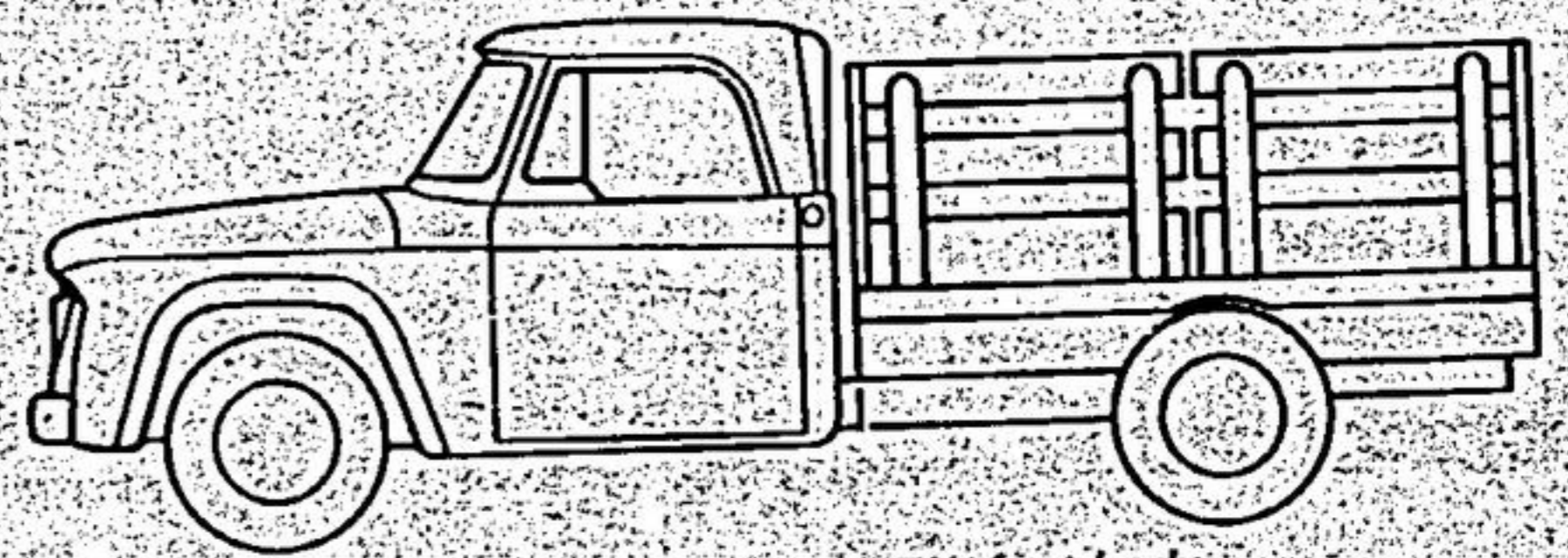
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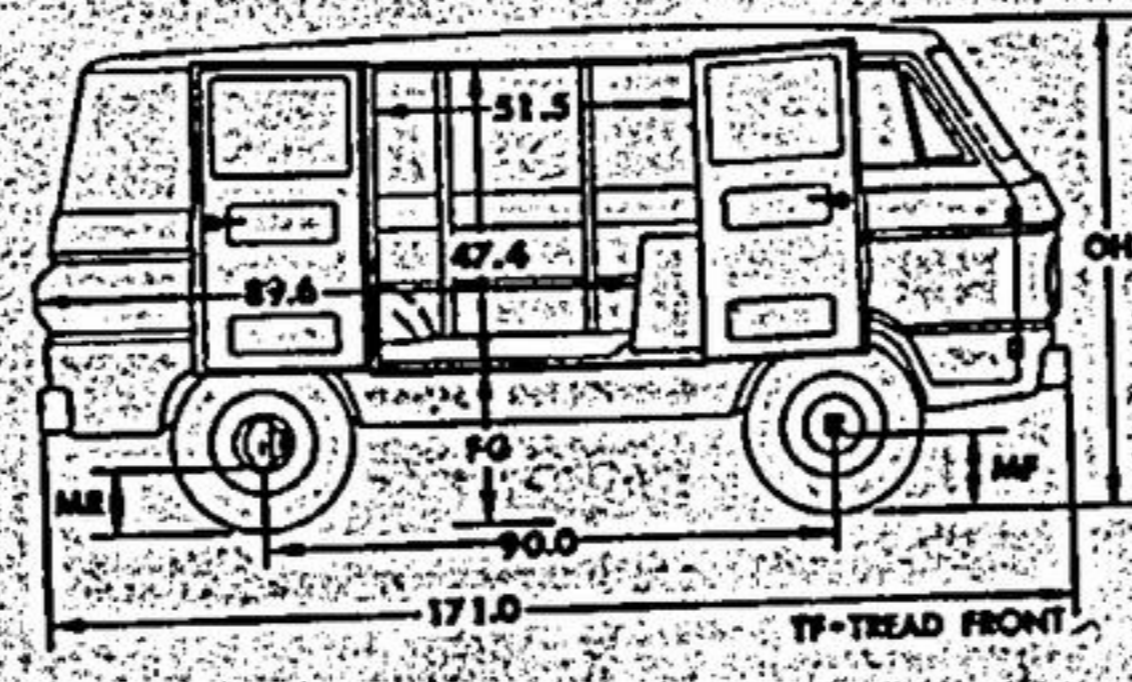
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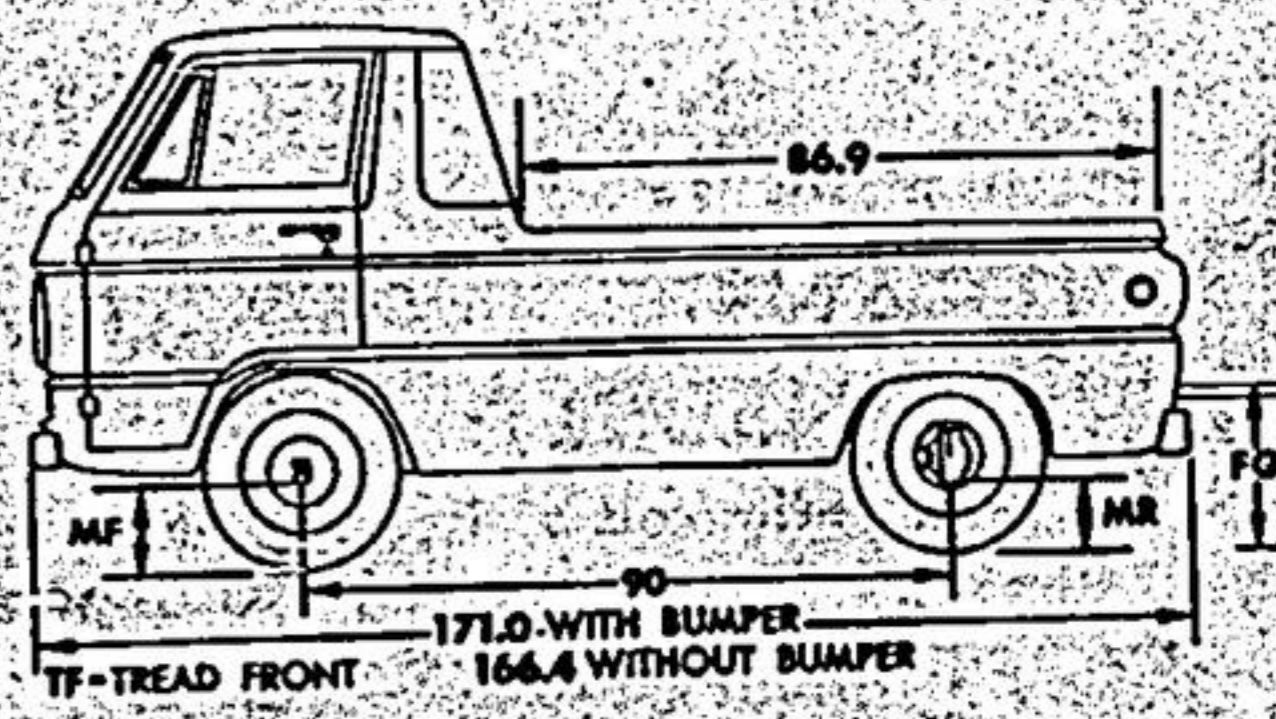
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