

# Perennials give gusto

Perennials have been called the backbone of gardens. They are the stars who provide gusto from spring through fall and return yearly without bother. We can count on them to yield a large return for a small investment.

And you don't need a green thumb to give the garden your signature either. Just choose varieties that aren't persnickety about care and place sun-worshippers in the sun and shade lovers in the shade.

Select a well-drained area where air circulation is good and thoroughly prepare the soil before planting because they'll be there a long time. Maintain yearly with plant food and remember to water well when Mother Nature forgets.

A definite scheme unifies a garden's appearance. It takes careful planning, but it's worth the time and thought.

Just pretend you're selecting a



## GREEN 'N' GROWING

Elaine Gordon

wardrobe and then build on it. There are perennials a-plenty in all shapes, colors and sizes to choose from and accessorize with.

Vary the color scheme for the seasons, too, and have a different one for spring, summer, late summer and autumn.

White (which gives a feeling of spaciousness), yellow and pinks give a soft look while purples, reds and oranges have a bold effect.

If you like to harvest bouquets to decorate from nature grow

perennials in colors that complement your home's interior. If you're a birdwatcher plant flowering perennials in colors to attract feathered visitors.

Most perennials flower for only a few weeks so choose them accordingly for a continuation of bloom. Plant three or more of the same variety and color close together and place them so they're tapered in height with tall ones in the back ground and lower ones in front.

Unify the plantings by placing the same type elsewhere in the garden...avoid one-and-onlies.

Set off perennials that retain nice foliage after flowering and those with interesting shapes in front of a border. Place small pleasures in nooks and crannies.

Or allow a drift of blossoms like those from Creeping Phlox to softly cascade over rocks and retaining walls. You may notice that shorter plants bloom earlier. Plant summer bloomers at the

cottage and spring and fall bloomers at home. Use feathery foliage varieties in small gardens. Place thorny plants, roses and delicate ones off to the side away from children at play. If an island bed is desired place plants shorter in height on the outside with tall ones in the middle so you can enjoy them from all angles. A garden hose is handy to use when planning shapes and sizes of beds.

Liatrus, Peonies, Sedum (Never-Say-Die Plant), Daylilies and little Johnny-Jump-Ups are untemperamental performers. Old-fashioned Bleeding Hearts may look delicate but they're troopers and have been a sentimental favorite for decades.

Lily-of-the-Valley (which means return of happiness) and Hostas with their handsome foliage make reliable ground-covers so weeds can't get a toehold. All are great for people on the go.

# Romance is missing

Ed Meade is a registered psychologist and director of the Markham Stouffville Family Life Centre. In this column he answers questions from readers.

Q) I have been married fifteen years to a wonderful woman who I love more now than I did on our wedding day. If only she believed it.

For some reason she is not satisfied with our relationship anymore. She says she feels like a "convenience" around the house. She says I have changed and I'm not as attentive or romantic as I used to be. Of course, not. After 15 years relationships change. I was a silly schoolboy back then.

She wants to go back to the days of love letters and hand-holding and gazing starstruck in



## A FRIEND IN MEADE

Dr. Ed Meade

to one another's eyes. I say you can't go back. Situations change. We both lead active lives and share the care of our four children.

What do you think?  
A) Your question is phrased in such a way that I feel I must walk a fine line in my response. Your positions differ and my answer would be just one of many, many possible answers.

The point I am making is that a psychologist does not carry around the truth which gets dispensed by the asking. In my perspective, reality is an accumulation of personal experiences and, hence, we have differences.

If we feel the differences are outside of our minds and are rooted in the "external" world, we tend more to force our point of view on the other.

I certainly agree that 15 years of relationship invites change, and it sounds like both of you have changed from the days when you were both young and romantic.

It appears your wife wants to introduce changes into the present relationship and leaves a role which she describes as a

"convenience." I applaud her for wanting to rid herself of the role.

You, however, are not specific about what you want. Your position is more what you can't do. Will you state what you can do? I think you will get in touch with your situation when you recognize that you both in some ways have given up.

If you both write out a detailed description of what it is you want from the relationship, perhaps you will gain an understanding that you are not as far off as you think.

You say she wants to go back to hand-holding and romance. I'm not sure what your objections are.

Dr. Meade welcomes your questions. They may be directed to the Markham Stouffville Family Life Centre, 5871 Hwy 7, Suite 304, Markham.

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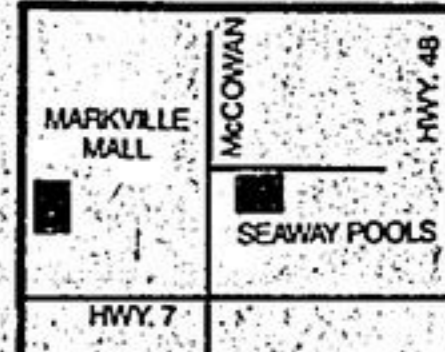
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Dennis Ireland was one of many to participate in the Markville clinic and Gail Beveridge. The Red Cross was especially impressed with the number of high school students who donated. In all 179 units were collected. Commemorating the occasion with him are (left) Sandy Davies, chairman of the

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