THURSDAY, APRIL 25, 1946

and the products and

## Green, Leafy Foods Are a "Must" for Home Gardens

For family health, the most important crops in the home vegetable garden are the greens, which nutritionists call the "green, leafy, vegetables," and recommend so highly as a source of vitamins.

Of these, spin-h is not the chief, since its harvest ends with hot weather. But there are others which bear throughout the summer and produce, for the space they occupy, more food than other crops. Most widely grown are Swiss chard and New Zealand spinach.

Chard is an ancient vegetable, probably the first form of beet to be grown for food, while New Zealand spinach is relatively modern, having been discovered as a wild plant in New Zealand, where the natives did not eat # It became popular in Britain long before its vitamin content was known. Its flavor resembles that of spinach.

It has large, hard seed, which some have difficulty growing; but grows well if sown in the early spring, as soon as the soil has been prepared. Seeds often live over winter and come up in the spring, and the plant is hardy in spite of a tropical origin. But it is easily overdone: since one plant fills a bushel basket, and when the tips of its leaves are cut off for use, new tips grow rapidly, and the harvest continues until late in the fall.

Swiss chard should be used when the leaves are young, not over ten inches in height. Sown with the earliest crops, it will be ready to cut in a month, and new leaves will grow to replace those that are cut. Chard has a distinctive flavor which many prefer to spinach, and

children usually like it better. The mustard family provides several varieties of greens. One known as Tendergreen will produce edible leaves in 21 days from sowing, and if the roots are left undisturbed will produce eight or nine crops in the season. All the mustards are quick growing, and are much esteemed in the southern states.

Garden sorrel is a hardy perennial, which will live over winter and quantity of food on small spa





as provided by law, for the folproduce greens. It does best in lowing purposes, to-wit:

light shade. Kale is a fall and winter plant. tical party of one candidate for Sown in June, the plants set out in United States Senator. rows two feet apart, they will produce leaves which stand freezing, tical party of one candidate for

and are improved in flavor by that Congress from the Second Conexperience. Collards are a memgressional District of Nebraska. ber of the cabbage family which The nomination by each poli-tical party of candidates for state do not make heads, but leaves with cabbage flavor. fice, to-wit: All these varieties of greens are One Governor rich in minerals and vitamins, and

One Lieutenant Governor are valuable in the diet. It is well One Secretary of State for the home gardener to plant a small quantity of several kinds so that the family does not grow tired of greens. All produce a surprising

One Auditor of Public Accounts One State Treasurer Che Attorney General One Railway Commissioner The non-political nomination of two candidates for State Super-

all claims or objections duly filed.

PAUL E. FAUQUET,

PAUL E. FAUQUET,

NOTICE

The nomination by each poli-

The nomination by each poli-

County Judge.

County Judge.

Dated April 5th 1946.

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the scud that swept across the bay. was watchin' Ellie there."

Ellie's short, monotonously rhyth- ing them too."

THE STORY: Gun-wise Debby Weeks of Cape Cod still acts and dresses like a tomboy at 19. Her sister Agnes warns her she'll never find a husband unless she changes her ways. Debby goes duck-shooting with Ellie, Bart and Joel despite bad weather. She and Joel occupy the same blind, When Ellie wants to take Joel to an-other spot for better shooting, he leaves Debby reluctantly.

x

RART had come over from the

time in her life Debby felt awk-

She had watched them go, the bow

Joel?"

said.

they were.

noon.' Debby shook her head. "The tide will be driving them out of there any time now."

THE JOURNAL, PLATTSMOUTH, NEBRASKA

"That's right; so it will." \* \* \*

other blind, and for the first ELLIE was out in the boat again, covering the Meadow long before down to the west of the Meaward and self-conscious with Bart dow. "He's going to have a tough that." Wyman. And of course he had to row back against that wind," Bart

ask right away, "How do you like said. putting any power into it. "By Debby nodded, watching Ellie,

She kept her head turned away and suddenly there was a swish guess you're right." of wings over their heads and

inside her mittens. "He's nice," she Debby's side swung low over the blind. The two of them shot to-Bart nodded, "Good guy. Good- gether, at the tails of the disap-

hearted guy. I know. I lived with pearing birds, and again only one of the three dropped. him for two years." She squinted out at the Meadow. "Gosh, I'm sorry." Debby blew

and he heaved them into the bow. It was hard to see much through the smoke out of her barrel. "I The water was already up near his boot-tops. Bart climbed out of the blind.

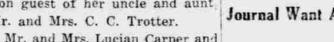
of their boat pointing diagonally "If they'd come from my side, I'd to windward, creeping half-crab- have missed them the same way," wise toward the Meadow under he said cheerfully. "I was watchmic strokes. Then, dimly, she had Now that the tide was in, he seen them walking about, Ellie had to use the boat to pick up the setting the decoys and Joel bailing dead bird, and on his way in he marsh grass, holding the boat ir.

utes they had disappeared below towing it in nearer shore. When the level of the grass, and it was he got back to the beach, Debby hard to remember just where in was standing there waiting for

the long unbroken line of meadow him. "Look," she said, smiling in-"Drop Joel," said Debby. "I'm credulously, "Ellie's lost an oar or "Don't see that they're getting something."

Bart turned and stared. "Well, any more shooting then we are," "No sense in that," Bart said. He I'll be damned. Ellie, of all peosaid Bart. It wasn't long, though, before ple!" they began to hear shooting from As they watched, he drifted rapout on the Meadow. In the high idly out into the middle of the was wading between the boat and wind the reports of the shots were bay. Soon he was far to the west hand, "I'll have to give Ellie that surprisingly faint, a distant, muf- of the Meadow, a faint gray spot

fled booming, but they came more in the mist. and more often, and through the "This may not be so funny," ing back that counts." mist Debby could see Joel or Ellie Bart said.



stepped in. "Glad you've got two pairs of oars," she said. BART already had the boat turned around. Debby, sitting the forward rower's seat, slipped her jacket off and picked up the other oars. Bart rowed like Ellie did and it was easy to keep stroke with him.

marsh, or Ellie out in the boat, Suddenly Debby stopped rowing. racing to pick up a bird before 'Bart!" the tide or wind carried it away.

He didn't break the rhythmic of "If that keeps up," said Bart, his stroking. "Yeah?" 'they'll have their limits before "How about Joel?"

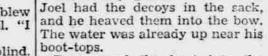
He looked at her over his shoulder, scowling, and she was leaning on her oars. "We got to go to the Meadow first," she said. "Look, it'll take us an hour to get back there from where Ellie's boat is, against that wind. And the tide will be

Bart continued to go through the motions of rowing, without

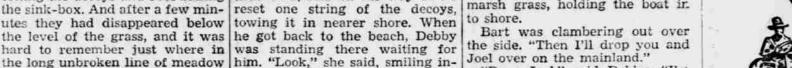
God," he said after a moment, "I

from him, so he couldn't see her He pointed the bow up to windface, and her fists were working three ducks that had come from ward of the Meadow, and Debby could see he was pulling harder. and he was grunting as he applied

the pressure to each stroke. When they got to the Meadow



Bart nosed the boat into the grass. "We'll wade around the Meadow and tow the boat," he said, and there was urgency in his voice. "Be quicker than rowing." "That's what I figured," Debby said. She grabbed a handful of



going back with you." She climbed out after him.

> was up at the bow, towing the boat with the anchor-line, and she the shore, holding it off with her

pair of oars, so you'd just be dead weight coming back-and it's com-





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The "Center Bite" gives your tractor up to 16% more pull