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TABLOID TALK ABOUT VEGETABLES

(Continued from Page 15)

ment close at hand, so it is well to place either manure or commercial fertilizer in the hill, covering it with several inches of earth. If drills are used, the manure may be spread in them or worked into the ground as soon as the plants start. Planting in rows is a good plan in the home garden. The stalks should stand about a foot apart, although the early sorts may be crowded somewhat, and if the rows are two feet apart, they may be worked with the hand hoe. Corn needs faithful cultivating; but after the first few weeks, the hoe should not penetrate deeply, as the rootlets grow near the surface. The main thing is to keep a dust blanket on the ground and to subjugate the weeds.

For the first sowing, use early varieties, then medium sorts and finally the late kinds up to the middle of July. Golden Bantam and Peep O'Day are unexcelled for the early crops. Potter's Excelsior is a fine medium sort and a variety that ought to be better known. No mistake will be made in choosing Stowell's Evergreen for the late corn, in spite of Country Gentleman's vogue.

EARLY AND BIG TOMATOES: Somebody has said that the weed of today is the flower of tomorrow, despised at first and then cultivated and nourished. Not many years ago the tomato was considered poisonous, and nobody dared eat one. Now, it is one of the highly prized products of the vegetable garden.

Use good ground for tomatoes, but no fresh manure, as the latter will stimulate plenty of foliage but few fruit. Well-rotted manure or pulverized sheep manure may be dug into the ground to advantage, or commercial fertilizer may be forked into the soil after the plants have been set out. A teaspoonful of nitrate of soda applied just as the tomatoes begin to turn will help the ripening process and give a rich color.

For an early crop, start seeds in the hot bed or in boxes in the window in March. Cover the seeds a quarter of an inch, and when the plants are an inch high transfer them to other boxes, or better still to paper pots or dirt bands. See that they have plenty of air and are gradually hardened off. If indoors, set them on the porch on bright days. By the time the plants are six inches high, begin giving a little liquid manure twice a week.

Set the plants in the open ground two feet apart and bend the stalks so that several inches of stalk, in addition to the roots, will be placed under the surface. A short and shallow trench may be scooped out to facilitate this. This is a wrinkle new to most people, but which helps to encourage fine, strong and prolific plants, as a result of the rootlets that develop all along the buried stalk. Tall and spindling plants may be reduced in height and made more robust by adopting this simple plan.

Tie the growing plants to stakes or frames and prune three times. The first time, remove many of the stalks and leaves. The second time, trim back as may be needed to let in the sunlight and take off the side shoots. The third time, remove many of the small tomatoes to force growth into the others. This plan will insure a crop to be proud of.

Be sure to make a second outdoor sowing in May, in a sheltered corner or a seed bed. Thin to five inches and transplant in six weeks.

Use Earliana or Early Jewel for the first tomatoes, with Stone and Perfection for later sorts. Many gardeners prefer to buy their tomato plants, but often are restricted to Dwarf Champion, which grows storky and makes a fine appearance as a plant. This is by no means the best tomato, but it is thoroughly reliable and has a long season, so that some of the harsh things said about it are hardly merited.

By all means, plant some of the handsome little preserving tomatoes—the cherries, plums, pears and currants. Some of them are excellent for eating out of hand, and are a novelty when served whole with powdered sugar. They are a joy in the garden.

Why Man of Today Is Only 50 Per Cent Efficient

Copyright by CHAS. A. TYRRELL, M. D.

That the average man of today is far very far, below normal in efficiency, is undeniably true. We see the proof of it on every hand.

The reason that man of today is only fifty per cent efficient is that he is "clogged up."

Ask any engineer or any ordinary skilled mechanic what will happen to a machine if it is not kept in a cleanly condition—if the dirt that accumulates as the result of friction is not regularly removed. He will tell you that with every day's neglect its efficiency decreases until finally it becomes useless, incapable of work, and the more complicated the machine, the greater the injury.

Not the most cunning product of man's handiwork can compare with the intricate mechanism of the human body. The finely adjusted balance that weighs the one-thousandth part of a grain is kept under a glass cover, for even impalpable dust would clog its movements. Yet there are vital processes going on in the body, infinitely more susceptible of interference than the balance.

During every moment of life, waste is formed by the destruction of tissue, and must be promptly removed if the individual would preserve his health.

Professor Metchnikoff says: "Particularly injurious are the microbes of the large intestine. Thence they penetrate into the blood and impair it, alike by their presence and the products they yield—ptomaines, alkaloids, etc. The auto-intoxication of the organism and poisoning through microbes is an established fact."

Is it any wonder, then, that the man of today is only fifty per cent efficient?

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I have also written a book which treats in detail on "Why Man Of Today is only 50% Efficient." This will be sent you without cost or obligation if you address Chas. A. Tyrrell, M.D., 134 West 65 St., New York, and mention that you have read this in the SEMI-MONTHLY MAGAZINE SECTION.

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And mourned because I found it not.

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