



The Wonder of Exploded Grains

Those bubble-like grains of Puffed Wheat or Puffed Rice result from a curious process.

Nature stored in each kernel a hundred million food granules. Each granule enclosed a mere atom of moisture.

Sealed up in gins, in terrific heat, those atoms of moisture are changed to steam. Then the gins are shot and the steam explodes. A separate explosion occurs in each granule—a hundred million explosions in every grain.

Thus every food granule is blasted to pieces, so digestion can instantly act. Whole grains in this way are made wholly digestible. That never was done before.

The grains are puffed to eight times normal size. Each becomes a wilderness of thin, crisp, toasted walls. The result is fragile, dainty morsels with a taste like toasted nuts.

Never were grains so well fitted for food—never made so delightful—as they are by this curious, costly process invented by Prof. Anderson.

Puffed Wheat-10¢
Puffed Rice-15¢

Except in Extreme West

Let Your Folks Enjoy Them

Here are two cereals, entirely different in taste. And each can be served both as food and confection.

Serve with sugar and cream, or mixed with fruit. Or serve like crackers, floating in bowls of milk. Use like nut meats in home candy making, or as garnish to ice cream.

They will add delight to a thousand meals when you find them out. Order them now. Let your folks enjoy them.

The Quaker Oats Company

Sole Makers

(512)

Making the Most of Sweet Peas

THE extreme flexibility of the sweet pea as a home-garden flower accounts for its great popularity, and is the principal reason why it is so beloved of an army of amateur gardeners. Since the trench method of culture has been almost universally adopted the labor of growing them is reduced to a minimum, and makes their culture especially adapted to the women folk.

The making of new trellises every year has been a stumbling-block in the greater advancement of the sweet pea by the old method of culture, when they had to be moved every year. If the modern trench method be followed, the soil is renewed as often as needed. This permits the trellises to be as permanent as grape-arbors. The trenches for sweet peas should not be less than two feet in width. Where there is room enough to do so, make them wider by at least six inches, and three feet will enable you to retain the soil that much longer. This should be excavated to a depth of eighteen inches, as the roots should be allowed to go deep so as to keep cool in summer.

Throw out the contents of the trench, keeping the good soil, taking with it two inches of sub-soil; for, owing to the process of leaching, this can be made into rich soil by the addition of *humus*. All the stones and gravel should be removed, and kept for drainage in the trench. This drainage should average the size of "railroad ballast"—two-inch stones.

If the ground be level, the bottom of the trench should be graded to slope to one end, and there should be an outlet for surplus water. Use coarse cinders from the furnace, brick-bats, old plaster from the walls, or other mineral rubbish. It is not intended that the trench shall be quite full when the soil is filled with the drainage materials. A great deal of water is required during the months of July and August, and in order to save labor and water the trench should not, when planted and firmed, reach to within more than two inches of the general level of the surrounding ground.

In the suburban or country town there will be little trouble in making a good soil for sweet peas, for there is always the sod by the roadside upon which to depend. This sod when composted with alternate layers of garden-loam and well-rotted

horse manure, with a sprinkling of bone-meal and air-slaked lime between the layers, is excellent for the purpose of filling the trenches. It should be thoroughly worked together, being turned over as a mason mixes concrete by a fan-like sweep of the shovel.

The posts for the permanent trellises should be set in the trenches before the drainage and soil are put in. They may be made of any available materials, such as locust, cypress, oak, or yellow pine, in the order named for preference. If the sub-soil is soft enough to permit it, 4 by 4 posts may be pointed and driven in two feet with a sledge or maul. They should be set twelve feet apart for that is about as far as you can stretch the wire netting and prevent it from sagging. The ends of the posts which go into the ground should be painted with some preservative paint or gas-tar. Let the posts extend not less than six feet above the general level. Between the posts drive a 1 by 2 lath, midway, on which the netting is also fastened, as this makes it more rigid, and prevents the heavy growth of vine bearing it down when full of blooms.

If the trench is two feet wide, set the rows six inches apart, which will leave nine inches outside of each row to be filled in with soil. Place the seeds two inches apart; they should be sown thickly to insure a good stand.

During the past few years a great advance has been made in the type of the sweet pea, as the result of a most remarkable "break," which produced what is known as the Spencer type. There are always a lot of fine new ones introduced each year which are better in some particular than their predecessors, but they pale before the introductions for 1913 and 1914, by the seed houses which make a specialty of the sweet pea. The finest of the recent novelties are: King White, wedgewood, Illuminator, Empress Eugenie, Margaret Atlee, Charm, Decorator, Orchid, Sterling Stent, Elfrida Pearson, May Campbell, Afterglow, Arthur Green, Barbara, Charles Foster, Constance Oliver, and Countess Spencer. There are many other good varieties of the Spencer type, which you will find named in the catalogues of the seedsmen.

New Garden Wrinkles

WHEN potting plants, spring or fall, give the pots, when filled, three soakings, a week apart, with lime-water, made as follows: Slack five pounds of quick-lime in three gallons of water, stir, and allow to settle. Use the clear liquid from the top. This will destroy earth-worms, which eat the roots of the plants, and cause leaf-dropping.

As a remedy for aphides on potted-plants, indoors, use any of the following: Tobacco smoke; one ounce of oil of lemon to a gallon of water, sprayed on; or strong soap suds, sprayed on. For mealy-bug on soft-tissued plants, use the soap suds, but for palms, use a stiff brush to kill them.

House plants, which have been potted for a year or more, should be de-potted to see if they be pot-bound. To do this, place the left hand over the top of the pot, and the right one over the bottom; reverse the pot and strike the edge on some solid substance, as the edge of a bench, and the pot will come away in the right hand. If the ball of soil be covered out of sight with roots, the plant should be shifted to a pot just one size larger.

The calla-lily should be rested for a month during the latter part of the summer by allowing the soil in the

pot to become bone-dry. Set the pot in an inch of water by the first of October, and keep it so, and you should have fine blooms for Easter.

In the spring the house plants should be allowed to get "on the dry side," by withdrawing moisture, but not letting the soil get quite dry. Such as geranium, verbena, fuchsia, begonia, and coleus should be carried thus a month, and be cut back one-third to one-quarter, keeping a pyramidal shape, and given plenty of water, and dusting of bone-meal on top of the pot.

The potted ferns will likely be "straggly" by spring. Cut off the browned and ragged fronds, re-pot if pot-bound, give bone-meal, and as soon as the weather is permanently warm, sink the pots to the brim in a border where they will have shade in the afternoons. It is not good to de-pot and set house ferns in the open border.

Many plants do not succeed in pots through being in those too large for them. A young seedling, started in the spring in a two-inch one, should be shifted into a four-inch by early summer, and could last in the latter until ready to take in for the winter, when it *might* require shifting into a five-inch. It is especially necessary to use care in this regard with house ferns and palms.