

# GARDEN FOR VICTORY

Now's A Good Time To Make Your Plans

## Vital Vitamins in Your Vegetables

For Victory  
Now that we are thinking about the vegetables we would like to raise this summer at our Victory garden, and we are sketching our garden plot, we must consider also our "mineral" likes and dislikes in getting the maximum nutrition from our seeds, space and effort.

**Tomatoes**  
Tomatoes come at the top of the list for the gardener. They are the easiest of all to raise and any family that cannot have a victory garden can plant at least some tomato plants along a fence or stake a few at the back of the flower bed, or make a small bed in some corner. Tomatoes are nutritious raw, as juice, or cooked. Storage is the greatest factor in vitamin loss so your tomatoes fresh from the garden will have more vitamins than any tomato which has been processed some time. The tomatoes you can fresh from the garden will have more protective value in the grocery store than the stored and shipped tomatoes in the grocery store. If you are thinking of your necessary daily supply of vitamin C eat your tomatoes raw from your garden as much as possible, and remember to drink twice as much tomato juice for vitamin C as orange or grapefruit juice.

## Darkest Greens and Yellow Vegetables

In choosing your other vegetables it will help you to know that your darkest green and yellow vegetables are the most nutritious, and especially the highest in vitamin A (the one we associate with butter, fortified margarine and cream).

New Zealand bedding spinach, the regular broad leafed spinach, and Swiss chard are the ones you get first and you will be able to choose one of these. Don't forget that spinach will do more for you raw in a salad than cooked. Collards and kale are less popular but their leaves have many more vitamins than bleached cabbage heads. Turnip greens and dandelion greens are far better for you than lettuce. The darker green leaf lettuce is superior to bleached head lettuce from the nutritious standpoint, and will be splendid in your summer salad bowl. If you live near a stream or a swampy spot where the water is not stagnant, try watercress. It is way above lettuce as a salad green and an

## Cross and Peppers

Finest curries and upland cross is nutritious and can be sowed in a small square spot right in the garden, and do not require constant moisture on the roots like the regular water cross.

Green peppers are easy to raise and extremely nutritious. Three or four plants will bear many peppers, and that person without a garden could put a few between tomato plants if both kinds of plants are kept well spaced. Parsley belongs with the peppers and tomatoes for ease of raising and is at the top of the list for vitamins and minerals, so have a parsley row and cut it up in your salads and sandwiches. Mint and dandelion cross is nutritious and can be sowed in a small square spot right in the garden, and do not require constant moisture on the roots like the regular water cross.

## Beans

Stringless green beans are in the group of vegetables very easy to grow and are prolific in the small garden. They are a good source of vitamins. Lima beans along with green peas supply protein, and they will need more vegetable protein with less meat protein available. Keep in mind that mature dried peas and beans however, are much higher in protein than the fresh. Lima beans and peas are the highest vegetable source of the important vitamin B-4, next to the rather new food, soy beans, but do not forget that the yield is small unless your garden space is large and you have room for several rows.

As for soy beans, they have recently been found to be our best vegetable source of vitamin B-1, and of protein, hence are a fine meat alternate. Do not try to grow lima beans to dry; buy the dry beans at the store, but if you have room, grow a few soy beans to eat young and green. The fresh soy beans are also high in vitamins B-2 and niacin. The young pods are vitamin A. Choose yellow corn instead of white, yellow summer squash instead of white. Carrots are a very important yellow vegetable.

This summer remember to pick your vegetables and use them, do not let them lie around or remain in the refrigerator. Eat as many vegetables and fruits raw as possible, and cook them properly when you do cook them. Don't forget that more vitamins and minerals are lost in improper, old-fashioned cooking than in modern food preservation.

# Volunteer Army, 3,000,000 Strong, Serves Nation



WASHINGTON, D. C.—Five hundred thousand surplus dressings an hour—no, that's not the production schedule of some gargantuan, highly mechanized manufacturing plant. It's what 2,000,000 women—part of the army of 3,000,000 trained Red Cross volunteer workers—are accomplishing as their contribution to the war effort from the home front.

In cities, towns and hamlets up and down and across the country, women of all ages from every station in life are working side by side in Red Cross production rooms. They know that in field dressing stations and hospitals within the range of enemy guns, American fighting men are depending upon them.

The work of these women and the very existence of the American Red Cross Volunteer Special Services depends on public support of the 1943 War Fund appeal for \$125,000,000.

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In cities and towns throughout the U. S., 3,000,000 Red Cross volunteers are contributing to the Nation's war effort. Upper left, a Red Cross Motor Corps member adjusts the engine of her car. Right, complete confidence in this nurse's aide is registered by the infant she holds. Below, women like these last year produced 520,000,000 surgical dressings for the armed forces.

## Choyanski's Passing Recalls Famous Bare Knuckle Bouts



Chrysanthemum Joe Choyanski... he was a referee too.

BY ART BRONSON  
NOT long ago one of the toughest ring fighters of all-time died. He was Joe Choyanski, the San Francisco whirlwind, sometimes known as Chrysanthemum Joe because of his long yellow hair.

Choyanski fought at a time when the padded glove was just beginning to pad the bare fist. He fought Corbett, Fitzsimmons, Jack Johnson, Tom Sharkey, Jeffries, McCoy, Jack O'Brien, Marvin Hart, Will Bill Harraban, John L., and Kilrain.

He fought a hundred and more others, and he was no setup. In his heyday Choyanski could hit like Joe Louis, about as fast as Henry Armstrong, as cleverly as Gene Tunney, and he had the kind of fighting heart that made Jack Dempsey so fearsome.

Choyanski met Jim Corbett at least three times after they had it out as kids in a back alley affair. Corbett beat him in 1904. They met again, only to be stopped by a sheriff at four rounds. The third time was the famous grudge match on a grain barge off San Francisco in 1899. Prize fight historians say there will never be another fight like that one. Choyanski was 20, weighed 155; Corbett was 22, weighed 170. The fight went 27 rounds, and Corbett was hardly able to stand when Choyanski's seconds intervened because Joe himself was out on his feet. At 20 rounds both fighters' seconds accused the other of flesh from their faces. That's how savagely Choyanski and Corbett went about their business—for \$1000, summer take all.

CHYOANSKI balanced Fitzsimmons once in Boston, but big Bob got a long count, so Joe always argued, and came back and got a draw when the cops showed up in the sixth. Choyanski collected his smallest purse for that affair, \$200. His largest was \$5000 for 34 rounds with a fighter named Billy Woods. They didn't have million-dollar gates then. They seldom even had legal sanction.

Choyanski's closest rival was Marvin Hart, a Louisville fighter he finally licked after Hart had knocked both Choyanski's eyes. And the dearest, old Corbett, as you'd think, but Philadelphia Jack O'Brien. Although O'Brien couldn't knock a good man out, he got around too fast for a good man to knock him out.

Joe Choyanski was 73 when he passed on. He'd spent his last working years teaching boxing in Cincinnati.

## Happenings of Long Ago

### 50 YEARS AGO

March 2, 1893  
"About 62 days of rich, rare, and ripe sleighing to date and more coming without doubt."  
"Imagine the Goddesses of Liberty wearing a hoop skirt at the World's Fair. It would be a steel-ribbed skirt."  
"The fact that the new postage stamps are backed with a mycelium has not yet been advertised and is not generally known. It is claimed by John Wanamaker that a constant use of these stamps will cure bronchitis, consumption, liver complaint, neuralgia, toothache, indigestion and rheumatism. It is believed after a night with the boys, and any and all cases of domestic trouble, if the stamps are used liberally by a liberal use of these stamps. The demand is so great that the advance toward February will prove insufficient and another king will become necessary."  
"Last Wednesday night the Teutons invaded our town and with the large M. E. church for a fort, they waged a 'stormy' battle for souls' all day and nearly all night."

### 25 YEARS AGO

March 8, 1918  
"Germany's invasion of Russia has slowed down. There have been no reports showing that the Teutons were sweeping ahead with the power shown in the early days of the advance toward Petrograd, and there are indications that the movement has lost some of its momentum. It is asserted in Petrograd that the Russian troops have recovered their fighting spirit and are on their way to the front."  
"The Baldwin High School basketball team played the Wyandotte high school on Friday night at the Baldwin high school auditorium. The score was 15 to 14 in favor of the Wyandotte team."  
"The position vacated by the resignation of O. C. Cobb from the high school faculty has been again filled by Mr. Toothacker of Ypsilanti. Mr. Toothacker will take over all the scientific classes of the high school this following May. Vice of this work which has been personally conducting of late."

### 5 YEARS AGO

March 3, 1938  
"Wich River" (Wich) was general chairman, the annual Red Call for the Community House. A well-organized and successful affair will be held Saturday, April 2, and continue through Monday, April 11."  
"Birmingham's policy for extension of the use of its fire fighting equipment outside the city's boundaries, was reiterated at a meeting night when, by unanimous agreement, the Commissioners approved the plan to extend their fire trucks for it make a \$100 deposit."  
"At the farewell service of the Rev. W. Hamilton Aulbach, held Sunday at Christ Church Cranbrook, 35 members of the Metropolitan District Presbytery of the Legion of Honor were in attendance. They also supplied the flowers for the altar in token of their appreciation of the many fine things that Mr. Aulbach had done for them during the past few years."  
"Two pairs of twins were born to two Birmingham couples within 48 hours last week. One pair, Joy and James, were born to Mr. and Mrs. Hobart M. McMahon, and the other pair, Philip and Phyllis, were born to Mr. and Mrs. Lloyd C. Dufee."

### Cut Ice Cream; Make More Butter

Almost 80 million pounds of butterfat are being released by the ice cream industry for use on the war front. "This is being made possible," states Milton Hult, president of the National Dairy Council, "through the curtailment of ice cream manufacture to 65% of last year's production." The same action is making available nearly 20 million pounds of defatted milk solids for the use of our fighting forces.

### 215,292 HUNTERS

LANSING—With some late accounts yet to be considered, the Department of Game Management has collected for 215,292 of the 1942 deer hunting licenses—far in excess of the most optimistic pre-season estimates and only 2,134 short of licensing sales at the same time a year earlier, when the privilege of killing dogs for lamp deer distinguished Michigan's season of record deer license sales.

### Book Donors

Screen actress Joan Crawford and actor husband Phil Terry autograph a few favorite volumes for the victory book campaign for service men.

## For the Gardener



They're the new long-stemmed shorts, designed for utility instead of glamor. The well-dressed victory gardener will wear them.

### NEW HYBRID TOMATO

Tests at Michigan State College indicate a new hybrid tomato holds promise for greenhouse operators in Michigan. The introduction has been given the name "Spartan Hybrid" according to Keith C. Barrons, who helped produce and test the new development. Parents are the well known Michigan State tomato and a variety called Copper's Special. Yields of the new hybrid are 25% greater than the Michigan State hot-house tomato. Greenhouse labor shortages, Barrons points out, may delay widespread production of the new hybrid by commercial growers.

## Bowling Scores

LADIES ALBI LEAGUE		
Millie	Alta	Barbara
50	45	35
40	35	25
30	25	15
20	15	5
10	5	
5		
0		
Weekly High Scores		
Millie—45		
Alta—40		
Barbara—35		

JUNIOR HOUSE		
Birmingham Juniors	2nd High	1st High
50	45	40
40	35	30
30	25	20
20	15	10
10	5	
5		
0		
Weekly High Scores		
Birmingham Juniors—45		
2nd High—40		
1st High—35		

LADIES' HOUSE LEAGUE		
2nd High	1st High	3rd High
50	45	40
40	35	30
30	25	20
20	15	10
10	5	
5		
0		
Weekly High Scores		
2nd High—45		
1st High—40		
3rd High—35		

HOUSE LEAGUE		
Home Craft	Home Sewing	Home Needlework
50	45	40
40	35	30
30	25	20
20	15	10
10	5	
5		
0		
Weekly High Scores		
Home Craft—45		
Home Sewing—40		
Home Needlework—35		

## REGISTRATION NOTICE

FOR  
CITY OF BIRMINGHAM  
ELECTION  
MONDAY, APRIL 5, 1943

To vote at this election, all persons must be registered in the City by Tuesday, March 16, 1943, at 8 P. M. Eastern Standard Time (War Time).

Citizens of the United States, 21 years old, who have resided in the State of Michigan six months and in the City of Birmingham twenty days at the time of voting are eligible.

TO REGISTER—Call at the city clerk's office in the Municipal Building on or before Tuesday, March 16, 1943.

If you have moved since you last voted, you must transfer your registration to your new address by notifying the city clerk of such change before March 16, 1943.

IRENE E. HANLEY,  
City Clerk

## NOTICE!

Registration day for the Biennial Township Election to be held at the Bloomfield Township Office, 4200 Telegraph Road on Monday, April 5, 1943.

To vote at this election all persons must be registered in the Township Office by Wednesday, March 17, 1943. The office will be opened on March 8, 1943, from 9:00 a. m. until 8:00 p. m., and all other days from 9:00 a. m. until 5:00 p. m., up to and including the last day of registration which is March 17, 1943.

ANN M. BIRRELL,  
Deputy Clerk

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40-Page VICTORY GARDEN GUIDE  
FREE  
Grow Vegetables for Victory!  
Government says "grow your own food this year." This valuable book tells you how to grow your own food. It contains 40 pages of planting directions. Descriptions of 111 best vegetable varieties for this area. Free for FREE copy today.  
LOHRMAN SEED CO.  
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SCRAPER  
Screen actress Joan Crawford and actor husband Phil Terry autograph a few favorite volumes for the victory book campaign for service men.

3  
EASY WAYS TO SAVE  
electricity  
COOKING LIGHTING APPLIANCES

COOKING. Plan more oven meals in your electric range. Preparing a complete meal in the oven at one time is economical: The same amount of electricity cooks meat, potatoes, vegetables and a pudding. . . . Use LOW heat to finish most of your surface cooking, after foods have reached the steaming point. When the cooking operation is almost completed, the heat may be turned completely OFF. Stored heat in the unit finishes the cooking operation. . . . Don't waste electricity heating up a large quantity of water when cooking vegetables: Half-a-cup of water is ample.

LIGHTING. Dust steals light and wastes electricity. Wipe all lamp bulbs frequently, also reflector bowls and ceiling fixtures. Use the right size lamp in the right socket. Dark colored lamp shades soak up light. Use light-colored shades wherever possible, or try fitting dark shades with a white lining.

APPLIANCES. Don't leave appliances turned on when temporarily not in use (your electric iron or toaster, for example). Pull the plug, and connect the appliance again later when you are ready to use it. Defrost your refrigerator regularly. Don't over-crowd your refrigerator. Unless the motor is hermetically sealed, have it oiled and inspected regularly. Be sure to locate your refrigerator away from heat sources, and allow adequate air circulation all around the refrigerator. The Detroit Edison Company.