

Home Grown Greens Mean Better Salads

The fresher the green, the better the salad—and, no salad tastes quite so good as the one grown in your own garden.

Tossed salads are "musts" in most reducing diets and furnish a treasure of vitamins for growing children. Your reputation as a "hostess with the mostest" on the table can be grown in a corner of your backyard vegetable garden.

A salad garden can give you months of crisp, flavorful greens which you would never be able to find in markets. A further advantage of a homegrown salad is that the green leaves can be picked, washed, dried and chilled minutes before serving—an important factor, as any gourmet will agree, in extracting the fullest flavor from your salad.

Here is a suggested list of salad ingredients which can be easily grown by the home gardener. Lettuce is the key to your tossed salad. The commercially grown lettuce tends to be the tight, white head which most salad chefs find to be tasteless and difficult to dress.

In growing your own, you can enjoy the preferred cos lettuce—known as "romanic"—which is available for growing in several varieties.

Loose heading varieties—such as Bibb or limestone—also is a favorite with salad fanciers. This type of lettuce can be grown in the early spring and fall, but tends to go to seed in hot weather.

Leaf lettuce also is excellent in salads and can be grown for a much longer period than the head types. Leaf lettuce can be used when the leaves measure two inches across. The plants must be thinned out regularly in order to mature.

Endive can be grown in two types—broad and curly leaved. Both hold up under frosty hot weather and have a distinctive flavor which is an asset to a salad.

Since frost improves this flavor, a late sowing is recommended so that the plants will reach maturity in the fall.

On the subject of unusual flavor, corn salad is fresh and spicy and is grown easily in spring and fall. Curled garden cress also has a strong flavor and thrives with ordinary, routine garden culture.

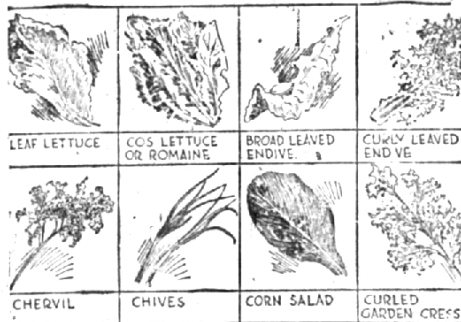
Watercress is easily grown in areas which have a ready supply of fresh water. Constant moisture is essential to the fullest development of watercress.

Cervil is an aromatic plant resembling parsley. However, there the similarity stops. The flavor of cervil is far superior and makes it a highly prized item in the salad bowl.

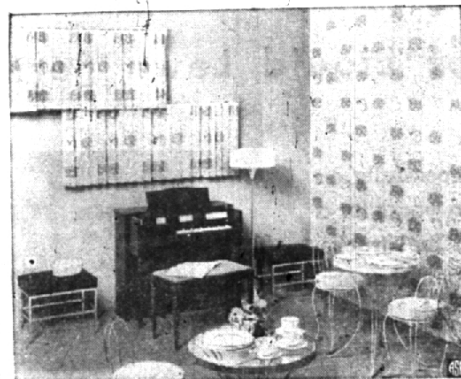
It also can be used as a garnishment for meats. Like parsley, the seed is slow to germinate. Sow it with a few radish seeds to mark the rows.

One of the most useful salad vegetables is chives. Although of the onion family, they have a delicate onion flavor, just sufficiently strong to give the faintest seasoning to a salad.

Chives grow easily from seed and a plant survives many years.



THESE GREEN leaves will be delicious addition to your salad bowl



Window Gets Beauty Treatment

Many home decorating problems can be solved easily, quickly, inexpensively—and prettily—with fabric, wallpaper or paint, as a window was put under cover of this room.

The family wanted a recreation center for music, food and games. Everything looked right except the window on the wall above the chord organ. The problem was to cover the window attractively and yet use it for ventilation when needed. The very attractive answer is wallpaper cafe curtains, made from the same music motif wallpaper covering one wall.

Paper was cut to length. Looped braid was attached to the front of the paper with double-face adhesive tape, and then paper curtains were accordion-folded. When window is not in use, the long stretch of curtain decorates the wall. Curtains can be moved aside to open window.

Give Your Kids Their Own 'Den'

Children are much happier if they have a pleasant room of their own. This is especially true of Junior and senior high school students.

Young people get a sense of independence and self-confidence if they have their own domain where they can study, read and relax alone. Their school work profits, and they will be more willing to stay home.

Here are tips from a leading architect on how to dress up a young person's room. Select one wall for a complete set of built-ins which should contain study desk, book shelves, and storage for hobby gear.

You can build these units in any size if you use some easily worked softwood like west coast hemlock. You may wish to convert an entire wall into storage, which in addition to the above mentioned, would include wardrobe clothes closet and a chest of drawers for linens and other wearing apparel.



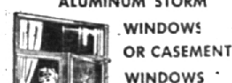
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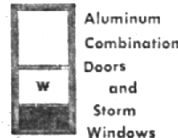
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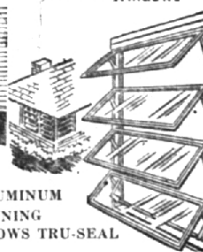


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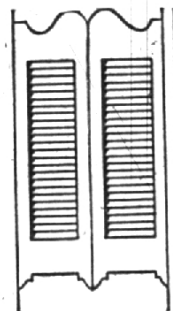
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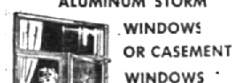
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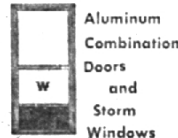
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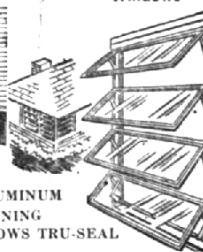


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