

THE WOMAN AND THE WAR

A War Service Bringing the American Woman in Close Touch With Her Government

When the Potato Bug Comes

What You Can Do to Save Your Garden

THE most dangerous and the most common insect enemy of the potato is the well-known "potato bug," which is a beetle. It is usually found in greater or less numbers in every potato field. It appears on the potatoes as above ground. The adult potato beetle has a modest appetite and eats only sparingly of the leaves. The trouble is that the females lay large quantities of eggs on the under side of the leaves, and these eggs hatch out in a few days after they are deposited. The young bugs, or larvae, have limitless appetites, and will in a few days devour all the foliage of a potato plant and leave only the bare stems. There is no cure; only prevention will avert disaster.

How to Kill Off the Bugs

IN A VERY small potato patch it may be practicable to eliminate the potato beetle by making frequent examinations of each plant, and picking off by hand and destroying each beetle before it has laid its eggs. For the most part, however, it is more practicable to spray the potato plants. A spray of Paris green or arsenate of lead should be used, and used as soon as any bugs are found present. These mixtures are poisonous and kill the insect as soon as it ingests any foliage on which the spray has fallen. Paris green sometimes burns the foliage unless some time is added. Arsenate of lead is not so fast acting and will not burn the foliage much. Use either of these sprays as frequently as seems necessary to keep down the bugs.

Here are proved formulas for making Paris green and lead-arsenate spraying mixtures. The amount given are for relatively small quantities; if you find you need larger quantities just increase the amounts, preserving the same proportions.

Paris green—Paris green, 1 ounce; stone lime, 2 ounces; water, 6 to 8 gallons.
Lead arsenate—Lead arsenate, 8 ounces; stone lime, 4 ounces; water, 5 gallons.

If Your Potatoes Become Diseased

SOME of the better known potato plant diseases are: Early blight, tip burn, which affect foliage only; common scab, powdery scab, wart disease, silver scurf and internal brown spot, affecting the tubers; late blight, black leg, fusarium wilt, bacterial soft warts, leaf roll and mosaic, which affect both foliage and tubers. Write to your state agricultural college if your potatoes are attacked.

The Sovereign Preventive

FOR controlling the potato diseases, as well as keeping down the bug pest, frequent spraying with a poisonous mixture is about the only recourse of the potato grower. For this a single spray is used for the most part. This spray is known as Bordeaux mixture. The use of this fungicide mixture should begin as soon as the plants are from 2 to 3 inches above ground. The second spraying should be given ten days or two weeks later, and subsequent sprayings should follow at intervals of two weeks. If bugs appear it is considered quite practicable to add the Paris green mixture to the Bordeaux mixture and apply them both together.

Standard Bordeaux mixture is made according to the following formula: Blue stone (copper sulphate), 1 pound; stone lime, 1 pound; water, 12 gallons.

When making Bordeaux mixture dissolve the lime in one-half the water and the copper sulphate in the other half. Use only wooden vessels for this. When both are dissolved, mix, and apply at once to the potato plants. If Bordeaux mixture is allowed to stand it loses its power as a fungicide.

When to Spray

WHEN spraying with Bordeaux mixture against disease fungi, always apply the spray before a rain, though of course you should not wait until a rain is imminent before spraying. The reason is that Bordeaux mixture attacks the fungi immediately, while after a rain the leaves are protected from the mixture by a film of water. When using the insecticide sprays it is better to spray after a rain, as soon as the plants are fairly dry. These mixtures must stay on the foliage until the bugs come along and eat them; if the spraying is done just before a rain the poisonous substance will be washed off. Arsenate of lead is usually preferred to the Paris green, as it contains a little glucose which gives it greater sticking power. The arsenate may also be used dry and dusted on to the plants. Early morning is a good time for this, when there is moisture on the plants.

The Garden You Can Plant Now

Don't Think it is Too Late; It Isn't

DO NOT waste your time in wishing you had made a garden too. Get your spade and make one now. It's not too late yet. Even if you live in the North, there are many vegetables which will pay you to plant now, while the farther south you live the more you can plant. If you live well south, you can have this year as good a garden as anybody—provided you pitch in at once.

The experts of the Government at Washington, D. C., have made out this table for you:

out the young plants so they will stand about 2 inches apart in the row. Salsify may be dug and stored like carrots, or left in the soil to be used as needed. It is a biennial, and the roots will produce seed the second season if not disturbed. The Sandwich Island is the variety of salsify which is most commonly grown. If you live very far north in the United States it will not be advisable for you to try to grow salsify this summer as the chances are that your growing season will not be long enough for you to get satisfying results.

WHAT YOU CAN PLANT NOW PREPARED BY THE GOVERNMENT GARDENERS

KIND OF VEGETABLE	SEEDS OR PLANTS REQUIRED FOR 100 FEET OF ROW	DISTANCE FOR PLANTS TO STAND		DEPTH OF PLANTING, INCHES	TIME OF PLANTING IN OPEN GROUND		READY FOR USE AFTER PLANTING
		ROWS APART	PLANTS APART IN ROWS		SOUTH	NORTH	
Beans, bush	1 pint	18 to 24 in.	5 or 8 to 6 ft.	1/2 to 2	Aug. to Sept.	April to July	40 to 65 days
Beets	2 ounces	12 to 18 in.	5 or 6 to 6 ft.	1 to 2	Aug. to Sept.	April to Aug.	60 to 80 days
Cabbage, late	1/2 ounce	24 to 36 in.	16 to 24 in.	1 1/2	June and July	June and early July	90 to 130 days
Cheerful	1 ounce	18 to 24 in.	3 or 4 to 4 ft.	1	Autumn	Autumn	1 year
Corn salad	2 ounces	12 to 18 in.	5 or 6 to 6 ft.	1/2 to 1	Sept. and Oct.	Mar. to Sept.	60 to 100 days
Corn, sweet	1 pint	30 to 36 in.	30 to 36 in.	1 to 2	Sept.	May to July	60 to 80 days
Cucumber	1/2 ounce	4 to 6 ft.	4 to 6 ft.	1 to 2	September	April to July	60 to 80 days
Kale or broccoli	1/2 ounce	18 to 24 in.	18 to 24 in.	1 to 2	May to Sept.	Aug. and Sept.	120 to 180 days
Leek	1/2 ounce	14 to 20 in.	4 to 8 in.	1	Sept. to Mar.	Mar. to Sept.	60 to 90 days
Lettuce	1/2 ounce	12 to 18 in.	4 or 5 to 4 ft.	1 to 2	Sept. to Oct.	Mar. to Sept.	60 to 90 days
Mustard	1/2 ounce	12 to 18 in.	4 or 5 to 4 ft.	1 to 2	Sept. to Oct.	Mar. to Sept.	60 to 90 days
Onion sets	1/2 ounce	12 to 18 in.	4 or 5 to 4 ft.	1 to 2	Sept. to Oct.	Mar. to Sept.	60 to 90 days
Pumpkin	1/2 ounce	8 to 12 ft.	8 to 12 ft.	1 to 2	Sept. to Oct.	May to July	100 to 140 days
Rutabaga	1/2 ounce	12 to 18 in.	6 to 12 to 6 ft.	1 to 2	Sept. to Oct.	Mar. to Sept.	60 to 80 days
Rhubarb, plants	33	3 to 5 ft.	3 ft.	2 to 3	Sept. to Oct.	Autumn	1 to 3 years
Salsify	1/2 ounce	18 to 24 in.	7 or 8 to 8 ft.	1 to 2	Aug. to Oct.	Sept. to Feb.	60 to 80 days
Spinach	1/2 ounce	12 to 18 in.	7 or 8 to 8 ft.	1 to 2	Aug. to Oct.	July	60 to 80 days
Turnip	1/2 ounce	18 to 24 in.	6 or 7 to 6 ft.	1 to 2	Aug. to Oct.	July	60 to 80 days

Don't Plant Late Beans Yet

BEANS do not withstand hot weather very well, so do not make your late plantings just yet. Wait until late summer, so that the hottest period will have passed by the time the plants are fairly well started. You can continue successive plantings of beans, at intervals of ten days or two weeks, until about eight weeks before the time for the first autumn frosts. Lima beans of the pole varieties should be planted 8 to 10 seeds in a hill, and thin to three or four plants after they have got well started. The hills should be 4 or 5 feet apart. Do not cover beans more than 2 inches deep with soil; if your soil is heavy reduce this to from 1 1/2 to 1 1/4 inches.

Now is the Time for Carrots

INCLUDE carrots in your late plantings this season. They are grown much like beets, except that the seed is not planted quite so deep and the plants need not be thinned out quite so much, as the carrot doesn't require quite so much growing space.

When the Bugs Come

DO NOT forget that when your growing vegetables begin to look pretty good to you they are also attractive to garden pests, with this important difference: the garden insects are not content to wait, as you must, until the vegetable has attained full maturity before beginning to eat it. Consequently, when these insects arrive, they go right to work and are likely to eat more of your garden crops than you will if you don't wage war on them.

The accompanying table shows you the principal insect enemies of the garden, the plants they attack, and the means you should employ to fight them:

PRINCIPAL GARDEN INSECTS AND REMEDIES		
INSECT	PLANTS ATTACKED	TREATMENT
Earwig type:		
Tomato worm	Tomato	Hand pick or spray with arsenate of lead
Cabbage worm	Cabbage group	Hand pick or apply arsenate of lead
Cucumber beetle	Cucumber	Cover with frames. Apply tobacco dust or spray with Bordeaux mixture or arsenate of lead
Cutworm	Tomato, cabbage, onion	Apply poison bait; place tin or paper collars around plants; hand pick; apply Paris green or arsenate of lead
Potato beetle	Potato, eggplant, and tomato	Hand pick and apply arsenate of lead
Sticking Type:		
Squash bug	Squash, pumpkin, melons, etc.	Hand pick; spray with kerosene emulsion or nicotine sulphate
Aphis (plant louse)	Cabbage group and other plants	Spray with kerosene emulsion, a solution of hard soap, or nicotine sulphate

Grow Some Salsify

UNCLE SAM says that salsify, sometimes called oyster plant, deserves to be better known in this country. It is rated high among vegetables, not only for its oysterlike flavor when fried or used in soup; but because it has substantial value in the diet. One ounce of seed planted in a 100-foot row will provide more than enough of this vegetable for the average family. Plant salsify seed in the same way and about the same time as carrots, thinning

There's Time for Cabbage Yet

EVERY woman keeping house has painful recollections of the luxury prices she was asked to pay for even the most insignificant head of cabbage last winter and spring. There is still time to raise your own cabbage. Buy the young cabbage plants from nursery or greenhouse, and set them out in your garden in late June or July. Then you will have cabbages of your own before the end of the summer, and if you have set out enough plants you will have cabbage to store for winter use. For late cabbage the soil need not be so rich as for early cabbage, but instead should be heavier and more retentive of moisture. Be sure you get one of the late varieties when buying the young plants to set out. Set them in rows 30 to 36 inches apart, the plants 14 or 18 inches apart in the rows.

Use Your Ground Again

IT ISN'T only those who failed to plant a garden early that ought to be planting now. Many vegetables planted in early spring are being gathered now, and their removal will release soil for other vegetables. A characteristic of most amateur gardeners is that by midsummer they have completely run their course instead of being in their prime. Don't be content with a sudden onrush of green vegetables. Use the ground left vacant by the passing of your early crops for growing the later varieties. Until frost there can be something doing in your garden every day.

Leave the Beans on the Vines

LET your beans remain and dry on the vines. This is as nature intended it should be. Beans dried in this way, then soaked in water and cooked, are much better than the average beans that come in a can.

The Most Nourishing of All Beans

Plant Soy Beans: They Will Come in Handy Next Winter

THE soy bean which is being so widely planted in America for later use has been employed as a staple food in China and Japan for hundreds of years. During the past century we have used it in the United States for cattle forage. Now that we are taking stock of our food resources we find there is a palatable, nutritious food. They furnish our bodies with fat and muscle-building material; they make an emergency addition to our daily food and, most important of all, they can be used as a meat substitute. The fact that they contain no starch makes them valuable for invalids who cannot eat starchy foods.

Soy beans may be made into soup; baked, with pork or without, for they contain much fat in the shape of oil, and served as the main dinner dish; made into a soy-bean meal or flour, and used in bread, muffins or biscuits, puddings, rice or cake; they may be boiled and served as a vegetable, roasted like peanuts and made into soy-bean coffee and soy-bean cheese. There is a soy-bean milk rich in protein, which makes an excellent substitute for condensed milk and is particularly valuable in cooking. There is also a soy-bean oil, which is valuable as a food product.

The beans may be grown easily in practically all sections of the country where corn is grown, and they will give heavier yields than most other beans. They will thrive through long periods of drought and of rain and, besides, will "improve the soil." In the North they should be planted from June 20 to July 1; in the South from July 1 to July 15. The crop can be gathered from September to October, and the beans may be eaten fresh, or canned or dried.

The dried beans may be purchased now in some markets in various parts of the country, often under the name of togo beans, or Manchurian or Chinese or black beans, but, with the increased acreage which will be given to raising them this summer, will be more generally available. Soy-bean meal, too, will no doubt come into more general use.

Where dried soy beans are available they may be baked with or without pork, like navy and other beans. They should be soaked overnight, or for sixteen hours at least, in order to loosen the tight jackets which they wear, and should be cooked longer than other kinds of beans. The cooking may be done economically in a fireless cooker of the sort provided with heating stones or plates; or on the ledge of the fire-box, inside the furnace.

A mixture of one part navy beans to three parts soy beans, supplemented by a juicy piece of pork, makes a dish that surpasses the famed Boston baked beans.

SOY BEANS have been canned in considerable quantities during the past season, baked with pork, and are on sale in this form in numerous markets. Canned green soy beans, which may be compared with lima beans, also are on the market in some sections of the country. Both these canned products yield as high a proportion of energy, and a higher proportion of protein, as the canned beans with which they are most closely comparable, and so are more nourishing.

Soy bean flour has been used in Japan for centuries. The flour, like the bean itself, is low in its proportion of starch. When bread, biscuit, muffin or griddle cakes are to be made, use one part of soy-bean flour to three parts of wheat flour. It may also be combined with rye flour in the making of brown bread.

There are several varieties of bean cheese made from the soy bean. "Natto" is made from soy beans that have been boiled for several hours until soft, then formed into cakes and wrapped, while still hot, in bundles of straw. It is then placed in a heated, tightly closed cellar for twenty-four hours. An agreeable change in taste occurs and the cheese is used as an important Oriental food.

For "tofu" the soy bean, after soaking and crushing, is boiled in considerable water and filtered through a cloth. Salted water is added to the strained liquid and a junket-like mass results. This is pressed into tablets, cooked in peanut oil and eaten hot.

Soy Beans With Bacon and Molasses

WASH one cupful of dried beans and soak them for at least sixteen hours. Boil them until the skins crack and they are soft. Fry a quarter of a pound of salt pork and boil it with the beans. Drain and turn them into an earthen beanpot, putting the pork in the center; to a quarter of a cupful of water in which the beans were boiled add half a teaspoonful of salt and one tablespoonful of molasses; mix well and pour over the beans. Cover and bake in a moderate oven for six or eight hours, adding bean water as necessary. If desired add molasses when serving.