THE GARDEN

VEGETABLES FOR WINTER V

THE "COOL," CROPS—
OUTSIDE STORAGE
(By John A. Gardner, Kentucky College of Agriculture.)

Lacking a house cellar, some form of storage outside must be used. The most simple is to bury in pits the potatoes, cabbage and the root crops, but because of the storage is inconvenient and some times uncertain, it may be well to consider constructing something better, a "cave" or "outside cellar," or a modification of each in form.

The main requirement for keeping the hardy vegetables is that they shall not freeze. This can be assured by "burying" them in sufficient cover, which in the latitude of Lexington, is 12 inches of straw or litter, and 10 to 12 inches of earth. A minor requirement is that enough ventilation is given to pass off the moisture the stored vegetables transpire during the first month or six weeks. This is met by erecting a ventilator stack which protrudes from the "pit" at its top and by providing two ditches that cross each other under the pile and that extend to its edge, to admit fresh air.

Objections to "pit" storage are that it is difficult to remove the vegetables in inclement weather, and that once a pit is opened, it must be completely emptied, for it is difficult to reclose a pit properly. Much more convenient is to construct a vegetable "cave" or "outside" cellar, by building a frame of wood or stone, covering it with plank or with masonry and then with earth. In order to admit the heat for bringing earth from a distance, part of the structure should be put above ground, or if the site is sloping, in the hillside.

In the ceiling, an outlet vent should be placed, fitted with some easy means of closing it. Entrance of fresh air may be assured by having a ventilator across the opening, provided with a slide at the floor line, and a means of closing it. The "real" door being sold. With this open, and also the slot in the "false" door, air will flow in to replace the foul air passing through the opened ceiling vent. Thus, the structure may be warmed "it ventilation is given at mild days, or cooled by admitting air only during the night hours. With both vents closed, the air remains static and the temperature is practically constant. Water drainage must be provided, usually tile, and tile or an improvised "pole drain."

If building such a structure presents too great difficulty, a modified "cave" may be made by submerging a barrel or a stout packing case in the ground vertically, or into the side of a hill. The excavation should be made large enough to allow 10 inches on all sides, and 12 inches underneath. The space around is to be filled with cinders or with fine stone, to keep the storage dry. If there is any doubt, a drain leading to lower ground should also be provided, as well. Such a "submerged" storage is closed by setting a sack of straw or burlap over the top, and covered with any plank or roofing to shed rain.

Full building instructions for a "submerged" cave, as well as for any of the forms described in these columns in the past months may be

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More Reductions In Long Distance Rates

For the seventh time in the past ten years, long distance rates have been voluntarily reduced.

Effective September 1, the rates for both person-to-person and station-to-station long distance calls were reduced to points 225 miles or more, distance. The reduction on calls ranges from 25c to 75c, depending upon the distance.

Also an additional person-to-person call the charges for evening after six minutes of conversation, three minutes. (Overtime charges begin after three minutes of conversation.)

It is estimated that these reductions will save Bell telephone users $7,500,000 annually.

SOUTHERN BELL TELEPHONE AND TELEPHONE CO.
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Suggest Care In Balancing Diets

There are certain foods which are body needs and there should be some of each of these in day's diet, points out the "4-H Food of Mankind," a Kentucky College of Agriculture publication used in 4-H club work.

A diet which supplies these in daily needs of the body is an adequate diet; that is, there is not too much starch or too much protein or too much fat, but a good proportion of all. An adequate diet also supplies the minerals and vitamins needed for health.

The manual says that some of each of the following groups should be eaten each day:

Cereals—Bread, macaroni, rice, cereal and other breakfast foods.

Fats—Butter, cream, olive oil, other fats and meat fat.

Vegetables and Fruits—Two of each every day, besides dried beans and potatoes.

Protein Foods—Meats, eggs, cheese, fish, dried beans and peas.

Sweets—Sugar, syrups and honey, if desired sparingly.

Let milk play an important part in all meals. A quart a day for children and at least a pint for adults are the amounts needed for health.

It may not be possible to have all the necessary foods in one meal, but they should be supplied by one of the three meals of the day, it is stated. It is better to consider all three meals for the week in making out the menu, rather than to consider each meal separately. It is the general diet for the whole day which counts.

A BOY IN CONVICTS GARB

(Lexington Herald)

A reported issue of the publication of the National Probation Association should get the American public up with a sense of shame. It prints a picture of a 12-year-old boy in the striped garb of a prison convict. Underneath it is the statement, sparingly:

"With the urge of spring upon him, a 12-year-old boy set forthwith one morning following his way to visit relatives in a southern state. He succeeded in getting off a freight train, traveled and secured food by the 'kindness' of chain gangs."

Thus, the story having had his first contacts with the riff-raff of a hell-should of human life, and with the attitude of society toward state administration. Disapproved applause for a track-drivers job lets the incident elevate the minor citizens making being done for the commonwealth. He becomes unreasonable knocker. Had he been on the payroll nothing else would matter. Badly administered state government would have concerned him not at all. He would still be a booster.

Pressure for state jobs continues. More than 10000 applications filed in personnel department about 2000 only are needed. Tax payers want economy. Job seekers do not forget. Taxpayers forget when economy is effected, does not extent of service, elects reasonably complains that state administration are slovenly. It would be the loudest spokesmen if there be curtailment of state service. Blamed by taxpayers for deficiencies. Distressingly true that 90 per cent of applicants for state jobs are not qualified to fill efficiently the positions.

Before a recent meeting of the American Eugenics Association Dr. George Cameron of Montclair N. J., said use of a reducing drug manufactured from the extract of hallation of naphthalene fumes to expectant mothers may cause deformities in the babies.

Noted Educator To Be Honored By U. Of Ky.

Dr. Thomas Hunt Morgan, Pasadena, Calif., director of the William G. Kerckhoff Laboratories of biological sciences, a native of Lexington, Ky., and a graduate of the University of Kentucky with two degrees, will be honored by his alma mater on the campus of the University in Lexington, September 25, upon the occasion of his 70th birthday anniversary.

Probably the University of Kentucky's most distinguished alumnus, Doctor Morgan was awarded

DR. THOMAS HUNT MORGAN

the Nobel prize in Medicine in 1933. He is a brother of Mrs. Ellen Morgan Lexington and was the late Gen. John Hunt Morgan. He received the bachelor of science degrees from the University of Kentucky in 1886, and his master's degree from the same institution in 1890, and other degrees from Johns Hopkins, the University of Chicago and the University of Michigan.

Doctor Morgan has been extended an invitation by Dr. Frank L. McVey, president of the University, and by a committee in charge of arrangements for the celebration, to attend the various festivities which have been planned for his birthday.

JOSH STEER'S ATTITUDE

About Gov. Keen Johnson in Louisville Herald-Post:

Am impressed with the fact that diverse citizen magnifies importance of trivial things in the public attitude toward state administration. Disapproved applause for a track-drivers job lets the incident elevate the minor citizens making being done for the commonwealth. He becomes unreasonable knocker. Had he been on the payroll nothing else would matter. Badly administered state government would have concerned him not at all. He would still be a booster.

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College Tells How To Make Good Pies

Pastry eaten too often or when it is not properly made is likely to cause digestive disturbances, the University of Kentucky College of Agriculture tells 4-H club boys and girls.

It is not quickly digested because of the large amount of fat in the crust. A good crust should be light, flaky, crisp and tender. It is explained. Tender ness depends on the kind and amount of fat used, the amount of liquid used, and the method of handling ingredients in the making.

Lard makes a more tender pie crust than butter but the latter gives the better flavor. Often one-half butter and one-half lard are used. One make a tender crust but one which is usually not so flaky.

The amount of water to be used cannot be given exactly because it varies with the kind of fat, flour and temperature. Less water is needed with fat, pastry flour when the temperature is warm. If the dough is made too moist the crust will be tough. Use as little water as possible to get a dough that will roll. Either too much water or too much fat will cause a flakier texture. Too much water gives a crumbliness rather than flakiness.

Do not stir the mixture more than necessary in adding water. Use a knife for mixing. Do not handle or re-roll dough more than is necessary. Roll crust from the center out so as not to roll any part more than necessary, and try to keep it as round as possible.

Kentucky Farmers Must Import Work Stock

Neglect to breed mares between 1925 and 1933 has left the United States with an excess of horses and mules over 10 years and not enough between 3 and 10 years of age. As a result, there will be a national shortage of about 175,000 horses and 325,000 mules when the 1937 work season opens, according to Wayne Dinsmore, Secretary of the Horse and Mule Association of America.

Dinsmore's figures show that Kentucky will have to import about 6,400 work horses and 12,000 work mules from other states for replacements during the 1937 work season startin; that is, colts raised in Kentucky in 1936 will fall short that number of equalling losses by death in 1936. This means that about $3,200,000 in cash will have to be paid out by Kentucky farmers for work animals, much of which they might easily have raised.

Breeding is increasing, and it is estimated there will be about one million horses and mule colts foaled and raised this year, but death losses in 1936 will be around 1,200,000, so there will be much need for more good sires for some years to come.

In the past 10 years the American Red Cross has spent more than $50,000,000 in relief and rehabilitation of disaster victims.

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COMMISSIONER'S SALE

NICHOLAS CIRCUIT COURT
Nicholas County, Ky. Master. etc
Plaintiff
Vs. Notice of Sale in Equity
Henry Reed etc Defendants
By virtue of a judgment and order of sale rendered in the above cause at the August Term thereof, August 15th, 1936 the undersigned Master Commissioner of Nicholas Circuit Court, will at the Court House door in Carlisle, Ky. on

MONDAY, SEPTEMBER 14, 1936

being Nicholas County Court Day, at one o'clock p. m. or at public sale to the highest and best bidder, the following described property, to-wit:

A certain tract or parcel of land lying and being in Nicholas County, Kentucky, and being a part of the Henry Reed farm on Georgia V. Young, from her father, John W. Young, as same is described by deed of date ..... and of record in Deed Book ..... at page ..... Nicholas County Clerk's office and bounded and described on the north or east of said subdivision by the lands of Georgia V. Young, on the west or south of said Liberty Heights, a subdivision of Nicholas County, Kentucky, and on the east or north by the lands of Ellen Hogan, and containing six and one-half (6½) acres, more or less, and being the same property conveyed to Henry Reed