

Painting the Fall and Winter Landscapes

By JUANITA BEARD

MANY gardeners feel that autumn is a season of regrets. This feeling has been expressed by the old Chinese poet, Lu Yun, in the line "At the fall of the year there is autumn in my heart." The fall months of September, October and November might be likened to three sisters endowed with diminishing amounts of this world's goods. September's glory is inherited from summer. October decks herself in a cloak of scarlet and gold for her final festive days of Indian summer; but naught is left November save some gaudy berries, the last bits of old family jewelry, and the laces woven by the branches and twigs against the winter sky.

Very bleak and dreary is the winter landscape if it contains no color contrasts. And how easy it is in planning the garden, to provide for some winter pictures. Trees and shrubs bring interest to the winter garden in colored branches and brilliant fruits. And many of the plants which produce fruit valuable for color effects in winter are valuable for their flowering effects the next spring. Some of these plants also produce fruits in the warmer seasons which attracts the birds away from other fruit. Mulberries and shad-bushes will protect cherries and strawberries; elders, Virginia creeper and black cherry will protect grapes; elders and mulberries will protect raspberries and blackberries.

The color of branches or twigs is interesting from two points of view, either because of the vivid coloring such as is seen in the red-twigged dogwood, or of the general tone of color such as is seen in the golden-barked willow, in which the color as a mass is more effective at a distance. Birches and dogwoods bring out sharp contrast against a background of snow or a green background of evergreens.

The following planting lists have been made for gardens in the mid-western states:

Plants valuable for autumn coloration of leaves:

A. Early.

Acer rubrum—Red Maple.
Acer ginnala—Siberian Maple.
Acer saccharum—Sugar Maple
Betula lutea—Yellow Birch
Populus eugenei—Carolina Poplar
Rhus typhina—Staghorn Sumach

B. Medium.

Ampelopsis quinquefolia—Virginia Creeper
Berberis Thunbergii—Japanese Barberry.
Fraxinus Americana—White Ash.
Quercus rubra—Red Oak
Viburnum acerifolium—Maple-leaved Viburnum
Amelanchier—Shad Bush
Crataegus—Thorn
Carya alba—Hickory
Rhus canadensis—Fragrant Sumach
Viburnum dentatum—Arrowwood

C. Late.

Acer platanoides—Norway Maple
Cladrastis lutea—Yellow-wood
Cornus florida—Flowering Dogwood
Evonymus alatus—Cork-barked Burning Bush
Evonymus atropurpureus—Burning Bush
Quercus coccinea—Scarlet Oak

Plants valuable for fruit.

(Note: Plants marked indicate those attracting birds.)

*Berberis (in variety)—Barberry
*Celastrus scandens—American Bittersweet
*Crataegus coccinea and cordata—Thorn
Evonymus alatus—Cork-barked Burning Bush
*Econymus atropurpureus—Burning Bush
Ligustrum ibota—Japanese Privet
*Rhus glabra—Smooth Sumach

*Rhus typhina—Staghorn Sumach
Rosa blanda—Meadow Rose
Rosa multiflora—Japanese Climbing Rose
Rosa rugosa—Japanese Rose
Viburnum americanum—American High-bush Cranberry
Viburnum opulus—High-bush Cranberry

*Sorbus—Mountain Ash

*Symphoricarpos—Snowberry and Indian Currant

Plants valuable for colored twigs or branches:

Betula papyrifera—white bark—Paper Birch
Cornus alba—blood-red, Red-twigged Dogwood
Cornus alba sibirica—coral-red, Siberian Dogwood
Cornus paniculata—grey bark, Grey Dogwood
Rosa blanda—reddish purple, Meadow Rose
Rosa lucida alba—yellow bark, White Willow

Although fall planting is recommended by many, spring planting has its advantages. Plants which are not vigorous in their habit of root growth and which are susceptible to abnormal conditions of freezing and thawing, or to excessive moisture in the soil during the winter months, should not be transplanted in the fall. The most important illustrations of this type are the beech, flowering dogwood, and the less hardy types of evergreens. The lists given in this article can be planted satisfactorily in the spring.

For you who were too late in planting your gardens this fall, there will be the long winter to plan and live in your garden-to-be, before spring comes and you can actually plant your garden of dreams. Thus, dreaming of next year and the next, you can defy Lu Yun and say "There is no autumn in my heart!"

"A Timely Thought Saves Nerves Distaught"

By MAIDA HEINER

TIME savers are almost indispensable in our busy lives and we look for shortcuts in everything. There are many small things which if considered when one is sewing will save a great deal of time and sometimes prove more satisfactory than more detailed methods.

Many women believe that in order to do nice sewing they must first baste everything, but that is not true, and a great deal of time can be saved by the use of pins and a flat iron. Instead of being basted seams can be pinned with just as good results. Always put the pin so that the point will be at right angles to the edge of the material; then when the seam is stitched one is able to stitch right to the pin and pull it out without interfering with the seam. If a second stitching is necessary, the flat iron can be used.

Often when a small hem is made it is only necessary to press it before stitching.

Every woman who does sewing for herself or her family has a sewing machine, but how many women really use it efficiently? Every sewing machine has in it attachments and a book of directions, but most women fail to use this valuable information. A few hours spent in learning how to use the attachments would save hours of time in days to come. How many times have we not all sat down to mend by hand underwear, bedding and similar clothing and consumed more valuable time than necessary for such tasks? This can all be done with the sewing machine in very much less time. Instead of lowering the presser foot so it firmly holds the material in place, lower it enough so that it just touches the mate-

rial. Tie the presser foot to a screw at the top of the machine. This leaves the material free to be moved about in any direction. Overcasting can be done in the same manner except that the material is moved in a zigzag motion.

I remember that the first time I put scallops on the bottom of a house dress I marked the scallops, then cut another piece for facing of the same size and stitched them together. Thru a little experimentation I found that it can be done more easily in another way. Straighten off the bottom of the dress with an even line. Turn the hem to the right side. Lay a pattern the size of the desired scallops so that the points come to the hem line. Mark the scallops with a pencil. Stitch along the pencil line. Cut out the scallops, allowing a small hem, turn so that

the stitching will go to the inside and press to make the scallops smooth. The top of the hem is then stitched. Scallops of this kind can be used to finish petticoats, slips and pillow cases.

When making garments which require no fitting a quick fell seam saves time. Hold the two edges of the material so that one edge will extend one-fourth of an inch beyond the other. Pin in place and turn in the raw edge. Make the first stitching so it just catches the raw edge. Turn down flat and press. The last stitching is put along the folded edge.

Cable stitching makes a very pretty trimming for dresses and can be put on in straight lines or in designs consisting of curved and straight lines. If a design is used it is pinned on the wrong side of the material. Fill the bobbin with heavy silk or mercerized thread or yarn. Then when the design is stitched the heavy thread will be on the right side.

Making your own bias tape is not as hard as it sounds. The argument that

most people give is that it is much easier to buy it. Of course it is, but very often the materials are not as good as you would like. The bias tape at the store comes in a limited variety of colors and usually the one you are looking for you cannot get. This is not the case when you make it yourself. You need only to get the material and make any color. It is also much cheaper to make your own.

First get a true bias by folding a square piece of cloth and cut along the diagonal fold. Cut off the one point along the diagonal line about one-third of the distance down. Be sure to cut with the thread and not across. Take the edge that you last cut and lay it on the opposite edge, but do not lay it directly on the point. Allow just the desired width of the tape to extend. Stitch along this edge to make a seam. Now cut with a scissors and use a gauge if you have one. The material as you now have looks like a tubing. All the tape can be cut in one long piece, the seam that you made makes the seams in

the tape. Now you perhaps think that it will be a hard task to fold the edges in. A little device made on muslin makes it very simple. Draw two parallel lines just the distance apart as you want the finished tape. Make a catch stitch, using the parallel lines as a guide. Run the bias tape underneath this stitch, pressing the edges in. Continue to pull the tape until all is pressed and drawn through.

Everyone who sews has had the experience of pressing a seam in a wool garment. It is almost impossible to press such a seam without having some mark on the right side. To avoid this ugly mark make a tube by rolling a magazine and wrapping a cloth around it. Then when you are pressing a seam you can hold the seam directly on the tube. Another way is to put a piece of paper between the seam and the cloth. Thus the marks are put on the paper and not so they will show on the right side of the material.

After you get the saving time habit you will be inventing short cuts for yourself.

In the Light of Experience

By MARCIA E. TURNER, Associate Professor of Home Economics

GREAT-GRANDMOTHER GREEN was afraid of "night air." It had been her experience that sleeping with her head uncovered was bad for her health. You can't discount your own experience and that's all there is to it!

Back before her time, oh years and years, some more remote grandmother would have assured you just as positively that on clear days the sun outside their cave moved right across the sky, and in all her life she had never known it to fail. Some mistake about it, eh? And she would have stiffened her spine and tightened her lips. "What nonsense!" Because, you see, she had proved it in her own experience.

You and I live in another time. We aren't superstitious, not a bit of it! We undertake a journey on Friday without a quiver; and if a black cat crosses our path, we walk boldly on. Neither do we plant potatoes in the dark (was it?) of the moon, or sleep with our heads to the north. We live in an enlightened age. Our great-granddaughters will never speak patronizingly of us or—wait a minute—will they perhaps?

Let's see what the trouble was with those forerunners of ours. Grandmother Cave-woman based her experience upon the evidence of her senses, and, poor dear, she really wasn't to blame, because she was embracing the latest prevalent theory and couldn't have reasoned out the real situation if she had tried. Grandmother Green, too, was using the evidence of her own imagination, which was fed by a theory, freely accepted by all the neighbors.

Now then, is it perhaps conceivable that you and I, modern women, living in this modern world, sometimes have opinions based upon our own experience, too, which we warmly defend, but which might not "hold water" if examined in the light of honest investigation?

Let me give an illustration. The superintendent of a large factory which puts out a staple food product, answer-

ing my question about the difference in quality between two of his brands, said, "No difference whatever, both kinds came out of the same hopper." Then he added rather slyly, "Every woman, you know, has to have her pet brand—can't make any other do the work—so we cater to them." He went on to tell of a grocer who keeps on hand empty containers of both brands so that if he runs short of one kind, all he has to do is to fill the container from the "other kind."

Now, do you know I was tactless enough to tell that story once, when I thought it exceedingly apt. But did it convince anyone? It did not. Down through the centuries came the indomitable spirit of Grandmother Cave-woman, stiffened spine and tightened lip and all, with her age-old answer: "Yes, but you see my *experience* has proved it."

Let's be honest with each other, you and I. Can we give an intelligent reason for "my way" of accomplishing a piece of work or for pursuing a stated course other than "It's the way I've always done" or "It was my mother's way." Is your reason provable? Modern research has thrown light upon these "experiences" of ours, and has furnished a wealth of material upon which to base our reasoning. Every home is in some measure a research laboratory and every homemaker who is working intelligently and open mindedly for a truer solution of her multifarious problems is doing her fine share in bringing in more light.

Open mindedness—that is keyword of progress! Yet don't let's be too open-minded, if you please. That was one trouble with our great grandmothers, you know. They accepted blindly all popular theory whether it happened to relate to a health program or to the solar system, and obligingly fitted their experiences to it! My neighbor's theory may be correct. It sounds plausible. Perhaps the whole town is accepting it as true. Very well, I will treat it just as I do "my way"—I will wait to see it subjected to proof before I consent to build upon it.

Naming Canned Fruits

By KATHERINE GOEPPINGER

NEARLY a century ago a young man in Boston, named William Underwood, was laying the foundation of a great industry. He had become interested in the newly discovered but little understood science of preserving foods, and while he was convinced that certain perishable products could be saved from deterioration in an appetizing and wholesome way, he probably never fully realized that he was the father of the great canning industry of today.

Those were hard times for William Underwood. Like all pioneers, one of his greatest obstacles was public opinion. "Sealed foods," as they were called in those days, were decidedly unpopular; people mistrusted them—simply couldn't understand how Underwood could put things up in glass jars and make them keep when they couldn't. In fact, for want of a market in this country he often had to hunt up sea captains and persuade them to dispose of his "sealed foods" in new countries overseas, where fresh provisions were scarce and where the colonists had to be thankful for whatever they could get.

This was in the year 1821, a year before the present house of Underwood was founded. A few years later Mr. Underwood planted "love apples" in his garden and was putting them up in glass. "Love apples" were considered "pizen" then. Now they are called "tomatoes," and we consume about 340 million cans a year.

Thus, little by little, Mr. Underwood, strong in the belief that there was a future for the business, perfected his processes, and about 1838, when suitable tinplate was produced, he gradually gave up glass and began to use tin "canisters,"—cylinders of tin—laboriously wrought and sealed by hand.

In those days typewriters duplicating processes, and stenographers were unheard of. Books, letters, and business documents of all kinds were written by hand. "Canisters" proved to be too long a word to write many times, and it appears on the early Underwood books in Mr. Underwood's own hand as "Can'st's," then a little later as "Can—s," and finally just "Cans." This is the origin of our modern word "Can."