

Grow Plants Indoors; Use Artificial Light

Bring the magic of spring-time gardening into your home for long winter nights. It is now, practical — and easy — to grow house plants, even flowering house plants, under lights, according to Robert F. Stevens, extension horticulturist at the University of Delaware.

Many kinds of plants can be grown satisfactorily with only two 40-watt fluorescent lamps. African Violets, Gloxinia, Episcia, orchids, Impatiens and many other flowering plants do well under artificial light.

The list of foliage plants that will grow under these conditions is almost endless. Chinese evergreen, dumb cane and Philodendron need very little light—only about 50 foot candles—to maintain a healthy condition and grow. You can even root cuttings and start seeds with this method, according to Stevens. Expose plants to 12 to 16 hours of light per day, he advises.

Use either cool white fluorescent lamps or special plant

For The Farm Wife (Continued from Page 14)

3½ dozen 2½ inch cookies. Cool and frost, if desired

GOLDEN FROSTING

¼ cup butter
1½ cups powdered sugar
1 teaspoon vanilla
Hot water

Melt butter at a low heat until golden brown; stir in sugar and vanilla; add enough hot water to make frosting of spreading consistency.

growth tubes; you can also use incandescent light in addition to the fluorescent lights. However, don't use incandescent bulbs alone because they create too much heat and do not provide the proper light quality.

Don't put the lamps too far away from the plants, Stevens warns. The light intensity goes down rapidly as the distance increases even a few inches. Most plants should be 4 to 12 inches away from the light source. Since the lamps themselves are relatively cool, you can put the plants quite close to them without danger of burning plants.

What Has The Housewife Wrought?

(Ed. Note: "What Has the Housewife Wrought?" is a Food Marketing Research article showing a bit of the problems the farmers have when dealing with the city side of food marketing. This is Part II of a 2-part series.)

OUTLOOK FOR MARKETING

A rise in total consumer expenditures for U.S.-produced foods—including a rise in the marketing bill and a rise in the farm value of food products—that's the prospect for 1968.

Consumer expenditures for these foods have climbed each year since 1949—and next year

(Continued on Page 19)

For the Farm Wife and Family Ladies, Have You Heard? . . .

By Doris Thomas, Extension Home Economist

Soft Drink Sales Increase

The amount of soft drinks bought with food money has shown a great increase

During the last five years the sales of soft drinks have nearly doubled.

More than a billion dollars a year is traded for bottles of soft drinks.

Low calorie soft drinks, since their introduction five years ago, have gained almost 20 percent of the soft drink market

Some Things Worth Knowing

About Baked Custard

Baked egg custard is a satisfying and delicious dessert for family and company meals

Time and temperature are important when baking custard. Custard becomes watery when

baked too long or at too high a temperature.

Keep custard chilled until serving; warm custard will become watery around the edge.

Serve baked custard in cups or invert on serving plates, then remove cups. Garnish cus-

tard with chopped nuts, whipped cream, or fruit

If you don't have a favorite basic custard recipe, your cook-

book will give you a recipe with variations

(Continued on Page 19)



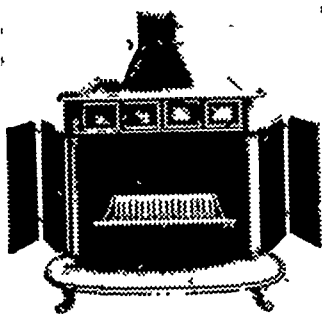
THOMAS

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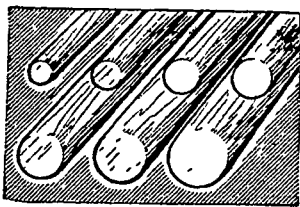
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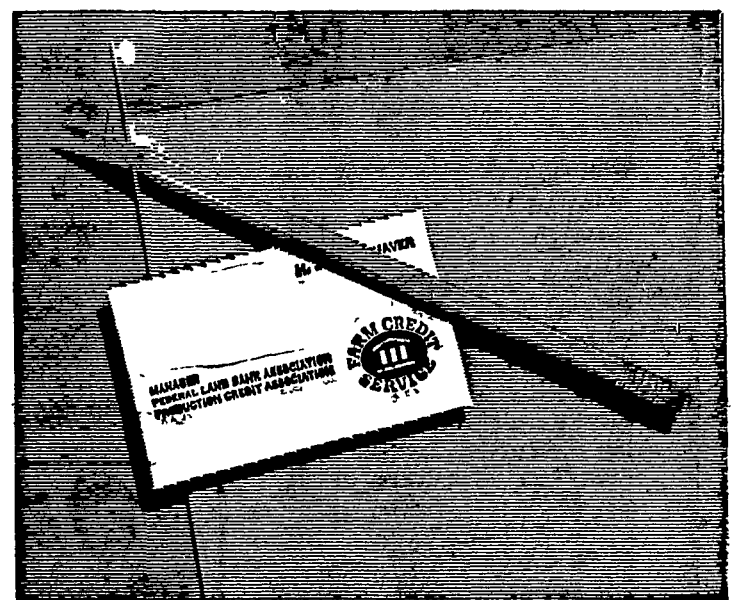
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