

Evergreen Shrub Pruning Evaluated at Penn State

The old question of how much and when to prune certain evergreen shrubs has been answered by six years of experimental work at The Pennsylvania State University. The results apply to two evergreens grown widely in Pennsylvania, the Japanese Spreading Yew and the Hetz Spreading Juniper, says Dr. James E. Brewer, associate professor of ornamental horticulture.

The pruning studies show that Japanese Yew can be sheared throughout the plant. In shearing yews, the tips of all stems should be cut to shape the shrub as desired. On the other hand, only the longest branches of the Hetz Juniper should be pruned.

Home gardeners wanting to reduce the size of Japanese Yews

can shear these shrubs heavily with assurance of good results, Dr. Brewer reports. He and his associates also found that these yews grow more compact and produce better quality when pruned yearly rather than every other year.

"If you don't want a compact yew, then we suggest shearing the Japanese Yew every other season," he stated. And he added that shearing in July and October produced the greatest follow-up growth from yews. March prunings, on the other hand, gave the least growth.

As for Hetz Juniper, heavy pruning or "heading-back" was found effective. This evergreen grows rapidly but is not damaged by heavy pruning. The pruning trials yielded no real differences between pruning Hetz Juniper every year or every other year. However, the most compact plants developed from pruning the shrubs twice a year in March and July. Heavy pruning restrained Hetz Juniper to a low-growing form not typical of the plant.

The Penn State evergreen

Dangerous Aliens Being Nabbed 'Round the Clock

While you were sleeping last night, 40 dangerous aliens were intercepted at the nation's borders.

It's a fact not realized by most Americans, but one such alien is nabbed every 12 minutes around the clock.

The aliens are foreign plant and animal pests that stow away in cargo, carriers, and baggage. Undetected, they could set off an outbreak that would destroy some of the nation's important food and fiber crops.

For this reason, government animal and plant health inspectors work closely with customs officials in monitoring all incoming international traffic for plant pests. During fiscal 1971, they treated or cleaned more than 21 million pieces of cargo to prevent entry by foreign pests.

experiments should be helpful to plant nurserymen, it was suggested, since 38 per cent of all nursery stock consists of ornamental evergreens. The experimental work by Dr. Brewer and associates is considered the only study of its type involving the pruning of ornamental evergreens.

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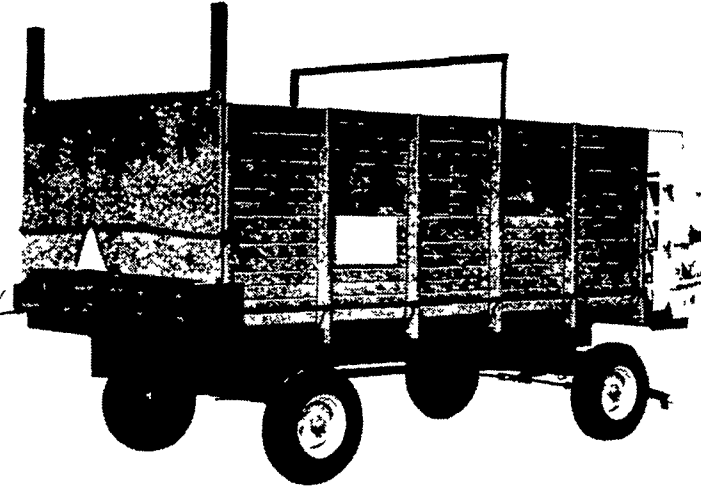
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THE SCHOOL YEAR STARTS

Going back to school after summer vacation is probably the largest change of pace shared simultaneously by any segment of our population. Even when our country has gone to war, our fighting men, as a group, have not approached in numbers the millions of school kids in this land. And if you add to their number the millions of mothers whose lives also suddenly shift gears, then our back-to-school effort can be seen in its truly immense proportions.

A few million teachers also are affected. There's really nothing like it except when the nation celebrates holidays en masse. But such events merely are interruptions of a short nature.

So what, you say? Well, let's talk about lifestyle. Where nutrition is concerned, lifestyle can be a dominating influence.

Take the school lunch program. So many children actually get a better lunch at school than they may have had during the summer

at home — a more nutritionally balanced lunch. It is a challenge for all of us to see that children eat properly. It is a blessing that school lunch programs and improved teaching techniques in the classroom are joining forces to more than ever help children learn to choose their foods wisely.

An important case in point concerns milk. It is a most important ingredient in the school lunch. In fact, it is most difficult, if not almost impossible, to plan a meal adequate in calcium without including milk or products made from milk. If you have doubts about milk's virtues, study the following chart which shows graphically how, from milk, a young girl gets important amounts of many nutrients she needs. And in the process, three glasses of milk only "charges" her 21 per cent of the calories she is allowed daily. A good bargain if she's watching her weight. This is the sort of thing kids learn nowadays in school health classes.

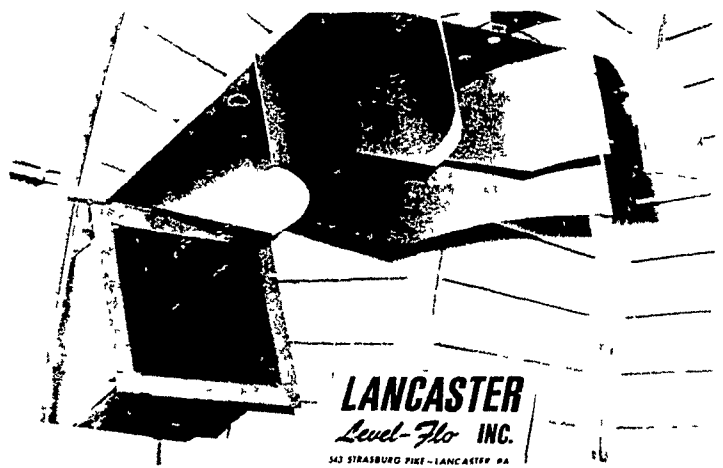
Contribution of Three 8-Ounce Cups of Whole Milk to the RDA* Nutrients for 10-12 Year Old Girl

Nutrient	RDA for 10-12 Yr. Old Girl	Three 8-Ounce Cups Vit. D Fort. Whole Milk	% of RDA
Calories	2250	477	21
Protein (gm)	50	25.5	51
Vit. A Activity (I.U.)**	4500	1029	23
Vit. D (I.U.)	400	300	75
Vit. E (I.U.)	20	1.0	5
Ascorbic Acid (mg)	40	7.2	18
Folicin (mg)	0.4	0.04	10
Niacin (mg Equiv.)	15	6.8	45
Riboflavin (mg)	1.3	1.3	100
Thiamin (mg)	1.1	0.2	19
Vit. B6 (mg)	1.4	0.4	30
Vit. B12 (µg)	5.0	4.0	79
Calcium (gm)	1.2	0.9	72
Phosphorus (gm)	1.2	0.7	58
Iodine (µg)	110	6.0	5
Iron (mg)	18	0.7	4
Magnesium (mg)	300	96	32

*Recommended Daily Allowance
**International Units

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