

Seeding,
Weeding
and mulch
more

For the avid gardener

Caladiums are near perfect in the garden

If a perfect garden plant is one that combines extraordinary beauty with versatility and ease of care, then caladiums approach perfection.

These spectacular relatives of common philodendron tolerate almost any garden soil and thrive either in sun or shade. Caladiums can brighten spots in the landscape where many flowers fail with flamboyant foliage that lasts all summer long.

What are called "Fancy Leaf" types are the most valuable caladiums for home gardeners. "Fabulous Leaf" might be more

accurate. Kaleidoscopic splashes of pink, red, white and green adorn the large heart-shaped leaves of most varieties. Others are washed a solid creamy white with veins and outer edges tinted rich green. There are dozens of variations to choose from.

Caladiums dazzle in flower beds and shrub borders, make attractive foundation plants and are absolutely breathtaking when boldly clustered within lawns and beneath trees.

The best news of all is how easy caladiums are to grow. The "Fancy Leaf" Caladiums planting

and care guide informs gardeners that caladium foliage sprouts from bulb-like tubers, which are available during spring and summer, as are caladium seedlings and full-size plants. Economy-minded gardeners prefer the tubers, especially when planting caladiums the way they look best — in masses of a dozen or more.

Plant the tubers in the garden after all danger of frost has passed, and when soil becomes warm to the touch. If earth is sandy or loaded with heavy clay, dig in some peat moss or compost before planting. Place tubers upright in furrows or individual holes spaced nine to fifteen inches apart. Cover with two to three inches of soil. Eliminate air pockets by firming the earth around each tuber. A mulch layer on top of soil helps retain moisture while inhibiting weed growth.

When planting window boxes or other containers, be sure the potting soil provides fast drainage. A mix of three parts peat moss and one part sand plus bark chips works well.

Immediately after planting, dampen the soil. Throughout the growing season, water only when soil dries. Resilient as caladiums are, continuous overwatering takes a toll.

The first leaves unfurl three to six weeks after planting, depending on soil conditions. A dose of fertilizer applied just as foliage

emerges promotes vigorous growth and vibrant coloration. A good rule of thumb is to use two pounds of 6-6-6 plant food per 100 square feet of planting area. Reapply monthly. If more convenient, use a liquid fertilizer drench when plants get larger. In warm southern climates, where caladiums can grow year-round, feed bi-monthly from November through February.

Caladiums originate from

tropical Brazil. In cold regions, they cannot overwinter outdoors and should be dug and stored. The "Fancy Leaf" Caladium planting and care guide provides the simple instructions. Unlike other bulbs, never refrigerate caladium tubers and do not be alarmed if in six to eight weeks after digging, new growth sprouts. It is a sign that tubers are already prepared for next summer's display.

Shape up with proper exercise

UNIVERSITY PARK — If your body shape doesn't match your "minds-eye" image, your "ideal weight" fails to come close to what the scale reveals, or you puff climbing a flight of stairs, it is time to shape up.

Experts admit "shaping up" isn't easy. Too often the resolution to take off pounds and shed excess bulges results in a crash diet and too rigorous an exercise program — programs that are not only dangerous but have little chance of continued success.

Penn State offers a study-at-home course that explains the conditioning effect of exercise and how, through exercise, sport, and recreation, it is possible to forestall rapid deterioration of the body through aging. "Physical Fitness for Modern Americans" has additional lessons which explain how to become fit, the role exercise plays in relieving stress,

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A companion course, "Mental Fitness for Modern Americans," stresses getting to know yourself and forming good relationships with others. Step-by-step directions are given on how to improve self-image and self-esteem and also close and casual relationships. To order, request MENTAL FITNESS from the same address, enclosing your check for \$6.00, including handling.

To get both courses, send a check for \$11.00, including handling, to PHYSICAL AND MENTAL FITNESS, Dept. 5000, University Park, PA 16802. Make check payable to PENN STATE.

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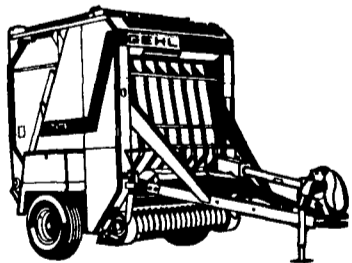
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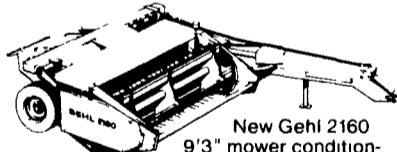


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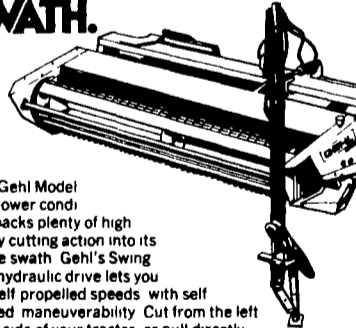
New Gehl 2160 9'3" mower conditioner's full width conditioning rolls crack stems without crushing off leaves. You save the valuable nutrients and at the same time get fast-drying windrows. Adjustable reel and ground-hugging header flotation let you mow in a variety of crop and field conditions.

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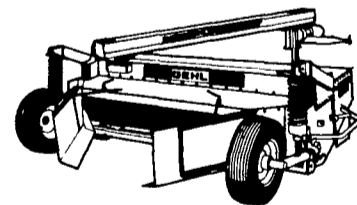
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