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Shrubs as a Garden Background

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father says, "I don't like that green stuff, give me meat and potatoes." Father may be Johnny's pattern. The father job means many more responsibilities than buying the food and shelter. Perhaps Johnny would have had red cheeks, a clear skin, hard muscles and straight legs if both of the parents had been on the job.

The right environment also means that childhood has enough sleep to sustain a nervous system upon which the coming years will probably add a greater strain. Enough sleep will not permit the day to be extended into the night. Count the children at the next night moving picture show you go to, and see how many parents are attending to their jobs. Yes, but you say that is the only time the parents get any recreation. They will be so much better for this change. Right there is the place where some wise evaluating should be done. Did childhood will to be a thing of reality? Parenthood will it—therefore it is parenthood's responsibility. Too often adults confuse child life and manhood. Parenthood's standards for itself cannot

be imposed upon childhood—loss of sleep for the adult can be adjusted, but loss of sleep and rest in childhood leave a long list of direful results. Our schools are already too full of nervous, restless, poorly balanced children. Childhood is not going to rest properly unless parenthood sees that it does.

Not to be forgotten in this bill of rights is the place in which childhood may play—healthy outdoor play where young life may have full sway, and grown-ups may recede into oblivion; a place that is childhood's own domain, where nervous energy has legitimate outlet and where initiative and ingenuity can be stimulated.

A bill of rights is too long for full detail. The order is a large one for parents. But the larger the order, the bigger the challenge. It cannot be concluded until childhood has a chance to say it has a right to be socially-minded, a right to know its place in the community. Whose fault is it if Johnny usurps the attention of an entire group; or that if Mary cries at every denial of her demands; whose fault is it if some chil-

dren are avoided as if they were a pest? Who allowed such conduct to be learned? Who is responsible for the disagreeable egoist—could it be possible it is the doting parent? Who is responsible for the child who takes things not his own—could it be that he found that was the only way his wants could be supplied? Johnny cannot find his place in his group—such a process needs long carefully directed influences. The parent needs a keen insight into the meaning of life to do this part of his job.

The man who has proven that he knows what conservation is, Herbert Hoover, says, "If we could grapple with this whole situation for one generation our public health, our economic efficiency, the moral sanity and stability of our people would advance three generations in one," and I should like to add: we might reduce malnutrition and correct faulty defects, and leave to posterity a well balanced race. What are we as adults going to promise the future as our contribution in human material?

Shrubs as a Garden Background

By JUANITA BEARD, '23

TO HAVE a flower garden from early spring until frost is the wish of many homemakers and yet this result is difficult to achieve when one has only the gaudily colored seed catalog as a guide. To gain the desired effects of color, form and texture, one must have advice from those who are acquainted with all the characteristics of plants.

For a small home garden the best and

most lasting effects are obtained by planting the perennials against a background of flowering shrubs.

Let us consider the shrubs which are grouped into five different classes: those which are most suitable for heavy masses, such as the outside frame of the garden; those which are especially fitted for covering slopes; those which, because of their somewhat herbaceous ap-

pearance, may be used in the borders among the perennials and annuals; and finally those which, because of their beauty of form and color, can be placed as accents in the garden.

(Note: All the plants listed here are hardy in Iowa.)

It is not difficult in a long border to have something in flower thru most of the season, but it requires more skill to plan that this shall be no spasmodic patchwork, but a regular sequence of color thruout the border. Broad masses should always be planted rather than single specimens. Plants with fine foliage, small evergreens and gray-leaved plants are always useful as they give value to gayer plants. Most of these plants are the well-known, thoroly tested kinds which will grow in any average soil and will combine well in their color effects and habits of growth.

Shrubs for Massing			
Common Name	Scientific Name	Time of Bloom	Height
Service-berry or Shad-bush	Amelanchier canadensis	May	15-30'
Morrow's Honeysuckle	Lonicera Morrowi	May-June	4-6'
Common Lilac	Syringa vulgaris	May	8-12'
Mock orange	Philadelphus coronarius	May-June	8-10'
Arrow-wood	Viburnum dentatum	May-June	8-10'
Japanese Snowball	Viburnum tomentosum	June	6-8'
Pearl Bush	Exochorda grandiflora	April-May	8-12'
Shrubs for Slopes (Vine-like)			
Golden Bell	Forsythia Fortuneii suspensa	April	4-5'
Bittersweet	Celastrus scandens		15-20'
Matrimony Vine	Lycium chinense		30-50'
Shrubs for Hedges			
Spirea Van Houtetii		May	4-6'
Regel's Privet	Ligustrum Ibotia		
	Regelianum	June-July	5-8'
Buckthorn	Rhamnus cathartica	June-July	5-8'
Japanese Quince	Cydonia Japonica	March-April	3-5'
Russian Olive	Eleagnus angustifolia	June	10-30'
Rose of Sharon	Hibiscus syriacus	Aug.-Sept.	6-10'
Shrubs for Flower Border			
Sweet Pepper Bush	Clethra alnifolia	July-Sept.	4-5'
Dwarf Deutzia	Deutzia gracilis	May-June	3'
Spirea bumalada Anthony Waterer		July-Sept.	2'
Butterfly Bush	Buddlei variabilis	July-Oct.	3-8'
For Individual Accents			
Thunberg's Barberry	Berberis Thunbergii	April-May	3-6'
Cork-barked Euonymous	Euonymous alatus	May-June	5-8'
White Kerria	Rhodotypos kerriodes	May-June	4-5'
Snowberry	Symphoricarpos racemosus	July-Aug.	2-6'
Hydrangea arborescens		June-Aug.	4-6'

Anemone japonica—Japanese Windflower.
 Aquilegia hybrida—Columbine.
 Aster (in variety)—Hardy Aster.
 Boltonia asteroides—Aster-like Boltonia.
 Chrysanthemum (in variety)—Hardy Chrysanthemum.
 Delphinium belladonna—Everblooming Larkspur.
 Dicentra spectabilis—Bleeding Heart.
 Gaillardia aristata—Blanket Flower.
 Helleborus niger—Christmas Rose.
 Hemerocallis (in variety)—Day Lily.
 Iris germanica—German Iris.
 Iris kaempferi—Japanese Iris.
 Paeonia albiflora sinensis—Chinese Peony.
 Phlox paniculata—Garden Phlox.
 Rudbeckia maxima—Cone-flower.
 Viola cornuta hybrida—Horned Violet.
 Dianthus plumarius—Scotch Pink.

In addition to these, there are some perennials which require but little space and will lend touches of color to the

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Shrubs as a Garden Background

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green mass of peony foliage after the peonies have ceased blooming. Gladiolus (in variety)—Sword Flower. Kniphofia pfitzeria—Red-hot Poker Plant.

Liatris (in variety)—Blazing Star. Liliium—Lily.

Physostegia virginiana—False Dragon Head.

I know of a small backyard garden which has been enclosed with a lattice fence and a planting of shrubbery. Facing the shrubbery and bordering the oval grass panel, perennials and annuals lend touches of color thruout the garden season. And could you have seen the dear little old white-haired man, sitting fast asleep on the garden bench, with the lavender flowers of the Butterfly Bush covered with golden butterflies and a humming bird flitting among the larkspur and columbine—then truly you would have felt the spell of charm and contentment brooding over this little garden on a hot summer afternoon.

'Tis Egg Time Again

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Tomato and Eggs Scrambled.

6 eggs
1½ c cooked tomatoes
Seasoning

Method—Beat the eggs slightly. Add the cooked tomatoes strained thru a coarse strainer to remove large pieces. Turn into a greased frying pan and cook over a slow fire stirring slowly. As soon as the eggs set remove from the fire and serve at once. Over cooking gives a curdled watery product.

French Toast With Eggs.

Dip a slice of bread 1/3 inch thick into a beaten egg to which a tablespoon of milk has been added. Cut out a circle 2 inches across from the center of the toast. Saute until a light brown. Break an egg into the hole in the toast, sprinkle with salt. When the toast is brown, turn the whole slice of toast and brown on the other side. Serve at once.

Potato Nests and Baked Eggs.

On a buttered baking pan make nests of hot mashed potatoes. Left over mashed potatoes may be used. In each nest break an egg, being careful to keep the yolk whole. Dot with butter, season. Put into a moderate oven 10 minutes or until the egg is firm. Do not over cook. If the nests have been made on a pyrex pie plate, they may be served at the table from this plate. Eggs may be baked in stuffed baked potatoes in the same way.

These are but suggestions to the menu makers. One need not fear lack of variety in the meals with fresh eggs in the market at 25 cents a dozen.

The New Domestic System

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The small town, of course, is its duplicate. But the large cities are changing rapidly from that agricultural ideal. We can only begin to see some of the re-

sults that are flowing from this change. It is of the utmost importance that home economics colleges appreciate this movement. For it is their function to prepare girls to take their places in this domestic system. And there is no efficacy in training them to meet conditions that are rapidly passing away.

The Cooking of Meats

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either colorless or slightly yellow. A condition between these two extremes is indicated by the term medium rare. In this case, sufficient heat has been applied to change the color of the center to a light pink. The gray layer underlying the crust is therefore extended considerably toward the center and the free juice is smaller in quantity and lighter in color than in the rare meat.

The degrees of cooking just indicated are dependent upon the temperatures reached in the interior of the meat during the cooking. To many housewives the roasting of beef seems to be largely a matter of chance. A roast may, when judged from its external appearance seem to be sufficiently cooked and yet prove to be very much underdone when cut. Even long experience fails to make judgments of the exterior more reliable, so that many cooks would rather prepare all the rest of the dinner than to roast the meat. Therefore to the inexperienced housekeeper a method of judging the condition of the meat regardless of its ex-

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