Modern Women and Floriculture - Flower Growing is Interesting to Homemakers, But May Also Serve as a Profession

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Apples, the bounty of the Lord! The dozens of apple recipes found in home-
holds speaks of the popularity of this fruit. Apple fritters, apple pie, fried ap-
les, baked apples, candied apples, apple sauce, Waldorf salad, apple taploca and
Brown Betty offer this excellent food in tempting displays. "An apple a day
keeps the doctor away" indicates the faith many have in this fruit.

These food hints make no pretense of covering the subject of health. There
are several other food hints, perhaps some might be slighted. Meat, parti-
cularly lean beef, could be mentioned here but there is seldom much danger of a
lack of meat in the average American diet. The affluency of the American for his
steak is well known.

It is in the heavy use of meat and starchy foods, the small use of vegetables and
fruit, so characteristic of many winter diets, that make for weakened vitality and
high susceptibility. Grandmother resort-
ed to tonics that would vie with the pro-
ducts of the witches' cauldron but a care-
eful diet should keep one so fit that there
is no need of special tonics.

Somewhat distantly related to this topic in general but very closely related to the
subject of health is the matter of drink-
ing water. If there is any one thing that
serves as showers from the clouds of
health, that one is water. Indoor life
and cold temperatures do not lead one
to drink much water during January.
Exceedingly helpful is the drinking be-
fore breakfast habit and as many glasses
during the day as can be consumed, at
least eight.

No one of the suggested health hints will alone be effective but the use of all,
with emphasis on having sufficient miner-
als in the diet may save you from one, two
or more of "those beastly colds."

Modern Women and Floriculture
Flower Growing is Interesting to Homemakers, But May
Also Serve as a Profession

By E. C. VOLZ, Department of Horticulture

Floriculture is best defined as the
art and science of growing flowers
and ornamental plants. Demands for in-
formation on this subject come from two
distinct groups of people.

The first group is largely com-
posed of amateurs. Growing flowers for
himself or herself, it is possible to find positions with various types of
floral concerns. There are usually open-
ings for managers of retail stores and
greenhouse ranges. Many women are em-
ployed as expert floral designers in some
of the large city stores. Students with

Flowers should be a part of every Iowa home garden.