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ON HOUSING AND THE HOUSEHOLD

Cut Costs

ON HOME PAINTING

LOWE BROS. PAINT

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You won't have to paint so often when you use LOWE BROTHERS HIGH STANDARD House Paint—for you get more actual paint. You don't pay for the inferior ingredients that you get in cheap paints. HIGH STANDARD spreads so evenly that it covers far more surface per gallon. Let us give you all the facts about this good house paint.

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HOLLEY, Lewis I. Cole
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LINCOLN, Warren & White
LIVONIA, Didas Hardware
LYONS, H. B. Lanster
MACEDON, J. Murphy
MACEDON CENTER, E. Ruffell
MARION, Marion Hardware, Inc.
MENDON, Earl J. Broomfield
MORTON, Spring Bros.
NAPLES, The Bolles Hardware
NEWARK, Nichols Hardware Co
NO. BLOOMFIELD, J. E. Sackett
NO. CHILI, C. Alton Dailey
NO. GREECE, Joe Walter
ODESSA, Leon Washburn
ONTARIO, Webster Owen & Son
ONTARIO CENTER, Carl Vanhihl
OSWEGO, E. T. Owens Hardware
PALMYRA, E. E. Bird
PAVILION, Pavilion Electric Shop
PERRY, Chaddock's Hardware
PITTSFORD, Pittsford Electric Co.
PORT GIBSON, Phillip Cohen
PORTAGEVILLE, H. A. Beardsley
RED CREEK, C. L. Jones
RUSH, E. Dorothe Behnk
RUSHVILLE, Albert Middaugh Est.
SAVANNAH, Radio & Electrical Supply Service
SEA BREEZE, Geo. Lang, Jr.
SENECA CASTLE, H. W. Schoonmaker
SENECA FALLS, Fred Maier & Son
SHORTSVILLE, F. A. Burns Hardware
SCOTTSVILLE, L. M. Slocum, Jr.
SODUS, Harris & Mills Inc.
SODUS POINT, Chas. D. Miller
SOUTH BYRON, C. R. Gillette & Son
SPENCERPORT, Phillip Helfrich
SPRINGWATER, J. R. Schultz
WAYLAND, Rogers & Tenbrook
WALWORTH, C. M. Buckley
WATERLOO, R. S. Bagshaw & Co., Inc.
WATKINS GLEN, Haynes Electric
WEST HENRIETTA, H. F. Chase
WEST WALWORTH, John Harwood
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YORK, J. W. Campbell

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ESTABLISHED 1854

Balance In Home Design Is Essential

The various elements of which a well-designed house involve quality, quantity, and cost and are so combined that they result in a satisfactory shelter unit, according to Federal Housing Administration officials.

The necessity of well-balanced design is especially evident in the small home, they say. Experience has demonstrated that the planning of well-designed livable houses that can be built economically is based upon a few fundamental principles.

Principles Outlined

First the small low-cost house must be livable and provide privacy. Second, it should be attractive both in exterior and interior appearance. Third, it must be well built yet low in construction cost.

In other words, the designer must produce the maximum amount of usable space, convenience and attractiveness at a minimum cost.

To determine how well a plan fulfills the requirements of livability, the first consideration is room size and the second is room relationship. FHA officials point out. Although rooms must be relatively small in area if the house is to be low in cost, there are, of course, certain minimums below which no adequate provision can be made for furniture and physical condition.

Room Relationships

As for room relationship, it is important to recognize first that rooms fall into two functional groups—living and sleeping. A dominant factor in the design of any dwelling is the separation of these two groups in the small home of restricted accommodations such separation becomes of paramount importance.

Another important cost-cutting technique in small-home design lies in making a single room serve two or more purposes, according to the Federal Housing Administration. This is done frequently by omitting the dining space — the least used living space—and providing dining space in either the kitchen or the living room.

Greatest Advantage

Livability may be further improved without adding to the cost by arranging the location of the rooms so as to take the greatest advantage of or to gain protection from sunlight and prevailing winds.

Attractiveness of home design is so much a matter of personal taste and regional preference that hard and fast rules can hardly be laid down for judging it. One guiding principle, however, which the FHA has consistently stressed, is simplicity of line and detail. As a rule, the best small-home designs are those in which such decoration as exists is an integral part of the structure.

Although many of the technical aspects of construction may be beyond the province of the average home builder, it is important to note that they often have important effects on the construction cost.

Skillful planning in all these directions contributes materially to the desirability of a home.

Cooking Odors

Here is a slick hunch to tone down the strong smell of cooking such vegetables as cabbage and cauliflower. Cover the vegetable with boiling water and on top place the end piece of a loaf of bread. It helps.

Three Homes A Week Turned Out For Navy Yard Workers

Construction moves forward rapidly here on a development of new small homes to house employees of the Charleston, S. C., Navy Yard. A tract of 65 acres was developed to conform to principles of the Federal Housing Administration Land Planning Division, and the actual construction of homes is proceeding at the rate of about three a week. Lots will have all utilities as well as paved streets and 14-foot rear alleyways. Poles and wires for electricity and telephones will be set up in the alley to eliminate unsightliness along the streets. Property values vary from $2,700 to $3,000 and present plans indicate the properties will be financed with mortgages insured by the Federal Housing Administration.

Landscaping Service

CHAPTER VI.

Bulbs and Tubers

A bulb is really one large bud, sending up its shoots or sprouts from one opening in the bulb and should be planted with the one opening pointing upwards. The small roots grow down from the bottom of the bulb.

A tuber is a short, fleshy, underground stem or shoot, on which are several small buds or "eyes," each of which will send up a shoot or branch as the potato does. The tuber may be planted either perpendicular or horizontal with its most promising looking "eyes" up.

We have made a selection of bulbs and tubers that will furnish bloom practically the year around. They may be used in beds and borders, rock gardens, or forced in the house for winter beauty. Without exception they are all good for cut flowers.

We may say with emphasis, no planting is complete without bulbs, and no matter how many shrubs and plants you may have in your yard, there is still room for literally hundreds of bulbs. They take up no room, you might say. They supplement the shrubs and perennials. They enhance the beauty of any planting.

Canna

For spring planting only.

It is one of the most showy of all the bedding plants. There may be groups of it in the shrubbery, or the border, but it is in masses that it as at its best. In large beds it is unsurpassed, in small grounds the bold, flamboyant beauty of its large, tropical leaves and great heads of brilliant flowers add color and brightness. It may be used very effectively as a border for walks. Whether thus used or in beds it should be bordered with some dense perennial, like Phlox, growing to a height of one to two feet. Its leaves are broad, almost fanlike—very tropical in appearance, green to copper and bronze in color. The blossoms are large clusters in very showy shades of white, yellow, crimson, pink, purple, orange, red, etc. The blossoms come in early summer—depending on when the roots are planted—and keep coming until fall, as the roots may be planted as soon as danger of frost is past, or as late as June, but the earlier the better. The beauty is in the foliage as well as the flowers, therefore it becomes effective soon after planting as the plant is an exuberant grower. To get the best results the ground should be spaded. It will grow almost anywhere, but prefers good, rich and open sunlight. Plant 18 inches apart. Do not plant too deep—just under the surface. Give Cannas very little water the first few weeks, then as leaves develop increase the amount, and when fully grown water freely. In the fall, cut off the tops and take the tubers up, dry thoroughly and place in cool moist, frost-proof cellar. The large tubers may be divided for the next year's planting, if eyes are left on each division.

DAHLIAS

will be discussed next week

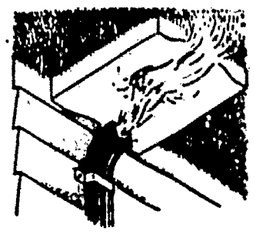
Our landscape consultant is always at your service to answer any questions you may have. There is no charge for this service. Write Catholic Courier Landscape Consultant or Phone Stone 1186.

Better Homes & Better Living

by the Housing Editor

Sometimes very small improvements or repairs pay dividends to the home owner far out of proportion to the amount of money invested.

One of these is the installation of splash blocks under roof leaders which empty the rain water directly on the ground. Inexpensive and easy to install, splash blocks give valuable service to both new and older homes. Like many other exterior improvements they may be financed under the FHA Modernization Credit Plan.



In some cases splash blocks are not only desirable but necessary. Where downspouts from roof gutters spill their rainwater too near the walls, splash blocks should be laid at the base of the spout in order to carry the water away from the foundation walls.

Faulty surface drainage around foundation walls is often a cause of dampness in basements.

In addition to assisting in proper drainage, splash blocks help protect the lawn and prevent erosion at the outlet of the downspout.

Preserving Color

The most modern recommendations for preserving the green coloring of vegetables during cooking are, to cook the vegetables in salted water for the shortest possible time in an open kettle. By doing this, some of the acids that are volatile escape with the steam.

Advertising Boosts Lending

The value of newspaper advertising as a producer of home mortgage business has been proved by the results of educational advertising programs conducted by a leading Detroit ending institution.

Writing in the March 1 issue of The Mortgage Banker, W. W. Slocum, president of the United Savings Bank of Detroit, says that immediately after the FHA program was put into effect his institution began educational advertising—the kind in which the object has been to interest people in building new homes rather than in the services which the firm has to offer.

This type of advertising, based upon the theory that people are always interested in new homes and that most new homes require new loans, proved profitable to the bank, according to Mr. Slocum.

"We have always believed," he said, "that newspaper advertising produces the best results for the least expense. The excellent real estate sections of our Sunday newspapers provide the educational interest which always attracts those who are thinking of building or buying homes. People want to know about new homes, new home construction, new home conveniences; and it is only natural that they would turn to those sections of the papers. This is also true of people who are planning new improvements for homes already built."

Time To Store

FURS

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Staub's Frigid Cold Air

Gives Furs The Protection They Require—
COLD AIR Storage! It's the SAFEST
And Best For Your Furs!

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With $1 purchase. Paine's station is directly behind our store on Corinthian St., between Main and Front.

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It's Better To Bring Your Prescription To Paine's Than To Wish You Had

The PAINE DRUG CO.

Apothecaries—Established 1838

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TELEPHONE OR MAIL ORDERS SENT CHARGE OR C. O. D.
DELIVERIES POSTPAID ANYWHERE IN NEW YORK STATE

Equipping Kitchen Can Be Difficult

(Continued from Page 6)

Waste basket,
Soap dish,
Metal sponge,
Sink stopper,
Dishpan,
Dish drainer,
Cleanser container (to match canister set),
Soap chip shaker (to match canister set).

Optional Equipment

Soup ladle,
Pickle fork,
Pastry blender,
Corer,
Ball cutter,
Grapefruit knife,
Cooking thermometers,
Cookie cutters,
Cookie sheets,
Cake cooler rack,
Angel cake pan,
Fancy molds,
Vegetable crisper for refrigerator.

Rug Placement

Rugs are always an important question in the family budget. Completely carpeted floors are still popular, as they have always been, and so is the large rug which leaves a margin of exposed floor. Such treatments give a room warmth and a look of completeness, but small scatter rugs may be used for a time at least in living rooms and are always appropriate in bedrooms.

You Can Win Prizes at the "School of Cookery"

Amazing New Kitchen Towel...

ONE DOES WORK OF TWO

STRONG WHEN WET

USE THEM NEW WAYS

● When you try Test-Mark Aqualized paper towels you'll be surprised—they are so strong, even when soaking wet. Often, one does the work of two ordinary kitchen towels! And Test-Mark towels are soft, lint-free, extra absorbent. Yet their extra quality costs you no more!

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Walker's Market, 314 Arnett Blvd.
Kress Bakery, 360 Arnett Blvd.
Gerber's Market, 398 Thurston Rd.
Swan's Food Shop, 366 Arnett Blvd.
Brint's Pharmacy, 760 Genesee Street

Stress Good Nutrition As Defense Need

Today nutrition authorities are stressing the need for guarding the national health in carrying on an effective program of defense. In calling attention to the importance of proper food, it is pointed out that a survey has revealed that approximately 45 million of our population are living below the "safety line" of what is considered an adequate diet.

What factors are essential in our foods to assure that the diet fully meets body needs? Protein is necessary to build and repair body tissue. There must be vitamins to promote growth and protect health, and calories to supply heat and energy. Minerals, such as iron, copper, phosphorus and calcium, are needed to build blood, bones and teeth.

Importance of Iron

In considering the minerals needed, medical authorities point to the special importance of iron as a blood builder. It ranks first among the nutritive elements in this respect.

The iron in the body of an average adult is only about the weight of a penny, but this element is vital to health. Iron enters into the structure of every active body cell. Iron is a constituent of the hemoglobin or red pigment of the 25 trillion or more red blood corpuscles, and thus helps to carry oxygen to every part of the body.

Foods rich in iron must be added to the diet at six months or earlier and continued throughout life, according to nutrition authorities. The adult requires at least 12 milligrams of iron daily.

Iron Prevents Anemia

The penalty for an insufficient iron supply is a condition known as nutritional anemia, characterized by fatigue, digestive disorders and other symptoms.

As early as 400 to 500 B.C., a condition corresponding to anemia was described by Hippocrates, the Father of Medicine. Menghini an Italian, is given credit as the first to discover iron in the blood — in 1747. The present view that an iron deficiency is the principal cause of anemia, was first advanced in 1889.

In 1849, a serious form of anemia, known as pernicious anemia, was described. In the year 1934, Drs. Minot, Murphy and Whipple were awarded the Nobel prize in medicine for their discovery that liver was effective in the treatment of pernicious anemia which was previously regarded as a fatal disease.

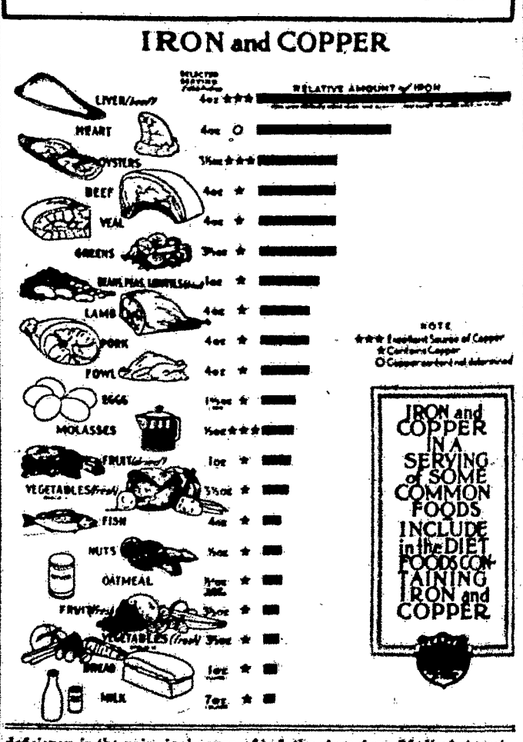
Sources of Iron

The accompanying chart carrying the seal of acceptance of the Committee on Foods and Nutrition of the American Medical Association, presents the most up-to-date information on the iron and copper content of our common foods. The iron of foods is better utilized in the presence of small amounts of copper. Liver, which heads the list, is recognized as pre-eminent among blood-building foods.

An average adult would be assured an adequate daily supply of iron if the following amounts of foods are taken each day: 2 servings of meat (1 serving of liver each week); 1 egg; 2 servings of vegetables; 2 servings of fruit.

Iron Sources Shown in New Chart

IRON and COPPER



USE THE NEW

10 1

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