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Quilt Show April 17

The Palouse Patchers, a group interested in promoting the enjoyment of fabric design and needle art, is having a quilt show on April 17th (hours 10-8) and 18th (hours 12-5) at the Latah County fairgrounds, 4-H building.

In addition to about 100 antiques, modern and friendship quilts, many

wall hangings, toys, clothing, pillows, Christmas items and block samplers will be displayed. Throughout the two-day show, quilt tops will be set up on frames for demonstration and practice purposes.

The proceeds from a small admission charge of \$1.00 and the raffish quilt ticket sales will be used towards a community service project.

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Letters to the editor . . .

It would be illegal for the power companies to stick a gun in our ribs and take our money to pay for all of their mismanagement and poor planning on their part. But it is no less a crime to do it by raising our rates the way they have. Too bad we all can't sit behind a plush desk, drawing enormous salaries and pushing a pencil to makes the users squirm!

According to our light bill on the previous rates, our March bill should be \$62.49, but due to the huge increase it will be \$92.24

Are people such as the Rockefeller's and their crowd being hurt by these tactics or is it just the working middle class, senior citizens and those on fixed income?

How much longer can we gripe and do nothing? While is the best way to control people? By the methods used in Poland and other European countries or by taking all their income for the barest necessities and in many cases less?

Harold E. Horn
Troy, Idaho

Roses Respond to Careful Pruning
Clifton Anderson
Associate Agricultural Editor

Moscow—Sharp tools and a pair of thorn-proof gloves are recommended equipment for your springtime pruning chores in the rose garden.

Roses are pruned in order to improve the plants' appearance, to remove dead wood and to encourage the production of well-formed blossoms.

"Bush roses should be pruned after all danger of severe freezing is past," said Dr. Michael Cold, UI extension horticulturist.

Colt said gardeners should remove the dead wood, cutting an inch or so below the dark-colored areas. If no live buds are left, the entire branch or cane should be removed.

"Next, cut out all weak canes or branches growing toward the center of the bush. If two branches cross, remove the nearest one.

"Finally, shape the plant by cutting back the strong canes to a large outward-facing bud. The remaining canes are generally headed back to a uniform height of 24 to 30 inches," he said.

With judicious pruning, climbing roses can be encouraged to climb up a trellis or other support. You should cut off some of the older shoots and shorten strong, vigorous canes. New lateral branches will develop and continue to grow and cover the trellis.

Climbing roses should be pruned just after they have flowered. For many varieties, severe pruning is not advisable, Colt said.

The UI horticulturist said tree roses require heavy pruning in spring and some light pruning during the growing season.

"It's important to keep the tops from becoming too large for the stems to support. After pruning away the dead wood, cut back the tree rose's live canes to a height of 8 to 12 inches. Then, shape the plant so it is neat and rounded," Colt said.

Information about roses and other ornamental plants is available from county offices of the UI Cooperative Extension Service.

Nothing is more noble, nothing more venerable than fidelity. Faithfulness and truth are the most sacred excellences and endowments of the human mind.

Cicero,

Smoking and Health

Cigarette smoking is clearly the largest single preventable cause of illness and premature death in the United States. It is associated with heart and blood vessel diseases, chronic bronchitis and emphysema, cancers of lung, larynx, mouth, esophagus, bladder and other organs. Smoking can complicate pregnancy and harm the developing baby. At least one study shows that women who smoke heavily have newborns almost one pound lighter than non-smokers. Smoking is presumably voluntary, and almost all of this damage is preventable.

Cigarette smokers have a 70 percent greater rate of death from all causes than non-smokers, and tobacco is associated with an estimated 320,000 premature deaths a year in the United States. Some insurance companies recognize this and are decreasing some life-insurance premiums for non-smokers by as much as 50 percent. There is some indication that hand-eye coordination is slightly decreased, which would pursue athletic careers.

A large portion of the excess risk for heart disease due to smoking, disappears within two years after quitting. Risk for lung and bladder cancer starts decreasing shortly thereafter.

For more information on how to quit smoking, please contact your local American Cancer Society Office, the Idaho Cancer Coordinating Committee at (208) 343-7888, or the Risk Reduction Program at (208) 334-4390. Your local telephone directory may also contain information on local smokers' information and treatment centers.

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Begin Gardening In Trays and Peat Pots
Clifton Anderson
Associate Agricultural Editor

Moscow—To get an early start on the gardening season, many Idaho gardeners are growing seedlings indoors in pots and trays. University of Idaho horticulturists recommend that vegetable plants be started from seed about 6 to 8 weeks before they are to be transplanted into the garden.

Plants started indoors are likely to suffer from lack of direct sunlight. As a result, the plants may become thin and spindly. With adequate sunlight, plants will be strong and stocky.

Outdoors, a plastic-covered enclosure called a coldframe will provide young seedlings with warmth and sunlight. Plans for building coldframes are available in garden books sold at nurseries.

University of Idaho horticultural specialists offer these suggestions for the growing of vegetable transplants.

—Avoid diseases by sterilizing pots and trays that may carry disease organisms. Wash them in a sterilizing solution made of one part household bleach and 10 parts water.

—Peat pots are used without being sterilized. At transplanting time, the entire container is planted. This reduces transparent shock to your plants.

—To leave enough room for watering, fill a container with soil to within one-half inch of the top and lightly firm it down. Plant seeds, cover with soil and water carefully and thoroughly.

—Cover the container with a sheet of plastic. Keep the soil moist but do not apply too much water. Most vegetable seeds germinate well at temperatures between 65 and 75 degrees.

—Remove the plastic cover when the seeds have sprouted. Seedlings should be thinned or transplanted when they have two sets of leaves. From a small pot, remove all but one or two seedlings. Seedlings in flats should be transplanted into other containers and spaced 2 to 4 inches apart.

—Before transplanting them into the garden, gradually expose seedlings to outside temperatures and direct sun. When it's time to transplant, water the plants well before setting them out. Shade the newly transplanted seedlings for a few days and keep the garden soil moist.

Helpful information about vegetable gardening may be obtained at the University of Idaho Cooperative Extension Service office in your county.

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Man is meant for happiness and his happiness is in him, in the satisfaction of the daily needs of his existence.
Leo Tolstoy

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