

SCIENCE

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# Victory Garden

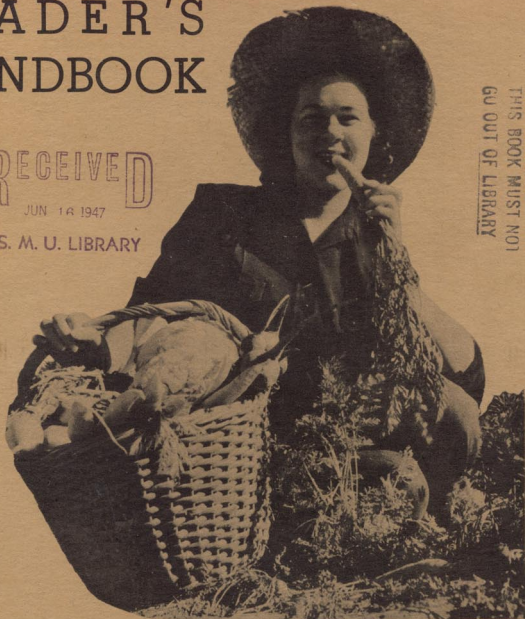
## LEADER'S HANDBOOK

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UNITED STATES DEPARTMENT OF AGRICULTURE

**T**his handbook offers some suggestions to those who are leading the great drive for Victory Gardens, and points out certain things to watch out for - common errors which waste seed, fertilizer, land and labor, and therefore must be most carefully avoided in wartime.

# This is war work

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As a nation, we have always taken food pretty much for granted. Not the farmers, of course. Food is the stuff life is made of, to a farmer. But the rest of us haven't always understood that. We have always had the idea in mind that there was plenty of food, if we just had the money to buy it. Now we are learning that a nation or a group of nations is no stronger than its food supply. We have stopped taking food for granted.

When we were attacked by the enemy, the nation had on hand splendid stocks of most foods and fibres, and our farmers were in a position to increase their production. We were able to throw this wealth of food ammunition into the battle for civilization.

Since we entered the war we have been able to supply our civilians with enough food to keep strong and healthy and to keep our war industries producing at top speed; to supply our fighters throughout the world with the heavy diet they need; and to provide our allies part of the food strength they need to keep fighting. We intend to see the job through, and to help the starving victims of oppression get back on their feet as we free them.

Our farmers produced a record amount of food in 1940, then broke that record in 1941, and the 1941 record in 1942. Their goals are still higher in 1943, but civilian and fighting demands keep mounting, while farmers must make out with less labor and less replacements of machinery and equipment.

As the war nears the critical stage, we find fewer canned goods on our grocer's shelves. This just can't be helped. Malayan tin supplies have been cut off, and much of the tin we have must carry food to the battle fronts. Furthermore, with trucks and railroads so desperately overworked, it is a miracle that food from distant points reaches your grocer as regularly as it does.

People who have always relied largely on canned food now realize that their canned goods ration allotment will not feed their families, and that the fresh vegetables their grocer is able to get will often fall short of demand. This situation is a special challenge to parents, for children especially need a regular diet of vegetables to keep strong and healthy. We understand now better than ever before that adequate nutrition is the bed-rock of the nation.

About 18 million families this year will meet the situation by growing Victory Gardens. Many of these people will be growing a garden for the first time - and they need help.

# Here are the opportunities

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## On the farm.

Every farm where weather and water supplies permit can produce the family's entire year's supply of vegetables, both fresh and processed, and also as much fruit as possible.

## In town and suburban back yards.

Families who have sufficient open sunny space and fertile ground can grow a large supply of vegetables for their own use.

## In community gardens.

People living in metropolitan areas seldom have enough suitable ground at home for a garden, but supervised community projects with space allotted to each garden have proven successful. Preferably they should be within walking distance or a short bus or street car ride. In some towns and cities, groups have arranged with a nearby farmer for the use of an acre or so of good land to use as a community garden, paying in either crops or cash. As part of the bargain, the farmer plows and drags the soil.

## In school gardens.

Rural and city schools can have gardens planned and managed on a scale that will provide a large part of the fresh and processed vegetables for school lunches.



## *Victory Garden Committees will help*

Neighborhood committees, community committees, county committees and state committees are organizing to achieve a goal of 6 million carefully tended farm gardens and more than 12 million carefully tended town and city gardens in 1943. By pooling their efforts with those of the committees, leaders will be able to accomplish the most in the least time.

Every organization able to instruct and advise in gardening, nutrition or processing will be glad to assist leaders in this great wartime program. Most experienced gardeners are eager to help the beginners avoid pitfalls and come through with flying colors. Leaders should call on committees, individuals and organizations for the help they need in making the Victory Garden campaign a success.

**V**

# Points for Leaders to Watch

In the past, all too many gardens, particularly in cities, have been abandoned to the weeds in the heat of summer. This wastes precious seeds, fertilizer, and labor. It hurts the morale of both the ex-gardener and the neighbors. Much of this loss can be avoided by helping every gardener make a careful garden plan - before buying a seed.

## V

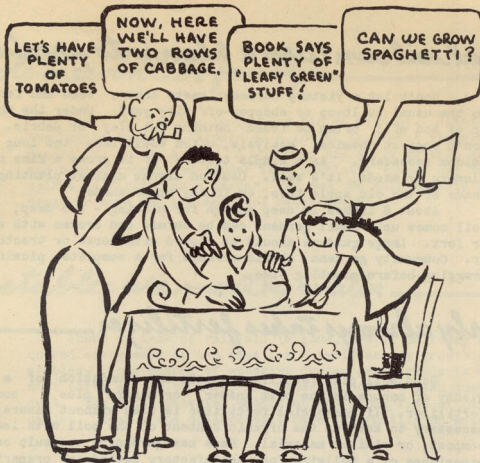
### *Good gardens aren't luck - they're planned —*

Making a garden is something like making a bridge. You have to know where to start and where to finish. You have to figure out in advance what the traffic load will be, and the best way to accommodate it.

Most new gardeners don't realize that it is possible to figure just how much of everything to plant to supply the family (a) through the garden growing season and (b) in some preserved form for the rest of the year. Not only is this possible, but by studying charts such as those further along in this handbook, it is fairly easy.

New gardeners usually don't know that the family's real nutritional needs can be accurately calculated, and that the garden plan can and should be made accordingly. You will notice that the sample garden plan on page 16 includes plenty of the nutritionally most needed "leafy green" vegetables and tomatoes.

The inexperienced are usually not aware that gardens can be



planned to produce bountifully throughout the entire growing season.

Most beginners are amazed to learn that there are not one or two but six good methods of preserving vegetables and fruits: (1) tomatoes and fruits can be canned with ordinary cooking utensils; (2) nearly all vegetables can be canned with the aid of a pressure cooker; (3) root vegetables, pumpkins, squash, apples and pears can be stored in the cellar or underground; (4) fruits, corn, beans, peas and okra can be dried; (5) pickles and sauerkraut can be made at home; (6) almost every vegetable and fruit can be preserved in a home or warehouse freezing locker.

## *Only real soil can turn a plan into produce —*

Don't let a Victory Gardener waste labor, seed and fertilizer on the usual built-up or chopped-off city yard. Under the thin layer of sod will often be found nothing but clay or debris. But, don't suggest chemical analysis, which would take too long and is seldom necessary. As a simple test - if it grows a fine crop of flowers or weeds, it's soil. Caution anyone against planting in the shade of the old apple tree, or in any other shade.

About 8 inches is deep enough for plowing - too deep, if subsoil comes up. Small gardens can be turned and broken with a spade or fork. Large gardens should be plowed with horse or tractor power. Community gardens should arrange for a complete plowing and dragging before planting time.

## *It nearly always takes fertilizer —*

Good soil plus fertilizer equals the foundation of a garden. Plenty of manure is the best answer, or manure plus a commercial fertilizer. If commercial fertilizer is used without manure, it is necessary to keep up the organic content of the soil with leaf mold, compost, or similar material. Have new gardeners consult one with experience or a bulletin for satisfactory methods of preparing the soil.

A special Victory Garden commercial fertilizer will be available this year through arrangements made jointly by the Department of Agriculture and the War Production Board. It will be available in 5 to 100 pound packages and will contain 3 percent nitrogen, 8 percent phosphoric acid, and 7 percent potash. It must be used only for production of food, never for ornamental plantings. It will have a ceiling price.

## *Seeds must not be squandered —*

Impress on each gardener the importance of buying only the seeds called for in his garden plan. If all gardeners are careful, there will be enough seeds available for every garden. Careless buying and use of seeds is unpatriotic.

A common error is wasting seed by sowing too thickly. Pea and bean seeds should be spaced as the plants are to stand, never thinned later. Beet and chard "seeds" produce several plants each, allowing later thinning. Small seeds in general should be sown about 3 or 4 times as thickly as the final stand expected, and thinned as they grow.

Detailed information on planting will be found in State Agricultural College bulletins on gardening.



## *Tools needn't be fancy* \_\_\_\_\_

Don't let 'em buy tools they can do without. Steel is going to the battle front. Farmers do a lot of implement swapping, and gardeners can do the same. A borrowed hoe works as well as your own, and both borrower and lender feel patriotic about the deal, if the spirit is right. As a leader, you may be able to help the new gardener arrange for minimum tool requirements.

## *Vegetables are mostly water* \_\_\_\_\_

About an inch of rainfall (a good, heavy, half-day rain) is required every week or ten days for a satisfactory growth of most vegetables. Some method of watering during dry periods is essential in most parts of the country, and watering doesn't mean just laying the dust. The wrong watering method at the wrong time of day can ruin a garden. Your state college will have information on watering.

## *Cultivating is just weed chopping* \_\_\_\_\_

When the ground dries after a rain, weeds must be chopped out with a hoe or cultivator. Keeping the weeds down is the main purpose of cultivating. Deep cultivating damages vegetables, so the enthusiasm (or irritation) of new gardeners must sometimes be curbed. Weeds with nine lives must be yanked out by the roots and dragged from the scene.

A caution: much tramping beside vegetables may discourage them.

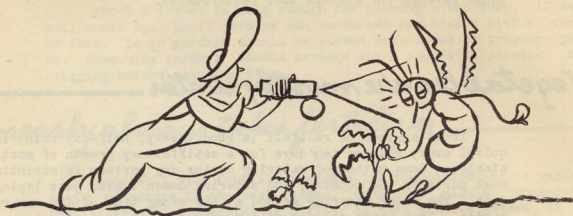
A tip: a mulch of straw, dried lawn grass clippings or leaves between the rows will hold moisture and help subdue the weeds.

When the weeds arrive in force, and the bugs with them, your gardeners will need plenty of encouragement. Nothing brings a feeling of futility like a weed-filled garden on a hot summer afternoon. But nothing is as gratifying as the same garden an hour or two later when the weeds are all down and the vegetables are standing forth proudly again in military rows.

Don't let a single gardener abandon his army of vegetables to the enemy weeds at a time when every bit of food is needed to help win the war.

## *Insects call for a snappy counter-attack* —

Don't let your Victory Gardener be dismayed at the onslaught of greedy bugs, any more than at the fifth column of weeds. Local experienced gardeners or bulletins will tell how to blast the miniature Japanazis in a hurry.



## *Fall gardens must not be forgotten* —

In much of the country, fall gardens are practicable. The thing is - don't let them forget to plant until too late. Fall gardens must be planted in mid-summer.

## *Plan next year's garden this year* —

Urge successful Victory Gardeners to make certain preparations for the following year. Compost piles established in the fall and turned from time to time through the winter will bring higher yields when worked into the soil next year. If left through the next summer and winter, the compost is even better. State College garden bulletins will give instructions for making compost.

Tools should be carefully stored away. Rubber watering hose will be, of course, placed tenderly out of harm's way.

Schools and garden groups will want to embark on tool repair and restoration projects in many cases.

# Preserving Vegetables and Fruits

## Canned

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Almost all vegetables and fruits can be successfully canned with the use of a pressure cooker. Perhaps the most gratifying culmination of Victory Gardening is a well stocked pantry or cellar. Special sugar rations can be obtained for canning. Another important consideration -- home processed vegetables and fruits will not be deducted from food ration allowances. It's not all one sided, however, for home processing frees extra commercial canned stuff for those who can't have Victory Gardens.

However, leaders must caution Victory Gardeners against canning any vegetables other than tomatoes without using a pressure cooker, for danger of food spoilage and possible poisoning. Where pressure cookers are available, community canning projects have been worked out on the pattern of the old-time sewing bee.

## Stored

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Storing is cheap and easy, if basement or outdoor space is available. Any under-the-ground vegetable stores well, and so do pumpkins, squash, apples and pears. Certain vegetables can be stored in the ground.

## Dried

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Home drying is important in wartime because it requires no sugar, no rubber rings, no metal caps.

Fruits dry easiest, especially apples, apricots, figs, peaches and pears.

Vegetables ordinarily dried are corn, beans, peas and okra, but a host of other vegetables can be dried.

## Frozen

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The newest method of preserving foods is by quick-freezing. Many families throughout the country are now renting lockers at quick-freezing plants for storing their own vegetables, fruits, meats and poultry.

## Pickled

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Cured pickles and sauerkraut can be made at home, and so can fruit pickles, quick-process vegetable pickles, and such relishes as catsup, chili sauce and piccalilli.

# Information - the key to the campaign \_\_\_\_\_

To be a good Victory Garden leader you must first be interested in the job.

Then, you must take up the job of (1) interesting other people, (2) starting them on the right gardening track, and (3) helping them to keep on the right track.

A great many people are eager to become Victory Gardeners, but they need information.

That is really your job - information. It plays a bigger part in this war every day, and those who have helpful information are front line fighters on the home front.

The best way to interest people in Victory Gardens is to talk to them. You can answer questions and build enthusiasm fast when talking. But most of us can only get around to talking to a limited number of people.

A way of reaching more folks is to send them letters. If you belong to an organization which has a mimeograph machine, you will be able to reach everyone in your area very easily.

Perhaps you can invite these people to a meeting. Give the letter eye interest by tracing a drawing on the stencil with a stylus, perhaps a cartoon or symbol from this handbook, or a magazine. A suggested letter will be found on page .

At the meeting tell them about Victory Gardens, using the material in this handbook for a starter, and describing your own pleasure in a garden. Point out the nutritional advantages for a family. Make it clear that an hour or so a day will keep a fairly good sized garden producing abundantly. Explain to them that home-processed vegetables and fruits will not be deducted from their ration allotments.

You may want to bring in an experienced gardener to talk, if you are not one yourself. Perhaps you can get help from the local Victory Garden Committee. But - get the people interested, and get them informed.



## *Publicity pays in produce and patriotism*

If a new Victory Garden group is formed, tell the newspapers about it. They will be interested, and may give it publicity, which will help the good cause.

If a new community garden goes into action, the papers may want to send a photographer over. Ask them.

If some new gardener gets whacking fine results, see if you can't arrange to have the paper take a picture of him standing in the garden, holding some of the big beets or tomatoes or whatever they are. The paper will like it and the gardener, the neighbors and the whole town will be proud.

Your local radio station may be interested in some news notes and timely, locally useful garden information.

Good-gardening contests increase interest and yields, and the results provide a good story for the papers and the radio.

Sometimes novel incidents or situations can be brought to the attention of the press --

perhaps Grandpa can be photoed working in his fine Victory Garden with a hoe 40 years old --

perhaps some pretty young school girls have achieved an exceptionally fine Victory Garden, and would make a very pretty picture as they kneel to gather vegetables for their families' tables.

School children and their parents will be pleased to see a picture of the school garden in the paper. If some statistics are available to show how the garden is providing lunches for a large part of the school, it will make a fine story, and will encourage other schools to do the same.

Every successful Victory Garden is a blow to the enemy.



## *Booklets that will aid leaders and gardeners —*

Most State Agricultural Colleges have excellent publications on gardening. These make specific recommendations for your own locality. In addition, the United States Department of Agriculture also has several publications on growing and preserving garden products. After you have gotten the state publications, if you need additional information you may want to send for one or more of the following bulletins, which may be obtained free by writing to the Office of Information, United States Department of Agriculture, Washington, D. C.

### V

Victory Gardens  
The City Home Garden  
The Farm Garden  
Diseases and Insects of Garden Vegetables  
Disease-Resistant Varieties of Vegetables for  
the Home Garden  
Hotbeds and Coldframes  
The Home Fruit Garden  
Home Canning of Fruits and Vegetables and Meats  
Home Storage of Vegetables  
Drying Foods for Victory Meals  
Homemade Pickles and Relishes  
Making Ferment Pickles

### V



# VICTORY GARDENS ARE WAR WORK!

You are intending to grow a Victory Garden this year? You will want to come to the meeting.

Perhaps you have never grown a garden but would like to, if you had some helpful information. Come to the meeting.

Perhaps you realize that a Victory Garden is a real contribution to the war and that it will safeguard your family's nutritional standards, but you don't have the necessary fertile, sunny ground. Come to the meeting. A Community Victory Garden will be discussed - a place where each family interested will be allotted a garden plot for its own use.

Mrs. Charlotte Jones, chairman of the County Victory Garden Committee will lead the meeting.

Dr. Charles Smith, who has grown successful gardens in his yard at 1004 Oak Street for many years, will address the meeting. He will have a number of tips for new gardeners and those who are expanding their gardens this year.

The meeting will be held at the

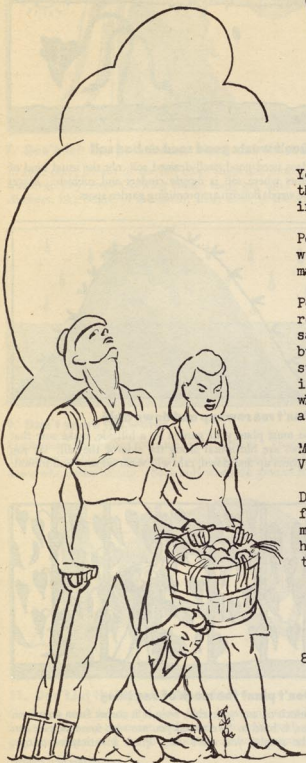
FAIRHILL HIGH SCHOOL AUDITORIUM

MARCH 15, 1943

8:00 P. M.

( MONDAY )

EVERYONE INVITED



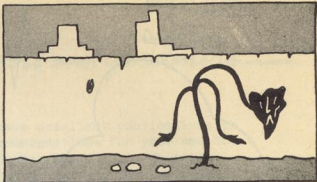
(This is a sample call-to-meeting letter. Drawing can be traced on mimeograph stencil with a stylus)

# A dozen don't's for gardeners



## 1. Don't start what you can't finish

Before you plant a garden, count the work involved even before seedtime and to harvest. Abandoned gardens are a waste of seed, fertilizer, tools, insecticides, and labor.



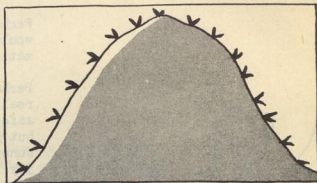
## 2. Don't waste good seed on bad soil

Gardens need good, well-drained soil, not the usual kind of city lots where soil is mostly cinders and rubbish. Places where weeds flourish are promising garden spots.



## 3. Don't work ground too soon

Starting too early will spoil the soil. When a piece of earth will crumble apart as you hold or press it between your fingers, the soil is dry enough to cultivate. Make sure yours is.



## 4. Don't run rows up and down a hill

If you must plant your garden on a hillside, make sure that the rows are horizontal along the side of the hill. If you plant them up and down, rain will wash off seed and topsoil.



## 5. Don't use too much seed

Crops seeded too thick will come up close together, they will need lots of thinning. Learn how to space the seed you use. Overseeding wastes seed and labor. Waste won't win.



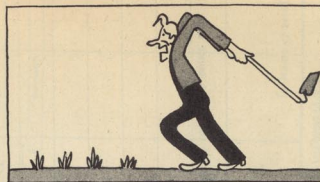
## 6. Don't plant too much of one thing

Too much of any vegetable, even if it comes from your own garden, is hard to take unless you are sure someone else can use the surplus you can't use. Plant a variety of things.



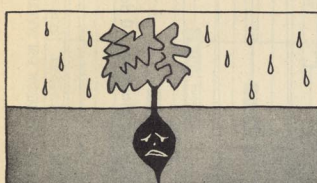
## 7. Don't let the pole beans black out the beets

In fact, don't let any of the tall crops shade the short ones, whatever they are. Growing things must get sun. Plant climbers, like beans, to the north; short ones, to the south.



## 8. Don't wield too heavy a hoe

Vegetable roots grow near the surface. They are tender, too. When you cultivate them deeply, you injure the roots and slow up growth. Shallow cultivation is the rule for gardens.



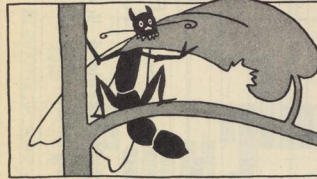
## 9. Don't spare the water

Light sprinkling brings roots up to the surface. That's bad. Thorough soaking pushes down to the roots, and keeps them down where they belong. Soak only when the ground is dry.



## 10. Don't let the weed crop win

Amateur gardeners often dream about dishes full of luscious fresh vegetables the moment they put their seed in. While they dream the weeds sometimes become the major crop.



## 11. Don't let the bugs beat you to it

Gardeners must be on the alert from beginning to end for insect armies and the onset of disease. Be ready with spray gun and duster and the proper death-dealing ammunition.

















## 12. Don't let anything go to waste

If your garden yields too much for you to eat or store or preserve for yourself, see that someone else gets the leftovers. Tell your local Civilian Defense office about your surpluses.



## A small garden

 <b>Beans, snap</b> (pole)	1/2 pound seed	After harvesting beans, follow with 3 rows of turnips; 1 ounce seed.
 <b>Beans, snap</b> (pole)	1/2 pound seed	"
 <b>Beans, lima</b> (pole)	1/2 pound seed	"
 <b>Beans, lima</b> (pole)	1/2 pound seed	"
 <b>Tomatoes</b> (staked)	2 dozen plants	
 <b>Tomatoes</b> (staked)	2 dozen plants	
 <b>Carrots</b>	2 packets seed	After harvesting, follow with late plantings of beans, beets, lettuce, turnips.
 <b>Beets</b>	1 ounce seed	"
 <b>Kale</b>	1 packet seed	"
 <b>Turnips</b>	1 packet seed	"
 <b>Cabbage</b>	30 plants	"
 <b>Onions</b>	1 pint sets	"
 <b>Radishes</b>	1 ounce seed; 2 half-row plantings, 10 days apart	
 <b>Spinach, New Zealand</b>	1/4 ounce seed	

50 feet long (along the north or west side) and 30 feet wide.

Planting Range in Black Bar

A VEGETABLE GARDEN CALENDAR FOR MARYLAND

Harvesting Range in White Bar

MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
	Parsley			Parsley			Protected by Coldframe On	October 15	
	Parsnips							Parsnips	
	Carrots		Carrots	Broccoli*			Broccoli		
Early Kale			Kale	Potatoes			Potatoes		
Cabbage*			Cabbage		Kale			Kale	
Turnips			Turnips	Endive			Endive		
Onions					Onions	Turnips	Turnips		
Onions*		Green Onions		Potatoes			Potatoes		
Collards			Collards	Potatoes			Potatoes		
Peas			Peas	Beans (Snap)		Beans			
Lettuce			Lettuce	Cauliflower			Cauliflower		
Lettuce*		Lettuce		Cabbage			Cabbage		
Beets			Beets	Beans (Snap)		Beans			
Chard			Chard		Kale			Kale	
Salsify							Salsify		
	Beans (Snap)		Beans			Spinach		Spinach	
	Bush Lima			Bush Lima	Beans				
	Pole Lima			Pole Lima	Beans				
	Cucumbers			Cucumbers					
	Peppers*					Peppers			
Radishes	Radish	Tomato*				Tomato			
		Eggplant*				Eggplant			
	Okra			Okra					
	Sweet Corn			Sweet Corn					
	Pumpkins						Pumpkins		
	Squash						Squash		
	Melons				Melons				
	Sweet Potatoes						Sweet Potatoes		
Potatoes			Potatoes	Cabbage			Cabbage		

(\* Plants or sets)

(This chart applies only to Maryland. Your State College will supply similar information)

WHAT SOME VEGETABLES CAN CONTRIBUTE TO THE YEAR'S FOOD SUPPLY

VEGETABLES. Make four servings each day.

1. Leafy, Green, and Yellow Vegetables. Serve one from this group each day. Eat  $3\frac{1}{2}$  pounds per week per person (182 pounds per year) fresh or its equivalent in canned, dried, stored, or frozen vegetables. Can 25 quarts. Store 45 lbs.

Vegetable	Yield per 100 ft. of Row	Amount of fresh Product Necessary to can 1 quart	Preferred Method of Preservation
Beans, Snap.....	50 pounds	$1\frac{1}{2}$ -2 pounds	Can, freeze
Beans, Lima.....	50 pounds	3-4 quarts in pod	Can, freeze
Beet Greens.....	25 pounds	2-3 pounds	Dry, freeze, can
Broccoli.....	50 pounds		Freeze
Chard.....	100 pounds	2-3 pounds	Dry, can
Collards.....	50 pounds		Dry, freeze
Kale.....	75 pounds		Dry, freeze
Lettuce.....	50 pounds		
Spinach.....	50 pounds	2-3 pounds	Dry, can, freeze
Turnip Greens.....	50 pounds		Dry, freeze
Peas.....	40 lbs. (pods)	4 quarts in pod	Freeze, can
Carrots.....	100 pounds	$2\frac{1}{2}$ pounds	Can young, store
Squash, Yellow flesh	100 fruits	4 pounds in shell	Can, store

2. Tomatoes, Cabbage. Serve one of these each day. Eat 2 pounds per week per person (104 pounds per year). Can 25 quarts tomatoes or juice. Store or kraut 25 pounds of cabbage.

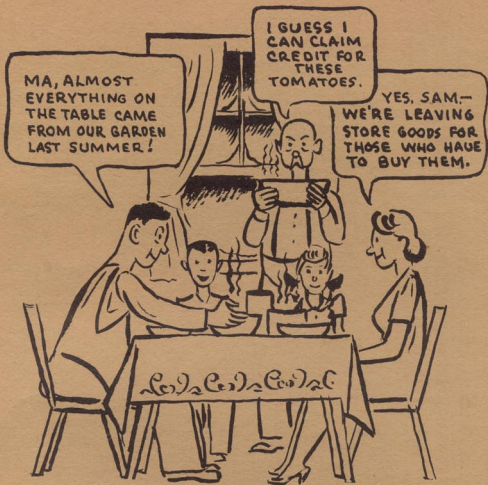
Vegetable	Yield per 100 ft. of Row	Amount of fresh Product Necessary to can 1 quart	Preferred Method of Preservation
Tomatoes.....	200 pounds	3 pounds	Can, or juice
Cabbage (raw) or Kraut	100-175 pounds		Store or kraut

3. Other Vegetables. Serve one from this group each day. Eat 3 pounds per week per person (156 pounds per year). Can or freeze 15 quarts. Store 40 pounds.

Vegetable	Yield per 100 ft. of Row	Amount of fresh Product Necessary to can 1 quart	Preferred Method of Preservation
Corn.....	100 ears	(10-12 small ears ( 5-6 large ears	Can, dry, freeze
Beets.....	100 pounds	$2\frac{1}{2}$ -3 pounds	Can, store
Onions.....	50-100 pounds		Store
Farsnips.....	100 pounds		Store
Turnips.....	100 pounds		Store
Chinese Cabbage..	80 heads		Store

4. White Potatoes and Sweet Potatoes. Serve one of these each day. Eat  $3\frac{1}{2}$  pounds per week per person (182 pounds per year). Store 140 pounds.
5. Dried Peas, Beans, Lima Beans, Soybeans. Serve one from this group three times a week. Eat 6 ounces per person per week (20 pounds per year). Store 14 pounds. Yield: 50 pounds per 100 feet row.

\*Adapted from Bulletin 232 of the Agricultural Extension Service, Ohio State University, entitled "Garden for Victory".



MA, ALMOST EVERYTHING ON THE TABLE CAME FROM OUR GARDEN LAST SUMMER!

I GUESS I CAN CLAIM CREDIT FOR THESE TOMATOES.

YES, SAM.— WE'RE LEAVING STORE GOODS FOR THOSE WHO HAVE TO BUY THEM.

**GARDEN**



**FOR  
ICTORY**