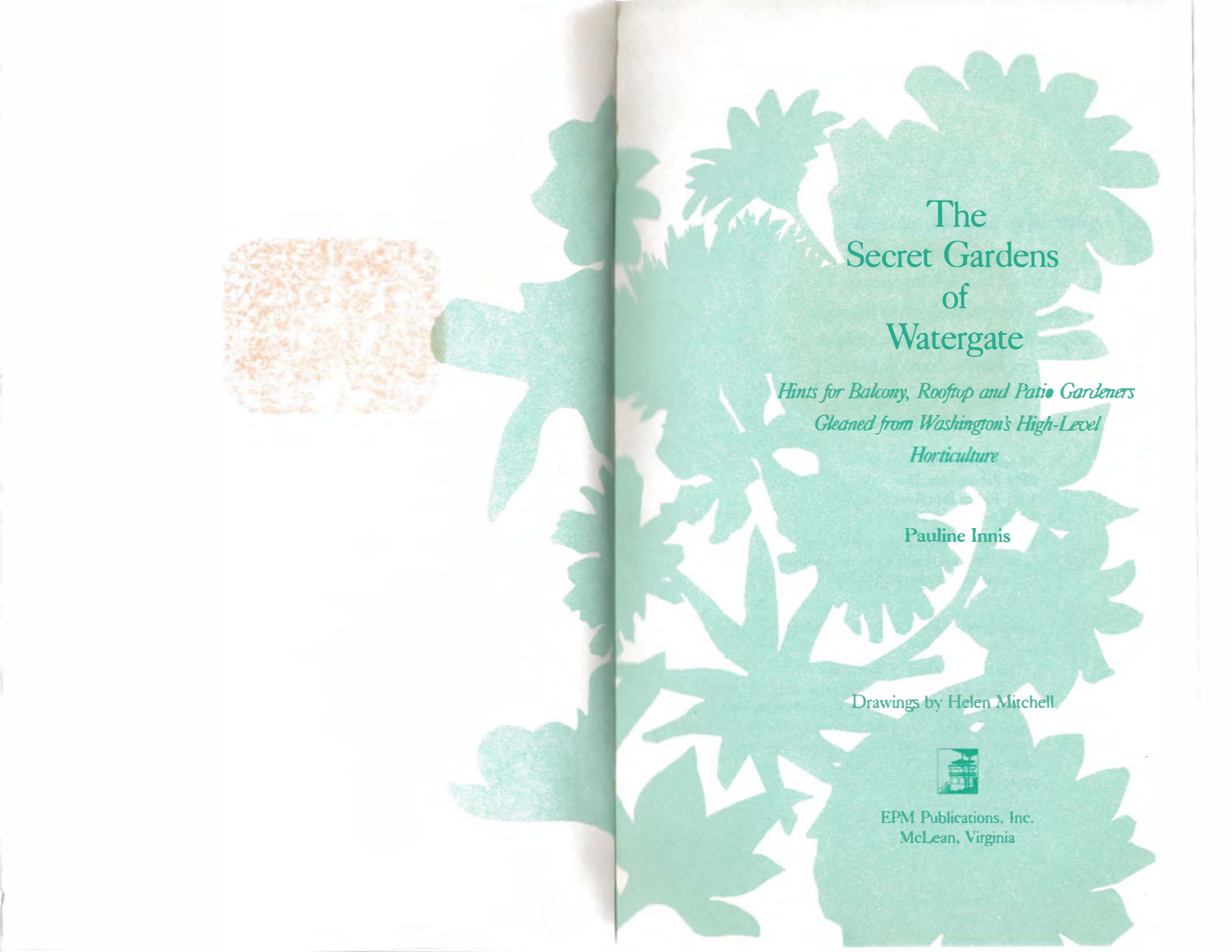


The Secret  
Gardens  
of Watergate  
PAULINE INNIS



The  
Secret Gardens  
of  
Watergate

*Hints for Balcony, Rooftop and Patio Gardeners  
Gleaned from Washington's High-Level  
Horticulture*

Pauline Innis

Drawings by Helen Mitchell



EPM Publications, Inc.  
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*This book is dedicated to all my gardening  
friends who bring beauty to  
the concrete deserts of big cities.*

*The gardens in this book are only a few of the  
delightful secret gardens of the Watergate.  
I wish there had been room for them all.*

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*Whoever could make two ears of corn  
or two blades of grass  
to grow upon a spot of ground  
where only one grew before,  
would deserve better of mankind,  
and do more essential service to his country,  
than the whole race of politicians put together.*

*Swift, Gulliver's Travels*

## Eden on a Balcony



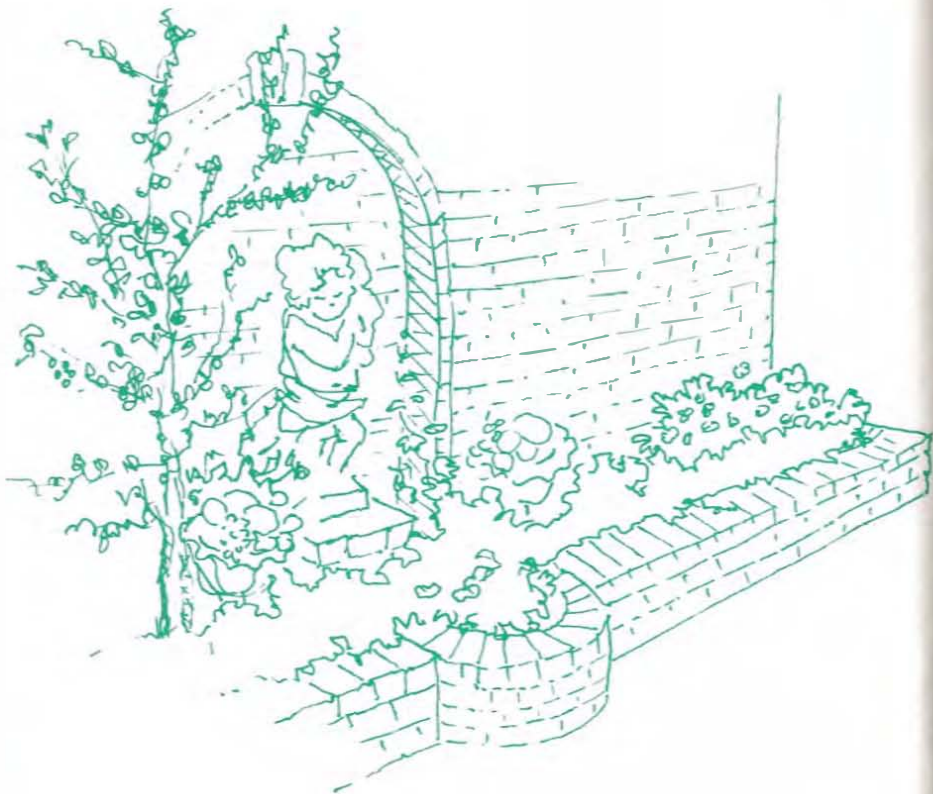
Even though many years have passed since the Watergate scandal, all the tour buses still stop for a look and a lecture on "the site of the break-in and the home of the rich, wicked and famous." No visit to Washington is considered complete without seeing the Watergate.

But there is another side to the complex. A view hidden from the passersby, known only to those who live here and their intimate friends, and that is what this book is all about.

Inside the concrete exterior of the Watergate are unexpected patches of color and beauty and little pools of silence and quietude on balconies, patios and rooftops. These are the secret gardens of Watergate and, like their owners, they are of all different sizes and designs. Varying from the Chinese exotic of Anna Chennault to the old fashioned English of the Innis's; from the opulence of the Fat Cat to the restrained preciseness of the retired Intellectual.

Some owners have spent many thousands of dollars





on their balconies and rooftops. Others delight in economical do-it-yourself projects.

Most people living in the Watergate have proved the truth of the Chinese proverb,

*A garden brings happiness and harmony.*

*A home without a garden is a place without a soul . . .*

If anyone had looked at the Foggy Bottom area where the Watergate now stands four decades ago, he would have laughed at the idea of any person living here, let alone Senators and Cabinet members; as for

gardens nothing would grow in that dump. When, on July 14, 1948, the Washington Gas Light Company offered to sell a parcel of six and a half acres of land in Foggy Bottom for \$3 million, there were no takers. Not one offer was received!

For one hundred years the Gas Company had dominated this Potomac area with its huge storage tanks. Then the coming of natural gas made these tanks obsolete and they stood derelict and empty. The whole area was neglected and rundown except for the Watergate Inn run by Marjorie Hendricks. Not far from the Watergate Inn was the Old Brewery that housed the theatrical company which later moved to the Arena Stage.

Ten years passed without a satisfactory offer being made for the land. Then in June 1960, S.G.I., an international real estate investment firm, bought the triangular tract and announced that they were going to build luxury apartments. Amidst the astonished disbelief and ridicule of most Washingtonians, S.G.I. went ahead ignoring the prophets of doom. Riverview Realty became the leasing agent. John Hancock provided mortgage financing, the largest in its history, by the way, and the project finally started.

The chief architect was the late Luigi Noretti whose design was adapted from a Roman castle. The dynamic flowing curves, circles and triangles of the complex were so different from anything the city architects and the Fine Arts Commission had anticipated that it was only after many delays and modifications that building began.

Ground was broken in 1964 for the first building, Watergate East. This was followed by the office building at 2600 Virginia Avenue, then the Watergate Hotel in 1967. Watergate West was finished in 1969 and finally Watergate South and the Watergate 600 office building in 1971.

Now the old Gas Light Company acreage has become the highest tax paying area in the city, and the

river front is a public garden enjoyed by joggers, cyclists, walkers, fishermen and boaters. Inside the Watergate complex of offices, shops, restaurants, embassies and apartments, the secret gardens bring endless pleasure and relaxation to the owners of the private places.



Living in an apartment means that you need flowers and growing things even more than when living in a house, because you are out of contact with nature. Trees and plants clean and filter the air. They soften the concrete and steel and shelter us from the burning streets of the city in summer and the biting winds of winter. They rest the eyes and warm the heart.

After all, mankind first lived in a garden and ever since we were sent out of Eden, we have been trying to re-create it. Although this book does not promise to put you back in Eden, it can help you bring back some of its happiness, peace and natural beauty.

Making a garden on a balcony is very different from gardening in the backyard and a lot of frustrating disappointment can be saved by studying the methods and results of those who have managed to create something very lovely out of an expanse of concrete.

The natural enemies of balcony and roof gardening are wind and drought. Plants in pots dry out very quickly especially if they are exposed to the hot sun. Too much shade is a problem on lower floors where the plants are cut off from light by the balcony above. But there are ways to overcome these handicaps.

Before starting your garden it is well to bear in mind the following warnings:

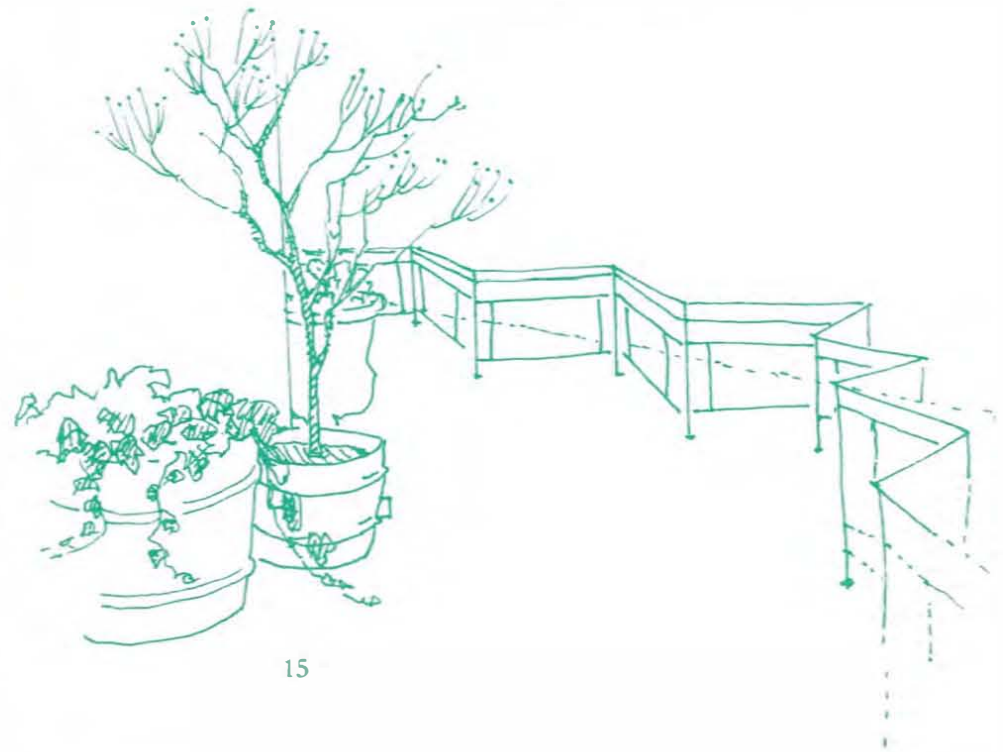
Balconies have been known to collapse under too much weight. Consult your building manager about this before embarking on a too ambitious plan. No matter how authentic you want to be, plastic or fiberglass pots and urns should be used in place of lead and bronze

antiques from Greece or Rome. The plastic and fiberglass counterfeits look very good and successfully imitate lead, bronze, stone or wood and weigh far less.

Usually rooftops are not built to sustain reproductions of the Hanging Gardens of Babylon. (Don't think this is an exaggeration, someone tried it here!) Building engineers should be consulted about installing fishponds and faucets and drains for such things. We ourselves were nearly drowned when, a few years ago, the water from an illicit fishpond above cascaded through our hall chandelier.

It is also important to consider carefully, before committing yourself to any plan, how you intend to use your balcony or rooftop. Is it to extend your living space? To use for parties? To relax in? To rest your eyes and restore your soul? To satisfy a horticultural urge? A mixture of all these? Or simply decoration? Each need requires different planning and planting.

This book will give you ideas that have been found successful and will show you how to produce your own.





*Some like the Rose and the Lilac,  
Some the Crysanth-e-mum,  
Some like exotic blossoms and some  
The humble Geran-i-um.  
Some like the Pink and the Daisy,  
Some the Petun-i-a,  
Some like unusual blossoms and plants  
That are more pecul-i-ar.  
So each to his own and his own to each  
Be it Apple or Plum or Pear or Peach.*

P.B.I.

# The Looking Glass Garden



When we bought our apartment at the Watergate in 1969, I hoped to get one with a wraparound balcony which would give me enough scope to reproduce the garden of our home in Devon, England. However, we ended up with one on the 14th floor with a 32 by 7 foot curved space which faced northeast. At one end is a seven by seven foot concrete barrier separating us from the apartment next door, at the other are some metal railings. Esthetically, it left a great deal to be desired. Was there any hope of creating a thing of beauty out of this unfortunate area? There were one or two advantages that might help, but were they enough to overcome the many drawbacks? One that has really proved a blessing is the northeastern exposure. This means we get the early morning sun but are not completely burned up by the heat of noon.

The fact that there is no overhang means we are open to anything that nature and the city environment cares to drop upon us. Although a penthouse rises above, as it is situated farther back, we are not shaded or sheltered by it.

This sort of space is not easy to work with. The obvious thing was to put a few pots filled with flowering shrubs here and there to break up the elongated space, but this was not what we had visualized at all. The concrete barrier loomed forbiddingly close whenever we stepped out, and the concrete teeth, which saved us from falling 14 floors down, looked angry and sharp. What could we do?

Inspiration did not come immediately. But at last it came to me in the middle of the night: what was needed was a Looking Glass, a seven by seven foot mirror to cover the whole of the concrete barrier! This would make it invisible, would double the length of the balcony and double the number of flowers. Also it would reflect all kinds of interesting sights. I couldn't wait for daylight; I woke my husband and told him of my wondrous thought. It was a mistake. His remarks are unprintable, but it was obvious he thought the idea was crazy. How long did I think a so and so Looking Glass would last on a balcony this high up? If the winds didn't blow it down in a week, frost would shatter it. Rain would get in behind and ruin the silvering. Birds would knock their heads against it and litter the place with dead bodies, and who was going to clean the damn thing, anyway?

I was cast down. But as the day wore on, I became more and more sure that this was the only thing that would suit my vision of what our balcony should look like. Taking the yellow pages in hand, I called at least ten places that advertised their ability to put mirrors anywhere. But anywhere did not include Watergate balconies, it seemed. They reiterated all my husband's reasons against my idea and invented many new ones. No one wanted the job. They would do anything indoors, but not out.

Then I happened to go to a luncheon where I met Jeane Dixon of prophetic fame. In passing I mentioned the fact that I wanted a Looking Glass on my balcony,



but everybody was against it. "They all say it won't last and I'll be throwing away my money."

"Don't take any notice of them and, as for the glass people, you tell them that Jeane Dixon said you are to have a Looking Glass on your balcony immediately. And," she went on, "I have a very large mirror in my yard, and it has been there for years. You may come with me and see it."

Fascinated, I went with Jeane to her house. Out in the garden behind the house is a blank wall and against it Jeane has tall mirrors reflecting bushes which grow in front of them. Also, reflected in her mirrors is a red pagoda in which her cat spends its days.

On returning to our apartment I went out on the balcony and was even more certain that a Looking Glass was the only possible answer. So, I called the nearest glass shop and told them that no matter what they thought, Jeane Dixon said I had to have a Looking





Glass fixed on my balcony barrier, immediately. There was a hush and whispered words on the other end. Then a new voice said,

"As long as you understand that there is no guarantee, we will put a seven foot mirror up there on Friday."

And so the Looking Glass was installed, and it is still making us happy. The installers made the mistake of cutting the glass a little short and when they came back to add another piece, it was not quite right. The Washington Monument looks as if it has two tops. However, the Looking Glass makes all the difference in the world. It is lots of fun when we have a party. People go out on the balcony and do not realize immediately that it is a mirror, and they speak to themselves politely. Men see the Monument and look around and say, "I thought you faced northeast. The Monument ought to be over there." They look around and the Monument is over there, and then they realize it is all an illusion.

The Looking Glass seems to more than double the length of the balcony and, so far, no birds have bashed themselves against it. In fact they appear to like it. They perch on the flower bed below and look at themselves. I have never had to clean it. Somehow or other it keeps itself clean. It has defied wind and storms, frost and snow and the sonic booms of planes passing overhead. The concrete barrier has disappeared into the mirror, and the reflected rays of the early morning sun protect the plants and make them bloom a little longer in winter.

If you should try a Looking Glass garden there are several things to bear in mind:

There must be a firm, strong wall or barrier to which the glass can be fixed.

The wall or whatever, must be scraped clean and should not have any loose flakes of paint, concrete or anything else, as such could make the glass work loose.

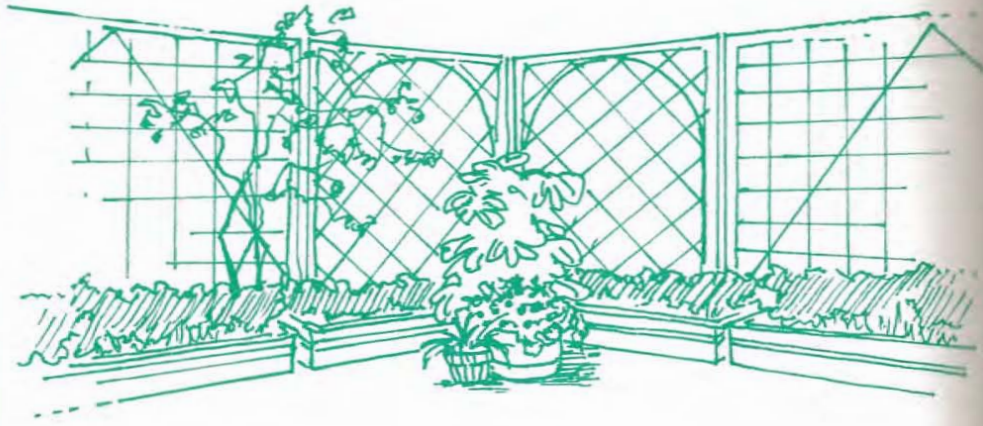
A thick, good quality glass is absolutely necessary.

The glass should be flanked by flowers and/or shrubs so that the illusion of greatly increased size is sustained.



The use of trellis with mirrors can be very effective, too. Luther Greene of New York, who has created many beautiful rooftops, uses archways of trellis in front of the glass. This has the effect of a doorway into another garden. In a small rooftop surrounded by higher buildings, Luther Greene created a *trompe l'oeil* wall with mirrors and trellis which catches the reflected sunlight transforming a dark, dreary area into a cheerful space. There is very little planting as the area is small, but pots of box and holly are strategically placed giving a pleasant, restful look.

The penthouse garden of Robert and Millie Monks at the Watergate is a beautiful example of the use of trellis. Their rooftop was designed by a friend, the famous landscape gardener, Morgan Wheelock, who designed a garden for the Queen of England. It is a series of garden rooms each with its own special design. Just outside one of the two doors leading from the apartment to the garden are awnings of cheerful yellow and white canvas. One covers a sitting area with a view of Key Bridge. Here are large tubs painted white filled with plants and flowers such as rhododendron, boxwood, geraniums, a Japanese maple and columnar cedars. The walls are covered with white trellis. Some trellises support roses



or clematis; others are left bare for architectural detail. The cedars, the box and the rhododendron stay green all the year round. Because this area is sheltered, the Monks can enjoy it even in winter. The chairs and tables are all white.

From the second door one steps into the outdoor dining room which has a large sideboard with a mirror at the back. A moonshaped trellis borders it. Baskets of trailing geraniums hang from the awning. A delightful statue makes a focal point and more tubs of flowers and shrubs surround the area.

Another space has tubs of roses and again an interesting trellis lines the wall. The Monks are fortunate in having plenty of garden space for themselves, their guests and their little dog Nasturtium.

Millie does not grow her plants from seed. Although she loves flowers and thinks she would really like to do the garden herself, she is so often out of town that she rarely does more than water or remove dead flowers and leaves. The Monks also have a large garden in Maine and sometimes they bring plants from there.

Originally from Boston, Robert Monks came to Washington with the Reagan administration.

If you want to make a trellised garden yourself, here are a few hints:

The area must be carefully measured, especially around the glass and around doors or supports. If you are not handy with tools, it is possible to get the trellis and necessary supports cut to fit at the lumber yard.

Redwood and cedar are the best woods to use as they do not need any maintenance. Other woods need to be primed and painted, and the paint will need regular renewing. If you choose painted wood, it is better not to put climbing plants on it as they may object to being torn off when it is time to paint.

Use brass or galvanized nails and screws that won't rust.

Most lumber yards and hardware stores keep supplies of trellis and suitable wood for supports. However, if you want a large quantity for covering a whole wall, Cyprus Woods Corporation in Ridgeland, SC 20036, can supply it.



In spite of the success of our Looking Glass we did not get our balcony as we wanted it for several years. It looked rather naked at first, but it didn't matter because our goddaughter, Anna, was small and it gave her and her sister a place to run and play when they came to visit. Also, it afforded space for a well known basset hound called Oliver, to exercise. Oliver was the hound dog who owned John McLaughlin, of the McLaughlin Group television show, and for whom the McLaughlin's television company is named. While John and his wife Ann were on their honeymoon, Oliver stayed with us for ten days. It was a very interesting time.





Oliver arrived with his suitcase filled with dogfood, a purple towel especially for wiping his feet after a walk, lots of strange looking toys and five pages of helpful hints entitled *About Oliver!* What happened to Oliver is told in the chapter on Watergate Pets.

*Give fools their gold, and knives their power;  
Let fortune's bubbles rise and fall;  
Who sows a field or trains a flower,  
Or plants a tree, is more than all.*

Whittier



## Some Gardens of Political Persons

**S**tepping through the door of the sunfilled apartment of Senator and Mrs. Russell Long, a visitor is caught immediately by the colorful begonias which line the top of the balcony. This is one of the Watergate balconies which doesn't have the "dragon's teeth" but, instead, has a solid wall topped with built-in planters.

The Long's apartment is a "pass through." It stretches through from one side of the building to the other, so they have a balcony on the riverside and one overlooking the city also. This gives Caroline plenty of space to grow the flowers she loves. Through trial and error, she found that begonias are the most satisfactory. They bloom right through the season until the first frost and seem able to withstand the wind and the hot sun. Multiflora has done well and Mardi Gras mixed is her favorite, but most varieties do well in the planters.

To soften the concrete wall below the planters, Caroline added ivy to the planters that trails gracefully to the floor, not only decorating the flat surface but acting as a foil to the begonias.



In one corner, against the concrete barrier between the Long's apartment and the one next door, Caroline has made a curved planting of some evergreen trees. These look graceful and supply something green throughout the winter. This little planting has proved so successful that Caroline is going to make a similar one on the other balcony.

High winds prevent the balconies' being used for meals, but there is some patio furniture awaiting halcyon days. Parties often overflow on to the balcony as guests like to look at the river and the lights of the city. Even after the Senator's retirement, the Longs plan to keep their bright, friendly apartment. It is easy to see why.



Ambassador and Mrs. Arthur Burns are one of the political pairs who have lived in the Watergate the longest and have been married to each other the longest, 55 years at this writing. They live in a duplex apartment with a long balcony which Helen tends with loving care. The balcony also serves as a place for their Yorkshire Terrier, Hanzie, to run a d play.

For this reason, plants are raised from the floor and fastened to the pillars. Helen likes plants that are easy to grow and which keep blooming for a long time: geraniums, petunias, snapdragons, pansies and salvia.

Helen also has pots of ferns and flowers which she takes out to the balcony to fill up gaps or to add extra color for parties. Like most Watergate gardeners, Helen does not try to keep all her plants alive through the winter. The geraniums are renewed each year, but ferns and two camelias are brought into the living room when the weather turns cold.

Helen is vice president of the Academy of American Poetry, and every year she gathers together an anthology of poems both old and new. Much of the preparation of this anthology is done by Helen in a secluded corner of the balcony surrounded by her flowers. Every year Helen gives a luncheon where well known poets read their verses and friends read from the anthology. This luncheon is held in the Watergate Terrace Restaurant with tables decorated with flowers, many of which come from the Burns's balcony.

Helen waters the plants herself with a small watering can, carrying the water from the kitchen. The balcony



does not have a water faucet on it. Its floor is painted with an off white deck enamel and is not covered with any carpeting. "It is easier to keep clean this way," she says.

Plants are fertilized with some Miracle Grow according to the directions on the box. Helen buys her plants from either the Watergate Flower Shop or Johnsons Flower Market.

Economist Herb Stein and his wife are old friends of the Burns. They have lived in the Watergate since Herb was Economic Counselor to President Nixon. One evening several of the economic group were talking about the old days. Suddenly, someone realized that, although many of their political friends of both parties of their own age or thereabouts had divorced and remarried, all the economists they knew had kept their original spouses!

"We're a stable group," said Burns.

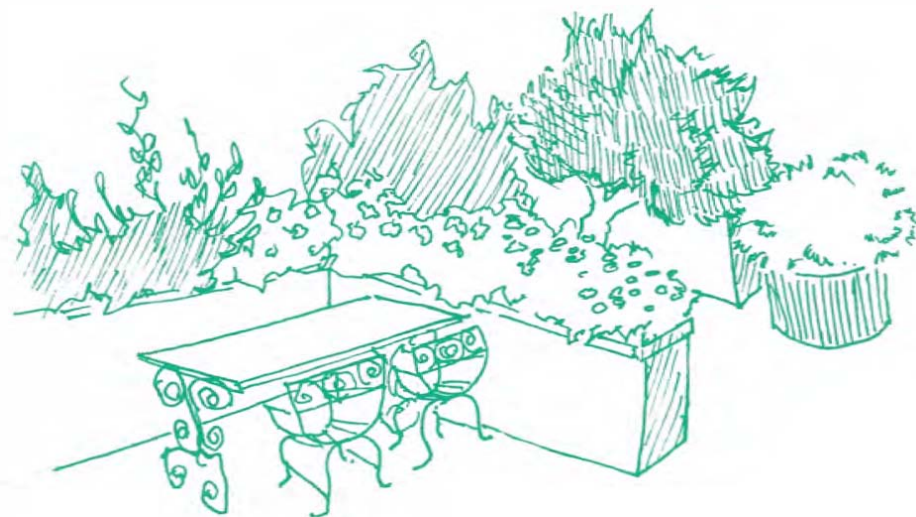
"We're too busy to be other than faithful," said Stein.

"It's not that," another said sadly. "It's just cheaper to keep the old model. It's the economic way to look at it."

Whatever the reason, it seems the economists stick together while the politicians split apart! It should surprise no one that the Burns grow the same kinds of flowers year after year on their balcony. They make their choices and stand by them.



The roof garden of Anna Chennault, widow of the famous General Claire Chennault of the Flying Tigers, is one of the most unusual. Anna herself is a very unusual person. Born in China, exotic in appearance, she serves on the board of directors of several large organizations. She is vice president of the Flying Tiger Line, correspondent for the *Nim Tsu Times* and author of a



book, *A Thousand Springs*. Anna has always worked hard for the Republican Party and at one time was chairman of the Finance Committee.

Her roof garden has been the scene of many fascinating gatherings. One part that has been enclosed as a garden room houses palms and orchids and can be used all the year round. The rooftop is partially paved with various colors of slate, and the whole garden is bordered with built-in wooden boxes containing trees and flowers. The use of small pine trees gives this garden interest in winter. The boxes are 2½ feet deep so the tree roots do not dry out and are protected from the frost.

Anna's rooftop has a wide view of the Potomac, and the Washington Cathedral can also be seen from the garden room. In August, Anna and Beth Markey, wife of Judge Markey who used to live in the Watergate, gave a bridal shower for Tami Hoekstra. It was a very wet day so the party was held in the garden room instead of on the rooftop. Because of the flowers and



plants growing inside, no one noticed the rain. If you have the space, it is well worth enclosing part of your roof or patio as it makes it usable year-round.

Anna also has a little herb garden where she grows herbs to put in her special Chinese dishes which she occasionally prepares herself for special friends. Here is one of her recipes.

### Concubine Delight

2 lb. chicken filet, white meat sliced	2 or 3 slices ham, minced
3 egg whites, lightly beaten	few stalks green onion
dash of salt	peanut or salad oil
dash of pepper	1/2 ginger kernel, minced or
2 tbl. Cointreau	1 tbl. chopped preserved ginger
1 tbl. honey	1 tbl. cornstarch
1/2 lb. snow peas or	1/4 cup chicken broth
1/2 lb. green peppers sliced	1/4 cup soy sauce
12 dried mushrooms soaked overnight, sliced	lemon juice to taste

Mix chicken slices with egg white, pepper, salt, half of Cointreau, and half honey.

Sauté snow peas or green pepper, dried mushrooms, ham and green onion in peanut or salad oil in large skillet.

Sauté chicken in large skillet. Add ginger.

In small saucepan, blend cornstarch with chicken broth, soy sauce, lemon juice, remaining honey and remaining Cointreau.

Bring to boiling, stirring constantly; boil one minute or until slightly thickened, to make sauce. Remove from heat.

Mix snow pea and chicken mixtures in largest skillet.

Lightly sauté again. Pour in hot sauce.

Serve with hot rice, cooked in tomato juice, or with noodles or toast.

Serves 6 to 8.

Note: Concubine Delight may be prepared the day before and reheated before serving.



Rosemary Woods, personal secretary to President Nixon, still has a duplex apartment in the Watergate. Overlooking the circle on Virginia Avenue, it gets early morning sun and shade in the afternoon. Her balcony has built-in planters about three feet high that are home to ten dwarf spruce trees. These, of course, stay green all year-round. In between the little trees, Rosemary plants impatiens in different colors which last through the summer into the late fall. The impatiens do well but they need a great deal of water. It is very easy to let planters dry out. Also between the trees are tulips and crocuses which finish blooming before the impatiens are planted.

Rosemary uses her balcony a lot. She has a table and chairs at one end where she often has a meal and where she entertains. "I love my balcony. It makes me feel as if I am in a house. There's always something going on around the circle and the city lights at night are quite beautiful."

The Honorable and Mrs. Robert Strauss came to live in the Watergate when he was chairman of the Democratic Committee and, at that time, Helen used to grow quite a lot of different plants. When her husband became Ambassador at Large, they traveled so much that she was not able to spend much time on their rooftop.



Now Helen keeps to the tried and true begonias and geraniums, some evergreens and daisies. However, every fall she plants tulips ready for spring. Then her rooftop is ablaze with color. Darwins, Emperors and Fantasies are among her favorites.

It is fascinating to see how many busy political persons restore themselves either by working in their garden on weekends or just sitting out of doors enjoying the peace and tranquility of the plants and flowers.

One evening when Toni Pace, who was with NBC News, was sitting with us on our balcony, she suddenly said, "Look at all these things just growing and blooming on their own without anyone pushing them up or pressuring them to get on with it. It makes me feel as if I'm on vacation just to watch them."

Two of the most influential and well known residents of the Watergate, Elizabeth Hanford Dole and Senator Robert Dole, say they save up weekends to spend together and, when the weather is good, they sit on their patio and relax. A weeping cherry tree, a dwarf pink spirea, a cherry laurel and a hedge of euonymous keep the patio cheerful all year. A varied selection of annuals brighten it in the summer months. These are augmented with blooming potted plants when the Doles entertain.

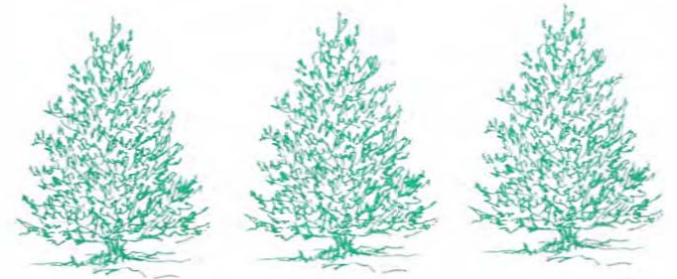
Barbara Franklin, member of President Reagan's Advisory Committee for Trade and advisor to the Comptroller General of the United States, has a balcony on the Virginia Avenue side of the Watergate. Owners on this side look directly into the rooms of the Howard Johnson across the street, and the Howard

Johnson guests look directly at the balconies of the Watergate.

People have tried various ways to get some privacy. Barbara's solution might be helpful if you have a similar problem. She has a row of evergreens, cedars and pines against the edge of her balcony that she brought from her farm in her home state of Pennsylvania. For color in the summer she has various annuals in pots. The end of the balcony, which has a view of the Washington Monument, is left open so that guests can enjoy it, especially at night when it is illuminated. One of the good things about the row of evergreens is that they also filter the air and drown out some of the traffic noise.

The secret of transplanting a small tree from the wild is to start the process the year before. In a field or wood, a tree can spread its roots as far as it likes; in a pot it is considerably confined. So, it is well to take a spade and cut half-way around the tree about 18 inches from the trunk. This will cut any spreading root and encourage smaller, finer roots to grow and also give the tree time to adjust to the necessary damage to its root system when it is moved to a pot. After being transplanted, the tree must be kept well watered until it settles down.

Another thing to consider if you decide to bring your own trees from the wild is, that to be successful, the trees should be small, and they do take time to grow big enough to form a really good screen. It is quicker to buy the size you want already in pots.





Congresswoman Cathy Long says she could not live in an apartment without a balcony. Every morning without fail, Cathy steps out onto her balcony which overlooks the Potomac to test the weather and wake herself up in the fresh air. In the evenings, if she has time when she comes from the Hill, she works in her garden. Blue ageratum and lobelia with pink pelagoniums brighten her planters. "Just to see the flowers lifts my spirits," Cathy says.

Although most people know that plants and flowers, in fact all growing things, have a restorative and inspirational value, not so many people are aware of the research that is being done on this subject. In September 1985 the American Horticultural Society held a conference called Plants and People and the Renewal of Life. This conference was to consider horticultural therapy and the way people interact with plants and flowers.

Horticultural therapy has become widely recognized as a tool for improving the quality of life. The National Council for Therapy and Rehabilitation through Horticulture (NCTRH) has found that gardening aids in coping with grief and loss of any kind as well as helping to relieve stress and depression.

The Buffalo Psychiatric Center has a horticultural therapy program. Occupational therapists there say that gardening restores self confidence to those who have been seriously ill and helps restore a patient's decision-making process.

It has been found that when wildflowers are planted along roadways, littering is considerably decreased. Also, vandalism is reduced in run-down areas where community gardens have been started.

*To her fair works did Nature link  
The human soul that through me ran.  
And much it grieved my heart to think  
What man has made of man.*


W. Wordsworth

*And I will make thee beds of roses,  
And a thousand fragrant posies,  
A cap of flowers and a kirtle,  
Embroidered all, with leaves of myrtle.*

Christopher Marlowe



## The Hankow Willow

s mentioned earlier, it took us several seasons to get our balcony as we wanted it. One of the effective things we did was to soften the concrete uprights with a climbing vine. We thought of roses, but we did not have enough space for their roots. We needed something that was hardy and could stand the wind and would not mind the shallow boxes we had fitted on to the six-inch ledge that ran along the 32 feet.

We tried several vines. Clematis did not do well but we found that Virginia creeper is perfect. We brought plants from some land we have at Gibson Island and planted them in the shallow boxes. We were careful to keep them well watered until they had taken root, and in spite of being overcrowded and the soil not being good, they have survived for 13 years. They make a lovely backdrop for flowers. They give privacy if we want to sit out in low chairs, and the green leaves from April to fall have a cooling effect. In fall they turn red and yellow. In winter, of course, there is nothing but the bare vine and the promise of leaves to come.

Trumpet vine was another plant we tried. It was also successful but it died out after four years. Morning glories were very obliging, covering a lot of area and needing very little care. Some people have used Burgess Triple-L-Crop, a climbing tomato, to cover their fence, but this plant needs deep boxes to produce well. We both wanted to try roses even though we knew that roses need at least six hours of sunlight to be happy as well as a rich, firm soil and sufficient moisture. On our exposed balcony we knew we would not be wise to try them. However, we decided to try the kind that are used for hedges. Robin Hood did quite well in a large two-foot-square box for five years. Then we had a long, cold winter which it survived, only to be caught by a late frost. This was too much for it and it gave up completely.

One of the problems of growing plants in containers is that they freeze up and dry out quickly. They do not have the protection of much earth around them. So, when we feel we just have to have a rose or two on the balcony, we buy them in bud in large pots and keep them on the balcony in these as long as the weather permits. Then, before the first freeze we plant them out in our garden in the country.

Sometimes plants will surprise you and grow well in conditions that are totally unsuitable, so if you really fancy something, my advice is to give it a try. Willows, weeping or otherwise, are supposed to grow in or near water and to perish quickly if deprived of moisture, but to the surprise of ourselves and every horticulturist we know, Hankow willows grow beautifully on our balcony! In case you do not know the Hankow willow, sometimes called the Chinese or twisted willow, there is a little drawing of one here. Everything about it twists and twirls in a most engaging manner. In moist, boggy soil it grows into a large tree; in a container on a balcony or patio, it grows very gracefully to a height of six or seven feet.



Henry Mitchell, otherwise known as the Earthman, who writes for many newspapers and magazines as well as being the author of several books on gardening, did not believe that a willow would grow in such an exposed sun-scorched situation. Willows, said he, are meant to weep beside the still waters or at least delightful pools if they can't have a river or stream to cry over. So Henry and his wife, Virginia, the maker of marvelous wholewheat bread, jellies of all description and incredible shrimp salad, came to view the Hankow willow.

At the time we had several growing in pots. This obliging tree is very easy to grow from cuttings, and we



had a whole lot that needed good homes. They came in small, medium and large, and we told Henry he could have whichever one he liked to put in his garden beside one of his fishponds.

Willows can cause a lot of difficulty if let loose in a small garden. They like water so much that the roots seek out drains and stop them up. But a willow in a pot... that is another matter. Its roots can't go anywhere. To our delight, Henry said he would accept a willow to try it out in a pot and see if it would really do well. Unfortunately, as he was going through the lobby hidden beneath the foliage, a suspicious doorman accused him of purloining the Watergate greenery! Of course, when Henry showed his face among the leaves he was recognized and apologized to most profusely.

Henry's willow grew and thrived on his patio much to our relief as we knew our reputation was at stake. Not only did it grow, but a bird came and nested in it. Frost caught a branch or two one winter, and these had to be hacked off. Fortunately, the Hankow willow is so obliging that if one part of it suffers and dies, it quickly grows some more of itself to make up. We can strongly recommend it for either sun-drenched or shady places. It is used by florists in their most expensive arrangements, and if you take cuttings and grow them in small pots, they make delightful gifts. It is possible that the weeping willow would also do well, but I have not tried it.

Someone asked if the Hankow is the willow of the Chinese Willow pattern plates. The willow tree in the pattern has the drooping branches of the weeping willow (*Salix niobe*). It was named for Niobe of Greek mythology who was so grief stricken after the death of her children, that she never stopped weeping.

Legend links the Hankow willow with the tragic story of the Willow pattern lovers in the following way. You will remember that the lovers met on the little bridge over a stream and vowed eternal devotion. Alas, the father of the maiden disapproved of the match and forbade them to meet again. The poor maiden was so heartbroken that she went, filled with sorrow, to the little bridge and threw herself into the waters. The watching willows were so overcome with the tragedy that their branches were all twisted and contorted with grief.

To this very day all the descendants of those willows have twisted branches to remind people of what happens if you interfere with the course of true love.



*Better a dinner of herbs where love is  
Than a stalled ox and hatred therewith.*

Proverbs 15:17

## Herb Gardens



Watergate lovers of gourmet food have been taught the subtle importance of fresh herbs by Jean-Louis of the famous Watergate establishment which bears his name and occupies the space previously held by the Democratic Club. Compare Maryland crabcakes from anywhere with those served at Jean-Louis. At his tables (there are only 12) a Maryland crabcake arrives surrounded by a coriander sauce of such fragrance that all your senses are titillated. At Jean-Louis every vegetable has its own flavor enhanced by different herbs. Of course, such delights are not cheap but, as Jean-Louis replied when asked how a lunch could possibly cost \$80, "Every single ingredient is the best that can be obtained. Every single detail is given personal attention. Even every herb is personally selected and must be absolutely fresh."

Jean-Louis is not alone in appreciating the difference in taste between dishes flavored with freshly picked herbs and dried and tired ones. Can anything improve on ripe tomatoes sliced with spring onions and flavored with fresh basil chopped with pepper and salt and



tossed with equal parts of oil and vinegar? For dieters, soybean oil will do just as well as olive oil.

Many Watergate dwellers grow their own herbs including some, like Anna Chennault, who specialize in herbs from their own country. Most grow a few common herbs in various size pots. If they are short of space they may plant herbs as borders around roses or other plants.

The word herb, whether you pronounce it with or without the H, originally meant any plant whose stem or stalk dies down to the ground each year, but it has gradually come to mean those plants used in cooking or for medicine. All English gardens of any size had a herbaceous border which contained all kinds of plants and flowers and a separate garden for medicinal herbs.

Many herbs were brought to England by the Romans. It was the Romans who brought borage, chervil,

chives, coriander, fennel, iris, lupins and mustard. But it was the monasteries who developed these and many more for healing the sick. In the ruins of Iona, the Holy Isle on the coast of Scotland, you can see that the old herb garden used to be close to the kitchen and the "still room" where various drinks were distilled from them.

During Lent the monks ate a lot of fish, and herb gardens and fish ponds were often close together. The monks taught the use of herbs to the ladies of the castles, and they started their own gardens inside the castle walls so they could make their flavorings and essences. Among other things, they made rosewater, lavender water and orange flower water, all of which are obtainable in fine stores today. Orange flower water gives a delicate flavor to cakes and almond paste. Do try it.

As people began living outside the castle walls, gardens grew bigger and though herbs were kept separate from flowers, fruits and vegetables, many plants such as honeysuckle, lilies, marigolds, poppies, periwinkle, roses and violets were included with them.

*Violets* were chopped with onions and lettuce to make a salad (spelled *salat*) or they could be cooked with fennel and savory to make a broth.

*Roses* and *primroses* were stewed for dessert. Their petals were dried for potpourri or crystalized in the same way you do fruit. The crystalized flowers are used for decorating cakes and desserts. They taste good, by the way.

*Nasturtium* leaves can be used in salads as well as dandelion leaves.

*Mint* of all kinds is a most useful thing and is easy to grow on the balcony or roof. Mint sauce has far less calories than mint jelly, and I think it brings out the flavor of foods better.

To make mint sauce, chop a handful of leaves with a half teaspoon of sugar and place in a small dish. Pour



over a tablespoon of boiling water. Let steep five minutes and then pour over two tablespoons of vinegar.

This is good with lamb, corned beef or new potatoes.

A sprig of mint, a lump of sugar and a little salt added to frozen peas when cooking will make them taste as if they have just come from the garden. Mint is also useful as a decoration amongst flowers on a picnic table because it helps to keep away flies and other insects.

*Horseradish* tastes much hotter when you grow your own. It is easy to grow and takes up very little room. A little of the real thing goes a long way.

To make your own, grate the root and mix with English mustard, pepper, salt and vinegar and cream. Taste frequently as you make it, so that it suits your taste. Serve with roast beef or salmon.

*Thyme* is a good addition to soups, stews and forcemeats. Try a baked winter squash stuffed with breadcrumbs, sausagemeat, thyme and chopped onion mixed with egg. For a vegetarian dish, use soybean sausage.

*Sage* is not only good for cooking but looks beautiful added to a flower arrangement of delphiniums. It is very good for making sage and onion stuffing for duck and for sage tea which is said to clear the brain. To make the tea, simply pour boiling water over the leaves and allow to steep for five or six minutes.

A *bay tree* can be very decorative on a balcony or rooftop. It can be grown successfully in a pot if you have the space to spare. Bay leaves are used for bouquet garni and for a bouillon for cooking fish.

*Lavender* does well in a pot. Its silver foliage contrasts well with brighter flowers like ageratum. The dried flowers can be used in sachets for the linen closet and for including in potpourri.

*Rosemary* I have found difficult to keep alive through the winter unless I bring it indoors. But it is well worth growing for its handsome dark, glossy leaves and its value in cooking. Added to a marinade for lamb, it gives

a different flavor. It can also be used for cooking fish and flavoring chicken dishes. Rosemary makes a wonderful rinse for dark hair. Add a few leaves to boiling water and allow to cool before rinsing your hair.

The Chinese herb *qing hao*, used for two thousand years by the Chinese to cure a fever, is being tested at Walter Reed Hospital.

Although most herbs die down and reappear in the spring, and a few like chives will provide a few sparse shoots through the winter, most are difficult to keep alive if left outside in cold weather. It is possible to put a few plants in a lightweight container and hang it in the kitchen. However, a pot will not yield sufficient for all your needs, so it is well to preserve some in summer when they are plentiful.

Most herbs need to be harvested before they bloom as the flowers are often bitter to taste. Those like *fennel* and *dill* which are grown for their seed need to develop before harvesting. French *tarragon* doesn't ever bloom so it can be harvested whenever you like, but the first leaves of spring have the most flavor. Tarragon is best preserved in vinegar. Just fill a jar with leaves and cover with vinegar.

The rosemary and lavender I have grown on our balcony have not survived the winter, so I bring in the pots and just pick a leaf or two when I need it. Then, in spring, I put the pots outside again. I like to keep the same old plants because both grow into interesting gnarly shapes as they age.



Herbs can be picked and dried in the sun or hung up in the kitchen. Some people are happy with this method but much of the true flavor is lost, alas. Virginia Mitchell picks bunches of parsley and puts them through the blender with some onion, then stores small amounts in bags in the freezer. She does the same with sage and onion, and basil and onion. Then, when needed, the herbs are brought out and added to soups, stuffings or salads. Done this way, they have much more taste.

When the Mayflower left for America, it carried many herbs to this country. At George Washington's birthplace in the Northern Neck area of Virginia, you can see the Old English herb garden. It has been restored to its early design and has a quite remarkable selection of plants. If you ask the guides, they will give you slips of the plants to bring home.

The Cathedral Herb Cottage in Washington, D.C. has a wonderful assortment of herbal plants and seeds for sale. They can also be ordered by mail if you have difficulty obtaining them locally.

*The birds are a singing,  
Thank God for all these,  
Though I hopes they're not eating  
My row of new peas.*

P.B.I.

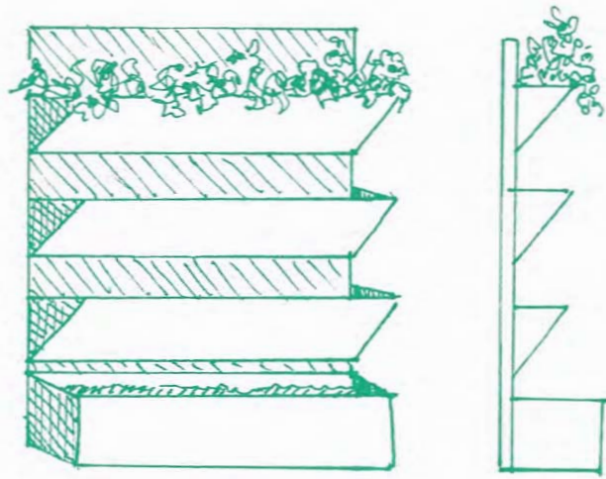
## The Vegetable Garden



A few Watergate gardeners have tried vegetables such as squash, lettuce and peas. We tried an early variety of Bibb lettuce, buying plants about three inches high and putting them around the edges of the tomato pots. We kept them watered, and they did very well providing us with fresh leaves for salads and sandwiches. Instead of leaving the poor things to form a heart, we kept picking off the leaves as they grew big enough to eat. Fortunately, they didn't seem to mind this treatment and kept up the supply of greenery until the tomatoes grew so big that there wasn't enough room for the lettuce.

The William Lees, who came from Chicago when William was appointed Assistant Secretary of Commerce, grew several varieties of squash on their penthouse roof garden. They planted a summer squash called Sundance which has a compact growth suited to small spaces. This variety is ready in 50 days and yields many well flavored squash over a long period. Squash need a rich soil or regular fertilizing to keep up the yield.





The Lees covered their whole roof garden with green indoor-outdoor carpet which gave a fresh look to the space. They also did a very interesting thing to the long wall that divided their roof garden from the one next door. They built a wooden shelf-like structure with pockets to hold plants, so that the wall looked as if it were covered with flowers.

Martha Mitchell, who lived with her husband, John, and her daughter in the apartment that now belongs to Senator and Mrs. Russell Long, planted a cucumber in a hanging pot. It produced quite a lot of cucumbers which she made into salads flavored with dill, which she also grew.

One of the most interesting and adventurous Watergate vegetable gardens belongs to Mignon Smith who tries out all kinds of wondrous things. Having two balconies, one overlooking the river and the other facing the city, she is able to try out vegetables in different exposures.

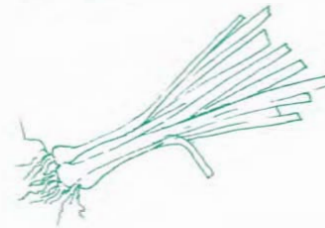
Broccoli, carrots, lettuce, tomatoes and radish all do well, but Mignon says she has not been very successful with sugar peas, pole beans or spinach. Sugar peas need



to be started in the ground very early in order to do well, and Mignon says she has never been able to get them in soon enough. Pole beans take up too much room for the amount of beans they produce, so she is not going to plant these any more.

The vegetables are grown in flat beds on the balconies. Vermiculite is mixed with the soil to reduce the weight. Liquid fertilizer is added about once a month. Marigolds are planted here and there to keep green flies away from the broccoli.

Raspberries planted in half whiskey barrels have produced quite well, but the two blueberry bushes have had only a few fruit. A muscadine vine is growing successfully and looks quite picturesque. As Mignon is the radio correspondent for Alabama radio stations and also owns race horses, she does not have a lot of spare time for gardening, but her housekeeper, Cleo, has a green thumb and she takes care of everything when Mignon is traveling with the horses. Because she does not like to look out on an empty balcony in winter, a cherry tree and some evergreens are encouraged to grow against the wall.



While you may never reach the heights of Mignon Smith's endeavors, it is well worth trying a few vegetables on your balcony. Several seed and plant catalogs now offer collections of vegetables which they say will do well in pots. We are trying out a collection called "The Burgess Farm in a Flower Pot." This collection contains an early tomato, a cucumber, Bibb lettuce, radish, evergreen bunching onion, baby carrot, Italian sweet pepper, eggplant and squash. We intend to see

which of these is worth the trouble and space and then, if any pass the test, we will grow them another year.

Actually, we have found it is not worthwhile giving space to very many vegetables unless you have a large space to work with. Early lettuce and tomatoes are worthwhile because they taste so good and are expensive and hard to find in markets in early spring.

Ordinary onions are just not worth the space they take up, but for the gourmet cook shallots are a secret weapon. Shallots are a delicately flavored, small onion, milder than garlic but strong enough to give an unmistakably different flavor to various dishes. The best chefs prefer shallots to any other onion. Not many stores stock shallots and if they do, they charge outrageously for them, so we like to grow a few. Shallots are grown from a single bulb each of which produces a cluster of shallots. The green tops can be snipped off and used in salads just as you would use chives. One-half pound of shallot sets will be more than enough to fill a ten-inch pot. Be sure to leave enough space between each set for the development of the bulbs.

Shallots make a delicious sauce for asparagus which is a complete change from the usual Hollandaise.



### Shallot Sauce

Mince one shallot and place in a small pan with  $\frac{1}{4}$  cup red wine. Cook over low heat until shallot is soft and wine almost evaporated.

Lower heat and whisk in 8 tablespoons of butter or margarine. Do not allow butter to melt completely.

Add the grated rind of one lemon and season to taste. Serve immediately over asparagus.

### Shallot Dressing

Shallots also make a zesty vinaigrette which can be used as a marinade for hot or cold vegetables or a salad dressing.

Blend together 1 cup peanut oil,  $\frac{1}{3}$  cup tarragon vinegar,  $\frac{1}{2}$  teaspoon salt,  $\frac{1}{4}$  teaspoon pepper,  $\frac{1}{4}$  teaspoon sugar and 1 teaspoon Dijon mustard.

Stir in 2 teaspoons minced shallots, 2 tablespoons minced parsley and 1 garlic clove quartered.

Let sauce stand at room temperature for at least one hour to allow flavors to blend.

Stir well before serving. Makes  $1\frac{1}{2}$  cups.

Not everyone knows that onions belong to the same family as lilies. The food value of onions has been known since very early times. Onions were probably first cultivated in Asia and they were also a great favorite in Egypt. Many Egyptian tombs and temples are decorated with pictures of onions and leeks which were believed to belong to the Gods. The historian Herodotus says that leeks (a type of onion) were the main item of food for the Egyptian pyramid builders. In ancient Rome onions were so abundant that they were given free to the poor.

The medicinal value of the onion family was often noted in the past. Hippocrates wrote that onions improved the sight of the aging. The Roman Emperor, Nero, of fiddling fame, drank onion and leek soup daily to improve his voice. The monks of medieval Europe considered the onion capable of curing most ailments, especially the common cold. General San Martin of Argentina gave his armies quantities of onion and garlic when he crossed the Andes to liberate Chile, and it's interesting to note that garlic forms the base for some altitude and seasickness tablets.

The leek is still the national emblem of Wales where it is believed to have curative and all kinds of special qualities. Like Nero, the Welsh drink onion soup to improve the voice and, if you have ever heard a Welsh

choir sing, you will have to believe there is something to this belief.

Today, onion soup is still considered good for colds, and onions are known to provide calcium for aging bones. They contain a generous supply of Vitamin C too, so, while we don't suggest giving up much balcony space to the ordinary onion, do try the shallot and chives.

### *Love Apple Square*

Although most people know from the Bible that "a prophet has no honor in his own country," they don't always know that this sad fact applies to the tomato or, as it used to be called, the "love apple." The tomato is native to this country, but it was not cultivated for food here until long after it was accepted in Europe. Americans considered the tomato poisonous, probably because it belongs to the Nightshade family which has some poisonous species.

The first known record of the tomato was written in 1554, and the Italians were the first to grow and eat it in Europe. About 30 years later the tomato was seen in Spanish, English and French gardens, but it was grown as a curiosity rather than an edible item. It was the French who called it *pomme d'amour* and this name spread to England and later to America. Some thought the tomato was an aphrodisiac, but this has not been proven.

It took a long time for the poor love apple to be accepted in its own country. Thomas Jefferson grew it at Monticello in 1781, and it was grown in New Orleans for food around 1812. Gradually, its good qualities became well known, and now it is one of the principal crops of this country and grown on the best rooftops of the Watergate.

Some Watergate balconies are rather short and square due to the architectural design. Fortunately, some of the



people living here are partial to this. One such is James Schofield, a bachelor medical man who is the distinguished Director of the Division of Accreditation of the American Association of Medical Colleges.

Dr. Schofield believes in using valuable balcony space for something edible, and so he has five whiskey barrel halves in which every year he plants a selection of different varieties of tomato. Like most Watergate gardeners, Dr. Schofield buys plants rather than starting from seed. Unless you have a small greenhouse to start seeds early, it is far better to buy the plants. Dr. Schofield has had remarkable crops of Big Boy, Beefsteak, Early Wonder and Early Girl. Neighbors and friends are the fortunate recipients of his bounteous crops, and we all hope he will keep his whiskey barrels filled every year.

Such excellent crops from a small balcony do not come without a lot of care. Dr. Schofield hand fertilizes the plants using Blossom Set. This prevents the early blossoms from falling off and provides earlier and better fruit. (Bees are not to be relied upon when you are 14 floors up.) Tomatoes need a night temperature of 65 degrees to set fruit. Temperatures of over 75 or below 60 at night will prevent the formation of fruit. Dr. Schofield nourishes the plants with Miraclegro and 6-18-6 tomato fertilizer spikes and waters them once a day. The plants and their many fruits are supported by wire tomato supporters which are put in before the plants grow too big. Most Watergate tomato growers consult with Dr. Schofield concerning their weak or non-productive plants hoping that his experienced advice will enable them either to outdo his crop or at least to equal it.



Some people, including ourselves, have mixed tomatoes with flowers, but the yield has been very light. They seem to prefer the place to themselves and to enjoy undivided attention. If you don't want to spare the space for a whiskey barrel, you can grow the small, cocktail tomatoes very successfully in little containers. Most nurseries sell plants already growing in containers specially provided for small spaces. Tiny Tim is a good variety and Red Cherry is a well tried favorite.

*Green leaves and blossoms,  
and sunny warm weather,  
And singing, and loving—all come back together,  
But the Lark is so brimful of gladness and love,  
The green fields below him, the blue sky above,  
That he sings, and he sings;  
and forever sings he—  
“I love my Love, and my Love loves me!”*

S. T. Coleridge

## Early and Instant Gardens



he sight of the first flowers of spring brings joy to the heart and uplifts the spirit. After the dark days of winter, these first flowers seem brighter than they really are. They remind us how the seasons never fail us: No matter how hard the winter, how deep the snow, how bitter the winds, the birds come back, the flowers bloom and the trees put forth their leaves. Whether we realize it or not, this makes hope rise again and is probably why some people like to start their garden very early even though they run the risk of losing everything to a late frost.

There are several early gardens in the Watergate. Among them is that of Frankie Welch, the well-known textile designer. Her 50-foot balcony on the 12th floor faces the Potomac River and overlooks Roosevelt Island Bird Sanctuary. It is sheltered by an overhang and by the office building on one side, so the winds of the river are deflected. Trees in pots placed in the corner of the living room blend with the trees on the balcony, extending the room considerably. At the far end of the balcony on the north side, Frankie has her herb and

vegetable garden and her barbecue. She grows herbs and several kinds of peppers for special recipes.

Though Frankie's balcony does not get much direct sun, it has plenty of light. The floor is painted a glossy beige with deck enamel and the whole length is lined with four-foot redwood planters painted black, each no more than eight inches across and seven inches high. Standing like elegant fence posts at four-foot intervals are 17 potted hemlocks that repeat the feeling of the architectural design of all the balconies.



As soon as the danger of frost is past, Frankie sets out hyacinths, narcissuses and Johnny-jump-ups. Later she replaces them with geraniums, petunias and pansies. She buys her plants in bud and continues to add new ones as they come into flower.

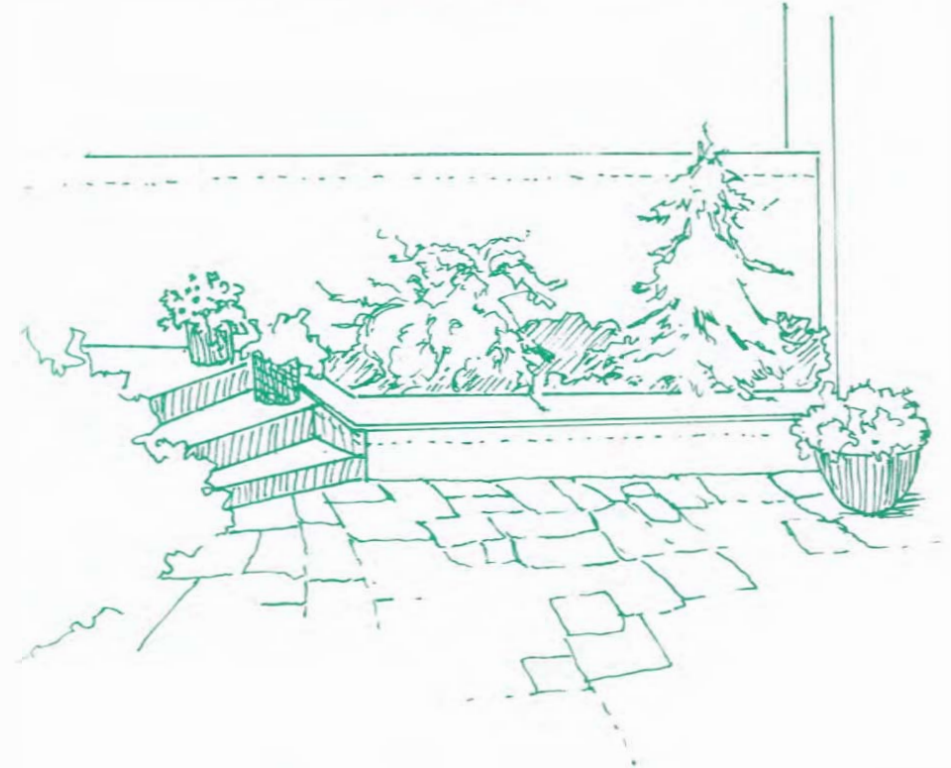
A large round table covered with a flowered cloth in the angle of the balcony serves as a dining area. The large china fox with a pocket on his side is the table's centerpiece and can be filled with crudités or flowers. Hanging on the barrier between Frankie's and the next apartment is an attractive shell picture. Sometimes she substitutes one of the silk screens used in producing her designs. Among her works that guests may see here are designs for scarves and fabrics created for five American presidents as well as such horticultural clients as the Garden Clubs of America, 4-H Clubs, The Wilderness Society and Trees of America.

The secret of the early garden is having a space that is well protected from the weather. Washington can have frost and snow up to the end of March, so it is

risky to put anything out until early April. However, some Watergate owners, especially those with town houses, can start earlier. The town houses have walls around their patios that lend ideal protection.

Each Watergate apartment building has the two lower floors taken up with town houses. These are really two- and three-bedroom duplexes with patios at the rear. One is occupied by Judge Pauline Newman of the United States Court of Appeals for the Federal Circuit. Although she works extra long hours and travels a great deal, she manages to find time for her garden.

With the help of a young gardener, Roy Morgan, she transformed her square patio into a most attractive garden. First the concrete deck was covered with tile. Then the beds surrounding the whole area were built and the outdoor grill placed on a raised platform. The





steps to the gate leading to the swimming pool were changed to match the curve of the beds and a cedar planter built around the pillar.

The walls and planters are painted a soft, pale gray and mauve with a darker band at the top. Patio furniture is done in shades of grey and mauve carrying through the color scheme of the living room and dining area which open on to the patio.

The permanent plantings are all evergreen. Color is introduced in the two large terra cotta pots which the Judge fills with blooming plants in season. For early blooms, she plants crocuses of various colors, dwarf iris, bluebells, snowdrops and violets around the evergreens. This garden is a wonderful example of a year-round garden with very easy maintenance, and it could be reproduced on a rooftop or adapted for a balcony.

Throughout her distinguished career, the judge has rarely been far from plants. Even when she was a judge of the Court of Customs and Patent Appeals, she sometimes had to make decisions regarding the patents of flowers and plants which were in dispute. In her chambers she has some framed paintings of flowers and plants that lighten the rather forbidding look of law journals and other reference tomes.



If you want to start your gardening early, you must be careful to buy plants that have already been out of doors. Plants that have been kept in a greenhouse or even in a shop cannot withstand the change of temperature. To be on the safe side, keep your tender plants in pots for a week so that you can bring them in at night if the temperature drops. Then plant them in their permanent spot and enjoy them.

We have found that primroses in a variety of colors make a wonderful show and are happy out of doors from mid-March on. After they have finished blooming,



we plant them in our garden at Gibson Island. They usually bloom all over again in the fall. Often we bring them back in early spring so we can enjoy them on the balcony again. We also have a large container with lilies of the valley and snowdrops which bloom very early.

One year we had a special planter filled with the tiny blue scyllas. These little bulbs can be bought from any good garden supplier. They bloom early and usually multiply. However, they do take up space, and I decided that I could use my somewhat limited space on flowers that had a longer blooming season and so they were naturalized in the country garden.

Some other early bulbs that have done well on Watergate balconies are spring snowflakes (*Leucojum verum*), winter aconites (*Eranthis hyemalis*), grape hyacinths (*Muscari liliacae*), and glory-of-the-snow (*Chionodoxa luciliae*). These should all be planted in the fall for early February and March blooming.

Instant or portable gardens are the answer for busy people who want to be surrounded by growing things but don't have the time or inclination to plant and dig

themselves. Plants and shrubs are bought already blooming or in the size required to fill instantly the space available. Sometimes plants are hired for a party and returned afterwards, but usually instant gardeners like to keep their plants as long as they look good.



Portable gardens can be moved inside when frost comes and can be enjoyed when weather does not permit use of the balcony. Billie Press, wife of Dr. Frank Press, President of the National Academy of Sciences, gives an exotic touch to the annuals on their balcony by mixing them with small palms, a ficus and a beautiful maidenhair fern from indoors. The Presses have a balcony of unusual shape, and every room except the kitchen opens on to it. Their view of the river and the Kennedy Center is stunning, and they also have the best possible place to watch the brilliant sunsets over the Potomac.

In spring Billie decides on a plan for the balcony, and then the landscape gardener brings in the needed plants and trees in large and small pots. Most annuals do well for Billie, zinnias and petunias especially and, of course, the ever reliable geraniums and begonias. Wooden planters and pots are arranged in groups. Several evergreens, some ficus and a Norfolk pine are grouped against the dividing wall. Billie does not grow vegetables, but she does have a pot of special herbs for the occasional pizza she makes for her husband.

One rather reclusive gardener in the Watergate keeps her balcony covered with miniature roses. She buys them in bloom and transfers them to her country garden if they look a little tired. Occasionally she has all of one color if she is giving a special party, so that her color scheme is coordinated both inside and out. In amongst the roses she sometimes puts pots of spider orchids to give height and variation.

This gardener has one permanent plant. It is a weeping cherry tree that a friend brought her in full bloom for her birthday. She was so delighted with the gift that she has kept it ever since. It has done well for five years.

Instant and portable gardeners can always give their non-bloomers to friends with larger gardens where they can be planted and continue living and blooming for many years to come.



*When Winter comes,  
can Spring be far behind?*

Shakespeare

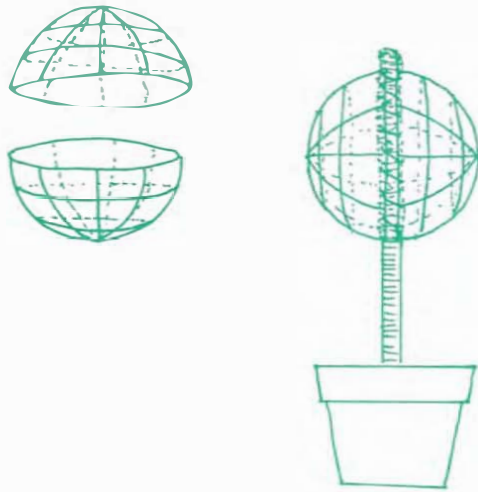


## Winter Gardens



There is nothing more dreary than to look out on a balcony or patio and see only dead, withered plants. So the first thing to do in order to have an attractive balcony in winter is to thoroughly tidy it up in the fall. Those plants and flowers that will not stand frost should be brought inside, given to a friend with a greenhouse or a covered swimming pool, or heartlessly thrown out. Geraniums will not last through the winter unless they are brought in. We keep only special ones such as large tree geraniums or those of very unusual color. We water them lightly until it is warm enough for them to go back outside again. From these exceptional geraniums we usually take many cuttings and populate our balcony with these. If kept in good light and not too warm, geraniums will not get leggy, but as we take cuttings we don't mind them growing too tall.

Flowering perennials should be cut back and dead leaves removed; debris of all kinds should be swept up and taken away. Empty pots should be cleaned and washed out before storing for next season. This helps destroy insect eggs and disease. Don't fear that your



balcony will look like a desert. It can be kept beautiful year-round if you keep some hardy decorative evergreens in small tubs. They will attract small birds and look handsome covered with snow. English box comes to mind because it will not outgrow your space as quickly as the kind commonly known as American box. And box can be clipped into all kinds of shapes if you fancy topiary.

Topiary can be bought at most good nurseries, but it is expensive. If you want to try out the cheaper kind of instant do-it-yourself topiary made of ivy, here is how:

First you will need a topiary frame. These can be bought commercially and I recommend this. For those people who like to make them for themselves, I suggest a ball-shaped frame of chicken wire. Or you can use two semi-circular hanging baskets and fasten them together with wire leaving a small hole at the top to insert the filling. Insert a rounded stick in the bottom like a tree trunk.

Having bought or made the frame, you will next need a supply of unmilled sphagnum moss, a bag of good

houseplant soil and some houseplant fertilizer; also a cylinder or ball of hardware cloth filled with pebbles to act as a watering cylinder.

Line the frame with sphagnum moss which has been soaked overnight in a weak solution of houseplant fertilizer and squeeze out most of the water so it is easier to work with.

Insert the watering cylinder or ball through the hole in the top and fill in the space between the sphagnum moss and the cylinder with the houseplant soil.

You will need rooted cuttings of ivy to poke through the chicken wire into the soil. They can be bought reasonably at most nurseries. The frame should be covered completely. Anchor the ivy with a hairpin where necessary.

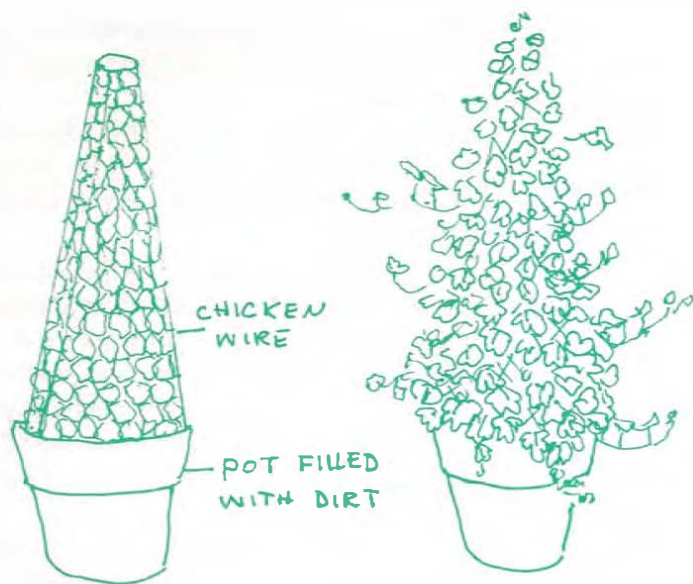
Common English ivy works well, or if you want a fancier look, the two-toned variety called Glacier Improved is well worth trying. The small leafed ivies create a neater effect than the large leafed.

When your frame is completely covered, place the stick in a plant pot filled with earth or pebbles to anchor it firmly, and you are ready to make another.

Ivy needs plenty of water and in addition it is good to give the whole thing a misting from a special misting bottle several times a week. I made a very nice ivy topiary tree out of a cone shaped wire frame with the ivy draped round and round it. It did very well for several years until I went to England and my watering person forgot to give it enough water. Writing about it makes me want to start another immediately.

The American Ivy Society, National Center for American Horticulture, Mount Vernon, VA 22121, has more than 250 varieties of ivy which can be ordered by mail, or you can go and choose your own.

To get ideas about topiary you might like to visit some of the places where it can be seen. Here is my recommended list:



- Green Animals, Cory Lane, Portsmouth, RI 02840. Phone: (401)683-1267. It is open daily in the summer from 10:00 A.M. to 5:00 P.M.
- The herb garden at the National Arboretum, Washington, D.C., has displays of topiary. They are mostly made with lantana or fuschia, some of rosemary.
- Ladew Topiary Gardens, 3535 Jarrettsville Pike, Monkton, MD 21111, is open April through October, Tuesday through Saturday. Phone: (301)557-9466.
- The most famous places to see displays of topiary are Disneyland and Disney World. Both the California and Florida parks have vast collections of Mickey and Minnie Mouse, frogs and other famous characters.

Frames can be bought from Topiary Art Works and Greenhouses, 7045 S. Broadway, Haysville, KS 67060, or the Williams-Sonoma garden catalog, Box 7307, San Francisco, CA 94120.

If you don't want the trouble of making greenery yourself, I suggest conifers. Most conifers are evergreen, and one or two well-placed cypresses can be very effective; so can the juniper called Sky Rocket. We had a delightful white birch tree on our balcony for about seven years until it died in a bad winter. Although it was not evergreen, the color of the trunk and the lacy shape of the branches made it nice to look at. At Christmas we decorated it with lights. It was placed where it could be seen through the living room window and saved the space a Christmas tree would have taken indoors while giving an unexpected pleasure to the wintry scene outside.

Hollies, variegated or plain, will also stand the rigors of roof top or balcony and add color to your winter garden.

Well designed aerial gardens can look good in winter even if there are no plants. The balcony of John and Ginny Sapienza has lots of flowers in pots and raised beds in summer. In winter the sculpture and wall design become the focus.

Even though I stress the importance of design for a winter garden, I do like to keep some cheerful color as long as possible. Dwarf marigolds, both single and double, bloom profusely usually until Thanksgiving on an exposed balcony like ours. They don't mind the heat and stand quite a lot of cold. Also they are not so particular about watering as some more exotic plants. I grow mine from seed: Teeney Weeny, Solar Gold, Mata Hari and Star Fire. I just scattered the different varieties in the boxes, thinned out the seedlings and poked them into other spaces letting them take a chance. In time the marigolds filled out the spaces left by more delicate flowers that had finished blooming.

Because design plays such a great part in a winter garden and the use of space is such a large part of successful design, I am including a few details of successful use of space by Watergate owners in the next section.

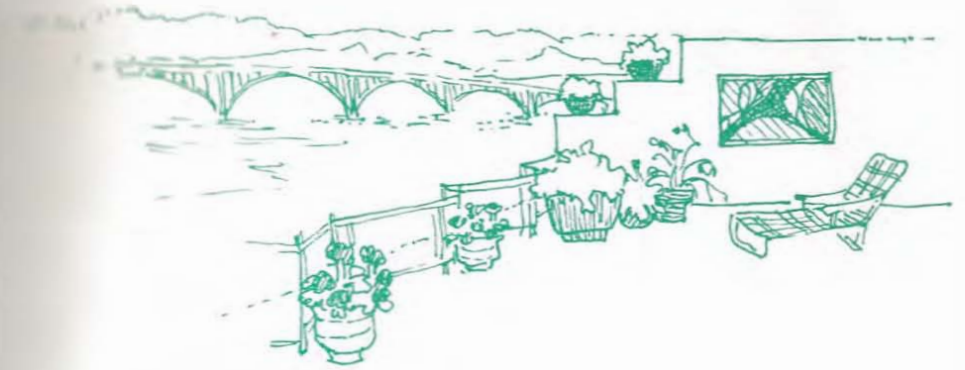


## *How to Use Space as an Integral Part of Design*

Not everyone likes a garden massed with plants and flowers. For some the elegant quietude of pools of space holds a satisfaction that others find in lavish profusion. Planning such space is not easy. It is like composing a painting or a photograph; the total vista must be taken into consideration in order to produce a unified and pleasing whole. This is because symmetry, balance and equilibrium play such a large part. For this same reason the height and mass of each planting must be considered in conjunction with the background, the surrounding buildings and the amount of light and shadow.

The penthouse garden of Wendel and Marian Lund is an excellent example of total vista planning. The whole deck area of their roof terrace is painted white with deck paint, and the wall and railings are painted brown. The brown and white motif is picked up in the chairs and tables and in the sand painting by Terne of Sarasota on the wall. Because the Lunds spend a great deal of time in Florida and must trust to others to remember to water their garden, they grow only hardy flowers and plants that can stand some neglect. It is also for this reason that the Lunds decided that the attraction of their garden must depend on the artistic use of space rather than plants which they keep to a minimum.

The Watergate buildings, with their dramatic geometric contrasts, provide an excellent background for this type of garden. As the Lunds' apartment faces the Potomac, they are fortunate in having the picturesque Key Bridge and the hills of Virginia to the north and the trees of Roosevelt Island to the south. The zigzag of the wall extends to the line of the horizon and contrasts with the semicircles of the bridge. The trees across the river soften the lines of the railings and balance the total vista.



Red geraniums or scarlet petunias in white pots decorate the roof terrace for the hot summer months, and these pots are filled with many varieties and colors of chrysanthemum for fall. Brown pots on the wall top are filled with ferns.

Marian was one of three people who started the Smithsonian Folk Festival, and she uses many of her folk art pieces on the tables when they give parties.

The Lunds only recently started growing tomatoes, and Wendel, a well-known Washington lawyer who had never grown a vegetable before, turned out to have a real green thumb. Wendel admits that he had to get advice several times from Watergate's resident tomato specialist, Dr. Schofield of Love Apple Square, but now he feels quite confident on his own and believes his tomatoes taste better than any others he has come across.

Anna Chennault created pools of quietude on her roof terrace by leaving uncluttered areas defined by skillfully placed large flower containers which repeat the curves of the buildings. Color is provided with the use of varied slate on the deck. This is stunning even in winter.

Another rooftop garden has its focus in a fountain and statuary. The owners of this rooftop give large parties on the Fourth of July. Cocktails are served in the en-

closed area of the rooftop which has its own wet bar, grill, refrigerator and comfortable chairs and tables; then guests go down to the dining room for dinner before going back up to the rooftop to watch the spectacular display of fireworks that takes place on the Mall near the Washington Monument.

Because the owners like to entertain on a grand scale, they need the uncluttered space. Also, they travel a great deal and so they are not able to spend a lot of time cherishing plants. This particular rooftop has a special building that is the only one of its kind seen at the Watergate. It is renewed each year with much time and trouble, mainly because the materials are very hard to find close by. The inhabitants vary in number each year, but there have never been more than six. They are exceedingly shy and few people know about them. Those fortunate few who do await the rebuilding with the greatest interest and inquire anxiously about the health and welfare of the family. Though the owners of the rooftop are past the usual childbearing years, it once started a lot of gossip going when someone overheard them being asked, "How are your new babies?"

Who would have guessed the question referred to the offspring of a pair of cardinals?



*In the murmur of the fountains  
we hear the whispered answers of the Gods.*

Pirro Ligorio

## Fountains and Ponds



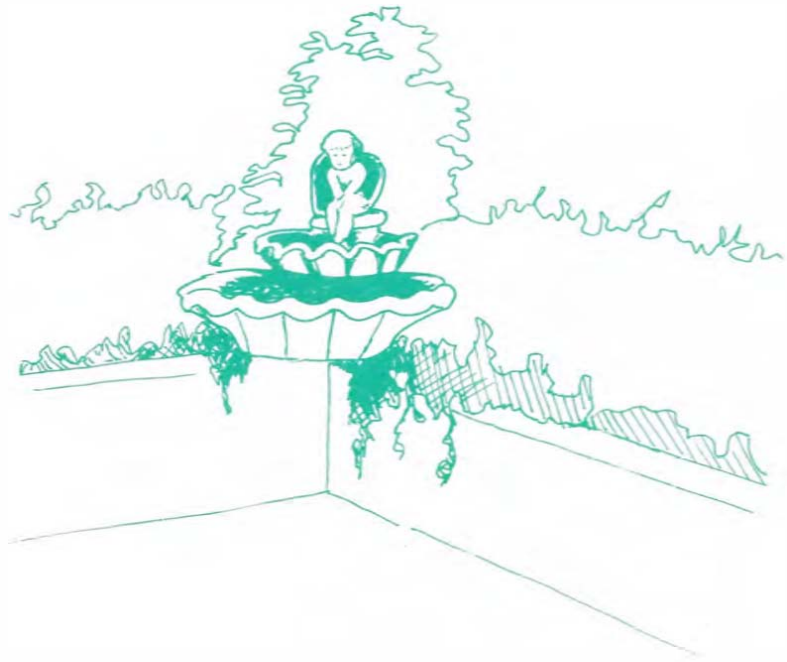
Our word for paradise, the ultimate state of complete happiness, comes from the word pairidaiza, the name the ancient Oriental potentates gave to their fabulous gardens. These gardens were always filled with fountains, waterfalls, canals and fishponds which cooled the air and irrigated the land.

Water was so precious that the wondrously lavish waterworks in the pairidaiza created a feeling of awe and amazement in the mind of the beholder. Later the Greeks, and Romans also, surrounded their palaces and houses with sumptuous waterworks, some of which can still be seen today.

Hadrian's villa was among the most famous. Hadrian started building the villa and creating the great gardens the year after he became Emperor and, it is said, that he designed both villa and gardens himself. Alas, there are now only a few ruins left.

Although most of the famous water gardens covered a large area, it is possible to enjoy the gentle murmur of falling water on your apartment balcony or to watch the lotus buds open on your own miniature pond without





too much difficulty. Small hanging fountains can be bought at garden shops and some large hardware stores. These can be attached to a dividing wall on a balcony, and they give a delightful cooling sound. Standing fountains with various types of statuary provide a good focus for a small area and, because they recirculate their water, they are inexpensive to run and do not need special plumbing. Should you want a really large fountain, it is best to have the suppliers do it for you, or to ask others to recommend an installer. Plumbing in apartment buildings has to be handled very carefully or trouble quickly follows.

The fountains at the Watergate vary from a handsome small one on the Monks' rooftop to a larger arrangement on the Bradleys' patio to one accompanied by a pond and a graceful statue carved from Carrara marble.

When Lucy and the late Philip Handler, former President of the National Academy of Sciences, lived in the Watergate, they had a most remarkable fountain. Lucy had the wonderful idea that a fountain in the entrance hall would be both beautiful and practical. Apartments are always dry in winter, and the fountain would keep things moist as well as look elegant. It had to be a very special one, and it must not look too heavy or too ornate. The entrance hall was a large oblong shape and Lucy decided that the fountain should be placed at the far end against a mirror reaching to the ceiling. She arranged for the fountain to be made of copper by George Jolly, a metal sculptor from Mexico who came and installed it.

It was shaped like a tree with many leaves from which water fell into a copper pool at the base. Around it were all kinds of plants and shrubs in pots, taller ones at the back and short ones in the front. The shrubs were permanent, but the flowering plants were changed regularly. Sometimes it would be orchids, sometimes azaleas, sometimes daffodils and narcissuses. Because Lucy has suffered from multiple sclerosis for many years, she could not do the actual work of caring for the plants herself, but she had a wonderful time designing and arranging them. It made her feel as if she were really out of doors.

Do make careful inquiries before embarking on an ambitious watery project, or you may let yourself in for a great deal of expense and time consuming effort as I did when I decided to have a fishpond. It happened one summer when, for some reason or other, I fancied having a pond filled with fishes at the end of our balcony. Nothing anyone said could dissuade me. I needed a goldfish pond in my life.

I learned the hard way that a fishpond is a much more serious matter than a fountain. Fish require more water. The water has to be kept at a temperature pleasing to the fish, and it has to be filled with sufficient

oxygen for the fish to be healthy. None of these things was I aware of at the time my strange longing for a goldfish pond took possession of me.

Then, in addition to the above, fish like their water to be clean and unpolluted. This was difficult because it seems that all the planes in the world fly over the Watergate. As they land and take off from National Airport unpleasant dropout from their exhausts falls into uncovered fishponds.

To be successful, a fishpond should be at least 18 to 20 inches deep and six feet in diameter so that the water does not get overheated by the summer sun or freeze solid in winter. The drawback is that such a pond may be too heavy for your balcony, and to have a balcony collapse and a fishpond release its contents onto innocent inhabitants below would not be appreciated. So, I decided I would try a small fishpond with but three golden fish.

Accordingly, I bought from a hardware store a four by four foot container and placed it in the corner of the balcony. It was really meant for mixing cement, but it looked quite suitable and was black in color which is fashionable for ponds. Next I filled it with water which had to be carried in a bucket from the kitchen because we don't have a water faucet on our balcony like most other apartments, and drove to Lilypons to buy a waterlily.

I bought a nice hardy one called Sunrise with large yellow flowers which should continue through the season. It cost \$18.50. It was all ready for planting in a plastic pot, so all I had to do when I got home was to drop it in my pond. (For details on planting waterlilies and their care, see end of this chapter.)

To make the pond look natural and less like a cement mixing box, I placed pots of iris, ferns and papyrus around it.

It looked beautiful!

From the yellow pages of the phone book I selected



a pet shop and went to choose my fish. Two gold and one silver were selected and placed in a container. I also bought a quantity of the best fish food, both floating pellets and some granular kind. In case the fish got sick any time, I bought some fish medicine and some special stuff called Dechlor to take the chlorine out of the tap water because fish don't do well in chlorine, also a little snail which was supposed to be a scavenger.

As soon as I got home I was about to put the fish in the pond when I realized the chlorine must be taken out first. As I read the instructions on the Dechlor bottle, it became clear that my mathematics were not equal to the job. It was necessary to know how many gallons of water are in the pond in order to apply the correct amount of chlorine remover. I had no idea. I called a friend with a degree in math who told me, with much condescension, that there is a simple formula for deciding how many gallons reside in a receptacle. All that has to be done is to remember that there are 7.5 gallons of water per cubic foot and multiply the number of cubic feet times 7.5 and the number of gallons will be made known to you.

After I hung up I discovered there is a catch—it is necessary to know how many cubic feet your pond has and I didn't. I did not want to call my mathematical friend again in case she thought my education had been completely neglected, so I called the pet shop. They were very helpful as they sell most of their gold fish to children aged four, five and six years who cannot be expected to know such things just yet. They explained carefully that if the pond is rectangular multiply together the length, width and depth, and this equals the cubic feet. If the pond is circular the formula is diameter x diameter x .75 x depth.

Armed with this knowledge I put the Dechlor in and then the fish and the snail and sat and watched them. The fish swam around cheerfully; the waterlily in time put forth a bud, and I was exceedingly proud of my efforts and skill. However, it was summertime and as my pond was only seven inches deep, the water evaporated quickly and grew so warm that the fish rose up panting for air. Quickly I filled a bucket with cold water and added it to the pond. But no matter how carefully you pour, the pond is extremely disturbed and this upsets the fish.

The pet shop advised a deeper pond or, failing this, an aerator and other expensive gadgets too big for my pond to support. Instead, unwilling to sacrifice my pond, I cooled by hand. I emptied out stale water and added fresh; I bought more snails; I called the fish by name and gave them the best of everything. Curious guests asked why I bothered and, when I replied that I had an urge to keep gold fish, they looked extremely puzzled and politely lapsed into silence.

Then we had to leave home for a week. Usually a kind neighbor waters my plants when I'm away [and I water hers when she's away], but I was not quite sure about her attitude to fish.

"Would you mind feeding the fish and giving them some water, too?"

"Fish! What fish?" she exclaimed.

"Well, you see, I made a little pond with three gold fish in it this year."

"You don't mean that you have fish on your balcony?"

"They are very well behaved," I said defensively, "and they only need feeding once a day. All you do is call, 'fish, fish, fish' and they come and eat the food."

"Supposing somebody heard me, they'd think I'd gone out of my mind."

"No one will hear you."

"Well, I'll feed them very early or late at night when people are less likely to hear."

The fish survived but my desire to keep them didn't. By the end of the summer all desire had left me. By the first frost, when a friend called and asked what I was going to do with the fish for the winter, I said I didn't know.

"You can't leave the poor things in that little pond, it will freeze solid."

"I'll have to get a basket and take them in, I suppose."

"If you like you can bring them to my big pond and I'll board them for the winter and you can catch them again in the spring."

I thanked him profusely, caught the fish with much difficulty, and with even more trouble transported them to his deep pond. There they have remained.

I tell this sad tale so that you will know a fountain is easier to manage than a fishpond on a balcony. If you really must have fish, make sure your balcony or roof will support the weight of a large enough pond and have it installed by a professional.

A pond for a waterlily or a lotus bud or two is much easier and, as long as it is deep enough to support the floating leaves and flowers, it does not have to be big. A galvanized bath painted black or grey surrounded by iris, ferns and rushes looks quite effective.

Colonel John Fiegal who has traveled all over the world with the United States Air Force and has visited



gardens wherever he had the chance, has an attractive small pool built into the corner of his roof garden. Surrounded with evergreens, this looks cool in the summer and decorative in winter. The pond is a galvanized tub set in a wooden frame which completely conceals it. The evergreens make it look just like a natural woodland pool.

Fountains, complete with a small pool of the same material, make a good focal point for a small area and are easy to maintain.

These are the essential needs of waterlilies:

- Waterlilies need at least five hours of sun per day.
- Water depth should be 6-18 inches from the top of the pot to the surface.
- Water should not be disturbed near the plant. If water from a fountain falls into the pond, see that it falls some distance from the lily.
- Soil in the container should be good, heavy garden soil. Potting mixtures are to be avoided.
- When planting a waterlily, fill the container about half way. The lily should be placed on top and then more soil added and pressed down. The crown of the lily must be free of soil.
- Soil should be covered with gravel and lily fertilizer added according to instructions. Then the whole thing should be gently placed in the water.
- To keep your lily blooming happily, fertilize it monthly through the spring and summer. Prune old leaves.
- In winter, if your lily is hardy, it can be left in the pool. If your garden is subject to harsh frosts, the pot can be removed and placed in a cellar where it can be kept cool and moist until all danger of frost is past.
- Tropical waterlilies are more spectacular but will not survive the winter in the Washington area. Those few who grow them buy new ones each year.

*The greatest service  
which can be rendered any country  
is to add a useful plant to its culture.*

Thomas Jefferson

## Creating New Varieties on a Balcony

**C**reating a new strain of your favorite flower or vegetable is one of the most interesting and satisfying things a gardener can do. It does not need much expertise, and it is quite simple if you follow a few easy rules.

Furthermore, a balcony is probably a better place than most for this purpose, because the limited space and the fact that there are fewer bees and other insects makes it easier to control cross pollination. In fact, if you grow only the plant you want to experiment with and you don't have gardeners on either side of you, you might be able to produce your own variety in quite a short time.

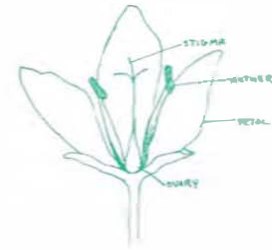
Iris and lilies are good to start with. The flowers are large and easy to work with. We have had excellent results growing lilies on our balcony. They have done extremely well in the hot, dry summers and have survived the cold and frost of winter. Mind you, we grew our lilies from seed, so they grew up in surroundings in which they have to survive. Some we planted as bulbs have done well also, so lilies are probably the best flower to experiment with.



Lilies must have good drainage, and they like an acid soil. Also, they need to be kept well watered in dry weather when in boxes or tubs. We have some in tubs and some in fairly shallow boxes. We use a mixture of good compost and potting soil, roughly two parts potting soil to one part compost with a light sprinkling of dried cow manure.

If you are in a hurry to see results, start with Asiatic lilies because they usually bloom within a year. Trumpet lilies take two years and Oriental lilies take three or four. However, if you fancy a particular lily because of its color or spots or shape and would like to try and produce it in another color, why not try it?

You will need several lilies of the kinds you want to cross pollinate. At the end of this chapter is a list of



good places to buy your lilies if you don't have a local supplier. Also, you will find some notes on the proper names and times of blooming of the different types of lily.

Asiatic lilies bloom in June, and they are usually ready to hybridize about the second week of this month. You should cut off the anthers from the male flower; then, as soon as the female lily flower opens, place the pollen on the stigma.

The seed pods will be ready to be picked by the end of September, and you will probably have far more seeds than you have room to plant, but don't get rid of them. Put the spare ones in freezer bags with some desiccant so they don't dry out, and place in the freezer. Experts say they will keep for about ten years.

Carefully watch the seeds you have planted so that the plants don't dry out while they are establishing themselves and wait for them to bloom. It is the most exciting thing to watch your new lily open. Will it be so beautiful that it can be developed into a new strain? Will it be little changed from its parents? You won't know until it opens. In any case it will beautify your balcony.

If your lily seems really special, you should enter it in a show to see the reactions of other lily growers. Most lily breeders look for broad, glossy leaves as well as color and shape of the flower. Resistance to disease is another factor. Both Dutch and American growers are always looking for new hybrids, and some of the best have been created by amateur gardeners.



The National American Lily Society, P.O. Box 476, Waukegan, Iowa 50263 issues a quarterly bulletin with many notes on lily growing and breeding.

Sometimes you might be given a pot of lilies as a present and wonder if you can grow them out of doors. Of course, you can. Just put them in a larger container with the addition of some of the soil mixture described above as soon as they have finished blooming. They will die down but will come up again next year. If the lilies are the type that have little seeds or bulbils in the axils of the leaves, pick these off and plant them in pots if you want more of them. Other lilies will produce little bulbs just under the ground near the parent stem. Carefully detach these when the parent dies down in the fall, and they will produce blooms in a year or so if you plant them in good soil.

Lilies make a spectacular display on a balcony if you plant them generously. We have them in boxes as a background for other flowers and, in addition, we have some in pots. Once when they did remarkably well we decided to invite friends to celebrate. We designed invitations requesting the pleasure of the company of special guests to a Lily Viewing. As no one quite knew what a Lily Viewing might be, the acceptances were over 90 percent! One guest thought we had gone into business selling dresses made by the famous designer "Lily." Another thought we must have a guest of honor whose name was Lily. No one thought of flowers. It was a lovely evening, and guests were able to wander out on the balcony admiring the lilies and deciding which varieties they would grow themselves. We gave each guest a bulb to take home, and it was one of the most successful parties we have had.

- Early blooming lilies are the Madonna Lily (*Lilium and candidum*); Regal Lily (*L. regale*).
- June blooming are the Asiatics such as Scarlet Emperor, Enchantment, Ming Yellow, Mid-Century.

- July blooming are Aurelian hybrids such as Pink Perfection, Green Magic, Golden Splendor.
- August blooming are the Oriental hybrids such as Journey's End and Imperial Silver.

Here are some places to buy:

- Burpee Company, 300 Park Avenue, Warminster, PA 18974.
- Oregon Bulb Farm, 39391 S.E. Lusted Road, Sandy, OR 97055.
- Strahms Lilies, Inc., P.O. Box 2216, Harbor, OR 97415.
- Van Bourgondien, 245 Farmingdale Road, P.O. Box A, Babylon, NY 11702.
- Wayside Gardens, Hodges, SC 29695.
- White Flower Farm, Litchfield, CT 06759.



*Let your life lightly dance on the  
edges of Time like dew on the tip  
of a leaf.*

Rabindranath Tagore

## Walls of Food and Fantasy



For very small balcony spaces there is now a special intensive method which makes it possible to grow as much as you like without soil in an area of as little as three feet square. The secret? A modular block system, something like the building blocks you had as a child, which you can build as tall as you like. Each block contains its own growing medium.

This system was originally designed for the Third World desert areas where rainfall is extremely limited, arable land is scarce or the soil too poor to grow enough food for the population. But it is also ideal for small balconies and patios. The containers come in various sizes and shapes. Some are round so that you can build a tower of flowers or vegetables, some are square, some oblong. They can be stacked to create a wall of flowers or fruit that give privacy and add beauty. Or you can have one 6 inches in diameter and 11 inches high to stand on a table top. I have one of these small ones that I bring in for the winter. It has 13 planting holes that I have filled with 13 different herbs. This means I can have fresh herbs all winter long and then, when the





weather is suitable, I put it out on the balcony again.

Growing plants in this system is practically foolproof. The growing medium is inside, and the sides of the containers have a number of small holes with removable lids. To plant, just snap off a lid and insert a seedling or a seed. Fertilizer is supplied and is to be dissolved in water in the proportion of one teaspoon per gallon. Then the solution is poured on the top of the container. When to water is decided by testing the growing medium with your finger.

The block method is a splendid way to grow a big crop in a small space. To find out more about this method write to Living Wall Garden Corporation, Plant and Research Center, Toby Street, Naples, NY 14512.

The National Arboretum in Washington, D.C. demonstrates the method and sells the small size containers in its gift shop. The nice thing about this kind of gardening is that you do not have to worry about weeds or garden pests. The containers can be used over and over again, and the old plant roots become fertilizer for the new ones.

I am asked sometimes, what about people who live in apartments with no outdoor space at all? Can you suggest anything for them? Well, there are some Watergate apartments without balconies or rooftops so I inquired. Some people just did not want to be bothered growing things and were too busy to spend time out of doors. Some, however, like a balcony but there wasn't an apartment with one available when they bought here.

Senator and Mrs. Pressler solved the problem in an unusual way. Although Harriet Pressler loves flowers and plants, she thought as they are both busy people, she would not miss a garden. To compensate, Harriet had a table near a window covered with all kinds of flowering plants. These change according to the season, but the best time for the indoor garden is Christmas, when the table is covered with poinsettias and a Christmas tree.

The plant table has become quite well known as the Presslers held many a breakfast meeting around it when the Senator was running for office, and it was a conversation piece whenever they had a party. Friends often sent a special plant for "the table," and it was never short of flowers. However, Harriet longed for an outdoor garden, so they have sold the apartment and are looking for the right house with plenty of space to grow things.

Although the Harry Kings have a balcony, Hazel has

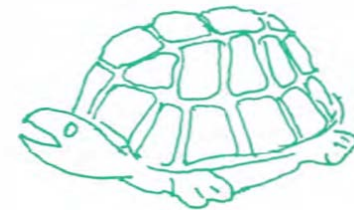


a little indoor garden in the pointed end of their living room. She is most successful in growing African violets. All colors and kinds grow in pots on her special plant stand.

Another Watergate inhabitant without a balcony has solved the lack of outdoor space by growing things hydroponically. Plants are grown in water filled with nutrients instead of in soil. It is a clean and easy method and appears quite successful. This inhabitant, who does not want to give his name as he is well known in a rather solemn profession, uses a foolproof system developed by a firm in New Hampshire, called WindowSill Gardens. But he grows more than just small plants. He has a ficus tree. (Most Watergate owners have some trees indoors. Ficus, palm and Dracaena are their favorites.) He raises tomatoes, lettuce and radishes. Sometimes he buys the small plants from a nursery; other times he raises the seedlings in small growththrough pots filled with vermiculite and transfers them to the Nutri-

ponic pots. Pixie is the recommended tomato as it pollinates itself and can manage without bees.

The Grafton Nutriponic system is very good for the apartment dweller as it cuts down on the time needed to care for the plants and, as the containers hold sufficient nutriment for up to a month, it is possible to go away and leave them to take care of themselves. This is a wonderful hobby for a person who is confined indoors by ill health. A starter kit makes a good present for such a person. Information can be obtained from WindowSill Gardens, Grafton, NH 03240. Ask for information on Nutriponics.




*Who, looking at the petals of a flower,  
Or wondrous symmetry of whispering trees,  
Can doubt that some Creator gave this dower  
To show His Love pervadeth all of these?*

Anonymous



## Best Plants for Different Exposures

limate is something we can't do very much about, but the growth and health of our plants depend upon their living in the climatic conditions that are just right for them. Of course, we can create specific climates artificially in greenhouses. This was done in England by members of the aristocracy who liked to bring back plants and shrubs from all parts of the world. The famous orangeries that you can see in some of the great estates were built to house the orange and lemon trees brought back from the tropics. Although these early greenhouses protected the plants from frost and ice, they would become far too hot in the summer.

It was not until 1933 that greenhouses were equipped with air conditioning. This made it possible to reproduce various kinds of climates and grow plants from every kind of climate from all over the world. However, on balconies and rooftops it's better to assess the climate and grow the type of plants that like what you can offer.

Amateur gardeners frequently ignore the fact that plants are affected by favorable or unfavorable day and

night temperatures. The following flowers, for instance, do best in the day and night temperatures given below:

	Day	Night
Aster	75 F	65 F
California poppy	65	50
Petunia	83	61
English daisy	60	48
Zinnia	80	65
African violet	73	65

Roses are the most climate tolerant of all garden flowers. They will grow in all kinds of climates as long as they get sun. Tomatoes do not fruit if the night temperature is over 75 or below 60 degrees. Potatoes do best in a temperature around 53 degrees.

In the Missouri Botanical Gardens in St. Louis is a remarkable building of Plexiglas supported by a 70-foot geodesic dome. This is the Climatron which houses 1,500 different species of plants grown in climates ranging from Hawaii to the Amazon, to India and Java. A computer console operates a system of ventilators to bring in and expel air, and fine sprays add humidity when needed. The Climatron has made it possible for scientists to study exotic plants and carry out experiments without spending months overseas.

However, you will not need to visit the Climatron to find out the best plants for your particular climate because all good seed and plant catalogs give details of the type of climate each plant prefers. Below is a list of plants that Watergate gardeners have found to do well in various locations.



## Sun Drenched

Ageratum	Pinks
Alyssum	Poppy
Aster (dwarf)	Pyrethrum (painted daisy)
Carnation	Rose (Any rose will do well for a season, but a Rugosa or hybrid shrub rose will last year after year.)
Coriopsis	Sedum
Gaillardia (dwarf)	Shasta daisy
Geranium	Stonecrop
Japanese chrysanthemum	Transvaal daisy
Lantana	
Lily	
Marigold (all kinds)	
Pansy	
Petunia	

## Partly Shady

Ageratum	Geranium
Anchusa	Hibiscus
Astilbe	Lavender
Begonia	Pansy
Caladium	Petunia
Camelia	Rose (shrub)
Chrysanthemum (dwarf)	Sedum
Daisy	Spider lily
Elephants ear	Stonecrop
Forget-me-not	Veronica
Fuschia (if kept well watered)	

## Shady

For the balcony with an overhang and very little sunshine

Ageratum	Forget-me-not
Alyssum	Impatiens
Astilbe	Primula
Begonia (tuberous)	Turks cap lily
Caladium	Viola
Elephants ear	Violet
Ferns (most varieties)	



The plants given above have been grown successfully on Watergate balconies. There are many more that will do well on balconies, and it is good to try out new ones. Plants are often quite adaptable.

#### For covering bare walls and railings

We have found Virginia creeper to be the best. It puts up with all kinds of climate and grows well year after year. Clematis and honeysuckle also do quite well, and trumpet vine looks spectacular. Some people have grown japonica successfully in a large tub against a bare wall, but we stick to the Virginia creeper.

#### Help for the distressed gardener

There is nothing more distressing than to buy beautiful plants, shrubs or trees only to see them wither and die in spite of all the care lavished on them. I have known this to happen to friends who became so undone and disheartened by what they thought was their failure that they gave up growing things altogether.

The fact is that most often the fault lies with the supplier. Even though the plant looked healthy when bought, it could have been weak, overly stressed or even diseased. To avoid loss, always buy from well known, local nurseries whenever possible. They will usually replace any plant if it dies within a given time. Also, they have a reputation to keep up and they know that a happy gardener brings more customers. Locally grown plants and shrubs are used to your climate, so the shock of transplanting is less.

Avoid supermarket plants. They usually come from a considerable distance and are rarely tended enroute. Plants are not the specialty of the supermarket, so care for them is a hit or miss affair.

Scientists are now working to help the balcony and rooftop gardener, you will be pleased to hear. One of

their newest interests is urban horticulture. Realizing that living space is diminishing and gardens are getting smaller and smaller, researchers are studying the special needs of the town gardener and the plants such gardeners grow. Scientists are also taking a new look at propagation and production methods for urban garden plants. From various studies it has been found that more plants die after being planted on the balcony or rooftop than during the time in the nursery. It is felt that more attention must be given during the production period to the special needs of urban site plants.

If you are feeling distressed over your ailing plants, don't despair, the American Horticultural Society, Mount Vernon, VA 22122, is always willing to give help and advice on your special needs free of charge.





*To all kind friends who make  
delightful gardens  
Where we may live,  
Among the flowers and drinking fountains,  
Our thanks we give.  
Charged are we also by our little friends  
The gentle birds,  
For they from grateful hearts  
can only sing you,  
Songs without words.*

Rose Fyleman

## Watergate Pets



A surprising number of Watergate inhabitants keep a pet of one kind or another. This means that many gardens are subject to the depredations of dogs and cats, so the owners usually make allowances in the designs of their balconies, patios or rooftops for pets to enjoy them also. As mentioned earlier, Helen Burns has her plants raised from the balcony floor. Despite this accommodation, her Yorkshire terrier, Hanzi, likes to take her for a long walk around the whole complex several times a day.

Some pet owners have trained their pets to respect the plants and flowers, but one little dog grew tired of the attention his owner gave to her plants and began furiously uprooting them whenever her back was turned. In spite of all the poor woman could do, no plant remained in its pot for more than a day, so she gave up and installed a fountain. Her dog approved of it so much that he drinks from it regularly and bathes himself at intervals in the dancing waters.

Why do Watergate owners bother with pets when they are so much trouble and when owners are often



out of town, many people ask. I wondered too until I discovered the answer. The very rich are often very lonely. The pampered pets of the Potomac tell you so.

The nouveau riche were too busy making their pile to make the kind of friendships that last, so they usually end up with a host of not particularly desirable acquaintances and the type of friends that only money can buy.

Those who inherited their wealth have found that there are so many people willing to relieve them of their money, by fair means or foul, that they are afraid to make friends and isolate themselves in gorgeous ivory towers or the penthouses of Watergate.

As it is a basic need of every human being to love and be loved, the lonely often assuage this hunger by keeping a dog or sometimes a cat. A dog is most often chosen because it gives its owner complete trust and unquestioning devotion not caring whether its owner is rich or poor. A dog can be stroked and petted without misunderstanding and returns any affection a hundred-fold.

Cats are more critical and do not give their affection to all and sundry. Mostly, they pick and choose the objects of their affection, being well aware that few humans are worthy of it. Cats suit the fastidious, the fussy and the supercilious. Not for nothing is the measure of the ultimate referred to as "the cat's whiskers."

There are a great many more pets than children living at Watergate, mainly dogs. Poodles, from the standard down to the toy, are the dominant breed. Like their owners, they love attention and a comfortable life. They have a high intelligence, but use it only if absolutely necessary for survival or to get back into the limelight.

The poodles of Watergate have had their own mobile beauty salon for years. Twice a month the Purple Poodle Parlor arrives to groom and shampoo the pampered pets of the Potomac. The parlor is a fancy room on wheels equipped with all that is needed to beautify a poodle of any size



Poodles enter the parlor grubby with eyes cast down. They come out, noses in the air, splendidly clean and perfectly groomed with tiny ribbon bows, pink for girls and blue for boys, holding their tufts of hair in place.

Two miniature poodles who lived in the Watergate for 12 years were owned by Philip Handler, the former President of the National Academy of Sciences, and his wife Lucy. Angelique, the female poodle, is the mother of Leo, the male. Leo is almost twice the size of his mother but Angelique chose to have it that way. Shortly after the Handler family, poodles and people, arrived at the Watergate, arrangements for Angelique to be mated were made with a suitable supplier of poodle spouses.

From various pedigrees and photographs a husband of long pedigree and handsome appearance was chosen. After all, why not the best? When the right time arrived Angelique was driven by chauffeured car for the nuptial visit. However, when she saw her prospective mate, she would have nothing to do with him although he expressed considerable passion for her. Raising her dainty lips in a scornful snarl, Angelique swept past him and proceeded up and down the rows of kennels to see what other prospects there were.

Finally, she selected a poodle of excellent pedigree, but of unusually large size. Nothing would persuade Angelique to change her mind. This was the only male she would espouse; it was either Maurice or no one.

Helpless, the Handlers agreed and, in due course, Angelique produced a litter of baby poodles almost as big as herself.

One of the best known and most outstanding four-footed inhabitants of the Watergate is Gabi, the great



Dane who owns the Edward Benjamins. Mrs. Benjamin is an art consultant whose expertise is nationally acknowledged. Their apartment is filled with valuable works of art which Gabi safeguards. Great Danes need plenty of room to exercise, so the Benjamins take Gabi along the Potomac for walks. Balconies and rooftops are not big enough for great Danes.

Although Gabi is 30 inches at the shoulder with an immensely powerful frame, huge paws and a fiercely noble head, like most of this breed, Gabi is really quite gentle. He has a black coat with a sprinkling of white. Size alone makes him a formidable creature to meet; strangers have been known to turn and flee when Gabi rises unexpectedly from the floor.

Great Danes are a modern breed developed in Germany to hunt wild boar, but they are probably descended from two very ancient bloodlines, the Irish wolfhound kept by the Celts around 273 B.C. and the old English mastiff, which has been used in England as a watchdog for more than 2,000 years and was kept for this purpose in Egypt in 3,000 B.C.

The enormous size of the great Dane makes it an expensive pet to keep. Its appetite is tremendous, but the Benjamins don't mind. They say Gabi's worth cannot be measured in dollars.

A handsome hound of another breed was Oliver, the basset who lived with John McLaughlin, who was speech writer to President Nixon and President Ford, now the nationally known moderator of the television program, the McLaughlin Group, and Washington editor of the *National Review*. Oliver was given to John when he lived at the Watergate by Ann Dore, a striking brunette who became Under Secretary of the Interior. When John and Ann decided to marry, we offered to look after Oliver while they were on their honeymoon as we knew Oliver did not like to mix with the hoi polloi at boarding kennels.

The night before the wedding, John was taking Oliver

for a walk on his leash when, alas for poor Oliver, John's mind was on other things. As they were coming back through the garage door, Oliver lagged behind. His tail, which lagged even farther, was trapped in the door as it dropped down behind him.

Oliver's howls brought John back to earth but too late to save the ultimate joint in Oliver's tail. When the vet saw the damage he was forced to remove the penultimate joint also! This had a saddening effect on the whole family and especially on Oliver whose basset ears drooped even lower as his jowls proclaimed his loss and he tried in vain to remove the bandage from the end of his tail. However, he went to the wedding and joined in the festivities before coming home with us to stay.

The rest of that first day went well. When night came, Oliver was told he could sleep in his basket in the living room, and obediently he went and sat in it. We retired to our double bed and put out the light. Scarcely had we settled down when the bed shook as if hit by an earthquake. Oliver had decided to join us and sleep on our feet.

Walter, my husband, is a man of quite kindly nature who likes animals but not in the bedroom, let alone on the bed. Oliver was so informed and hauled back to the living room and basket.

We settled down once more only to have the same thing happen. After hauling the unwilling Oliver back four times, Walter was a little ruffled, and when Oliver returned for the fifth time, he decided firmer methods must be taken. With many mutterings he hauled Oliver back and once more returned to bed.

By now I was in a very nervous state; I feared our marriage might end in Oliver's basket. When there was an ominous silence from the other side of the bed and, worse still, when Oliver did not come back, I thought some dreadful deed had been done.

"What have you done to Oliver?" I quavered.

"Just let him know who's master here."

"You didn't hurt him, did you?"

"Hurt him? Of course not."

I couldn't sleep. Oliver's uncanny silence upset me. I got out of bed and went to see what had happened. Oliver, draped in a blanket, was tucked up in an easy chair. One eye opened and looked at me. I slipped away. Oliver had conceded this battle, but from the look in his eye I knew he had some retaliation planned.

Morning came and Walter took Oliver for a walk around the buildings, and to my great relief, they appeared on excellent terms. As Walter went to his office very early, I usually took a cup of tea and the newspaper and went back to bed for a while. Scarcely had I got in when thump, Oliver was there beside me, his drooping ears on Walter's pillow.

Every night thereafter, Oliver went to his armchair bed, and every morning after Walter left he took his place on the pillow beside me.

Basset hounds are usually slow moving dogs. They walk with ponderous dignity which might be due to their short legs and long body, or merely the turn of their mind. They cannot be driven, hurried or harried. They go their own way.

We liked the staid, dependable Oliver and his sedate behavior. It suited our ideas of protocol, and we were very happy with him. Then, one day, about a week after Oliver's arrival, he suddenly leapt up like a monkey without any warning and jumped from sofa to chairs, to bookcases and tables and then raced fiercely around the room.

Terrified lest Oliver had gone out of his mind, I called Walter's office.

"Oliver's gone crazy. He's leaping and jumping over the furniture. Whatever shall I do?"

"He's probably just feeling his oats. We'd better take him for a very long walk." But when Oliver leaped again a few days later, Walter too was alarmed. Fortunately, Oliver never barked or hurt himself or anything and he



always relapsed into his usual dignified behavior, acting as if nothing unusual had happened.

When the McLaughlins returned from their honeymoon, they asked if Oliver had been a good dog.

"Oh, yes, very good, except he jumped and leapt sometimes. I hope there is nothing wrong."

"Oh no. I forgot to write down that Oliver leaps. Ever so often he does that. It's a sign of his interesting character. It's his way of saying, 'Oh joy! Oh rapture!'"

Sometimes an animal will decide it would like to live

in the Watergate. One such was discovered sitting on the doorstep of a 14th floor apartment very late at night. The occupants, a United States Admiral and his wife, were coming back from the National Symphony Ball attired in full dress. The Symphony Ball is always a white tie affair. This means that medals and decorations can be worn and those who possess them look very grand. This is the one night when the men outshine the women.

As the couple came up to their door, the wife stopped suddenly and stared at the floor. Clutching her husband, she said faintly,

"Do you see a frog on the doorstep or is it the champagne?"

"A frog! Don't be ridiculous. My God! there is a frog. It can't be."

The frog said nothing. It did not move. It sat with its sides heaving and its frog mouth tightly shut. Have you ever been faced with a dark green frog on your doorstep at one o'clock in the morning on the top floor of your apartment house? It is a disconcerting experience.

"What shall we do?" the wife wondered aloud, vaguely aware that after midnight princes turned into frogs.

"Do? Ignore it, of course. Just don't let it in when I open the door."



"How shall I stop it?" the wife said nervously gathering her silken skirts around her. "Supposing it jumps under my dress?"

"Well, don't let it."

"Why don't you pick it up and put it somewhere? I'm afraid it will jump in and we'll never find it. It might hop on us in the night."

"I'll push it away with my foot and you open the door."

"No, I'm not going near it. It might hop."

"They don't bite, for God's sake. Let it hop. And skip if it wants to . . ." and the Admiral leaned over and opened the door.

The frog did not move, even when the Admiral poked it with his shoe. "Leave it alone, it must be sick or something, or perhaps they can't see at night."

"Well, come in and leave it to make up its mind what it wants to do."

"I can't step over it. It's no use glaring at me. I just can't step over it. I know it will hop if I step over it with this long skirt."

"What do you expect me to do? Shall I get you a pillow and a blanket so you can spend the night in the hall with the damn thing?"

"Don't be so unfeeling."

"What do you want me to do?"

"Why don't you catch it and take it to the river? You're an Admiral and used to doing things. Can't you get a pudding basin and put it over it and take it to the Potomac?"

"If you think I'm going to catch a frog in a pudding basin and take it to the river in the middle of the night dressed like this, you must be out of your mind."

"Well, get me a basin and I'll do it."

Seeing that the situation was hopeless unless something was done about the frog, the Admiral went to the kitchen and came back with a glass basin and a piece of cardboard.



The frog seemed oblivious. It didn't move as the basin was lowered over it and the cardboard eased underneath.

"Don't tip it up. It won't like it. It might upset it. Just keep the cardboard so it can sit on it."

The Admiral was beyond words. He simply prayed that no one would see him and no one would ever hear of the affair.

"I'll come with you, dear. It's dangerous to walk alone at this time of the night. Especially with a frog," his wife said anxiously.

Together they took the elevator down to the lobby with the frog looking at them through the glass.

"Its eyes are open. It's not asleep."

"I don't care whether the damn thing is asleep or awake. I'd just like to know how it got on our doorstep. No frog could jump up 14 flights of stairs."

Out into the night they went, across the parkway and on to the river bank.

"You'd better put it on the grass near the water so it can choose where it needs to go. Don't fall in. Will you?"

Bending over, muttering vile words, the Admiral put cardboard and basin on the ground, lifted off the glass and, with one gigantic hop, the frog vanished into the night.

"Now, for God's sake, hurry up and let's get in before anyone sees us."

"There's no need to be nasty about it. Not everyone has a frog on his doorstep. After all, they say they are really princes in disguise."

Before the Admiral could speak his mind, a voice came out of the darkness.

"Nothing wrong, sir?" It was the security man making his rounds.

"No, nothing. We're just getting home from the hall."

"Goodnight then," said the man looking at the pudding basin with the greatest suspicion as he watched the

pair hurry back into the lobby of the Watergate.

The word frog is never mentioned in this household even though time has passed. The wife made delicate inquiries, but no one has ever reported a missing frog. In fact it has never been seen again.

A mysterious tabby cat lurks in the shadows of the Watergate buildings. Various people have caught glimpses of him, but no one has had a really close look. It appears and disappears surreptitiously giving the impression that it is up to no good.

No one seems to own it or be owned by it. There are various theories regarding its identity. The most acceptable one is that the cat belonged to a wealthy countess who fell upon evil days and had to leave the Watergate. The cat was supposed to leave with her but, at the last minute, the cat decided it could not bear to leave the Watergate. It would never find such a good address again.

So, the cat stayed behind and lives by itself, catching mice and helping itself to any bits and pieces that come its way. Several people have tried to persuade the cat to come and live with them without success. The cat obviously prefers to be a free spirit, keeping an eye, or rather two very bright eyes, on everything that goes on.

The most cultured and musical pet was Sasha, the dog owned by Mstislav Rostropovich, the conductor of the National Symphony Orchestra. Sasha lived in the Watergate Hotel for several years. The most jealous pet was the cockatoo who lived with Jim Keogh and his wife Verna when Jim was head of USIA. The cockatoo hated the Keoghs to have guests and complained so loudly that a cover of black cloth had to be put over his cage whenever guests came.

The most friendly pets are the wild birds who frequent the gardens of Watergate. There are the house finches, delightful small birds with bright patches of red on top of their heads, and a pair of mourning doves who sit cooing on the balcony conjuring up memories of

early country mornings smelling of honeysuckle and newmown hay. Several mockingbirds regularly visit the swimming pools, and one pair nest in a tree close by.

Of course, the ubiquitous pigeons and sparrows try to take over but, so far, they haven't succeeded.

All who have kept pets in apartments know that difficulties arise from time to time. Everyone does not like the same pet, and many don't like pets at all. Sourpusses abound and are usually strongly opposed to cats even more than dogs. Then some pets, like their owners, can be unlovable, noisy or otherwise troublesome. Watergate has had its problems. There was one dog who constantly forgot himself in the hallway and caused many letters to be written to the Board. This happening caused almost as much upheaval as when joggers were using the people elevators when they were sweat stained and horrible from running.

Then there were a pair of poodles, very pretty and fluffy and white, who constantly barked in the middle of the night disturbing neighbors on either side. Complaints were made, and complainers and poodle owners were called to a Board meeting.

"It's all nonsense," said the poodle pair owner. "My dogs could not have disturbed anyone. They've been debarked." There was a deathly hush; then one of the complainers said, "It seems we have a worse problem than I thought, since this lady is the only other occupant of the apartment."

Pets can also take dislikes to each other. A large, black poodle of formidable appearance and dominating personality lives with a lady who, like her dog, is tall and impressive. The two, looking perfectly compatible, take long and regular walks together. When the black poodle goes driving with his owner, he occupies the back seat of her black Cadillac and tells the uncaring world that he is making an appearance by barking profusely all through the garages.

Also living in the same building is a small, quiet, gray

terrier owned by a small retired lady of uncertain years. Large, black poodle looks with disgust and disdain upon small, gray terrier and once or twice decided to eat him. Fortunately small terrier escaped alive but somewhat harmed. He and his owner grow extremely apprehensive when they see large, black poodle and owner approaching.

The policy of each Watergate building varies, but in this particular building dogs may not use the people elevator because some people are allergic to pets. Dogs must use the freight elevator and go in and out through the tradesmen's entrance which is somewhat long and narrow.

Fearful that large, black poodle would meet with small, grey terrier in the confined space of the freight elevator or the back door and a disaster ensue, small gray terrier and owner were given permission to use the people elevator.

All was peace for many moons until one fateful day. When just as small, gray terrier was stepping into the people elevator with small owner, the large, black poodle leapt forth from the freight elevator and cornered small, gray terrier.

Heart-rending shrieks and terrified barks brought everyone running to see what tragedy was at hand. Alas, it was too late to prevent big black poodle's teeth from sinking into small gray terrier and small owner's leg. The matter is not concluded. Law suits and counter suits are threatened. Sides have been taken and theories developed on why large, black poodle only dislikes small, gray terrier. Does terrier whisper dreadful canine taunts which no self-respecting dog of any size could overlook? Has large, black poodle owner told it to attack small, gray terrier? Or is it a case of canine incompatibility?

In view of the difficulties, you really wonder why people in apartments want to keep dogs. Many have to employ walkers at considerable expense as they do not



like to walk themselves. They have to board their pet or pay a maid to come and look after it if they go away. One way or another, keeping a pet is a considerable responsibility.

Why do people do it? As mentioned earlier, it is probably to keep them company. But also, there may be an unconscious survival factor involved. Aaron Katcher, a University of Maryland psychiatrist, has found from research that petting and talking to animals can lower pulse rate and blood pressure. Many executives keep an aquarium and watch the fish for the tranquilizing effect.

Katcher also discovered that in a study related to the survival of patients for one year following hospitalization for heart disease, pet ownership proved to be the single most important predictor of survival. Katcher concluded that pets have singular effects on the lives of adults. There is a bond between pet and person which is authentic and has merit apart from the relationship between people.

One elderly gentleman who has had a triple bypass operation is testing this to see if a young, lovely two-legged pet will have the same effect.

Another reason people keep pets is that they are such good conversation pieces. People lose their usual reserve and come and talk to an attractive or rare animal. One Watergate Suzuki owner was approached by a bejeweled lady she had never seen before who said, "My dog would like to invite your dog to his birthday party. You may bring him."

Marriages have even been brought about by pets. Sad to relate they have also been broken by them, but not very often.

Our friend Henry Mitchell says the only reason people keep a dog is that they are really part dog themselves. The dog part being the better part of the human, it is necessary to keep a dog to remind us of what we are really meant to be.

Why do you keep one?

## Garden Trivia

*The world is too much with us; late and soon,  
Getting and spending we lay waste our powers;  
Little we see in Nature that is ours;  
We have given our hearts away, a sordid boon!*

William Wordsworth



## Garden Trivia

- The much maligned George III of England, who was also the last King of America, was responsible for founding the Botanical Gardens at Kew. The King provided money, encouragement and patronage.
- The Empress Josephine loved flowers of all kinds. She personally watched over the garden at Malmaison. Josephine was a patron of the famous Redoute, whose collection of water colors of lilies sold for \$5 million at Sothebys in November 1985. It was the roses of Malmaison that Redoute immortalized in his most famous book.
- Burning at the stake used to be the punishment for those persons caught adulterating saffron.
- The Hanging Gardens of Babylon were created by a Babylonian king for his wife who missed the hills of her native land.
- Francis Bacon considered that a gentleman needs at least a plot of land 30 acres square to make a good garden.
- The first botanical garden in the North America con-

tinient was made by the Aztecs in Chapultepec, according to the Aztec writer Tezozoma, 1853. It still exists as a park today.

- Official schools for herbalists existed in Egypt as early as 3,000 B.C. Old papyri show approximately six hundred medical remedies made from plants and flowers.
- No one has discovered the secret of how the Egyptians were able to keep fresh the cut roses they supplied to Rome during the long sea voyage.
- Rameses supplied the temples of Egypt with 19 million nosegays.
- Dew from the leaf edges of Ladies Mantle restores faded female beauty.
- The first known gardens existed in ancient Mesopotamia.
- Tulips were believed by Samuel Johnson to be the biblical lilies of the field.
- While kings are crowned with gold, patriots are crowned with oak.  
Poets with laurel.  
Beauty with myrtle.  
Peace with olive.  
Bacchus with ivy.  
Christmas with mistletoe and holly.  
Easter with palm or willow.  
Weddings with orange blossoms.
- The *Assyrian Herbal*, written in the seventh century B.C. contained the names of almost a thousand plants. It mentions 250 vegetable medicines.
- When King Darius of Persia transferred his capital city from Pasargadae to Persepolis, he first created beautiful gardens to enhance it.
- In early times the Persians built little houses in trees as a cool retreat.
- The Emperor Ginso of China carpeted the stepping stones of the Royal Garden with lotus buds so that the

fair Yokiki, of the gazelle eyes, whom he adored, need never tread the common earth.

- Although the tulip originated in Turkey, it was the Dutch who came to appreciate it with such fervor that as much as \$10,000 was paid for a single bulb in the 17th century. Tulip mania in Holland became so violent that the government clamped down on it. However, the Dutch continued to propagate the tulip, and tulip bulbs have become one of their great exports.
- In World War II the Dutch were so short of food that they were forced to eat tulip bulbs which undoubtedly saved many people from starvation.
- A treatise on the banana written by a Japanese in 1920 says:

"The banana are a remarkable fruit. He are constructed in the same architectural style as sausage. Difference being skin of sausage are habitually consumed, while it is not advisable to eat over-rapping of banana.

"Banana are held aloft while devoured. Sausages are left in reclining position. Sausage depend for creation on human being or stuffing machine, while banana are pristine produce of honorable Mother Nature.

"In case of sausage both conclusions are attached to other sausages. Banana on other hand, are joined one end to the stem and opposite termination are entirely loose." From *Kampung Notes*, vol. 14, No. 1, edited by Catherine Sweeney.

- In November 1985, a geranium was bought for \$4.07 million. It was a very special geranium painted by Rembrandt Peale and was held in the arm of his brother Rubens. This was the highest price ever paid for an American painting.





# The Secret Gardens of Watergate

*Hints for Balcony, Rooftop and Patio Gardeners Gleaned from Washington's High-Level Horticulture*

Pauline Innis has written 14 books on subjects as varied as official protocol, treasure hunting in the Blue Ridge mountains, numerology, prayers of the nation's mighty, and a pig named Ernestine who lived in a potting shed in Devon, England, where Mrs. Innis grew up.

She has lived and gardened with her husband, Admiral Walter D. Innis, at Watergate West since it was built in 1969. A connoisseur of the world's most renowned gardens as well as a hands-on gardener, she has had success on her balcony with plants as difficult to grow as Hankow willows. She has coaxed roses to a size that brought raves from the Jackson & Perkins rose catalog, and has bred several new varieties of lilies (high above the normal intercession of pollen-carrying bees).

In this book Mrs. Innis reveals her failures along with her successes—and those of her neighbors. Watergate's resident tomato specialist, whose aerial plot is affectionately known as Love Apple Square, shares his advice with her on vegetable gardens. She includes recipes featuring such produce as Chinese herbs grown by Anna Chennault on her rooftop terrace. And she describes interior and exterior designs of some of the city's most glamorous apartments.

If you would like to know how to build a fish pond 14 stories above a stream of traffic, how to use plants to screen your ledge from your neighbor's, how to double the charm of your flowers with a magical Looking Glass, how to grow trees hydroponically and avoid lugging in dirt; or if you want the low-down on dogs and other furred and feathered denizens of uppercrust digs, you can reap a harvest of ideas and surprises from this insider's view of **THE SECRET GARDENS OF WATERGATE**.



EPM McLean, Virginia

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