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# YOUR GARDEN

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## Tips For New Gardeners

(NAPSA)—If you're starting to dig gardening, your interest and your garden are more likely to bloom with these suggestions:

- To achieve best results you need the right type of gear. To get started, you'll need a soaker hose, a hoe, fertilizer, seeds and gardening gloves.



- Start small. If you're not sure of how much time and effort you are willing to put into gardening, start by planting in containers or simply add a few rows to your flower garden to get your feet wet.

- Make sure to plant your new garden in a sunny area, one that receives eight hours of sunlight a day. Plant vegetables that need a bit of shade such as cucumbers and lettuce next to tall tomato plants or trellises.

- Instead of trying to start your new garden with expensive seedlings, start out by planting vegetables from seeds into loose soil and follow the directions on the back of the seed package.

- Once everything is planted, make sure you spend an hour or two a week maintaining your hard work.

- If you're troubled by symptoms of repetitive stress injury, or arthritis, you may want to consider a certain kind of glove. The glove, called Handeze, features a form fitting design that traps natural body heat. This raises the temperature while keeping the pressure on tissues and increasing blood flow to fingers, hands and wrists.

To learn more about this glove, visit [www.domeind.com](http://www.domeind.com) or call 1-800-432-4352.