

Pep and Progress Pages

GREENS SHOULD BE EATEN EVERY DAY

In Salem District They May Come Fresh from Gardens the Year Through

By LUTHER J. CHAPIN

A great variety of "greens", or pot-herb crops, are available in this section. They are almost without exception easy of culture so that no family need be without a liberal supply of some form of this most wholesome food. They are rich in mineral content and should form a greater part of the diet than is usually the case. Under our favorable climate conditions, greens may be taken from the garden every day of the year. They are usually grown as succession crops, either preceding or following some principal or long-season crop.

The principal pot-herb crops are spinach, mustard, chard, and dandelions, but other crops such as beet, kale, cabbage, etc., also furnish excellent greens.

Spinach is a cool-season crop preferring a cool, moist soil. It should be planted in a rich, mellow soil as early in spring as the ground can be properly worked. Since the leaves are the edible part of the plant, a rapid growth is desired. This may be insured by supplying plant food in the form of nitrate of soda. Although this is not absolutely necessary, if the soil is well manured and in good till, it insures a more rapid growth and, therefore, a better quality of product. It may also be planted in late summer for fall use, or in the fall for early spring use.

Spinach is very rich in iron and for that reason is strongly recommended by doctors and should be universally eaten.

Mustard is a popular green, and like spinach may be sown in early spring or fall. The fall seed will give green during the winter and early spring. The curled-leaved and Chinese varieties are well adapted to this locality. The ostrich plume is one of the best varieties for fall seeding. Seed may be sown broadcast and raked in after the principal crops have been removed. No further care or attention is necessary. It is well to destroy all plants, however, before they go to seed, as they may become a bad weed if permitted to seed themselves.

Chard, more commonly known as Swiss chard, is a form of beet, the leaves of which are used instead of the roots. It is also known as "silver beet", and "spinach beet", the former because of its silvery or light green color and the latter because it is used like spinach as greens. Unlike spinach, however, chard can endure the heat of the summer. The seed is sown in early spring at the same time beets are planted, and the crop is available for use from early summer until fall. Although greens are not in so great demand in summer as winter, many persons desire them the year round, and chard affords an excellent hot-weather green. While the entire leaf is used for greens the thickened leaf stalks, which often reach a length of two feet or more, and a width of one to two and one-half inches, may be creamed and served like asparagus.

The dandelion is almost universally used as greens. Since the wild dandelion grows so abundantly here, the tame or cultivated varieties are not usually grown. For those who are especially fond of dandelions, however, the improved varieties may be sown in early spring and harvested in the fall or the plant may be left in the ground over winter and used the following spring. Dandelion will grow almost anywhere, but responds to good cultural methods.

Young beets are also much used as greens. While they are not usually grown especially for this purpose, they may be sown thick and the thinnings used as greens. In this case the entire plant, top and root is used.

Kale, like Swiss chard, is also able to endure the heat of summer. Its cultural requirements are about the same as those for late cabbage. It makes its principal growth in the late summer and fall. It may be left standing in the ground all winter, as it is seldom injured by this temperature of the winter weather. The Scotch kale, or curled leaf sort, is usually grown as a garden crop, but common kale is also frequently used as greens. Indeed this makes an excellent green in the tender leaves are selected.

Cabbage stumps also furnish early spring greens if left standing in the ground after the heads are removed. They may be transplanted to a fence corner or some out of the way place in the fall. The tender shoots may be removed and served as a salad or cooked for greens.

Dwarf Essex Rape may also be sown in early fall like mustard for winter and early spring greens. It belongs to the cabbage family and affords an abundance of excellent greens. Like mustard, it occupies the ground when no other crops are growing and no care is necessary after seeding.

In addition to the above mentioned pot-herb crops, which does not by any means comprehend the entire available list, there are a number of wild plants common



LUTHER J. CHAPIN

Formerly, Marion county agriculturalist, and chairman of the committee on agriculture of the Salem Commercial club.

ly used as greens, such as wild dandelions, wild mustard, sour dock, lamb's quarter, sting nettle, water cress, and others, so that no one need be deprived of sufficient greens to relieve the monotony of the every-day bill of fare.

(The above is published by request of a number of people in the Salem district. Every one who has available a piece of garden land ought to clip the above and paste it in his scrap book.—Ed.)

IRVINE DEFENDS THE COLLEGE MEN

He Says O. A. C. Graduates Do Go Back to the Farm and Make Good

Under the heading, "Slandering College Men," the Portland Journal, of which B. Frank Irvine is editor, in its issue of last Sunday, took issue with Hon. P. H. D'Arcy, Mr. Irvine is a trustee of the Oregon Agricultural college. Following is the editorial:

"That there isn't a single graduate at the Oregon Agricultural college in the state who has gone back to the farm," is a statement said to have been made by P. H. D'Arcy of Salem before the Portland Civic league.

At mention of free public education, Mr. D'Arcy sees red. He is so fussed over free higher education that his statements on the subject have become ridiculous. The Journal has had some investigation made and finds that 40 per cent of the agricultural graduates of Oregon Agricultural college are actually engaged in farming. This does not take into account the hundreds who attended the institution one, two, three years and went back to the farm without graduating.

Another 40 per cent are assisting to increase agricultural production as extension or expert station workers, high school or college teachers of agriculture, or employees in the United States department of agriculture. These are probably doing more for building up agriculture than they could possibly do by actually farming.

Successful farmers, orchardists, dairymen, stock breeders and poultrymen, graduates of the college, are to be found in every county in the state, some of them within a few miles of Mr. D'Arcy's home. The pure bred Jersey herd that holds the world's record for production, by a herd of not less than 15 cows, is handled and partly owned by an Oregon Agricultural college graduate. Graduates of Oregon Agricultural college are also owners or at the head of a number of other leading Jersey herds.

Here is an example of Oregon Agricultural college graduates as farmers that Mr. D'Arcy might paste in his hat: Four of them in the north end of Gilliam county, Oregon, harvested wheat in 1921 as follows: Mark Weatherford of the firm of Weatherford & Weatherford, 65,000 bushels; Merrill Moores of the firm of Moores & Jones, 90,000 bushels; Arthur Weatherford of Weatherford & Jones, 20,000 bushels; Paul Spillman of Spillman Brothers, 7800 bushels. Total 182,000 bushels. In the same district Mr. Dietz, Oregon Agricultural college graduate of 1912, is foreman on a wheat ranch that in 1921 produced 60,000 bushels.

If Mr. D'Arcy will get the hatred of Oregon's public educational plan out of his system he can find college trained dirt farmers all over Oregon.

And if he will seek further he will find that Oregon is building up the finest rural civilization the world has ever seen. Our farmers average very high in intelligence; they produce more per man than almost any other farmers in the world; they have adopted the most advanced system of farming and are constantly improving it.

Here is an example of what our farmers are doing: Ten years or less ago we were importing poultry and poultry products into Oregon by the carload and trainload. Now we are shipping them

out by the carload and trainload. The whole world applies to Oregon for poultry strains because Oregon Agricultural college has developed the finest poultry strains ever produced. A single achievement that, year by year, yields as much money to the state as Oregon Agricultural college annually costs.

KEEP THE CORRECT SPEED IN PLOWING

Scientific Rules in Tractor Plowing as Well as in Horse and Mule Speed

By E. J. STIRNIMAN

"What is the matter with my tractor? I pull two 14-inch plows in low speed and am not able to pull one in high speed. This is the query of many tractor operators.

Speed or rate of doing work is a factor that is generally forgotten by tractor operators when specifying the ability of their machines in trawling horse power.

In order to answer the opening question, it is necessary to outline two factors; 1, the term horse-power, and 2, the relation of drawbar effort to the speed of plows.

The customary unit of power is horse power. This is determined from the average amount of work a horse would be found to do while pulling up coal from a mine, at a certain height, in a day's time, it represents work done at the rate of 33,000 foot-pounds per minute. In other words, one horse power equals 33,000 foot-pounds per minute.

There are two factors that must be considered when determining horse-power, pounds-pull and the rate of pull in feet per minute.

If a plow requires 802 pounds effort at the drawbar to operate it at a speed of two miles per hour, the horse-power required would be 802 pounds x 176 feet per minute (two miles per hour equals 176 feet per minute) or 141,152 foot-pounds. Since one horse-power equals 33,000 foot-pounds per minute, divide 141,152 by 33,000 and we find the effort required is 4.2 horse-power.

Let two miles per hour represent low speed of the tractor, and four miles per hour the high speed. By taking the problem of horse-power substituting four miles per hour instead of two miles, we find it requires 802 pounds x 352 feet per minute, or 282,304 foot-pounds, or double the horse-power, (282,304 divided by 33,000, or 8.5 horse-power).

If the plow drawbar effort in pounds would remain the same, it would require, by increasing the speed from two to four miles per hour, double the horse-power. However, the plow draft does not remain the same. By increasing the speed of the plow, the draft also increases.

According to tests run at the Iowa and Kansas State Colleges, the draft of plows increases about 25 per cent upon doubling the speed. Instead of merely requiring twice the power to double the speed of a plow, as would be the case had the pull to pounds at the drawbar remained the same at the higher rate of speed, the amount of power is approximately 25 per cent more. That is, to double the speed of the tractor takes again as much power, plus the approximately 25 per cent increase due to doubling the plow speed from two to four miles per hour.

And remember that this is not only true of the tractor, but applies also to the horse or mule.

LOGANBERRIES FRESH IN MARCH

Proper Cold Storage Plants Would Develop a Huge Outlet for Berries

(The following, by C. I. Lewis, appears in the April number of the Oregon Grower, the official magazine of the Oregon Growers Cooperative association.)

On an O.-W. R. & N. dinner a few days ago the steward told us he had a treat. We asked what it was, and he said, "Fresh loganberry pie." "But where did you get fresh loganberries in March?" "Oh, I bought them at Seattle. They came frozen in the crate. I had them taken into the kitchen, sugar put on them, slowly thawed, and they certainly make a wonderful pie."

In the same car with me was a Newberg berry grower. We both ordered this loganberry pie and it was one of the most delicious propositions we ever ate. The berries having been cooked only once still had that bright, delightfully attractive color, the rich aroma and flavor which is characteristic of the freshly picked loganberry in summer. Nearly everyone in the car tried loganberry pie, and all were loud in their praises. The steward said that he was going to buy strawberries and raspberries and blackberries and use them in the same way. These berries when frozen in the crate are as hard as marbles. In fact, we were told that an experiment is being conducted in the east, and that they already have

berries which have been held five years, frozen in the crate. That these are going to be shipped to Europe and manufactured into pie, to show what can be done.

It looks as though this would be one of the coming markets for many of our berries here in Oregon. By putting in proper cold storage plants there is no reason why we could not cater to a very big trade for this class of product, and its superiority will easily establish itself in favor with hotels, restaurants and similar institutions.

OUR WALNUTS AND OUR FILBERTS TOO

C. I. Lewis Thinks They Both Have a Great Future in Our District

The following articles in the April number of the Oregon Grower, the official magazine of the Oregon Growers Cooperative association, were written by C. I. Lewis, who recently made a trip throughout the east:

Great Future for Oregon Walnuts

In visiting our brokers and jobbers in the east we were astonished to find the high esteem which they hold for Oregon walnuts. Some of these men have been to the coast and have seen our product. Others have had relatively small samples, which they have shown it is no exaggeration to say that had we been able to have booked fifty cars of the 1922 crop, that they would have been eagerly snapped up by eastern buyers, and many of these buyers showed a willingness even at this time to pay a price in excess of the California opening prices.

The reason for the popularity of the Oregon walnut is its size, its white, peltic or skin on the kernel, and its superior flavor. There are no nuts grown equal to the French strain, such as the Franquette and Mayette. Some jobbers recognized our nuts immediately, as the European or Grenoble nut, but said they were vastly superior to anything Europe sends over. They like the brown nut, and the fact that it has not been treated in any way, has not been bleached or had any artificial treatment, appeals to the trade.

There are thousands of acres of fine rolling hill land in western Oregon adapted to the English walnut, and it looks as though the future is bright. The greatest menace is possibly the Manchurian nut, but this in time, we believe, will be handled. The Manchurian crop was better handled this year than formerly. The nuts being graded, bleached, and made quite attractive. Unfortunately for California, their product this year was of very low grade, having more dark meats and inferior quality than is customary. Some people are forming a prejudice against the California product, unfortunately so, because no product should be entirely judged on one year's output. On the whole, the California crop, from year to year, is very high grade, and is well handled. But there is no question about the superiority of the Oregon walnut to anything else being offered to the trade, and there is no question about the future market for our walnut all over the United States.

The Filbert

While making our trip through the big jobbing centers of the country we sounded the trade out on their opinion of western filberts. They had many things to say, but what they had said, had made a very good impression. Filberts are imported from Spain, Sicily and Italy. The long type of nut commonly known in the market as the Long Naples, is held in the highest esteem by the trade. This nut has considerably the appearance of our Chile filbert, and brings more money on the market than the round type. The Round Spanish is a favorite, and the Sicily is well known. The European Barcelona is not liked as well as the long type, such as the Long Naples. None of the filberts I saw in the east with one or two exceptions, were equal to the filberts we produce here. They are often sent over from Italy, ungraded, long and round types mixed together, many blanks or empty shells, large and small nuts put into the same basket or bag.

As soon as we can begin to send filberts east in carload lots, we have a high cracking test, and have good grade as regards color, size and variety, we are going to find a ready market at a very satisfactory price. In the finer stores of New York and Chicago, the best graded filberts were retailing at 60 cents a pound. We all agree this is too high to give a heavy consumption, but is indicative of the esteem in which the nut is held, when it is properly grown and well marketed.

There are thousands of acres of land here in Oregon especially adapted for the filbert. It looks to be one of our coming crops. There were a parties this winter who asked us if we could not guarantee them at least half a car, if we could not give them a full car of filberts this coming season. It will be quite a number of years before we can get solid carloads to offer to the trade.

And there is the old-fashioned man who used to have the "fives." Remember him?

COOLIDGE SEES DUTY AT HOME

Vice President Says Preparation Needed to Minister to Other Nations

WHITE HOUSE IS OPEN

Congress Lauded in Lansing Speech for Accomplishments Recently

LANSING, Mich., April 5.—The high duty of a nation is to itself and its own people, and before America can minister to other nations there must be health and prosperity at home. Vice President Coolidge declared here tonight in an address before a Republican gathering. The first thought of the present administration, he added, "has been of our own country, of our own domestic welfare."

The refusal of the United States to "diminish her sovereignty by becoming a part of the treaty of Versailles and the covenant of the league of nations," left the nation free to determine its own relationship to other peoples and to manage its own internal policies, the vice president declared. He added that "this has been the great problem of the present administration."

Duty Held Clear

There has never been any doubt that this country must recognize its necessary relationship to other nations, he said, but "our own people must be strong before they can strengthen other peoples." The White House has been opened to the people, and approach to the president has not been hindered, Mr. Coolidge said. Communication between congress and the president has likewise been open, frank and inclusive, he added. There has been no coercion and no servility, but a strict observance of constitutional independence, mutual regard and respect and confidence.

World Influenced.

"The truth is," the vice president continued, "the nation has been participating in a great liberal movement which has been felt around the world. It has had its effect alike on our domestic institutions and on our foreign relations. There has been a disposition to renounce all sanctions of force and rely on the freedom of reason. The president has presented his programs to congress. He has given his views when asked, but neither in an attempt to obtain legislation nor to secure the ratification of treaties has there been any resort to pressure. There has been a free government. Jurisdiction over it has been restored to the people."

Congress is Praised.

If those who think the present congress lacking in accomplishment would cease their criticism long enough to examine the record, Mr. Coolidge said, they would soon find they had been mistaken. A firm foundation has been laid for the promotion of prosperity, he asserted, explaining that economic freedom had been advanced by effective removal of restraints of trade, and that also there had been no officious meddling of the government in private business.

Economies have made it possible, he said, to reduce government expenditures from an actual outlay of five and a half billion for the past year to an estimated outlay of three and a half billion for the coming year.

Copy of Postoffice Bids Are Received by Erixon

Fred A. Erixon of Salem has received a copy of all the bids put in on the Salem postoffice

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addition. The bids were opened at Washington a few days ago. There is a wide range in the proposals, and especially in the estimated cost of the driveway that was suggested as an alternate bid.

Eight bids were put in, as follows:

Garber & Gissel, Bethlehem, Pa., main bid \$15,434; alternate bid, without driveway, \$822 less. George E. Wright, Inc., Chicago, \$10,400; alternate bid, \$1900 less. G. Alfred Sorber, Portland, \$11,225; alternate bid, \$175 less. Leroy Hewlett, Salem, \$14,024; alternate bid, \$1983 less. DeVault & Dietrich, Canton, Ohio, \$13,832; alternate bid, \$200 less. The Johnson Construction Co., Fargo, N. D., \$13,997; alternate, \$2050 less. Fred A. Erixon, Salem, \$9110; alternate, \$1337 less. Charles A. Blidderback, Eugene, \$8000; alternate, \$350 less.

No word has been received as to how soon the work will be begun, though Postmaster Hackett says that the contractors might be showing up to begin construction almost any day. It would probably take a few days to fix up all the bonds and get the building material assembled. The contract called for finishing the building within 90 days after the beginning.

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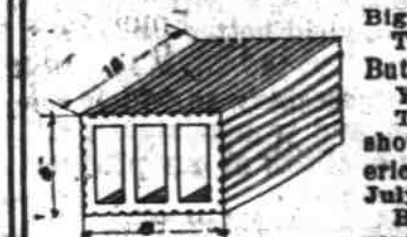
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