

SELLING SALEM DISTRICT

Devoted to Showing Salem District People the Advantages and Opportunities of Their Own Country and Its Cities and Towns.

The Way to Build Up Your Home Town Is to Patronize Your Home People

The Surest Way to Get More and Larger Industries Is to Support Those You Have

Selling Salem District is a continuation of the Salem Slogan and Pep and Progress Campaign

This campaign of publicity for community upbuilding has been made possible by the advertisements placed on these pages by our public-spirited business men—men whose untiring efforts have builded our present recognized prosperity and who are ever striving for greater and yet greater progress as the years go by.

We Will Give Our Best Efforts

At all times to assist in any possible way the development of the fruit and berry industries in this valley.

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Quality Fruits,
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SPINACH GROWING AND SPINACH FACTS FROM OREGON AGRICULTURAL COLLEGE

The Increased Demand During the Past Few Years Makes It a Desirable Crop to Grow, Either as a Field and Succession Crop or in Greenhouses.

(Following is in full Circular 185 of the department of vegetable gardening of the Oregon Agricultural college, entitled "Spinach Growing and Marketing," the author being Prof. A. G. B. Bonquet.)
Spinach is one of the most important vegetables grown for "greens," being of particular value during the spring, the fore part of the summer, fall and winter.

There has been a considerable increase in the demand of this vegetable during the past few years. If fresh, large, clean and dark green spinach is offered on the market, there is a tendency to increase the consumption, but small, wilted, dirty spinach, which often appears when shipped in from a distance, causes an unfavorable market condition and curtails consumption. Dehydrators demand this crop quite largely, as it makes a very fine vegetable for drying.

Spinach is valuable for an intensive farm garden in that it can be used as a first crop, preceding late vegetables, such as celery, late cabbage, cauliflower, late beans, fall lettuce, etc., or it can follow as a fall crop such vegetables as are removed from the

ground by August 1 to September 1.
Climatic Conditions—Spinach is not adapted to hot weather conditions, and therefore is most successfully grown during the seasons of the year above mentioned. It has a tendency to run to seed very quickly during warm weather. Climatic conditions in western Oregon are ideal for spinach growing, and wherever cool, moist weather prevails, the best quality of spinach will be produced.

Soils—There are a variety of soils which can produce satisfactory crops of spinach. Probably the largest yields are being obtained from soils which have an abundance of humus in them, such as the muck or beaverdam soils. Rich, sandy loams are also valuable in that they can be planted early and make a good soil for an early crop, to be followed by another vegetable later in the season. Any soil which grows spinach must be one that can be pulverized to a fine degree so that proper seeding may be made. The essential characters of any soil for spinach are, abundance of organic matter and freedom from clods, or ability to be finely pulverized. The fall and winter crops must be grown on well drained ground. Land that is not normally well drained cannot be planted until some time during April, which oftentimes brings the crop into a period of hot weather, which is not suitable to it.

Preparation of the Ground—Inasmuch as all spinach is grown from seed and sown with a hand drill, it is necessary to have a fine well-pulverized and smooth seed bed. In order to obtain a good even stand of plants, the land must be free from clods and finely worked down.

Manures and Fertilizers—The extent to which a spinach field will yield in tons is largely dependent on the amount of organic matter in the soil, or on the supply of manure which may be available. If fine, rotted manure is on hand, it should be applied in the spring and thoroughly worked into the ground. If manure is somewhat scarce, a light coating will be better than none. Manure should also be applied preparatory to seeding the fall crop.

During the final preparation of the soil with the spike harrow and plow, an application of 150 pounds of nitrate of soda may be made, or as an alternative, 600 to 800 pounds of tankage.
Varieties—There are a number of varieties of spinach, differing in the shape and color of the leaves, also the crinkly nature of the same. Probably the most widely used variety is the Victoria, having a deep green, pointed foliage; also Thick Leaf with a round thick leaf of rich green color. Another variety which is sometimes used is the Savoy Leaved which has crinkly dark colored green leaves. The variety Long Standing is also used by growers who are producing this crop for the cannery or dehydrator.

From tests which have been made it is very evident that there is a great difference in the producing power of different strains of spinach of the same variety, and therefore one must not only endeavor to choose a suitable variety, but also to obtain a high-yielding strain of seed.
Seeding—Spring seeding begins as early as the weather and soil conditions permit. The plants are hardy and will stand average spring frosts. A hand drill is used to put in twelve to fifteen pounds of seed per acre with the rows 12 to 14 inches apart. Depth of seeding should be about one-half inch.

Cultivation—Inasmuch as the rows of spinach are close together, all cultivation has to be done by hand. The tools most widely used are the shovel hoe and the wheel hoe, which are useful in cutting down small weeds between the rows and keeping a mulch on the surface. It is especially important to keep weeds out of the rows, otherwise they will cause considerable bother later on when it becomes time to harvest the crop.

Harvesting—A sharp shovel hoe is used for harvesting spinach, or the two-wheeled hand hoe with the knives reversed, can be used. If the spinach is not going to be washed, it is best to wash until it is thoroughly dry, or the dew is off the leaves, before it is cut; otherwise the spinach will have to be washed before going to market. It is customary to cut the spinach off with about an inch of stem, so that the blades of the knives should go just below the surface of the soil. If this is carefully done, the spinach will be laid over systematically to one side of the row and easily picked up and put into field boxes, which are open slatted crates or orange boxes.
Grading—The following grades are not standard for Oregon, but are used elsewhere and offer suggestions to growers in this territory.
Grade No. 1—Shall consist of spinach which is of one type and free from decay, which is practically free from dead, yellow or coarse and stemmy leaves and seed stems, insects, or other means. The roots should not be more than 1 inch long.
Grade No. 2—Shall consist of spinach which does not conform to the requirements of Grade No. 1, but it must be free from decay and serious damage.
Added to the above grades is the suggestion that green, fresh, washed spinach is attractive, but that dirty, wilted spinach is undesirable and causes a glut on the market.
Yield—The factors which largely

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Secretary and Manager
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Call and see our stock of paints, leads, oils
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100 rooms of Solid Comfort
A Home Away From Home

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We are now paying over three quarters of a million dollars a year to the dairymen of this section for milk.
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More Cows and Better Cows is the crying need
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All sizes of Rag and Fluff Rugs Woven Old Mattress Steaming and Remaking
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SPINACH WILL SAVE THE LIVES OF MANY UNDERNOURISHED INFANTS

New Food Values for Babies Found in Experiments with This Vegetable, the Use of Which Is Successful in Restoring the Little Ones to Normal—Experiments Carried on for Years.

Saving the lives of thousands of undernourished babies annually and raising the type of American manhood and womanhood is expected to result from years of research by Dr. J. F. McClendon, University of Minnesota, who recently announced a discovery in infant dietetics.
Experiments made with underfed infants, whose mortality rate has been high, have proved his theory, Dr. McClendon asserted. At the Jean Martin Brown home in St. Paul a baby gained 23 ounces in one week.
The diet has a foundation of powdered dehydrated spinach and dehydrated orange juice.

Experimented for Years
Mr. McClendon came to the university in 1914, and since that time has been deeply interested in dietetics, and has for many years been conducting experiments in dehydrated foods. Only recently he completed his tests and experiments to such an extent that he considered his findings of sufficient completeness for formal announcement.

Dr. McClendon felt that improper nutrition in infancy and adolescence resulted in subnormal mentality and physique in adults, and, with the approval of Dr. J. P. Sedgwick, eminent child specialist, and Dr. Jeanette McLaren, attending physician, began the study of nutrition of the infants in the Jean Martin Brown home in St. Paul.

Infants in the home were largely orphans and under weight. By feeding them about two teaspoonsful of powdered spinach and one-twelfth of an ounce of dehydrated orange juice

ly determine the yield are the richness of the soil and the uniformity of the soil in the field. Soils which produce an abundance of leaf growth are apt to produce as many as six to eight tons per acre, especially if a good stand is obtained, but three and a half to five tons per acre is probably nearer the average for a number of areas producing spinach.

Value of the Crops—Dehydrators and canneries usually offer a price of about \$30 per ton. The average market price in cities, etc., varies from 5 to 11 1/2¢ per pound, depending largely on the season and the availability of the crop. Being a short-season vegetable, one must figure that the land can be utilized soon after the removal of the spinach for another vegetable, thus making it possible to double-crop the ground during the season.

Use as a Greenhouse Crop Trials in the growing of spinach, as a substitute crop for leaf lettuces in a greenhouse, have shown that this is one of the best vegetables that can be produced during the fall, winter, and early part of the spring. It makes a rapid growth of fine, vigorous, dark green leaves and sells readily on the market during the seasons above mentioned at an average price of ten cents a pound.

Literature on Spinach—Growers who are particularly interested in spinach culture should write for a copy of Farmers' Bulletin 1189 of the Department of Agriculture, Washington, D. C., entitled "Handling Spinach for Long Distance Shipment." Write to the Division of Publications, U. S. D. A., Washington, D. C.

a day he increased their growth rate to about three or four times what it had been previously. The prize baby gained 23 ounces in a week. Even a baby with marked rickets gained in weight.
Much Iron in Spinach
Spinach contains 10 times as much iron as is contained in carrots, and, since milk is markedly deficient in iron content, spinach is a valuable addition to a milk diet. The powdered spinach and orange juice contain all classes of vitamins in abundance, and a large amount of necessary mineral matter.
"It is difficult to get adults to change their diet," said Mr. McClendon. "It has been proved that bread made of 1 per cent of powdered spinach and 10 per cent of soy bean meal is excellent in taste and highly nutritious."
Dr. McClendon's experiments with dehydrated spinach in connection with baby feeding are of momentous importance to every housewife.
The iron, mineral salts, and vitamins that makes spinach so valuable in malnutrition of infants is equally well adapted for building up physical health in adults.
King's Dehydrated Spinach was used in Dr. McClendon's experiments in the usual whole-leaf form, being ground in an ordinary coffee mill. King's Spinach contains all the elements of fresh spinach.

Three Crops in a Year.
"In fact, it will be possible to produce three crops in one year on the same soil by growing both a spring and an autumn spinach crop. Such a cropping scheme, however, would require the application of the most intensive methods of cultivation and the intelligent use of fertilizers. In other words, it would require the application of the best business methods to farming.
"While three crops in one year are possible on certain soils under favorable conditions, it is not expected in general. It should be the aim, however, of every farmer to keep his capital working to its fullest capacity, as his net returns are thereby increased."
(That was the price paid in 1920. The contract price now being offered by the King's Food Products company for supplies for their Salem dehydration plant is \$25 a ton, and no doubt labor and other costs are enough below what they were in 1920 to make this as attractive as \$30 a ton was then. Mr. Chapin was asked a couple of days ago by a Statesman reporter, if the facts as he stated them in 1920 about spinach growing were good for the present time. He replied in the affirmative.—Ed.)

The managers of the King's Food Products company want at least 5000 tons of spinach for the Salem dehydration plant, this year.
Contracts are now being made. Some have already been made. The contracts call for \$25 a ton.
Suitable land, in good condition, in a normal season, ought to produce three to five tons of spinach to the acre. Royce Allen, down on Route 9, Salem, has produced six tons to the acre for a large acreage.
Then Stringless Beans
Spinach is a short season crop. It will mature in 45 to 60 days from the time of planting. It may be followed with stringless beans, and the dehydration people want the beans at \$55 a ton; and one ought to raise three tons of beans to the acre, after spinach, with good land and proper cultivation and with a favorable season.
One grower told the reporter that he thinks he can count on at least \$100 an acre net, with spinach and beans at the present contract prices.
Fred Kurtz, buyer of products from the farmers for the dehydration people, is going to take some of his own medicine. Kurtz and Mankert, on the old Kurtz farm just below Salem, are going to put 15 acres in spinach; just as soon as they can safely get onto the land—and they propose to follow this with stringless beans.
Luther J. Chapin says intensive farmers may raise three crops in one year—spinach first, then

beans or some other vegetable, and then a fall crop of spinach.
The World Wants It
This is the situation: The world is demanding more and more spinach; and will keep on demanding still more, for the iron in it; and the vitamins, etc. The farmers around Salem can produce a little better spinach than any one else can grow. They can produce it at a profit; especially in a two-cropping or three-cropping system. And all these things being true, they should furnish the 500-plus tons wanted this year, and as much more hereafter as the markets will take; 100,000 tons a year, if necessary. They can do it.
The King's Food Products company managers will furnish to growers the necessary and proper seed at wholesale prices, and they will give every possible instruction and help to the man with suitable land wishing to contract.
The Tiger Fights a Duel
When an officer of the war council expressed doubt of Clemenceau's truthfulness in denial of that charge about the death of two generals, a duel resulted. After the officer had fired his shot—and missed—Clemenceau said: "I will spare your life because you are an officer of France. I will merely break your leg above the knee. It is less dangerous to be wounded there than below the knee."
And his bullet broke the bone above the knee.—Silas Ben in New York Times.

THREE CROPS IN A YEAR, TWO SPINACH

Beans, Cabbage, Carrots or Potatoes Between the Two Spinach Crops

(Luther J. Chapin, who was formerly agriculturist of Marion county, in 1920 wrote an article for the Slogan editor of The Statesman on spinach, from which the following extracts are taken.)
"Spinach is a cool, wet weather crop. It is grown in the early spring months or late summer and autumn. It requires under favorable conditions, from 45 to 60 days to mature.
"It requires rich garden soil to produce a profitable crop for commercial purposes.
"If the soil is poor it produces only small leaves and shoots to seed.
"Since it is the leaves which are used for food, a luxuriant, rapid growth is desired.
"It produces on rich garden soil or muck land from two to five tons to the acre. This affords a reasonable profit at the present price of \$30 per ton since the cost of production does not exceed \$30 per acre, and it is harvested in ample time to plant corn, beans, cabbage, carrots or potatoes.
"Gardeners in the Lake Labish district are eager to contract at the above price, as the crop nets them from \$20 to \$30 per acre and the ground is left in the best condition for their main crop— one of the above mentioned crops.
"Spinach is a very wholesome

500 OR MORE TONS OF SPINACH FOR ONE COMPANY WANTED FOR THIS YEAR

The Growers of the Salem District Can Produce This Vegetable at a Profit, Especially as a First Crop Followed by Stringless Beans, and They Should Supply It.

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