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### 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.



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The Statesman has been supplying the wants of the critical job printing trade—  
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## YOU SHOULD EAT HONEY EVERY DAY IN YEAR, SAYS O. A. C. SPECIALIST

The Family Should Come Naturally to Use it as a Partial and Very Desirable Substitute for Sugar, and All Will Be the Healthier and Happier for It

(The following is a special article by H. A. Scullen, assistant professor of entomology and specialist in bee culture of the Oregon Agricultural college. It contains matter that is of value to every one who has a regard for his or her health, as well as being interested in the development of Oregon, and especially of the Salem district.)

Strange as it may seem, many people do not fully understand the source of honey or just what honey is. Yet the time is not far in the past when man knew no other sweet. At the present time the average individual consumes about 60 pounds of sugar in a year with a relative decrease in the amount of honey eaten.

Honey is first collected from various flora by the bee in the form of a thin nectar. This nectar consists of about 60 per cent of water and 40 per cent of sugar. The sugar is chemically similar to cane sugar. Two changes, however, take place in nectar to form honey. In the first place the bees evaporate the bulk of the water, thus concentrating the solution and incidentally improving the flavor. Secondly, a chemical change takes place similar to the process which goes on in the human stomach after eating cane sugar. As a result the sugar is in a form which can be readily absorbed by the most particular digestive system.

**Why Honey is a Superior Food**  
Honey is a food of superior value not only because it is so readily absorbed by the digestive system but for several other reasons. Not the least of these is the natural flavor brought from the flower itself which no other artificial sweet can ever have.  
Furthermore we find in honey

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"The Richer, Finer Loaf"  
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100 rooms of Solid Comfort  
**A Home Away From Home**

some of those little known but extremely important elements known as vitamins, which are entirely lacking in sugar and the common syrups, due to the high temperatures to which they are subjected. Also we find honey contains most of the valuable minerals which modern processes have so frequently eliminated from many forms of food, and especially is this true in regard to sugar and the syrups made from sugar.

**Why Honey Differs in Color and Flavor**  
The color and flavor of honey depends on the plant from which the bees collect the nectar. Fortunately the bees prefer to work on flowers which produce the better grades of honey when such flowers are available and are secreting nectar. The leading honey producing plants of Oregon all furnish honey of superior color and flavor. They are: clover, alfalfa, sweet clover and willowherb. As a rule the darker honeys have a slightly stronger flavor.

**Honey Not Adulterated**  
Honey is so rarely adulterated that one might almost say it never is. This is due to the fact that beekeepers recognize the practice would only curtail their market and furthermore that the pure food law forbids it. The consumer often fears there is adulteration because the honey granulates or is almost white. Yet if one could secure honey from any one of the above named honey plants with no nectar from any other plant the result would be practically water white honey in each case.

**Granulation Evidence of Purity**  
Honey contains two sugars (dextrose and levulose.) These sugars are present in about equal amounts, but in most honeys the dextrose predominates and when it does honey granulates readily. This is the case with most Oregon honeys. On the other hand when the levulose predominates the honey is slow to granulate and in rare cases does not granulate at all. Many people are learning to prefer granulated honey rather than liquid honey. Yet if one prefers to have it in the liquid form one needs only to place the honey container in a vessel of hot water (not boiling) or simply set the container in the warming oven of

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Phone 1154  
13 1/2 and Wilbur Streets

the kitchen range for a day or so.

**Honey for Cooking**  
When tested recipes are used many superior dishes may be prepared with honey as the sweetening element. Cakes and cookies when thus prepared keep moist for a long time. A list of tested recipes will be supplied by the writer upon request.

One of the most delightful combinations which has recently become quite popular is a mixture of ordinary peanut butter and honey. When thinned with honey in place of water the peanut butter will keep indefinitely.

**Keep Honey Warm and Dry**  
Honey, especially comb honey, should always be stored where it is dry and warm. Comb honey absorbs moisture from damp air and

in time is apt to sour. Cold air causes honey to granulate much sooner than it would otherwise.

**Buy in Large Containers**  
Since extracted honey can be purchased so much cheaper in the larger containers and when properly cared for keeps indefinitely, enough for the entire family for a year or more should be purchased at one time. It should then be kept on the table along with the salt, pepper, sugar and tooth picks. There will then be less danger of anyone making himself sick of it by over eating because of not having had any for some time. The family will then come naturally to use it as a partial and very desirable substitute for the sugar and all will be the healthier and happier for it.

## SALEM'S BEST POSTED BEE MAN SAYS SALEM DISTRICT IS A BEE PARADISE

He Compares the Conditions and Advantages Here With Those of the Bee Keeping Districts of the East—The Problem Is Our Summer Drought and Providing for Late Bee Pasture

Editor Statesman:  
Is the Willamette valley potentially a good bee country? From the observation of the writer after twelve years experience, the answer must be in the affirmative. In the east the beekeeper would have not only most of the problems of this country, but far more serious ones as well. Wintering, for instance, is the great problem of beekeeping in the colder sections of the east, as it is necessary not only to construct elaborate cellars with due regard to ventilation and the conservation of heat, but cellar wintering is attended with other far more serious elements of danger. It is a comparatively easy matter to construct bee cellars that are correct in every essential as far as the conservation of the heat of the hive is concerned, but in the best of cellars there are other factors to contend with, such as too early brood-rearing and several diseases of bees consequent on the long confinement. The disease known as dysentery for instance, while not a serious one as far as its cure is concerned, is nevertheless fatal to many colonies and is caused principally by poor stores and too long confinement on that kind of food. By poor stores is meant such natural food as the bees are apt to gather in certain localities badly infested with those insects known as aphids which secrete a saccharine substance akin to honey and known commonly as honey dew. This honey dew contains in addition to saccharine, certain substances of a gummy or glutinous nature which the bees are unable

to properly digest, resulting in the faecal excretion accumulating past the capacity of the bees to accommodate, and as the bee is naturally one of the cleanest of insects and loath to void its excretions within the hive, the result is a swollen and diseased condition known as dysentery. The cure for this condition is simple. Give the bees a flight now and then during the winter on fine warm days when they occur and all is well.

**Easier Wintering Conditions**  
This, of course, entails considerable work for the bee keeper, as it is no small job to carry any large number of hives in and out of a bee cellar; not to say anything about the incidental danger of having a sudden change of temperature set in while the bees are out, resulting in the loss of enormous numbers of bees. Bees will fly when the temperature is little above the freezing point if the sun is shining brightly, and it is often enough to chill them to have the sun obscured by a cloud. These conditions are all foreign to the Willamette valley, and while I do not decry the value of proper packing and winter insulation, even to the extent of double walled hives or the packing box or tented hive system, at the same time it is possible to winter bees on their summer stands without so much as an extra board on top of the hive to serve as a rain break. I have had hives without any protection whatever, come through in as good condition as others which I took the pains and trouble to pack and protect in a thorough manner.

**Bees Already Working.**  
In addition to the above-mentioned advantages of this climate as a wintering one, is to be considered the early spring. Today, the 18th of February, I inspected my bees and found them not only wintering in fine shape and with plenty of stores left, but all queens laying and brood emerging, the air alive with bees going and returning laden with pollen. Contrast this with the eastern bee keeper, who dare not remove his bees from their winter quarters until settled warm weather, and considers himself doing well to build them up by May 1st in time for the white clover honey harvest.

**Still More Advantage.**  
In addition to all the advantages of easy wintering and early springing, must be added the bountiful sources of nectar in the abundance of spring flowering plants and shrubs, many of them producers of the finest honey. Our numerous small streams are lined with willows of different varieties producing an abundance of early pollen available many times in mid-winter, so that the feeding of artificial pollen in this section is an unheard of thing. Next in order of its importance in the spring is the blossoming of the maples, and in the estimation of the writer there is no finer honey than that produced by the scrub trees known as vine maple. Closely following the maples we have an abundance of shrubs and plants; one of the most valuable from a bee keepers' standpoint being the shrub known as Scotch broom. While it is a worthless pest, it is generally found growing in unused land and along road sides and waste places. This plant is a legume, and like all members of that valuable family of plants which include the common pea and bean of our gardens and the clovers so familiar to all as producers of our best honey, it is a source of much pollen and honey at a time when it is most needed to build up the colony. It will produce both nectar and pollen for several weeks and is a never failing supply year after year.

**Nectar Where Not Expected**  
Many persons unacquainted with the flora necessary to successful bee culture would naturally think that a large quantity of flowers would of necessity be a good bee pasture and, vice versa, the lack of same would entail failure. It is not the conspicuous exotic flowers of the home on which bees depend, but, on the contrary, the more inconspicuous flowers, the more certain it is to contain nectar, for nature is a wonderful provider of ways and means to further her ends. Perpetuation of species is the end all plants as well as the animals are striving for, and nature has provided that the stationary plants without the power of self propagation must depend on insects to carry the fertilizing pollen from one flower to another. It is fitting, therefore, that these little agents should be properly rewarded for their services. Bees are the principal insects acting in this capacity, and it is a fortunate and wise provision of nature that an ample supply of the necessary nectar secreting plants usually exists in all localities.

**There Are Also Problems**  
However, all that glitters is not golden, and the bee keeper has his problems in this valley as well as he has in other sections. Bees are subject to certain diseases, chief of which are the two foul brood diseases known as European and American foul brood. These two diseases are similar in that they affect the young brood in the larval stage of their existence, although they are not alike in their cause and effect. It is not my purpose to treat on the brood diseases at this time further than to say that they are not an unsurmountable obstacle to the suc-

cessful keeping of bees. We have always had them and probably always will have them. It is possible to harvest a crop of honey even with the diseases rampant in your apiary, but of course no self-respecting bee keeper would tolerate disease without taking steps to eradicate it. To those keepers of bees having any disease of the brood or any apparent derangement of the colony not due to some known cause such as loss of queen, I would recommend that a sample of the diseased comb containing larvae in various stages of growth be wrapped in waxed paper such as bakers use for wrapping bread and enclosed in a tight wooden box and sent to the Department of Agriculture, Bureau of Entomology, at Washington, D. C. for examination.

**And the Summer Drought.**  
Another great problem that confronts the keeper of bees in this section is the summer drought, and until such time as additional nectar producing plants such as the white and yellow sweet clover get a start, it will be necessary to adopt a system of looking after your bees that will carry them over this period. It, therefore, resolves itself into a question of leaving them stores to carry them over the winter or providing them with a substitute in the form of a syrup made from white granulated sugar in the proportion of two sugar to one of water by measure. This is best fed to the bees in October and should be given within the hive preferably at night. One of the best feeders to use is a common gallon friction top pail such as is used as a container for the commercial syrup known as Karo. The friction lid of the pail should have numerous small holes punctured in it with a small nail, the lid tightly pressed down and the pail inverted over the brood nest; an extra empty hive body being placed thereon and covered with the regular hive top or cover. Two gallons of such syrup made with about sixteen pounds of best granulated sugar will winter any colony in this section, and the cost is far less than the same amount of good honey would be to leave in the hive.

**The Trick of It**  
Winter feeding, contrary to the belief of some of the uninitiated, does not consist of supplying the demands of the bees at frequent intervals as you would an animal, but should be done once and early enough in the season to enable the bees to ripen and seal the syrup as they would do with natural honey, but not too early lest it stimulate brood rearing.

**No Problem There.**  
In certain favored localities, there is no summer problem for the reason of the accessibility of the mountains and the burned-over waste land, which is covered with an abundant of fire weed (also called Elk weed and Indian Pink, etc.) which is a producer of what is considered one of the finest honeys in the world. It is a pure almost white honey of the most delicious flavor and brings the highest price in the markets of the cities where it is offered for sale. This plant grows wild wherever timber land has been burned over, hence its name of fireweed, and all efforts to cultivate it or propagate it have so far failed.

May Move the Bees.  
Fortunately, it is an ill wind that blows nobody good, and while we deplore the loss of the fine timber by fire, it is possible for the bee keeper to reap some benefit from the calamity, and there are but few locations in the Willamette valley where a bee keeper cannot successfully winter his bees, harvest the early crop of honey and incidentally build up his bees, then move them by auto truck a comparatively short distance to where he can pasture the mountain sides from July 1st till frost puts an end to the flow.

It is the practice of many California bee keepers to move their bees many miles to the orange groves and when that flow stops, move them a long distance to the sages on the mountains and deserts. If they can successfully do it, so can we, now that we have so many hard surfaced market roads leading in all directions in many cases to the mountains themselves.

**A Bee Paradise.**  
The question naturally comes up—if such a bee paradise exists, why has it not been taken up before? This is a question I am not prepared to answer. Oregon has been backward in advertising herself to the world, and in consequence has not attracted to her doors such a pilgrimage as has her northern and southern neighbors, and this no doubt applies to the bee keepers as well as other settlers. There are many thousands of acres of available bee pasture in our mountains that have never been occupied, whereas it is next to impossible to find a good location in other well-known fields such as the irrigated alfalfa districts, without overlapping the territory of some other bee keeper, with the result that neither can make any money owing to the reduced supply or rather to the overstocking of the district.

—FRANK M. ALLEY.  
Salem, Ore., Feb. 18, 1924.

This is the fifth annual bee slogan number to which Mr. Alley has contributed, by letter or interview. He is probably the best posted bee man in Salem. He could write a book about bees. He has always accentuated the importance of late "bee pasture" here. He knows well that the early honey flow here is the best in any country or section. But the growers here, and especially the fruit growers, are realizing more and more the necessity of providing bees with late bee pasture, with white, alkali and sweet clover, and the other well-known nectar bearing growths. When there is plenty of late bee pasture, this will be the best bee country in the world—it will be a veritable bee paradise.—Ed.)

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