

What Salem Makes, Makes Salem

The following advertisers are representatives and boosters of the fifty-two major industries of Salem district who are contributing to the campaign of selling the advantages and proven superiorities of the community

SPINACH HAS TEN TIMES AS MUCH IRON AS CARROTS; A HEALTH FOOD

It Saves the Lives of Babies and Builds Up the Vigor of Grown People—Contains the Iron, Vitamins and Mineral Salts That Are Necessary in Giving Growth, Strength and Good Health

Spinach is the vegetable above most that is both a food and a medicine. Spinach contains 10 times as much iron as is contained in carrots, and since milk while it contains some iron, in the cases of many undernourished infants, milk is not easily digested therefore spinach is a valuable addition to a milk diet. Spinach and orange juice contain all classes of vitamins in abundance, and a large amount of necessary mineral matter, and the supplementing of milk with these ingredients is now practiced in numerous hospitals and homes throughout the country.

To Save Thousands of Lives Saving the lives of thousands of undernourished babies annually is expected to result from years of research by Dr. J. F. McClendon, University of Minnesota, who, a few years ago, announced a discovery in infant dietetics.

Experiments made with underfed infants, whose mortality rate has been high, proved his theory. 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 orange juice.

Experimented For Years Dr. 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. He finally completed his tests and experi-

ments 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 and, with the approval of Dr. J. P. Sedgwick, eminent child specialist, mentally and physically in adults, and Dr. Jennette McLaren, attending physician, began the study of nutrition of the plants in the Jean Martin Brown home in St. Paul.

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

"It is difficult to get adults to change their diet," says Dr. McClendon. "It has been proved that bread made of one 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 feedings are of importance to every housewife.

The iron, mineral salts, and vitamins that make spinach so valuable in the nutrition of infants is equally well adapted for building up physical health in adults.

SPINACH HAS BEEN APPROPRIATELY CALLED 'THE BROOM OF THE STOMACH'

Also, It Puts Iron in the Blood and Makes It Better and Increases the Supply of the Blood Stream—it Helped Win the War, Curing Scurvy—it Soothes the Nerves and Upholds the Health—is Very Prolific Crop

Valuable Properties of Spinach Editor Statesman:

Spinach has been rightly called the "Broom of the Stomach," also it is well known for its properties of iron content, which has a tendency toward making more and better blood.

That the reputation in the way of helping to cure scurvy and such diseases that resulted from insatiation and poor living.

It is also valuable in quieting and soothing nerves and in general upbuilding of health.

No vegetable except the radish grows more quickly or produces more per square foot of soil cropped. Planted in spring, early or late fall, it is capable of producing one of the first vegetables in the spring and the last in the early winter. Being a quick growing vegetable, it can always be followed by a second crop on the same ground.

Only Drawback About Crop The only drawback about the crop is its tendency to "bolt" to seed under the influence of hot weather. However, one cannot expect a vegetable to be both hardy and tender. Thus we find that during these summer there are other crops for greens that take the place of spinach.

Spinach is best grown for a local market by making successive plantings, otherwise one lot of spinach will be past its prime by the time the grower can get

around to cut and market the same. The market can take the vegetable only so fast, and this requires three seedings during the spring to carry on until the hot weather begins.

The Oregon Agricultural college has a circular or two on the subject, explaining methods of growth and general cultural details. Address your requests for this circular to the College Exchange, Corvallis, Oregon.

A. G. B. BOUQUET, Corvallis, Ore., Jan. 18, 1926.

(Prof. Bouquet is at the head of the department of vegetable gardening at the Oregon Agricultural college. He is high authority in this field.—Ed.)

FALLS CITY COMMERCIAL CLUB HAS BIG BANQUET

(Continued from page 10)

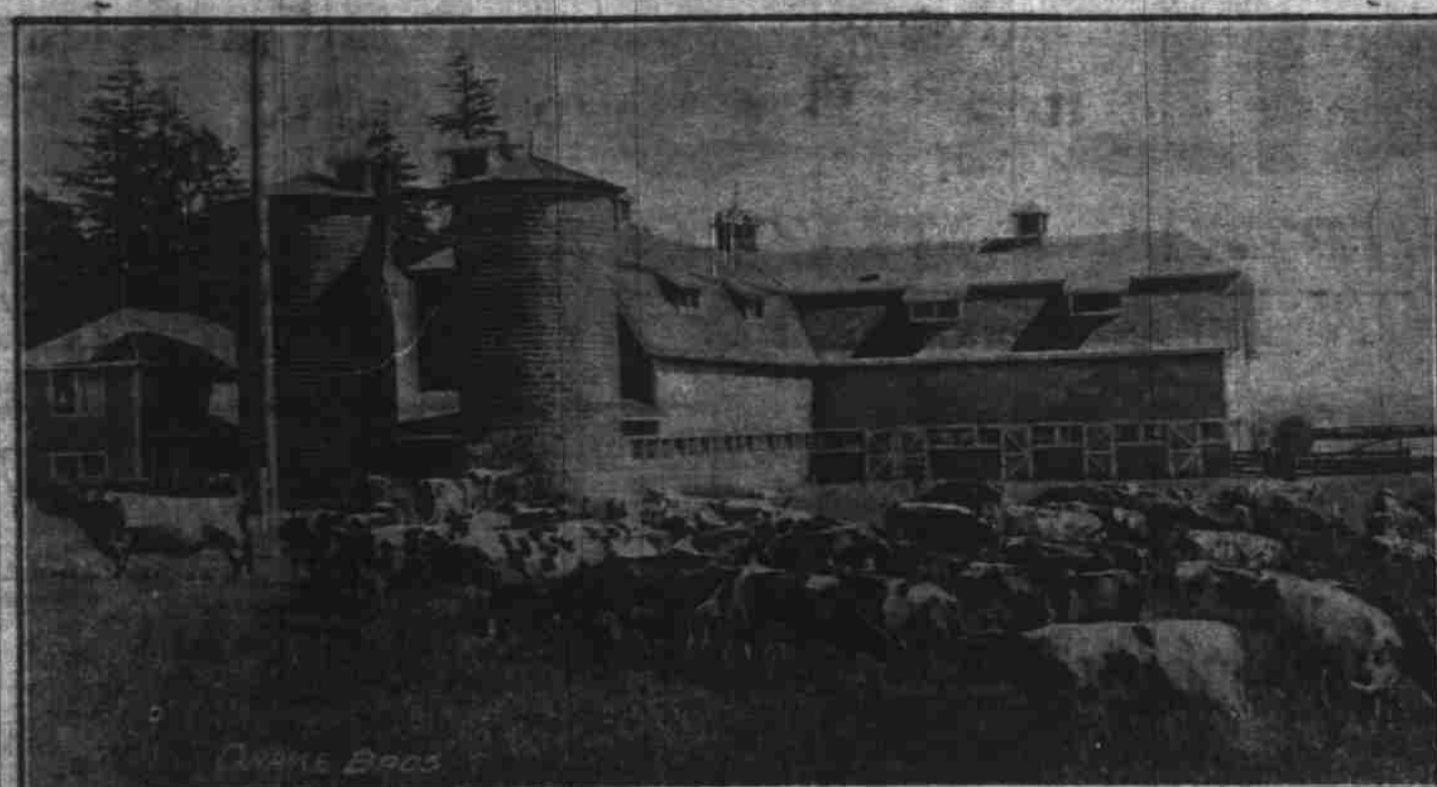
They are occupying the DeWitt place in the south side for which they traded a few months ago.

Mrs. J. C. Frink was the guest of relatives in Sellwood last week, going down to visit a brother-in-law who has been quite ill.

Mr. and Mrs. Richard Bandy of Salem were Sunday visitors with Mrs. Cora McCoy and other relatives.

Mr. and Mrs. J. M. Logan was as house guest their daughter, Mrs. Edwards, who arrived last

MT. ANGEL COLLEGE STOCK FARM HOLSTEINS



The above picture shows a view of the herd of Holsteins owned by the Mt. Angel College Stock Farm, St. Benedict, Oregon, (near Mt. Angel.) They have a modern barn and an excellent herd. Cattle from the herd won prizes at the Oregon state fair and the Pacific International last fall.

Saturday from Los Angeles for a month's visit.

Mrs. J. L. Wheeler has been quite ill, but is now much improved. Her daughter, Mrs. Jerre Morris, has been caring for her.

The many friends of Mr. and Mrs. James H. Bobie are extending congratulations upon the birth of a son. His name is Stanley Victor, and he arrived at the home of his happy parents on January 20, which is the twentieth anniversary of his uncle, Fred Bohle, "Grandpa" Williams and uncle Fred are proud of the new honor.

Mr. Bohle is now an instructor in the high school at Raymond, Washington, going to that position from the teaching staff of Falls City high two years ago.

Mrs. Anna Nehrling, Worthy Matron of Rhododendron Chapter, O. E. S., has requested all officers to meet with her in the chapter rooms next Saturday afternoon, January 30, at 2:30 p. m. for a practice meeting. No formal business will be transacted, but many things of interest will be taken up at this time.

Mr. and Mrs. H. Mather Smith, with their house guest Mrs. John F. Dunlop, accompanied also by Paul Starr and Herbert Dunlop, drove to Estacada Saturday evening. Mrs. Dunlop returning to her home after a very pleasant visit in Falls City. From there Mr. and Mrs. Smith, with Paul and Herbert and Miss Ardella Dunlop, drove on in to Portland. Miss Ardella returning to her studies Monday, while Mr. Smith and the young men came back to Falls City. Mrs. Smith is spending this week with her mother, Mrs. C. W. Vedder.

The next regular meeting of the Polk County Federated Clubs will be held in Monmouth on Friday evening, January 29 at 8 o'clock in the high school auditorium. All committees are called to meet at 7 o'clock that reports may be ready for presentation at 8 o'clock. The secretary asks that all organizations send their representatives, and a cordial invitation is extended to other members to be present.

Mrs. Kate G. Boyd spent the week-end in Portland, the guest of her son.

Mr. and Mrs. John Moyer had dinner with the Chas. Moyers in Independence last Friday evening, later attending the basketball games between Falls City and Independence.

Last Saturday morning Mrs. E. P. Brown drove to Portland, where she spent the week end with her daughter, Bertha, their first visit together since Miss Brown entered nurses training in Good Samaritan hospital. She found Bertha very happy in her chosen work, looking and feeling well. At present she is on duty in ward six. The nurses and those in training have a lovely home.

with all modern conveniences, and electrically equipped, so they enjoy all the comforts of a modern home.

Mrs. H. Mather Smith was hostess for the Ladies' Art club last Tuesday afternoon, especially honoring her house guest, Mrs. John F. Dunlop, a former member. Mrs. Eleanor F. Butler was also able to be present, adding much to the pleasure of all. Pussywillows and Oregon grape formed the decorations. Needlework and social chat filled the afternoon, until four o'clock when the hostess served a dainty and delicious lunch. Mrs. Raymond Criswell is entertaining this week.

The Good Will club met last Thursday afternoon at the home of Mrs. Walter Black, spending the time very pleasantly in needlework and conversation. On account of illness only a few members were present. At four o'clock the hostess served a dainty lunch of sandwiches, cake and coffee.

A birthday party was held at the home of Mrs. Lewis Fox and Layon Morgan. A lunch was served, and their little friends left after enjoying a happy afternoon, wishing them "many happy returns of the day."

Basketball Party The mothers of the Falls City high school basketball players entertained both boys and girls last Tuesday night at the high school, with a roast chicken dinner. Mr. and Mrs. Patton, their coaches, were honor guests.

The repast was deliciously cooked, and all did full justice. Toasts and the reading of the place card verses added to the enjoyment.

Mr. and Mrs. Patton entertained their group later in the evening with radio music and a candy box.

Salem—State prison flax plant will be greatly enlarged during 1926.

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WELDING CYLINDER BLOCKS IS FINE ART

(Continued from page 10) It means bringing it back to its original temper and softness by slowly heating it for several hours until it becomes as soft and pliable as when new. Having brought the metal back to its original texture, it is easy to fuse the new metal into the crack with the acetylene torch, and there is not the slightest difference between the new metal and the rejuvenated old block in texture. These metals will vibrate in harmony and do not pull apart, regardless of the strain upon them.

"Of course we do electric welding too," said Mr. Duncan, "in fact on some work electric or arc welding is superior to the acetylene. For instance, in filling in score grooves in cylinders and piston fittings; but here it is just a case of friction and not strain, but it stands to reason that a high carbon soft welding metal and a low carbon crystallized metal will not bond properly, and that is why so many people think welding of cylinder blocks can't be done satisfactorily."

"It is hard to convince the person who has had a poor welding job done that there is any difference between work done by a man who has made a life study of welding and work done by a specialist in some other line, but really we

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are saving the car owners and tractor owners thousands of dollars every year," said Mr. Duncan, "and we absolutely guarantee our work to give absolute satisfaction or we will refund the money paid for the work."

RECLAMATION AID OUTLINED BY WORK

"Prompt and Intelligent Use of Water" Will Avert Crisis, He Says

WASHINGTON, Jan. 26.—(By Associated Press.)—State aid to federal reclamation projects is essential to their future, Secretary Work declared today in a letter to members of the senate commissions on irrigation and appropriations. Reclamation has reached a crisis, Secretary Work stated, and can go forward only if prompt and intelligent use of water is provided.

The purpose of federal reclamation, the secretary said, is to develop new communities in a new country. It has been done to a gratifying degree, but along with the large increase in farm population and wealth in land there has been a story of hardship and anxiety of settlers with loss of time and effort, and sometimes of all capital brought with them.

A proper system of settlement would have averted these distressing human and economic losses he said. Congress one year ago passed such legislation attaching to Lills for new projects a clause requiring the state in which a new project is proposed to aid in settlement and the house has again

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approved this feature in the pending interior department appropriation bill. This legislation in Mr. Work's opinion is vital to the success of new projects.

Secretary Work asserted that other countries have realized the necessity of assistance in settlement and cultivation of reclaimed projects and have approved such a policy. He declared that the statement that constitutional grounds of financial inability would prevent aid is unfounded, quoting by way of confirmation in his view the sums expended by the states for road-building in cooperation with the government.

The secretary also pointed out that the 14 reclamation states have, in a single year spent \$339,600,000 for public education as against a federal contribution of a little more than \$2,000,000. He also cited expenditure by the states for agricultural experimental stations and similar enterprises, including topographic surveys and water resource investigations in which more he declared the states in the reclamation area expended last year \$362,779, to the federal government's \$260,298.

Salem—53-acre site and \$100,000 machinery bought for new \$640,000 linen mill.

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