The New OREGON STATESMAN, Salem, Oregon, Sunday Morning, February 3, 1929

WE MUST GROW ALL OUR OWN SPINACH AND MUCH MORE

Seekers of the Elusive Spinach Are Advised to **Resort to Homely Spinach**

The ABC of the Family of the Vitamins Are Found Abundantly In This Easily Grown and Cheap Vegetable: Recipes Are Given

Seekers of the elusive vitamin 1 Cook celery leaves in butter. should partake of the homely and flour, 14 cup vegetable water spinach, advises Miss Jessamine spinach, carrots, rice and salt Williams, professor of foods and Place two strips of bacon across nutrition at Oregon State Agri- top and bake in moderate oven. cultural college. But not for half hour. vitamins alone is spinach a valu-Spinach With Bacon

Spinach, 1 lb.: bacon, 1, lb.

Wash spinach thoroughly and

Wash, pick over and cook one

peck spinach. Drain very the

with 1-3 cup butter and 34 tea-

centers with small builed beets.

white sauce and surround with -

hardboiled eggs, cut in sixth

Cream of Spinach Soup

with salt and pepper. Make

thin white sauce using one pin

to each portion, and serve hot

lengthwise

able food. It is one of the richest food sources of minerals, particularly of calcium, iron and drain. Cook bacon until crisp. phosphorus, and furnishes a large Cut into hits and add drained amount of the cellulose and out spinach. Cover closely and roughage so esential in the diet.

cook until tender, 4 to 5 minutes. Of the three vitamins found Spinach A La Bechamel abundantly in spinach, A. B. and Prepare 1/2 peck boiled spin-C, the only one damaged by exach. Put 3 tablespoons butter in tended cooking is vitamin C. Te not omolet pan; when melted, add preserve this vitamin, the safe chopped spinach. Cook three method is to cook the spinach not minutes. Sprinkle with two longer than 5 to 10 minutes, and tablespoons flour, add gradually

serve promptly after cooking. 1% cup milk and cook 5 minutes The bright green color of spin Spinach, French Style ach may be retained by cooking Wash, pick over and cook one it in a kettle with the lid off. A peck spinach. Drain and finely minimum of cooking gives a maxchon. Reheat in hot oven with 4 imum of food value. tablespoons butter, to which have

Unlike many things that are been added 3 tablespoons flour "good for you", spinach can also and 2-3 cups chicken stock. Seahe made attractive and palatable. son with one teaspoon powdered The following recipes using the sigar, salt, pepper, and a few vegetable have been tested and gratings each of nutmeg and lemfound good: on rind. Moulded Spinach

Spinach Timbale, Six Servings Spinach pulp. 2 cubs; eggs, 4; butter, 3 tablespoons, salt,

tiblespoon. Combine vegetables with well beaten egg. Bake in buttered spoon salt and reheat. Press incustard cups at low temperature.

Crab Meat With Spinach Wash, drain, chop and season half peck of spinach. Arrange around edge of a baking dish. Fill the center with crab meat creamed, and over top spread paste of grated cheese mixed with heavy cream. Heat in oven and hrown on top.

Spinach Loaf

Spinach cooked, cut fine, 112 cups, carrots, diced, 14 cup, rice (ooked, 112 cups, celery leaves 1, cup; butter, 3 tablespoons sait, 1 tablespoon; flour, 1 table 80000



SEEKS TO AVOID COMPANION'S FATE Large and Growing Market



oughly and chip finely. Season Entering an unconditional plea of not guilty, Richard Gallegly hopes to escape the fate of George R. Harsh, 20, who was sentenced to die in the electric chair in Atlanta, Ga., for the murder of Willard to huttered border mould and fill Smith, drug store clerk, for which crime Gallogly also was indicted. Principals in the Gallogly trial, which closely follows that of Harsh, Pour around 112 cups medium are above, left to right, Gallogly, Lowrey and Rueben Arnold , his attorneys. Below, Solicitor General John Boykin, who prosecuted Harsh, and Judge Virlyn B. Moore, who hears the trial.

Wash spinach in several wat-Discard the root portions. **Southern Democrats Make** Cook in the water remaining on the leaves after washing for 10 minutes. Chop very fine or put New Move to Pass Boost brough a coarse sieve. Season **For Prohibition Officers** milk, 2 teaspoons flour, 2 tea spoons buter, and salt and pepper

to taste. Add one cup of the chopped spinach or spinach pulp WASHINGTON, Feb. 2 - (AP) The New Yorker, however, got until April which often brings the A new move was initiated to- in a few words on the subject. IIjust before serving Garnish ay by southern democrats in the said the department of agricul which is not a favorible condition with a teaspoon of whipped cream

Oregon For Fresh Spinach Says the College Authority Good First Crop for Market Gardeners and a

Fall Crop May Be Grown Here: Varieties and Other Information

A large and growing market | From tests made it is evident exists in Oregon for fresh spin- that there is a great difference in ach, one of the most important the producing power of different veegtables grown for "greens" strains or spinach of the same being in particular demand in the variety, and it is therefore best pring when the public has been to choose not only a suitable va without a large supply of green riety, but also to obtain a high egetables for some time. It yielding strain of seed.

nakes an excellent first crop for Spring seeding begins as earl market gardeners, or it can fol. as the weather and soil condi ow with the fall crop vegetables dons permit. The plants are which are removed from the hardy and will stand averagground in August, says the ex- spring frosts. A hand drill periment station of the Oregon used to put in 12 to 15 pounds of State Agricultural college. seed per acre, with the rows 1

An advantage is gained by said to 14 inches apart. Depth ling in local markets, as fresh, seeding is about one-half inch. large, clean and dark green spin-Inasmuch as the rows of spin ach tempts the buyer and in- ach are close together, all cult creases consumption, while small, vation is done by hand. The tools wilted, dirty spinach such as most widely used are the shove shipped from a distance causes hoe and the wheel hoe, which are an unfavorable market condition useful in cutting down small and curtails consumption. weeds between the rows and Because of weather conditions, keeping a mulch on the surface. pinach is not usually grown prof- It is especially important to keep tably on a commercial canning weeds out of the rows, otherwise

scale in Oregon. While spinach they will cause considerable grown here is of as fine a qual- bother later on when it becomes ty as can be carried on much time to harvest the crop. more economically in the more. A sharp shove hoe or push hoe ropical portions of the country, is used for harvesting spinach, or where it is grown in the winter. the two-wheeled hand hoe with as it is not adapted to hot wea- knives reversed, can be used. If

ther conditions. the spinach is not going to be Satisfactory crops of spinach washed, it is best to walt until it an be grown on a variety of soils, is thoroughly dry, or the dew is out the largest yields are probab- off the leaves, before it is cut ly obtained from those soils hay. otherwise the spinach will have to be washed before going to maring an abundance of humus, such ket. It is customary to cut the as the muck or beaverdam soils. spinach off with about an inch of Rich, sandy loams are also valustem so that the blades of the ble, in that they can be planted arly and make a good soil for an knives should go just below the surface of the soil. If this is arly crop, to be followed by anther vegetable later in the seacarefully done, the spinach will, be laid over systematically to one on. Any soil which grows spinside of the row and easily picked tch needs to be pulverized to a up and put into field boxes which line degree to allow proper seedare open slatted or orange boxes ing. The essential characteristics

of any soil for spinach are abund ance of organic matter and free-dom from clods, or ability to be finely pulverized. The fall and SPINACH 10 TIMES winter crops require land that is well drained. Ground not normally well drained cannot be planted

from seed and sown with a

rop into a period of hot weather.

Grow More and More Spinach

Salem is bringing from outside markets an increasing tonnage of spinach-

And the consumption of this vegetable here is bound to keep on growing as our city adds population, and in a greater 1017 ratio than the growth in the number of our people, because it is now knwn to those who keep up to date that this product is a prime factor in the dietary, according to the rules of health.

Spinach is the "broom of the stomach;" it is both a food and a medicine, and so general is its use now that it is classed as a staple. Our people will have it, no matter at what cost or how far away the place of its growth.

Our farmers should and ought to grow the home supply. They should do more; they should produce a surplus for other districts in this section of the country.

And we should dehydrate spinach. Robert Dollar, the great ship owner, would be glad to have dehydrated spinach in quantities for his ships and for markets where his ships land and trade.

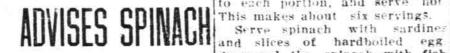
It is an improvident thing for our growers t oneglect this ine. It is the next thing to an economic crime.

Every kitchen garden, as a matter of course, should have spinach as both a spring and fall crop, and most growers can levelop a winter variety of this requisite for their families resh from their own plats the year through.

THIS WEEK'S SLOGAN

DID YOU KNOW that Salem ought to be the center of the largest spinach growing industry in Oregon; that a car load shipping supply may be developed here, of a very high quality, going to the very best markets-that the demand is already large and bound to grow very fast, owing to the fact that spinach is one of the greatest vegetables in dietary schemes; that it is called the "broom of the stomach;" that it is both a food and a medicine; that there should be money in the growing of spinach; that the regular dehydrated and powdered dehydrated product may in time take all that this section can produce, and that spinach growing as a greenhouse product should be developed here?





Most Healthful of Leafy Veg etables, With All Three. of the Vitamins

Parents, do you realize that by adding spinach to your regu lar diet you are doing a three fold good?

First, you are increasing th chances for your own good Second, you will set health good example for your children who need the strong vitamins spinach. Third, spinach used in every home will open a strong market for that commodity in the V lliamette valley.

pinach is one of the first veg vables which may be added to baby's milk diet. It is recommended that it be mode into puree for hest results to the child On · difficulty must be met, which is the children invariably dislike the taste of spinach, but by grad ual persuasion they will expect it

as regular food. The Marion county health serv 1 - conducted a campaign in the schools year before last under the direction of Drs. Walter H. Brown and Estella Ford Warner, en couraging children to demand th food and regular diet which is most likely to prove beneficial to them. In this work, it has been found that spinach is the most healthful of the leafy vegetables. containing elements of all three

classes of vitamins. Spinach has been placed on the menu of the same ground. most successful noon luncheons in the public schools.

health service, inquiring why their children will not eat vegetables, and most generally after a few questions are asked it is

found that the parents themselves ar, weak vegetarians and attempt quiring his attention in Portland touched debate off by displaying to force their children to eat Senator Corbett was unable to go a bottle of tonic, which, he said, vegetables which they themselves to Olympia, Lash., Friday, to contained more than 20 per cent do not care for.

According to physicians the Washington legislature with rela- remove the bottle. added vegetable diet has been a tion to fish and other reciprocal notably strong factor in the in- legislation. Senator Klepper was creased longevity of life. Very ippointed as a member of the f-w of the coaser foods remain on Oregon legislative committee in the daily menu of the average place of Senator Corbett. The person, and the roughage which Oregon committee left for Olympia late Friday night. Members is contained in spinach, cabbage of the committee will return to and celery has now become an es-Portland Sunday.



outs Iron in Blood and Makes It Better and Does Other Useful Service

Spinach has been rightly called he "broom of the stomach." also t is well known for its properies of fron content, which has a ndency toward making more nd hetter blood.

It helped win the World was or democracy; helped to cure curvy and such diseases that re ulted from Insanitation 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 croppedl. 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 any such.

ouse to obtain congressional ap- 'ure was distributing pamphle groval of the proposed \$24,000.- telling how to make wine while 000 increase for prohibition en- millions of dollars were being ap. propriated to enforce prohibition orcement

Undismayed by a defeat in the ouse to keep the appropriation. mbodied in the deficiency supply oill, from getting in the hands of senate and house conference mmittee, the democrats headed GROWER OF SPINACH Representative Byrnes of Tenssee, today proposed a revision of the prohibition clause which

hey hope will bring about its

"It is now complaine,' that approval. President-elect Hoover devotes a The revision now proposed by he democrats is designed to meet large portion of his Californi farm to the culture of spinach he objections of Secretary Mellon who has contended that as How fortunate it is that his political now worded the clause would that as ical foes did not learn of this un travent use of the prevent use of the proposed in-

rease by all of the agencies the editorial page of the Oregoncharged with enforcement of the ian of a few day ago. It was indry laws. Friends of the increase tended to be funny. proposal believe the Byrnes

The spinach joke is on all four imendment would accomplish with the ancient prune joke. They his.

Meanwhile, the senate today now the whilom lowly prune is vas advised of the desire of the the autocrat of the breakfast age. house for a conference on the bill table, and the lunch and dinner and the measure formally was table, too. And spinach is among turned over to a conference com- the necessities of the dietary for mittee. This action preceded by people of all ages and conditions short time an announcement in It is good, like the very nectar of

the senate by Senator Harris, the gods, too, if the cook knows democrat, Georgia, that he would the many proper ways to prepare accept the proposed Byrnes' re- it. (Read what the dietary exper-Harris is the original of the O. A. C. has to say about it rision. ponsor of the big increase item. in these pages of this morning's Immediately fler the Georg-paper.)

used is the Savoy leaved, which ian's announcement, however, The writer knows a nurse who has crinkly dark colored green Senator Smoot, republican, Utah, is a leader in her profession who leaves. The variety Long Standprotested that the bill had gone eats spinach every day in the year. ing is also used by growers proconference and under senate She understands what the best ducing this crop for the cannery rules it was too late to consider physicians say about it. They all or dehydrator. advise the use of the vegetable. It

Materials

A. B. Kelsay, Manager

149 S. 12th St. Phone 813

While this was taking place, is almost on a par with milk as both houses found time to discuss a dietary necessity in many cases. When anyone makes a joke some phase of the prohibition question. Senator Harris under- about spinach, he just shows his took an analysis of the house vote ignorance. He should read up or

Orc.

On Visiting Group of yesterday which paved the way make inquiries and get down to date. and in the house Representative Because of personal matters re- Celler, democrat, New York **Everything in Building** confer with a committee of the of alcohol. Seller was formed to Cobbs & Mitchell

GIDEON STOLZ CO.

Manufacturers of

Vinegar, Soda Water,

Fountain Supplies

Salem

Phone 26

hand drill, it is necessary to have Vegetable Named fine, well-pulverized and smooth eed bed. To obtain a good, even-Spinach is the vegetable above tand of plants it is essential that

he land be free from clods and medicine. Spinach contains 10 finely worked down. times as much iron as is contain The extent to which a spinach ed in carrots, and since millfield will yield in tons is largely while it contains some iron, in the lependent on the amount of or- cases of many undernourished inganic matter in the soil, or on fants, is not easily digested. the supply of manure which may therefore spinach is a valuable be available. If fine, rotted addition to a milk diet. Spinach manure is on hand, it is best ap- and orange juice contail all claslied in the spring and thorough- ses of vitamins in abundance, and worked into the ground. If a large amount of necessary minnanure is somewhat scarce, a eral matter, and the supplement oating will be better than none ing of milk with these ingredi Manure should also be applied ents is now practiced in numerreparatory to seeding the fall ous hospitals and homes throughout the country.

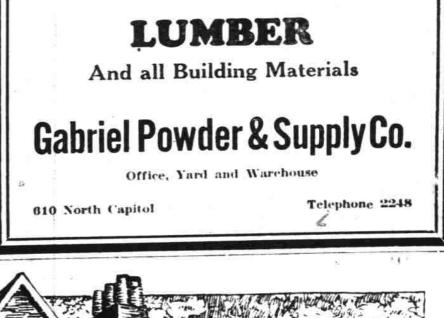
The iron, mineral salts, and During the final preparation of he soil with the spike harrow vitamins that make spinach se and planker, an application of valuable in malnutrition of inpounds of nitrate of soda fants is equally well adapted for 150 were passable in the old days. But may be made, or as an alterna- building up physical health tive, 600 to 800 pounds of tank- adults,

> WHEELS ADJUSTED Varieties of spinach, of which The weight of a valve stem here are several, differ in the hape and color of the leaves and should be sufficient to cause a also in the crinkly nature of the properly adjusted front wheel to Probably the most widely rotate until the valve is at the used variety is the Victoria, hav- bottom. No more than a suspiing a deep green, pointed foliage; cion of side-play should be visible also Thick Leaf, with a round when the wheel is adjusted. thick leaf of rich green color. Another variety which is sometimes

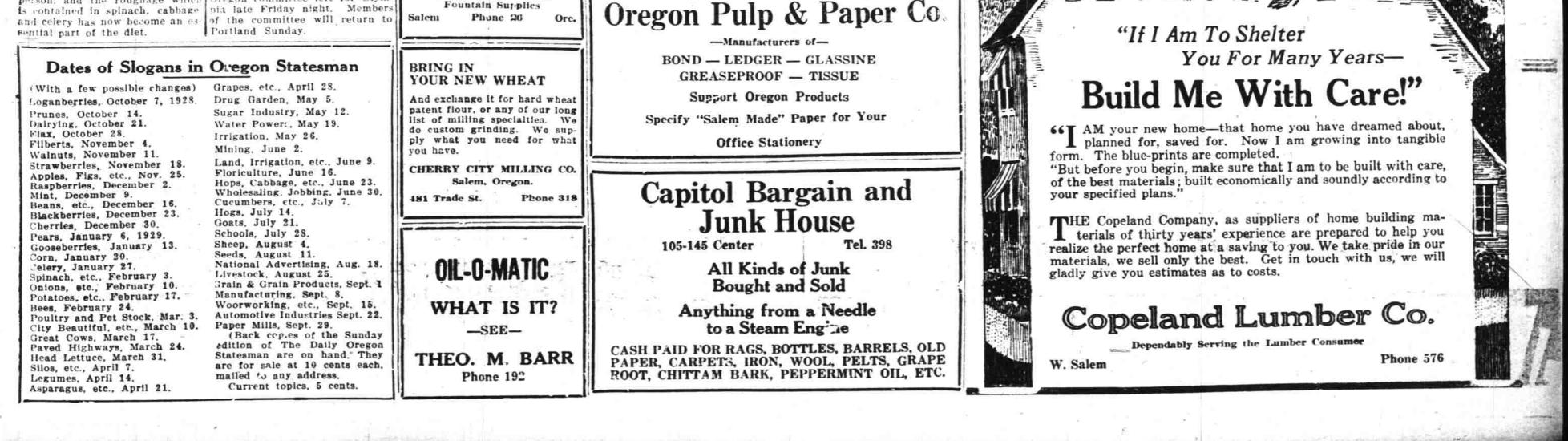
Keep Your Money in Oregon - Buy Monuments Made at Salem, Oregon CAPITAL MONUMENTAL WORKS J. C. Jones & Co., Proprietors All Kinds of Monumental Work Factory and Office: 2110 S. Com'l. Opposite I. O. O. F Cemetery, Box 21 Phone 689 Salem, Oregon

"Ask the right questions of the right people if you'd learn what you should know about lumber or building."

-says Practy Cal.







same

Oakland

Pontiac

Sales and Service

VICK BROS.

High Street at Trade

Many parents come to the Corbett Replaced