

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 vitamins should partake of the homely spinach, advises Miss Jessamine Williams, professor of foods and nutrition at Oregon State Agricultural college. But not for vitamins alone is spinach a valuable food. It is one of the richest food sources of minerals, particularly of calcium, iron and phosphorus, and furnishes a large amount of the cellulose and roughage so essential in the diet.

Of the three vitamins found abundantly in spinach, A, B, and C, the only one damaged by extended cooking is vitamin C. To preserve this vitamin, the safe method is to cook the spinach not longer than 5 to 10 minutes, and serve promptly after cooking.

The bright green color of spinach may be retained by cooking it in a kettle with the lid off. A minimum of cooking gives a maximum of food value.

Unlike many things that are "good for you," spinach can also be made attractive and palatable. The following recipes using the vegetable have been tested and found good:

Spinach Thimble, Six Servings
Spinach pulp, 2 cups; eggs, 4; butter, 3 tablespoons; salt, 1 tablespoon.

Spinach and Egg
Combine vegetables with well beaten egg. Bake in buttered custard 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 taste of grated cheese mixed with heavy cream. Heat in oven and brown on top.

Spinach Leaf
Spinach cooked, cut fine, 1 1/2 cups; carrots, diced, 1/4 cup; rice cooked, 1 1/2 cups; celery leaves, 1/4 cup; butter, 3 tablespoons; salt, 1 tablespoon; flour, 1 tablespoon.

HEALTH SERVICE ADVISES SPINACH
Most Healthful of Leafy Vegetables, With All Three of the Vitamins

Parents, do you realize that by adding spinach to your regular diet you are doing a three-fold good?
First, you are increasing the chances for your own good health. Second, you will set a good example for your children. Third, you need the strong vitamins of spinach. Third, spinach used in every home will open a strong market for that commodity in the Willamette valley.

SPINACH IS CALLED BROOM OF STOMACH
Puts Iron in Blood and Makes It Better and Does Other Useful Service

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

SEEKS TO AVOID COMPANION'S FATE



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 Smith, drug store clerk, for which crime Gallegly also was indicted.

Southern Democrats Make New Move to Pass Boost For Prohibition Officers

WASHINGTON, Feb. 2 (AP)—A new move was initiated today by southern democrats in the house to obtain congressional approval of the proposed \$24,000,000 increase for prohibition enforcement.

Undismayed by a defeat in the house to keep the appropriation, embodied in the deficiency supply bill, from getting in the hands of a senate and house conference committee, the democrats headed by Representative Byrnes of Tennessee, today proposed a revision of the prohibition clause which they hope will bring about its approval.

The revision now proposed by the democrats is designed to meet the objections of Secretary Mellon who has contended that as now worded the clause would prevent use of the proposed increase by all of the agencies charged with enforcement of the dry laws.

While this was taking place, both houses found time to discuss some phase of the prohibition question. Senator Harris undertook an analysis of the house vote of yesterday which paved the way for sending the bill to conference and in the house Representative Celler, democrat, New York, touched debate off by displaying a bottle of tonic, which, he said, contained more than 20 per cent of alcohol. Seller was formed to remove the bottle.

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Large and Growing Market Oregon For Fresh Spinach Says the College Authority

Is a Good First Crop for Market Gardeners and a Fall Crop May Be Grown Here; Varieties and Other Information

A large and growing market exists in Oregon for fresh spinach of the most important varieties grown for "greenhouses" being in particular demand in the spring when the public has been without a large supply of green vegetables for some time. It makes an excellent first crop for market gardeners, or it can follow with the fall crop vegetables which are removed from the ground in August, says the expert station of the Oregon State Agricultural college.

An advantage is gained by selling in local markets, as fresh, large, clean and dark green spinach is not usually grown profitably on a commercial carrying scale in Oregon. While spinach grown here is of as fine a quality as can be carried on much more economically in the more-tropical portions of the country, where it is grown in the winter, it is not adapted to hot weather conditions.

Satisfactory crops of spinach can be grown on a variety of soils, but the largest yields are probably obtained from those soils having an abundance of humus, such as the muck or heaverdium 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 needs to be pulverized to a fine degree to allow proper seeding. The essential characteristics 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 require land that is well drained. Ground not normally well drained cannot be planted until April which often brings the crop into a period of hot weather, which is not a favorable condition.

HERBERT HOOVER GROWER OF SPINACH
"It is now complained that President-elect Hoover devotes a large portion of his California farm to the culture of spinach. How fortunate it is that his political enemies did not learn of this until after the election."

The above paragraph is from the editorial page of the Oregonian of a few days ago. It was intended to be funny. The spinach joke is on all fronts with the ancient prune joke. They were passable in the old days. But now the whilom lowly prune is the autocater of the breakfast table, and the lunch and dinner table, too. And spinach is among the necessities of the dietary for people of all ages and conditions. It is good, like the very nectar of the gods, too. If the cook knows the many proper ways to prepare it, (Read what the dietary expert of the O. A. C. has to say about it in these pages of this morning's paper.)

The writer knows a nurse who is a leader in her profession who eats spinach every day in the year. She understands what the best physicians say about it. They all advise the use of the vegetable. It is almost on a par with milk as a dietary necessity in many cases. When anyone makes a joke about spinach, he just shows his ignorance. He should read up or make inquiries and get down to date.

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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 ratio than the growth in the number of our people, because it is now known 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 to neglect this line. 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 develop a winter variety of this requisite for their families fresh 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?

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Dates of Slogans in Oregon Statesman
(With a few possible changes)

Loganberries, October 7, 1928.	Grapes, etc., April 28.
Prunes, October 14.	Drug Garden, May 5.
Dairying, October 21.	Sugar Industry, May 12.
Flax, October 28.	Water Power, May 19.
Filberts, November 4.	Irrigation, May 26.
Walnuts, November 11.	Mining, June 2.
Strawberries, November 18.	Land, Irrigation, etc., June 9.
Apples, Pigs, etc., Nov. 25.	Floriculture, June 16.
Raspberries, December 2.	Hops, Cabbage, etc., June 23.
Mint, December 9.	Wholesaling, Jobbing, June 30.
Beans, etc., December 16.	Cucumbers, etc., July 7.
Blackberries, December 23.	Hogs, July 14.
Cherries, December 30.	Goats, July 21.
Pears, January 6, 1929.	Schools, July 28.
Gooseberries, January 13.	Sheep, August 4.
Corn, January 20.	Seeds, August 11.
Cherry, January 27.	National Advertising, Aug. 18.
Spinach, etc., February 3.	Livestock, August 25.
Onions, etc., February 10.	Grain & Grain Products, Sept. 1.
Potatoes, etc., February 17.	Manufacturing, Sept. 8.
Bees, February 24.	Woolworking, etc., Sept. 15.
Poultry and Pet Stock, Mar. 3.	Automotive Industries, Sept. 22.
City Beautiful, etc., March 10.	Paper Mills, Sept. 29.
Crab Apples, March 17.	(Back copies of the Sunday edition of The Daily Oregon Statesman are on hand. They are for sale at 10 cents each, mailed to any address.
Paved Highways, March 24.	Current topics, 5 cents.
Head Lettuce, March 31.	
Silos, etc., April 7.	
Legumes, April 14.	
Asparagus, etc., April 21.	

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