"Spinach is one of numerous farm products which go to make up the million and a quarter carloads of fresh vegetables, fruits, fish meats, butter and other perishable commodities which move by railroad each year. Large quantities of ice are used to keep the products in good condition.

The long-distance transportation of highly perishable foods of this nature is distinctly a railroad achievement. At no previous period in the world's history was it possible for a people to enjoy such an abundance and variety of foods at all seasons of the year as we enjoy in America today.

The refrigerator car—America's "ice box on wheels"—makes this possible. Before refrigerator cars were widely introduced, perishable foods were marketed only in or near the areas of production, and the supply and variety of fresh foods were limited."

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