fraction of an ounce how much food his men consume. This estimate has his men consume. This estimate has been found to work out something like this for each man: Four ounces of bacon, three and a half ounces of liver, four ounces of steak, four and a half

four ounces of steak, four and a half ounces of sausage, five ounces of beef, five ounces of fish, eight ounces of chicken, three ounces of beans, one ounce of macaroni, three ounces of onions, four ounces of potatoes, one ounce of rice, three ounces of tomatoes, three ounces of turnips, one

ounce of dried fruits and three ounces

of jam.

A sample daily menu in one of our camps now under canvas has been found to work out something like this:

Breakfast—Fruit or breakfast food; meat, in some form, with a vegetable hot bread with butter, or hot cakes and syrup; coffee.

Dinner—Soup; meat, roasted, boiled or fried, or fish; two vegetables; a vegetable or fruit saiad; dessert; bread and butter; coffee or tea.

Supper—Meat or fish; one vegetable;

ary forces would mean nearly two weeks' rations for the boys "over there." It is with considerable pride that Americans look upon the fact that General Pershing and his men are pro-

visioned entirely by supplies drawn from this country and living entirely economically independent of any of the nations with which our country has joined hands. Boys Get Plenty to Ent. Our boys abroad are living in pretty good style, too. Chicken is served them once a week. Ten tons of chicken are required for a single meal. It takes five tons of potatoes for a meal, which

Captain Holbrook might have used the word "hash" while he was at it,

for we have dined in the mess halls at

Fort Niagara and Plattsburg, in the

WORK OF SUPPLYING FOOD TO UNCLE SAM'S GREAT ARMY ONE OF IMMENSE PROPORTIONS AND FRAUGHT WITH DETAIL

Average Daily Ration of Soldier Is Four Pounds and Thus Government Must Supply 160,000 Pounds of Food for Each Cantonment Every Day and Task of Assembling It for Use Is Big.



A Camp Bakery In Operation.



Emergency Ration Of The Spanish War Three Cakes Of Wheat And Meat With Three Discs of Chocolate



U. S. Emergency Ration of 1910. One Day's Meals, Including Three Cakes Of Chocolate, Eggs, Sugar and Malted Milk.

ONE YEAR'S EATS AT CAN-

24,000,000 bushels of wheat. 81,000,000 pounds of fresh beef. 42,000,000 pounds of fresh pork. 10,500,000 gallons of fresh milk. 2,500,000 bushels of potatoes. 225,000 bushels onions. 275,000,000 pounds of other vege-

turnips, spinach, etc. 1.000.000 pounds of coffee. \$5,000 tons of granulated sugar. \$66,000 gallons of cucumber

pickles. 3,800,000 cans of black pepper. 372,000 cans of cinnamon, cloves,

ginger and nutmeg. 8,200,000 pounds of lard. 7,300,000 pounds of butter. 300,000,000 pounds of flour. 1,000,000 gallons of cane syrup, lemon and vanilla extracts.

that it required a lot of food to supply so many men and took it for granted that the dally menu at each of the camps totaled a stupendous amount. But when you sit down to figure it but when you sit down to figure it of the camps totaled to multiply one day's get these in the lots of pressed dried beef, chocolate and bread wafers of highly nutritive camps totaled as tupendous amount. But when you sit down to figure it of the lots of pressed dried beef, chocolate and bread wafers of highly nutritive camps cuisine. Mess time is equally so feed an army of the cantonments, it is mediately with an inspection of the threeby be enabled to enjoy delicacies. So closely has it been figured out that the mess sergeant knows to a four thousand bakers are necessary to make the staff of life for an army of the camps totally stated as the command that it will are required daily to feed an army of the cantonments, it is made the staff of the cantonments, it is of pressed dried beef, chocolate and bread wafers of highly nutritive camps cuisine. Mess time is equally supparent that the mess sergeant knows to a four thousand bakers are necessary to make the staff of life for an army of the cantonments, it is made the staff of the cantonments, it is made the command that it will are required daily to feed an army of the cantonments, it is made the command that it will are required daily to feed an army of the cantonments are the table to the command that it will are required daily to feed an army of the cantonments are the table to the command that it will are required daily to feed an army of the cantonments are the table to the command that it will are required daily to feed an army of the cantonments are the table to the canton the command that it will are required daily to feed an army of the canton that the daily to feed an army of the canton that it will are required daily to feed an army of the canton that it will are required daily to feed an army of the canton that it will are required daily to feed an army of the canton th out in detail to multiply one day "grub" for each cantonment by 16 can tonments and many National Guard regular Army naval camps, aviation centers, officers' training camps, ordnance schools and other military weeks, months and years the figure begin to reach astounding proportions, and you wonder how Food Adminis-trator Hoover and his assistants are

getting away with their job.

Ration Four Pounds Daily. The average ration for a soldier amounts to four pounds a day, which means that about 160,000 pounds, or 80 tons, of food are necessary to the daily upkeep of each of the cantonments. At that rate the 16 cantonments will consume nearly 1300 tons of food daily, close to 9000 tons weekly approximately 40,000 tons monthly and approximately 40,000 tons morthly and half a million tons yearly. At the prevailing prices of foodstuffs you can the department at Wash thus get a staggering estimate of the cost of "eats" alone to Uncle Sam in Nez Perce Reservation. the world war. If you care for figures and have an adding machine handy you might go on and figure out how much food the million and a half fighting men now in arms under the Stars and Stripes are going to eat during the first year of our participation in the

Four pounds of food daily to a fight-ing force of a million and a half fight-ing men means a total consumption of 3000 tons every 24 hours. Thus from sunrise to sunset the Army and Navy of your Uncle Sam eat their way through a mountain of food almost equivalent in weight to the displace-ment of the glant United States dreadnought Pennsylvania. Balanced in the scales against modern locomotives, the daily bill of fare of the boys either already "over there" or getting ready to "go over" would balance two of the Pacific type engines used on the Chesapeake and Obio.

The amount of food required every 20 days at any one of the 16 cantonscales against modern locomotives, the

through the quartermaster's and comwissary departments, has given itself to the huge assignment with the utmost care. And it is not overstating it to say that the American Army and to say that the American Army and to supply departments, and it is a sate where the disposal of the Nation have a conspicuous article will depend on the canton ments and it is a field. The resources of the Nation have a conspicuous article will depend on the canton ments and it is a sate will depend on the canton ments and it is a sate will depend on the canton ments and it is a sate will depend on the canton ments and it is a sate will depend on the canton ments and it is a sate will depend on the canton ments and it is a sate will depend on the canton ments and it is a sate will depend on the canton ments and it is a sate will depend on the canton ments and it is a sate will depend on the canton ments and it is a sate will depend on the canton ments and it is a sate will depend on the canton ments and it is a sate will depend on the canton ments and it is a sate will describe the disposal of the Army and Navy departments, and it is a sate will describe the disposal of the Army and Navy departments, and it is a sate will describe the disposal of the Army and Navy departments, and it is a sate will describe the disposal of the Army and Navy departments, and it is a sate will describe the disposal of the Army and Navy departments, has given itself to the huge assignment with the utmost care. And it is always nourishing, well cooked and built up of those calories that are calto say that the American Army and it is always nourishing, well cooked and built up of those calories that are calto say that the American Army and it is always nourishing, well cooked and built up of those calories that are calto say that the American Army and it is always nourishing. Well cooked and built up of those calories that are calto say that the American Army and it is always nourishing. Well cooked that are calto say that the American Army

classes-garrison, travel, reserve, field and emergency rations—to which might be added what is termed the Filipino ration, which is that given to the brown-skinned soldier of our colonies, who require more rice and fish and less bacon and beef. Travel ra-tions are the kind used by the men in the journeys from mobilization camps to the front and consist of a simple diet that can be prepared by the indi-

BY THOMAS J. BEALL. (Oldest pioneer of Inland Empire, residing at Lewiston, Idaho.)

the department at Washington to re-

Nez Perces assembled here together with other tribes to gamble and run horses. Concluding that the influen-tial men of the tribe would attend this

mid-Winter meeting at Lewiston, the Government agent sent me and Joe

Craig, an interpreter, from Walla Walla to consult with the Indian chiefs and to have them designate where they wished the agency estab-

FIRST set my foot on the spot where Lewiston is located January

LEWISTON ONCE TRADING POST

Tu-ots-ne-ma, Early in Year 1858.

climate being very mild in Winter, Baughman as mate and pliot, the in-with plenty of bunchgrass for feed and an abundance of driftwood for fuel, the

50,000 pounds of mutton. 15,000 pounds of butter. 1200 dozen eggs. 1800 pounds dress-d chicken. 15,000 loaves of bread daily.

1780 gallons milk daily.

Town Founded In 1861. Lewiston was founded about May 13.

1861. After the town had been sur-

veyed and platted by a Dr. Buker, the

proposing that it be named after one of the Indian chiefs. Overhearing the discussion, Vic. Trevitt, of The Dalles, who had established a branch house for Ladd & Tilton, of Portland, stepped

"Gentlemen, I do not see why there should be any difficulty in naming this town. Let us call it Lewiston, after Lewis and Clark."

forward and remarked:

question arose as to what it should be

fundamental articles of diet. Of course, it varies. Some of the more important substitutes are likely to be canned cornbeef, dried and canned fish, cornmeal, canned vegetables, canned fruit, chocotate and tea, cereals and specials for holidays.

Any one day he makes it up the next day so as to keep an even balance. By "shaving" the budget one day he is able to have luxuries the next day. Hash on Saturday from Friday's left-overs means chicken and watermelon on Sunday. holidays.

It is quite possible for the Army men to have chicken and ice cream. It generally works out in this way: Each unit that messes together—company, troop or battery—is allowed one ration for in their camps. These movable kitchens are divided into two carriages; one is

BY CHARLES W. DUKE.

BY CHARLES W. DUKE.

When you say that 50 tons of food are required daily to ration the approximately 40,000 units of the new National Army going into camp now in each of the 16 cantonments scattered over the country the figures roll glilbly off your tongue. You knew that it required a lot of food to supply so many men and took it for granted

With a proposition of the food are required daily to ration the able to commandeer along the route.

With the transportation of the food prepared by the individual soldier. This must be served of one person for one day, it is upon this unit that the Army estimates are no cooking facilities of one person for one day, it is upon this unit that the Army estimates are drawn a charge sales slip is issued. Here are no cooking facilities of one person for one day, it is upon this unit that the Army estimates are made, and it has been worked out so carefully that Washington knows exactly what it costs to feed every man in the service. That cost, for an average of four pounds of food daily to quired when on long marches and consist of what the men can carry along with the fluctuations in the graph of the fluctuations in the graph of the fluctuations in the markets.

BY CHARLES W. DUKE.

When the chart can be prepared by the individual soldier. This must be served one day, it is upon that the Army estimates are drawn a charge sales slip is issued. Here was a charge sales alip is issued. The make made, and it has been worked out so carefully that Washington knows exactly what it costs to feed every man in the service. That cost, for an average in the whole food already cooked is kept warm. Hot food, placed if the company or troop has drawn in food. If the company or troop has drawn in the allowance in the washington knows exactly what it costs to feed every man in the service. That cost, for an average that the whon the allowance not drawn in order that the whon the order than its allowance in the company of the company or troop has drawn in the costs of food da

site of the battle. It was from that point Colonel Steptoe's command retreated Sunday, May 17, 1853. I was there at the time and I know. It was a case where a good run was better than a bad stand, so we ran, and it was fortunate for us that we had a chance to run. If we had undertaken to hold our position until the following day none of us would have lived to tell the tale. I owe my life to the late Nez Perce chief, Timothy. He not only saved my life, but the lives of all the members of Colonel Steptoe's band. We were entirely surrounded by hostille Indians, as we thought; our ammunition was nearly exhausted; we were 150 miles from Fort Walla Walla, with Snake River to cross. We had no idea of how we possibly might make our escape until Timothy, knowing the situation, assured Colonel Steptoe that when it became dark he would try and the field kitchens that flank the com-OF HOSTILE BAND OF INDIANS Thomas J. Beall, Oldest Pioneer of Inland Empire, Recalls Battle of assigned a French Canadian to the other. Being in charge of the expedi-tion, I carned the title of "Admiral of the fleet of the raging Snake River." We did not have any serious trouble on twhere Lewiston is located January
4, 1859. At that time the agency for
the Nez Perce Indians was at Walla
Walla, but the agent was directed by
Walla, but the agent was directed by idea of how we possed, our escape until Timothy, knowing the our escape until Timothy, knowing the situation, assured Colonel Steptoe that when it became dark he would try and find a gap through which we could steal to safety. The officers objected to permitting the Indian chief leaving the arrangement whereby the officers our camp, fearing he would betray us, our camp, fearing made to protervals. The journey took 22 days and move the agency to some point on the Nez Perce Reservation.

When I told my Indian companions they would some day see steamboats plying the Snake River they ridiculed the pre-The spot where Lewiston is located was called by the Indians Se-me-nicum, which means the meeting of the waters, or the forks of a stream. The climate being very mild in Winter, with plenty of bunchgrass for feed and an abundance of driftwood for fuel the

the men.

Every effort is being made to protect the military reservations, not alone in the food prepared within the camp for the men, but in supervision of the main where we were until morning meant certain death. Escape Made Possible. small army of hucksters, venders and the like that follow hard on the estab-

At dusk Timothy left camp, return-ing true to his word two hours later with the information that by leaving lishment of every Army camp. the trail, crossing a creek and going over a high knoll, he thought we might escape. Still the officers were suspi-cious of our Indian friend, but Colonel

this line Surgeon-General Blue said but Camps Are Safeguarded. clous of our Indian friend, but Colonel
Steptoe would not listen to them and
ordered us to prepare to leave, with
Timothy as a guide. We had a packtrain of \$5 animals, but took with us
only three packhorses to carry the personal effects of the officers and soldiers who already had been killed,
leaving the others picketed at the
scene of our camp. Even our tents
were abandoned and left standing,
with have to see to it that the food
and drinks they offer for sale meet
the requirements as to wholesomeness,
but we will have to make sure that the
very different places
were abandoned and left standing,
was quantity of milk used on the milismall supply of food, we left camp and "We expect that soft-drink stands,

beake and Ohio.

The amount of food required every and any one of the 16 canton-ments would fill to capacity a train of 100 boxcars. Allowing 135 boxcars to a rail mile, the train necessary to carry the food that our fighting sons carry the food that our fighting sons to a rail mile on a centinuous line from Altantic City Boston.

Navigation Thought Joke.

In July of that year A. J. Cain, the will consume in a year would stretch in a centinuous line from Altantic City Boston.

Good Feeding is Vital.

These few figures give some estimate of the tremendous job of prosition gan army in warfere. And many in warfere. And many in warfere in the date and marry in warfere in the cheer of the cheer of the continuous line from Altantic City Walls, to take charge of two bateaux, load them with supplies and bring an army in warfere. The gold is of the tremendous food the tremendous food the tremendous for the point of the cheer of the point of the continuous line from Altantic City Walls, to take charge of two bateaux, load them with supplies and bring an army in warfere. And have the mouth of Lapwal Lewis and Clark."

Navigation Thought Joke.

In July of that year A. J. Cain, the Government Indian agent, ordered me will one of the city was so named. That portion of the city was so named the city of pulman. We allowed to get the city of pulman. We allowed to get the wast quantity of mail supplies and the with the wist quantity, with portion, and in the old carry the city was so named. Th

TELPHONE CONCEALMENT IS NOW DEMANDED BY FASHION

Screen Suggested for Formal Room While Doll Is Used to Make Boudoir Instrument Seem to Be Something It Is Not.



is about equivalent to the amount that of ground. Six and a quarter tons of fish are required for one meal, one and a quarter tons of coffee and three and a quarter tons of coffee and three and a quarter tons of jam. And yet Uncle Sam runs his kitchen on an average of 40 cents a day for each of his family. The difference between the way Uncle Sam runs his Army and the manner in which the restaurateurs "gouge" the public is shown by comparing the Government's allowance of 40 cents a day with the 60 cents allowance of the contraptions for dressing up this humble and useful necessity of modern living. Two contrivances for modern living. Two contrivances for modern living. Two contrivances for the first requirement of a well-equipped home, while her ruffled petticates the telephone or at least recommendation to a well-equipped home, would come to be one of those articles. From Chicago Daily News.

Everybody knows that other people make mistakes.

Toasis are often drunk, yet they are never intoxicated.

Watches and rivers do not run long without winding.

Human nature sets a man up as a finded of the receiver. can be raised on one and a half acres WHOEVER would have thought tion of her body resting on the top of that the indispensable and honorable telephone, the first refor a single meal en route to the can-tonments this month. modern living. Two contrivances for hiding the telephone from public gaze

lowed each recruit of the new Army for a single meal en route to the can tonments this month.

There is plenty to eat at every meal; a second helpfing is to be had. Waste is curtailed in every possible way, as this apt quotation from the "Mess Sergeant's Handbook," by Captain L. R. Holbrook, U. S. A., will show: "Each day, immediately after dinner, the menu is made out for supper, in order to use all portions of food left over from breakfast and dinner while they are still fresh, and at the same time the bills of fare are prepared for breakfast and dinner for the following day. For example: Mush left over from breakfast may be sliced when cold and served with syrup; or, fritters may be made from it. There may be made from it. There may be material for creamed potatoes, fried polatoes, potato balls, a salad, meat balls, cround breakfast and dinner; or by preparing a small amount of food and that left over, the whole may be used to advantage."

Leason Taught is Thrift.

Captain Holbrook might have used

"Mother, You Look Young **Enough To Be My Sweetheart**

How Do You Keep That Youthful Look In Your Face When So Many Others No Older Than You Have Such Bad Complexions and Coarse Wrinkled Skin?"

her complexion change from wrinkled, coarse, sallow uginess to clear, soft youthful beauty can realize the feeling of joy that came over me when first I saw that my own care-worn, aged-looking kin was actually respining its of joy that came over me when first I saw that my own care-worn, aged-looking skin was actually regaining its girlish freshness. Yet prior to this there was scarcely a preparation, including treatment at the highest prices, which I had not tried, only to make my face look worse. Finally a French lady gave me a beauty receipe which she had obtained from a doctor in Paris, who told her the reason most things falled was because they lacked the power to get down into the skin and rency the youthal activity of the tissuest, It was only a short time after that, my son showed his pride in my irruproved appearance by exclaiming. "Morner! You look young enough to be my sweether." I am certain that most any woman can successfully use the same plan, so I gladly repeat it here for the benefit of others. Merely wash your face with butter-milk and rub in a teaspoonful of rose-ated cream (which can be obtained from druggists); wipe the face and apply Poudre Petalias—a very fine complexion powder, prepared especially for shiny noses and bad complexions. If your face is badly wrinkled, get a box of Japanese Ice Pencils to use in connection with the rosested cream. I have seen many a wrinkled, hollow-cheeked, faded-looking woman banis sign of wrinkles and complexion blemishes as



every marvelously increase her beauty, through this es and simple and inexpensive recipe.

Flire rosseted cream—Creme Tokalon Resetted—Is guaranteed by its manufacturers to banish complexion blemishes and make any woman look years younger and far more beautiful in ten days' time or the price paid will be refunded. When shown the above article, the following local merchants stated that despite the war, they could supply Creme Tokalon Reseated and the other French created products mentioned. Meier & Frank, Owl Drug Co., Lipman, Wolfe & Co., Roberts Bros .- Adv.

GET RID OF YOUR FA

CISING, often at the rate of a pound a day, WITHOUT PAYMENT until reduction has taken place.



I am a licensed practicing physician and personally select the treatment for each individual case, thus enabling me to choose remedies that will produce not only a loss of weight harmlessly, but which will also relieve you of all the troublesome symptoms of overstoutness such as shortness of breath, palpitation Indigestion, rheumatism, gout, asthma, kidney trouble and various other afflictions which often accompany overstoutness.

My treatment will relieve that depressed, tired, sleepy feeling, giving you renewed energy and vigor a result of the loss of your superfluous fat. You are not required to change in the slightest from your regular mode of living. There is no diet-ing or exercising. It is simple, easy and pleasant to

READ WHAT A FEW OF MY PATIENTS SAY-Dr. R. Newman-I am getting along

r. R. Newman—I am reduced about pounds. My waist measure is 5 inches nailer than before taking the treat-ent. I can stand to work much bet-Mrs. W. F. Lindermann.

Dr. R. Newman. Iowa.
Dear Doctor: I weighed 178 pounds
before I took your treatment and I now
weigh 138 pounds. You may print this
if you like. Mrs. Anna Schmidt.

Dr. R. Newman, Pennsylvania,
Dear Sir:—From 180 I have reduced
to 145, and am glad to say my health is
greatly improved. When I began taking
your treatment my health was wretched. Now I feel like a new person—all
that old tired feeling is gone. You may
print this if you wish.

Mrs. Ethel M. Gill.

very well. Have lost 45 pounds since I began taking your treatment. My health is good in every way. My measure: Hip 57, now 49, Walst 45, now 38, Chest 45, now 37. Addis Barton.

Dr. R. Newman,
Dear Doctor:—I received your letter a
few days ago and in reply will easy that
I have been reduced from 160 to 121
pounds, and am so glad to be rid of
so much of the fat. Evadna Travia.

Dr. R. Newman,
Dear Str:—Have taken your treatment and it is wonderful how it reduces. It does just as you say. I have
reduced a pound a day and feel fine.
Mrs. E. Bateman,

If you are overstout do not postpone, but sit down right now and send my FREE TRIAL TREATMENT and my plan whereby I am to be PAID ONLY AFTER REDUCTION HAS TAKEN PLACE if you so desire.

DR. R. NEWMAN, Licensed Physician State of New York 286 Fifth Avenue, New York, N. Y. Desk J-643