

SOLDIERS WELL FED

Liberal Ration Allotted Germany's Fighting Men.

Commanders Realize the Importance of Keeping Troops in Proper Physical Condition—Enormous Cost of the Commissariat.

Military experts placed little faith in the numerous rumors during the first days of the war to the effect that the German armies were suffering for lack of food. The reason why they doubted these reports was because it was hard to believe that a commissary department so well equipped as Germany's would fall in its work so early in a struggle for which preparations have been going on for years. All civilized nations have long recognized that food supplies may play as important a part in the winning or losing of battles as ammunition, marksmanship and personal bravery. With the thoroughness which is so characteristic of their nation the Germans have for years made the feeding of their soldiers a matter of scientific study. Their commissary department is under the direction of a group of dietetic specialists who are admitted to have no superiors and few equals. The daily ration which they have prescribed as the best fortification for a German fighting man's stomach includes 26 ounces of fresh bread, or 17 ounces of biscuit; 13 ounces of fresh meat, or seven ounces of smoked meat; four ounces of rice, or eight ounces of flour, or 52 ounces of potatoes; nearly an ounce of salt; nearly an ounce of roasted coffee, or one-tenth of an ounce of tea, and half an ounce of sugar.



A Huge Tuber 33 Feet Higher Than the Statue of Liberty and Weighing Over 120,000,000 Pounds Would Make Only a Week's Supply of Potatoes for the Kaiser's Fighting Men.

The amount of bread eaten in a week by the German soldiers now in the field would make a loaf 393 feet high and weighing 60,130,000 pounds. A week's supply of potatoes would make a tuber 183 feet high and weighing 120,330,000 pounds.

The figures given are for the standard ration, which is probably a very different thing from that actually being consumed along the great battle formation, where there is a great flexibility as to the food to be used. It is possible that pemmican (a condensed meat product) is entering into the ration very largely. The Kaiser has always expressed a lively interest in his soldiers' food, and he has not infrequently ridden up to the field bakeries and sampled the product of their ovens.

Some idea of the enormous expense of the war will be gained from the fact that the daily cost of provisions for the combined armies would be \$12,500,000, without the expense of transportation, which would be \$4,200,000 more each day. These figures were based on the prices of some years ago, so that 15 per cent could be added to the cost of the food, making the cost today \$18,750,000, or \$22,950,000 "delivered" at the place of consumption.

Why They Come Back.

The war correspondent had returned from the scene of conflict. His amazingly realistic descriptions had enthralled countless readers. You could smell the stale powder in them; you could hear the dull booming of the mighty guns.

"Those stories were wonderful," an admirer told him.

"Think so?"

"Yes, indeed. Why, I was with you in the trenches. I was cold, hungry, half-frozen and half-drowned. And when they had you up against the wall and men muskets leveled at your heart I almost shrieked in terror. My dear boy, you mustn't be so natural."

The returned one grimaced.

"Cut it out," he growled. "The thing never happened."

"You weren't arrested for a spy?"

"No, I wasn't. I couldn't get near enough to be arrested. And I wasn't in the trenches, either."

"Not in the trenches?"

"No, I didn't even know where they were."

"But why did you come home?"

"My imagination gave out," he called back as he strode away.—Cleveland Plain Dealer.

SOUPS THAT WILL BE LIKED

For the Colder Days There is Nothing Better Than That Made With Peas—Other Suggestions.

To make thick pea soup wash and soak overnight one pint of split peas. Next morning put them into a pot with two quarts of water. Meantime fry until brown two sliced onions and a head of celery in two ounces of clarified dripping. Put them in with the peas and two slices of bread cut diagonally, a teaspoonful of salt and half that amount of pepper. Bring to the boil, simmer for one and a half hours, rub through a sieve, add one pound of mashed potatoes, return it all to the pot and bring once more just to the boiling point. Strain if desired. If the soup is not thick enough add a tablespoonful each of flour and butter rubbed together and let the soup heat for five minutes longer. This soup is very nutritious and would take the place of meat.

For a good cabbage soup remove the outer leaves from two small cabbages and cut into shreds with half a head of celery. Soak in boiling water for ten minutes, drain and cool in fresh boiling water for ten minutes. Once more drain and place in a pan with two pints of stock or water, one ounce of finely minced sweet herbs and pepper and salt to taste. Then bring to a boil and simmer for fifteen or twenty minutes. Serve with grated cheese.

Potato soup is good and cheap, especially if made without meat, although scraps of meat or gravy may be added if liked. Cut three medium-sized potatoes into thin slices, add one small slice onion and a handful of rice. Boil in water sufficient to cover. Parsley heightens the flavor, but it should be lifted out when well cooked. When the potatoes are done blend a piece of butter the size of an egg with browned flour and stir it into the soup. This gives a rich color and appetizing flavor. Milk may be added, but it should be sparingly used. You may add carrots, beans, peas and other left-over vegetables to such soup. Drop dumplings are nice to serve with this soup. Take one egg, one-half eggshell of water, a pinch of salt and one teaspoonful of baking powder. Add enough flour to make a dough that will drop easily from a teaspoon. Remove when they rise to the top of the soup.

REALLY FIRST-CLASS SOUP

Ingredients and Directions for Making Vegetable Puree, Liked by Everybody.

Any vegetable puree can be prepared as follows: Melt one ounce of well clarified dripping in a pan and cook in it till tender, but without coloring, four ounces of onions, two ounces of celery and a bunch of herbs; then in five minutes lay in one pound of potatoes, carrots, turnips, etc., according to what you wish to use, peeled and cut up; cover down the pan and let it continue to cook for twelve to fifteen minutes longer, shaking the pan now and again to prevent the vegetables burning; then add a quart of liquid, with a few peppercorns and seasoning, and let it all simmer till tender (for about one and a half hours), then rub it through the sieve, reheat, add a mixture of flour and milk and use. For the mixture rub a little flour, say a dessert-spoonful, smooth with some cold milk, water or stock, then add this to the soup and let it all cook for five minutes longer.

Pineapple Salad.

Cut a ripe, mellow pineapple into slices, pare each slice and remove the eyes. Sprinkle lightly with sugar and allow to stand a few hours to extract the juice. Drain and to the slices add one-half as much grapefruit, tart apple or seeded Malaga grapes. Arrange on lettuce leaves. Dress with mayonnaise and decorate with halved grapes or candied cherries.

Old-Fashioned Doughnuts.

One egg well beaten, add two-thirds cupful of sugar, one-half cupful sour milk, one-half teaspoonful of soda dissolved in the milk, one-half teaspoonful of salt, one-fourth teaspoonful dry ginger and nutmeg, one-half teaspoonful cream of tartar sifted with the flour; try cupful and a half of flour, more if needed; roll out. These are delicious.

Salad Oils.

A decided salad oil economy is obtained by mixing with a quart of the pure cottonseed oil, a few ounces of pure olive oil for imparting richness of flavoring. The nutritive qualities of the two are about the same, and to some persons this mixture is more appetizing than the rather pungent flavor of the plain olive oil.

How to Bind Soups.

If cream soups and purees are allowed to stand, they separate unless bound together. To bind a soup melt butter, and when bubbling add an equal quantity of flour; when well mixed add to boiling soup, stirring well.

Wrap Up Meat.

A noted book advises after roasting a piece of meat that is to be served cold to wrap it in cheesecloth while it is still hot. This will prevent it from drying out and losing flavor.

A Tea Hint.

If a lump of sugar is put in the teapot when making tea it will prevent its spoiling the table cover if spilled.

MAKE PERFECT JELLY

CRABAPPLES CAN NOT BE TOO HIGHLY PRAISED.

Excellent When Eaten as Jam or Served With Roast Mutton or Game—Approved Method of Its Preparation.

Crabapples make a most delicious jelly which has only to be tasted once to be proclaimed thoroughly delectable. The wild apples should be gathered while firm and fresh, but not quite ripe enough to fall from the trees. Each one should be wiped with a damp cloth to cleanse it. They should then be weighed and put in a big preserving pan with one pint of water to every pound and a half of fruit. Let them boil till quite tender, then strain through a colander, using a flat wooden spoon to pulp them through. When the liquid is extracted measure it and to each pint allow three-quarters of a pound of sugar. Cook juice and sugar together, boiling for 20 minutes. Remove the scum and pour the jelly into small pots. It is very nice eaten by itself as jam, but can be used for garnishing, as it is of a pretty red color. It is also excellent with roast mutton or game and makes a capital substitute for red currant jelly.

Crabapples in sirup is a very pretty dessert dish, and although the apples take some time to prepare they are worth doing, especially as they keep some time when bottled.

The sirup must be made with two parts sugar to one of water, the ingredients being brought to the boil and allowed to cook gently till a fairly strong thread can be made by dipping the fingers in the sirup and pulling a little. When the sirup is ready drop in the crabapples and bring gently to the boil; remove the pan from the fire, skim off the scum, lift out the fruit, put into an earthenware pan and cover with the sirup. Let the fruit soak for 24 hours. Now drain off the sirup, add a little more sugar and water and repeat the process. Do this at intervals of 24 hours till the sirup turns to a pink jelly and the crabapples are saturated to the core with sugar. They must be handled very carefully so as not to break the skins. The crabapples can be used at once or bottled and used as required.

Cranberry jelly is almost indispensable with venison and lends piquancy to mutton, too. The cranberries should be well washed and the dark-colored berries picked out, as these spoil the color of the jelly. The following is a popular recipe:

Boil a pint of water and a pound and a half of berries together for ten minutes, then rub through a colander. Return to the preserving pan, add three-quarters of a pound of sugar and boil for five minutes; pot down.

Elderberry Chutney.

When elderberries are ripe enough to gather a very delectable chutney can be made as follows:

Ingredients—One pound of elderberries, three ounces of raisins, half a pint of vinegar, a teaspoonful of salt, six cloves, a little cayenne and mace (just a dust of each), one onion, two ounces of sugar and one-quarter of an ounce of ground ginger.

Method—Run the berries through a sieve, then pound together the onion and the rest of the ingredients, having stoned the raisins first. Put all together in an enameled saucepan and boil for eight minutes. Take the pan off fire, put the lid on and leave till the contents are cold. When cold store in jars and tie down with parchment.

Canned Salad for Winter Use.

Clean and cut in dice carrots and beets. Leave small pearl onions whole. Cut celery in strips. Cook carrots, onions and celery in salted water until tender, cook the beets separately until tender. Place in layers in jars, fill with the water cooked in, seal well. This makes an attractive garnish for fish, chops and steaks in the winter, also an excellent combination salad mixed with a little French dressing. It is ready at a minute's notice, therefore nice for emergencies.

Beef Roll.

Pass two pounds lean beef through meat chopper, add one tablespoonful finely chopped parsley, one teaspoonful salt, one teaspoonful onion juice, one-quarter teaspoonful mace, one-quarter teaspoonful pepper, one egg well beaten and one-third cup soft bread crumbs soaked in cold water and wrung dry. Mix thoroughly and shape into a roll. Place on pieces of salt pork in a baking pan, bake about thirty minutes in hot oven, basting often.

Worth Knowing.

When broiling steak, brush with olive oil. It will keep in the juice. Always flour your pie tins instead of greasing them. You won't have soft pies, says the *Janeville Gazette*.

Soup quickly goes sour in the warm days, but it will keep sweet if a pinch of carbonate of soda is added to every quart.

Makes Glassware Shine.

To keep clear and clean the glass decanter and carafe as well as the water pitcher there is nothing so effective as lemon juice. Cut up the rinds left after making lemonade, add warm water and place in decanter. After a few hours rinse thoroughly.

OSTEND, FAMOUS WATERING PLACE

OSTEND, as a place for temporary occupancy, is the best place the Germans have captured, writes E. N. Vallandigham in the *Philadelphia Record*, for its accommodations for transients are, or were, out of all proportion to its size and normal population. If there is ever a time when Ostend has no visitors its population then numbers something under 50,000. During the long season of its summer and autumn vogue, which extends from the first of June nearly to the end of October, there are far more transient than permanent inhabitants. It is a favorite place for Londoners on vacation, but Ostend also shelters contingents of all ranks.

The place is by no means what the awed admirer of his betters calls "exclusive," yet it is utterly unlike any American watering place, popular or otherwise, and it is in acute contrast with that marvelous resort of the Dutch Scheveningen, where the serried thousands of hooded wicker beach chairs make the foreshore like a vast alary.

Ostend lies in West Flanders, 14 miles from that medieval sleeping beauty, Bruges, the most remarkable survival of older western Europe. A steam railway, a trolley line and a canal connect Bruges with Ostend. To go by canal in one of those slow little power-driven craft that traverse the Belgian interior waterways is to enjoy a charming experience, for the land is rich in varied interest, now occupied by market gardens, now by the villas

plaisant police tolerate at a hundred American seaside resorts. The squeamish dress with care in the odd little houses on wheels with gay curtains jealously drawn as the lady fully clad steps in. After sufficient time for change of costume has been allowed, the fat Flemish horse, under the guidance of a fat Flemish female companion of the bath, draws the bathing-machine into the water, and in due season the fair bather steps into the embrace of the North sea without scandal. When her bath is finished the hut on wheels again receives her, the fat horse laboriously draws her up to the dry sands, the lady dresses at leisure and emerges in street costume. Nothing could be more seemly, modest or droll. Elsewhere along the beach one catches sight of sirens in scant, close-clinging, gaudy costumes that reveal every line of the figure as they disport themselves along with their male escorts, but even for these freer ladies the discreet bathing-machine awaits, and the curious pry in vain at its uncommunicative wooden sides.

Huge and luxurious hotels, rich wine cellars and a truly magnificent gambling house, the Kursaal, are at the service of the invading Germans. When Ostend is in its normal summer and autumn condition the Kursaal is the seat of all its gayety. Here are a gorgeous assembly room of huge size, a theater with large seating capacity, private dining rooms, private play rooms, broad awninged piazzas for dining with the sea beneath one's



THE PROMENADE OF OSTEND

of well-to-do Flemings set amid a riot of bloom and amply shaded with trees and shrubbery. Backward the eye takes in the stately towers and spires of antique Bruges silhouetted in soft, air-drawn lines against the tender sky of Flanders.

Old and New Ostend.

There is old Ostend and new, the old with beautiful churches, quaint winding streets, surviving bits as picturesque as parts of Bruges itself. An ample railway station, and many wide and comparatively new streets give even the older part of Ostend a modern touch, and the shore seems wholly modern. Glittering new villas, big and little, salute the eye before one reaches the Ostend of the Londoner's delight, of the cosmopolitan throng, of gayety, brightness and wild extravagance. Take some great American seaside resort, transform its huge wooden hotels into sturdy permanent structures of brick and stone, its boardwalk into asphalted ways buttressed with a granite sea wall, clear it of merry-go-rounds and every like catch-penny device of the garish and noisy kind, and you have Ostend of the sea-front.

An ample foreshore lined with those ridiculous bathing machines that Europe cannot outgrow is spread out before the eyes of the loungeur on the granite-buttressed bluffs above. Thousands walk or sit on the upper level to watch the sea and the bathers. You pay a penny for a chair, whence the North sea glooms beneath your eyes toward England. On bright days it is a delicious expanse of gray-green waters breaking here and there into whitecaps beneath a low, soft, friendly sky. On dull days it is a sullen welter of angry salt water, with murky skeins of smoke in the offing from steamships passing up and down the coast.

On the Bathing Beach.

Ostend has a summer reputation for gayety, and daring display at the bathing beach. As a matter of fact, the costumes would hardly shock one hardened to the things that a com-

eyes, all the solid and liquid luxuries that folk with money to spend enjoy.

Besieged Many Times.

Ostend has stood many a siege, the most notable that of a little more than three centuries ago, when the place yielded to the Spaniards after a resistance of three years. The city has a fine harbor with several basins and a narrow entrance artificially created. Its normal traffic with London is immense, but for the time being the intimate relations of the two cities are suspended, doubtless to the relief of the great seaport.

Nearly two centuries ago the Ostend East India company was organized by the Emperor Charles VI, of Germany, who as ruler of Austria also ruled the Spanish Netherlands. This company was intended to secure for Ostend a share in the East Indian trade, and to make the city a great commercial port. England and Holland, however, jealous of their oriental trade, made protest, and in 1731 the emperor, after having suspended the operations of his company for seven years, definitely abandoned his scheme. Since that time Ostend has been mostly one of Europe's play places.

In the political history of the United States, Ostend has a curious share. When in 1854 James Buchanan, John Y. Mason and Pierre Soule were our ministers respectively to Great Britain, France and Spain, the three met at the charming Belgian watering place and after consultation, prepared what is known as the "Ostend Manifesto," which was a state paper, urging the purchase of Cuba from Spain by the United States, and the seizure of the island if Spain should refuse to sell. The meeting of the ministers had been undertaken at the order of President Pierce, but the great European powers hinted that they would not tolerate the proposed aggression upon Spain, and no political party in the United States approved the manifesto, while the secretary of state was unimpressed. Perhaps the "Ostend Flasco" would be a better phrase to fit this vain attempt.

TAKE TIME TO SMILE



HIS EXCUSE FOR BEING LATE

One of Harry Stevens' Waiters Made "Supreme King" the Night He Was Initiated into Lodge.

Down in New York they are calling Harry Stevens, the gentle, manly and urbane Delmonico of the polo grounds, "Supreme King" Stevens, and this is why:

Harry employs about four hundred waiters and vendors to serve the crowds during games, and he is a stickler on promptitude. One day one of his skilled lieutenants, who wields the razor and shaves him for the sandwiches, reported late and Harry caught him.

"Why are you late?" demanded Harry.

"You see, Mr. Stevens, sah, I was initiated into the lodge last night and Ah was up so late. Ah overslept."

"No excuse," snorted Harry. "Initiation doesn't last all night."

"But, sah, affah Ah was initiated Ah was inducted into office."

"Inducted into office the first night?" demanded Harry. "What office?"

"Ah was inducted into the office of supreme king."

"Supreme king—the first night you join the lodge!" exclaimed Harry.

"Yes, sah. You see, dat am de lowest office we hab."

A Painful Reminder.

"I must tell you about the strange conduct of Wasserby."

"What did he do?"

"We passed a church on our way to town this morning. When he saw it he shuddered and turned pale."

"What church was it?"

"The Bristol Memorial Methodist, South."

"Ah! That is the church he was married in."

Sarcasm.

"You'll simply have to take what we've got," she said to the man her husband had unexpectedly brought to dinner.

"That's all right," said the guest.

"Ever since we've been married I've been trying to convince Jim that this is just our home, not a delicatessen store."

Cautioned.

"Hey!" shouted the sheriff, "don't you know you're exceeding the speed limit?"

"How do you know?"

"Cause you're ridin' an' I'm walkin'. Any automobile that passes a sheriff who wants a lift to the next town is goin' rather reckless."

Some Use.

Bacon—A "knocker" isn't much use in this world.

Egbert—Oh, yes he is. This paper says that each woodpecker in the United States is worth \$20 in cash, when the value is estimated on the value of the good that it does to the trees.

ABSDUD.



"Did that guy you braced fall for your hard-luck story?"

"Naw. He said I was trying to work him."

"H'm. How foolish to suspect youse of working."

Time's Remorseless Molar.

"I thought," said the indignant answerer of an advertisement, as he looked about an empty room, "that this was advertised as a 'going concern.'"

"It sure was," said the janitor, as he wrung his mop, "but that was last week. It's gone now."

The Arrival.

"I would have you understand," said the actor who was talking of salary for next season, "that I have arrived."

"I guess that's right," answered the manager, who was once a railroad conductor; "and, having arrived, here is where you get off."