

West Point's Model Kitchen—Envy of Hotel Keepers.

March about 500 American youths, every one of them with the appetite of a farmer's son, into a dining room, give them about 40 minutes in which to eat their dinner, supply only one waiter to each 20 boys, and you would be likely to have a riot on your hands in a few minutes. Suppose in addition that back in the kitchen there are only two cooks for these lads. Suppose that 500 portions of roast beef have to be carved and served between the time the lads begin to eat their soup and the time they finish it; that the vegetables and the dessert have to be served; that the dishes of each course have to be removed and finally that these same boys have to be turned out in orderly fashion, with no confusion and with appetites sated. Is not that a job that even the biggest of the modern hotels would not care to undertake?

That is what is done three times a day at the United States military academy at West Point. There isn't any riot in the mess hall or any confusion in the kitchen. The great hotel-keepers are constantly sending their stewards and chefs to inspect and it and to study its labor-saving devices.

The West Point kitchen is a food laboratory and a food factory combined. Everything possible is done by machinery. The roast beef is carved by a machine—500 cuts of it in less than five minutes. This machine does the work of five men. Potatoes are peeled by machinery. The bread is mixed, kneaded, rolled into loaves and cut by machinery. The ice cream is made by machinery. The milk is sterilized by machinery.

The dishes are washed and dried by machinery. The cutlery is cleaned and sharpened by machinery and the silver is polished in that way. The doors of the dining hall open and shut automatically the waiters pass through, and 500 pairs of jaws work in the dining hall as if they, too, were operated by machinery. The boys march in and out with the precision of machines.

Think of cooking 1,000 soft-boiled eggs at once. Think of arranging your store-rooms with each article tagged and marked as to cost so that at the end of each day you can figure out whether it has cost 63 or 64 cents to feed each boy for that day. Think of a tile-floored dining hall that is scrubbed with soap and water three times a day, and a kitchen in which the walls are washed down constantly and without the slightest odor. That you will find at West Point.

The place is equipped with its own ice-making machine, with an electric-lighting apparatus, with elevators and large cold-storage places holding a month's supply of meat and fruit and nearly a year's supply of butter.

Captain Thomas Franklin has been charge of the mess hall at West Point for four years and it is he who has brought about this degree of perfection.

"How did you ever do it?" is the first question asked by visitors. "Well, I read the newspapers."

For more than two years Captain Franklin was studying kitchen devices and labor-saving methods. He traveled to all of the large cities of the country and inspected great kitchens. He read up on all the kitchen labor-saving machinery here and abroad.

He was confronted with the problem not only of providing good food but of keeping down the cost. The government provides the mess hall heat and light at West Point and the cadets pay the rest. They get something like \$51 a month and they have to feed and clothe themselves on that and also to lay by \$9.50 a month.

Has Captain Franklin solved the problem? The proof of the pudding is in the eating.

The West Point boys gain in weight fast the first year. Each year afterward they put on more weight but more slowly than the first year. For the first three months of their stay they lose weight.

"That's when we are getting the buttermilk out of them," is the way Captain Franklin puts it.

When the boys march in to dinner they go to their places with precision and each one folds his overcoat on the back of his chair. A plate of soup is at each one's place.

At a certain moment the roast beef starts up. The waiters each with his own set of dishes, stand in a row. The meat is served on hot plates just taken from a warmer.

The waiters, still in line, get their vegetables on the trays and before the soup is finished the first man appears through the doors that open automatically and the cadets have their solid food before them. When they are finished they march

out and certain receptacles for scraps are brought in. The scraps are classified and through the use of machinery in preparing the food the waste has been reduced from two carloads a day to one half carload.

One of the most interesting of the kitchen machines is the potato parer. It consists of a big hopper into which a bushel of potatoes is dumped. In the bottom and along the sides are what a housewife would call nutmeg graters. The skin is burled off the potatoes and a saving of 80 per cent is made over ordinary potato peeling. The eyes are removed by hand. The potatoes glisten almost as if they had frosting on them.

In the bakeshop every useful device has been adopted that Captain Franklin could find. By experimenting it is determined exactly how many pounds of flour and water flow together into a big kneading trough, were rotary shafts and big wooden kneaders, that look like Indian clubs mix and knead the mixture.

No hand touches it. Then it is put into a molding machine, where the loaves are rolled out and slipped into pans. The loaves are exactly two feet long and round with crust all around them.

The boys like crust, and the loaves are such that there is less waste in unused pieces than in any other form. So little waste is there that often times the cooks have difficulty in getting enough to make breadcrumbs from. Then the bread is put into an oven. After each baking the bread is weighed so that the relative value of brands of flour can be tested. The bread is sliced by machinery just before the boys go to their meals.

Most hotels use machines for making ice cream, but they are of the old-fashioned sort, with salt and ice to finish the product. The West Point machine uses the brine from the refrigerating plant. The ice cream is pushed out when a telltale device announces that it is frozen and then is made up into molds.

The authorities at the point are especially proud of their sterilized plat for milk. All the milk used is purchased from a dairy across the river, which Captain Franklin inspects regularly. The milk is subjected to a heat of 180 degrees and then passes to another heated to 100 degrees and then to another heated at 34 degrees.

All this is done in three minutes and the flavor of the milk gives not the slightest indication of the treatment it has received. What makes the authorities proud is that not a single case of typhoid or any other disease that can be traced to cows milk has occurred at the institution since this sterilizing plant was put in.

The dishwashing machines consist of two parts. In the first part the dishes are washed and in the other they are rinsed.

How Judge Lindsey Saves Boys.

The old proverb: "An ounce of prevention is worth a pound of cure," is demonstrated by the juvenile court of Denver beyond the shadow of a doubt. Judge Lindsey's description of how he came to start the paroling system of delinquent juveniles is most interesting. His heart was moved by the walls and lamentation of the Italian mother of a sixteen-year-old boy, sentenced some years ago to the reform school. He suspended the sentence, out of pity for this wildly weeping woman, who clung frantically to her boy and moaned in agony at the sentence—which was never pronounced, because there was no need of it—was never regretted. The boy simply appreciated the leniency of the court and returned. The judge kept track of him and the family, and never had cause to wish he had acted otherwise. If one boy would reform and cease to regard himself as an outcast, and an Ishmael against the world, why not others? This thought started the juvenile court, now spreading as did gentleness of treatment in the insane asylums, kindness in the penitentiaries and humanity in war. The wonder is that the most essential of all, the saving of the tree by protecting the roots, should be the last of the much needed reforms.—Sunset Magazine.

Something new—Spider-Web social.

Spider-Web social, Saturday, March 10, Admission 10 cents.

BORN—To Mr. and Mrs. Ernest McReynolds, a girl Sunday night.

K. C. Hansen vs. L. Lurch; to quiet title. Demurrer to amended complaint.

J. S. Benson vs. J. P. Curran; to render an accounting. 15 days to inspect books and file reply.

Oscar Corder who had pleaded guilty to the charge of stealing ore from the Oregon Securities Co., in Bohemia was today fined \$350.

Reduced Passenger Rates From Eastern Points to Cottage Grove.

From Feb. 15th until April 7th and from Sept. 15 until Oct. 31st, 1906 Colonist tickets will be sold from the east to Oregon Line points as follows:

From Chicago, Ill., \$33.00.
" St. Louis, Mo., \$30.00.
" Memphis, Tenn., \$37.50.
" Omaha, Neb., \$25.00.
" Kansas City, Mo., \$25.00.
" St. Paul, Minn., \$25.00.
" Sioux City, Ia., \$25.00.
" Denver, Colo., \$25.00.

Corresponding rates will be made from other points, and will apply to all points on Oregon Lines.

J. M. ISHAM

Conditions at Panama.

"Panama Without Prejudice" is the heading used by Frederick Palmer over the first of a series of articles portraying conditions in the canal zone. Mr. Palmer is a writer with a reputation fully equal to that of Poultney Bigelow, who in a recent rapid-fire review of a hasty visit to the Isthmus placed in circulation some very unfavorable comment regarding conditions at Panama and Colon. Mr. Palmer's views, naturally, are at wide variance from those of Mr. Bigelow. This can readily be understood when it is remembered that Mr. Bigelow was on the Isthmus less than twenty-four hours and made up the most of his story from "hearsay" evidence, collected from disgruntled employees who had returned to this country. Mr. Palmer's story is the result of a protracted stay on the Isthmus, in which all phases of the big undertaking were carefully studied.

This first article of Mr. Palmer's in the current issue of Collier's deals with the health problem, and makes clear that to the failure of the government to pay early attention to this important matter is due much of the expensive trouble and delay that have resulted.

"In their endeavor to win the favor of the public and of congress," says Mr. Palmer, "the adherents of the Panama and Nicaragua routes, had reduced the problem of an isthmian canal to the simple feat of cutting a ditch across a neck of land." This, according to Mr. Palmer, was the view that Engineer Wallace accepted before he made his spectacular appearance and disappearance at Panama. It was the "something in principle as making a drain in your own yard. All that was required was a crowd of workmen, who would make the dirt fly." Local conditions at the Isthmus were entirely overlooked by Wallace in his hurry to make the dirt fly. To quote from Mr. Palmer:

He took to the Isthmus the standard of Illinois where he had white laborers who did not work in the face of yellow fever and acute malaria, where sanitation did not concern him, where his only problem was getting out the dirt, where he was the center of an elaborate railroad system, and if he wanted a part of a machine he could have it on twenty-four hours' notice.

Wallace proceeded on the Illinois standard and almost immediately on arrival began making the earth fly in the softest part of Culebra cut, or, as Palmer says, by the same method "as that of the boy who eats the custard out of the pie and leaves the crust." This was easy so long as the good weather lasted, but with the advent of the rainy season tracks, carts and every thing else were floating around in a sea of mud and the health of the workmen became so bad that the cost of excavation rose to exorbitant figures. At the period when chaos reached its climax Mr. Wallace resigned, leaving the canal project as a whole, in infinitely worse shape than he had found it. And it was at this juncture that there came a change in the method of reckoning time in the canal zone.

The change in the new order of things was as different from the old that the dwellers along the Isthmus all dated events from "before Wallace went" or "before Stevens came."

The canal will be dug, however, and means will be found to overcome the difficulties which have delayed the work; this too, without the loss of life and treasure that foes of the canal have held up before the American people as spoils to secure them out of the project.

Mr. Palmer shows that the disease menace already eradicated. Only four white employees out of 1700 died in December and two of the cases were malaria. For more than two months, says he, there has been no yellow fever. "Out of 22,000 men on the Isthmus, only 22 out of 1000 are absent daily from work on account of sickness—this against 27 per 1000 in the New York street-cleaning department." Oregonian.

I. H. Bingham left for his home after spending a couple of days here on politics.

Market Reports.

Portland, Mar. 8 1906.

GRAIN, PRODUCE, FEED.
Wheat—Walla Walla, 67c; Valley, 73c; bluestem, 69c red, 65c.

Oats—White, \$28; gray, \$27. Barley—Brewing, \$23.50; feed, \$23; rolled, \$24 to 25.

Hay—Timothy, \$10 to \$11; clover, \$8.50 to \$9; cheat, \$7.50 to \$8; alfalfa, \$10.

Millstuffs—Middlings, \$25 to 26; cheap, \$19; bran, \$17 to 18; shorts \$18 to 19.

Flour—Hard wheat, patent, \$4.10; straight, \$3.50; Graham, \$3.50; rye, \$5; whole wheat flour, \$3.75; valley flour \$3.50 to 3.65.

Dakota, \$6.50 to 7.25; Eastern rye, \$5.40; Pillsbury, \$6.20.

Corn—Whole, \$24; cracked, \$25 per ton.

Rye—\$1.50 per cwt.

PRODUCE.

Butter—Fancy creamery, 27 3/4c; city creamery, 30 to 32 1/2c dairy, 16 1/2 to 17c; store 14 to 15c.

Cheese—Young America, 16c; Oregon full cream, 15c.

Eggs—Fresh Oregon ranch 16.

Poultry—Roosters, 18 to 19c; hens 12; fryers, 10 1/2 to 11; broilers 11 to 11 1/2c; geese, live, 9 to 10; dressed, 13 to 14; turkeys, live, 14-15 dressed, 16 to 17c; ducks, old, 12 to 13c; spring ducks, 15 to 16c; pigeons, per dozen, \$1 to 1.25; squabs, 2.50 to \$3.

Honey—Dark, 10 1/2 to 11c; amber, 12 to 13c; fancy white, 14 to 15c.

FRUITS AND VEGETABLES.

Apples—Green, 75c to 2.25.

Grape fruit—Crates \$3. to 3.50.

Cranberries—\$14.

Tropical fruits—Lemons, fancy, \$3.50; choice, 3.00 per box; oranges, \$2.75 to 3.00; bananas, 5c per lb; pineapples, \$4.50 to 5 per dozen.

Potatoes—Oregon, 60 to 75c.

LIVESTOCK MARKET.

Cattle—Best steers \$3.75 to 4.00; cows, 3.00 to 3.25; calves, \$3.00 to \$4.75.

Sheep—\$5.00 to 5.50.

Hogs—\$6.25 to 6.50.

HOPS, WOOL, ETC.

Hops—Choice 10 to 11.

Wool—Valley 26 to 27 c; East, 28 to 29 c; Oregon 18 to 20c.

INDIGESTION.

No appetite, loss of strength, nervousness, headache, constipation, bad breath, general debility, sour risings, and catarrh of the stomach are all due to indigestion. Kodol Dyspepsia Cure cures indigestion. This new discovery represents the natural juices of digestion as they exist in a healthy stomach, combined with the greatest known tonic and reconstructive properties. Kodol Dyspepsia Cure does not only cure indigestion and dyspepsia, but the famous remedy cures all stomach troubles by cleansing, purifying, sweetening and strengthening the mucous membranes lining the stomach.

Kodol Dyspepsia Cure after meals is not only thoroughly reliable digestant, but it contains great tonic and reconstructive properties as well. This famous remedy enables the stomach and digestive organs to thoroughly digest, assimilate and contribute to the tissues all of the nourishment that is contained in such food as may be eaten.

Kodol Dyspepsia Cure clears the way and makes sure the journey from sickness to health and weakness to strength. If the stomach is disordered Kodol will cure it.

Kodol Dyspepsia Cure lays the foundation for health, and the upbuilding of strength by cleansing, purifying and sweetening the glands and membranes of the stomach, and by supplying natural juices necessary to perfect indigestion, assimilation and nutrition. Kodol digests what you eat, prevents colic, cholera, diarrhoea, flux, dysentery and summer complaints generally, and its use will cure indigestion and chronic dyspepsia permanently. Kodol is good alike for young and old. Your druggist sells it.

The best safeguard against headache, constipation and liver troubles is DeWitt's Little Early Risers. Keep a vial of the famous little pills in the house and take a dose at bed time when you feel that the stomach and bowels need cleansing. They don't gripe. Sold by Benson's Pharmacy.

REGISTRATION OF LAND TITLE NO. 29.

In the Circuit Court of the State of Oregon.

For the County of Lane.

In the matter of the application of Mary A. Walden against L. C. Scott and all whom it may concern, defendants, to register the title to the land described, as follows, to-wit:

Beginning at a point on the line between sections 1 and 2 of T. 21 South, range 3 West of W. M. and run South 2.25 chains, West 40 chains, South 25.98 chains, North 67 degrees East 52.97 chains and thence North 40 degrees 30 minutes West by direct line to the place of beginning, containing 76.55 acres, more or less, in Lane County, Oregon.

To all whom it may concern:

Take notice, that on the 7th day of February, A. D. 1906 an application was filed by said Mary A. Walden in the Circuit Court of Lane County for initial registration of the title to the land above described. Now unless you appear on or before the 12th day of March A. D. 1906 and show cause why such application shall not be granted, the same will be taken as confessed and a decree will be entered according to the prayer of the application and you will be forever barred from disputing the same.

(Seal) E. U. LEE, Clerk.

A. E. WHEELER, Applicant's Attorney.

High Grade Meats

Fresh Beef, Pork, Mutton and Veal always ready.

Our Refrigerator

is the finest in Oregon.

Fresh Fish each Tuesday and Friday.

See our plant, everything new and up-to-date.

J. H. Bartels & Co.

Phone Main 83.

You will always be happy if you burn electric lights, for they will "Tickle you to death."

Cottage Grove Electric Co.

Lodge Directory.

A. F. & A. M.

Cottage Grove Lodge No. 51.

Meetings 1st and 3rd Wednesdays of each month.

L. F. Wooley, W. M.

J. B. Lurch, Secy.

G. A. R.

Appomattox Post No. 34.

Meets at 1 p. m. on the 2nd and 4th Saturday of each month.

Dr. D. L. Woods, Post Com.

G. W. McReynolds, Adjutant

W. O. W.

Bohemia Camp No. 260.

Meets each Friday evening.

F. C. Coffman, Consul Com.

Chas. VanDenburg, Clerk.

O. E. S.

Cottage Grove Chapter No. 4.

Meetings held on 2nd and 4th Friday of each month.

Mrs. C. H. Burkholder, W. M.

W. S. Bennett, W. P.

Miss Celia Lurch, Secy.

K. of P.

Juventus Lodge No. 48.

Meets every Wednesday night.

L. W. Baker, Chancellor Com.

Chas. VanDenburg, K. of R. & S.

I. O. O. F.

Cottage Grove No. 68.

Meetings every Saturday night.

S. S. Shortridge, N. G.

Gus D. Gross, Secy.

M. W. of A.

Meetings 1st and 2nd Tuesday.

LeRoy Woods, Consul.

C. W. Wallace, Secy.

Royal Neighbors.

Meets 2nd and 4th Wednesday of each month.

Ethel Bisby, Oracle.

Mrs. C. W. Wallace, Recorder.

K. O. T. M.

Cascade No. 66.

Meets every Thursday night.

O. H. Veatch, Com.

R. K. Dennis, Cooter.

L. O. T. M.

Lady Lamson Hive No. 42.

Meets 2nd and 4th Friday of each month.

Mrs. Mary Schmutz, L. C.

Miss Leta Sanford, K. K.

Rebbeccas

Cottage Grove No. 24.

Meetings 2nd and 4th Friday of each month.

Etta Baker, N. B.

Katie B. Veatch, Secy.

Cottage Grove HOTEL

Mrs. I. E. THOMPSON.

Rates per day \$1.00

Room and board, per week \$4.50

Mahara Bros. Big Minstrel Carnival is booked to appear at the Opera house on Tues. March 13th.

For more than twenty years Mahara's has been recognized as the leading Minstrel organization traveling the circuits and during all these years they point to an unbroken record of promises fulfilled. They have never defaulted in the presentation of every advertised feature and in consequence the name of Mahara has become recognized as the accepted synonym for all that is new and entertaining in minstrelsy.

This season's program is enhanced by the addition of a number of pretty Creole girls who not only lend realism to the vivid pictures of plantation life in the south but are seen in up to date specialties and ensemble numbers culled from latest N. Y. and Chicago's big musical reviews. A big crowd will be on hand to greet this sterling company in Cottage Grove.

Little Early Risers The famous little pills.

Mr. Seward Dorena moved his family to Alca on Monday, where they will conduct the boarding house.

THE ORIGINAL LAXATIVE COUGH SYRUP KENNEDY'S LAXATIVE HONEY TAR Red Clover Blossom and Honey Bee on Every Bottle.

CATARRH



ELY'S CREAM BALM

This Remedy is a Specific, Sure to Give Satisfaction.

GIVES RELIEF AT ONCE.

It cleanses, soothes, heals, and protects the diseased membrane. It cures Catarrh and gives away a Cold in the Head quickly. Restores the Senses of Taste and Smell. Easy to use. Contains no injurious drugs. Applied into the nostrils and absorbed. Large Size, 50 cents at Druggists or by mail; Trial Size, 10 cents by mail.

ELY BROTHERS, 56 Warren St., New York

ARRIVAL AND DEPARTURE OF S. P. TRAINS.

NORTH BOUND SOUTH BOUND

No. 12 11:53 a.m. No. 11 3:05 p.m.

No. 10 2:02 p.m. No. 9 2:24 a.m.

Time Table No. 4 To take effect April 2d, 1905.

East Bound and 4 Tuesday W. Bound

and 4 Saturday and Daily Except Sunday.

No. 3-No. 4

F.M. A.M. F.M. A.M. F.M. A.M. F.M. A.M.

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