

THE MEN BEHIND THE GUNS



This is a reproduction of a drawing by Howard Chandler Christy, which the author contributed to the food administration for use in its campaign for food conservation.

Military Organization of Romans 2,000 Years Ago Was Model of Efficiency

When Rome invaded the Germanic countries—about 11 B. C., or Julius Caesar's time—the Roman general staff was obliged to send back to the rear along the Rhine and the Lippe—large amounts of grain and other rations, says the People's Home Journal. The vessels in which these were transported nearly 2,000 years ago have been found in mounds of earth and refuse recently excavated. These great earthen vessels are marked with many inscriptions regarding their contents, showing how carefully the Roman general staff did its work. As an example of efficiency the Roman military organization has been the wonder of the world. From the inscriptions on these vessels one discovers how the Roman soldier was fed. His rations evidently consisted of bread, the staff of life, for the preparation of which the grain was ground in small hand mills.

Fish, snails, mussels and oysters, as well as many kinds of fruit, especially peaches, were included in the bill of fare. Of metal vessels the common man of that day knew very little; he ate from earthen unglazed dishes and cooked his food in pots of the same ware. A curious document has been found in the caves of the 1,000 Buddhas in India, written about 900 A. D., and in a good state of preservation. The author, a military officer by the name of Bagatur Chigsl, pronounces in angry terms his dissatisfaction with the food supplied by the commissary department, viz: One sheep and two butts of water for the commanding officer and 30 adjutants, all of whose names are recorded. "Bagul, the commissary, is a wretched, good-for-nothing slave," declared Bagatur. This complaint recorded over 1,000 years ago, is the "touch of nature which makes the whole world kin."

Guard Little Expenses and Big Ones Give No Trouble

It is not "mean" to keep an account of little expenses, observes an exchange. The United States government requires all postmasters to collect and sell waste paper and string, and render an account of the money realized from the sale; army officers are required to account for every hammer, every bit of harness, yard of cloth or gilt button; and the weather bureau requires its observers to report the disposition of every postage stamp.

So it is in every great mercantile or manufacturing establishment, the little expenses are rigidly looked after, because experience has shown that in the aggregate they amount to large sums.

Take care of the pennies by noting where they go, and you will be surprised to find how the practice will act as a check on useless expenditure. Keep a guard on the little expenses and you will have no trouble with the big ones.

Mud Hornet Is More Than A Match for the Spider; Captures Victim by Trick

I once saw, on the porch of my residence on Lake Hopatcong, a mud hornet deliberately fall into and entangle herself in a spider web, Hudson Maxim writes in the North American Review. The spider, perching upon an outer corner of the web, instantly sprang at the hornet, then stopped, and decided that it did not want to tackle the hornet, and returned to its perch.

After waiting a while for the spider to come to the attack, the hornet freed herself very easily from the web; and I watched her fly several times in circles and then deliberately alight in another nearby web and entangle herself in it. Instantly the alert spider, evidently either more hungry or less cautious than the other, sprang upon the hornet, when, with an alacrity that would shame the lightning, and with a precision developed beyond the contingency of error, that hornet seized the spider, jabbed her sting into it and paralyzed it. Then she did it up nicely and carried it away.

I learned afterward, in the study of insects, that this is the regular habit of the mud hornet—that she catches spiders in this manner, paralyzing them with her sting. She places them one after another in a mud pocket that she has constructed for the purpose, until she has enough canned spiders to feed her young when they hatch out in the spring. The spiders do not die, but remain alive in their prison until attacked by the larvae of the hornet and eaten at the proper time. Rather hard on the spiders—but the habits of the spiders themselves are not such as to elicit much sympathy.

Wise and Otherwise.

Love makes the world go round and men go broke.

Some people are proud of their past—because it is past.

What women say causes more trouble than what men think.

To the woman who carries her age well life isn't much of a burden.

It doesn't pay to advertise unless you are able to deliver the goods.

One way to make people believe in you is to pretend that you believe in them.

Gossips have no use for people who refuse to supply them with raw material.

Sincerity Necessary.

I should say sincerely, a deep, great, genuine sincerity, is the first characteristic of all men in any way heroic.—Carlyle.

When Dwarf Sees Farther.

The dwarf sees farther than the giant when he has the giant's shoulders to mount on.—Coleridge.

Fresh Air in Both Home and Hospital Important Says a Health Official

Fresh air is the environment in which man developed to his present state of perfection. Now that our newspapers reach to every nook and corner of the world, bearing the message, most men and women appreciate the part pure air plays in sustaining health, writes Samuel G. Dixon, M. D., LL. D., D. Sc., commissioner of health.

Owing to the various demands of civilization we find it hard to be where we can best earn a livelihood and at the same time dwell in an atmosphere sufficiently pure to maintain perfect health. Not only the medical profession, but now the general public, appreciates that in the cure of tuberculosis of the lungs fresh air is essential, and, therefore, all our best hospitals are built and managed so that the patients may receive the maximum of fresh air.

Purity of air is necessary for the sick. This is often lost sight of by patients and those to whose care they are intrusted. During convalescence of patients from acute diseases in cold weather, we find in homes and hospitals where there are the greatest luxuries that those in attendance on the sick often neglect maintaining the regulation temperature. Physicians, internes and nurses, who have to be up and down at all times of the day and night, and often fall to dress themselves sufficiently for protection against the cold air that the patient in bed should receive if those in charge are to get the best results. They should measure the temperature of the room by a thermometer and not by their own feelings.

Rats, Pets of Miners, Warn Workmen of Unseen Dangers

There is one place in the world where rats are pets. Such is the case, says the public health service, in the deep gold mines of the mother lode in California.

In those underground workings there are great numbers of rats, which are petted and fed by the miners. When the latter assemble at noon to eat their lunch, the hungry rodents likewise gather to receive scraps of food thrown to them. They are very tame.

The miners cultivate their good will because they believe that the rats warn them of unseen dangers, and that the little animals can tell by instinct when the roof of a tunnel or gallery is unsafe. In the latter case they scurry away. If poisonous gases are present, they give notice of the fact by showing symptoms of distress.

Mother's Cook Book

Variety in Put-Up Lunches.

The problem of school lunches for the mother who has this daily routine is one which needs study and planning. The sandwich, however good, attractive and in what variety, is not the whole idea of food for the lunch basket. The usual hard-boiled egg which is so frequent in the lunch, might be replaced by a cooked egg, finely chopped and well seasoned, put into a small jar with a screw cover. Other edibles of soft nature might be served in the same manner, such as potato or other salads, a little fresh fruit in season, canned fruit, apple sauce cranberry or various custards. Coffee or lemon jelly is a great favorite and individual cakes are more inviting and dainty than sliced from a loaf. When possible in school, especially in hot weather, a hot drink like cocoa, hot milk or a steaming hot soup is most satisfying.

Barley Sponge Cake.

Separate the whites from the yolks of four eggs. Beat the yolks and a tablespoonful of lemon juice and a cupful of sugar, a pinch of salt and a cupful of barley flour. Fold in the whites of the eggs and bake in a slow oven.

Spice Barley Cake.

Take a half cupful of shortening, a cupful of sugar, a cupful of sour milk, a teaspoonful each of cloves, cinnamon, nutmeg and allspice, one egg, a fourth of a cupful of sliced citron, 2½ cupfuls of barley flour, three teaspoonfuls of baking powder, a half teaspoonful of soda, dissolved in the sour milk, a cupful of raisins and two tablespoonfuls of molasses. Mix all together and bake in a moderate oven.

Barley Doughnuts.

Take a cupful of milk, a cupful of sugar, two eggs, four tablespoonfuls of melted shortening, a half teaspoonful of salt, a fourth of a teaspoonful of various spices, three teaspoonfuls of baking powder added to two cupfuls of barley flour, using more to mix and roll out, about five cupfuls in all. Fry in deep fat as usual. Sprinkle with powdered sugar and serve.

STATE NEWS IN BRIEF.

R. Alexander, a prominent merchant of Pendleton, is considering becoming a candidate in the Republican primaries for state treasurer, according to word received in Salem.

The Grant county court at the January term placed the sum of \$50,000 subject to the order of the State Highway commission for use in constructing the John Day highway in Grant county.

The Henryville mine, near Marshfield, leased a year ago by R. M. Jennings, has been turned back to its owners, the Coos Bay Lumber company, with liabilities against it amounting to nearly \$30,000.

Cyrus H. Walker, of Albany, oldest living white man born west of the Rocky Mountains, was struck by an auto in Albany Friday night, but escaped serious injury. He suffered severe bruises, however.

At a meeting of the board of directors of the Multnomah County Fair, at Gresham, held Monday, the dates for this year's exhibit were set—September 17-21. The printing of the 1918 premium list was authorized.

Secretary Lea, of the State Fair board, who left Friday for New Westminster, B. C., where he will attend a meeting of the North Pacific Fair association, says he believes none of the fairs on the circuit will attempt to eliminate racing this year.

J. W. Brewer, farm help specialist of the Federal bureau of agriculture, says that he expects to have the crop and labor survey he is making of the state, in conjunction with the state labor commissioner and the extension department of the Agricultural College, completed by March 1.

The Southern Curry County Telephone company was granted a reclassification of its rates in an order issued by the Public Service commission Saturday, to become effective February 1. Under the present rates \$6 a quarter is charged for its various classes of business and residence service.

That Judge Will R. King, solicitor for the reclamation service, intends to become a candidate for United States senator on the Democratic ticket and to file his declaration soon, is indicated in a letter from George A. Ward, of Washington, D. C., connected with the reclamation service, to Secretary Olcott.

Because of a shortage of labor, adverse weather conditions and difficulty in obtaining a piledriver, Hood River county has been delayed in replacing a 100-foot span of the high trestlework approach to a bridge across Hood River connecting the city with the East Side orchard district. The bridge was washed out the week before Christmas.

Henry Hooker, said to have declared to his fellow workers in the Silver Falls Lumber company's camp, near Silverton, that he is an alien enemy and would return to Germany and fight for the Kaiser if given the opportunity, was taken to jail at Salem by Deputy Sheriff Bowers. Hooker says he was born in Prussia and has lived in America for years. He will be turned over to the Federal authorities.

George Sheridan, of the Sunrise Condensery, owned by the Armour Packing company, who returned to North Bend from Seattle Sunday, said the plant will be expanded so as to increase the output during 1918 not less than 75 per cent over that of last year. By increasing its price for butterfat to 73 cents per pound two months ago, this condensery now handles practically the entire output of milk of the Coos Bay territory.

W. B. Wing has become the owner of the Deerhorn ranch of 1100 acres on the McKenzie river as the result of a trade in which he exchanged his grocery, meat market and butchering plant in Eugene.

The Great Northern Pacific Steamship company has notified Corporation Commissioner Schulerman that its capital stock of \$5,000,000 is being reduced to \$352,000, owing to the commandeering of the Steamships Great Northern and Northern Pacific by the government.

State Labor Commissioner O. P. Hoff, in addressing the session of the State Federation of Labor at Astoria announced that he would not be a candidate for re-election to that office at the coming election. He said he had devoted many years to public work and now intends to retire to private life.

Fifty-one Klamath county men have failed to file their questionnaires with the local exemption board within the required time and their names have been referred to the police authorities at Klamath Falls, according to Chief Clerk Glenn Callen, of the local board. If their whereabouts are not ascertained within five days the names of all will be certified to the adjutant-general as delinquent.

War Recipes

Cut out the following recipes and paste them in your cook book to help you Hooverize. They have been thoroughly tested by instructors and special lecturers in the department of economics at the University of Washington.

Rice Yeast Bread—½ c milk and water, 4 tsp sugar, 4 tsp fat, 1½ tsp salt, 7 c boiled rice, 8 c flour, ½ cake compressed yeast, ½ c warm water. Scald liquid, pour over fat, sugar and salt. Cool and add yeast moistened in ½ c warm water. Add rice and flour and knead. After second rising bake 45 minutes.

Potato Yeast Bread—½ c milk and water, 4 tsp sugar, 4 tsp fat, 1½ tsp salt, 4 c boiled potatoes (mashed), 8 c flour, ½ cake compressed yeast, ½ c warm water. The dough is soft at the second handling but after baking produces a satisfactory loaf. This recipe makes three loaves.

Cornmeal Yeast Bread—1½ c milk and water, 2 tsp sugar, 1 tsp fat, 2 tsp salt, 2-3 c cornmeal (white or yellow), 2 1-3 c flour, ½ cake compressed yeast, ½ c warm water. Add sugar, fat and salt to liquid and bring to boiling point. Add cornmeal slowly, stirring constantly until all is added. Remove from fire, cool mixture and add compressed yeast softened in ½ c warm water. Add 2 1-3 c flour and knead. Let rise until double in bulk, knead again and put in pan. When light, bake in moderate oven at least one hour.

Barley Yeast Bread—1 c milk and water, 1 tsp sugar, 1 tsp fat, 1 tsp salt, 1 1-6 c barley flour, 2 1-3 c wheat flour, ½ cake compressed yeast. Soften yeast in part of the liquid. Combine ingredients. Mix into dough. Knead and let rise to double original bulk. Knead again. Put in pan and when again double in bulk bake about 45 minutes.

Rye Yeast Bread—1 c milk and water, 1 tsp fat, 2 tsp sugar, 1 tsp salt, 1½ c rye flour, 1½ c wheat flour, ½ cake compressed yeast, 2 tsp water. Combine as for barley bread and bake 45 minutes.

Oatmeal Yeast Bread—1 c milk and water, 1 tsp salt, 1 tsp fat, 1 tsp sugar, 1 c rolled oats, 2½ c wheat flour, ½ cake compressed yeast, ½ c warm water. Scald liquid and pour it over rolled oats, sugar, salt and fat. Let it stand until lukewarm, add yeast softened in warm water, add flour and knead. Let rise until double in bulk, knead again and place in pan. When light bake in moderate oven 45 to 60 minutes.

NORTHWEST MARKET REPORT

Wheat—Bulk basis for No. 1 grade: Hard white: Bluestem, Early Bart, Allen, Galgalus, Martin Amber, \$2.05. Soft white—Palouse bluestem, forty-fold, White valley, Gold Coin White Russian, \$2.03. White club—Little club, Jenkins club, white hybrids, Sonora, \$2.01. Red Walla Walla—Red Russian, red hybrids, Jones life, Coppe, \$1.98. No. 2 grade, 3c less. No. 3 grade, 6c less. Other grades handled by sample.

Flour—Patents, \$10. Millfeed—Net mill prices, car lots: Bran, \$30 per ton; shorts, \$32; middlings, \$39; mixed cars and less than carloads, 50c more; rolled barley, \$60 @62; rolled oats, \$62.

Butter—Cubes, extras, 50c per pound; prime firsts, 49½c. Jobbing prices: Prints, extras, 52@53c; cartons, 1c extra; butterfat, No. 1, 56@57c, delivered.

Eggs—Ranch, current receipts, 45c per dozen; candled, 47@47½c; selects, 50c.

Poultry—Hens, heavy, 24@25c per pound; light, 23c; springs, 24@25c; stags, 18@20c; ducks, 20@25c; geese, 15@17c; turkeys, live, 24c; dressed, choice, 35c.

Veal—17@18c per pound.

Pork—19c per pound.

January 22, 1918.

Cattle—Med. to choice steers... \$10.35@11.00 Good to med. steers... 9.35@10.35 Com. to good steers... 7.75@ 9.25 Choice cows and heifers... 7.75@ 8.50 Com. to good cows and hf... 6.50@ 7.75 Canners... 3.00@ 6.00 Bulls... 5.00@ 7.50 Calves... 7.50@11.00 Stockers and feeders... 6.00@ 9.00 Hogs—Prime light hogs... \$15.75@16.00 Prime heavy hogs... 15.75@16.10 Pigs... 13.75@14.50 Bulk... 15.75@16.00 Sheep—Western lambs... \$14.50@15.00 Valley lambs... 14.00@14.50 Yearlings... 12.50@13.00 Wethers... 12.00@12.50 Swine... 9.50@10.50

Marie Maxwell