

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 Chigell, 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 sincerity, a deep, 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 fail 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 noontime 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 cool 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.

Neese Maxwell

STATE NEWS IN BRIEF.

School children in Benton and Polk county districts will hold a rural life week February 17-23, in which they will feature George Washington as a farmer.

The Umpqua river is expected to become one of the industrial centers of the state, and the first of three new sawmills now under construction will be ready for operation in two weeks, probably, and in three certainly.

Parole Officer Keller has received letters from three men now out on parole tendering their services to go to France in event a company of prisoners is selected from the state penitentiary, along the line of Keller's suggestion of a few days ago.

Formal organization of the Central Oregon irrigation district, recently voted by settlers on the Central Oregon Irrigation company project, has been completed at Bend, with the election of J. A. Thompson as president and James G. McGiffie as secretary.

For the purpose of developing a saner and better system for the settlement of agricultural and logged-off lands of the state, Governor Withycombe has created a new non-salaried commission, to be known as the Oregon Land Settlement commission.

Frank Astman returned to Canby from Rockaway Beach, Tillamook, last week, where he has a timber claim. Mr. Astman said that he has a contract with the government to cut 1,000,000 feet of split spruce. He will cut 56,000 feet each month. He already has a crew of men at work.

Last week Hood River residents were unable to obtain fish. Local dealers say that halibut has been unobtainable in the Portland wholesale market, and the cost of salmon, 26 cents a pound in Portland, makes it so expensive as a food there that patrons cannot afford to buy it.

Bend policemen raiding a shanty occupied by Joe Kaalestori, in Terminal Addition, this week, uncovered a complete still used in the manufacture of liquor. A patent iron press and five gallons of wine and an additional quantity in process of fermentation were also found. Kaalestori is held under \$100 bond.

The United States government is making an investigation of the ship-building possibilities of the Siuslaw river. A. A. Eichler, of Oakland, Cal., special investigator for the Emergency Fleet Corporation, has arrived at Glenada, and will check up reports on the river now on file in Washington.

The dangerous crossing of the Pacific Highway and the Southern Pacific tracks at Divide, just south of Cottage Grove, must be eliminated during the coming year, according to an order of the Public Service commission. An overhead crossing must be constructed, the railway bearing 40 per cent of the expense, the county 30 per cent and the state 30 per cent.

County agents, home demonstration agents and girls and boys clubs of Oregon have concluded a busy week of preparation for the big food campaign to meet the call of the government for more food production and better conservation. Plans for organizing the farm and the home and the school forces for concerted and well-directed effort by which every lick will be made to count for the most possible, were very thoroughly worked out, and will be put into effect in the counties that have responded to the nation's call for county agents in every 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.

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.

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 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.

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.

Eggless Rye Muffins—1 c rye flour, 4 tsp baking powder, ½ tsp salt, 4 tsp sugar, 1 c milk, 1 tbs melted fat. Mix dry ingredients, add milk and melted fat and bake in a hot oven.

Graham Biscuit—1 c white flour, 1 c graham flour, 5 tsp baking powder, 2 tbs shortening, 1 c milk, ½ tsp salt. Mix dry ingredients and sift twice. Work in shortening with tips of fingers, add gradually the liquid, mixing with knife to soft dough. It is impossible to determine exact amount of liquid, owing to difference in flour. Pat and roll lightly on floured board to ½ inch thickness. Cut with a biscuit cutter, place on buttered pan and bake in hot oven.

Rye Biscuits—1 c white flour 1 c rye flour, 5 tsp baking powder, 2 tbs shortening, 1 c milk, ½ tsp salt. Mix dry ingredients and sift twice. Work in shortening with tips of fingers, add gradually the liquid, mixing with a knife to soft dough. Pat and roll lightly on a floured board to ½ inch thickness. Cut with biscuit cutter, place on buttered pan and bake in hot oven.

Not only can yeast breads and hot breads be made with other flours than white, but cakes made with rye and graham flour are light, attractive and delicious. Spices mask the strong taste of the rye.

Boston Favorite Cake—2-3 c shortening (Cottolene, Kream Krisp, oleomargarine, drippings), 2 c sugar, 4 eggs, 1 c milk, 3½ c flour (equal parts graham and rye), ½ tsp salt, 5 tsp baking powder, ½ tsp cinnamon, ½ tsp cloves. Cream shortening, add sugar gradually, eggs beaten until light, then milk, and then flour mixed and sifted with baking powder. This recipe makes two loaves. If flavor of graham flour and rye is too prominent, use a little more spice.

Coffee Cake Without Shortening—3 eggs, 1 c sugar, 1 c molasses, 1 c coffee, 2 tsp cinnamon, 1 tsp cloves, 1 tsp allspice, 1 tsp soda, 1 lb. raisins, 2½ c rye flour, 2½ c white flour. Mix dry ingredients, add molasses, coffee and beaten eggs and raisins.

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—Red Russian, red hybrids, Jones five, 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 per ton; middlings, \$39; mixed cars and less than carloads, 50c more; rolled barley, \$63@65 rolled oats, \$66.

Butter—Cubes, extras, 50c; prime firsts, 49c. Jobbing prices: Prints, extras, 52@53c; cartons, 1c extra; butterfat, No. 1, 56@57c delivered.

Eggs—Ranch, current receipts, 51c; candied, 53c; selects, 55c per dozen.

Poultry—Hens, 23@23½c; springs, 26; broilers, 29@30c; geese, 16@18c; turkeys, live, 20@25c; dressed, choice, 33c.

Veal—Fancy, 18@18½c per pound. **Pork**—Fancy, 19@19½c per pound.

Sack vegetables—Carrots, \$1.25 per sack; beets, \$1.50 @ 1.75; turnips, \$1.50; parsnips, \$1.50@1.75.

Potatoes—Oregon Burbanks, \$1@1.25 per hundred; Yakimas, \$1.50; sweet potatoes, 5@5½c per pound.

Onions—Oregon, buying price, \$1.75 per hundred.

Green Fruits—Apples, \$1@2.25; pears, \$2.25; cranberries, Eastern, \$17.50 per barrel.

January 23, 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
Ewes... 9.50@10.50