



*Smartest
Spring
Styles*

**COATS
SUITS
HATS
SHOES**

and
Accessories

WOLF'S
Des Moines

**L. C. TALLMAN
JEWELRY STORE**

**WATCHES • DIAMONDS
JEWELRY • SILVERWARE**

Registered Optometrist
Expert Repairing
Downtown

DANCE PROGRAMS

House Papers . . . Stationery

You can get the best at the
Tribune Publishing Co.
Phone 180

DuBarry Face Powder and Lotion
\$3.00 value \$2.00
JUDISCH BROS.
Pharmacists
Downtown Phone 70

Soldiers and Sailors

Eat Well

Pat Garberson gives a description of a typical day's bill-of-fare in our country's army camps

A FULL table is needed to satisfy the wants of an army inflated to a million men and a navy doubled in size. Living on a scientifically planned diet, conscriptors will find their menus considerably different from those of 1916.

A typical day's bill-of-fare in an army camp emphasizes the importance of health. Breakfast includes grapefruit, fresh milk, eggs, fried potatoes, toast, butter and coffee. Noon dinner may consist of baked ham, gravy, lettuce salad, applesauce, mashed potatoes, baked carrots, bread, butter, jello and coffee.

For supper, the soldiers may be served salmon cakes, pepper salad, sweet potatoes, creamed turnips, apples, bread, butter and hot tea. As often as possible fresh vegetables are served. To minimize freight costs, army buying is managed by nine purchasing depots stationed over the country.

Choice of food is guided by the eating customs of a particular community. Louisiana hot sauce is served in some Southern sections. New England spices are used where they are most enjoyed. In addition to catering to the army men stationed in a special locality, this method offers a market for local business men, who are eligible to bid for Army contracts after fulfilling qualifications of quality.

The soldiers' food allowance is carefully budgeted. Of the 43 cents allowed each day for the actual purchasing of a soldier's ration, meat and dairy products, excluding butter, cost about 19½ cents; vegetables, fruits, cereal and bread, 6 cents; beverages, 3 cents; seasonings and fats, 2½ cents. Approximately 5 cents more a day is required to feed a sailor because of increased costs of packing, which must be done with wood.

Concerning food packing for the army and navy, recent experiment has been made upon the vitamin content of tinned and glass-packed foods. It was found that there is no significant difference in the two methods as to nutritive value. Vitamin C content was similar in both cases, and uncombined oxygen was absent in the two types. Constant research is carried on to investigate the best methods for preserving and preparing foods for army and navy use.

Many men are taken from relief roles to army tables, where they find and eat more food. Called men will be replaced in their work by unemployed, who in turn will be able to afford to eat more and better foods. Although the shift in demand may be slight because of the small percentage of people directly affected by conscription, prices may vary considerably because of the demand of army and navy on the food supply of America.