

# Uncle Sam's Sailors Well Fed



IN THE GALLEY OF A MERCHANT MARINE TRAINING SHIP WHERE MEALS ARE PREPARED FOR 600 MEN

### Sea Cooks of the New Merchant Marine Are Trained for the Difficult Task

LOOKING at sea is for those who used to be in the "good old days" that we read about. "A hard biscuit and a slice of cold salt beef" which Dana mentions in "Two Years before the Mast" as his usual meal after a long, hard watch off Cape Horn, is no longer the diet of the American merchant sailor.

The modern sailor man is well fed, with plenty of fresh meat, vegetables and yeast bread, no matter what the voyage he may be on. Modern refrigerating plants and modern cooking methods are to be thanked for that.

On the hundreds of new ships which are being built for the merchant marine by the United States shipping board careful attention is paid to the equipment for storing, cooking and serving food. The government is fully aware that sailors, like soldiers work best on well-filled stomachs.

Care is taken also that efficient men are employed as cooks on the nation's new merchant fleets. Good sea cooks are not numerous, even in normal times. Having that fact in mind, the United States shipping board, with the thoroughness that marks all its efforts to create an unequalled merchant marine, is engaged in training an adequate number of cooks to man the galleys of its new ships. Young men of character and intelligence are chosen for instruction.

The training of cooks is part of the work done by the shipping board's recruiting service. This service has a fleet of training ships, based at Atlantic and Pacific ports, on all of which young Americans are taught by experienced cooks the serious business of preparing good food at sea. Besides that, the board has special cooking schools on two of the ships—the *Mende*, a *German* Atlantic liner stationed at Boston, and the steamer *Dorothy Bradford*, stationed at New York.

Cooking at sea is by no means the same thing as cooking on land. The sea cook has several things to bear in mind that the land cook, in hotel, restaurant or home kitchen never has to think about.

Take for instance some of the precautions he must observe as illustrated by the following "Doh's for Sea Cooks":

Don't expect the stove to remain in a perpendicular position, nor the cook. You are on a moving platform, namely, the ship's deck, which often rolls and sways with the motion of the ship in the sea.

Don't fill a kettle full of liquid. The rolling of the ship will cause the contents to slop over and with fate may start a fire.

Don't allow pots and pans to get adrift. As a guard against this, the galley range has an iron rail around it.

Don't permit dishes to be left on dresser or pantry shelf as on land. If you have a little pigeon-hole for each kind, into which the dishes fit, there being a high bar across the front, with a space cut out through which a dish may be reached and lifted out.

On modern ships the serving is done by men in the steward's department, called stewards, so the sea cook of today needs none of that dexterity of foot that one-legged John Silver showed as he pegged his way aft with dinner along the slippery deck in the brig of "Treasure Island."

It is a truism aboard ship that only a cook who likes his job is worth his salt. A discontented cook will spoil good food. This psychology is recognized by the shipping board in choosing young men for training as cooks. Only those who volunteer for the job are wanted. There are plenty who do. Out of 3,000 apprentices always on the training ships a certain percentage may be counted on to ask for training as cooks.

These young men are serving on the nation's "bridge of ships" from patriotic motives. Some may go back to their home towns when the war is over; but others will remain in the merchant marine, and will take a part in the country's peace expansion at sea as dignified as that taken by captain, mate or engineer on the ship on which they serve. Nor will they suffer in a financial way, for a chief cook gets \$90 a month wages, be-

sides his board and quarters—a net income of \$1,080 a year.

When the young law student, or bank teller, or blacksmith's helper who has decided to become a sea cook reports for instruction on the *Mende* or the *Bradford* he is taken in hand by a wise old chief who proceeds to teach him the A. B. C's of sea cooking.

Those embrace some general rules as to cleanliness and general galley practice, neatly typewritten, under the head "Advice to the Cook."

The most particular housewife will find these rules sound. Here are a few of them:

Great cleanliness, as well as care and attention, are required from a cook.

Keep your hands very clean. Try to prevent your nails from getting black or discolored.

Don't scatter in your galley; clean up as you go; put scalding water into each sauceman or stewpan as you finish using it. Try your saucemans before you put them on the shelf.

Never scrub inside of a frying pan; rub it with wet silver-sand, rinse it out well with hot water afterwards.

Wash your pudding cloths, scald and hang them to dry directly after using them; air them before you put them away, or they will be musty. Keep in a dry place.

Be careful not to use a knife that has cut onions until it has been cleaned.

Keep sink and sink-brush very clean; be careful never to throw anything but water down sink. Do not throw cabbage water down it; throw it away, as its smell is very bad.

Never have sticky plates or dishes. Use very hot water for washing them; when greasy change it.

Clean coppers with turpentine and fine brickdust, rubbed on with flannel; polish them with chamois and a little dry brickdust.

Clean your tins with soap and whitening mixed, made into a thick cream with hot water. Rub it on with flannel; when dry, whisk it off with clean chamois and dry whitening.

Take care that you look at the meat the butcher brings, to see if it is good.

Let there be no waste in the kitchen.

In Uncle Sam's school for sea cooks instruction begins, logically, with cereals for breakfast. It happens that the instruction chief on the *Bradford* is a Scot, and when Jamie Nicol gets through teaching a new hand the art of cooking oatmeal there is nothing further to be said.

The novice is next shown how to fry eggs and bacon, how to make hash and how to prepare hamburger steak. These are his first steps.

He next gets a chance at dinner, with making soups and roasting and boiling meats and cooking various kinds of vegetables. In this work he learns the mysteries of the big galley range—a mighty stove, near seven feet long—of the steam kettle that will cook soup for 100 men and of the steam-oven cooker for vegetables.

If he is ambitious, the beginner takes a special course in baking and pudding making, for real puddings take the place of the traditional soggy duff of old times on Uncle Sam's merchant ships.

Rice pudding is a favorite. Lucky is the young man who learns to cook rice from a veteran who acquired the art on a trader out of Rangoon or a clipper from Calcutta.

"Never put your rice into the kettle until the water is boiling, then scatter it in." That is the standard rule for rice.

It is the ambition of most sea cooks to get on a big ship. In wartime, cooking on the smallest vessel is an essential calling, but the big vessel with its modern equipment and efficiency organization appeals strongly to the type of young man now taking up sea cooking for Uncle Sam.

The large vessels carry several cooks. A 5,000-ton freighter has a chief cook, a second cook, who is also baker, and a third cook, or cook's mate.

The chief cook is usually the meat cutter also, and in these times scientific meat cutting, as well as cooking, is required on the merchant fleet and taught in the shipping board's floating cooking schools.

### WOMEN ARE GOOD MECHANICS.

According to a report of the national industrial conference board, women in wartime employment are showing a remarkable adaptability for machine shop work. The report summarizes information obtained from 131 establishments employing 335,015 men and 49,823 women and including 10,657 women engaged in work formerly performed exclusively by men.

Their labor, says the Christian Herald, has ranged from the operation of drill presses and lathes to coremaking, inspecting and assembling mechanical products and performing many precise machine operations. In the main it has been confined to the lighter processes requiring rapidity and dexterity, and in such work their output has proved equal to and frequently greater than that of male employees. This was notably true of women's work in automobile manufacture and in a munition plant manufacturing fuses, where women operatives on drill presses and milling machines were from 25 to 50 per cent more rapid than men.

### SINGLE SHOES NOW SOLD IN LONDON.

One of the many pathetic side lights on our war is reflected in advertisements published by British shoe merchants, which vividly impress upon one's mind the sacrifices that many of our sons and their comrades are gallantly making. Owing to the large number of crippled veterans of the western front, London dealers in men's footwear now sell single shoes for one-half the prices of pairs. To quote an advertisement that recently appeared in a fashionable illustrated magazine: "Wartime boots at 26/3 a pair or 13/2 a boot. The single boots, rights or lefts, are for those men who have been so unfortunate as to lose a leg."—Popular Mechanics Magazine.

### AMERICANS BUYING DIAMONDS.

Among facts disclosed in the investigation conducted by the council of national defense to learn the buying trend in civilian trade during the war are a decided increase in sales of small diamonds and a falling off in sales of sizes from one-half carat upward. This is attributed to the great increase in price and the tendency of people to buy diamonds by price alone; that is, they have, perhaps, \$75 or \$100 to put in a stone, and it brings them a much smaller jewel than the same amount would procure a year or two ago. Watches are in great demand, especially wrist watches, which have been enormously popularized by the war.

### CALLING A HALT.

"Senator Fudge relates an amusing anecdote—"If it's new, all right. But I don't care to listen to a stale story just because it is tacked onto a United States senator."—Kansas City Journal.

## SPANISH INFLUENZA---WHAT IT IS AND HOW IT SHOULD BE TREATED

Nothing New—Simply the Old Grip or La Grippe That Was Epidemic in 1889-90, Only Then It Came From Russia by Way of France and This Time by Way of Spain

Go to Bed and Stay Quiet—Take a Laxative—Eat Plenty of Nourishing Food—Keep Up your Strength—Nature is the Only "Cure"

### ALWAYS CALL A DOCTOR

**NO OCCASION FOR PANIC**  
Spanish influenza, which appeared in Spain in May, has all the appearances of grip, or la grippe, which has swept over the world in numerous epidemics as far back as history runs. Hippocrates refers to an epidemic in 412 B. C., which is regarded by many to have been influenza. Every century has had its attacks. Beginning with 1831 this country has had five epidemics, the last in 1889-90.

There is no occasion for panic—influenza itself has a very low percentage of fatalities—not over one death out of every 400 cases, according to the N. C. board of health. The chief dangers lie in complications arising, attacking principally patients in a run-down condition—those who don't go to bed soon enough or those who get up too early.

**THE SYMPTOMS**  
Grip, or influenza, as it is now called, usually begins with a chill, followed by aching, feverishness, and sometimes nausea and dizziness, and a general feeling of weakness and depression. The temperature is from 100 to 104, and the fever usually lasts from three to five days. The germs attack the mucous membrane or lining of the air passages, nose, throat and bronchial tubes; there is usually a hard cough, especially bad at night; oftentimes a sore throat or tonsillitis, and frequently all the appearances of a severe head cold.

**THE TREATMENT**  
Go to bed at the first symptoms, not only for your own sake, but to avoid spreading the disease to others—take a purgative, eat plenty of nourishing food, remain perfectly quiet and don't worry. Quinine, aspirin or Dover's Powders, etc., may be administered by the physician's directions to relieve the aching. But there is no cure or specific for influenza—the disease must run its course. Nature herself will throw off the attack if only you keep up your strength. The chief danger lies in the complications which may arise. Influenza so weakens the bodily resistance that there is danger of pneumonia or bronchitis developing, and sometimes inflammation of the middle ear, or heart affections. For these reasons it is very important that the patient remain in bed until his strength returns—stay in bed at least two days or more after the fever has left you, or if you are over 50 or not strong stay in bed four days or more, according to the severity of the attack.

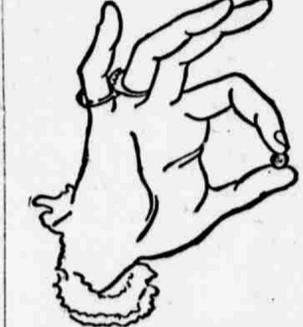
A pure blue is shown by experiment to be the natural color of water.

This country now leads the nations as an exporter of manufactured goods.

### LIFT OFF CORNS!

With fingers! Corns and calluses lift off. No pain!

Magic! Just drop a little Freezone on that touchy corn, instantly it stops aching, then you lift the corn off with the fingers. Truly! No humbug!



Try Freezone! Your druggist sells a tiny bottle for a few cents, sufficient to rid your feet of every hard corn, soft corn, or corn between the toes, and calluses, without one particle of pain, soreness or irritation. Freezone is the discovery of a noted Cincinnati genius.—Adv.

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Important to Mothers  
Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the Signature of *Dr. J. C. Fletcher* In Use for Over 30 Years.

Children Cry for Fletcher's Castoria  
Los Angeles licenses 15,008 dogs.

Soothe Baby Rashes  
That itch and burn with hot baths of Cuticura Soap followed by gentle anointings of Cuticura Ointment. Nothing better. For free samples address, "Cuticura, Dept. X, Boston."

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Why Your Eyes Need Care  
Try Murine Eye Remedy  
No burning. Just Eye Drops. 50¢ a bottle at Druggists or mail. Write for Free Eye Book. MURINE EYE REMEDY CO., CHICAGO

**EXTERNAL APPLICATIONS**  
In order to stimulate the lining of the air passages to throw off the grippe germs, to aid in loosening the phlegm and keeping the air passages open, thus making the breathing easier, Vick's VapoRub will be found effective. Hot, wet towels should be applied over the throat, chest and back between the shoulder blades to open the pores. Then VapoRub should be rubbed in over the parts until the skin is red, spread on thickly and cover with two thicknesses of hot flannel cloths. Leave the clothing loose around the neck, as the heat of the body liberates the ingredients in the form of vapors. These vapors, inhaled with each breath, carry the medication directly to the parts affected. At the same time VapoRub is absorbed through and stimulates the skin, attracting the blood to the surface, and thus aids in relieving the congestion within.

**HOW TO AVOID THE DISEASE**  
Evidence seems to prove that this is a germ disease, spread principally by human contact, chiefly through coughing, sneezing or spitting. So avoid persons having colds—which means avoiding crowds—common drinking cups, roller towels, etc. Keep up your bodily strength by plenty of exercise in the open air, and good food. Above all, avoid colds, as colds irritate the lining of the air passages and render them much better breeding places for the germs.

**KEEP FREE FROM COLDS**  
Use Vick's VapoRub at the very first sign of a cold. For a head cold, melt a little VapoRub in a spoon and inhale the vapors, or better still, use VapoRub in a benzoin steam kettle. If this is not available, use an ordinary tea-kettle. Fill half-full of boiling water, put in half a teaspoon of VapoRub from time to time—keep the kettle just slowly boiling and inhale the steam arising.

Note—Vick's VapoRub is the discovery of a North Carolina druggist, who found how to combine, in salve form, Menthol and Campher with such volatile oils as Eucalyptus, Thyme, Cloves, etc., so that when the salve is applied to the body heat, these ingredients are liberated in the form of vapors. VapoRub is comparatively new in New York State and New England and a few Western states where it is just now being introduced, but in other sections of the country it is the standard home remedy in more than a million homes for all forms of cold troubles. Over six million jars were sold last year. VapoRub can be had in three sizes at all druggists. It is particularly recommended for children's croup and colds, since it is externally applied and therefore can be used as freely as desired without the slightest harmful effects.

### Get New Kidneys!

The kidneys are the most overworked organs of the human body, and when they fail in their work of filtering out and throwing off the poisons developed in the system, things begin to happen.

One of the first warnings is pain or stiffness in the lower part of the back; highly colored urine; loss of appetite; indigestion; irritation, or even stone in the bladder. These symptoms indicate a condition that may lead to that dreaded and fatal malady, Bright's disease, for which there is said to be no cure.

Do not delay a minute. At the first indication of trouble in the kidney, liver, bladder or urinary organs start taking Gold Medal Haarlem Oil Capsules, and save yourself before it is too late. Instant relief is necessary in kidney and bladder troubles. A delay is often fatal.

You can almost certainly find immediate relief in Gold Medal Haarlem Oil Capsules. For more than 200 years this famous preparation has been an untailing remedy for all kidney, bladder and urinary troubles. It is the pure, original Haarlem Oil you great-grandmother used. About two capsules each day will keep you toned up and feeling fine. Get it at any drug store, and if it does not give you almost immediate relief, your money will be refunded. Be sure you get the GOLD MEDAL brand. None other genuine. In boxes of three sizes.—Adv.

Unemployment in Scotland has disappeared, due to the demand for labor.

### Calf Enemies

**WHITE SCOURS BLACKLEG**  
Your Veterinarian can stamp them out with Cutter's Anti-Calf Scour Serum and Cutter's Germ Free Blackleg Filtrate and Aggrasia, or Cutter's Blackleg Pills.

Ask him about them. If he hasn't our literature, write to us for information on these products.

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Berkeley, Cal., or Chicago, Ill.  
"The Laboratory That Knows How"

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### Partine

**ANTISEPTIC POWDER**  
FOR PERSONAL HYGIENE  
Dissolved in water, Partine stops peptic catarrh, ulceration and inflammation. Recommended by Lydia E. Pinkham Med. Co. for ten years. A healing wonder for nasal catarrh, sore throat and sore eyes. Economical. Has extraordinary cleansing and germicidal power. Sample Free. 50¢ a tin. Dissolved in water. The Patent Toilet Company, Boston, Mass.