

### RECEIVING WAR CROSS



The patriotic spirit and devotion with which American women have so far performed war-service work and made sacrifices has never been equaled in the history of any country. Mothers, wives and sisters support this burden with strength and fortitude. But those who are already miserable from the complaints and weaknesses which are so common to women, should take the right tonic for the womanly system.

If a woman is borne down by pain and sufferings at regular or irregular intervals, by nervousness or dizzy spells, by headache or backache, "Favorite Prescription" should be taken. If her existence is made gloomy by the chronic weakness, delicate derangements, and painful disorders that afflict her sex, she will find relief and emancipation from her troubles in Dr. Pierce's Favorite Prescription. If she's overworked, nervous, or "run-down," she finds new life and strength. It's a powerful, invigorating herbal tonic and nerve which was discovered and used by an eminent physician for many years, in cases of "female complaints" and weakness. "Favorite Prescription" can now be had in tablet form as well as liquid at most drug stores. Send to Doctor Pierce's Invalids' Hotel, Buffalo, N. Y., for a ten-cent trial package of tablets.

For fifty years Dr. Pierce's Pleasant Pellets have been most satisfactory in liver and bowel troubles.

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## HOW SEA BAKERS ARE TRAINED FOR THE NEW MERCHANT MARINE

Art and Mystery of Raising Dough Under Difficulties Is Taught at the Shipping Board's School for Bakers—Now a Sailor Lives as Well as Most Working Men Ashore—War Recipes Are Used by Sea Bakers.

Bread and pies such as mother used to make—possibly not exactly the same, but satisfying in the same degree the cravings of the healthy appetite of American youth—are produced on the ships of the new merchant marine by the sea bakers specially trained for their work by the United States shipping board.

The training of bakers for service at sea is a novelty in the merchant service. It originated in the great demand for skilled bakers on the hundreds of new ships being built by the shipping board for the government. Fundamentally it was prompted by the requirements of the modern sailor's diet, which is vastly better than his sea-going ancestors ever dreamed of having.

In grandfather's day a ship took on her supply of bread for a voyage in casks, before leaving home. This supply was to last until the end of the voyage, though that might be a year or two. The bread was in the form of hard biscuits. It kept fairly well when dry, but often it got damp and moldy, or wormy.

The old-time American sailor's ideal of dietary luxury therefore was plenty of "soft," fresh bread. Coupled with that he had daily visits of pies and puddings such as mother made back in Nantucket, or New London, or New Bedford; but these he tasted while at sea in fancy only, for his sole dessert, after his meal of hard bread and salt pork or beef, or of "scouse" or "salt-horse" hash, was a portion once a week or so of duff, which one sailor-author of 80 years ago described as "nothing more than flour boiled with water and eaten with molasses."

Floating Bakeshop on Big Ship. All that was done away with years ago. Since the introduction of steam, which shortened voyages, Jack's diet

appeals to the beginners, because of the subtle and unseen influence of temperature and handling that makes for success or failure in breadmaking. Once the student masters this part of the art, he finds the rest of breadmaking plain sailing.

Baking is done in quantity. An ordinary baking oven on a training ship will take 80 loaves at a time. The average time for baking a batch of bread is three-fourths of an hour. On the Meade the ovens work 24 hours a day, with three shifts of 30 students each on the job.

#### War Recipes Used by Sea Bakers.

One reason why the sea baker's bread is not exactly like the old-time home product is that war recipes only are now used on the merchant fleets, as on land.

While these recipes restrict the use of wheat flour and require the use of substitutes, they encourage initiative on the part of the instructors and their students in the shipping board's breadmaking schools.

Experiments made by the sea bakers with various combinations of ingredients have produced some excellent war bread, and also have shown some interesting economical results.

On the Bradford, for example, a standard bread has been produced by the use of 75 per cent wheat flour and 25 per cent of combined cornmeal and potato flour. This is baked in loaves weighing a pound and a half each. It has been found that this



Sea Bakers at School on a United States Shipping Board Training Ship, and War Bread From the Ship's Ovens.

loaf could be sold at 11 cents, with a resulting profit of \$12 on each barrel of wheat flour used, after 100 per cent has been added to the cost of producing the bread for "overhead" expenses.

On the Meade the following combination has been tried successfully. In quantities sufficient to make 90 two-pound loaves; 75 pounds wheat flour, five pounds cornstarch, five pounds white cornmeal, five pounds barley, five pounds rye, two pounds corn sugar, two pounds rendered fat, one can (pound) condensed milk, one and a half pounds of salt and 15 ounces of yeast.

The young sea bakers being trained by the shipping board are under the direction of skilled instructors, who give them not only verbal advice, but supply them with written directions covering the more obvious points in their new work.

Here are a few "hints" issued to the student bakers on the Bradford: To achieve success, the baker must use judgment and care. Some flour requires more water or milk than others, so that the quantity may have to be varied to make dough of a proper consistency.

Different bakings will vary as to time and heat required and should, therefore, be examined occasionally. To ascertain whether the bread or cake is sufficiently done in the center of the loaf, thrust a clean straw or long, thin splinter into it. If done, there will be no dough on it when drawn out.

Measure the flour and be careful to mix with it the baking powder in a dry state, and before sifting.

You can always substitute water for milk or milk for water, butter for lard or lard for butter.

In cake the number of eggs may be increased or diminished, or in a plain cake dispensed with entirely.

Where fewer eggs are used than directed, always use a little more baking powder. Never use sour milk.

In baking loaf cake, remember that unless you place a piece of paper over for protection at first, a top crust will be formed at once, that prevents the raising. When cake is well raised remove the paper for browning on top.

### LET'S HIRED HELP GO DOES WORK HERSELF

Mrs. Tobolt Astonished At Results Of Tanlac—Gains 20 Pounds.

"Some wonderful things happen in this world, and the way Tanlac has restored my health and built me up is one of them," said Mrs. Paul Tobolt of 916 California Ave., Butte, Mont, in one of the most interesting and remarkable statements yet published in connection with the Master Medicine. "My trouble started about two years ago," she continued, "and I have simply been a nervous wreck ever since until now. Last January I went to the hospital when I was told that my whole system had become poisoned by an affected appendix, that an operation was my only hope and it was doubtful if this would save me. So I arranged to have my children cared for, in case I should not see them again, and submitted to the operation. Well, the operation was done with so much skill, and I was so carefully nursed that I finally got out of the hospital, and was home with my husband and children again. Then I picked up wonderfully for a little more than a month when I began having terrible pains in my back and kidneys. My appetite left me, and nothing tasted right. I was constipated, had fearful headaches, and was so nervous I could not sleep. I fell off until I weighed less than a hundred pounds and was so weak that it was an effort for me to get about at all.

"Finally my husband suggested that I try Tanlac, as it was being so much talked about, and the results have astonished us both. I couldn't see much improvement on my first bottle, but with the second my appetite got better, I commenced to feel improved and was surprised when I got on the scales to find that I had gone up to one hundred and eight pounds. Well, the third bottle did wonders for me, relieved me of all pain and headache and making me want to eat up everything. I now weigh one hundred and eighteen pounds making a gain of more than twenty pounds on three bottles—and I'm wondering what my fourth bottle which I have just started taking, will do for me. I sleep like a healthy child never waking at night at all and feel like I could eat five or six meals a day. I dismissed my hired help, four weeks ago, after eighteen months' steady service, and since then I have done all my housework, cooking and everything. I have no dull, drowsy bad feelings and life is a pleasure to me. I can't praise Tanlac enough for what it has done for me."

Tanlac is sold in Emmett by H. T. Davis, at Montour by E. Vadney, at Ola by P. W. Wharton.

#### Camels in War.

Camels in war are stationed among clumps of acacia trees, with a spy mounted on a camel's neck. This is the safest place, for the camel, standing with only his head above the trees, looks like a bit of the foliage in the distance. Camels are good for desert warfare, because they can go without water so long and can easily carry loads weighing from 400 to 500 pounds.—Selected.

#### Cured at a Cost of 25 Cents.

"Eight years ago when we first moved to Mattoon, I was a great sufferer from indigestion and constipation," writes Mrs. Robert Allison, Mattoon, Ill. "I had frequent headaches and dizzy spells and there was a feeling like a heavy weight pressing on my stomach and chest all the time. I felt miserable. Every morsel of food distressed me. I could not rest at night and felt tired and worn out all the time. One bottle of Chamberlain's Tablets cured me and I have since felt like a different person."

#### He's Usually Not Worth It.

The trouble with the man you have to know to like is that usually he is so disagreeable that few people care to make a second attempt to know him.—Detroit Free Press.

#### Chamberlain's Tablets.

When you are troubled with indigestion or constipation, take Chamberlain's Tablets. They strengthen the stomach and enable it to perform its functions naturally. Indigestion is usually accompanied by constipation and is aggravated by it. Chamberlain's Tablets cause a gentle movement of the bowels, relieving the constipated condition.

#### Mother's Advice.

"Remember, my son," said his mother, as she bade him good-by, "when you get to camp try to be punctual in the morning, so as not to keep breakfast waiting."—Life.

A healthy man is a king in his own right; an unhealthy man an unhappy slave. For impure blood and sluggish liver, use Burdock Blood Bitters. On the market 35 years. \$1.25 a bottle.

Diamond Edge knives and razors at Reilly's.

#### Diplomacy Wins.

Frank speakers (or whatever they may term themselves) should remember that certain kinds of frankness bring a lot of uneasiness and often pain to others, and those of us who stop to think at all will admit that it is by far the better part of valor to refrain from telling everyone at all times just what we think. We should study the temperaments of the persons with whom we come in contact, and while before some we may express ourselves freely and without reserve, we must in the presence of others be most careful and guarded in our remarks.

#### Great Wrong Done Willie.

There ought to be a severe penalty for an alarm clock striking a blue note. One of these things got Willie out of bed an hour too early under the suggestion that he was an hour late, and landed him at the office like a runaway horse, before the janitors had finished their morning's work.—Seattle Post-Intelligencer.

#### Islands Once Pirate Stronghold.

Recent archaeological researches in the Virgin Islands, indicate that the ancient Indian inhabitants of the islands were pirates who made long voyages in their canoes in search of loot.

#### SUMMING UP THE EVIDENCE

Many Emmett People Have Been Called as Witnesses.

Week after week has been published the testimony of Emmett people—kidney sufferers—backache victims—people who have endured many forms of kidney, bladder or urinary disorders. These witnesses have used Doan's Kidney Pills. All have given their enthusiastic approval. It's the same everywhere. 50,000 American men and women are publicly recommending Doan's—always in the home papers. Isn't it a wonderful, convincing mass of proof? If you are a sufferer your verdict must be "Try Doan's first."

Here's one more Emmett case: F. H. Vanderhoof, retired farmer, S. Washington St., says: "When a man gets along in years his kidneys are liable to cause trouble; at least, I have been bothered with the kidney secretions passing too frequently sometimes. That weakness has kept me from getting much rest at night and then I would have considerable backache, too. Doan's Kidney Pills are the best remedy I have ever tried for kidney trouble and they have always corrected the disorder and rid me of the pain in a short time."

Price 60c, at all dealers. Don't simply ask for a kidney remedy—get Doan's Kidney Pills—the same that Mr. Vanderhoof had. Foster-Milburn Co., Mfrs., Buffalo, N. Y.

#### Notice.

Notice is hereby given by the undersigned Clerk-elect of Gem County, Idaho, of his intention to make application to the Board of County Commissioners of said county at 2 p. m. on the 13th day of January, 1919, at the regular January, 1919, meeting of said board, for authority to appoint one regular deputy and also one clerical assistant in the said office. Dated December, 12, 1918. GEO. F. CHURCH.

#### Notice.

Notice is hereby given by the undersigned Assessor-elect of Gem County, Idaho, of his intention to make application to the Board of County Commissioners of said county, at 2 o'clock p. m. on the 13th day of January, 1919, meeting of said board, or as soon thereafter as he can be heard, for authority to appoint one deputy for eight months, and one deputy for four months of the said year for said office. Dated December 12th, 1918. D. J. MCGOWAN, County Assessor-elect

#### Notice.

Notice is hereby given by the undersigned Sheriff-elect of Gem County, Idaho, of his intention to make application to the Board of County Commissioners of said county at 2 p. m. on the 13th day of January, 1919, at the regular January, 1919, meeting of said board, for authority to appoint one regular deputy in said office. Dated December 19, 1918. FRED KLEPPER.

#### Annual Meeting

The annual meeting of the Emmett Fruit Growers Union will be held at their office in Emmett on Tuesday afternoon, January 14, at 2 o'clock, for the election of officers and the transaction of other business. GUY DAYTON, Secretary.

#### Annual Meeting

The annual meeting of the Last Chance Ditch Company will be held at City Hall, Emmett, on Saturday January 11, 1919, at 2 o'clock p. m. A full attendance is requested. HERMAN WERLE, Secretary.



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Your Own Way. Many have an idea that it would be pleasant always to have their own way. It is sometimes pleasant, but the results are not gratifying. It is the road that leads to temptation and bondage of sin.