

The Pantry Shelf

by Kathryn G. Wynn

If you are looking for something unusually attractive in the dessert line, try this "Peach-Nectarine Mock-Mince Pie." The whole-fruit nectar, made from liquefied peaches and nectarines, combines pleasingly with the dried and fresh fruits in the recipe. The liquid fruit accents the fruitiness of the mock-mince pie, and gives it an especially fine flavor. If you enjoy variations, use apricot, pear, plum or peach nectar. You will find each one equally pleasing.

PEACH-NECTARINE MOCK-MINCE PIE

- 1 cup uncooked prunes
- 1 cup seedless raisins
- 1 cup seeded raisins
- 2 cups chopped cooking apple
- 1/2 cup ground suet
- 1 cup ground citron
- 2 teaspoons cinnamon
- 1/2 teaspoon ground cloves
- 1 1/2 cups peach-nectarine nectar
- 1 teaspoon grated lemon rind
- 1 teaspoon salt
- 1/2 cup brown sugar
- 1 tablespoon brandy or rum flavoring
- 3 tablespoons lemon juice

Pastry
Rinse prunes and boil 15 minutes in water to cover; drain. Remove pits and grind prunes. Rinse and drain raisins and slice seeded ones. Combine prunes, raisins, apple, suet, citron, spices, nectar, lemon rind, salt and sugar, and bring to a boil. Cook about 10 minutes, stirring continuously. Remove from heat, add flavoring and lemon juice and stir to blend. Pour into one very large or two small pastry-lined pie pans and cover with top crust. Bake in a hot oven (450 degrees F.) 25 to 30 minutes. Serve warm. May be reheated. For variation, use apricot, pear, plum or peach nectar of the whole-fruit variety. Serves 8 to 10.

TRAVOIS SERVED WHITE MAN WELL IN EMERGENCIES

In the middle seventies when troops of the United States were in the field in southern Montana and northern Wyoming engaged in the campaign to put down Indian uprisings, and when many bloody engagements were had with the warring tribes, the troops were frequently hard put to care for and transport their wounded back to their regular posts for hospitalization.

In most of the instances when pursuit of the marauding bands had carried the troops far from routes over which wagon ambulances could be transported, when the whole command was in the saddle with no methods of carrying the wounded except by hand or through the use of saddle horses or pack mules, the surgeons and officers in command were compelled to resort to the Indian travois.

By the use of the travois many of the wounded were carried for great distances over mountains and plains, one instance being on record of a wounded soldier being moved in a travois over 100 miles of the roughest trails and arriving at an ambulance station in a convalescing condition.

Used After Custer Fight

Such a contrivance was used by Assistant Surgeon J. W. Williams in caring for the wounded after the battle of the Little Big Horn, June 25, 1876, and which he described in his report of that battle as follows:

"The ordinary tepee poles, with which the Indians pitch their tents when in villages, are also used in constructing the travois. The Dakota and Montana Sioux, who use mountain pine or ash poles, select straight, well-proportioned saplings of those woods, trim them down to the proper size and taper, and lay them aside to season. The dressed poles are about 30 feet long and 2 to 2 1/2 inches at the butt, and 1 1/2 inches at the other extremity. The oval couch is made exclusively of ash, bent into the desired shape when the wood is green. A network of rawhide is afterward lashed to the rim and completes the bed. The bed is 3 1/2 to 4 feet in its transverse, and 2 to 3 feet in its conjugate diameter.

"When a travois is to be rigged, two or three tepee poles, according to size and strength, are selected for each shaft and lashed together, butts to butts, with rawhide. The whole system is then lashed to the pack saddle with the same material—the small ends of the poles trailing on the ground. The Indians sometimes use

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a breast strap as an additional stay. "The bed, with the longer diameter laid transversely, is next secured to the shafts one foot in rear of the horse, about six inches of each end of the bed being allowed to overlap the shafts. A blanket, piece of canvas, or buffalo robe lashed to the lower half of the oval rim of the bed completes the outfit.

"When a patient is to be carried he is laid transversely on the bed, partly reclining on the side, with knees slightly drawn up, and head and shoulders bent forward, and secured to the bed by drawing the blanket up over him and lashing it to the upper part of the rim. I made use of 10 of these travois to transport the wounded from the battlefield of the Little Big Horn, June 25 and 26, 1876, to the boat at the mouth of the Big Horn.

Forced Stream Six Times

"The distance was 30 miles; time of march, night; the country to be traversed rough and broken; the Little Big Horn, which crossed our line of march in its windings, toward the Big Horn, had to be forded six times—obstacles enough to test the merits of the travois as a carrier of wounded; yet, notwithstanding the difficulties in the way, the wounded were transported to the boat without accident or personal inconvenience and discomfort of any kind."

In a subsequent report, given Jan. 9, 1877, Assistant Surgeon Williams, who was chief medical officer of General Terry's command, gave further information of the use of the travois after the battle of the Little Big Horn:

"On the arrival of the infantry column under Col. John Gibbon, Seventh infantry, on June 26, it was imperative that 59 wounded men be transported to the confluence of the Little Big Horn with the Big Horn, a distance of about 30 miles, where they could be placed on the transport Far West. It was of urgency that they should be removed without delay from the

immediate vicinity of the battlefield, made intolerable by the unburied bodies of men and horses. General Gibbon suggested transportation by hand stretchers; Dr. Williams advised the construction of travois; Lieut. G. A. Doane advocated the use of two-mule litters. Specimens of the three varieties were made the next day, June 27, and were used in moving the wounded to a camp about five miles down, on the Little Big Horn.

"The hand-litters proved useless for the men employed as bearers broke down, and sufficient relays could not be had. The travois worked well. The double-mule litters were ineffective, except for luggage, for the animals were so restive that the wounded feared to be placed on the litters.

"The next day, June 28, new trials were made with the mule-litters and travois, selecting animals from General Custer's pack train, in which the mules, recently subjected to long and fatiguing marches, were more docile and tractable. After these experiments, on June 29, General Gibbon directed the construction of additional two-mule litters and travois, and, as fast as they were finished, the mules were exercised in marching with them.

"On June 30, 19 of the more severely wounded were placed on the two-mule litters, 10 on travois, and 30 of the less severely wounded on horseback. Each mule litter was attended by four men, one leading the forward mule, one the rear mule, while one walked on either side of the litter to steady the swaying movement of the side poles.

"Among the gravely wounded on the mule litters was one amputated at the place of election in the leg, another with a shot perforation of the knee joint, and four with penetrating wounds of the chest or abdomen. The travois, on which the wounded men were carried transversely to the long side poles required the service of but a single attendant; the 10 less seriously wounded men carried on these conveyances all stated that they found this mode of transport easy and comfortable."

The travois was used to transport some of the wounded from the battle with Indians on Rosebud creek, Montana, June 17, 1876, when the "Big Horn and Yellowstone Expedition," commanded by Gen. George Crook, was attacked by a force of about 1,500 Sioux, Crook's force consisting of about 1,250 men, of whom 250 were friendly Crow and Creek Indians. In this affair the troops lost 9 killed and 19 wounded.

In his report on the care of the wounded from this battle, Assistant Surgeon A. Hartsuff wrote:

"... Having no base, and being thus entirely surrounded, and the position of all the troops constantly changing, it was necessary that the medical officers of the command should be very active and vigilant to prevent any of our wounded falling into the hands of the enemy. The wounded were all collected together and their wounds hastily and rudely dressed, neither time nor circumstances allowing us to give them the necessary care and attention.

"Frequently during the fight we had to move the wounded to safer positions. Not a drop of water could be obtained during the day, for we were on the hills and the nearest water, Rosebud, a miserable little stream, two miles away.

"At about 1 p. m., the firing had nearly all ceased, the Indians having retreated down the Rosebud. It was about half past 6 o'clock when the command reached the Rosebud river. Owing to the great heat of the day, no shelter, and no water, and a very considerable loss of blood, many of the wounded were much exhausted. The order was to return to the wagon train, and to march early in the morning.

"By working the greater portion of the night, one horse litter and five travois were made. Capt. G. V. Henry, Third cavalry, was placed on the litter and five of the wounded soldiers were placed on the travois; the remainder of the wounded, 13, rode their horses. I soon discovered that the litter was much better in all respects than the travois, except, perhaps, over comparatively smooth ground; much of our route was very rocky and broken, the hills were very steep and canyons deep. Occasionally a little stream and a narrow trail on mountain sides. Over such a country the travois is very troublesome and uncomfortable; so much so did they prove to us, that at night after the first march, we threw away all of them and made litters in their stead.

"Our killed were all buried on the field, and as the Indians did not get at their dead bodies, none of them were scalped or mutilated. Our Indians, Crows and Snakes, took 13 Sioux scalps, and otherwise mutilated the bodies of the dead Sioux."

Assistant Surgeon Curtis E. Munn, in a report dated April 12, 1876, relating to the care of wounded on the "Big Horn Expedition" which left Fort Fetterman, Wyo., March 1, 1876, tells of the use of the travois after a fight on Powder river as follows:

"On the morning of March 17, after an exhausting night march, the command struck an Indian village on Powder river and fought for several hours, the Indians making a brave defense. As soon as they were driven from the village it was easy to construct travois from the lodgepoles, and upon one of these curious conveyances, which I constructed in 15 minutes, Private Egan of company K, Second cavalry, who received a penetrating wound of the abdomen, was brought about 100 miles over the roughest trails, to the ambulance station, which he reached in a convalescing condition. I had never seen, or thought of, such a method of transportation for the wounded before, and am naturally much pleased at the perfect success attending their use. We followed trails over mountains and ravines where it seemed impossible for a horse to go, and although the frequent exigencies of precipitous sidehills and deep gulches elicited much forcible and profane language, addressed to drivers and mules to secure safe conduction, no accident occurred."

News Briefs

From the Treasure State

HELENA—Clinton J. Larson of Helena and Arthur W. Johnson of Minneapolis have been named assistant managers of the Helena branch of the Minneapolis federal reserve bank.

MISSOULA—Because not enough taxpayers voted to legalize the election, a proposal to issue \$35,000 worth of bonds to buy fire fighting equipment collapsed here.

Joplin—H. D. Rolph of this city was elected vice president of the Farmers Union at its convention in Topeka, Kan. James G. Patton of Denver was re-elected president.

HELENA—Montana will join the rest of the nation in celebrating "bill of rights" day Dec. 15. Tom D. Caverly, commission co-ordinator, said county defense commissions would sponsor local programs.

WISDOM—John R. Cottrell, 54, who died at the Galen hospital, was a widely known resident of the Big Hole country. He was born in Butte but had made his home in the Big Hole country most of his life.

BUTTE—Abandonment of 3,562 acres in Beaverhead county, 100 miles south of here, for the formation of the Red Rock migratory waterfowl refuge was ordered here by Federal Judge James E. Baldwin.

BUTTE—Mrs. Charles R. Sterrett, 80, who died at the home of a son, Marvin A. Sterrett in Brown's gulch, near here, was a native of LaFayette, Ind., and had been a resident of Montana for 30 years.

BUTTE—The Butte Kiwanis club is sponsoring a "canned foods" project for needy families of the Mining city, with the co-operation of the Fox theaters. The foods collected will be distributed to 260 needy families.

LIVINGSTON—Capt. Edward T. Erickson, 69, a native of this city, who commanded the first company of American soldiers to enter Germany with the army of occupation in the World war, died in the military hospital at Fort Miley, Calif., recently.

BUTTE—Of 396 workers trained for jobs in defense industries, 286 are employed now on private jobs. State WPA Administrator Joseph E. Parker announced here. The Montana percentage of persons employed after completing training is 9 percent above the national average.

GREAT FALLS—The city council has adopted new ordinances regulating and licensing the sale of beer and liquor. The legislation provides that the number of liquor licenses shall not exceed one for each 1,000 population and that beer licenses be restricted to one for each 675 population.

BUTTE—Louis P. St. George, 54, who died here recently, came to Butte with his parents in 1910 and was a widely known resident. He served four terms as president of the Laundry Workers' union. Another Mining City resident of long standing to die was James Casey, who had lived here for 33 years.

BROADUS—The 1,099-acre Robinson ranch on Hay creek in this area, has been sold to Leo Giacometto, Boyes sheepman whose land adjoins the Robinson holdings. Mrs. Barbara Robinson, who sold the property, regarded as one of the best hay ranches in eastern Montana, planned to move to South Dakota to engage in the hotel business.

CONRAD—Mrs. Mayme L. DuBois, who died recently in Great Falls, had been a resident of this community for more than 30 years. She and Dr. Walter L. DuBois came to Conrad in 1910. She was a charter member and past matron of the Eastern Star and past president of the Conrad Woman's club.

PIONEER COWBOY PASSES IN STATE

Thomas Richard (Uncle Tom) Byrd, 84, who died recently at his home in Roundup while sitting in a chair, was a pioneer Texas cowboy, cattleman and horse raiser.

He was born in Palo Pinto county, Texas, in 1857. In 1879 he helped trail a herd of Longhorn steers from Fort Sill, Tex., to Deer Trail, Colo., the trip taking three months. He returned to Texas and was married in 1883 to Sue

Practical Health Hints

The Importance Of Vitamin D

Of the galaxy of vitamins, thiamine or vitamin B1 seems to be getting most mention these days. Its addition to the new enriched breads and its many advantages in the diet are receiving wide publicity.



Dr. J. A. Tobey

Thiamine is certainly significant to health, but it is only one of several necessary vitamins. We must not overlook the others in our desirable excitement about this one. Of equal importance for good nutrition is vitamin D. This vitamin is required by the body for proper building of strong bones and sound teeth, and for other necessary purposes.

The skeletal structure of the body is comprised of the lime salts, calcium and phosphorus, which must also be supplied through the diet. The function of vitamin D is to cause these minerals to deposit properly and thus make strong, healthy bones. Nature was stingy in putting vita-

Mason. The Byrds ran cattle in western Texas near the Brazos river in frontier country for several years afterward.

In 1910 they came to Montana from Tucuman, N. M. Their cattle were unloaded at Moorcroft, Wyo., and they trailed the stock overland from there to the Musselshell river valley and settled on a homestead north of Roundup. They lived on their ranch in that locality from 1911 to 1916, when they moved to Roundup.

min D in our common foods, evidently intending us to get it mainly from the action of sunlight on the human skin. Modern science has however found effective ways to put this sunshine vitamin in an excellent food.

The best and most economical food source of this valuable nutrient is irradiated vitamin D milk, either in the form of pasteurized fluid milk or canned evaporated milk.

Every growing child and every expectant and nursing mother needs at least a quart of this vitamin D milk in some form every day, partly as a beverage and partly in cooked foods. For the rest of us, at least a pint a day is desirable.

The value of irradiated vitamin D milk is enhanced by the fact that milk contains a liberal amount of calcium and phosphorus as well as other vitamins and excellent proteins for body-building.

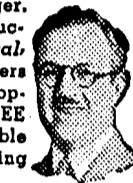
There are no other real good sources of vitamin D except some of the fish liver oils. Egg yolk and butter have a little of this vitamin, and it is added to some breads and cereals, but other foods are completely lacking in it.

Pure milk enriched in vitamin D is therefore a necessary part of the well-balanced diet needed for buoyant health.

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