

This ration list is compiled and estimated to last a ten-man crew one day; a five-man crew two days; or a two-man crew five days, etc. For instance, if food is ordered for ten men for five days, simply take five times this amount:

Flour.....	5 lbs.	.40	Ham or bacon.....	1 lbs. 8oz.	\$.15
Bread.....	2 loaves	.30	Pancake flour.....	1 lb.	.20
Salt.....	8 oz.	.05	Apples, fresh.....	1 lbs.	.20
Sugar.....	2 lbs.	.20	Fresh meat.....	1 lbs.	.20
Coffee.....	1 lb.	.58	Baking powder.....	8 oz.	.15
Tea.....	1-5 lb.	.10	Pork and Beans.....	1 can	.30
Lard.....	1 lb.	.30	Tomatoes.....	1 can	.30
Butter.....	1 1/4 lb.	.70	Black pepper.....	1 oz.	.05
Corn.....	1 can	.20	Laundry soap.....	1/2 bar	.03
Onions.....	1/2 lb.	.04	Toilet soap.....	1 bar	.10
Eggs.....	1 doz.	.35	Dried fruit.....	1/2 lb.	.15
Syrup.....	1/2 lb.	.10	Matches.....	1/2 box	.04
Rice.....	1/2 lb.	.03	Mustard.....	1 sm. jar	.15
Milk.....	1 per day	.24	Potatoes.....	5 lbs.	.20
	(large)		Pickles.....	1 sm. can	.15



Did You Put Your Camp Fire Out!

Mt. Whitney Trip

LEAVING Owens River Valley the Mt. Whitney trail enters the canyon of Symmes Creek, hemmed in on either side by lofty and spectacular granite cliffs. Presently it zigzags up the north slope through white fir and timber pine. Crossing the ridge it continues up the north side of Shepherd Creek with a profound gorge below, across which looms the wonderfully imposing north face of Mt. Williamson. It climbs to a glacial basin covered with fox tail and white-bark pine with richly colored mountains to the left. Camp is made at Parkinson Meadow, an elevation of 10,500 feet, surrounded by rugged alpine scenery. Early in the morning Shepherd Pass is crossed and all day as we proceed southward to Mt. Whitney we enjoy superb views of the magnificent mountain-encircled upper region. Camp that night is at Crabtree Meadow, an elevation of 10,500 feet and near the base of Mt. Whitney. On the following day an ascent of Mt. Whitney is made, a feat that can be accomplished from this point by almost any one possessing a sound physique. The return is made in two days—unless more time is desired. The fishing—especially for golden trout—is excellent.



Fisher's Photo, Pomona