

after a long, cold tramp, very invigorating—in fact, it proves “the cup that cheers but not inebriates.” Coffee, 10 pounds; sugar (good granulated), 100 pounds. If you take the ordinary brown sugar in the winter it freezes into a hard lump and is very difficult to manipulate. Not so with granulated; it remaining dry, of course remains powdered. Beans, 120 pounds. There are several kinds of beans of which you may make choice according to your taste, but the ordinary bean sold there is the brown bean, about twice the size of the small white one. Pot barley, 10 pounds; rice, 15 pounds; extract of beef, two dozen four ounce tins. I have found Johnson's Fluid Beef to be very good. Baking powder 12 or 15 pounds; salt, 30 pounds; pepper, one pound; mustard, one pound; compressed vegetables, 10 or 12 pounds, depending upon the kind you take. Canned fruits may or may not be taken, but they are bulky and heavy, consequently inconvenient and in winter a source of trouble in that country, as the contents freeze solid and require a very long time to thaw. You should also take 10 or 15 or more pounds of baking soda, as you may think necessary. In case of scurvy one might provide lime juice, more or less as their taste suggests, but the dried fruits already named are antiscorbutic in their action and if we wish to make further provision in that direction we might take two or three dozen tins of good orange marmalade, and a similar quantity of strawberry or raspberry jam. These, as put up by some firms, are very good. Dried potatoes are put up in several forms and are good; 25 or 30 pounds of these should be taken. Other vegetables are put up also from which you may select as you fancy, but you should take the above quantity of potatoes and 8 or 10 pounds of dried onions. Take along also a few dozen yeast cakes, you may have a chance to use them once in awhile, and their weight and cost are trifling. For convenience I recapitulate, in list form:—

Flour,	450 pounds.	Extract Beef, say	6 pounds.
Oatmeal,	50 "	Baking powder,	12 "
Cornmeal,	25 "	Salt,	30 "
Bacon (Good, fat),	250 "	Pepper,	1 "
Hams,	50 "	Mustard,	1 "
Evaporated dried apples,	25 "	Compressed vegetables,	12 "
Dried peaches,	25 "	Canned fruits, say	30 "
Tea,	25 "	Jams in tins, 1 lb. each,	24 "
Coffee,	10 "	Baking soda,	10 "
Sugar,	100 "	Potatoes and Onions,	35 "
Beans,	120 "		
Barley (pot),	10 "	Total weight,	1,319 pounds.
Rice,	15 "		

This will prove ample and to spare for any healthy, vigorous man, work as hard as he may, but it is well to have a little too much rather than too little. It is well also to bear in mind that there is much waste connected with the ordinary transport and use of provisions under the conditions generally attending prospecting and the cooking incidental to it. It will be noticed that the above list contains no canned meats. These are sometimes convenient when making a journey, and their use is largely a matter of taste. Some relish them, while others have “no use” for them. In this line, as in some other matters, each will consult his own tastes and means. Packed in tins as they are, they are somewhat inconvenient to pack, and the tin adds considerably to the weight. For preservation it is absolutely necessary that the stuff be hermetically sealed. It is a pity some more convenient mode of putting up were not adopted, lessening the weight, while not risking spoiling by contact with the air. The cost of this outfit will, of course, vary considerably, according to time and place of purchase, but in any of the cities or towns where you are likely to purchase all your requirements will likely cost no more than \$200.00, and maybe less. At the prices ruling on the Yukon it will be more than double that; \$450.00 is rated as a fair “grub stake,” that is your requirement for one year.