



The American Revolution 100: The People, Battles, and Events of the American ...

By Michael Lee Lanning

...

[Page 240 »](#)

of rice, one pint of Indian meal, per man, per week; 1 quart of spruce beer or cider per man per day, or nine gallons of molasses, per company of 100 men per week; 3 lbs. of candles to 100 men per week, for guards; 24 lbs. soft, or 8 lbs. hard soap, for 100 men per week.”

One unofficial ration was **vinegar** that made water secured from nearby creeks, rivers, and lakes more potable and added flavor to food. Vinegar’s antiseptic properties also proved beneficial.