Clifford Millard Kienholz was born 25 May 1892 at St. Cloud, Stearns County, Minnesota to Rev. Joseph Kienholz (1841-1922), born in Switzerland, and his second wife Caroline Wasem or Ono (1853-1931). In 1900, the family lived in Blue Earth, Faribault County, where Clifford's father was a minister and Clifford and his sister Luella attended school. In 1910, Rev. Kienholz and the family were living in South Park (north end of South St. Paul), Dakota County and he was listed as a retired pastor. Clifford, 17, worked as a clerk for a wholesale drugstore.

When he registered for the draft on 5 June 1917, Clifford was living at 600 East Annapolis, on the border of St. Paul with South St. Paul. He claimed exemption from the draft, stating that he supported his parents. Clifford worked as a chauffeur or mechanic for a client who lived on Summit Avenue in St. Paul, Ramsey County.

He was inducted into the Army on 26 February 1918 at Hastings, Dakota County, and served as a private for Headquarters Company, 352nd Infantry, 88th Division. He trained at Camp Devons, Massachusetts from 1 April to 8 May 1918, being promoted to private 1st class on 10 April. He was transferred to Company A, 33rd Engineers, 76th Division and sent to France. He was stationed in Brest, but was not engaged in any fighting. He served in the Army of Occupation. His last assignment was to RR & C Detachment, Army Service Corps, Le Mans Casual Company 1808. He departed Brest, France on 13 July 1919 and arrived at Hoboken, New Jersey on 22 July 1919 aboard the USS America. He was mustered out of service at Camp Dodge, Iowa on 30 July 1919.

After the War, he lived with his mother and held various jobs including driver for a meat market (1920), salesman for a milk company (1930), and in 1940 he is found in 2 censuses: in St. Paul with a wife, occupation publishing salesman; also in a hotel in Le Sueur, Minnesota as a newspaper field manager. He became Circulation Manager for the Minneapolis Star newspaper.

He married Elizabeth Ann Altenberg in 1935 in Stillwater, Washington County, Minnesota. They had no biological children, but he raised her daughter, Katherine Calin (born 1922).
Clifford Millard Kienholz died of paralysis of respiration due to meningitis on 9 February 1941 at St. Luke’s Hospital in St. Paul. He was just 48 years old. He was laid to rest in Fort Snelling National Cemetery in Minneapolis, Hennepin County, Minnesota.