

# STALEY NEWS

Vol. 7—Page 1

December 1, 1943

## The Employment Stabilization Plan

### How The Job Freeze Freezes

Sometime ago we promised you the dope on the Springfield-Decatur Employment Stabilization Plan. But, before we could get it to you, the rules changed (on October 15th) and our draft of the new rules arrived too late for the November issue so—here we are.

The Springfield-Decatur Area is composed of Sangamon and Macon counties and the twelve counties which surround them. The office of the Area Director (Mr. S. R. Wannamaugh) is in Springfield.

The plan provides that no employer may hire any worker who has been in essential or locally needed activity during the past 60 days unless the worker has a "Statement of Availability" from his last employer.

### Who Is "Available"?

"Statements of Availability" may be issued by an employer if, (1) the employee has been discharged or, (2) laid off for seven or more days or, (3) continuance of his employment would involve undue personal hardship or, (4) his employment is at a wage or under working conditions below standards established by State or Federal law or regulation.

If the employer fails or refuses to grant a "Statement of Availability" to an employee who requests one, the employee may request one from the U. S. Employment Service office and they may grant it if, in their opinion, the employee qualifies under one or more of the reasons listed above. U.S.E.S. may also grant statements to any employee of an employer who fails to comply with any W.M.C. stabilization plan, regulation or policy. Further, if it finds that any worker is not being used at his highest skill for which there is a need in the war effort, it may refer him to employment in which his skill would be more fully utilized for the war effort.

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## New Grind Marks Set In Corn Plant

October saw us busting our corn grind records again. Our daily record went by the board on October 4th when we ground *seventy-two bushels more* than we had ever ground before in twenty-four hours. And then, when we added up the total for October we found that its thirty-one days had gotten us 45,332 *more bushels* of corn than the mills had even seen before in a month's time.

### The "Ratchet Method"

So our former daily record (made in September) and our former monthly record (August) are dead ducks and we have some new marks to shoot at. At least for the duration we are advocates of what Harold Baker calls "the ratchet method". Today's record becomes tomorrow's standard operation. We get to thinking, "Well, if we can do it one day, why can't we do it every day?" and then we proceed to do it.

You'll remember that our January issue carried a graph showing that during 1942 we ground 185% of our ten year (1928-37) average. Figures for the first ten months of this year indicate that, on the same basis, 1943 will go to more than 190%. The year's bean grind will be a new record too although we haven't broken the monthly record there since March.

### Good Hit, Good Field

Breaking production records requires good planning, careful supervision, clever maintenance and an operating crew that is on its toes all the time. In other words, you need a ball team that can think, hit, field and run the bases. Obviously that's what we have.

So, when you point out that big signboard (the one that says, "Staley employees pledge: Our production for war, our dollars for victory") to one of your friends you can add, "And we ain't kiddin'."

## Through These Gates Passed Seventeen Million Bucks

Buying soybeans, in this day of guaranteed high prices, is a very expensive habit but one we doubt we'll be able to break ourselves of.

This year it has been especially rough because good weather caused beans to move to market fast and in great quantities and we had to buy every bushel for which we had storage space due to our uncertainty about both price and supply at some later date. We wouldn't want to get caught, at some later date, between a bean price that can go up but not down and a product price that can go down but not up.

So we hopped in and bought beans.

### And That Took Our Dough

On October 1st we had a cash balance of \$6,140,000.00 in our banks in anticipation of grain purchases. By October 25th our balance had shrunk to \$4,002,000.00 and we had borrowed over \$11,000,000 from our banks. To give you an idea of how fast that money went through our hands:—on October 11th we paid out \$1,330,885.41 for bean drafts and on the 15th (the next largest day) we paid out \$1,291,320.77.

### Questions

Which raises a couple of questions. How come we still had over \$4,000,000.00 in cash on October 25th? Why didn't we spend all of our own money first and then borrow what we needed? Answer is that the nature of our business requires us to keep deposits in all twelve of our banks (3 in Decatur, 3 in Chicago, 3 in New York and 1 in St. Louis, Cleveland and Boston) and when we are honoring drafts as large and frequent as concentrated bean buying demands, we have to keep enough money out to cover them. Except in the grain buying season, we seldom need bank balances totaling more than \$1,200,000.00 to carry on our business and, in slack seasons, the

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## We Are Full of Beans —And Corn

The October-November rush of corn and beans from farm to elevator not only made the Financial Department step lively to find the money to pay for them but it also required the Grain Department and our elevator crews to be fast on their feet.

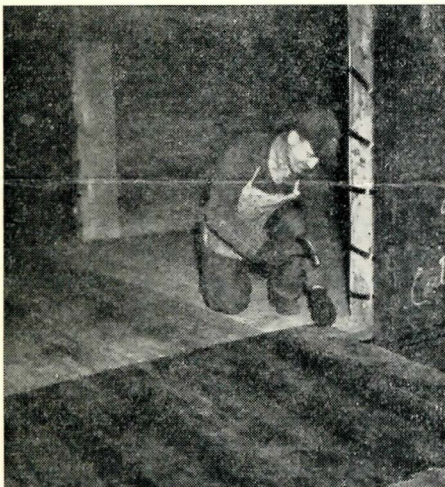
We have a total (at Elevators A, B and C) of around 6,000,000 bushels of storage space for grain. Good elevator practice dictates that we put no more than about 5,000,000 bushels of grain into it so that we'll have "room to turn around" and room to store unexpected arrivals promptly.

But, as we've already told you, this year the situation was tough and we had to be tough to meet it. So we loaded our Elevators to the bin floors. By November 11th we had 5,850,000 bushels actually in the bins and 86 cars of corn (about 1700 bushels to the car) and 29 cars of beans in our yards.

### Know Your

## Staley Safety

### C O D E



33. **LOADING RUNWAYS BETWEEN PLATFORMS AND BOX CARS SHOULD BE SECURELY FASTENED BY NAILING TO THE CAR FLOOR OR BY OTHER SUITABLE MEANS.**

### We Had to Work Seven Day Weeks

And there was a manpower shortage. We had to get permission from the Illinois Department of Labor to work our Elevator C crew seven days a week for two weeks to get over the hump and, since, we've had to withdraw from the market a couple of times because we just couldn't handle any more grain. When the corn shortage shows up again next summer (and we're afraid it will) we want to be sure that we've done everything in our power to meet it. A full-to-bursting elevator is one of those things and we mean to have it if we can.

### A Prize For Your Heroic Shoes

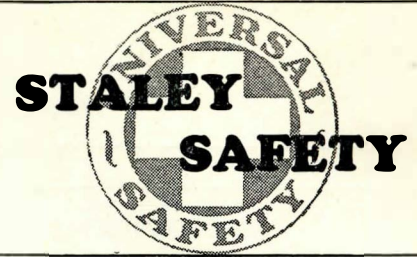
Mylo Roberts says the proof of the safety shoe pudding is whether they really saved your toes when the emergency arose (or, in this case, fell).

He knows that there is some proof because he's seen the record on Jim Rickey's shoes which saved Jim's toes a couple of years ago when one of the elevator doors in No. 20 Building came down on that good old steel cap and every once in a while someone in No. 17 Building tells him about a 700 lb. glucose barrel that rolled onto their safety shoes but didn't smash their toes. But he wants to see some of those toe savers and to stick them up where any doubting Thomas can see them too.

So he says that, during December, he's inviting everyone who has a pair of safety shoes that have really saved his toes from injury, to bring those shoes in and tell him the story. For the most spectacular save (he'll be the judge), and the right to use the person's name in the story, he's going to purchase the heroic pair of shoes by giving their owner a new pair of shoes from his stock. Only catch is that said owner will have to provide a ration stamp.

If you have a pair of safety shoes that have really saved your feet, take 'em up to Mylo and tell him how it happened.

★ **BUY BONDS** ★



By **MYLO ROBERTS**

*Director of Safety*

**FALLS**—the bugaboo of mankind!

Falls are one of the greatest causes of injuries, not only on the job but also away from work. Nearly every method used by the National Safety Council in classifying and comparing injuries as to number and seriousness will have this item at or near the top of the list. With the exception of automobile accidents, falls were responsible for more fatalities than any other cause in the United States last year.

We recognize this hazard at Staley's. Six of our Safety Rules are directly concerned with the prevention of falls. These are: No. 8—Running, No. 11—Ladders, No. 16—Manhoists, No. 25—Safety Belts, No. 27—Scaffolds, and No. 33—Loading Runways. Others are indirectly connected with the prevention of falls.

One common cause of injury is falling between a boxcar and the loading platform. Most of these have been due to the runway slipping off at one end. Therefore, one of our new rules is that loading runways should be fastened securely. If you are doing trucking and loading, and a lot of you are, be sure that the runway is set properly and nailed down. If it isn't, do it or see that it is done. That extra minute or so may save a lot of time later.

Another cause is the use of faulty tools or the improper use of tools. If you are using a wrench or crowbar and exerting a lot of pressure on it, be sure that it is in good condition and properly set. Even then, prepare for the unexpected and brace yourself so that if something should let go suddenly you will not fall.

If you have to use a ladder, be sure it is in good condition. Always use the proper size and type for the job that you are doing and see that it is placed correctly. Take every precaution against the possibility of its sliding or tipping.



Published Monthly  
By The Personnel Department  
For The Employees of  
**THE A. E. STALEY**  
**MANUFACTURING COMPANY**  
DECATUR, ILLINOIS  
Manager of Personnel  
ROY ROLLINS

## How Important Is The Absentee?

In the past year many editorial writers have rushed into print their ideas on the causes of wartime industrial absenteeism.

They've made the American industrial worker look like a pretty mean sort of a dog.

The most vitriolic have called him a passive saboteur; drunk on pay day, indifferent as to who won the war, selfish and probably in the pay of Hitler or under control of his agents.

The kinder ones have merely suggested that he was making too much money, that he was stupid and lazy and forgetful of the sacrifices made in his behalf by the boys in the service.

But let's look at the record.

The facts are that some 8,000,000 of our best young men are in the services and that those of us who have stayed at home have mined more coal, iron and copper, manufactured more food, clothing and weapons, paid more taxes, bought more bonds and given more to charities than we ever did when they were here helping us. We have added a third to our country's manufacturing plant capacity, used our old plants to break production records every month and hauled 50% more freight on our railroads and trucks. We have built the world's greatest navy and airforce and equipped (with fine weapons) the greatest army our country ever had. And we have accomplished those things in the face of shortages of manpower and materials, loss of our crude rubber supply, rationing of food and fuel and a hundred other war time restrictions.

Pardon us for thinking that's not too bad.

Which it not to say that there is no absenteeism problem or that there isn't a grain of wheat in the bushels

of chaff that have been written about it. We could have done a bigger and better job right here in our own plant if we hadn't had some unnecessary absenteeism.

But it is to say that absenteeism involves only a comparatively few employees and that they are, for the most part, people who entered industry after the war started. And then, wartime working isn't quite the same as peacetime working. There's the strain of battles and casualty lists and transportation and prices and rationing. There's the fact that we're working longer hours and hitting the ball while we're here.

Let's look at absenteeism in its true light. It's a vexing problem, one of many, and its existence has hampered war production. But we shouldn't allow it to blind us to the fact that we in American industry are doing a pretty good job in spite of the absentee.

## To the Attention of All Part Time Santas

There will be an instructor at the Handicraft Clubhouse every Tuesday evening from 7:00 p. m. until 9:00 p. m. to help Staley's numerous part time Santas make or repair toys and other Christmas presents.

In the past several years the Handicraft Club has done a nice job of turning out Christmas toys and stuff and this year, with the stores out of many of the things that we'd normally buy for presents, we should have a record turnout. Come on over and join the fun.

Virgil David

Chairman, Handicraft Committee

## Forty-Three Thousand In Forty-Three

In 1941 the quota for the Decatur Community Chest was \$113,216.00 and we at Staley's gave \$18,627.32 of that amount. Next year's slogan was "2 in '42" and Macon County's quota was \$220,620.00 for the United War Chest which included the War Relief agencies with the Community Chest. Those of us who work here brushed aside the fact that the whole county was included and almost doubled our own contribution with

\$36,700.60. And this year, when the need was still greater and the county's quota was \$285,664.00, we raised our ante to a cool \$43,059.73.

And all of us helped. The company's contribution went from \$7500.00 (1941) to \$20,000.00 (1942) to \$25,000.00 (1943). The hourly paid group went from \$2210.82 to \$3774.20 to \$5979.50 and the foremen from \$1728.00 to \$2178.50 to \$2303.23. The fact that we've learned to put 10% of our payroll into bonds has apparently helped rather than hurt our ability to give to charity.

We're carrying our part of the load and, if it's still heavier next year, we'll still be able to hit it a little harder. The Staley gang has a habit of success when the cause is worthy.

## MORE ABOUT \$17,000,000.00

(Continued from Page 1)

amount may occasionally sink under the half million mark. An additional answer is that by the time we are through buying grain a good share of \$4,000,000.00 will be gone too.

There is one other question. Wouldn't it be better for us to own the money that we use to buy beans and not have to borrow it from the banks every year and pay interest on it? Answer is no. You wouldn't pay a man a full year's wages to do three months' work and we can't afford to own money that would be working only a fourth of the time. It's both cheaper and simpler to hire the money only when we've got a job for it to do and to let it work somewhere else the rest of the year (and be on someone else's payroll).

## Now We Have To Pay Off

When the buying rush is over (it practically is now) we'll use some of our bank balances to pay off some of our notes and we'll pay the rest as we sell meal and oil. Meantime, its kind of exciting to be well and whole and have six million bucks in the bank at one end of the month and find yourself eleven million bucks in debt at the other end. Amusin' but not (we hope) confusin'.

## Scout Information

The Fellowship Club's Boy Scout Committee is composed of Ed Ecklund, who is chairman, Bill Ryan, Alonzo Wall and Jerry Leaser. Any of them will be glad to give you more information about Boy Scout activities.



## Personnel Dope

By MARION TROW  
Supervisor of Placement

Some day we'll hold an auction in the Placement Office and sell to the highest bidder (proceeds to go into war bonds of course!) the various items of wearing apparel left here by excited applicants and employees who've become so fascinated (?) by our particular gift of gab they've wandered dazedly off without checking up on themselves. To date we've collected one hat, one leather jacket, one scarf, one glove—all definitely masculine.

Which is a pretty good start on a wardrobe for somebody. Naturally, we personally have no use for these things and would prefer something a little more on the feminine side. But whatever their reputation heretofore, women never seem to leave us anything—not that we would unselfishly mention it if they did, of course. Be that as it may, if you've been around here recently and can't account for that missing hat or anything else listed above, ring Extension 360 and give us a description of same and we'll see if we can match it for you!

Now for the news. Guy Goodwin this last month left Standards to become foreman of our 48 and 49 buildings. Albert Sage Boyers came to us then to be Industrial Engineer and in charge of Standards from the Sonoco Products Company of Hartsville, S. C.—where he had held various responsible positions. Adding to his organizational talents and pleasant personality an unsuspected flair for flying, Mr. Boyers can produce for inspection one of the oldest, longest-maintained pilot's licenses in the country.

Gene David Smith, who pinch-hit for Harry Litz up in the Manufacturing office while he was away, is now permanently in the Statistical division replacing Doris Morford who left last month to be married. And Pauline Glosser is the new stenographer-clerk in the same office coming from Messenger a short time ago.

With Catherine Schmidt at last back as librarian in the Placement office, and Marge Duncan secretary in Personnel, Alice McClure has returned to us on Marge's job in the plant Manufacturing section. Janie Ernst, of Personnel, took over the records job there when Alice Murray resigned and Barbara Ruffner

came from Accounting to Janie's desk in the outside office. Over in Safety, Dick Webber became clerk.

Kathryn Craig has taken up her travels again, moving from Accounting to the Planning Department as typist and clerk. Doris Williams and Eunice Lohman have been added to the Financial Department, Doris as first floor messenger and clerk, and Eunice to become assistant switchboard operator when Betty Ross became full-time operator.

Barbara Ball, first a messenger, was transferred to the Stenographic Department to supervise the operations on the messenger desk. Anne Richards, messenger, became records trip girl in Stenographic, too, and Bernadine Hawkins (she's Russell Overly's girl) replaced Helen McKinley as machine operator on fourth floor. Jackie Westerman has returned to the files after a long absence.

Over in the Mechanical Office, Margaret Williams, messenger, replaced Audrey Scott (who had left to be married) as clerk. And Sally Marvin is now stenographer-clerk in the Research Development Division, following Ruth Austin who resigned. In the Order Department, Betty Galloway has replaced Norma Carleton (who has joined Dean down south) as comptometer operator, and Mary Ann Hahn, messenger, is now on Betty's former clerical job.

And these are our newcomers in the Messenger Department: William Starbody (see Frank for further details), Anna Mae Zucco, Mildred Poehler, Mary Jean Haberbarger and Mary Ellen Giffin. Virginia Scardello also joined us as a comptometer operator in Standards.

Thus endeth the tale for this month.

### MORE ABOUT STABILIZATION

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#### There Is An Avenue of Appeal

The employee, then, may appeal his employer's denial of a "Statement of Availability" to the U.S.E.S. and both employer and employee have a right to appeal U.S.E.S. decisions to the Area Committee and on to the Regional Director (W. H. Spencer) in Chicago.

#### We Don't Like It Too

We don't like the idea of employment stabilization any better than you do except as a war measure. In the past we have always said, "God-speed and good luck" to Staley people who thought there was a better

opportunity for them somewhere else and we are firmly convinced that, in any ordinary times, we should not attempt to keep people who are dissatisfied enough to want to leave.

#### We Give Up Liberties To Save Them

But this is war, and all of us must temporarily give up some of the liberties we've cherished so that we can have those liberties back again when the war is won. The War Manpower Commission has made plain to employers and employees alike that it expects employment stabilization to work and it has threatened some rather severe penalties for employers who grant "Statements of Availability" to their employees for any reasons other than those outlined above.

So we're going along and trying to play the game according to the rules and we ask no more than that from anyone else. If you want a "Statement of Availability" and feel that you can qualify under the rules, come over to the Personnel Department, after seeing your foreman, and let's talk it over. If we don't agree that you come under the rules and you still feel that you do, the next step is to the U.S.E.S. office. We are trying to be right in this business and to give complete consideration to everyone else's needs and wishes at the same time. That's not too easy but your understanding of our problem will help.

## Boy Scouts Suffering Boypower Shortage

It's not just the company that is experiencing a manpower shortage. The Fellowship Club's Boy Scout troops (Troops No. 9 and No. 21) are having their troubles too. Both of them need more members and are extending an invitation not only to Staley boys but to all of the boys in this neighborhood.

If you know a boy of Scout age bring him or send him over to the Staley Boy Scout house across from the Eldorado Street gate on any Tuesday evening at 7:30 to meet and join Bill Ryan's Troop No. 9, or on any Friday evening at 7:30 to meet and join Lonnie Wall's Troop No. 2.

Those troops need boys and your boy (and the neighbor's boy) need the fun and training they'll receive from Scouting.





# War-Time Eating

Published in the Interest of the National Nutrition Program

## FOOD FIGHTS FOR FREEDOM

November has been designated as "Food Fights for Freedom" month so that everyone will know and understand the reasons why it is becoming more and more difficult to get certain kinds of food. Committees all over the country are being mobilized for this program. Watch your local newspapers, listen to the radio programs, read the magazines to learn what YOU can do. Be willing to do your share in this program to PRODUCE AND CONSERVE, SHARE AND PLAY SQUARE.

There is going to be enough food for everybody—but not enough of all the things we have always had. It is your responsibility and mine to use the National Food Supply to its best possible advantage; to see that nothing is wasted.

## WHEN TO USE MORE CEREALS

You are hearing a lot about using more cereals in your meals. One of the meals where an increased use of cereals may be beneficial is at breakfast time. Those of you who have been eating doughnuts and coffee can well use a cereal instead of the doughnuts—or sweet roll. Where ham and eggs have previously formed the main part of your breakfast, you can change over to cereal—and save the ham for another meal.

Cereals should be used to offset the reduced quantities of meats, fats and sweets rather than in place of potatoes, other vegetables and fruits.

## A NEW SET OF TABLE MANNERS

1. Pick up the chop or chicken bone and gnaw off the last shreds of meat.
2. Tip the soup bowl—to get the last drop of soup.
3. Dunking is O.K. If there's any gravy or vegetable juice on your plate, it's perfectly proper to sop it up with a piece of bread.
4. Don't leave any juice in the grapefruit; pick it up and squeeze it dry.
5. Eat the garnishes that are served with food.
6. Don't leave anything on the plate for Mrs. Manners—eat it yourself.

Some of us have been doing some of these things for a long time, although we hoped we wouldn't get caught at it. This change in table manners has come about in order to get all the value from the food we buy. Food that isn't eaten is wasted and we can't afford to waste food.

## CHAINED BY CUSTOM

It's the habit of chickens to scratch and of ducks to swim; of women to button their coats on the left; and of men on the right. But the custom that has United States retail food stores baffled is America's tenacious habit of marketing on Fridays and especially on Saturdays, in spite of the fact that stores are putting more and more food ads in Wednesdays' and Thursdays' papers.

Weekend buying still accounts for three-fifths of all sales, which is hard on consumers, transportation and harried clerks during this period of clerk-shortage and customer-plenty.

SHOPPERS WHO ARE CHOOSY ABOUT CHOICES OR WHO HATE TO STAND IN LONG WAITING LINES

SHOULD BUY ON TUESDAYS, WEDNESDAYS AND THURSDAYS. AND THEY SHOULDN'T WAIT UNTIL LATE AFTERNOON.

## HOW TO USE CHEESE

Cheese dishes can take the place of meat dishes and can also supply part of the milk requirements. Waste no cheese. Use every little bit. Cut off only as much as you need each time, then store the rest tightly wrapped in paper or clean cloth. Use promptly before the cheese dries, but if it does get dry it can be grated. Cheese may mold without spoiling. If it does, cut off the mold and use the rest.

Go easy with the heat when you cook cheese. That way the cheese melts completely and spreads good cheese flavor through the whole dish. Cooked too quickly, cheese gets tough and stringy.

To speed up the melting and blending of cheese, get it into small pieces before you heat it. Break it . . . grate it . . . slice it . . . shave it thin. Whenever possible, mix the cheese into sauce before adding it to the other ingredients. A little dry mustard added to cheese recipes adds a tang—not more than ½ teaspoon.

## AN URGENT PLEA

**SAVE TIN CANS:** Tin is a "fighting metal."

**SAVE WASTE PAPER:** There is a critical shortage of waste paper, more critical than at any time since the War started. Waste paper is a vital "Weapon of War." Bomb bands, shell containers, aircraft signals, ammunition chests, parachute flairs, overseas containers and other military needs are made in part from converted waste paper. **DON'T DESTROY IT! SAVE IT!**

**SAVE WASTE FATS:** If every housewife in America would save and turn in only one pound of used cooking fats and grease every month, it would produce enough glycerine to make over half a million pounds of smokeless power. We are short millions of pounds of this glycerine. **THERE IS ONLY ONE IMPORTANT SOURCE WHICH HAS NOT BEEN TAPPED TO THE LIMIT. THAT SOURCE IS THE USED FATS FROM THE KITCHENS OF AMERICA. DON'T THROW ANY FAT AWAY!**

**THE VICTORY SCRAP BANK:** This bank will act as a reservoir from which to draw and can be used as needed. Our present inventories of scrap metal are far from safe and we don't dare wait until a crisis is upon us. **GET BEHIND THE SCRAP DRIVE AND SAVE ALL YOU POSSIBLY CAN!**

We are facing an urgent need for these vital war materials. Our former sources of supply have been cut off. We are going into a period of the War when we are going to need more and more of these materials. It is our solemn duty to take these drives seriously and to supply as much of the needed materials as we possibly can.

If you do not know what to do with what you have saved, get in touch with your local Salvage Committee.



# Menus and Recipes

## Suggested Menus and Recipes Using Low Point or Non-Rationed Foods

### CHEESE SAUCE

4 tablespoons fat	1/4 teaspoon mustard (dry)
4 tablespoons flour	1/2 pound cheese, shaved thin
2 cups milk	(2 cups)
1/2 teaspoon salt	

Melt the fat, blend in the flour, salt and mustard. Add cold milk. Heat and stir until thickened. Add the cheese and stir until cheese is melted. Serve over bread or toast slices . . . boiled rice, hominy grits, macaroni or spaghetti . . . boiled potatoes, asparagus, onions, cauliflower or broccoli.

### BREAKFAST

Grapefruit Juice  
Wholewheat Cereal and Milk  
Soy Flour Muffins  
Milk Coffee

### LUNCH

Cheese Sauce on Toast\*  
Carrot Sticks  
Gingerbread  
Milk

### DINNER

Frankfurters and Sauer Kraut  
Scalloped Potatoes  
Lettuce Salad  
Bread and Butter  
Apple Pie  
Milk Tea

### BREAKFAST

Sliced Orange  
Soft Cooked Eggs  
Wholewheat Toast and Butter  
Molasses Cookies  
Milk Coffee

### LUNCH

Cream of Potato Soup  
Peanut Butter and  
Lettuce Sandwiches  
Apple Sauce  
Milk

### DINNER

Shoulder Lamp Chops  
Mashed Potatoes  
Buttered Rutabegas  
Apple and Cabbage Salad  
Graham Cracker Cake\*  
Milk Tea

### GRAHAM CRACKER CAKE

1/2 cup shortening	2 teaspoons baking powder
1 cup sugar	1 teaspoon vanilla
3 eggs, separated	1/2 pound graham crackers
1 cup milk	3/4 teaspoon salt
1/2 cup flour, sifted	

Cream shortening and sugar, add yolks one at a time and beat well. Mix flour, baking powder, salt and finely ground crackers, adding alternately with milk to first mixture. Add vanilla, then fold in stiffly beaten egg whites. Bake in two layers in modern oven (350 degrees). Ice with a boiled white frosting.

### CHEESE, CORN AND TOMATO ON TOAST (using home canned vegetables)

3 tablespoons flour	2 cups cooked corn
3 tablespoons melted fat	2 teaspoons salt
1 onion, sliced	1/4 to 1/2 pound cheese, cut thin
2 cups cooked tomatoes	(1 to 2 cups)

Brown the flour in a heavy skillet. Take flour from the skillet and blend with 2 tablespoons of the fat. Brown the onion in the remaining fat, add the tomatoes, corn, salt and flour-fat mixture and cook for about 10 minutes. Stir in the cheese. When it has melted, serve on thin crisp toast. Serves 6.

### BREAKFAST

Baked Apple  
Fried Corn Meal Mush  
Milk Coffee

### LUNCH

Cheese, Corn and Tomato  
on Toast\*  
Wholewheat Bread and Butter  
Rhubarb Sauce (home canned)  
Milk

### DINNER

Ham Patties  
Candied Sweet Potatoes  
Green Beans  
Vegetable Salad  
Butterscotch Pudding  
Milk Tea

**NOTE:** These menus do not necessarily have to be served the same week. Recipes are given for the starred\* dishes.