

STALEY NEWS

Fellowship Club Adopts New Constitution

By an 83% majority (with 75% being required by the Club's old By-Laws), the members of the Staley Fellowship Club decided, in an election held December 30th, to adopt the new Constitution proposed by the Board of Governors at a general meeting of the Club on November 22nd.

So it's probably appropriate to take a backward look at that action and a forward look at what it will mean to members of the Club.

Sickness Benefits Doubled in Duration and Increased in Size

Number One in importance to all of us are the new provisions for increased sickness benefits.

The old constitution provided \$7.50 per week sickness benefits to women members for 13 weeks and \$15 to men and NO MORE.

The new one provides a BASIC benefit of \$15 per week for TWENTY-SIX weeks for BOTH MEN AND WOMEN with the option, for hourly paid members making at least 67.6c per hour or monthly paid members making at least \$117.17 per month (40 hour week basis), of subscribing to additional coverage of \$2.50, \$5, \$7.50 or \$10 per week for extra premium payments of 14c, 27c, 41c or 54c per month respectively.

The exact amounts to which members earning at least the minimums mentioned above are eligible to subscribe are shown in the following table.

Those Who Are Paid:				Are Eligible For:		At a Cost
Hourly Rates of		Monthly Rates of (40 hr. week basis)		Mem- bership Class	And Extra Weekly Bene- fits of	To The Member per Month of
At Least	But Less Than	At Least	But Less Than			
—	67.6c	—	\$117.17	A	None	None
67.6c	78.1c	\$117.17	135.37	B	\$2.50	14c
78.1c	88.5c	135.37	153.38	C	5.00	27c
88.5c	\$1.00	153.38	173.33	D	7.50	41c
\$1.00	—	173.33	—	E	10.00	54c

For hourly people, the rate on which their eligibility will be figured will be the one shown on their last rate change or transfer slip and neither their daily rate changes, when working on jobs rated higher or lower than the one to which they are regularly assigned, nor their average rate over a period of time, will be taken into account.

For Example

In practical administration, here's how it will work out.

Suppose you go onto a 75c rate on March 1st and elect to pay an additional 14c per month for \$2.50 per week extra benefits. If you have an illness beginning in March you'll get \$17.50 per week benefits as long as you are sick and eligible for benefits.

Then suppose that on April 1st you are advanced to an 80c rate and that you have a claim for benefits during April.

Will you get \$20 per week benefits?

NOT UNLESS YOU HAVE APPLIED FOR THEM!

Otherwise, you'll still receive just \$17.50 per week.

To go on: let's say that you did apply for them, that on April 20th you are cut back in a reduction of force to a 75c rate and that you get sick on April 22nd and are off work 10 weeks. What benefit rate will you get while you're sick? Answer is that you'll get \$20 per week so long as you are sick but that on May 1st your premium rate will drop automatically to 14c per month for supplemental benefits.

BUT—if you get sick AFTER May 1st in this situation you'll get only \$17.50 per week.

The rule will be that your benefit rate will be determined by the amount to which you were eligible and to which you had subscribed WHEN YOU GOT SICK. It will neither be cut nor raised WHILE you are off sick no matter which way your rate of pay goes.

Monthly Cost to Members Increases 16c for Men and 83c for Women

Number Two in importance is what happens to the size of our monthly dues and premiums. We (the men) have been paying \$1.25 per month (plus 14c federal dues tax) and the ladies have been paying 65c (plus 7c federal dues tax) for the benefits outlined above plus \$1,000 life insurance (\$500 for the ladies) plus the various social, recreational and athletic activities of the Club.

Under the new plan we'll ALL pay 25c dues (plus no tax). This will entitle us to membership and participation in social, recreational and athletic activities but not to any insurance. For an additional \$1.30 per month we will get \$1,000 life insurance, \$15 per week sickness benefits for 26 weeks and our usual \$3.00 per day hospitalization to a total of \$100. We may purchase additional sickness benefits as outlined above and additional life insurance at 60c per month per thousand.

We Only Pay Half of the Cost of The Club's Operation

All of the dues and premiums mentioned above will, of course, pay only half of the cost of operation of the Club. The other half will continue to be paid by the Company as it has been in the past.

And None of the Cost of This

In addition the Company proposes, entirely at its own expense, to supplement the duration of sickness benefit payments past the 26 week maximum in accordance with the following table.

Length of Service at Beginning of Illness	Number of Weeks Extension of Benefits Past 26 Week Maximum at Company's Expense
6 years	5 weeks
8 "	8 "
10 "	11 "
12 "	14 "
14 "	17 "
16 "	20 "
18 "	23 "
20 " or more	26 "

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Personnel Dope

By MARION TROW

Supervisor of Placement

That Staley families have not turned the proverbial deaf ear to our recent cries for "junior" help was pretty well proved this month by our additions to the messenger force. We welcomed, for instance, the third generation of the Younger family, Lynn and Beverly. And Catherine Lauber, daughter of Bill Scott, brickmason, also came to us along with Jack Houk, sister of Margie down in the Financial Department. And, boys, we need more like 'em!

The Order Department has the record for intra-departmental changes this month. When Virginia Robinson left to join her husband in Washington, Dorothy Collins became order checker. Frances Grove then took over Dorothy's job as utility clerk for the department, Lucille Peer was made feed price clerk, and Betty Heynen replaced Lucille as distributor in the duplicating section.

Bob Ivens, formerly of Accounting went to Traffic as billing clerk in the M.I.T. division when Chuck Bradley

left us to accept a government scholarship offered. Joan Keller replaced Bob in the Cost Division, and Mary Haberberger was transferred from messenger to Accounting as cost clerk.

Peggy Collins also moved from messenger to Personnel to replace Dick Webber as Safety clerk when Dick returned to school. And Margie Thompson, formerly of Priorities, came to Stenographic as a Jr. Ediphone operator.

People by and large are a helpful lot, we've discovered. This talk of departments trading help and work is not just talk but plain fact. During the last month, with year end stuff piling upon some departments, help has been given by others and very graciously, too. And occasionally, too, those who have worked for us before come to the rescue in rush time as Edna Powell, formerly Edna Thompson, did for the Financial Department when we needed her during our flu casualties. For all of which we are very grateful.

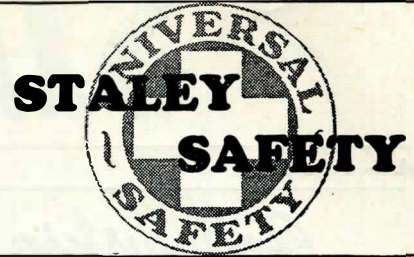
Traffic Troubled

Inch by inch and car by car, the Traffic Department is still managing to roll in our necessary quota of seventy-five box cars for shipping every day. And their relief once all the cars are under the line for sure, at least up until seven o'clock the next morning, is plenty easy to understand once you know what they're up against.

In the first place, the box car shortage is due to a diminishing national supply. Very little new equipment is being made. Usually, our shipments move in cars requiring equipment designated as "A" or mill ears. For several years before the war, about eighty per cent of the cars coming to us loaded with grain were of that designation. However, recently the Association of American Railroads pointed out that, assuming during 1939 and 1940 thirty per cent of the total box cars were mill cars, today only *thirteen* per cent (or less than 50% of such cars available then) are class A. And also that there are today in service 9,000 less box cars than a year ago!

To help the situation further the Office of Defense Transportation as of January 12, 1944 asked that no less than 200 cars per day be moved from

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By MYLO ROBERTS

Director of Safety

One of the kinds of injuries that we are still getting away too many of is strains. Strains are odd, elusive things. Sometimes it is even difficult to explain why one occurs.

For instance: a man is loading cases into a car. He has done it many times before. Suddenly, a muscle in his back tightens up and hurts. That's its way of saying, "Hey, you done me wrong." But how?—The load wasn't too heavy. Probably it's because he was momentarily off balance or out of position.

So be sure you are lifting properly. Note what your Staley Safety Code (No. 13) says about lifting. Get into the practice of using your legs as well as your back and arms in lifting. You'll not only be guarding against strain but you'll notice that over a long period your back doesn't get so tired. If you are new at handling bags, watch the old timers. Notice the easy, automatic swing they have developed and ask them to tell you if you are doing it right.

Because of their very nature strains are hard to guard against. All we can do is to be sure that the load on any regular job is well under what you should be able to lift safely. However, at times you may come up against something unusually heavy so be sure you know how much you can lift. Get help if it's too heavy.

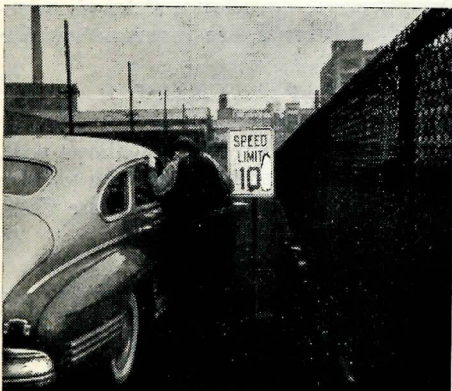
Other causes of strains, and the easiest to guard against, are those which don't involve lifting. A girl runs down the steps and sprains her ankle. A man walking through the yard steps on a piece of pipe someone left there, falls, and sprains his wrist. A mechanic, doing a repair job in a tight place, raises up and hits his side against a brace he had failed to notice, causing a strain. All these could have been prevented.

You are your own best protection against strains.

Know Your

Staley Safety

C O D E



32. THE SPEED LIMIT IN THE PLANT IS 10 MILES PER HOUR. ALL TRUCK DRIVERS AND OTHERS DRIVING IN THE PLANT SHOULD OBSERVE THIS RULE AT ALL TIMES.

Published Monthly
By The Personnel Department
For The Employees of

THE A. E. STALEY
MANUFACTURING COMPANY
DECATUR, ILLINOIS
Manager of Personnel
ROY ROLLINS

Here's What We Can Do To Help You With That Brutal Income Tax Return

Our plans for helping Staley people to file their Income Tax returns this year are somewhat different than last year's. This is partly due to changes in the tax laws which consequently make a much bigger job out of filing an Income Tax report and partly to the fact that we learned something from last year's experience.

You Gotta Get a Work Sheet

First, the employee who wants help in filing his Income Tax report can obtain a "Work Sheet" form which will be available at the Time Office, Personnel or Financial Departments. On this work sheet he (or she) should fill in all of the available information regarding income, exemptions and deductions before coming over for a preliminary interview.

Then You Gotta Make a Date

Second, beginning February 7th and extending through March 4th, there will be two girls on duty in the Financial Department each afternoon from 12:15 to 4:30 for preliminary work which will consist of checking the employee's work sheet, typing information on the Income Tax form and scheduling an appointment for the final work on the employee's tax return.

Third, from February 21 through March 10, Monday through Friday, there will be at least five trained men available by appointment made at the preliminary interview for assistance in completing the tax returns. These men will be available from 7 p. m. to 10 p. m. on each of those evenings. In addition there will be a tax expert from the Gauger & Diehl public accounting firm to check the completed returns.

Do Your Part of the Job Now

Remember, there will be many who will need assistance and the only way we can help all of you is by following the schedule we have outlined. You can help by getting your "Work Sheet" and getting all the information written on it before you come in for the preliminary interview. Lack of complete information is the item that will slow up (may stop) the work on your return.

Of course, any special problem regarding doubtful deductions or exemptions will be held over for the trained men to work on. However, much time will be saved by both you and the tax experts if you will fill out the "Work Sheet" as completely as possible before you come over the first time.

Don't put it off.

It's going to be a tough enough job at the best. —And we ain't just kiddin'.

Washington Called Again

Ken Maltas, our Assistant Manager of Feed Sales, as one of the best-posted men in the country on protein feed distribution, has been loaned by the company to the War Food Administration as Chief of the Protein Meals Division in the Feed and Livestock Board and is blazing trails in Washington.

The story of Ken's travels began when last year W.F.A. decided to do something about equitably distributing a limited supply of feed to a greatly increased animal population, producing our meat, eggs, and butter. The shortage resulted from a rapid expansion of feed requirements with which our vegetable protein crops did not keep pace. There was a mad, mad scramble for feed. Most manufacturers were then distributing their supplies just to customers on previous purchase records, and the spread was not enough. It finally looked as though even the animals would have to be rationed.

An order was issued that every manufacturer of protein feeds (soybean, cottonseed, peanut, etc.) set aside twenty per cent of his product. The remaining eighty per cent was then to be distributed as before to previous customers on a purchase base for 1942-43. But in Washington the Feed and Livestock Branch was

set up to pool the twenty per cents and to distribute when and where they saw need.

To help with this, in each state the Triple A War Board called in people familiar with the problem to consider requests within the states and to forward applications to Washington. The branch there then analyzes the forty-eight requisitions and allocates to each state a certain amount of the pooled protein feed for distribution.

Again, the state boards step in to distribute the state supplies to feed mixers, dealers, farmers, ranchers, one and all. This is done with an eye to the shipping question, too, so that a manufacturer will receive instructions to ship his twenty per cent, whether it be 600 or 100 tons within an area for which the cost and ease of transportation has been considered.

Last year, Ken made his mark as Chairman of the Illinois board so it was with both pride and regret that we loaned him to W.F.A. until April, 1944.

MORE ABOUT TRAFFIC

(Continued from Page 2)

grain lines in this country to Canada to help ship some 40,000,000 bushels of wheat into the feed-deficient areas. Because of the acute feed needs, this move was no doubt necessary, but the fact that this order extends to April 30, 1944 will cause box car discomfort around here well into the spring.

Locally, too, we're hindered by the fact that farmers aren't selling much now and we can't buy as usual from country stores which means that the cars aren't coming in loaded with grain, to be refilled and shipped out, but must actually be "hunted down".

But in the effort to conserve all available box car supplies, shipment loadings have been much heavier. National loading in January stepped up to 300% over that of November and December, 1943. In our plant, for 1942 the average weight per shipment was ten per cent higher than in 1941, and that of 1943 twenty-seven per cent higher.

So while the Traffic guys roll 'em in, we pack 'em in to make ends meet. It's called cooperation.

★ Buy More Bonds ★

MORE ABOUT FELLOWSHIP CLUB

(Continued from Page 1)

The reason for the Company's action is that there have been a number of cases in the past, as all of us well remember, where members have suffered extreme hardship because of illness which lasted longer than benefits did. Under the plan outlined above an employee with 20 years of service may receive a year's benefits (a total of \$780 on the \$15 rate or \$1,300 on the \$25 rate) in case of long illness.

To sum up, the new plan will double the total amount of sickness benefits which any employee may receive (will quadruple it for 20 year men) at an added cost to the member of 16c per month. Percentagewise the increase in cost to the member amounts to less than 12%.

Wimmin's Rights Respected

Number Three is that we have, as you may note above, stopped discriminating against women members. If they can do men's jobs, and they are doing them, they should be eligible to participate in equal benefits. And they will.

Waiting Period Arrangement Changed and Shortened

Number Four is that we've shortened (practically eliminated) the length of time that a member must be off before drawing benefits. Under the old plan a member had to be off seven days before he was eligible to draw anything. Under the new plan he will have no waiting period at all in case of non-occupational injury and only a three day waiting period in case of non-occupational illness. Even this three day waiting period will be paid for in case the illness lasts thirty days or longer.

Read This Before You Make A Claim

Number Five, and very important to you, is the matter of certification of illness.

When a member makes a claim for benefits after being off sick SEVEN DAYS OR LESS, his claim may be certified by his doctor, the Staley nurse, the visiting nurse or by his own affidavit.

When a member is off MORE THAN SEVEN DAYS his claim may be certified ONLY by his doctor. The Constitution provides no exception to this rule.

And Read This Before You Get Sick or Hurt

Any member suffering a disabling injury or illness must report his con-

dition to the Time Office within 48 hours (if he is a plant employee) or to his department head (if he is an office employee). Failure to do so WILL bar his claim to benefits for any time before so reporting and MAY bar it for 72 hours after he reports. The Constitution provides no exception to this rule.

The Board of Governors Cut the Size of Their Annual Headache

Number Six is that most of the Board of Governors' annual budget pains should be over.

In the past the coming year's budget has been necessarily based on and at the mercy of last year's experience. Which meant that if one year produced an abnormally large amount of sickness benefit and life insurance claims, next year's budget for social, athletic and other activities had to be cut to balance the books and vice versa. It didn't seem to the Board that such a system made sense so they divorced the insurance activities of the Club from its other activities and separated their funds.

All of the 25c per month dues received from members (and a like amount from the Company) will be set aside to provide for all of the activities of the Club other than insurance and all of the amounts received as life, health and accident insurance premiums from members (and a like amount from the Company) will be set aside for insurance purposes only.

That makes both the insurance and the social programs stand on their own feet financially and will allow more intelligent (and consistent) planning of the year's activities.

And Things Generally Got Straightened Around a Bit

Number Seven is that a number of provisions of the Constitution have been slightly reworded and changed to allow better understanding on the part of members and better interpretation and administration on the part of the Board and the Business Manager.

Said Business Manager is, at this writing, the busiest guy in Macon County. On top of his normal duties (and they constitute a full time job) he is trying, with the help of the Board, to get all of the new machinery set up to put the new plan into operation. That will take some doing, as Ed Ecklund told you in a letter the other day, but as soon as

the machinery is ready to go we're going to take off and (with our fingers crossed) hope we have remembered to put all the parts in.

As soon as the new Constitution is printed (even that is hard to do in a paper shortage) we'll get it into your hands. The Board invites your questions on the whole thing or any part of it.

The Tale Of The Heroic Safety Shoes

In the December News an offer was made to give a new pair of Safety Shoes for the old ones which had done the best job of saving their owner's toes.

Because of the lack of responses, the offer was held open during January and, on January 16th, the prize story showing the value of Safety Shoes came to light.

The lucky man, both because he was wearing Safety Shoes and because he gets a free pair, is Miles Lee, operator in the Corn Oil House, and here's why.

Running down the center of the Corn Oil House floor is a screw conveyor. It is entirely covered but at intervals there are small square openings over which metal covers are bolted. One of these covers happened to be just where Miles had to step to adjust a chain on an overhead drive.

As he reached up, the cover, from which someone had removed a bolt, slid open and his toe went down into the running conveyor. It was immediately caught by the conveyor flights and he had to pull pretty hard to get it out.

But—when Miles got to First Aid and the shoe was removed, the only injury found was a slight bruise on one toe where the edge of the cap had been bent down a little by one conveyor flight.

The shoe was ruined, the leather being torn clear across back of the toe cap, but the toes are all right. Miles and we are pretty sure they wouldn't have been if the flights had hit them instead of that steel cap.

Before Miles went to work on the 17th, he bought a new pair of shoes at the Safety Office, not knowing at the time that they would be free, but feeling that the previous pair had really paid for themselves. And they had—but we did.



War-Time Eating

Published in the Interest of the National Nutrition Program

VICTORY GARDENS—ALREADY

It's not too early to begin to think about your Victory Garden for next spring. The earlier you start planning, the better the garden will be, as a rule. If you had never had a garden before last summer, you probably learned a lot about what not to do—as well as what to do. Many people planted too much of some things and not enough of others. Some of you found that you tackled too large a space, and some of you found that the garden was so small that it didn't grow enough to make it worth while.

A family of four needs a garden patch approximately 30 by 50 feet, if it is planned properly. The space should be large enough to provide sufficient vegetables throughout the summer and leave enough to can. The ground should not be left idle at any time during the summer—as one crop is finished, another should be put in.

We are going to have to supply as much of our own food as we can, so start planning NOW!

FLASH!

"America faces a critical paper shortage due to increased use of paper in manufacture and delivery of war weapons and supplies. This is aggravated by extreme shortage of manpower to cut timber for paper mills. We must have 8 million tons of waste paper in 1944 to satisfy military and civilian needs. A large part of this paper must come from homes. We are looking to the women of this nation to salvage all the paper they can. Urge all women to give even greater help to their local salvage committees in behalf of this extremely important effort."

DONALD M. NELSON, W.P.B.

IDEAS

Try bacon-wiches for Saturday supper. Saute cheese sandwiches in bacon drippings or spread drippings on outside of sandwiches to be toasted. Gives them a delicious bacon flavor.

Baste pot-roasts and meat loaves during cooking with the spiced liquid from pickled fruits and vegetables.

If you save points on slab bacon, this is for you. Save bacon rinds, frying out every bit of fat. Grind rinds fine. Mix into corn muffin batter and bake in special iron molds of corn ear design. Or bake in regular muffin pans.

TRY POINTLESS MEATS FOR FLAVORFUL MEALS

While point-free meats are unfamiliar to some, they are as rich in flavor and food value as the popular roasts. For the present, the "pointless" list of meats includes ox-joints, kidneys, tripe, brains, as well as pork feet, neck bones and tails. These meats supply high quality proteins, vitamins and minerals, and release meat stamps for buying more meats.

Look on the back of this leaflet for recipes using some of the "pointless" meats.

WHAT DO YOU EAT FOR BREAKFAST?

Are YOU guilty of eating one of those typical American breakfasts that is mainly carbohydrate—starch and sugar? Do YOU eat just sweet rolls, or doughnuts, or a lot of toast, with coffee to wash them down—or all three, and nothing else? Sure, that kind of a breakfast is filling, but it may be the reason you feel so tired and weak about three hours later.

Experimental evidence shows that a breakfast high in carbohydrate is followed by symptoms of weakness, hunger and fatigue approximately three hours after it is eaten. A breakfast high in fat is followed by similar symptoms, but of lesser degree and after a longer period of time. *However, a breakfast high in protein—eggs, milk, meat—is followed by an improved sense of well-being and there isn't that tired, all-gone feeling in the middle of the morning.*

So, if you do have symptoms of fatigue, and get so tired that you wonder how you will last through until lunch, look to your breakfast. Substitute protein foods for some of the carbohydrate you have been eating. See if it doesn't help that mid-morning fatigue.

DO YOU KNOW?

That the New Zealander is the world's best-fed person and that he lives, on the average, two and one-half times as long as the worst fed; is 5¼ inches taller; 34 pounds heavier; only one-sixth as likely to die from tuberculosis?

That an extra meal, called the Oslo breakfast, fed to school children in Norway, increased the average height of 14-year olds by 4 inches? This breakfast consists of milk, orange, wholewheat bread, cheese, rye biscuit, carrot and spoonful of cod-liver oil.

That throughout the Western world the improvement in eating habits in the last two centuries has brought with it a steady increase in average height?

RATION CALENDAR

PROCESSED FOODS—Green stamps D, E and F (Book 4) good through January 20.

Green stamps G, H and J good January 1 through February 20.

MEATS AND FATS—Brown stamps R good through January 29.

Brown stamps S good January 2 through January 29.

Brown stamps T good January 9 through January 29.

Brown stamps U good January 16 through January 29.

Brown stamps V good January 23 through Feb. 26.

Brown stamps W good January 30 through Feb. 26.

SUGAR—Stamp No. 29 (Book 4) good for 5 pounds through January 15.

Stamp No. 30 (Book 4) good for 5 pounds January 16 through March 31.

Menus and Recipes

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

PORK NECKBONES AND DRESSING

2½ pounds pork neckbones	1 teaspoon salt
1½ teaspoons salt	¼ teaspoon pepper
Dash of pepper	¼ teaspoon thyme or marjoram
1 cup chopped celery	½ medium-sized onion, minced
2 cups soft bread crumbs	

Sprinkle neckbones with salt and pepper. Toss remaining ingredients together lightly with a fork. Pile into a well-greased baking pan and top with neckbones. Bake in a moderate oven—350 degrees—for about 1½ to 2 hours or until well done. Serves 4-5.

BREAKFAST

Orange Juice
Prepared Cereal and Milk
Soft Cooked Eggs
Strip of Bacon
Toast and Butter
Milk Coffee

LUNCH

Waffles and Syrup
Apple Sauce
Milk

DINNER

Pork Neck Bones and Dressing*
Browned Potatoes
Scalloped Tomatoes
(Home Canned)
Grapefruit Salad
Bread and Butter
Peach Cobbler
(Home Canned Peaches)
Milk Tea

BREAKFAST

Grapefruit
Oatmeal and Whole Milk
Scrambled Eggs
Toast and Jam
Milk Coffee

LUNCH

Cream of Potato Soup
Peanut Butter and Jelly Sandwich
Sliced Oranges
Milk

DINNER

Vegetable and Kidney Stew*
Green Salad (Lettuce, Raw Spinach
Leaves, Endive, Onion or
Little Garlic)
Rolls and Butter
Butterscotch Pudding
Milk Tea

VEGETABLE AND KIDNEY STEW

1 pound kidneys (beef, lamb, veal or pork)	1 cup sliced mushrooms (if desired)
6 small whole carrots	2 tablespoons Worcestershire Sauce
6 small whole white onions	1 tablespoon salt
1 cup cubed potatoes	2 tablespoons chopped parsley

Remove skin and fat from kidneys, cover with cold water; bring slowly to boiling. Drain; cover with boiling water; simmer until tender. Drain and save stock; cut in small pieces. To 4 cups of stock from kidneys, add kidneys, vegetables, Worcestershire sauce, and salt. Cook 30 minutes or until tender. Add parsley. Thicken, if desired. Serves 6.

PORK KNUCKLES AND SAUERKRAUT

4 pork knuckles	2 quarts boiling water
3 teaspoons salt	1 quart sauerkraut

Place whole knuckles in boiling salted water. Cover and simmer until meat is tender, about 2½ to 3 hours. Twenty minutes before serving, pour off most of the water and add the sauerkraut. Let heat through thoroughly. Serve the meat on a bed of sauerkraut. Serves 4. (Seven-minute cabbage may replace kraut).

BREAKFAST

Baked Apple
Griddle Cakes and Syrup
Small Piece of Ham
Milk Coffee

LUNCH

Navy Bean Soup
Toasted Cheese Sandwich
Carrot Sticks
Milk

DINNER

Pork Knuckles and Sauer-Kraut*
Scalloped Potatoes
Bread & Butter
Jellied Fruit Salad
Rhubarb Betty
(Home Canned Rhubarb)
Milk Tea

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