

STALEY NEWS

Vol. 7—Page 1

June 1, 1944

Fellowship Club Membership Up

But Some of Us Are Still Missing This Insurance Boat

As a result of the revisions made in the Fellowship Club's sickness benefit coverage and the membership drive made at the same time, we have a higher percentage of Staley people in the Club than we've had for many years. The figure for *all* Staley employees run 93% and, for Decatur employees, close to 98%.

And that's good.

But not good enough.

The Fellowship Club's bargain package (\$1.55 per month for a \$1000 life insurance policy, \$15 a week sickness benefits for 26 weeks, \$3 a day hospital benefits for 33 1-3 days, social, athletic and handicraft activities) is literally too cheap to miss. When you add on the extra sickness benefits that the company pays to employees of four years service or more whose illnesses last longer than 26 weeks, the price looks even smaller.

60c Equals \$1,000

And when you consider (and this is what we really want to talk about) that membership in the Club makes you eligible to purchase an additional \$1000 or \$2000 life insurance coverage for only 60c per month per thousand, you almost *have* to belong and, if you have any family responsibilities at all, to take out that additional insurance.

Don't Be An Absconder

Mr. Staley says that a professor of his once told the class that, "A man who dies without insurance doesn't die: he absconds" and that's literally true. No matter how well your family eats or is clothed or housed, you haven't the right to regard yourself as a good provider unless you've provided insurance.

And not enough of you have done as much as your families can reasonably expect of you in that regard. The number of Staley people who have purchased the additional \$2000 of insurance for which all Club members are eligible runs to a measly 75%.

(Continued on page 2)

AGREEMENT

Between

A. E. Staley Manufacturing Company
and

United Automobile Workers
of America—A. F. of L.
Local No. 837

After nearly six months of talking and thinking and ironing out the wrinkles, the Staley Company and Local 837 of the U.A.W.A.-A.F. of L. agreed upon and signed their names to a collective bargaining contract on May 8, 1944, which will run till May 1, 1945.

By now you've had a chance to study that contract and the rules that accompany it and make your own decision as to whether or not you like it. Maybe you'd be interested in knowing whether or not the Company likes it or how the Company feels about it, anyhow.

We'll try to tell you, although, with anything as new and as complex as that contract and those rules are we'll have to put some "ifs" and "buts" and "maybes" in our answer.

The Bargaining Committees of the Union and the Company had fundamentally these problems to face.

This Is A Complex Operation

The Staley Company operates at Decatur a starch plant, a glucose and "Sweetose" plant, a syrup mixing and packing plant, a feed plant (handling three types of corn feed), a large oil refinery, a terminal grain elevator, a soybean meal and oil plant, a soyflour plant, a soysauce plant, a levulinic acid plant, a power and heating plant and a group of maintenance shops. That isn't just one factory or workplace—it's a dozen and those plants combine to produce hundreds of different products.

The Same Men Run All

The Plants

But the same group of workmen operate all of them and their seniority and other rights operate the same in all of them. And changes in the volume or type of products in one plant have repercussions throughout the others.

No collective bargaining contract covering that set of conditions can

(Continued on page 4)

Gasoline and Tears

Both we and you have the O.P.A. blues so let's sit down and talk this gas and tire rationing business over.

Some of the things that have been bothering us (meaning the Staley Transportation Committee) are (1.) People who run out of gas and coupons at the same time and then want more coupons faster than we can get them. (2.) People who use their driving-to-work-gas for other purposes and then run out of gas before the expiration date of their coupon books and need more right now.

Some of the things that have been bothering you are (1.) Not being sure of what the rules are on account they change occasionally. (2.) Not knowing that getting a renewal or extra gas for you involves some time and red tape and is somewhat more complicated than falling off logs.

So Let's Get Together

The Staley Transportation Committee's job is to certify to the local O.P.A. office that you work at Staley's and that you actually need a certain amount of gasoline to take you to and from work and perform the other necessary errands *which you have listed on your application* for a three month period.

If You Get in Trouble Tell Us

If you *have* to use some of your coupons for some *necessary* purpose not specified on your application—*come in right away* and get the form for *special mileage allotment*. If for instance, the extra mileage is for trips to the doctor—get a statement from him, then come here, get the proper form, fill it out, and mail it to the board downtown. Our board can't act on special allotments, but we can give you the right form to fill out. Don't wait until you're out of gas and in trouble—get your application in for special mileage as soon as you know you're going to need it.

Apply In Time

Before your coupons are all gone use the last ones to fill your tank and then come in *at once* for your renewal while you still have gas in your tank to tide you over the inevitable waiting period. The Personnel Department must take your application to

(Continued on page 3)

MORE ABOUT FELLOWSHIP CLUB

(Continued from page 1)

It's Hard To Explain

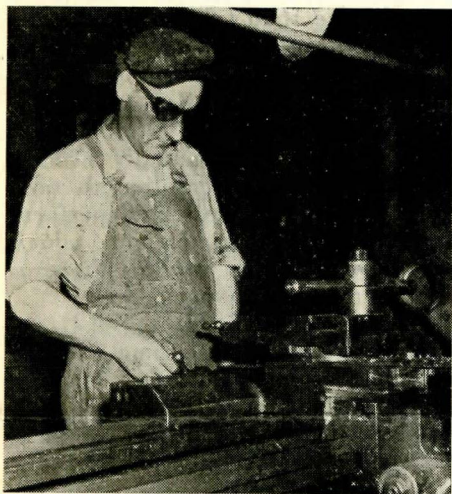
If you think that's good we invite you to settle the next death claim of a Staley man who had only \$1000 of insurance and to say to his widow, "I'm sorry, Mrs. Blank, your husband didn't subscribe to the additional \$2000 he could have had." That 60c a month looks awfully small right then and you wish there was some way you could change the records. But there isn't—unless you change them.

And that's easy to forget. You mean to but you're sharing rides with Joe and you hate to make him wait while you come over and subscribe

Know Your

Staley Safety

CODE



4. WEAR GOGGLES WHEN CHIPPING, RIVETING, GRINDING OR DRILLING BRICK, CONCRETE, METAL OR ANY SUBSTANCE LIKELY TO GET INTO YOUR EYES.

Wear goggles when operating a machine which may throw chips or particles.

Wear goggles when handling chemicals.

—Acids and alkalis burn deep and quickly.

—Lots of cool water is the best treatment for chemicals in the eyes or on the skin.

for more insurance and a month goes by and a year and—well, it didn't get done and some day we'll have to say, "I'm sorry, Mrs. _____, your husband didn't subscribe."

How Much is \$1,000?

\$1000 used to be a lot of money and \$3000 was a good round sum. That isn't true any more. \$3000 really isn't very much and your family will need *all* of it and more too if anything happens to you.

So, if you belong to the Club and haven't taken out all of the insurance you're entitled to—don't wait until next week—come over tomorrow and sign your name on the line.

Don't Abscond—Insure

Some day we'll be back telling you that your \$3000 isn't enough, that you need to supplement it with individual policies of your own. But we won't say a word about that until everyone buys all of the cheap group life insurance for which they're eligible.

Summer Sports Get Under Way

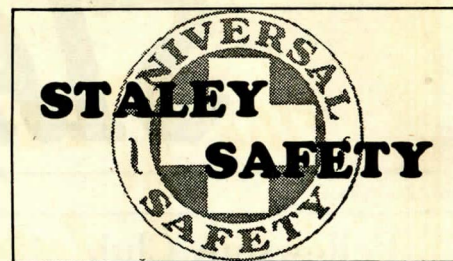
With a larger amount of money available because of the recent change in the Fellowship Club's financial set-up, the Athletic Committee hopes to offer a program this year that will provide more fun for more people.

On the horseshoe pitching front, Morris Fisher reports that we can't buy any new shoes on account of the war, but that not all of the shoes we have are being used. If you're interested see Morris or Walter Grant, Jr.

The Industrial League Softball Team, under the able direction of Joe Hilberling (who, according to Irv Smith, used to be a good pitcher) will get under way on June 5th. Again on account of the war, we'll probably have more competition than we can handle unless we can get some of our average big leaguers out to practice.

We're putting three teams (the Yardbirds, the Office, and the Mechanics) into the Business Men's League, which also starts June 5th, and they can all use some more good men.

Under Don Hall's leadership we'll have a girls' softball team in the City League and we'll organize a girls' league in the plant if we have enough people interested. See Morris Fisher if you'd like to play.



By MYLO ROBERTS
Director of Safety

Recently our Insurance Company's Safety Inspector made one of his regular inspections of our plant. The hazards listed in his report could be divided into three groups—mechanical hazards, unsafe practices and poor housekeeping. The elimination of the mechanical hazards is up to the Company. However, the correction of the other two groups, which had the most items listed, requires the cooperation of each one of us.

For example, one of the items concerned a man who was standing on a narrow plank laid from a rickety railing to a step ladder. Now, that railing should be repaired but also the man should have recognized the danger of falling and should have made himself a better place from which to work.

A man was seen doing acetylene welding without his goggles. He had them around his neck but that was no protection to his eyes. Sure, it's uncomfortable to wear goggles but it's a lot better than having an injured eye.

Another was breaking concrete with an air hammer—no goggles. It was only a short job and he didn't think it was necessary. But it only takes a part of a second for a chip to fly and injure an eye. A Staley man lost his eye just that way several years ago.

You may wonder why items about housekeeping are in a Safety Report. Here are the reasons. Syrup, oil, wet feed, etc. are slipping hazards which have caused us some bad falls. A ladder or a piece of pipe left on the floor is a tripping hazard. Repair parts or scrap lying on overhead structures can fall off and hit someone. All of these are items of housekeeping and if each one of us takes care that he doesn't cause any of these conditions it will help to make our plant a cleaner, safer place to work.

Published Monthly
By The Personnel Department
For The Employees of

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

Personnel Dope

By **MARION TROW**
Supervisor of Placement

We've a new and shining lot of home-study catalogues for 1944-45 from various schools around the country if you ever want to come up and check 'em over. Of course, we know this isn't the season to nag at you for mental improvement, what with victory gardening, baseball, fishing, and long, lazy summer evenings. But you might want to get your mind set on what to do with those next fall and winter nights—and here's the dope.

There are courses for both high school and college credit as well as straight business and technical stuff. Some of them may fit in nicely with those plans you're making for yourself. You'll find the catalogues spread out on the small table just inside the door in the Placement Office. If you don't find information on the kind of thing you have in mind, ask us and we'll see what we can hunt out. We are practically the best free-catalogue-orderers in the U.S.A. at this point.

It's been a full two months now since you've heard about the changing life (lives) around this place, and we really have some to report. Our newcomers head the list, although we've old friends among them. Marian Newton for instance, who worked in Stenographic when she was with us a year or so ago, came back as Stenographer in the plant Manufacturing Office replacing Alice McClure who came over to Stenographic to help us out as ediphone operator. And Leonard Pledger rejoined the Package Sales Staff after an absence of a few months. Industrial Sales added William E. Rockhill to their technical staff, and Package hired E. C. Kreuger as representative. In the Financial Department, Mary Brun, of Danville, came to the Bond Clerk's job while Eunice Lohman moved as Stenographer-Clerk in the insurance division. And the Law Department welcomed Paul Doolen,

of Chicago, who will replace Carl Miller as he enters private practice in June.

Our new messengers so far have been Anne Brinkoetter, Clarice Choate, Joanne Jacobs, Gloria Moser, Mary Eloise Riley, and Vera Wangrow.

As for transfers—well, Kate Wagenseller, formerly of Statistical, came to Personnel as Employment Interviewer in April, Margie Thompson went back to Priorities from Stenographic; Eva Morgan jumped from Standards to Purchasing as clerk, replacing Madelyn Mack, a new Wave; Bobbie Noonan went from Messenger to Accounting as file clerk; Dorothy Gulso from Stenographic as duplicator operator in order.

And more changes are in the making which means we still have a job for the month to come.

MORE ABOUT GASOLINE

(Continued from page 1)

the Staley Committee (which doesn't meet every day because its members have their own jobs to take care of), get it approved, forward it to the downtown office, furnish clerical help to the downtown office to get your books made out and recorded, bring them back, record them here and pass them on to you. We are trying to do the job as well and swiftly as we can but there are delays occasionally that we can't help, especially when the number of applications occasionally runs to 100 a week.

Tires Are Still Tough to Get

As to tires—you already know that there isn't enough to go around. The local O.P.A. office tells us that they are short from 300 to 400 tires every

month and we promise that you'll have to wait a while for tires no matter how badly you need them. But bring your application in to us and we'll certify it and send it on downtown. Some Staley people are taking their applications direct to the downtown office and that just slows the job down, because they send them back to us before they'll act on them.

Bring In The Info

On *any* application—please bring in your A book, your old B or C book, your tire inspection sheet, your 1944 license number, and your present speedometer reading. If you don't—you and we will have to wait until you do because the application can't go through.

Your Staley Transportation Committee is doing a good job. It isn't trying to out-O.P.A. the O.P.A., but it must occasionally call you in and ask questions to be sure that it has all the facts and that its certifications to the Board downtown are correct. Your understanding and cooperation will make their job go faster and that means that you'll get service faster.



John Galambach, one of the best second basemen that No. 17 Building ever produced, is hanging out his shingle again this year as Decatur's foremost grower and purveyor of tomato plants, cabbage plants, sweet potato slips, Hungarian wax peppers and various and sundry other things to grow in your Victory garden. (Editor's note—and they grow, too. Mine did last year.) Call John at 6473 or rush out to 1531 N. Clinton and get a handful of whatever you need.



The average pullet will eat somewhere between five and ten pounds of feed for every dozen eggs she produces.

First the man takes a drink; then the drink takes a drink; then the drink takes a man.—Anonymous.

Strangest thing the Package Sales Department has heard lately is that there are now a few—just a very few—communities where syrup is no longer critically short.

Whatever you have, spend less.—Dr. Johnson.

MORE ABOUT AGREEMENT

(Continued from page 1)

bring anything like justice to all parties concerned without being very complex, especially when you add in the changes that the war made necessary.

What the eleven members of the two bargaining committees did was to take the already large body of rules which had been developed by eight years of bargaining with previous unions and sift them very fine. The sifting resulted in changes, patchwork and additions and the final result was, with the exception of the three issues in dispute which will go to the War Labor Board for determination, a pretty good meeting of minds.

We All Win or Lose

If you want to know "who got the best of it" we'll tell you frankly that we don't know, we don't think anyone did, we don't look at it that way. The contract contains provisions that the Company doesn't favor 100% and it contains provisions that the Union doesn't favor 100%. But maybe your contract with your wife works out the same way.

We do feel that it is a fair contract for everyone concerned and we feel that if any of its provisions "go sour" during the coming year it will be because of conditions beyond our control or because of lack of ability on the part of the members of the Bargaining Committees to remember and understand and foresee all of the complexities referred to above and not their lack of willingness to deal fairly with each other. And, even if something should "go sour" we are pretty sure that we can get together and do a repair job that will sweeten it.

We feel that a "bad deal" for the Company would be a "bad deal" for the Company's employees whom the Union represents. We know that a "bad deal" for employees would be a "bad deal" for the Company.

We are 2000 people united together to make our living by processing corn and soybeans into products essential for war and for peace. Our contract represents our rules of conduct, how we will act toward each other, for the furtherance of our primary objectives and our own mutual good.

So It's Almost Summer-time and You'll Need Salting

By MRS. A. L. MAY, R.N.

We are going into the time when we'll be subject to heat sickness and all of the other ailments that go with hot weather so—let's try to keep ourselves well this summer.

No. One on the Keeping-Well-Parade has to do with salt. The fluids of the body; blood, urine, perspiration, fluids in tissues and even our tears are 4% salt. Normally we eat enough salt with our food to maintain our 4% salt. But, in hot weather, when we lose salt in perspiration and drink a great deal of water, the percentage of salt in body fluids slips under 4% and we develop the symptoms of heat sickness.

Heat sickness begins with a feeling of fatigue and weakness (that feeling of being all-in), followed by headache and nausea and vomiting and muscle cramps. Muscle cramps usually occur at night when the muscles of the legs seem to tie in knots and you feel that you must get your feet on the floor to relieve them. Muscle cramps are usually due to the lack of enough salt in the body.

Here are some things to watch in the good old summertime.

Increase your daily salt intake by the addition of from 3 to 6 salt tablets (or one teaspoonful). Don't take all of that salt at one dose but divide it into several helpings.

Take a daily bath (or two) to keep all perspiration washed off the surface of the body so you'll have free elimination. Frequent bathing will help to prevent heat rash or a galled condition.

Eat lighter foods and those most easily digested.

Get plenty of sleep. One of the reasons that a long hot spell is so tough on us is the fact that it interferes with our sleeping and we get frazzled.

Last—and this is important—accept hot weather with the right mental attitude. You can't change it so you may as well get along with it. Those of us who fuss about the heat look much hotter and usually feel worse than those who go along with their daily life as usual.

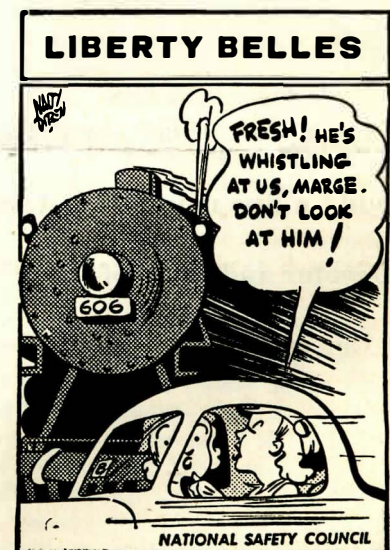
Add Red Tape

(And We're Sorry—But We Gotta Do It)

At the May 23rd meeting of the Staley Transportation Committee, the Committee decided to adopt the system being followed by other industrial transportation committees in Decatur in handling gasoline applications of Staley employees whose cars are carrying relatives to and from other places of employment in this area in addition to getting the Staley man or woman back and forth.

Briefly, the system is this. Suppose you live in the 1500 block North Main and your brother works at Muellers. You take him to work every morning and then come out here. Obviously that takes more gas than if you came straight out here. To get that additional amount, have your brother get a certificate from the Personnel Department at Muellers that he is employed there and that he is not receiving occupational gasoline coupons from them. Bring it along when you apply for gasoline and your application will scoot through. Otherwise—we'll have to wait until we get it.

It works in reverse, too. If it's your brother's car and he brings you to work and has to have a certificate about you and Staleys, come over to the Personnel Department and we'll fix you up.



★ Buy More Bonds ★

The **FIFTH War Loan Drive**
is on **F** during the months of June and July

During the Fourth War Loan Drive Staley people bought \$125,000.00 worth of bonds and we cannot do less this time.

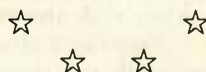
It's our war. Staley boys and millions of other American boys are fighting it for us. It's our job to put up the money that will buy their equipment and hold back inflation. Buying bonds until it really hurts is our way to do that.

Then, too, there's a drive to raise money to build a fine new Y.M.C.A. plant for the boys of Decatur and some of the fellows in the plant got the idea that it would be a good idea if

we combined our War Bond Drive with it and served two useful purposes with one bond buy.

And if we were going to do that they got to thinking that they'd not like for their individual gifts to be lost in the shuffle. They wanted to join them to the Company's proposed substantial gift and make the whole into a memorial to Mr. Staley, Sr.

If you'd like to get on this, see Harry Walmsley for the details. If you don't—buy Bonds anyhow and help to put the Staley quota for the **FIFTH WAR LOAN** on ice.



FOUND . . . AN EXTRA 2,000,000 GALLONS OF COOL WATER PER DAY

By Kathryn Wagenseller

Odd, isn't it, the ideas that you will get about something from just hearing of it and not seeing it? We heard someone talking about our building a water cooling tower and right off had a mental picture of a nice round tower standing tall among the buildings. Then we began to ask questions about it, how it looked, the whys and wherefores, and went over to see it—how completely our picture was changed.

We Need a Lot of Cooling In Summer

As to the why of a cooling tower, we found these facts.

Our corn plant uses enormous quantities of water; about two or three times as much as the whole city of Decatur. Our present raw water supply from the lake is 20,000,000 gallons per day, and, from the wells at the Oil Refinery and the Syrup House, 650,000 gallons per day.

Of this amount, only 3,000,000 gallons go through the Filter House. All the rest is used for cooling or condensing, in our various evaporators, pans and coolers. In No. 16 Building water is used to cool caustic; in No. 17, for cooling syrup and in No. 29, in the refrigeration equipment and deodorizer condensers.

And We're Not Getting Enough

Although there is approximately 20,650,000 gallons of water available each day for cooling purposes, it is not enough—in the summer time. We use much more water in the summer than in the winter because water can't be used for cooling after it reaches a temperature of 115 degrees F. Water from the lake in the winter is 32 to 56 degrees F. It will absorb a lot of heat as it passes through coolers or condensers. In summer water comes from the lake at 80 degrees to 90 degrees F. That water, before it reaches the top temperature of about 115 degrees F., can't absorb nearly so much heat as colder water can and as a result we need much more in the summer than in the winter. At least another 2,000,000 gallons per day is necessary. But how to get it?

How about pumping more from

the river? The water now pumped comes through a 24" cast-iron water main, a mile long. To get the extra 2,000,000 gallons needed would tax the capacity of the main and mean additional pumping facilities.

Suppose you installed a booster pump halfway between here and the pumping station. The cost of that, six or seven thousand dollars, wouldn't be so much. But it wouldn't help the situation for the main can stand just so much pressure per square inch and if we broke the main——! Also the electricity to run the pump would cost more than the additional pressure would be worth.

We Can't Afford Another Main

Well, could we consider another main? It wouldn't be possible now because of material shortage, but even if we could get the material it wouldn't be economic to build a small main—it should be at least the size of the present one. And that would give more capacity than we need—especially since demand for extra amounts of water is during the summer months only. And the cost (\$200,000 to \$300,000) would not be so justified for use only a few months of the year.

And There Isn't Enough Water for Another Well

Well, what about another well? Wells have been tried, but are not the answer. There isn't enough underground water around here to meet our needs. The two wells we have are not producing nearly so much water as we hoped they would. And, since they are both drawing water from the same vein, when one gets low, the other does likewise.

So We Decided to Cool Our Own

Because none of those methods of securing additional water were satisfactory, we decided that it might be possible to cool some of the water that had been used and use it again. To do that you need a cooling tower. And the cost of such a tower, only about \$25,000, is not out of line with the results we hope to obtain.

The tower, which is almost com-

pleted, is being built at the east end of the old foundation intended for the expansion of No. 16 Building. At the center, it is 27 feet tall, and the wings are 19 feet high. It will be 60 feet long, and 24 feet wide. The material came in sections, like a pre-fabricated house, and was all ready to be bolted together.

The lumber used in the tower is California Redwood. While lumber is on the list of critical materials, it was much easier to get than a cast-iron water main or additional pumps. The wood is not treated, but it should withstand the action of water for at least 25 years.

The water to be cooled comes, by gravity flow, from the surface condenser in the Feed House, and is distributed through a series of pipes on the top of the tower for its fall to a basin below.

The principle of a cooling tower is that hot water sprays down into the top of a series of trays arranged like stair steps and spatters on down from one to another. While it is spattering down, air is drawn in through the ends of the tower and picks up heat from the water. The warm moist air is exhausted through the top of the tower.

The cooled water drains to a basin in the bottom of the tower from which it is returned to the main intake line to be distributed to any part of the plant where it is needed.

Drip eliminators are installed in the center to prevent the fan from pulling out drops of water and throwing a mist or spray into the air.

How much good we'll get from the tower depends partly upon the outside temperature and the amount of moisture in the air, but we'll be able to cool about 1,800 gallons a minute and that will help.

So the cat will be skinned. If we can't get materials to build another main and the present main won't stand more pressure and there isn't enough cold subsurface water to justify more wells and we only need extra water during the summer, we've still got a way out. We'll cool our hot water and put it back to work.



War Time Eating

Published in the Interest of the National Nutrition Program

GET READY FOR CANNING

Now is the time to look over canning supplies to see what you have and whether or not they can be used again. Be sure that jars have no knicks around the top; that covers are in good condition; that there are enough new rubber rings—don't try to use rings or self-sealing caps over again.

Rubber rings will be better this year; sealing material on self-sealing caps is expected to be of better quality; there will probably be screw type covers, which were not available last year.

There will be more pressure cookers and they will be sold without priorities so that anyone may buy one. While pressure cookers are not cheap, they are practically a life-time investment. The pressure gauge should be tested each year to be sure that it is accurate. This can be done by sending it to the manufacturer. Most people don't use their cookers as much as they should—to get their money's worth. They can be used for cooking vegetables, tougher cuts of meat and stewing chickens—thereby saving time and fuel which will pay for the cooker.

FOODS THAT ARE PLENTIFUL

Eggs, cabbage, potatoes, beets are plentiful and should be used as much as possible. There have been more eggs than ever before, but the supply will probably lessen toward the end of May.

No potato shortage THIS year—and potatoes are a good food. There seems to be a lot of beets. They give color and variety to meals as well as valuable food. Use both the tops and the root.

GREENS

This is the time of year when you can have a good mess of dandelion greens—but be sure to use the small, tender plants.

Usually too many beet seeds are planted, so that the rows have to be thinned out. It's a good practice to use these plants that have been pulled up, either cooked or raw—as in salads.

Raw spinach, young beet and dandelion greens make appetizing salads and can be mixed with other kinds of raw vegetables such as cucumbers, tomatoes, radishes, green peppers. Served with a vinegar and oil dressing that has been well seasoned with salt and pepper, a little mustard and paprika, they are delicious. Onion or garlic may also be used for seasoning—as well as a little sweetening.

MOLASSES

You don't hear about people taking "sulphur and molasses" in the spring nowadays, but many of us need more iron in our diets. Molasses is rich in iron and could be used more frequently in the family's meals.

One tablespoon of molasses supplies about 10 per cent of an adult's requirements of iron for a day, and about 1/5 of a small child's. A tablespoon of molasses may be added to a cup of milk to make a molasses drink. It can be spread on bread; or it may be used in cooking to make Indian pudding, gingerbread, cookies.

SPICES

Have you had trouble getting all the pepper and other spices you have wanted? United States civilians will get about 6 per cent less pepper this year than last, but about 1/3 more of all other spices. This is less than we got in pre-war days, but nearly 1/4 more than was available last year.

MAKING THE MOST OF MEAT

You can get more servings out of a piece of meat by cooking it at lower temperatures. Use low temperatures for cooking all meats, regardless of method of cooking, except in broiling. The meat shrinks less, is more uniformly cooked, more tender and juicier, and it takes less fuel to cook it.

Roasts—when you can get them—should not be seared or browned at a high temperature at the beginning. They should be put into a baking pan, fat side up, seasoned with salt and pepper, placed in an oven of the right temperature—without adding water—and cooked the required length of time.

Tough cuts cooked in water are also cooked slowly, and the temperature should be just below boiling. This kind of meat cooked at a higher temperature, becomes stringy and hard to cut.

Roasting temperature and time:

Beef—slow oven, 300 degrees—18 to 20 minutes per pound for rare; 22-25 minutes per pound for medium; 27-30 minutes per pound for well done.

Veal—slow oven, 300 degrees—30-35 minutes per pound.

Lamb—slow oven, 300 degrees—30-35 minutes per pound.

Fresh pork—moderate oven, 350 degrees—30-35 minutes per pound.

For boneless cuts, add 5-10 minutes per pound to cooking time.

Meat loaves are roasts and are cooked at the same oven temperature and for approximately the same time as boneless roasts of like meat.

Menus and Recipes

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

PRUNE WHIP

$\frac{3}{4}$ cup prune pulp Whites 3 eggs $\frac{3}{4}$ cup sugar

Soak prunes in water over night. Cook until tender in water in which they were soaked. Put enough prunes through sieve to make $\frac{3}{4}$ cup. More prunes should be cooked than will be needed for Prune Whip, so that they can be used in other ways. Beat the egg whites until they are very stiff. Add the sugar gradually, beating thoroughly. Add the prune pulp carefully. Pile lightly on a dish—or in individual serving dishes—and serve with Custard Sauce.

CUSTARD SAUCE:

$\frac{1}{2}$ cups scalded milk $\frac{1}{4}$ cup sugar $\frac{1}{2}$ teaspoon vanilla
3 egg yolks $\frac{1}{8}$ teaspoon salt

Beat the yolks slightly, add sugar and salt; add the hot milk, stirring constantly, and pour back into the top of double boiler. Cook over hot—but not boiling—water and continue stirring, until the mixture thickens, and a coating is formed on the spoon. Too long cooking will cause custard to curdle.

BREAKFAST

Rhubarb Sauce
Scrambled Eggs and Bacon
Wholewheat Buttered Toast
Coffee Milk

LUNCH

Potato Soup
Carrot Sticks
Toasted Rolls, Butter
Cup Cakes
Milk

DINNER

Baked Ham
Scalloped Potatoes
New Asparagus
Bread and Butter
Prune Whip with Custard Sauce*
Milk Tea

BREAKFAST

Tomato Juice
Oatmeal and Milk
Muffins
Coffee Milk

LUNCH

Minced Ham Sandwiches
Raisin Salad (shredded cabbage, shredded carrots, one or two oranges in sections, raisins, dressing)
Molasses Cookies
Milk

DINNER

Irish Stew*
Green Salad
Bread and Butter
Rhubarb Pie
Milk Tea

IRISH STEW

1 pound lamb (cut for stew) 2 cups potatoes, sliced
 $\frac{1}{2}$ cup carrots, diced $\frac{1}{8}$ cup flour
 $\frac{1}{2}$ cup turnips, diced salt and pepper
1 small onion, sliced

Cover lamb with water, cover and simmer for 1 hour. Add carrots, turnips and onion and continue cooking 30 minutes. Add potatoes and cook for another $\frac{1}{4}$ hour. Thicken with flour, mixed with $\frac{1}{4}$ cup cold water. Serve on platter. Serves 5.

GOLARKI (POLISH)

1 pound half cooked meat (pork, veal, or beef) 3 tablespoons shortening
 $\frac{3}{4}$ cup cooked rice Salt and pepper to taste
 $\frac{1}{2}$ medium onion, chopped and fried
 $\frac{1}{2}$ pound half cooked mushrooms cooked in meat stock or water (Keep the stock for use in latter part of this recipe) Leaves of half cooked cabbage

Mix all ingredients together, then add stock from mushrooms. Loosen with care leaves of half-cooked cabbage, stuff these leaves with mixture, and fasten with toothpick. Fry in salad oil, or place in a pot, pour stock over them and cook in moderate oven—350 degrees—until tender. Will serve 10 generous portions.

BREAKFAST

Sliced Oranges
Griddle Cakes and Bacon
Coffee Milk

LUNCH

Cream of Tomato Soup
Peanut Butter and Honey Sandwiches
Fruit Salad
Milk

DINNER

Golarki (Polish)*
Buttered Carrots
Rolls and Butter
Bread Pudding
Milk Tea

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