

# STALEY NEWS

Vol. 7—Page 1

March 1, 1944

## Paying, Packing and Profiting

Well, in this business (or any other, for that matter) what you do is to buy raw materials, process them, pack them and ship them to customers who pay you money for them. That money has to be split up between the folks who furnished the raw materials, the people who processed, packed and shipped the products, the government which runs our country and our war and the folks who furnished their savings to buy buildings, tools and equipment for our use in doing the job.

And that picture shifts and changes from year to year. One group's share is comparatively large in one year and small the next or vice-versa. Share sizes depend upon a lot of factors beyond the control of an individual company—sometimes beyond the control of one or all of the groups mentioned above.

### 1939 to 1943

Take taxes for example. In 1939 we paid total taxes of \$767,944.00 and we thought that was a lot of money. But our war so increased the government's need that by 1943 our taxes amounted to \$6,975,461.00, more than 9 times as much as they were in 1939.

And payments to employees. In 1939 they amounted to \$3,475,261.00 but now we're working longer hours and we've had some raises in rates and by 1943 we came out with \$5,792,426.00 (almost 70% more) as our share for doing the processing, packing and shipping job.

Net profits (the share going to the group who furnished the money to buy the equipment) have risen too. In 1939 the net profit amounted to \$1,681,382.00. After going to \$1,282,755.00 in 1940, then up to \$1,978,007.00 in 1941, it had slid to \$1,862,354.00 by 1943 (10% more than 1939).

### And This Is Why

Part of the answer to larger shares for everyone is to be found in the

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## Buy Your Hospital Early

The last time that the membership rolls of the Decatur Hospital Service Corporation was opened to Staley people, one hundred sixty-eight of them stepped up and signed their names on the line. That's more of us than ever went in at one time before.

If you didn't get signed up at that time and you wish you had—here's another chance.

All Staley people who are not now members of the plan may join from March 6 through March 11 inclusive.

If you want to join apply to the Staley Credit Union in person during that week.

Advantages are: (1) Low cost hospitalization insurance—75c for the employee only, \$1.50 for man and wife or \$2.00 per month for the whole family; (2) twenty-one days of hospital care at no charge except for "extras". See the Credit Union for details.

## Do You Want a Staley Victory Garden?

For a variety of reasons the food situation in these United States continues to deteriorate and 1944 is likely to be the year when even we in the well fed Middle West feel the pinch of war time eating.

Victory gardens are going to move out of the class of a convenience and into the class of a near necessity.

Staley people who are interested in more of a garden than they can raise in their own back yard may sign up for a Staley garden at my desk in the Personnel Department any afternoon between 1:00 p. m. and 4:30 p. m.

Illinois ranked above all other states in number of Victory Gardens last year and—they helped. This year we need them more.

H. A. Peverly,  
Garden Supervisor.

## Help Needed For The Japanese

It's a good old American tendency to always root for the underdog, to want to help the fellow that needs help and really deserves it. Americans have always been able to overcome even their personal feelings to lend a hand where it is needed.

We at Staley's have always prided ourselves on doing just a little more than average folks did in this direction.

Here is an appeal that should really wring your hearts.

An American soldier in the South Pacific wrote home to say, "The Japs say they go to heaven when they die fighting. So let's help them. With enough bombs, guns, ships and planes we can make the Pearly Gates as busy as the busiest street in Tokio. They say they need more shells and bombs. Let's give them to them!"

Isn't that an appealing picture? Sweet little Japanese soldiers wanting to go heaven and needing help to get there.

Let's show the old Staley spirit and really give them a hand. That will mean (1) staying on the job, not laying off unless we have to, (2) hitting the ball while we're here, getting out the food and supplies that we make for the Army, the Navy, our allies and the rest of the American industrial machine, (3) remembering that war times are hard times and that the irritations that go with them are the fault of the enemy and not the fault of our fellow workers.

Lend a hand today and help the Japanese get to Heaven!

## Industrial Booby Traps

A recent advertisement of the Waverly Petroleum Products Co., in *Iron Age*, suggests the elimination of "booby-traps from your plant." While "oil and grease on your floors are booby-traps that make casualties of

(Continued on page 4)

## It's Not Just Packaging —It's Selling

We've talked a lot here about processing and packing and shipping our products, and just pretty much thanked our stars that the selling end of the line was good enough to make all that possible. Oh, we've pointed with pride before to the strides in sales of our packaged goods over these last ten years. But only recently did we sit down and actually look over the march of time which has brought us a strong package business and a package sales department of 123 people under Forrest Apperson, our manager, to make the public look our way.

As a matter of fact, ours was originally a packaging business. Back in 1898 when Mr. Staley set up his first plant in Baltimore, Md., his idea was to buy cream corn starch in the bulk, package and resell it. When the Decatur plant was bought and incorporated in about 1906, bulk starch was still shipped to Baltimore for packaging and reselling in the Eastern metropolitan areas where our market was well established.

### First Foot Forward

Around 1922, we built the refinery and developed a new product, syrup, and a new market, the Middle West. The rural areas here were our best customers, both because of the native appetites for corn and wheat cakes and all good things requiring syrup, and because little advertising was needed to put them over. So until about 1932, we continued shipping starch to Baltimore and selling syrup around this territory.

And then, with some growing pains behind us, we really started into the selling field. With the construction of #20 building and increased production, we offered cream corn starch, packaged, and gloss for laundries to both Eastern and Western areas. By 1934, we had closed the Baltimore offices, moved the personnel to Decatur, where the "home office", in sales slang, began actually measuring our selling methods and gauging what the next best move would be.

### Sampling and More Selling

Those were the days in which we held those famous sampling campaigns, testing the consumer reaction to our products and the retailer's corresponding interest in selling 'em.

In 1935 and 1936 we came out with another saleable item, our cube starch. We knew then that we were getting into a field where the more the customer knew about our products, the happier the sales would be. Laundry starch is generally necessary, of course, but laundry starch in a new and, we thought, better, form would take a little convincing of Mrs. Housewife. We had to *prove* to her that cube starch was the best and easiest to use. So we advertised . . . some by magazine, some locally in certain areas by radio.

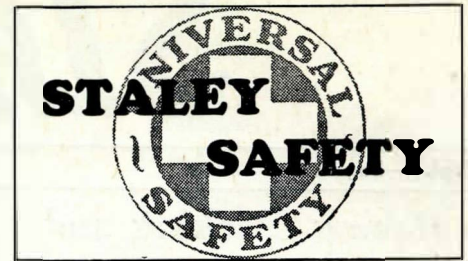
We then had our table syrups, cream and cube starch on a marching package line and in 1939 and 1940 we promoted our waffle syrup. Again, in 1942 all of our syrups were made with the new Sweetose base and, since syrup is in a highly competitive field, the advantages of Sweetose brought to us the need of advertising on a nation-wide basis. Thus those ads of ours you run across in nationally known-and-read magazines, and that Blue Network production "Sweet River" which has been hitting radio time.

### Real Salesmanship Demanded

All of this development and promotion of new products has meant that our salesmen had to be more than mere order takers. The generally accepted idea is, you know, that selling takes personality, not brains. But we found out a few years ago when we were testing our men to find out just what makes the best of them click that our "average salesman" to do a good job for us must be smarter than average. Our men have had to help develop product interest in our brokers and retailers so that they've had to be smart, shrewd and men of judgment in products and people.

So our 123 people in the Package Department, consisting of nine in the office, three assistant sales managers, seven supervisors and 104 salesmen have had, and will continue to have, a job to do. The department is divided into three divisions, Eastern, Middle Western and Western, each headed by an assistant sales manager.

Whatever the competitive or warring problems that have to be met, we're dead sure the Package Department will have the promotional and selling answers, and that our current and postwar package department profit picture will show their efforts.



By MYLO ROBERTS  
*Director of Safety*

A fellow stopped me the other day with this statement: "Say, you'd better warn the new people about watching the welders working. I've seen quite a number of them, men and girls both, standing and watching a man welding. It seems to sort of fascinate them, and they probably don't realize the danger, but someone's going to get his eyes hurt if they don't cut it out".

Now there is some very sound advice from a man who has been around here a long time and knows. The light rays from those hot torches and electric arcs are very injurious to the eyes if you are exposed to them long. In fact, sometimes just one flash from an electric welder will make your eyes burn hours afterward. That's why all of our welders and helpers wear dark goggles or helmets.

Wherever we do a lot of welding, we attempt to screen it, but that is not possible in a lot of places. So, if you're working nearby, keep away from the welder and never look directly at the light. If you have to be near, get a pair of dark goggles and wear them.

### ! And Ladders !

There have been a lot of falls from ladders recently. Most of these have been due to the use of an improper ladder. An improper ladder is not only one which is in bad shape or does not have safety shoes, but also one which is the wrong size or style. For instance, one ladder slipped because it was too long to be set at the correct angle. In another case, a ladder with hooks should have been used, instead of an ordinary straight ladder.

There are several ways to cut down the chances of a ladder falling. If it is needed in one place quite often, fasten it down. If it must be used in a few similar places, such as on different sides of a tank, there should be hooks on it to hold it at the top.

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

## The Ides of March

The Income tax bugaboo won't catch up with at least a couple hundred of our employees who have made use of the Financial Department's offer for help this year. And there is still time through March 10 for others of you to get under the line. But if you make it by the schedule, you gotta hurry.

### We Mean It!

Remember, we told you about getting a "work sheet" from the Time Office, Financial or Personnel Departments and asked *please* would you fill it out before you came over to figure with us? Sure, we know there are a lot of items on that sheet and it takes time to jot everything down. But it saves time at the interview and also helps you to remember everything that might be deductible which you aren't likely to do if you just turn up without checking yourself.

Anyway, the Financial Department tells us that the work sheets as they have been filled out haven't been as useful to them as they'd hoped because most folks just mark down their income and let it go at that. It's important, fellows, in your time and money that you give the information needed to work from.

### Offer Still Good

And still the doors are open for afternoon help (from 12:15 p. m. to 4:30 p. m.) in checking your work sheet, typing the necessary information on the income tax forms and scheduling evening appointments for final work. That goes till March 3. Then, from now through March 10 there will be the trained men on hand from 7 p. m. to 10 p. m. in the evenings plus the tax expert from Gauger and Diehl to check the completed returns. *Don't* turn up in the evenings unless you've had your work sheet checked and an appointment made for a certain night.

Mr. Haddock, of Gauger and Diehl, is the expert on the job, and these

are our own men who are helping: Bob Boyer, Gene Rhodes, Bill Jaske, Homer Boyer, Bernie Walker, Bernard Huffer, Carl Waltens, Eddie Lahniers, Claude Cox, Harold Lents, and Paul Howard.

You've still got a chance—why not take it?

## Personnel Dope

By MARION TROW  
Supervisor of Placement

Many of us in the office have been sitting behind our desks working out the facts and figures of company production and sales and wondering mightily what goes on behind those plant gates. We've muttered about how those facts and figures would somehow have meaning if, for instance, we saw how feed was made, packed and shipped; and if we watched that "Story of Corn" in action.

So in answer to the many cries for information please and at first-hand, the Personnel Department is doing a little planning. Mike Paczak is working on a streamlined plant trip outlining our whole production which will settle the questions in many minds. As soon as that is ready, we'll tell you how trip schedules can be arranged and let the line form.

Transfer-wise, this has been a busy month. Even Painesville has entered the picture with Ted Curtis becoming plant personnel man over there, and Lawrence Alverson leaving the Decatur lab to take Ted's place as chief chemist. In our lab, too, Dick Thompson came from the hourly roll to be Jr. Chemical Engineer, and Vic Trolia, also hourly, is now an assistant chemist.

Changes came down the line in the Purchasing Department after Mr. Cobb's resignation. Hollis Hise is now Purchasing Agent, with Pete Carlson on Hollie's job as assistant, and Bill Wilson coming down from Order Department as office manager.

Jack Payton, formerly of the Extra Board, is now training in the Planning Department as Assistant Supervisor of Production Schedules replacing Norma Deardorff who leaves us in March to be married. Planning also has Doris Williams now as typist-clerk in Kathryn Craig's place, and Larue Drischel, since Virginia Osborne left, returning to us as Production Record Clerk.

We're always pleased when those who have worked with us before want to return, and besides Larue this month we've had the luck to bring back Jane Blackwell, formerly in Order and now on tonnage work in Stenographic; Hilda Lucka Turner who is again at tax work in Financial so that Jo Burnside can assist as salary clerk in the Cashier's office; Edna Sims who now runs the machines on fourth floor as efficiently as she did those in the Print Shop when she was with us before; and Bob Ball returned from naval service to the Print Shop.

Mildred Poehler moved from the Financial Department to the Feed Division as Clerk, Bernadine Bauer going to the Cashier's office in her stead, and Gertrude Dale replaced Bernadine as payroll clerk in the Paymaster's division.

New names showed up on the payroll this month in a large way, too. Package Sales brought in Howard DeWitt, Jr., James Abernathy, Jr., James Larichs, Matthew Murphy, Leslie Pyle, Myron Bell, Phillip Hindman, and William Sterle. Dewey J. Grice, and Frank C. Miller joined the Special Products Staff, while Arthur Kress came to Industrial Sales. Temporarily, Myrl Duncan (Marge's mother) came to help us with the Fellowship Club insurance drive, and Luella Bresnan returned for a few days of work on the income tax data for Financial. Pauline Smith came to the new clerk's job in Personnel, and we were glad to have the following messengers join our ranks: Dean Burdick, Erika Florian, (Erika Jordan's cousin), Constance Green, and Roberta Noonan, daughter of Jimmy.

And we need still more. Any ideas?



For Sale: A girl's bicycle in excellent condition. See Velva Hicks or call Extension 306.

\* \* \*

Also: An Argus A-2 35 mm. camera complete with carrying case and strap. Call 7917 for details and price.

\* \* \*

If you know anyone who has a tractor available for plowing Staley gardens, please call the Personnel Department and leave word for Mr. Peverly.

## A TRAINING STORY

The whys and wherefores of dull files and records was well proved the other day in the Personnel Department when someone turned up and said . . . "Say, listen, it seems to me the company's been giving this 'training offer' for educational courses for a long time now. Does anybody ever take us up on it, and anyhow have enough people taken enough training to show for something?"

### It's True

Well, he's right; it *has* been a long time. We checked and found that back in 1940 the company first approved a plan whereby those employees who wished to might take night extension courses locally, or correspondence courses in subjects which were of value to their work, and at small cost. The idea was that many of us who had thought we couldn't take the time and money for extra study might find we could if we were helped financially and knew that our work records benefitted. It was tried and now we think we can say that it worked satisfactorily for the most part and that we learned a good deal about such training.

### Grand Total

Since that fall of 1940, our files show that 273 employees have taken courses which, since the plan is voluntary, we think is a good number. In the first place to be acceptable for financial aid from the company, it must be a course which applies to the work the employee is doing or working toward. Thus, the application which is made in the placement office must be approved by the department head. The company then pays fifty percent of the total tuition charged at the time of enrollment, the employee the other fifty percent (by deduction if he wishes), half of which will be refunded to him when he completes the course satisfactorily. With that arrangement, all schools with whom we cooperate advise the company as to an employee's progress. And each person's folder is a record of the courses taken, their impressions of the satisfaction received, and the quality of work done.

### Where and What

When the plan was started, of course, the Millikin night school was in full swing and much of the work has been taken there. Just now, because of its cadet training load, the university has closed its school and the Engineering Science Management War Training courses under the su-

pervision of the U. S. Office of Education and the extension division of the University of Illinois is carrying on instead. These latter courses are under federal grant and the tuition is free. Both Brown's Business College and the Decatur Secretarial School have offered courses which some of our employees have needed too. Otherwise, the University of Wisconsin, the University of Illinois, Indiana University, Northwestern, and LaSalle have figured in our enrollments.

Naturally, our girls have taken to advanced shorthand and office machine work in a large way. But the range of studies is wide, including for instance: business communications, accounting (both elementary and advanced), applied psychology, commercial arithmetic, statistics, report writing, economics, traffic management, organic chemistry, marketing, safety engineering, office management, industrial relations, engineering drawing, pre-foreman training.

Lyle Wiegand and Glenn Trent, both now in the Army, took work at Millikin which netted them twenty college credits and a Certificate of Business which the commerce school there issues. Many employees have accumulated such credits not only through Millikin courses but by correspondence and they are watching their chance for more.

### No Campaigning

When we first started, the plan seemed so good we did a lot of urging and campaigning. People took to the tale and signed up in flocks whether they really wanted to or not and found soon it wasn't no fun but work. The mortality rate was high. Now we'll hunt up and suggest a course that seems helpful to any employee who has *asked* for training, but no more selling. What you want, you want and we'll help you get it, but we won't talk you into it.

It's sometimes hard to make up your own mind as to what course of study may be best to achieve some goal you have in mind. The Placement Office will try to help you do just that, and also check the best course for that training and line you up.

And if you've taken some work you don't think we know about, let us know and we'll put it on record. It's a good bet.

## MORE ABOUT THE YEAR'S BUSINESS

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story of what has happened to our sales volume in the last five years. In 1939 we sold \$23,400,389.00 worth of goods but the demands of the war raised that to \$66,654,159.00 (almost 3 times as much as 1939).

Part of it is due to inflation (which we keep on trying to avoid but of which we already have some) which means that all of us have to have a substantially larger share of dollars to buy the same amount of goods we could get in 1939.

But the net result is that we can say, without any boasting, that we've done a swell job of keeping up our end of industrial production during this war and that we are proud to have given our government in taxes the largest share of the money we had left after paying the folks who supply our raw material.

We are part of America at war and America at war fights with every tool at its disposal. A corn plant is a tool and a soybean plant is a tool. We've used them well.

## MORE ABOUT BOOBY TRAPS

(Continued from page 1)

the soldiers of production, by causing slipping and falling accidents inviting costly fires and sidetracking vital manpower into nonproductive cleaning labor"—we call attention to the many other booby-traps that may have a bearing on presenteeism and production.

Safety men can spot booby-traps immediately. They see parts, tools and equipment in the aisles. They call attention to oil-soaked rags and refuse piled in the corners. They see loose belts, guards off machines, frayed cables, crooked piles of materials, loose floor boards, broken hand rails—scores of little things that often cause trouble.

Soldiers have been taught to dispose of booby-traps by eliminating them for their own safety and for the safety of others. Can't we do something about the elimination of booby-traps—if any—in our plants, in order to cut down accidents, save materials and speed production?

★ Buy More Bonds ★



# War Time Eating

Published in the Interest of the National Nutrition Program

## RATIONING WITH TOKENS

Rationing with tokens is expected to go into effect the latter part of February. The tokens will be used to make change for stamps that are worth more in points than the food purchased. They are NOT to replace the stamps. Each token will be worth one point—red tokens for meats, cheese and fats, blue for processed foods.

Under the new plan, each person will be allowed 50 points for processed foods each month (5 stamps, each worth 10 points) and 30 meats-fats points (3 stamps, each worth 10 points) every two weeks. Point values on some meats-fats items may be reduced to make up for what seems like a reduction in the red stamps from 64 to 60.

The expiration dates of the stamps will be extended, although at this time, it is not possible to say for how long. The stamps will be validated across the book instead of up and down. There is no expiration date for the tokens.

## YOURS WITHOUT POINTS

Canned grapefruit juice has been removed from the ration list and can now be purchased without points. The reason: the Government has released 2,500,000 cans while the new crop is being packed. This means plenty of canned grapefruit juice for civilians and a good supply of vitamin C.

## MORE EGGS

The hens are doing unusually well for this time of year, so that it is possible for families to use eggs more frequently. Most people like them and eggs supply some of the same things that meat does in the line of food value.

When cooking eggs, remember to use low heat and don't overcook. Too high a temperature or too long cooking makes them tough and such dishes as custard will become watery and curdle.

## WHAT SHOULD A BLOOD DONOR EAT?

The following daily diet is suggested for those who are going to give blood or who have already given it and are going to give more:  $\frac{1}{4}$  pound meat, poultry or fish; one or more eggs; one pint or more of milk; two or more servings of fruit and vegetables; two or more servings of soybeans, dried beans, lentils or peanut butter; some wholegrain breads and cereals; and occasionally fats and sweets. Hot cocoa or milk is recommended immediately after blood is donated.

These foods for blood donors are very little different from those recommended as necessary to the health of all of us. The trouble is, all of us don't eat them!

## FOR MEAT FLAVOR

Get some of the bottled meat sauces that are on the market. They pep up soups and gravies and give them the meat flavor that most people want, without requiring points.

## SOME BELATED RESOLUTIONS FOR 1944

I WILL SAFEGUARD my family's health by giving them the proper foods every day, for I know that sickness is sabotage and health is strength. There is no better way for me to contribute to winning the war than by keeping myself and my family well.

I WILL SAVE "WOMAN POWER" by having simple meals. In that way I can give more time to volunteer work for the war. I'll streamline my housekeeping so that nothing vital is neglected and nothing unnecessary is allowed to use my time and energy.

I WILL LEARN TO SUBSTITUTE for scarce things and teach my family to eat unaccustomed dishes. We'll get the Basic 7 Foods that the nutrition experts recommend by eating things that are available in plentiful supply, even though they may not be our old favorites.

I'LL GET FATHER to make an early start on our Victory Garden this year, so that we may produce more food than we did last year. We'll profit by last year's mistakes and not plant too much of anything or things not suited to our location.

## SAVE THE PEEL!

Don't throw away the peelings and parings of fruit—they can add considerable vitamin C to meals if wisely used. There's about three times as much of this vitamin in the peel of oranges and grapefruit as in the pulp and juice. Add thin slices or gratings of the peel to sauces, spreads and desserts; make candied peel or marmalade from them.

## FOOD RATION CALENDAR

MEATS, FATS and CHEESE—Brown Stamps—Book 3

January 23—V stamps good through February 26.

January 30—W stamps good through February 26.

February 6—X stamps good through February 26.

February 13—Y stamps good through March 20.

February 20—Z stamps good through March 20.

PROCESSED FOODS—Green Stamps—Book 4

February 1—Stamps K, L, M good through March 20.

February 20—Stamps G, H, J expire.

SUGAR STAMP 30—Book 4—became valid Jan. 16; expires Mar. 31.

## SPECIAL NOTE:

Token program begins FEBRUARY 27. One-point red tokens will be given in change for Red Stamps and one-point Blue Tokens for Blue Stamps. Stamps will be worth 10 points each. Tear Stamps out across Ration Book instead of up and down. **FOLLOWING STAMPS BECOME VALID FEBRUARY 27:**

MEATS, FATS and CHEESE—Red Stamps A8, B8, C8—Book 4—good for 10 points each, through May 20.

PROCESSED FOODS—Blue Stamps A8, B8, C8, D8 and E8—Book 4—good for 10 points each, through May 20.

# Menus and Recipes

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

### COTTAGE CHEESE PATTIES

- |                                      |                                       |
|--------------------------------------|---------------------------------------|
| 1/2 cup finely minced onion          | 1/2 teaspoon salt                     |
| 1/4 cup minced green pepper          | 1/2 teaspoon paprika                  |
| 2 tablespoons bacon fat or salad oil | 1/4 teaspoon bottled thick meat sauce |
| 2 cups cottage cheese                | 1/4 cup flour                         |
| 4 cups day-old bread crumbs          | 4 tablespoons salad oil or drippings  |

Cook onion and green pepper in bacon fat until tender. Then combine with cottage cheese, bread crumbs, salt, paprika and meat sauce. Mix thoroughly. Cottage cheese varies in consistency, so it may be necessary to add a few more bread crumbs if mixture is too moist, or 1 to 4 tablespoons milk if mixture is too dry. Shape into 6 flat patties. Sprinkle with flour. Brown quickly on both sides in skillet in the 4 tablespoons salad oil. Serves 4.

### BREAKFAST

- Grapefruit Juice
- Oatmeal with Milk
- Soft Cooked Egg
- Toast with Butter
- Milk
- Coffee

### LUNCH

- Cottage Cheese Patties\*
- Apple Salad
- Molasses Cookies
- Milk

### DINNER

- Baked Hash (leftover meat and potatoes)
- Scalloped Tomatoes
- Green Salad
- Baking Powder Biscuits
- Jelly or Jam
- Ice Cream

Tea                      Milk

### BREAKFAST

- Tangerines
- Corn Flakes with Milk
- Soy Muffins
- Jam or Marmalade
- Milk
- Coffee

### LUNCH

- Creamed Peas and Bacon on Toast
- Baked Apple
- Milk

### DINNER

- Scalloped Fish\*
- Parsleyed Potatoes
- Buttered Green Beans
- Vegetable Salad
- Bread and Butter
- Chocolate Pie

Tea                      Milk

### SCALLOPED FISH

- |                                   |                                      |
|-----------------------------------|--------------------------------------|
| 1 1/2 tablespoons minced onion    | 1/2 teaspoon salt                    |
| 3 tablespoons minced green pepper | 1 1/2 tablespoons bottled meat sauce |
| 4 tablespoons fat                 | 1-1/3 cups milk                      |
| 2 2/3 tablespoons flour           | 2 2/3 cups flaked cooked white fish  |
| Speck of pepper                   | 1/2 cup grated American cheese       |
|                                   | 2/3 cup soft bread crumbs            |

Cook onion and green pepper in fat until tender, in top part of double boiler over direct heat. Stir in flour, pepper, salt and meat sauce. Add milk gradually; cook over boiling water, stirring, until thickened. Alternate layers of fish and sauce in 4 individual, greased casseroles—or 1 large one. Top with combined cheese and crumbs. Bake in 400-degree oven for 20 minutes, or until brown. Serves 4-5.

### PEANUT BUTTER BREAD PUDDING

- |                       |                          |
|-----------------------|--------------------------|
| 1/2 cup peanut butter | 3 cups scalded milk      |
| 1/2 cup sugar         | 2 eggs, slightly beaten  |
| 1/2 teaspoon salt     | 1 teaspoon vanilla       |
| 1 teaspoon nutmeg     | 2 cups cubed fresh bread |

Combine peanut butter, sugar, salt and nutmeg. Add milk, stirring until blended. Stir into eggs; then add vanilla. Place bread cubes in greased baking dish; pour milk mixture over them. Set in pan of warm water, and bake in moderate oven—350 degrees—for 1 hour and 15 minutes, or until silver knife inserted in center comes out clean. Serve warm. This can be made earlier in the day or the night before and served cold. Serve with milk or cream. Serves 4-6.

### BREAKFAST

- Sliced Oranges
- Cooked Cereal with Milk
- Scrambled Eggs
- Toast with Butter
- Milk
- Coffee

### LUNCH

- Macaroni and Egg Salad (Cooked macaroni, hard cooked eggs, shredded salad greens, little onion, mayonnaise)
- Muffins
- Stewed Prunes
- Milk

### DINNER

- Pork Chops Baked with Scalloped Potatoes
- Buttered Spinach
- Raw Carrot Sticks
- Bread & Butter
- Peanut Butter Bread Pudding\*
- Tea
- Milk

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