

STALEY NEWS

Vol. 7—Page 1

May 1, 1944

Credit Union Loan Insurance Changed

No Coverage For Members Over Age 70

You will remember that, beginning January 1, 1939, your Credit Union subscribed to the Group Loan Insurance written by the Credit Union National Association Insurance Society and added 75/1000 of 1% per month to interest charges on all loans as premium payments for such insurance.

Since that time, many Credit Union members and their families have had occasion to be thankful for this insurance in cases of permanent and total disability.

The CUNA Insurance Society was faced with the problem of abnormal losses. It was necessary, therefore, to either raise all premium rates or to take some steps which would reduce coverage.

The latter course was decided upon by CUNA and, effective May 1, 1944, the following changes in coverage will be made:

"Loans made to members subsequent to induction into the armed services of any nation in time of war are not eligible for coverage under this contract.

"Total and permanent disability benefits under this contract shall terminate when the borrower attains age 60.

"No coverage in any form shall be provided under this contract on any loan granted to a borrower after attaining age 65, and all benefits hereunder shall cease when the borrower attains age 70."

For Example

To be specific: suppose that a loan is granted a member who is under 60. If he becomes permanently and totally disabled before age 60, his loan *will* be paid by CUNA Insurance. If, however, he becomes permanently and totally disabled *after* age 60 his loan *will not* be paid by his insurance.

Suppose that a loan is granted to a member who is under 65 and that he dies before age 70. This loan *will* be paid by CUNA Insurance.

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Daily Grind Record Is Busted

Last fall we were bragging about having broken both our daily and monthly grind records during the month of October. But the daily grind record which we hung up in October just wouldn't hold and we've busted it again—and good.

We told you that on October 4, 1943 we ground seventy-two bushels more than we had ever before put through the mills in twenty-four hours.

Up Five Times in Two Months

Well, on March 3, we broke October's record by 154 bushels. On March 7 we added 13 more bushels and on March 8 we tied on another 86.

Then came April and on the 6th we banged in with an additional 172 bushels and the next day we added 55 more. So, if your arithmetic holds out, you can see that by April 7, 1944 we had shaded October's daily grind record by a whopping 480 bushels.

Which doesn't mean that we can do it every day or even every month but which does mean that the "bottle-necks" we used to cry about are being pretty nicely widened out.

And which also means that we are getting the intelligent teamwork and effort that it takes to pour out the products our country's war effort demands.

Here We Go Again

Every last man and woman in our plant can take a bow on that one. But, while you're bowing we should warn you. The Manufacturing Department is getting a gleam in its eye again and says, "Now if we had this and that and could do thus and so, I betcha we could squeeze out another 500 bushels." And—maybe we could. We have!

Shipping Inspectors Hit the Top

We've thrown some pretty fancy facts and figures at you these last months to prove that we're shipping

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Essential? How Much Glamour in Starch?

Sometimes, because we manufacture such prosaic items as starch, syrup, oil and feed, we who work at Staley's get to wondering whether or not our industry is "essential". Its easy to see the war uses of bombers, shells, landing boats, tractors and machine guns but where is the glamour in corn and soybean products?

Answer is that whether you call it glamour or not, our products have a solid war-usefulness amply illustrated by recent government actions.

Said the War Manpower Commission:

No. 1. The War Manpower Commissions General Order No. 11 lists thirty-five essential activities. Food Processing, with special reference to "prepared feeds for animals and fowls", "starch", "leavening compounds", "corn syrup and fats and oils", is No. 6 on this list and the five which precede it are: 1. Production of Aircraft and Parts; 2. Production of Ships, Boats and Parts; 3. Production of Ordnance and Accessories (guns, tanks, torpedoes, fire control apparatus); 4. Production of Ammunition; 5. Agriculture and Commercial Fishing.

Putting our industry in the No. 6 spot, ahead of 29 other essential activities, seems to indicate that War Manpower Commission is pretty well sold on the war-necessity of our products.

No. 2. A recent release of the War Manpower Commission lists 13 agencies who may procure, for industries under their supervision, deferments for key men under the age of 26.

Under "War Food Administration" the only entry is "Special technical services essential to wet corn milling". Happily, we have no technical men under the age of 26 but the fact that our industry was on the extremely short list of industries receiving such treatment indicates the importance placed on it by men who are in a position to judge the overall picture.

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MORE ABOUT STARCH GLAMOUR

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And War Food Administration Said:

No. 3. On April 25 our local papers carried the story of the government's 60 day freeze of corn sales to anyone except itself so that our industry could be kept going.

That story said, "Corn is used in the manufacture of explosives, adhesives, sulfa drugs, surgical dressing, penicillin, and starches employed in making copper, aluminum, magnesium and other types of castings for war machinery."

And We Say:

The wet corn processing industry and the soybean industry produce products vital to the prosecution of our war. Those products haven't the glamour they would have if our boys charged the enemy with a handful of corn starch or used corn oil to level their landing fields but you can be sure that corn products went into the manufacture of their uniforms, their walkie-talkie sets and the medicines that heal their wounds. And you can be sure too that both corn and soybean products, in liberal quantities, are in the field rations that keep them alive while they crouch in rain-filled fox holes.

Are we essential? Are we doing a real job toward helping to win America's war?

You're damn right!



3. IF YOU ARE ABSENT FROM WORK DUE TO INJURY OR ILLNESS YOU MUST OBTAIN A RELEASE FROM THE FIRST AID BEFORE RETURNING TO WORK.

MORE ABOUT SHIPPING HITS

(Continued from page 1)

more products safely in spite of wartime transportation problems. And just now we're about to wave the flag for the shipping inspectors who are working so well with the production and loading gangs and the Traffic Department to make it all possible.

We're Good

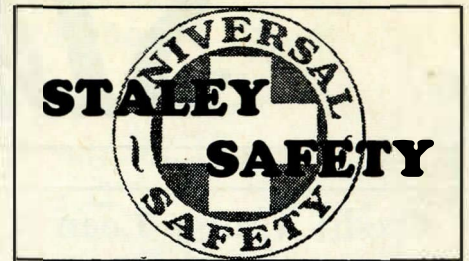
We've known for years how really good our inspection job was and realized, too, that many manufacturers don't give a whoop whether their products are shipped well enough to land safely or not. After all, they can always claim damages from railroads. That isn't enough for us because we've seen shipping as a two-way job—for us in getting our products packed into cars efficiently and safely for their journey, and for the railroads while in transit. So a few years ago we invited freight claim agents from several railroads hauling our goods to view our loading and inspection process to prove that we are doing a smart, sure job of it.

It worked. Not only were they pleased with what they saw and sure we were doing our part, but pictures were taken and shown in the nationally known trade magazine, *Packing and Shipping*. We were on the up and up. And just the other day we had another compliment thrown our way when A. L. Green, special representative of the freight claim division of the Association of American Railroads, wrote asking if their photographer could move in some day and take kodachrome movies of our loading and inspection gangs at work. These films won't just stay buried in a Chicago office; they'll be used all over the country to show the best shipping methods and the Staley name will have made another record.

We Think

The thing that pleased Mr. Green at his last glimpse of our operations was a new wrinkle developed by Clark Gidel, Chief Inspector and head of the department, in shipping syrup in glass containers. Those glass jars have been just one big headache for the fellows. Even when they pack a car as carefully as possible, box ends solidly together and not overloaded, they still have to allow for the fact that in-transit movement may juggle them around throwing the whole weight of a shipment against one line of boxes until glass and syrup damage is caused. Thinking it out, Clark developed a plan whereby a

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By MYLO ROBERTS

Director of Safety

We have been having a number of injuries recently in the use of hand tools. Most of these occur while using hammers and wrenches. One man hits his finger while nailing down a runway. A millwright is using a hammer and chisel and the hammer slips off and hits his hand. A machinist is tightening the nuts on a machine and the wrench slips and he skins his knuckles against a bolt. A pipefitter's wrench slips and he strains his arm.

There are probably several reasons for so many of these minor injuries. In some cases the main cause is inexperience—not knowing the correct way to use the tool. Another reason is a faulty tool—a mushroomed chisel, a chipped hammer head, a wrench that has been sprung or has worn jaws. Or it might have been the wrong type of hammer or a wrench that's too large or small.

Whatever the reason—let's eliminate it. Know how to use these tools. There is a right way and a wrong way to hold a chisel. Learn the right way. Know how to set a wrench so that it won't slip and be sure you have the right kind and size for the job. Be sure your tools are in good shape. If they are not, repair them or get them repaired. The right tool, in good shape, and used correctly, makes for a job done well and safely.

* * *

Do you know what Rule No. 7 in your Staley Safety Code book is? (What! You don't have one? Apply at the Safety office—they're free.) Apparently a few of the people in the plant don't know it or don't believe it. At any rate, there has been quite a bit of horseplay going on. Sure, it's all in fun, but it's not funny if someone gets hurt as the result. Everybody likes a joke but horseplay is no joke. So let's be more careful with our little stunts and tricks. Anyone would feel awfully bad if he caused someone to get hurt.

Published Monthly
By The Personnel Department
For The Employees of

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

MORE ABOUT SHIPPING HITS

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fibreboard is nailed to both ends of a car and then celotex sections placed elsewhere. Which means, of course, that when the juggling goes on each section bears only the pressure of its own weight and not that of the whole shipment. *That* was something new and startling to Mr. Green.

Well, most of us think of shipping inspection, if at all, as a routine matter of checking the number of boxes or bags in a car and giving the merry OK to a car slipping by. But the use of fibreboard in glass shipments is only typical of the kind of thinking that must go on in that department. Shipping inspectors must be fellows with sharp eyes and wary minds.

Check and Double-Check

It's their job to check all cars to be used—for nails, cleanliness, and general usefulness. If they say it's fit for service, then again they must take a look after the coopering and cleaning have been done and before loading. They watch the syrup lines to make sure that labels are straight, containers not sticky, and that the syrup is being packed under proper temperatures. They check the barrels to be filled (because, for one thing, there'd be plenty of trouble if the bung holes were egg-shaped and not round) the drums, the boxes and bags for starch and feed to see that there are no tears or leaks, the tiny soysauce kegs, the tank cars. Because the first step is always making sure that the shipping materials are sound. Once the barrels have been filled with syrup, too, they're closely watched for days, turned upside down, bung-hole-side-down, all but wrongside out in the search for leaks. And when they're packed, that car is kept here for hours and checked just before shipping to make sure that all's still well. Weights for bags of starch and feed and small consumer boxes of cube and corn starch must be checked to see that the customer's getting his money's worth and yet no overweight.

Inspectors watch over the scales almost fretfully.

Packing 'Em In

Our records show we've pushed individual car tonnage to 68,442 lbs. which is an increase of eleven percent over 1942. They tell us that was possible because ODT set 60,000 lbs. as a general maximum for car tonnage, whereas in pre-war times tonnage was pretty much determined by tariff rates to points of destination. The new order posed equally new problems, though. A heavier load is subject to more damage and we had to tighten our belts on inspections. Furthermore, we couldn't always ship 60,000 lbs. of product direct to *one* destination. A car ending up in Dallas, Texas, might stop in St. Louis and Kansas City on the way. How to pack 'em in so that these partial unloadings would leave the balance safe for continued shipment is no easy thing to whip.

But ODT has lent us kindly ears, too. When Clark and his men discovered that a 60,000 lb. shipment of Stoy was too heavy for undamaged shipment, and made a case for 50,000 lbs. instead, they agreed. Another thing, ODT regulations state that barrels of glucose must be packed to cover the entire floor of the car. Now we've discovered that wiring the barrels into units of 28 to 35, and packing the units is a safer way, and again we got special permission to follow our bent. They have learned that we *plan* our shipments and can be counted on to know the best way out.

We Worry

And we don't toss off with a shrug complaints from customers as to damaged products received. We trace all shipments inspected and leaving the plant on the same day as a reported damaged carload to see if others had trouble, too, and what the source could have been. And if you see a snoopy guy in your grocery store staring hard at a line of Staley products, it's probably only a shipping inspector taking a shoemaker's holiday to see that our labels are even and unwrinkled! No rest for the wicked.

Next time remember that the job of seeing our products safely bound to our customers lies with a tough-minded bunch of inspectors who are set to keep us straight with the world in spite of ourselves. Because as Tommy Gogerty once said, "Our bodies belong to Staley's but our souls belong to the customers!" More power to 'em. We profit by it.



John Calambach, 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.

MORE ABOUT CREDIT UNION

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Suppose, however, that he dies after age 70 and that there is still a balance due. In this case the loan will *not* be paid by CUNA Insurance.

The 75/1000 of 1% premium will be charged on all loans made to members under age 65. All such loans are covered by loan insurance on death claims although loans to members over age 60 are not insured against permanent and total disability.

If loans are made to members under age 65, premiums will continue to be charged even though they become 65 before the loan is paid off.

Loans made to members over age 65 will not be insured and no premiums will be charged.

No insurance will be in force and no premiums collected on members who reach age 70 even though their loan was made before they were 65.

Recent excessive claims have made these restrictions necessary.

If you have any questions, please call the Credit Union office.

Plant Trip

We are still pretty impressed with the grand total of 173 people who signed up for the plant trips. If figures *do* talk, it surely means we didn't underestimate the interest any. The first trip went off like clockwork on the morning of April 19th with Clarence Brewer, Grain, Ruth Kennedy, Oil Sales, Frances Grove, Order, Jackie Westerman, Stenographic, Herb Nicholls, Accounting, Sally Marvin, Research Sales, Kathryn Wagenseller and Catherine Schmidt of Personnel as first timers.

★ Buy More Bonds ★

Invention is the Mother of

The thought struck the other day as we were working on another "production" story for the Staley News line that with all our talk of producing and selling we were overlooking a pretty strong link in that chain. After all, you know, most of our products don't "just happen"; they're invented, so that really our business has the three equally important phases of invention, manufacture, and sales. And of course the principal source of those invented mysteries around here is the laboratory whose problems of technical service, research, and product development are plenty stiff.

To most of us, the known story of our products begins and ends with our good old staples like table syrups, feed, and laundry starches for home use. Not so with our customers. These are run-of-the-mine stuff which all of our competitors produce, too, and while we sell them—and well—a lot of them couldn't be sold these days if it weren't for the special products which accompany them. And those special products, devised by thinking and thorough heads in our lab, are more truly tabbed "Staley" products and are more our own than the others. Without them, we'd be in a strongly competitive market with only a few items such as pearl and powdered and thin-boiling textile starches, CSU, table syrups, corn gluten feed, germ meal, corn oil, soybean meal and soybean oil. As it is, we have more than a hundred items, many of them tailored to exactly fit important needs.

A Start

It was because we sensed this need of thinking ahead that as far back as 1922 we entered the market with our first special invention—that of a new dextrin starch for ready conversion into dextrin. And in 1923 and 1924 came along with Stayco. The fact that the idea of patents had kept a good many wishful thinkers out of soyflour production didn't hinder us; we took that on, too, and patented our own particular method of making it. And our latest big flag to be waved in the patent market was, of course, Sweetose. But from 1923 to the present, we've developed many "special" products which are strictly our own that have stabilized our operating and selling lines no end.

And our customers have been grateful, too. Maybe a look at what a few

of the many industries we serve require of us will point this up.

Paper Problems

Take the paper manufacturers, for instance. Starch is used at four points in their process. First it's added to the pulp beater to give the paper strength and smoothness; then it's used for coating or surface-sizing on the finished product. Then there's calendar sizing which is the primary need for box manufacturers using stiff, heavy paper. And for paper used in magazines like *The Staley Journal* and *Life* there's a special purpose for starch above just the ordinary coating procedure. For paper like that, a coating of clay is laid upon the paper background. Now clay alone will not stick to the paper but when mixed with a special starch . . . well, the starch sticks both to the paper and the clay and the result is a beautiful, glossy sheet that will take print and color easily.

For all of this, the paper industry needs a variety of starches . . . kinds of thick-boiling for the beater and sizing, types of thin-boiling for the coating. For the straight paper manufacturers we've produced the Stayco line as well as Staycal, Caladex, Stay-size, Beater Starch No. 62, and Stayzyme. We've a special group for the boxboard people, too, the latest of which is Eclipse KST for the waterproof board we wrote of last month. And for the asbestos paper mills, we not only have a special asbestos starch, but a fireproof starch which is of definite value.

And Food

The bakers, confectioners, canners, and powdered sugar manufacturers all need specialties, too. For the bakeries, for instance, need a starch with high thickening power (to thicken the juices in pies among other things). The confectioners, on the other hand, use thin-boiling starches for that great American candy, the gumdrop. It used to be that standard starches used for this were hard to work with, sticking to the sides of boiling kettles, and burning to a crust. Furthermore, they caused incorrect moisture and made tough, discolored gums. Now we've developed starches that boil freely, do not coat the kettles, and make a clearer, more tender candy.

Most canners need sterile starches, and for them we've produced our thermophile free starch and a ther-

mophile free soyflour for bakers. For the powdered sugar industry there is our bleached starch which illustrates some of the reasons why a customer can't just say to our salesmen, "We want a whiter starch than anyone is making", and get it in his next shipment.

It would do no good for the Sales Department to send through the order with the notation "several shades whiter than our best" if no one knew how to do anything about it. The fact is that the problem is even tougher than that, for the easier methods for bleaching starch give it a bad odor and make it thin boiling. It took a lot of hard work and ingenuity to develop the present Staley bleached starch which is not only much whiter than ordinary starch but has a better odor, and is almost as thick boiling as the starch from which it was made.

That Well-Pressed Look

And the textile mills and laundries pose a lot of problems for us. We've developed six different products for laundries who must use various types of both thick and thin-boiling starches. For ordinary laundry service, special thick-boiling starches serve nicely, but for finished work, stiffening and all that, a good type of thin-boiling must be had. Your shirts, nurses' uniforms, aprons, and curtains, require starch that can give that special crisp, fresh look. Any starches used must iron easily and not be sticky.

The textile industry must have starches with which they can work easily and that will more or less armor-plate the thread for weaving and have high strength-giving qualities. Also, we have special products for the cloth after it is woven, helping to give it the pleasing appearance and feel which sells it.

Odds and Ends

There are other examples of our inventiveness, too, such as a starch used in the making of match heads, a special starch for wall board manufacturers, and the dustless brewers' grits. Not to mention our more famous cube starch for the home, our well-developed line of table syrups, and soysauce.

All of these have appeared not by magic but by hard work, and the laboratory is right in the front line for us with Victory developments!



War Time Eating

Published in the Interest of the National Nutrition Program

WANTED!

At least 2,000,000 more Victory Gardens this year and a 25 per cent increase in the amount of food produced and preserved from those gardens!

Less waste of food, by better planning of meals and use of leftovers!

Larger and better breakfasts, so that workers will feel better and become less tired!

VITAMIN C IN TOMATOES

You're getting nearly twice as much Vitamin C from your canned, sun-ripened tomatoes which you grew last summer than from winter-grown tomatoes now on the market.

FOOD IN GOVERNMENT STORAGE

If you are wondering why the government keeps so much food in storage, just remember that it is necessary to have ready and waiting, food enough for 90 days for every soldier in this country and a total of 270 days' supply for fighters overseas.

Such stocks are ample enough to take care of all kinds of emergencies—sinking of convoys, sudden military movements, unexpected victories with rocketing demands for foods, and even the loss of a small percentage of food bound to spoil under difficult battle storage conditions.

You can be sure that just as fast as the need for food in government storage lessens, the stocks go back to your grocer. 2,600,000 cases of canned string beans and 1,000,000 cases of catsup have been released recently for your use, as well as many cases of grapefruit juice.

A FEW HINTS ON HOW TO KEEP HOUSE AND HOLD A WAR JOB

Planning is important if the house is to be well kept and the job well done.

Make out a schedule of things to be done—and let everyone in the family have something to do. It gives them responsibility and makes them feel as though they are helping. Major housekeeping jobs, such as vacuuming, can be spaced throughout the week.

Shop for groceries and supplies once a week. Let the children carry bundles. In between times, they can stop for perishable foods on their way home from school.

Plan meals ahead—a week at a time—having a 2nd and 3rd choice in case certain foods are not available. Have simple desserts like fruit and cookies that can be made ahead of time. Use pudding and other prepared mixes to save time.

Have someone else—the children—start the night meal, so that you can rest a few minutes after you come home.

Use table mats to save laundering.

Rinse the dishes with hot water after washing them. It isn't necessary to dry them.

Knick-knacks and bric-a-brac should be packed away for the duration, to simplify housecleaning and dusting.

No fancy entertaining is possible. Friends can drop in after supper for a game and simple snack, but sleep is important and late hours should be avoided.

Get plenty of sleep and the right kind of food. A tired and under-nourished person has more accidents and days off because of illness.

DO YOU WATCH YOUR WEIGHTS?

No, I don't mean your own weight—but some of you are getting careless about the weights of the foods you buy. Most grocers and butchers are honest, but they are very busy—and human—so that it is possible for them to make mistakes. There are still a few dishonest ones, ready to take advantage of your carelessness.

To protect yourselves, watch the scales when things are being weighed. Get the weight you pay for. This reminder also applies to packaged foods like dry peas and beans, that may not contain the amount stated on the label. Check the weight of your purchases as carefully as you do your change and ration points.

If you think the weight is incorrect, call your storekeeper's attention to it first, and then call your Weights and Measures official. He will investigate as soon as possible.

RATION NEWS

You have probably read about the new ration plans. Beginning Monday April 4th, there will be no expiration date for red or blue ration coupons.

There will be NO change in the rate at which ration stamps become valid. Three red stamps for meat, fats and cheese will become valid every second Sunday. Five blue stamps for canned foods will become valid on the first of every month. Each stamp is still worth 10 points.

RATION CALENDAR

MEAT—Red stamps A8, B8, C8, D8, E8, and F8 in Book 4 are worth 10 points each and are valid indefinitely. Three new red stamps (30 points) become valid every two weeks. Stamps G8, H8, and J8 became valid March 25 and also are good indefinitely. Red tokens will be given in change.

PROCESSED FOODS—Blue stamps A8, B8, C8, D8, and E8 in Book 4 are worth 10 points each and are valid indefinitely. Five new blue stamps (50 points) become valid the first of each month. Stamps F8, G8, H8, J8, and K8 became valid April 1st and can be used indefinitely. Blue tokens will be given in change.

SUGAR—Stamp No. 30 labelled SUGAR in Book 4, good for five pounds, is valid indefinitely. Sugar stamp 40 is valid a year for 5 pounds for canning. Maximum canning allotment this season is 25 pounds per person through ration board. This includes Sugar Stamp No. 40.

Menus and Recipes

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

SPAGHETTI AND PORK CHOP CASSEROLE

- | | |
|----------------------------------|---------------------------------------|
| 4 1" loin pork chops | 1 10½ ounce can condensed tomato soup |
| 1 teaspoon salt | ½ can water (use soup can as measure) |
| ¼ teaspoon pepper | ¼ pound processed American Cheese |
| Flour | 1 peeled medium onion, minced |
| 2 tablespoons fat or salad oil | |
| ½ 8 or 9 ounce package spaghetti | |

Sprinkle chops with ½ teaspoon salt and ¼ teaspoon pepper; dredge with flour; brown in hot fat. Cook spaghetti tender in boiling, salted water. Drain. Add remaining ingredients and remaining salt and pepper. Turn into 2-quart casserole or baking pan. Top with chops. Cover; bake in moderate oven of 350 degrees for 1 hour, or until tender. Serves 4.

BREAKFAST

- Grapefruit
- Cooked Cereal and Milk
- Buttered Toast Jam
- Coffee Milk

LUNCH

- Vegetable Soup
- Cream Cheese and Jelly Sandwiches
- Carrot Sticks
- Molasses Cookies
- Milk

DINNER

- Spaghetti and Pork Chop Casserole*
- Mustard Pickles
- Canned Peas
- Cole Slaw with Dates
- Bread and Butter
- Milk Tea

BREAKFAST

- Sliced Oranges
- Scrambled Eggs
- Muffins
- Coffee Milk

LUNCH

- Creamed Eggs on Toast
- Fruit Gelatine Salad
- Milk

DINNER

- Vegetable and Tuna Fish Pie with Potato Topping*
- Buttered, Quartered Carrots
- Spring Salad (made with raw vegetables in season)
- Heated Rolls Jelly
- Rhubarb Sauce
- Milk Tea

VEGETABLE AND TUNA FISH PIE WITH POTATO TOPPING

- | | |
|-----------------------------------|---|
| 2 7-ounce cans tuna fish | 1 1-pound can vegetarian vegetable soup |
| 2 tablespoons butter or margarine | |
| 3 tablespoons flour | 3 cups hot, seasoned mashed potatoes |
| ½ teaspoon salt | |

Drain oil from tuna fish; then flake fish. Melt butter in top of double boiler over boiling water, and mix in flour and salt. Add soup slowly, and cook, stirring, until mixture thickens. Add fish. Pour into 1½ quart casserole. Then pile mashed potatoes around edge of mixture. Bake in hot oven of 450 degrees for 12 to 15 minutes or until potatoes are lightly browned. If preferred, broil under broiler. Serves 4 or 5.

BAKED SPARERIBS WITH APPLE AND ONION STUFFING

- | | |
|--|---|
| 3 pounds spareribs | 6 slices (3 cups) bread, broken into small pieces |
| 1 clove garlic, sliced thin | 1 apple cut into small pieces |
| Salt, pepper, flour | 1 teaspoon salt, additional |
| ⅛ pound fat, salt pork diced or 2 tablespoons drippings melted | ¼ teaspoon pepper, additional |
| ½ cup chopped onion | 1 cup hot water or stock |
| | ½ teaspoon poultry seasoning |

Purchase spareribs in two pieces, so that one piece may be placed over the other for stuffing. Wipe spareribs, sprinkle with salt, pepper, flour. Cover one piece of spareribs with dressing. Top with second piece. Tie or skewer together. Place in open roasting pan. Sprinkle salt, pepper and flour over top. Make gashes between ribs and insert garlic slices. Place in moderate oven—350 degrees—and bake about 1½ hours, allowing 30 minutes per pound of meat. When done, remove to hot platter. Make gravy from pan drippings. Serves 4-6.

DRESSING: Place fat salt pork pieces in skillet and slowly fry. Add onions and continue to cook slowly in the fat. Add to breadcrumbs with remaining ingredients. Mix thoroughly.

BREAKFAST

- Prunes
- Prepared Cereal and Milk
- Buttered Wholewheat Toast
- Soft Cooked Egg
- Coffee Milk

LUNCH

- Grilled Frankfurters in Toasted Buns
- Pickles
- Canned Peaches
- Milk

DINNER

- Baked Spareribs with Apple, Onion Stuffing*
- Browned Potatoes
- Buttered, Green Cabbage
- Grapefruit and Lettuce Salad
- Bread and Butter
- Packaged, Chocolate Pudding
- Milk Tea

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