

# STALEY NEWS

Vol. 6—Page 1

October 1, 1943

## Oh! When Will The Harvest Be?

That old revival refrain from the tents of evangelism is the cry now for the corn industry, because the situation is still tight. And the question is really: when the harvest comes will we be any better off? Nobody knows, but everybody cares and probably only the hogs will get all they want.

Even with our fair share of the August purchases, we have now only about forty days' supply. Which, of course, will carry us nicely up to the harvest period and then it's up to the government again. There is talk of the possible accumulation by the government of a stockpile of corn in order to assure essential processors of an adequate supply throughout the coming crop year. The main job would be to move the corn from the farms which is, of course, entirely a government problem.

And whether, even so, there will be a substantial movement at harvest time is another thing. A survey among our brokers indicated that probably it would not be large. And while it is true that there was the largest movement in history last year, to obtain corn for stockpiling this year, there will have to be an abnormal movement this season to meet the tremendous demand from small firms that have been quite unable to buy corn for several months.

What will happen is anybody's guess, but the one bright spot is the expressed determination of the government to see that the wet processors (which means us) get the corn that war production needs.

## Painesville Ups Production

As a result of speeding up the expellers and breaking the same bottlenecks which we had to break in our soybean plant at Decatur, the Painesville plant has increased its productive capacity by close to 20% and is

(Continued on Page 3)

## Soyflour On Trial

Maybe you haven't read about it yet, but the bread standard set up in August by the Federal Food and Drug Administration dropping soyflour from the list of "farinaceous (mealy, to you 'n me) ingredients" that can be used in making white bread is of plenty interest right now to soybean growers, soybean processors (you again), and bakers all over the country. Double puzzle is the fact that the War Food Administration has asked farmers to grow more soybeans, the processors to expand their plants for processing 'em . . . and where are we when we increase production of soyflour and at the same time can't use it in such basic food as bread? What's the story and where do we stand?

Well, first of all there's the tale of the two breads: the usual white and the so-called "enriched" which includes added nutrients. Of course we think too that enriched bread is of importance (as well as the optional use of soyflour in making it) but we remember along with the bakers that it may or may not be of permanent or general use, but that *white* bread is and will be.

And back before these last hearings for making up white bread standards, FDA had certain "advisory standards which said that the wheat flour in white bread could be substituted to the extent of 3% by "other edible farinaceous ingredients", soyflour included. These were then allowed because of the scarcity of wheat flour, as dusting flours to keep the dough from sticking to the machinery and pans, some to promote growth of yeast, and some to prevent the staling of bread. At the hearings the Soyflour Association gave evidence as to the nutritional values of soyflour, its effect on staling, promoting growth of yeast, the effect on color and so on. But still and all when the final proposal was made soyflour was banned.

Probably the jinx was the feeling somewhere along the line that "producers are agitating for arbitrary inclusion of soyflour bread whether consumers like it or not". Which ain't the truth, so help us. Producers

(Continued on Page 2)

## Dear Louie: I Been Stabbed!

Suppose that you and the guy who works next to you are both married and have one child. Suppose that last week he earned \$49.85 and had \$3.00 deducted from his check for Pay-As-You-Go income tax, and that you earned only 15 cents more and had \$2.00 more taken out of your check than he did

Question: Were you cheated out of \$2.00 by the Staley Company, by the U. S. Government or by whom?

Answer: Nobody nicked you for anything, friend.

Explanation: The withholding tax law, as you'll remember from July 1st Staley News, was set up to make deductions for tax according to pay brackets. If you were married, had one child, and earned at least \$40.00 but not more than \$49.99 your deduction for the week was \$3.00. If, however, you earned just *one cent* more than \$49.99 you jumped into the next bracket and your deduction went up by \$2.00.

But, as compared to your buddy, it didn't cost you a cent. In fact, it probably helped you a little because when next March 15th comes around and you have to make a final accounting for the year's income tax, there's a good chance that you'll have a larger credit than he has and that you won't have to reach so far into your pockets to pay the balance.

Even if you overpay your tax for this year, you've nothing to worry about because the overpayment can apply against that one-fourth of 1942's tax you still owe.

All of us fortunate enough to have an income where our tax is drained off at the source before we ever see it are going to find that about as close to painless method of paying as can be found, and you can't be hooked for more tax than your whole year's income would justify. As a matter of fact, few citizens have revised their withholding forms to claim less exemption than they are actually entitled to just to make sure that they'll be ahead of rather than behind the game on next March 15th.

## Has This Happened To You?

Every now and again Demands in Garnishment against Staley employees are served on the Personnel Department and once in a long while a Wage Assignment comes in even though Staley employees agree, in their application for employment, not to assign their wages.

When those things happen the Personnel Department can do nothing but hold up the employees' pay check and try to work out a plan for payment of the account which will satisfy the creditor and not be too hard on the employee. Point is that by that time the creditor is in a bad temper and holds the whip. The Personnel Department has to help as much as it can in a bad situation but it gets a chance to apply only the pound of cure. The ounce of prevention stage is long gone.

Don't let that happen to you. Most of us have, at one time or another, been in a bad spot financially through bad health, bad luck or bad management. Getting into one, however, doesn't mean that you have to stay. The way out, although sometimes hard and long, is simple enough.

### Keep Your Books

The first thing to do is some book-keeping—and practically all of us hate to do that for our own affairs. But sit down with friend wife and add up your necessary expenses per week or month. Don't leave out such budget wreckers as clothing or car repairs just because you don't buy them every month but get down everything so there won't be any forseeable "emergencies" left. Then deduct the total from your earnings and, friend, whether you make \$18. a week or \$1800. there has got to be something left. If there isn't, you've got to sell the car, move to a cheaper house, go to fewer movies, buy fewer and less expensive clothes or make some adjustment downward on your outgo. If you don't—mathematics won't help you. And all of us can—even though it's hard and it always is.

### Play Your Part

But when there's something left, see how much it is and then total up the bills you owe and you'll see how much you can pay on each of them each pay day. And go to your creditor and tell him what you can do and then do it. He'll almost always

go along with you if he knows you are trying. He won't if he thinks you are kidding.

The Personnel Department's part in this job can only be to help with the best advice it can give and to persuade creditors to go along with the fellow who is trying and to prevent them from pressing claims that are unjust or unreasonable. It has no magic formula but it can often help and if you want help you are invited to come in and ask for it.

### Selfish Service

Does the company have a selfish motive in offering such service? Sure. Two of them. First, garnishment and wage assignments are a damned nuisance and we don't like them. Second, employees who are worried about their finances don't do as good a job as those who are free of such worries and it is part of the Personnel Department's job to do its best to help everyone do a good job. So come on in and let us help you worry but—don't wait until the wolf has served a summons on you.

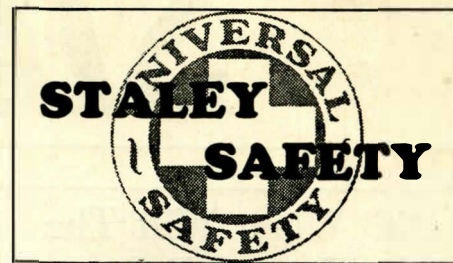
### MORE ABOUT SOYFLOUR

(Continued from Page 1)

all over the country have simply asked that the standard provide for the *optional* use of soyflour as farinaceous ingredient along with corn flour, potato flour, rice flour, corn starch, potato starch, and others.

Because we know quite well that the extent of the use of soyflour or any other f. i. in any bread will depend upon the wishes of consumers. If the consumer likes soyflour in bread he will purchase it and the baker will naturally make the loaf that sells. Consumers being human beings (and we being consumers) we don't at all want to *make* them eat what they don't want, but we do think they should have a chance at soyflour which we're pretty sure would be acceptable.

And when we realize that last year there were approximately 80,000,000 pounds of soyflour produced, this year probably between 300,000,000 and 400,000,000 and maybe in 1944 approximately 1,500,000,000 pounds—we wonder if? And hope that FDA will in the end do right by our Nell.



By MILO ROBERTS  
Director of Safety

We have had several toe injuries and near injuries lately where men have not been wearing Safety Shoes. So once more, we say "Wear Safety Shoes if there is any possibility of something falling on or running over your feet". While we are having some difficulty in getting shoes due to the great demand all over the country, we'll try to fit you as soon as we can if we happen to be out when you come up. To be on the safe side, order your shoes a month or two ahead of time.

A short time after shoe rationing began, we announced that if you needed Safety Shoes and had already used your stamp, we could issue you a special stamp here in the Safety Office. That worked fine and everything was going along smoothly. However, the O. P. A. has now issued an order that says that no one connected with the sale of shoes may issue the stamps.

So, here's what we've done. You must now have a stamp to buy shoes in the Safety Office. If you have a No. 18 stamp, bring your No. 1 ration book with you when you come after shoes. Remember, we are NOT allowed to take a No. 18 stamp that is detached from the book.

If you do not have a No. 18 stamp of your own (you are not expected to use your family's stamps for Safety Shoes), bring your book to Gerry Horton and he will issue a special shoe stamp marked Safety Shoes which you can then use to get Safety Shoes only, either from the Staley Office or any store. Be sure to bring your book because Gerry must have the number to put on the stamp before it is any good.

This applies to any girl who wants Safety Shoes as well as to the men. Although we have ordered women's Safety Shoes we have not received them, but they can be purchased in town. If you girls need work shoes other than Safety Shoes, come to the Safety Office (with your book) and we will send in an application for a special stamp to the rationing board.

★ BUY BONDS ★

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*

The constant mutterings you hear as you go by the placement office each day are little prayers being offered to what we hope are not ill winds that, please, may we have some help? Labor shortage is an old story by now, and sure we know these are tough times, and yet we are certain there must be available someplace the kind of help that we need. All right, you say, what do we need—and what can we use?

To the cries of "why can't we have trained help?" and the stories that "I know a girl working at So-and-So's who's a peach of a stenographer, gets \$110 a month and wants a change" we have this problem to offer. We have our own folks to look after, and we've been saying for some time now we'd give 'em a chance, however valuable they seem where they are, at something better. And we intend to. So we must be careful when we employ new people that we are not endangering their chances on that upward scale. We could hire older, experienced workers directly into departments, and some day we may be forced to do just that because of a lack of beginners, but when we do we want to be very sure we are not impairing the opportunities of those we have with us. There may be times and places when we can manage that but we want to be sure.

So just now our plea is for younger, only partially trained youngsters with whom we can work and try; those with high school training at least and some specific work in stenographic or clerical fields and have possibilities which we can foresee. And if you know any such, please mention them to us and we'll be very grateful.

And in the meantime, since you last saw us we've brought in Margie Lou Warnick, Norma Wright, Barbara Ball, Lucille Glosser, Doris Williams and Jimmie McEvoy as messengers. But at the same time, Lyle Lahniers went to the army, Emadee Gregory, Marilyn Wood, Barbara

Rowe and Elizabeth Lyman started back to school, and you can see where we were.

When Charlotte Helm resigned from the Duplicating Section of the Order Department, Lucille Peer took her place as distributor and Phylliss Hohrein moved in from the Messenger Department to run the duplicating machine. Delores Fleagle over in Standards went off to get married, and Ruthie Rademacher is now taking her place as clerk. Down in Accounting, Virginia King left for the Spars and Allene Heneberry became brokerage clerk, while Barbara Ruffner moving from messenger to type brokeregge. Harriet Plunk, and Kenneth Davis and Lorraine Donkofski also came into Accounting from Messenger to help with additional work in the cost and accounting divisions. Dorothy Jean Roberts was transferred from Messenger to Traffic to replace Virginia Adamson who resigned. Bernadine Bauer, also Messenger, moved to a new clerical job in the Financial Department, and Mary Walser was added to the statistical staff of the Stenographic Department. Kathryn Wagenseller joined us in the Accounting Department as a statistician.

Ray Harroun, of the Industrial Sales staff, went to the Navy in September, and we hired Walter J. Dane in Package Sales. In Chicago, Alice C. World became the office secretary, and in Kansas City, Audrey Hammett replaced Margaret Deffenbaugh in our office there.

By the time this reaches you, these changes will be old stuff and new ones will have rolled around but it ought to prove, oughtn't it, that things do move around here?

## MORE ABOUT PAINESVILLE

(Continued from Page 1)

now one of the largest bean plants in Ohio.

But it has problems. The labor situation in the Cleveland area, which has much heavy industry and is a machine tool center, is even tougher than it is here, and our plant at Painesville is a small one where the relative importance of each man is greater than it is in a larger plant.

That problem is being licked, we hope, with part-time help and by every man working as much overtime as he can take. Every pound of oil and meal that the country can produce is needed and Painesville's extra pounds really count.

## Help, Please!

Some one of these days packages are going rolling out from this company marked "We haven't forgotten you" and headed for Christmas to every man and girl from Staley's now serving in the armed forces.

We've screamed before about how much we want our service addresses correct, so that news from us can get to them but this time we mean it plus. We want to be sure we've got the right dope so that those packages can head straight for Jane and Johnny without error. So if you know of a change in station for anybody, check up with us to see if we've got it too. It's important, fellows, but very!



That according to a recent letter from the Decatur Hospital Service Corporation we at Staley's have topped another record. For our 158 applicatons sent in during the early September re-enrollment campaign not only more than doubled our previous registrations but, says Don Murphy, manager of the service, is very possibly the best record for any group in the plan.

*That still we have to face the awful truth that our War Bond subscriptions during August came to 10.15% of our payroll, lower even than our July figure of 10.2% and that our chins aren't resting very securely above that 10% level*

That the total number of Staley boys in the armed services as of September 20th was 458.

# Milling Matter

After you've kicked around in this plant for awhile and picked up a bit of the Staley vocabulary you find yourself off-handedly rolling out terms off your tongue as if you'd been born and brought up in the place. you talk about the "Foos Mills" and the "Buhr Mills" for instance in a haphazard way and yet you might be pretty stymied if anybody up and asked you what they were and why and how they operated. We were, and just to help you out when you get jumped will give you a bit of the story that's behind them and some of their everyday life.

We'll have to dig back in the industry files for a little review for you to prove that probably these two are the mills which have pushed corn processing toward success. Before 1880, the whole corn was steeped in plain water until completely rotted, the starch washed out, and the balance quite wasted. But in that year a process was developed whereby sulphurous acid was added to the steep water, shortening the steeping time to one or two weeks; the corn was then cracked between rollers and brushed in revolving metallic sieves, with water added, until the starch was all removed from the hulls. Since only the hulls and the germs remained on the sieves, they could then be dried.

But this process took a whale of a long time, and the capacity of the largest plant then in operation was only 200 bushels per day. So then a Dr. Arno Behr came along, trying to replace the action of the brushes by beating the crushed corn with knives revolving at high speed and set in a trough on a horizontal shaft. He didn't quite succeed in his aim of loosening all of the starch from the hull; but after diluting the mass of corn with water, he discovered that by gently stirring a layer of corn germs was formed on top of the water. Knowing that the germ contained a great deal of fat, he then experimented with the idea of removing the germ from the kernel and then the fat from the germ. In 1881 he secured a patent on the process of separating the germs from the rest of the corn. And an attrition mill (one that grinds by friction) that had already been in use in other industries was redesigned with new type

plates by a man named Foos, and is believed to have been the first built for the corn industry, and still bears his name.

Those "Foos Mills" used in our plant are in reality Bauer Degerminators and are built by Bauer Brothers of Springfield, Ohio. The grinding or degerminating takes place between two disks of steel, one stationary, and the other rotating in a vertical plane. Each of these disks has bolted to its face grinding plates which may be removed for regrinding or replacement. We have two of the mills, for two separate grindings. The first grinding takes place after the corn has been steeped 40 hours in water to which sulphur has been added. The second comes after the corn has been through the first separation.

And after going through the second grinding the mass is then conveyed to the separators, huge cast iron vats of semi-cylindrical shape with agitators in the bottom, where we manage to separate the germ. The ground mass of corn comes in at the top of one end of the separator, the germs containing a large amount of oil readily rise to the surface and with the help of a small paddle wheel float off at the other end. The ground corn and starch, being heavy, settle to the bottom and are discharged at the opposite end by a wooden conveyor. The gluten and starch are now sent to the Buhr Mills to be ground fine for the further removal of the starch by reels and shakers.

That Buhr Mill is one of the oldest types and dates back to the days of water mills and windmills, the shades of our ancestors. Those stones used on ours are 54 inches in diameter and approximately 17 inches thick, (11 inches of granite with a 6 inch concrete back) and weighs from 4,000 to 5,000 pounds. They come to us uncut as smooth pieces of granite, and the cutting or "dressing" as we say, of these slabs is an art in itself. The stone dresser, using an air hammer and chisel, cuts 30 furrows evenly spaced from a hole, 14 inches in diameter, in the center, 27 inches out; then from the ends of these furrows are cut 270 cracks evenly spaced around the entire face of the stone. It is painstaking, accurate work.

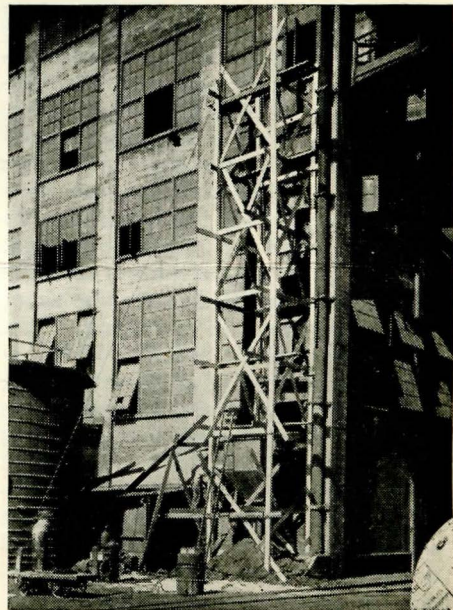
A mill is made up of two of these stones set in horizontal position, one above the other, top and bottom be-

ing exactly alike. The lower one is stationary but the upper rotates, and the mass containing bran, gluten, and starch coming from the separators is fed into the mill through the center hole. Because of the grooves cut at various angles in the stone, the mass is ground and at the same time works from the center to the outside of the mill and is discharged. The top stone is adjustable, and the closer the stones can be fixed the finer is the grind. For redressing or re-cutting, the top one must be removed but the lower remain stationary.

Whether or not you take these few thousand words to explain our mills to the next curious friend, you'll surely believe that those mills of ours are a pretty important part of our plant and sound their names with pride when you speak of 'em.

---

## Know Your Staley Safety CODE



27. ALL SCAFFOLDING MUST BE ERECTED BY THE MILL-WRIGHT DEPARTMENT OR OTHER PROPERLY AUTHORIZED PERSONS AND ONLY APPROVED SCAFFOLD PLANKS MAY BE USED.



# War Time Eating

Published in the Interest of the National Nutrition Program

## HAVE YOU TAKEN THE PLEDGE?

### Consumers Pledge

- I will buy no more food—meat, canned, dried or frozen foods—than my ration stamps allow.
- I will not buy from any grocer or meat dealer who does not have the ceiling prices posted in plain sight.
- I will NOT pay more than the ceiling prices which have been set by the Government.
- I will report any violations of ceiling prices or selling without collecting stamps to my local Office of Price Administration.
- I will destroy all unused stamps and not give or sell them to others.

## RATIONING IS SHARING

The purpose of rationing is to share with others, so that everyone will have a fair chance at the available food supply. Anyone who takes advantage of "black markets" where food is sold either without stamps or for more than the legal prices is jeopardizing her own food supply and that of others, and is also helping to bring about inflation.

## FOOD PRICES

You have all wondered why prices for certain foods, especially fruits and vegetables, have gone "sky high." There has been a short supply of these particular foods because of shortage of labor, growing conditions and lack of shipping facilities. More people have more money to spend, so that the demand has been greater than usual. There are ceiling prices on some fruits and vegetables, but not on all of them. When there is a larger demand for fewer goods, prices just naturally increase, and that is what has happened to some of the foods you buy.

## HOW ABOUT WASTE?

This is the time of year when Americans—which means you and me—waste the largest amount of food. About two-thirds of a pound for each person is thrown away every day on an average, the year around, but right now is when that amount is increased to nearly three-fourths of a pound of garbage, principally fruits and vegetables.

Look at your own garbage pail—are you one of those who are throwing away good food? Do you save small dabs of food for a day or so—or longer—and then decide that there isn't enough to do anything with, and throw them away? Do you purchase more of the "perishables" than you need and have to throw them away?

How much you can buy without waste depends on what storage arrangements you have and how regular the family's meal-time habits are. A good rule to follow is: When in doubt, don't buy it!

Do you have to pinch every peach, feel of every tomato, snap a sample bean, before you buy? If you do, you are spoiling good food. There are other ways of telling whether or not fruits and vegetables are of the quality you want—mainly by looking at them.

Are you conserving food value by cooking vegetables properly? Raw fruits and vegetables for salads should be cut up shortly before serving or the vitamin C will disappear. Soda in the cooking water for vegetables also destroys vitamin C as well as thiamine (B<sub>1</sub>).

Eating potatoes and other vegetables with their skins on, using the leaves of celery, the tops of beets and the outer leaves of lettuce and cabbage, tipping the soup bowl, eating the last bits of food on the plate are among the simple but effective means of reducing food waste in the home.

Food is precious—every bit of it. Make it do its full war work.

## APPLES

Apples are in season—and they are especially good for cooking right now. Eat them raw—they supply more vitamin C that way. If you want a light dessert, make them into apple sauce or puddings. If you want a heavier dessert, use them for pie or apple dumplings. They are good, however you serve them, and most people like apples. If you have an apple tree, or your neighbor has one and will give you some, can the apples into apple sauce for winter.

## FOOD RATION CALENDAR

### RED STAMPS in Ration Book 2 for Meats and Fats:

- T, U, V and W good through August 31.
- X good August 22 through October 2.
- Y good August 29 through October 2.
- Z good September 5 through October 2.

### BROWN STAMPS in Ration Book 3—also good for Meats and Fats:

- A good September 12 through October 2
- B good September 19 through October 30
- C good September 26 through October 30
- D good October 3 through October 30
- E good October 10 through October 30
- F good October 17 through October 30

### BLUE STAMPS for Canned, Dried and Frozen Foods:

- R, S, T, good through September 20.
- U, V, W, good from September 1 through October 20.

### SUGAR:

- Stamp No. 14 in Book 1 good for 5 pounds through October 31.
- Stamps No. 15 and 16 good for 5 pounds each for canning through October 31.

# Menus and Recipes

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

### FULL O' BOLOGNEY

1½ cups cut-up bologna (½ Lb. cut in ½-inch pieces)	6 tablespoons flour
2 cups cubed uncooked potatoes	¼ teaspoon salt
2 tablespoons minced green pepper (or onion, celery, parsley, mixed)	⅛ teaspoon pepper
	3 tablespoons butter
	2 cups milk

Arrange alternate layers of bologna, potatoes, green pepper, dry ingredients which have been mixed together, and dots of butter in a 7 or 8 inch baking dish. Pour milk over all. Bake about 1 hour and 15 minutes in a moderate oven—350 degrees. Serves 4-6.

### BREAKFAST

Apple Sauce  
Prepared Wholewheat  
Cereal with Milk  
Buttered Toast  
Soft Cooked Egg  
Milk Coffee

### LUNCH

Cream of Vegetable Soup  
(Left-over Vegetables)  
Toasted Bread Cubes  
Crispy Raw Cabbage Salad  
(Cabbage, Green Pepper,  
Raw Carrots)  
Molasses Cookies  
Milk

### DINNER

Full O'Bologney\*  
Buttered Green Beans  
Mixed Green Salad  
Bread and Butter  
Lemon Pie

Milk Tea

### BREAKFAST

Orange Juice  
Cooked Cereal with Milk  
Poached Egg on  
Wholewheat Toast  
Milk Coffee

### LUNCH

Split Pea Soup  
Toasted Cheese Sandwich  
Raw Turnip Sticks  
Sliced Peaches  
Milk

### DINNER

Creamy Meat Pie\*  
Lettuce Salad  
Bread and Butter  
Apple Brown Betty  
Milk Tea

### CREAMY MEAT PIE

1 to 2 pounds boneless stewing meat	1 teaspoon salt
2½ cups water	1 cup cubed, raw potatoes
1 tablespoon vinegar	1 cup carrots, cut lengthwise
1 medium onion, sliced	4 tablespoons flour
2 cups milk	Biscuit dough

Melt a little fat in a kettle; add meat cut in 1½ inch squares and brown on all sides. Add water, vinegar and sliced onion. Cover and cook slowly about 2 hours, or until meat is tender. Add salt, potatoes and carrots the last half hour of cooking. Moisten the flour with a little of the milk and add with remaining milk to meat mixture, stirring and cooking until thickened. Pour into a deep baking dish or casserole. Cover with baking powder biscuit dough. Bake in hot oven 20 to 25 minutes, or until biscuits are done. Serves 6-8.

### SCALLOPED EGG PLANT

1 medium eggplant	1 small onion, finely chopped
Salt and pepper	1 cup dry bread crumbs
1 beaten egg	½ cup buttered crumbs
2 tablespoons melted butter	

Pare eggplant and cut into 2/3-inch cubes. Cook in boiling water until very tender; drain thoroughly and add salt and pepper to taste. Add egg, butter, onion and dry bread crumbs. Mix thoroughly and place in greased baking dish. Cover with the buttered crumbs and bake in moderate oven—375 degrees—about 30 minutes. Serves 4-6.

### BREAKFAST

Cantaloupe  
Ready-to-Eat Corn Cereal  
with Milk  
Wholewheat French Toast  
Milk Coffee

### LUNCH

Scrambled Eggs  
Molded Gelatine Salad  
with Fruit  
Toasted Buns  
Cake  
Milk

### DINNER

Frankfurters  
Potatoes au Gratin  
Scalloped Egg Plant\*  
Lettuce and Tomato Salad  
Apple Pie  
Milk Tea

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