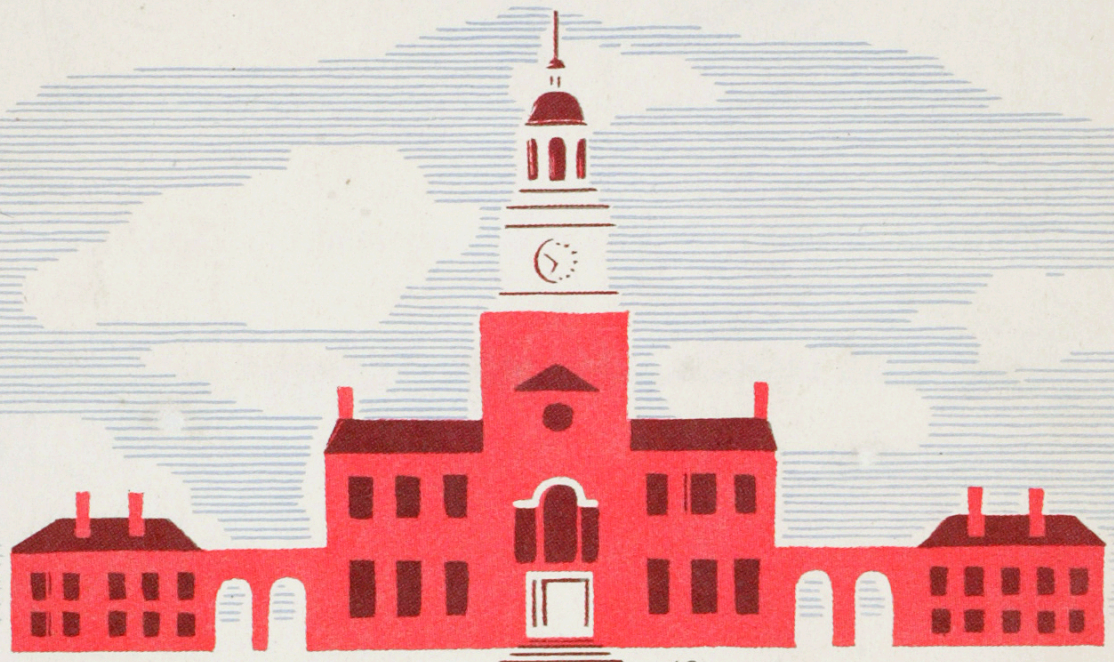
Schools AT WAR

A REPORT TO THE NATION



Independence Hall
PHILADELPHIA
1776

SPONSORED BY * * THE WAR SAVINGS STAFF OF THE U. S. TREASURY DEPARTMENT, THE U. S. OFFICE OF EDUCATION AND ITS WARTIME COMMISSION

☆

SCHOOL Yeager C-3

ADDRESS Yeager, Okla.
STREET TOWN STATE

Yeoger
Box 3

11" x 14"

WE REPORT TO THE NATION

We herewith submit a bird's-eye view report of our SCHOOLS AT WAR Program. It includes factual and pictorial accounts of our War Savings Program and other outstanding war activities. It is tangible proof of the resourcefulness, skills, activities and the will to win of every student, teacher and parent enlisted in our SCHOOLS AT WAR Program.

★ ★ ★ ★ ★ ★ ★ ★ ★

Name of School Yeager C-3

Address Yeager, Okla.

Enrollment _____ Grades _____

No. of Teachers 7 No. of Classrooms _____

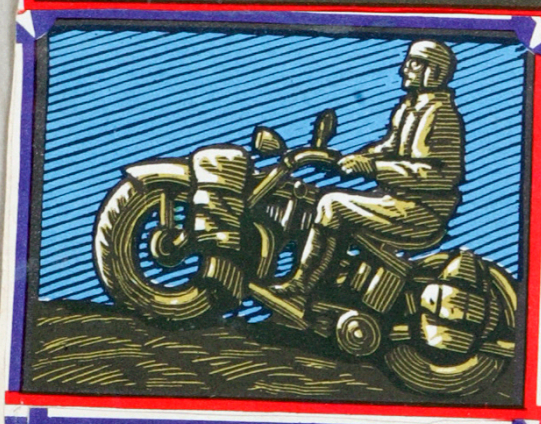
Size of Community _____

Cash Value of War Stamps and Bonds sold during SCHOOLS AT WAR Program #366.25

50 $18.75 Bonds will pay for

1 JEEP

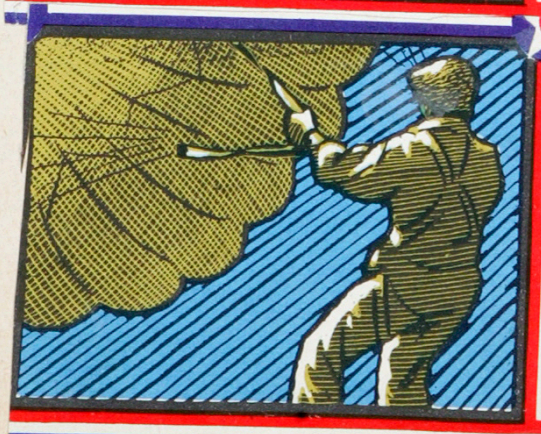
Four-wheel drive helps these go-anywhere cars carry combat forces over the roughest ground at jack-rabbit speed.



21 $18.75 Bonds will pay for

MILITARY
1 MOTORCYCLE

The motorcycle you pay for will help speed messages and light guns to strategic points. The Army needs thousands.



16 $18.75 Bonds will pay for

1 PARACHUTE

Thousands of American airmen will live to fly again, thanks to parachutes paid for by those at home through War Bonds and Stamps.

30cm x 40cm

DO YOUR PART TO WIN THE WAR
BUY MORE WAR SAVINGS STAMPS

50 $18.75 Bonds will pay for
1 JEEP

Four-wheel drive helps these go-anywhere cars carry combat forces over the roughest ground at jack-rabbit speed.

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1 PARACHUTE

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40cm

11" x 14"

A Half-Fil

PASS UP THAT EVENING OUT!

School children are thrifty, and patriotic, too, when they buy War Stamps.

is like a Equipped

4" x 11" x 14"

earned

Red Album

When Bobby had ten pennies
Not very long ago,
He spent them for a soda
Or for a movie show.

Now he has a little book
He's trying hard to fill.
He plans to buy a stamp each week
Just like big brother Bill.

I'm collecting books and records,
I'm saving tubes of paste,
I'm using pencils carefully,
There's nothing that I waste.
I'm keeping all my pennies
To buy War Stamps each day.
I'm just a youthful helper
Who loves the U.S.A.

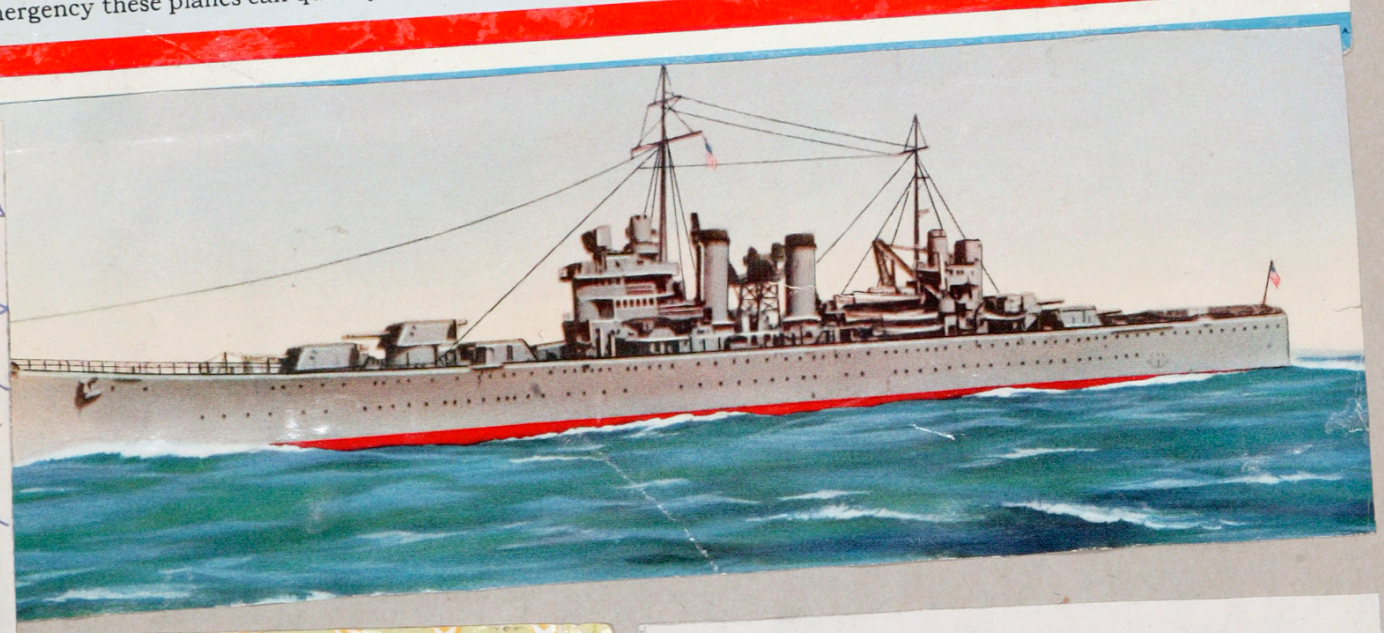
We are LITTLE people, but we are doing a BIG part in helping win the war. We have bought $275.00 in stamps and bonds.

Primary pupils and teacher,
Mrs. Allie Cox

Half-Soldier

AMERICAN NAVY

Winging their way over the airways of the world, these huge flying ships carry passengers, mail, and express swiftly and surely. In the United States, there are some 33,000-odd miles of lighted and radio guarded airways. In the international system, more than 60,000 route-miles connect us with Europe, Asia, South America, and Alaska. In time of emergency these planes can quickly be converted into transports for the swift movement of troops and supplies.



These two pages were taken from a unit that was worked up by the intermediate grades.
Miss Mary Boyd

CRUISER—The Cruisers are an essential part of the Navy because they are a general utility ship, combining speed, gun power, and maneuverability. Useful either for fleet or independent action, they can protect the main body of the fleet, act as scouts, patrol, or aid in repulsing enemy Destroyer attack.

Keep Them Flying

Keep them flying,
Keep them sailing,
Keep America from failing.
Buy war bonds and stamps every day.
So we can win in the U. S. A.

Nina Rogers
4th Grade

earned

Gen. John Pershing
World War I Hero

Gen. MacArthur
Hero of Bataan and Corregidor

Franklin D. Roosevelt
President of United States

Abraham Lincoln
Kept us united

Thomas Jefferson
Declaration of Independence

Patrick Henry
Liberty or Death

Paul Revere
Midnight ride

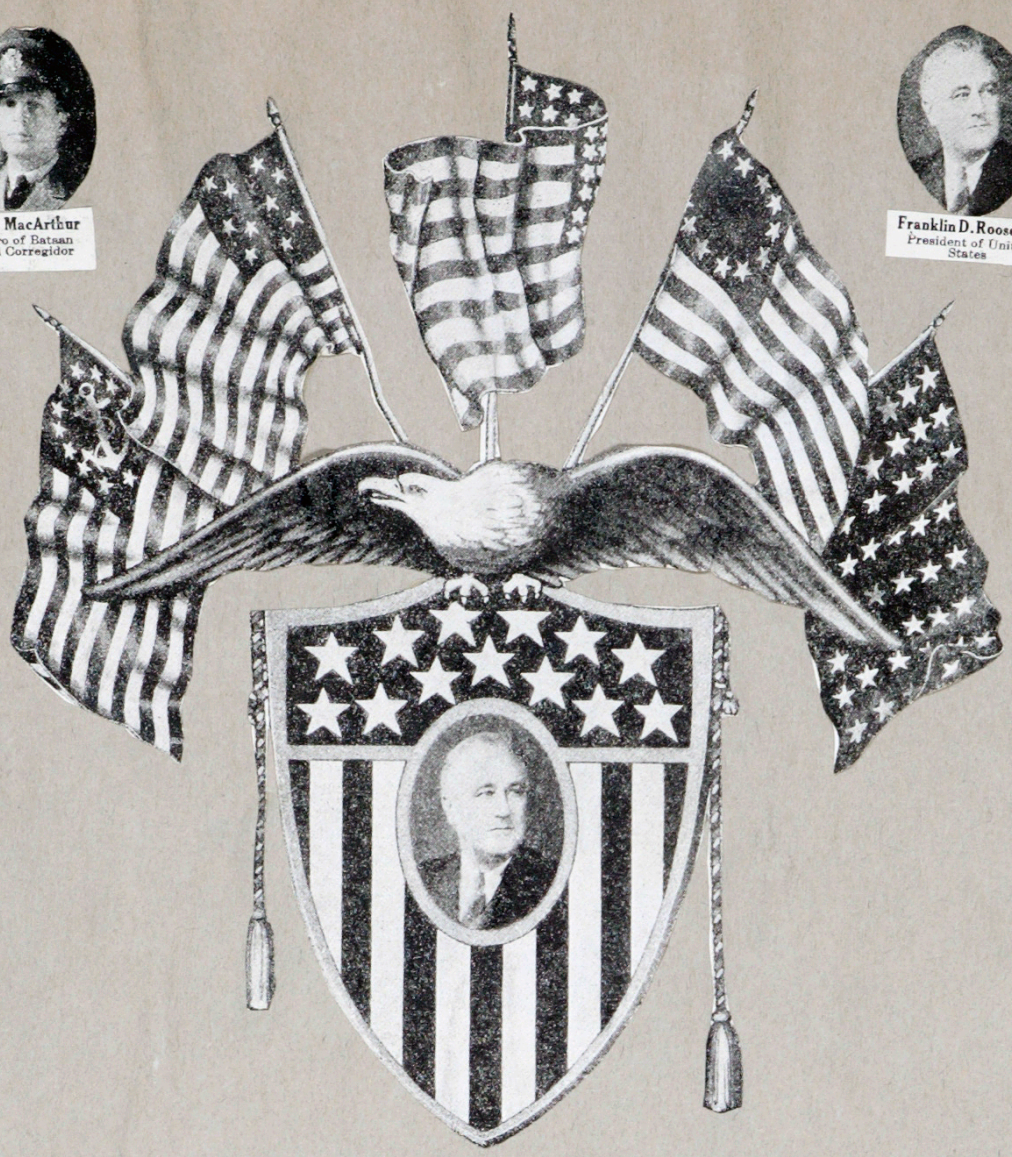
George Washington
Father of his country

Betsy Ross
Made first flag

Adm. George Dewey
Hero of Manila Bay

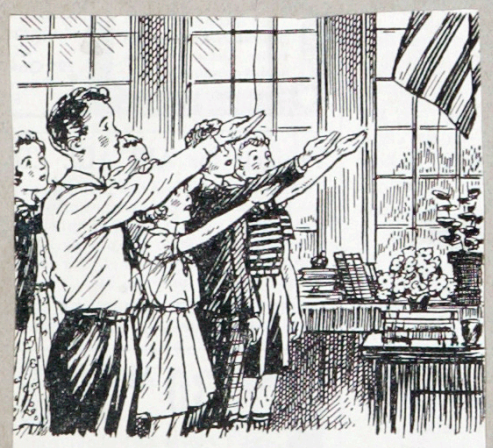
John Paul Jones
First great naval hero

Francis Scott Key
Star-Spangled Banner



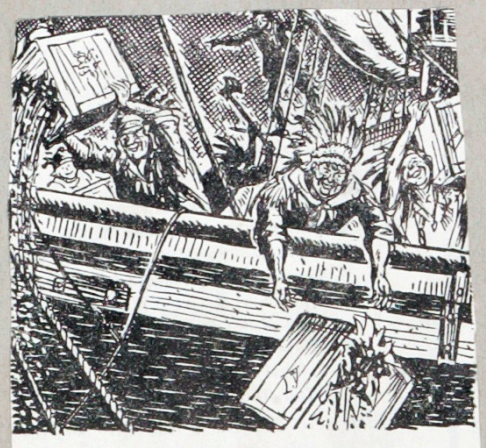
EMBLEM OF VICTORY

Historic America



What are these children doing? (15 Points)

They are saluting the American flag. Paying honor to the flag is a daily ceremony in schools. Another daily routine in hundreds of schools is the classroom drill in gum massage and proper brushing of the teeth.



What was the Boston Tea Party? (20 Points)

In 1773, some citizens of Boston objected to the tax that was put on tea. When a cargo of tea arrived from abroad, men dressed and painted as Indians boarded the vessels and threw the tea into Boston Harbor.

Did Lincoln give the Gettysburg Address? (20 Pts.)

Yes, President Lincoln gave his famous address in 1863. It was another historic moment in the life of a true American, who by sacrifice and hard study educated himself and became one of our greatest Presidents.

11" x 14"

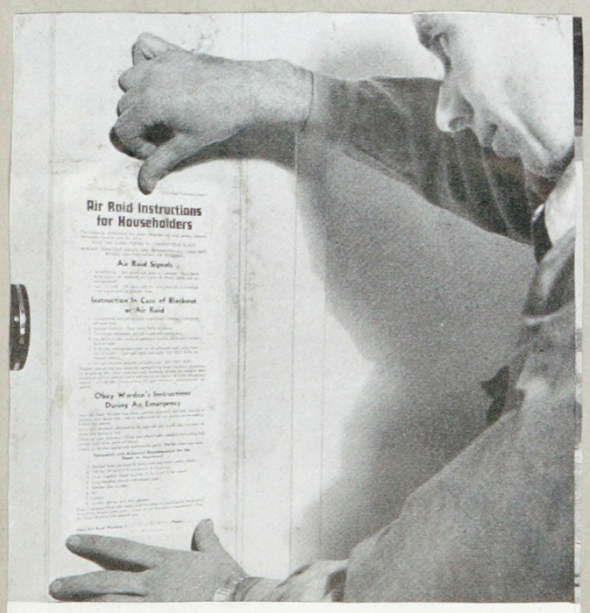
America IN WARTIME

Do You Know What to Do in an Air Raid?

We realize that our nation is
in war, and we are doing our best
to help on the home-front.
Upper grades and teacher,
Miss, Mary Helen Griffin

We'll all be safer if you can answer these questions

1. How can I learn to be prepared for an air raid?
2. To whom should I go for further information?
3. What air-raid equipment should I have in my home?
4. What is the first thing to do if I am indoors?
5. What should I do outdoors, if unprotected?
6. What about the importance of blackout curtains?
7. What about the gas, water, electricity, telephone?
8. What about precautions outside the house?
9. Where is the safest place to be inside the house?
10. What warnings should I give the children?
11. What preparations should I make for pets?
12. What should I first do to an incendiary bomb?
13. How should I dispose of an incendiary bomb indoors?
14. What to do with an incendiary bomb outside?
15. Why does water have to be used so carefully?



1. *Start by carefully reading instructions published in papers and posted in public places—like that being put up out in California by Lang Brown—like these illustrated answers here. Then reread, and reread again.*

4. *Not what these two are doing! Keep away from windows and open doors. Even distant big bombs shatter glass; flying-glass cuts, can even kill. Keep radio on for raid news. If after dark, turn off all lights that might be visible outside.*

COURTESY NEW YORK PUBLIC LIBRARY

Here, during the bombardment of Fort McHenry, Francis Scott Key found inspiration for the poem which was to become the national anthem.

THE STAR-SPANGLED BANNER

Oh! thus be it ever, when freemen
shall stand
Between their loved homes and
the war's desolation!
Blest with victory and peace, may
the heaven-rescued land
Praise the Power that hath
made and preserved us a
nation.
Then conquer we must, for our
cause it is just,
And this be our motto: "In God
is our trust."
And the star-spangled banner
in triumph shall wave
O'er the land of the free and
the home of the brave!

—Francis Scott Key

United We Stand

BUY UNITED STATES
WAR SAVINGS
BONDS AND STAMPS

11" x 14"

OUR SACRIFICE

OUR FREEDOM

God gave man the freedom
To rule the things under the Sun,
But how many smaller animals
Couldn't have beat what man has done.

Man claims he shares this freedom
With men across the sea,
But then we see the battling test
Of what man shall be free.

We can't all be fighters
Or we can't all go to camps,
But we all can help to keep this freedom
By buying WAR BONDS and STAMPS.

Junior Fite
Senior of Yeager High School

When we hear the burst of [illegible]
Or feel the Japs thirsty Knife,
Only then, we an understand,
What is meant by sacrifice.

Junior of Yeager High School Cliffor[illegible] School

The man whose conservation - wise
Says defense stamps and bonds is what he buys
This makes them thrifty, saving, serving and free,
These "Paul Reveres" are riding to victory.

Reba Kelly
Junior Class
Yeager High School

OUR SACRIFICE

Our sacrifice we know,
  Is to back American boys wherever they go.
So they can fight and rest assured,
  That they're doing their part,
And you yours.

We sometimes gripe at what we have to give up,
  No sugar in our cakes, no coffee in our cups.
Whats the use of the rationing we say,
  But remember Pearl Harbor,
And Waikqki Bay.

War Bonds and Stamps is our sacrifice,
  Compared with dodging enemy bullets,
Or a poor soldiers life.
  We're all out for freedom as we think,
But we never saw a bomb fall,
  Or a stricken ship sink.

Whose stations are manned by sailors who never sigh,
  Although they know that they're sure to die.
A sacrifice of these boys lives,
  Worth more than Silver or Gold,
Still necessities for war, WE withhold.

We ignore the awful battles, that rage throughout the war,
  Only will we realize them, When their at our back door.
When we hear the burst of German Shells,
  Or feel the Japs thirsty Knife,
Only then, we an understand,
  What is meant by sacrifice.

Junior of Yeager High School Clifford Fite

The man whose conservation - wise
  Says defense stamps and bonds is what he buys
This makes them thrifty, saving, serving and free,
  These "Paul Reveres" are riding to victory.

Reba Kelly
Junior Class
Yeager High School

OUR RATIONING'S

As we go along in the world of war,
  Some people are growling and don't think
What rationing is for,

They never think of our soldiers as onward they go
  And weed for us that mighty tough row,
That we may have victory and our free dom may glow.

We don't think enough of our boys who toil,
  Which may loose their lives,
On foreign soil.

We growl when we use all our sugar up
  Then we go and look,
But there is no coffee inour cups

We want to travel very fast,
  We look and we have no gas.
Then we want to travel afar,
  We go again and there is a bad tire.

Dear friend us take our rationings as well as we can
  And turn our efforts to the fighting men
If they can fight and loose blood with the Japs
  Then we can surely turn in a little Rationing and scrap.

Euel Bowen
Junior Class
Yeager High School

The man whose conservation - wise
  Says defense stamps and bonds is what he buys
This makes them thrifty, saving, serving and free,
  These "Paul Reveres" are riding to victory.

Reba Kelly
Junior Class
Yeager High School

YES WE MUST

Yes, we must fight for our land so dear,
If we are determined to reside on this great hemisphere,
To obtain our freedom and worship so free,
If we are to make America just what it should be.

Yes, we must pay all sorts of respect,
To our President, Generals and officials, elect,
We must offer our tributes to the duties they perform,
In trying to lead us through this chaos and storm.

Yes, again, we must think of the mother so dear,
Whose brave sons have so eagerly left their sweet home of good cheer,
To go and fight for that loved one at home,
Regardless of where ever our enemies roam.

Yes, last but not least of all,
Must we think of our Heavenly Father, and heed his call,
To be always eager and on the alert,
And remember the One who created this earth.

Yes, it must not be last that we think of this One,
The One to send His only Son,
That victory over war might some day be won,
That you and I in this land of the free,

May some day stand and be, just as holy and free
As our Pilgrim fathers were the day they landed on old New Englands Shore,
There to stay with God and be moved no more.

Ray Bowen
Senior Class
Yeager High School

We are now indulged in war,
Our boys are fighting at all the camps,
Some are near, and some afar,
To help these, BUY WAR BONDS AND STAMPS.

Doris Jean Stafford
Senior Class
Yeager High School

earned

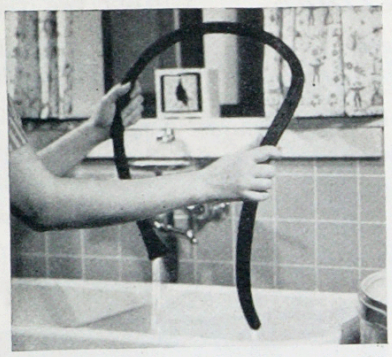
FOR VICTORY

The wise old owl
in the old oak tree,
Says "Buy Stamps and Bonds
for Victory"

Junior, Senior Class
and
Dorothy Reinert

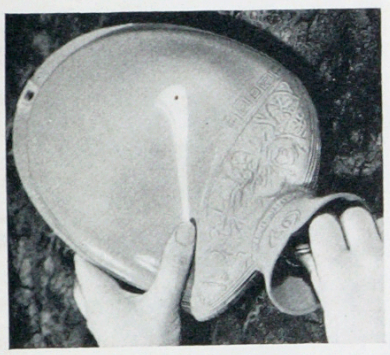
YOU'RE IN THE ARMY TOO

Make Your Rubber Goods Last



Laundry and garden hose should be drained and stored kinkless.

Easily applied at home, patches add usefulness to worn rubber gloves.



Drain hot-water bottles, keep air-filled with the stoppers in place.

Rubbers, boots—on a shelf—out from under suitcases and boxes.

Don't ... pull off your rubber gloves by the fingertips

DO peel the gloves off inside out from the cuff.

Wash off any grease or dirt with soap and water. Dry. Dust inside with talcum powder.

Put away in a dark place—light will cause them to deteriorate. •

REMEMBER

that rubber will last longer if you ...

... keep it dark
... keep it dry
... keep it cool
... keep it away from oil, grease, gasoline and acids

WIN *and* **wear your star** *I've enlisted*

Keep your pledge by doing the little things that will preserve rubber goods. Have you enlisted? See page 86.

Meat Shortage worry you?

GOOD-NEIGHBOR CHICKEN STEW

One of the best-flavored chicken dishes you've ever tasted!

● Cut a frying chicken (weighing 2½ lbs.) into 6 or 8 pieces. Dredge in ½ cup flour seasoned with salt, pepper. Brown lightly in 2 tbs. fat. Add 4 potatoes, 4 carrots (cut into small chunks), a 12-oz. tin of Heinz Tomato Juice, 1 tsp. Heinz 57 Beefsteak Sauce. Cover and set over low heat for about 40 minutes—till the chicken and the vegetables are temptingly tender, imbued with the rich savor of Heinz Tomato Juice and rare spices used in Heinz 57 Beefsteak Sauce. Serves six.

With a bowl of salad and dessert, nothing more is needed—even for company!

BRUNSWICK STEW

An old-time Deep-South specialty easily prepared on one burner

● Cut 2½ lbs. boned veal shoulder into strips 1½ inches long, ½ inch wide. Brown meat in 2 tbs. fat. Add 1¼ tsp. salt, liquid drained from 1 can lima beans, 1 can whole kernel corn. Cover and simmer till meat is tender. Add a 12-oz. tin Heinz Tomato Juice, 1 tsp. Heinz Worcestershire Sauce, lima beans, corn. Heat thoroughly. Sauce may be thickened, if you like, with 3 tablespoons flour. Wonderful served with smoking-hot corn bread and a crisp, green salad. Serves six.

YANKEE DOODLE CHOW MEIN

A simplified, modern version of a tasty Chinese egg dish!

● Brown lightly in 2 tbs. butter—2 cups celery thinly sliced, 1½ cups sliced onions, add ½ tsp. salt, ⅛ tsp. pepper, two cups of beef stock or chicken broth. Cover, cook till vegetables are tender. Add 2 cups cooked string beans . . . Blend 1½ tbs. cornstarch with 2½ tbs. Heinz 57 Beefsteak Sauce and add to vegetables. Cook till thickened . . . Keep warm. Meanwhile, pour 2 well-beaten eggs, seasoned with ½ tsp. salt, into a buttered skillet and fry without stirring till they set into a thin omelet. Cut into thin strips. Pour vegetables over cooked noodles or rice. Top with egg strips. Serves from four to six people.

VICTORY SANDWICH

All ingredients for this hearty sandwich-meal can be kept on your Emergency Shelf

● Top 4 slices white toast or rusks with sliced tongue (heated). Arrange cooked asparagus tips or string beans on meat. Pour on Quick Victory Sauce—made by combining ½ lb. of cut-up American cheese with ½ cup evaporated milk, scalded. Add ½ cup Heinz Tomato Juice. Cook till cheese is melted. As garnish, nothing could be finer than slices of old-fashioned Heinz Fresh Cucumber Pickle! Serves four.

HOT DOG PIE

For novelty, grand flavor, nourishment and low cost—this meat-and-vegetable pie is perfect

● Cook 4 diced potatoes, 3 carrots, 3 sliced onions with ⅔ cup Heinz Tomato Ketchup, 3 cups water and 2 tsp. salt until vegetables are tender—about 20 minutes. Mix ¼ cup flour, ¼ cup water to smooth paste, add to vegetables and simmer, stirring constantly till sauce is thickened. Add 4 frankfurters cut into small pieces. Pour into casserole. Cover with pie pastry, biscuit dough—or if you're in a hurry, use sliced buttered bread for a crust. Set in hot oven till top browns.

AN ANNOUNCEMENT
Heads of the World's Most Famous Houses
ALL YOU'VE
Now!

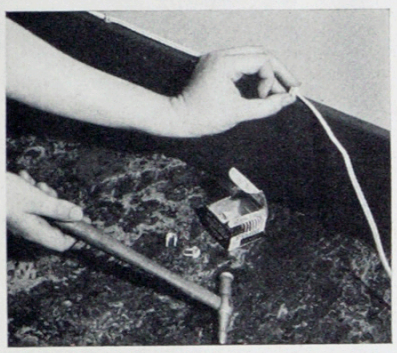
'RE IN THE ARMY TOO

...TECT rubber from *heat* (never iron rubber inserts of girdles), from *sunshine* (never leave rubbers on sunny stoops), from *grease* (never store rubber gloves without washing), from *excessive friction* (never leave garden hose out to be trampled upon), from *soap* (never fail to rinse sink stoppers after use).

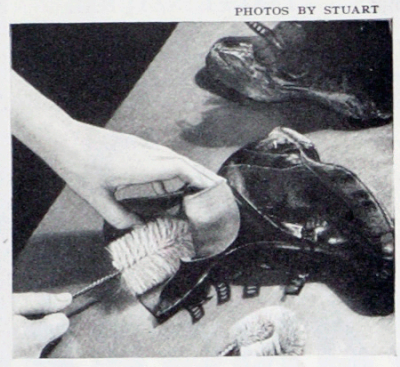
The do's are simple—keep rubber clean and dry and store in a cool place. After washing, use cornstarch or powder to keep layers of smooth rubber from sticking, as on the inside of rubber gloves. Wash off grease and oil and rinse salt water from bathing suits and caps.

In face of the shortage, new materials are being developed to take the place of rubber. There will be plastic drainboard protectors, and new waterproofed fabrics for dress shields and aprons.

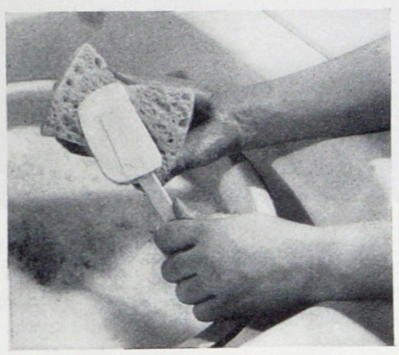
PHOTOS BY STUART



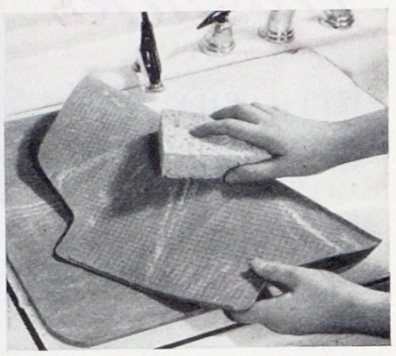
Keep rubber-covered lamp cords from underfoot—cuts wear down.



Brush grit and dirt from inside of rubber footgear to save wear.



Wash and rinse rubber scrapers—never soak in hot or sudsy water.



Wash and dry a rubber drainboard cover—don't skip the bottom.

Don't ... pull off your rubber gloves by the fingertips

DO peel the gloves off inside out from the cuff.

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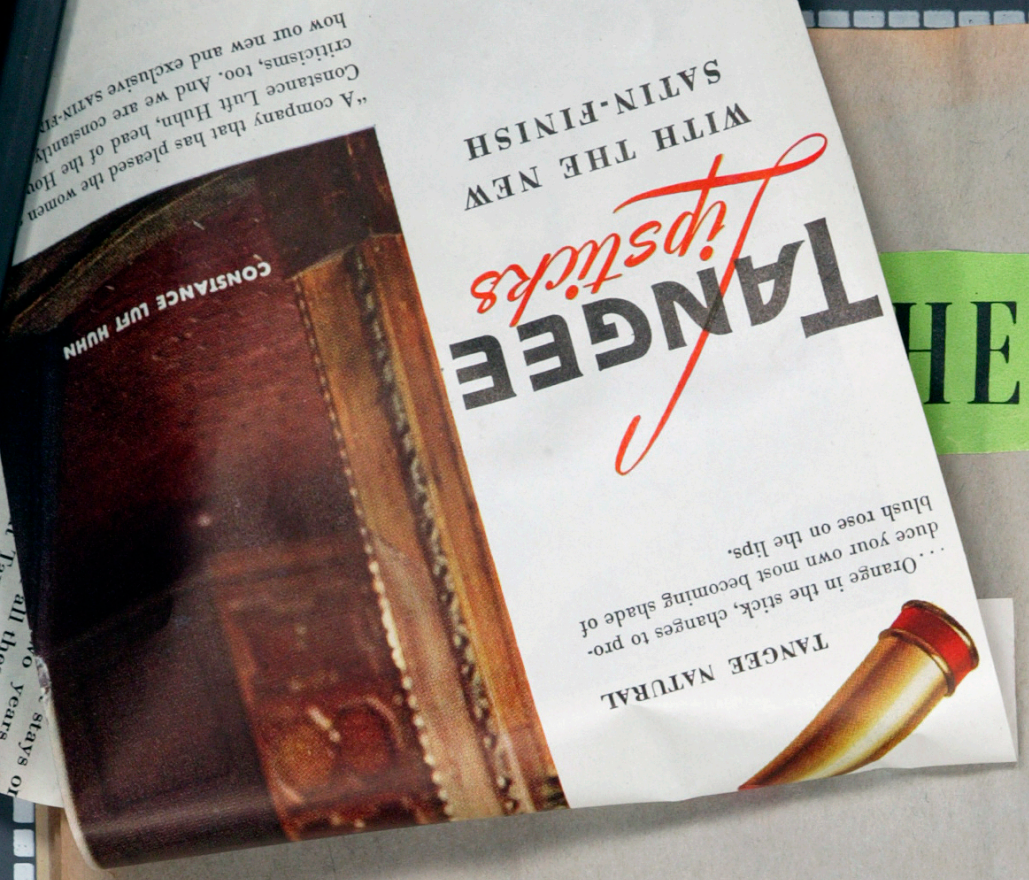

HE ARMY TOO

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GOOD-NEIGHBOR CHICKEN STEW

One of the best-flavored chicken dishes you've ever tasted!

● Cut a frying chicken (weighing 2½ lbs.) into 6 or 8 pieces. Dredge in ½ cup flour seasoned with salt, pepper. Brown lightly in 2 tbs. fat. Add 4 potatoes, 4 carrots (cut into small chunks), a 12-oz. tin of Heinz Tomato Juice, 1 tsp. Heinz 57 Beefsteak Sauce. Cover and set over low heat for about 40 minutes—till the chicken and the vegetables are temptingly tender, imbued with the rich savor of Heinz Tomato Juice and rare spices used in Heinz 57 Beefsteak Sauce. Serves six.

With a bowl of salad and dessert, nothing more is needed—even for company!

BRUNSWICK STEW

An old-time Deep-South specialty easily prepared on one burner

● Cut 2½ lbs. boned veal shoulder into strips 1½ inches long, ½ inch wide. Brown meat in 2 tbs. fat. Add 1¼ tsp. salt, liquid drained from 1 can lima beans, 1 can whole kernel corn. Cover and simmer till meat is tender. Add a 12-oz. tin Heinz Tomato Juice, 1 tsp. Heinz Worcestershire Sauce, lima beans, corn. Heat thoroughly. Sauce may be thickened, if you like, with 3 tablespoons flour. Wonderful served with smoking-hot corn bread and a crisp, green salad. Serves six.

YANKEE DOODLE CHOW MEIN

A simplified, modern version of a tasty Chinese egg dish!

● Brown lightly in 2 tbs. butter—2 cups celery thinly sliced, 1½ cups sliced onions, add ½ tsp. salt, ⅛ tsp. pepper, two cups of beef stock or chicken broth. Cover, cook till vegetables are tender. Add 2 cups cooked string beans . . . Blend 1½ tbs. cornstarch with 2½ tbs. Heinz 57 Beefsteak Sauce and add to vegetables. Cook till thickened . . . Keep warm. Meanwhile, pour 2 well-beaten eggs, seasoned with ½ tsp. salt, into a buttered skillet and fry without stirring till they set into a thin omelet. Cut into thin strips. Pour vegetables over cooked noodles or rice. Top with egg strips. Serves from four to six people.

VICTORY SANDWICH

All ingredients for this hearty sandwich-meal can be kept on your Emergency Shelf

● Top 4 slices white toast or rusks with sliced tongue (heated). Arrange cooked asparagus tips or string beans on meat. Pour on Quick Victory Sauce—made by combining ½ lb. of cut-up American cheese with ½ cup evaporated milk, scalded. Add ½ cup Heinz Tomato Juice. Cook till cheese is melted. As garnish, nothing could be finer than slices of old-fashioned Heinz Fresh Cucumber Pickle! Serves four.

HOT DOG PIE

For novelty, grand flavor, nourishment and low cost—this meat-and-vegetable pie is perfect

● Cook 4 diced potatoes, 3 carrots, 3 sliced onions with ⅔ cup Heinz Tomato Ketchup, 3 cups water and 2 tsp. salt until vegetables are tender—about 20 minutes. Mix ¼ cup flour, ¼ cup water to smooth paste, add to vegetables and simmer, stirring constantly till sauce is thickened. Add 4 frankfurters cut into small pieces. Pour into casserole. Cover with pie pastry, biscuit dough—or if you're in a hurry, use sliced buttered bread for a crust. Set in hot oven till top browns.

KEEP THE BOUNCE IN YOUR RUBBER

Don't ...turn in wearable rubber overshoes for scrap rubber

DO give your child's outgrown rubbers to a smaller child.

If the grownups have extra usable rubber footwear, keep it in use; send it to a charity or to your air raid or observation wardens' post.

Don't ...pull off your rubber gloves by the fingertips

DO peel the gloves off inside out from the cuff.

Wash off any grease or dirt with soap and water. Dry. Dust inside with talcum powder.

Put away in a dark place—light will cause them to deteriorate. •

REMEMBER

that rubber will last longer if you . . .

. . . keep it dark
. . . keep it dry
. . . keep it cool
. . . keep it away from oil, grease, gasoline and acids

WIN and wear your star I've enlisted

Keep your pledge by doing the little things that will preserve rubber goods. Have you enlisted? See page 86.

IE ARMY TOO

Meat Shortage worry you?

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Running low on Sugar?

There's sugar in Bisquick! So — without robbing your sugar supply — you can "dessert" the folks, open-handedly, with hot bubbly fruit cobblers, fruit rolls, flaky shortcake topped with canned or frozen fruit. For the rich biscuit dough, just add cream to Bisquick! That's all. (Use corn syrup to sweeten fruit.)

Muffins require less sugar, when made with Bisquick. . . . Hot biscuits 'n jam for dessert, why not? . . . And have waffle or pancake suppers. So satisfying, that folks won't want a rich, sugar-using dessert.

GOLDEN SALAD-DESSERT

(Serves 6; uses ¼ pkg.)

1 envelope Knox Gelatine
¼ cup cold water
1 cup hot pineapple syrup, drained from can
½ cup orange juice
¼ cup mild vinegar
1 cup grated raw carrots
1 cup orange segments, cut into small pieces
1½ cups canned pineapple, cut into small pieces
¼ teaspoonful salt

Soften gelatine in cold water and dissolve in hot pineapple syrup. Add orange juice, vinegar and salt. Cool. When mixture begins to thicken, fold in carrots, orange pieces and pineapple pieces. Turn into mold that has been rinsed in cold water first, and chill. When firm, unmold on lettuce, watercress or desired greens. Serve with mayonnaise.

SWANS DOWN SUGARLESS LAYER CAKE

2¼ cups sifted Swans Down Cake Flour
2¼ teaspoons Calumet Baking Powder
¼ teaspoon salt
½ cup butter or other shortening
2 teaspoons grated orange rind
1 cup Karo (Red Label)
2 eggs, unbeaten
½ cup milk
1½ teaspoons vanilla

Sift flour once, measure, add baking powder and salt, and sift together three times. Cream shortening with orange rind; add syrup gradually, beating well after each addition. Add ¼ of flour and beat until smooth and well blended. (Note the new way of mixing!) Add eggs, one at a time, beating well after each. Add remaining flour in thirds, alternately with milk in halves, beating very well after each addition. *For best results, beat cake very well at each stage of mixing.* Add vanilla. Bake in two greased 8-inch layer pans in moderate oven (375° F.) 30 minutes, or until done.

CHOCOLATE CHIP FROSTING. Place layers on baking sheet. Cover tops of layers with Baker's Semi-Sweet Chocolate Chips, using 2 packages. Heat in moderate oven (350° F.) 6 minutes, or until chips are just softened. (If cake is warm, heat only 3 minutes.) Remove from oven. Spread chocolate over bottom layer, letting it run down on sides. Arrange top layer, spreading top and sides evenly. If frosting loses its gloss, before serving place cake in moderate oven (350° F.) 1 to 2 minutes.

In your wartime kitchen
you can help turn

FATS INTO AMMUNITION

Your skillet, roaster and broiler drippings may be a nuisance to you but they are more than that to Mr. Hitler for two pounds of fat contain enough glycerine to fire five antitank-gun shells.
Are you wondering how to give your share?
Here are answers to all your questions

What kind of fat does Uncle Sam want?

• Any kind of vegetable or animal fat that is no longer useful to you—bacon grease, roast and broiled meat drippings, fat from the deep frying kettle. Food flavors don't detract from the fat's value, neither does color. Put all kinds together in one can.

Should I reuse drippings in my own kitchen?

• By all means. Use drippings whenever you can in cooking; no point in giving them away and then using new fats for cooking. But many times the gravy would really be just as good if some of the extra fat were poured from the pan and turned in as salvage.

Should I use any fat for making soap at home?

• No, don't start soap-making now for Uncle Sam gets no glycerine from the fat made into soap at home.

How do I prepare fat for salvage?

• Strain fat from the deep frying kettle or skillet through a fine wire strainer to remove food particles. Pour broiler or pan drippings into a cup or bowl, chill and lift layer of fat from the top. If food and fat seem hopelessly mixed add water, heat the mixture, then cool it and skim off the fat. Keep fat as free of water as you possibly can.

How do I store the fat?

• Use an absolutely clean tin can for storage; a pound coffee can is convenient and will hold two pounds of fat. (Glass and paper containers are not acceptable because they cannot be shipped satisfactorily to their ultimate destination.) Keep the can in a cool place or in the refrigerator to prevent fat from getting rancid.

Where do I take it?

• When you have saved at least a pound of fat take the can to your meat dealer. He will weigh it and pay you a few cents a pound for it. He'll appreciate your taking it to him at hours when he is not rushed.

Where does my contribution go after that?

• From the meat market it goes straight to the rendering plant and from there to the manufacturing plants where the glycerine is recovered—to be used in the war effort. Who knows but that the shell which sinks some axis submarine may contain your own contribution?

"NOW LET'S PLAN MEALS"

EAT NUTRITIONAL FOOD ★ ★ U.S. NEEDS US STRONG

Every day, eat this way

MILK & MILK PRODUCTS... at least a pint for everyone—more for children—or cheese or evaporated or dried milk.

ORANGES, TOMATOES, GRAPEFRUIT . . . or raw cabbage or salad greens—at least one of these.

Green or Yellow VEGETABLES . . . one big helping or more—some raw, some cooked.

OTHER VEGETABLES, FRUIT . potatoes, other vegetables or fruits in season.

BREAD & CEREAL . . . whole grain products or enriched white bread and flour.

MEAT, POULTRY or FISH . . . dried beans, peas or nuts occasionally.

EGGS . . at least 3 or 4 a week, cooked any way you choose—or in "made" dishes.

BUTTER & OTHER SPREADS . vitamin-rich fats, peanut butter, and similar spreads.

Then eat other foods you also like

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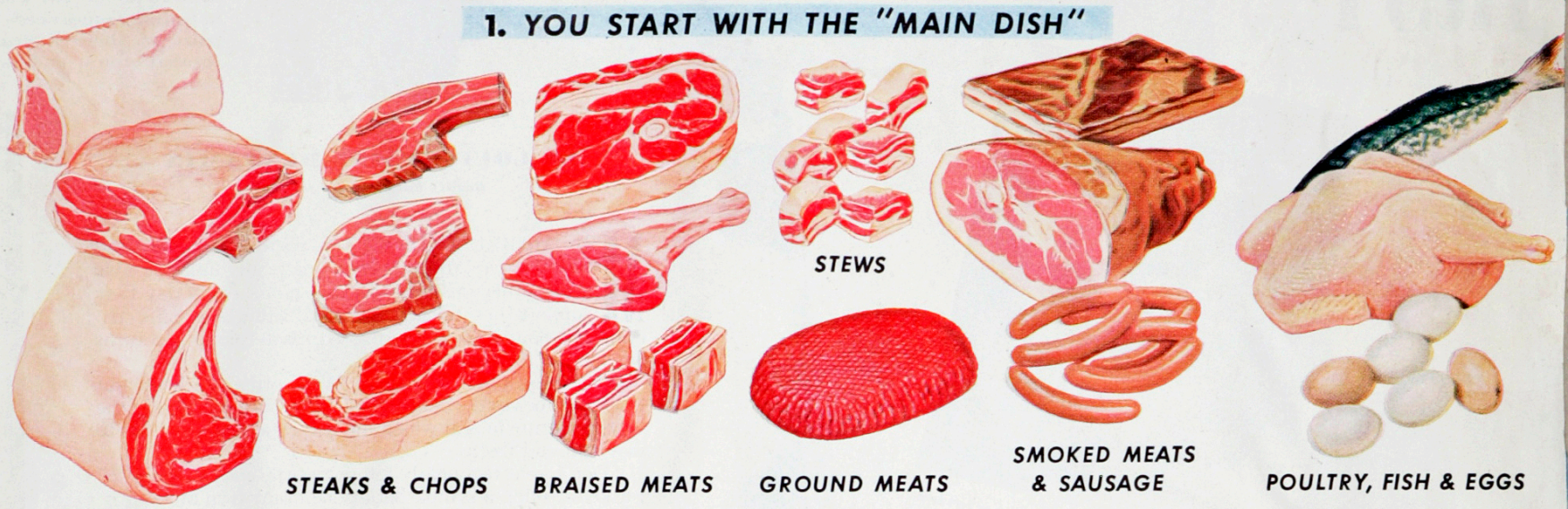
1. YOU START WITH THE "MAIN DISH"



ROASTS · STEAKS & CHOPS · BRAISED MEATS · STEWS · GROUND MEATS · SMOKED MEATS & SAUSAGE · POULTRY, FISH & EGGS

Choose any of the foods in this group. Meat, poultry or fish — one or more servings every day; eggs at least 3 or 4 times a week.

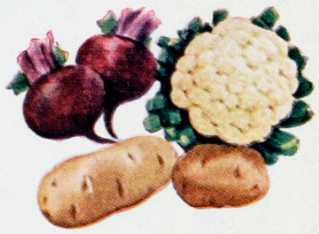
2. YOU ADD VEGETABLES AND SALAD

LEAFY-GREEN

Lettuce and other salad greens
Spinach
Green cabbage
Asparagus
Swiss chard
Beet and turnip greens
Green peas
Green beans
Broccoli
Kale

YELLOW

Carrots
Corn
Turnips
Sweet potatoes
Squash
Pumpkin

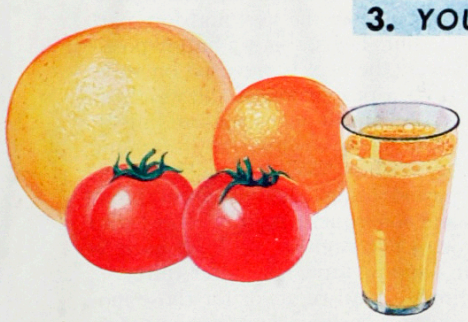


OTHER VEGETABLES

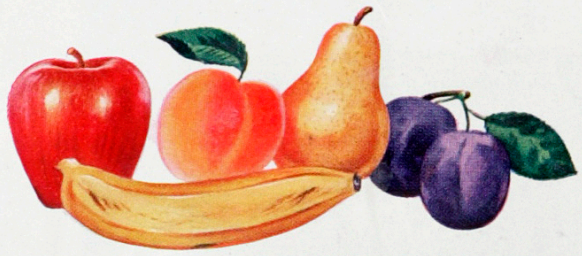
Potatoes
Cauliflower
Onions
Parsnips
Beets
Celery

One big helping or more a day of the leafy-green or the yellow vegetables. Potatoes every day; other vegetables too.

3. YOU ADD FRUITS . . . FOR BREAKFAST, SALADS AND DESSERTS



Oranges
Grapefruit
Tomatoes—
at least one of these a day.

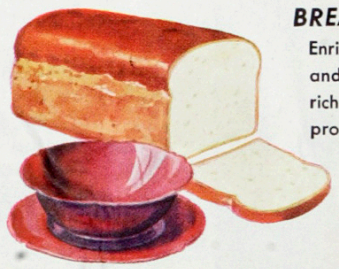


OTHER FRUITS

Apples
Pineapple
Bananas
Apricots
Prunes
Peaches
Pears
Berries
and other fruits.
One each day, raw or cooked.

4. YOU INCLUDE SOMETHING FROM EACH OF THESE GROUPS

MILK at least a pint a day—more for children—or cheese or evaporated or dried milk.



BREAD and CEREAL

Enriched bread and flour and whole grain or enriched cereals. Macaroni products.

FATS and SWEETS

. . . for the readily available food energy they supply . . . and seasonings as you like them.

Lady, look out for these

Vitamin thieves!

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Raisin Toast
Milk (Children)
Coffee (Adults)

LUNCH
Scrambled Eggs
Chicory and Green Pepper Salad
Whole Wheat or Enriched Bread
Milk Jam

DINNER
Tomato Juice
Rolled Shoulder of Veal
Pan-Browned Potatoes
Green Beans
Spiced Apricots Watercress
Gingerbread with Whipped Cream
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THE DAILY REQUIREMENT for an average adult in normal health is estimated to be as follows:

Protein	70.00 grams (2½ ounces)
Calcium	0.68 grams
Phosphorus	1.32 grams
Iron	0.015 grams

Vitamins
- A... 4000 to 6000 International units
- B_1.. 400 International units (1.2 mg. thiamin)
- C... 900 International units (45 mg. ascorbic acid)
- G... 600 Sherman units (1.8 mg. riboflavin)

Calories sufficient for the energy requirement

The energy requirement depends upon sex, age, height, weight, and activity of an individual. A man weighing 154 pounds (70 kilograms) and moderately active has a daily energy expenditure of approximately 3000 calories, or his diet in addition to protein as a source of energy must furnish approximately 12½ ounces (350 gm.) carbohydrate and 5 ounces (140 gm.) fat. A moderately active woman weighing 135 to 140 pounds will require 2400 to 2600 calories.

CHILDREN need more calcium and iron in proportion to their weight, and larger amounts of the vitamins than do average adults. A good allowance of calcium for the child is 1 gram per day, almost half again as much as for the adult. Vitamin D must also be supplied. The energy requirement of boys and girls in their teens, when growth is rapid, is equal to, if not greater than that of adults.

DURING PREGNANCY AND LACTATION increased amounts of minerals, especially calcium, and of vitamins, are required. The allowance of calcium for the pregnant woman is 1.6 grams daily. This is more than twice her usual amount.

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One hearty main dish is all you need. This time I'm suggesting a meat and vegetable stew topped with crackling-crisp croutons made of pastry. You see, the vegetables and croutons stretch one lonely pound each of beef kidney and veal neck into a richly flavorful dish to serve eight.

Four cups of coffee serve eight in the form of spicy Cinnamon Coffee Froth. And you'll never miss the cream you couldn't get when your cups are half filled with rich, well-whipped evaporated milk.

Advance preparation—that's the final planning trick that makes this party so practicable. Cook the stew in the morning then heat it while the croutons brown. Brew the coffee, whip the milk, whisk the desserts from the refrigerator—and you're all ready for company.

Remember, winning a war is a long, hard job and . . .

We've got to keep gay to keep going!

HOW TO SAVE VITAMINS

Cook vegetables by the "waterless" method. The flexible Gas flame will give you the exact degree of heat you need.

Cover vegetables and bring to boil quickly over full Gas flame. Turn flame low, cook gently.

Cook vegetables shortest possible time. Serve promptly.

Store vegetables in hydrator of Gas refrigerator to help preserve perishable vitamins.

HOW TO SAVE FOOD

Roast meat at low temperature in your Gas oven to reduce shrinkage.

Remember that the flexible Gas flame can be regulated to any degree of heat you need, eliminating scorching of food.

Use any remaining vegetable liquids in soups, gravies, sauces, or cold in tomato juice.

Plan one casserole dish a week to use left-overs.

HOW TO SAVE FUEL

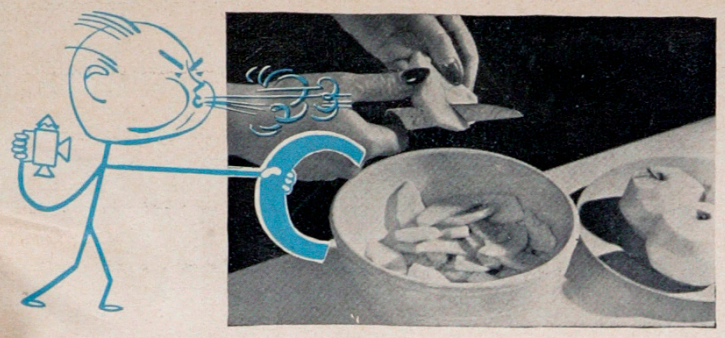
Do not pre-heat your Gas oven or broiler too long. Remember Gas is fast.

Plan complete oven and broiler meals, to make full use of Gas.

Avoid using small pans on large or giant top burners.

Do not heat any more water than you need at one time. The speedy Gas flame is so fast that it will heat the water quickly next time you need it.

AIR spirits away valuable vitamin C



DO peel vegetables and fruits just before you cook and serve them. If you let it, air will gobble up the vitamin C in foods before you get a chance! Pressure cookers are wonderful C savers.

DON'T stir in air unnecessarily during cooking. Don't forget to cover the pan. Don't whip vegetables while they are hot if you can avoid it.

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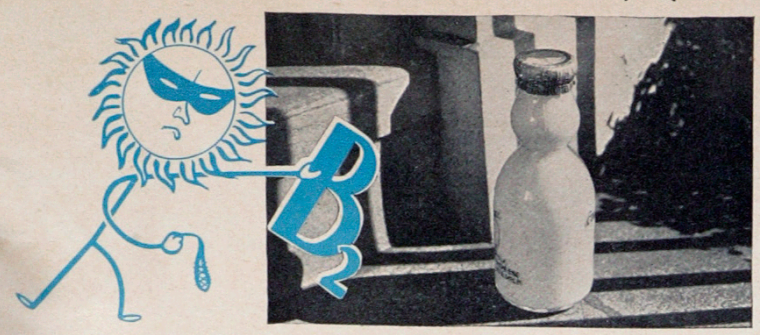
SUNSHINE steals riboflavin (B_2) from milk



DO provide a shaded shelf or a closed box near your doorstep if your house faces in a way that lets the morning sun shine full on the morning milk. Tell the milkman to put the bottle there.

DON'T think that sunshine, just because it's good for man and beast, is good for milk, too. It is highly destructive of riboflavin (B_2), one of the most valuable nutritive elements in milk.

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HOW TO SAVE VITAMINS

Cook vegetables by the "waterless" method. The flexible Gas flame will give you the exact degree of heat you need.

Cover vegetables and bring to boil quickly over full Gas flame. Turn flame low, cook gently.

Cook vegetables shortest possible time. Serve promptly.

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TIME robs "fresh" vegetables of A and C

DO find out how old raw vegetables are when you buy them. Best of all, grow them yourself or find a market that specializes in local produce and sells it fast enough for it to be truly fresh.

DON'T accept dried-out vegetables. Drying out destroys vitamins A and C. And don't forget they can dry out at home if they're not properly refrigerated and used as promptly as possible.

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Milk Jam

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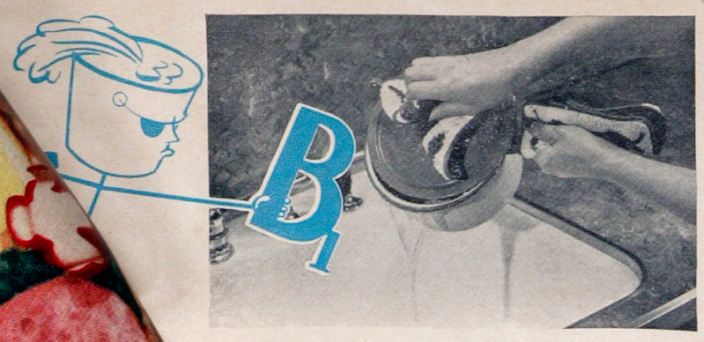
WATER runs off with thiamin (B_1) and C



DO use the water in which vegetables have been cooked to make soups, sauces, gravies and vegetable drinks. Vitamin B_1 dissolves in water and is wasted when cooking water is thrown away.

DON'T neglect steaming as a vitamin-C-saving way to cook vegetables. C is water-soluble, too. That's why it's wise to cut vegetables in large pieces rather than small—less C leaches out.

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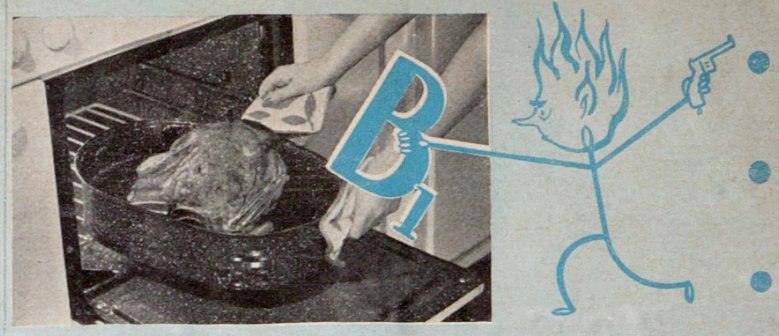
HEAT pilfers B_1. Moral: Keep it moderate

DO follow the advice of the meat cookery experts and roast meats at moderate temperatures for longer times. Thiamin (B_1), in which meat is especially rich, is sensitive to heat.

DON'T waste fuel, poundage and food value in these crucial times by wrong roasting methods. Too-high temperatures shrink meats into fewer servings while they rob them of their vitamin B_1.



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LET'S TAKE A LOOK AT OUR WORLD... *we'll conserve*

FIX 'EM UP

BY KENNETH BRODY

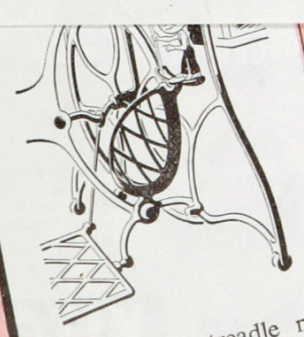
Stop that stop-up

First try a commercial cleaner for drainpipes, following the directions on the can. If the stoppage continues, it will be necessary to clean the trap, which is the U-shaped pipe under the sink or bowl. It's a messy job but not a difficult one. Here's how: **1.** Place a bucket under the trap. **2.** Remove the clean-out plug. **3.** Wrap a piece of cloth tightly and securely around a stiff wire, bending end of wire over the cloth to keep it in place. **4.** Push wire through the drainpipe both ways. **5.** Replace the cap. **6.** Complete the clean-out job by pouring one tablespoon of the drainpipe cleaner, followed by one cup of cold water, down the drain and leaving it there (without using the fixture) for three hours.

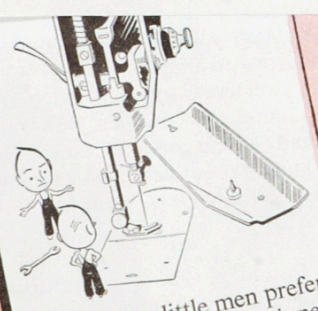
be repaired, rub with ... ment with enough water to give the consistency of putty. ... the mixture into the hole, crack or seam; bring cement over the surface of repair. **5.** Let cement harden before turning on water.

medium heat rather than high with utensils of glass, stainless steel or pottery. If you select covers that fit properly low heat will maintain cooking temperatures just as well. Before hot dry pans go into water let them cool off.

Move back! High heat burns out units and shortens their life. You don't really need highest heat, you know, for more than a few minutes at a time to bring water or vegetables to a boil quickly or to brown meats. Another thing—you probably use the front units most. How about using the back ones more?



• Is yours a treadle machine? Then watch the belt. If it's too tight the belt runs hard and the belt wears out; if too loose it slips and half your effort is wasted. Shorten the belt a bit when it becomes too loose.



• Even our little men prefer not to handle the inner mechanism. They leave all such adjustments to an expert. An old or much-used machine can be kept in fine shape by an occasional going over.

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lip is worn under the replace that area with fabric. To avoid wear, carry purse always the same arm.

If a slip has been laid aside because it has a dingy hue, restore it with a soap or liquid dye that tints as it washes.

If a lacy top is beyond repair, cut it off and sew the skirt of the slip to a narrow waistband. Presto! a well fitting petticoat.

BY VIRGINIA RICKLIN

WIN and wear your star

. . . if you save fabric by salvaging a slip. A small repair may do it. Have you enlisted? See page 100.

Do a piqué or faille BINDING, *down the edge of your classic wool or jersey.*

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OD is of sheer g, with tiny —for a pillbox.

LLAR AND CUFFS suit—of striped r plaid taffeta.

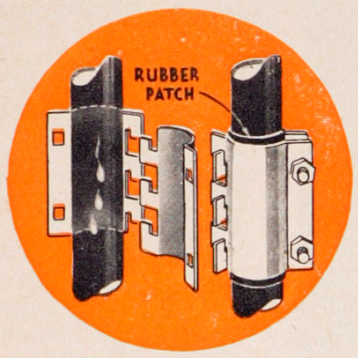
put it on a sports red yarn.

etty, pop- frill; wear ternoon dress.

It's caused by a worn-out washer. Replace it like this: **1.** Remove cap nut, putting cloth under the wrench to avoid marring finish of the nut. **2.** Unscrew handle assembly. **3.** Remove seat washer by unscrewing set screw. **4.** Clean washer seat. **5.** Screw in new washer tightly. **6.** Replace handle assembly.

Stop that geyser

It's caused by over-compressed packing around faucet stem. Replace it like this: **1.** Remove the cap nut and handle assembly as described in previous paragraph. **2.** Wrap packing cord around faucet stem. Soft cotton string smeared with hard grease will serve as packing cord. **3.** Replace the handle assembly. **4.** Tighten the nut cap just enough to prevent leaking; too much tightening makes the faucet difficult to turn.



Stop that leak

Small leaks in pipes or water tanks may often be repaired by the man of the house. *For a leak in a pipe do this:* **1.** Shut off water. **2.** Put a rubber patch over the leak. **3.** Put a clamp around the pipe and patch. **4.** Tighten the clamp.

To repair leaky boilers, tanks, water jackets:

1. Turn off water. **2.** Remove rust, grease and oil from part to be repaired; rub with sandpaper or wire brush. **3.** Mix iron cement with enough water to give the consistency of putty. **4.** Force the mixture into the hole, crack or seam; bring cement over the surface of repair. **5.** Let cement harden before turning on water.

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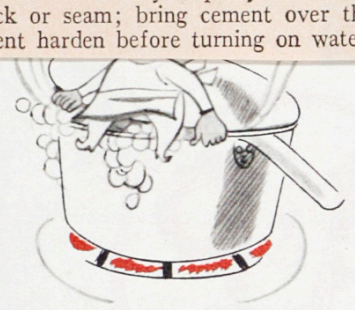

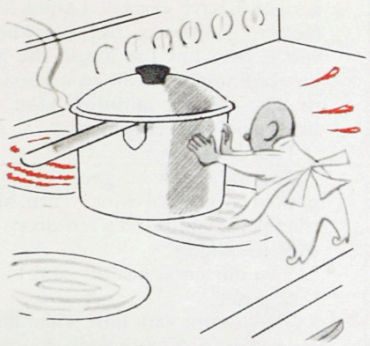

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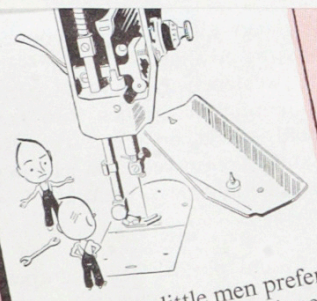

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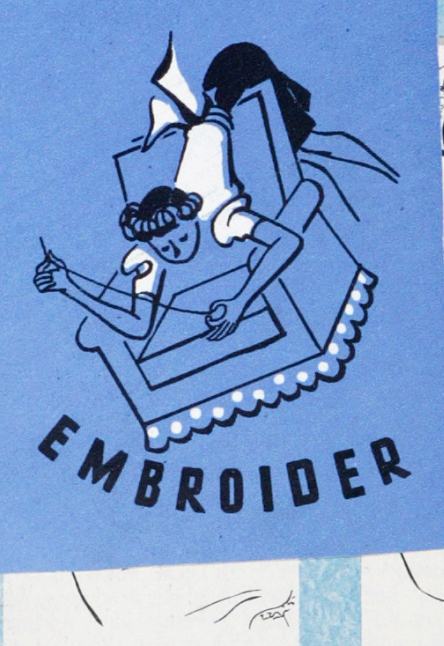

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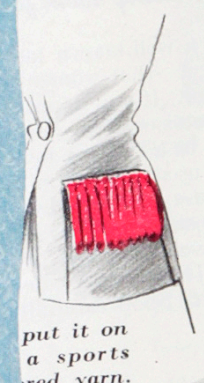

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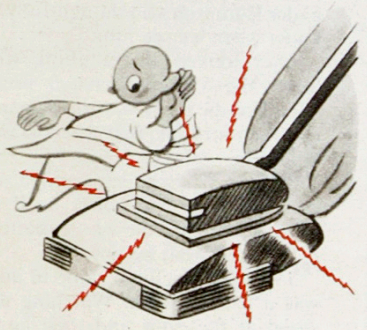
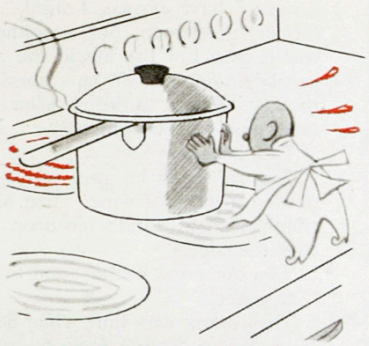
Cool off! If the range is hot wipe it up with a paper towel—no damp cloth, pray. When it comes time for a good washing let the range cool first. Please spare the steel wool and use cleansing powders with discretion on enameled parts. And when you're through be sure to replace parts properly. Makes quite a difference, what?

No? No! If you've used your rubber spatula for foods containing fat wash it right away. And whisk it out of hot water pretty fast too. You'll dull those beautiful sharp knives if you pile them in the sink with other tools. And oh horrors, don't let little Willy or anybody else use those lovely blades for cutting string, paper, cardboard or wood!



What's that I hear? When using any piece of motorized equipment like your mixer or sewing machine or vacuum cleaner, keep an ear as well as an eye on it. If any unusual noise develops stop the motor at once; in fact, stop it for a while if it even begins to get hot. Turn heating appliances to high heat for as brief a time as possible.

Ouch! Remember what happened to that glass coffee maker when it boiled dry? Always use medium heat rather than high with utensils of glass, stainless steel or pottery. If you select covers that fit properly low heat will maintain cooking temperatures just as well. Before hot dry pans go into water let them cool off.



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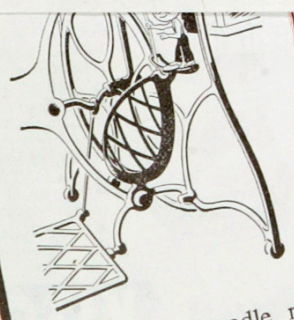

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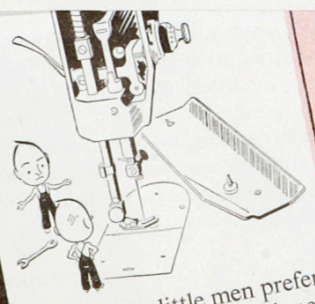

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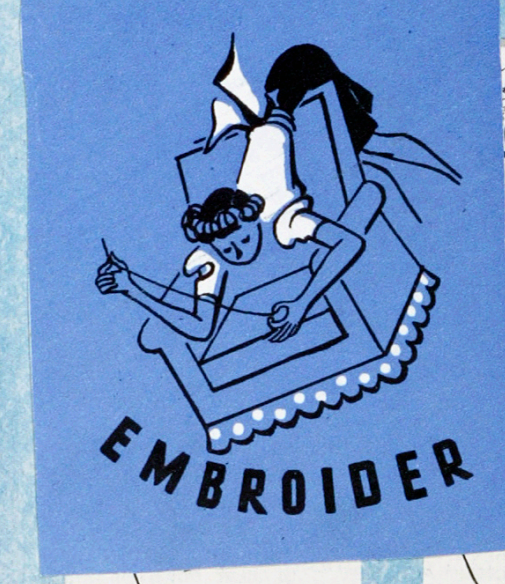

TO SAVE A SLIP

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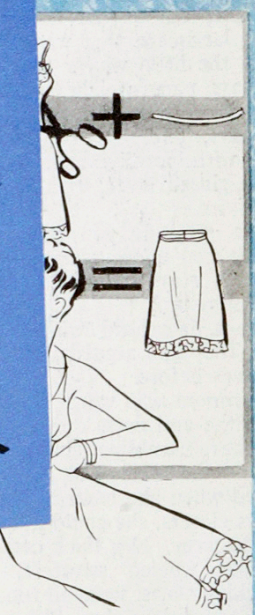
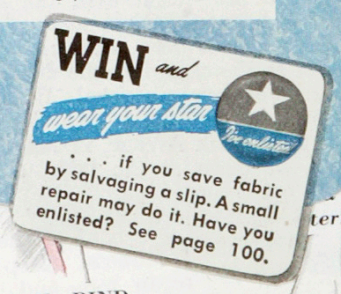


If a slip has been laid aside because it has a dingy hue, restore it with a soap or liquid dye that tints as it washes.

If a lacy top is beyond repair, cut it off and sew the skirt of the slip to a narrow waistband. Presto! a well fitting petticoat.

BY VIRGINIA RICKLIN



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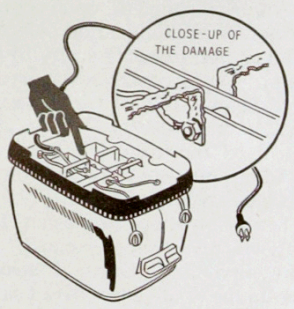
…when he was through and next time it was used the leftover grease and batter baked on, especially round the hinge. Then, too late, conscience goaded him into trying to clean it and he had to scrub so hard he injured the finish —and incurred the wrath of the Lady Wizard.

• *Says Mrs. Riedel:* Don't let appliances get dirty. Grease and food eventually burn into their metal, ruin their finish and thus shorten their lives.

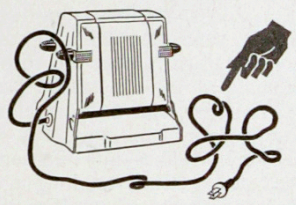
…ment on:
…my patients would …ell right if their owners didn't abuse them. But the things they do!" Then she told us the sad sad tales set forth below.



Tale of the Born Cook

She tried to save time by toasting buttery cheesy things in the toaster instead of on a grill. This coated the wires and in time destroyed the heating element.

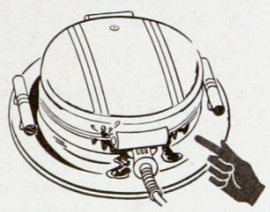
• *Says Mrs. Riedel:* Don't put frosted buns or bread spread with butter or cheese in a toaster.



Tale of the Careless Maid

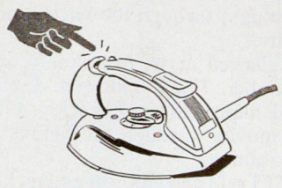
She was too lazy to store the toaster with its cord neatly wound into a loose figure 8; she let it get hopelessly kinked, then tried to yank it straight. The damaged cord had to be sent to the appliance hospital.

• *Says Mrs. Riedel:* Save that cord! Don't yank it, don't let it get burned or grease-soaked!



Tale of the Waffle Wizard

He made wonderful waffles—the whole gang said so—but he didn't bother to clean up the



Tale of the Heedless Wife

She left her hot iron on the edge of the board to cool; then, in her hurry to answer the doorbell, she tripped over the dangling cord—and now the iron is temporarily out of the running with a fractured handle.

• *Says Mrs. Riedel:* Don't leave appliances around with dangling cords or within reach of toddlers and oh, don't drop them or treat them roughly!

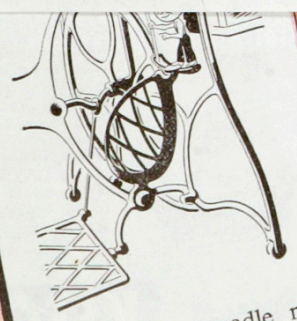
How to Get Your Money's Worth from Your Appliance

1. Read the instructions that come with it—even if you're sure you know. This one may be different from the one you had before.

2. Keep the guarantees that come with the appliance and also the sales slip.

3. Never force an appliance or poke at it with screwdrivers or nail files. (Some do!)

4. Don't try tinkering; it renders the guarantees void and often makes more work for the service man in the end.



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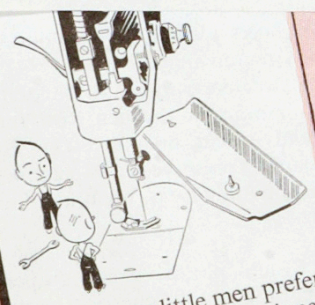

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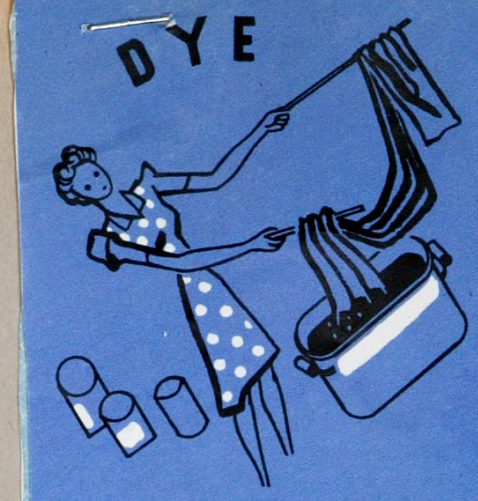

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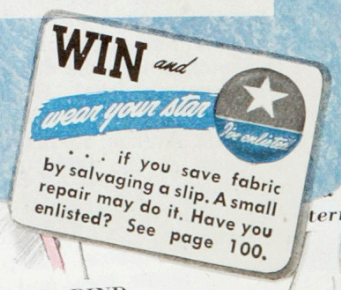

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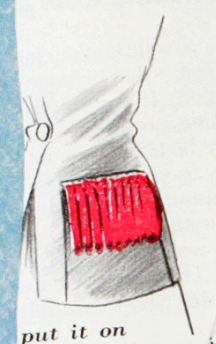

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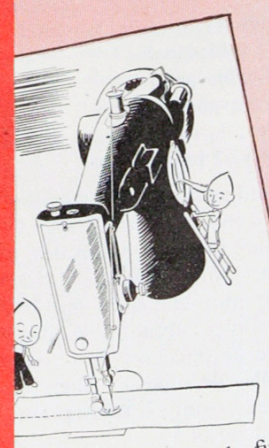

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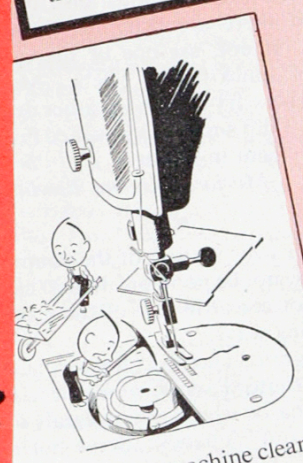

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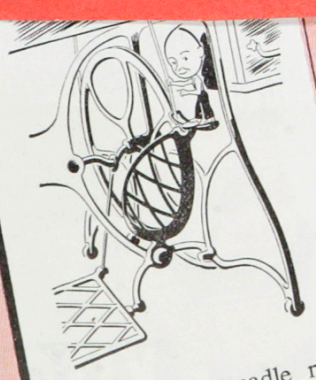

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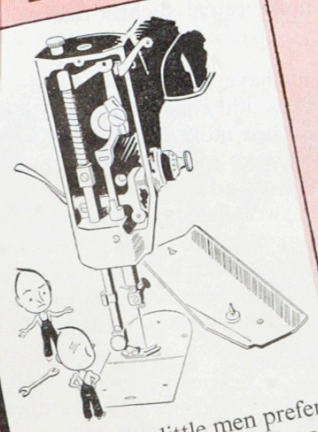

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DYE

PATCH

EMBROIDER

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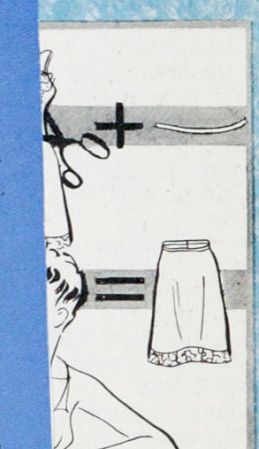

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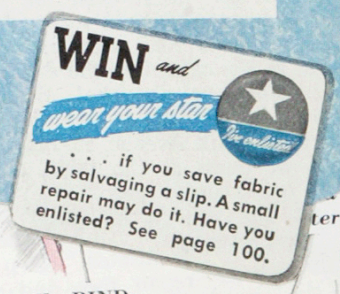

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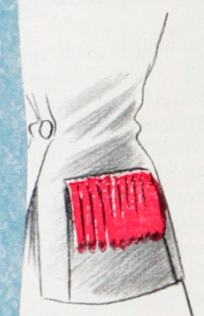

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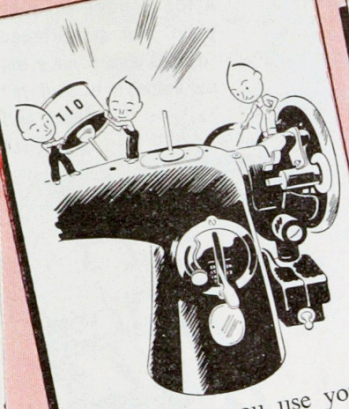
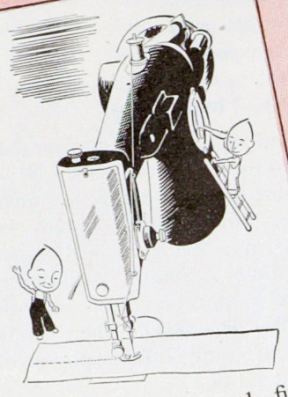
Take a good look at your SEWING MACHINE

It's a treasure this year more than ever before:
Does it run smoothly and quietly, stitch evenly?
Is it ready for action in any emergency?
Is it getting the care it deserves?



• The more you use your machine the more you must oil it. Apply one or two drops of a good oil to each point as shown in your instruction manual. Lubricate an electric motor exactly as directed.



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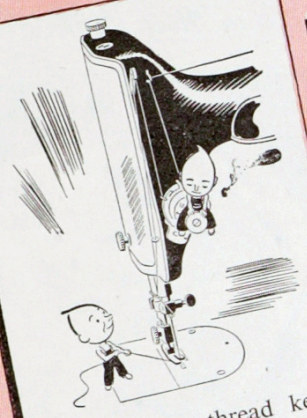
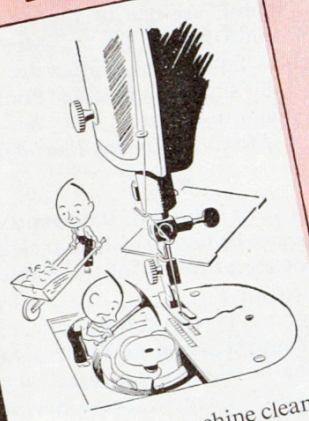


• Does your thread keep breaking? Do the stitches look different on different sides? Then check up on tension. Changing the upper one usually does the trick; adjust bobbin tension screw only as a last resort.



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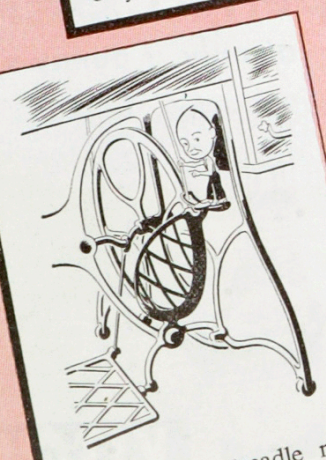

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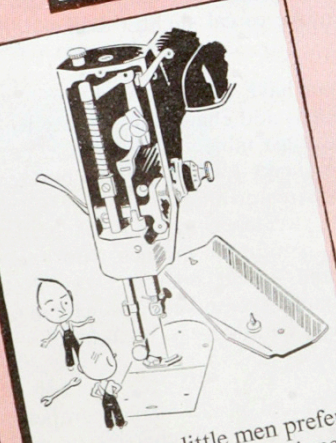

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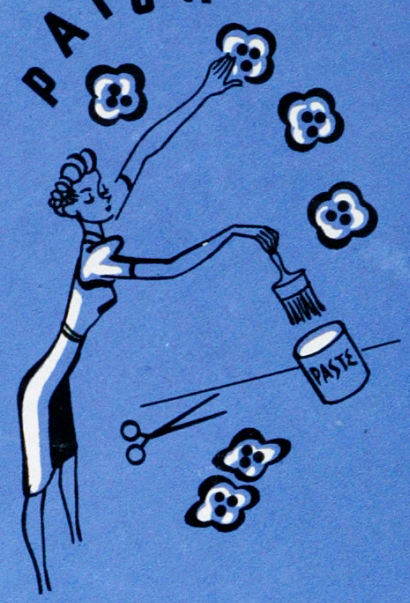

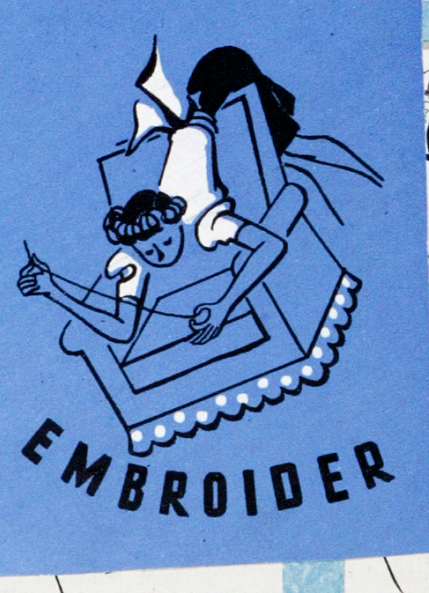

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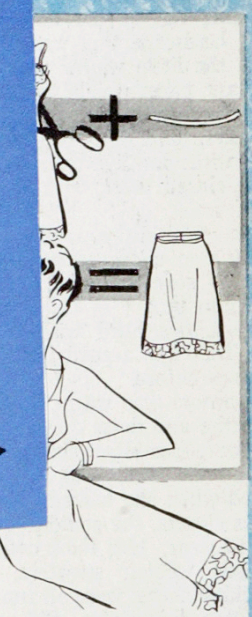

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BY VIRGINIA RICKLIN

WIN and wear your star

. . . if you save fabric by salvaging a slip. A small repair may do it. Have you enlisted? See page 100.

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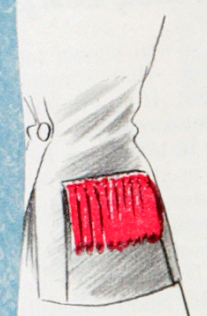

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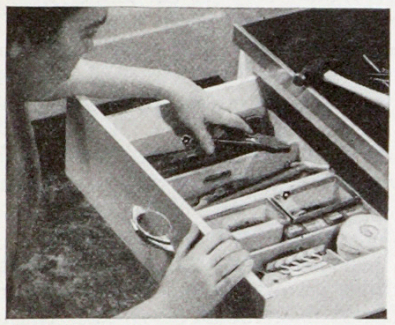
● ***Vacuum Cleaners.*** *A dirt-clogged bag slows the cleaning and overworks the motor. Let the cleaner clean the bag—an outdoor job. Attach tools, leave bag outlet open—turned so dust will not cause annoyance. Empty bag, turn and clean.*

● ***Refrigerators.*** *Wobbly ice trays overwork refrigerators and prolong freezing. To flatten insert a block and pound. Frost-covered coils run motors overtime, defrost regularly. Oil and clean as directed. Hands off door gaskets—oil ruins rubber.*

● ***Coffee Makers.*** *Dry glass coffee makers thoroughly before heating—as breakage insurance. Clean coffee makers with soap and water and rinse. Brush spouts and stems. Keep electric units out of water.*

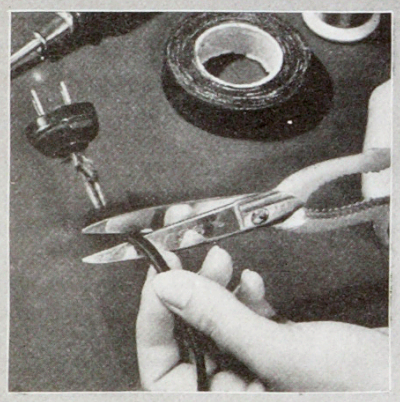
● ***Washers.*** *To save rubber wringers, put clothes through evenly—not bunched. Add water, soap, start motor, then add clothes—it's kinder to the motor. Don't overload. After use, release pressure, wipe rolls.*



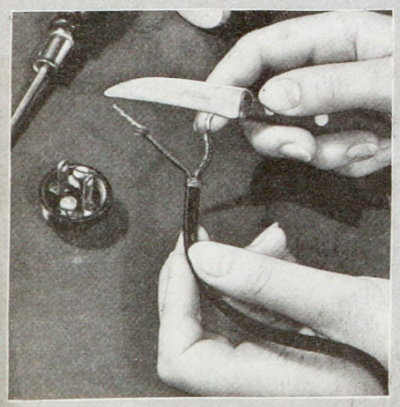
● ***Tool Kit.*** *Minor mends save major trouble—so keep a few tools handy. A kit with hammer, screw driver, pliers, nails, screws and tacks will be needed in a good-care program.*

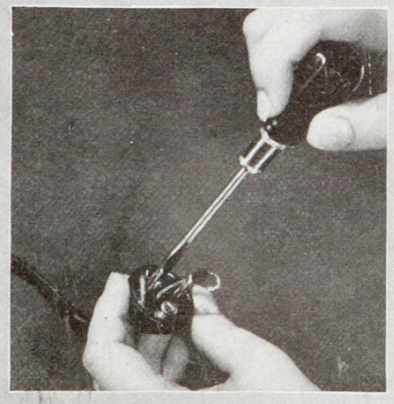
Repair Service

Do right by your appliances. If you give them co-operation in thoughtful care, they serve you better and longer. But if real trouble crops up, don't try tinkering—call for expert help. A trial-and-error approach on a complicated repair may cause serious damage. Don't call for service on electric appliances until you have checked to see if current is on; fuse may be blown.



● ***Mending Lamp Cord.*** *Cut off worn cord. Loosen screws in plug and unfasten wires. Remove one and one half inches of outside cord covering—if braided wrap with string to stop raveling. Remove insulation from two inside wires for an inch from ends. Scrape wires bright but don't cut. Twist each wire. Insert cord through back of plug. Bring each wire around outside of one prong, wind bare portion around one screw and tighten screw.* Bare wires must not touch each other.





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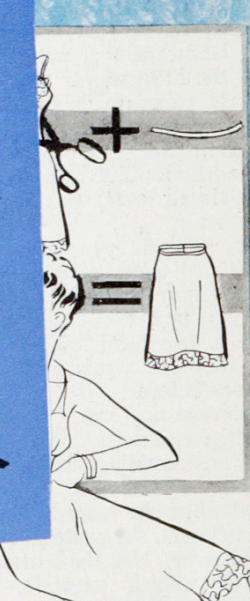

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If a lacy top is beyond repair, cut it off and sew the skirt of the slip to a narrow waistband. Presto! a well fitting petticoat.

BY VIRGINIA RICKLIN

WIN and wear your star

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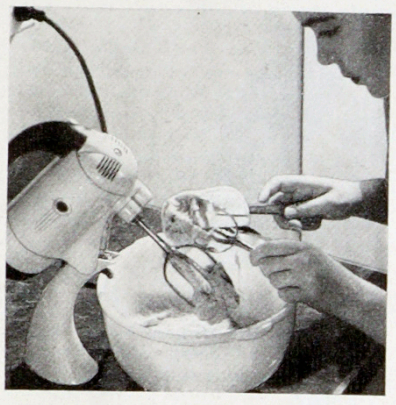

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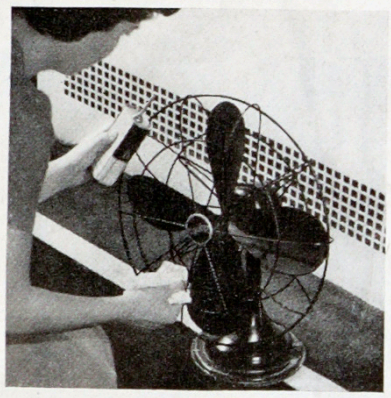

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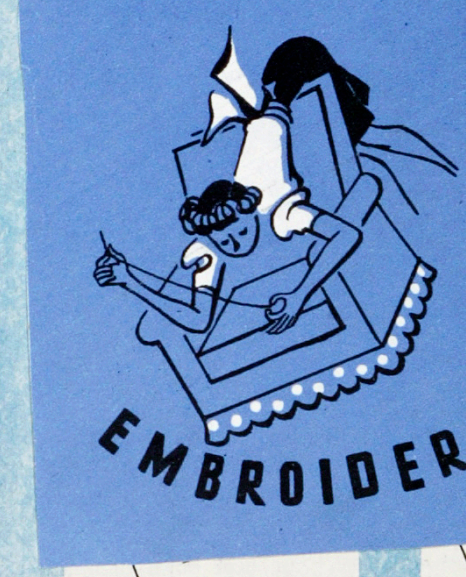

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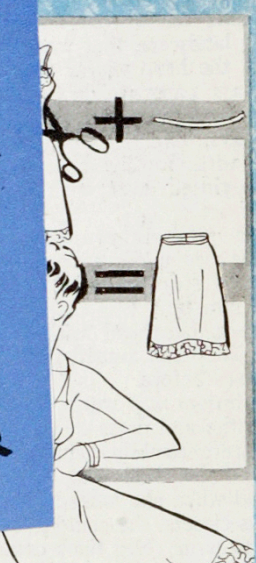

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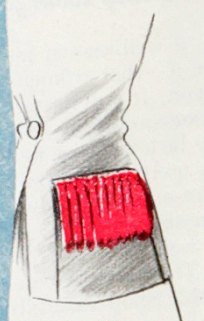

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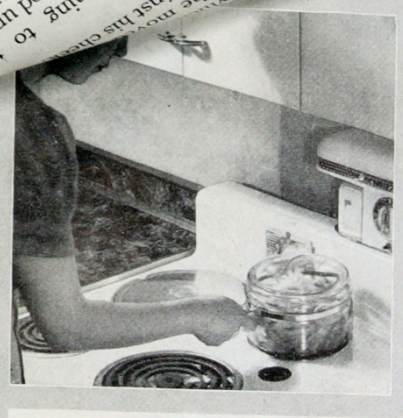

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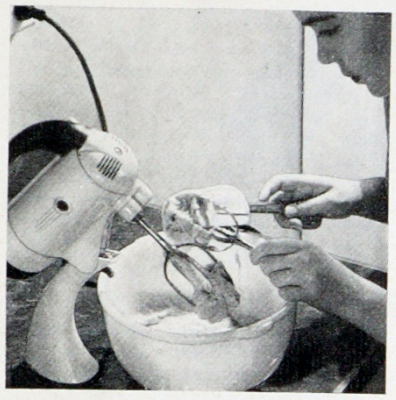

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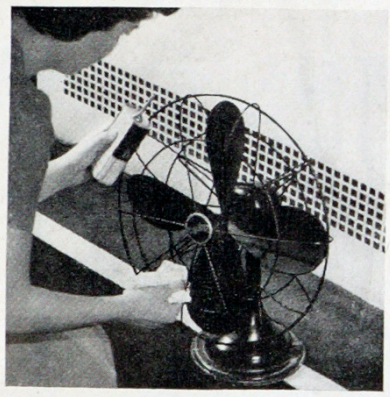

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4 WAYS TO SAVE A SLIP

Buried 'way under the slips you wear most, you're bound to find one that can be put back into service. Perhaps it needs shortening, tinting, or just a patch. It can be saved. Here's how:

Fabric from slips shortened at the bottom makes a collar-and-cuff set—the collar from a bias panel, cuffs from a straight panel.

If a slip is worn under the arm, replace that area with new fabric. To avoid wear, don't carry purse always under the same arm.

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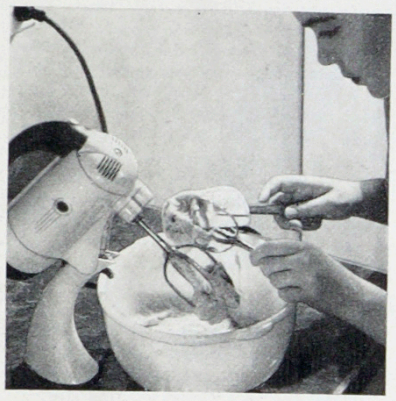

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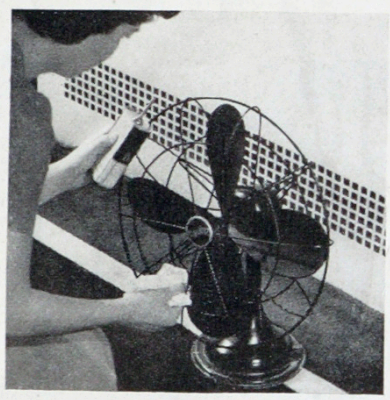

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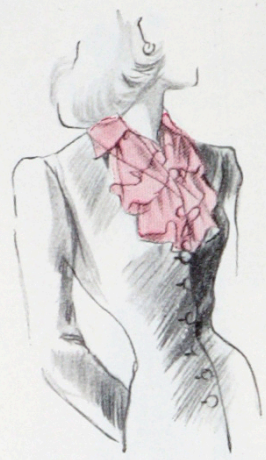
You Might Consider

"Fixing over last spring's clothes, if you can't buy a thing this season."

BY RUTH MARY PACKARD

FASHION adores details this spring. And it's often the frill or the bow or the button that makes the dress or suit look new. Logical conclusion: it's as easy as pie to do the new thing to the old frock, or suit, or coat. Try any of these, or watch the shopwindows for other ideas.

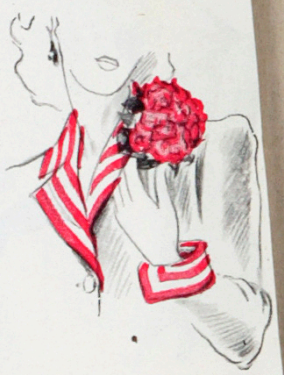
THE FRILL—*at throat, at wrist; do it in white or pastel organdy or mousseline*

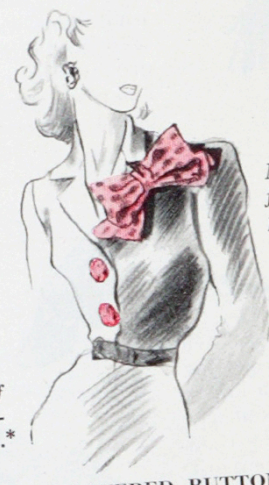


A JABOT *goes in a coat as well as a suit. Do this to your faithful navy reefer.*

Newest SNOOD *is of sheer black veiling, with tiny velvet bows—for a pillbox.*

THE SLEEVE *that's like a glove; make it of eyelet batiste for black or navy dress.*



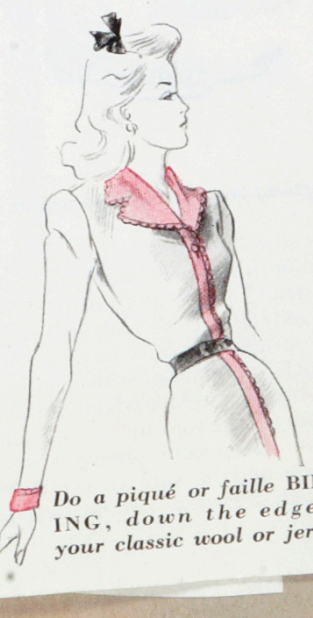


Make COLLAR AND CUFFS *for your suit—of striped piqué or plaid taffeta.*

A DRAPED APRON, *made of a flower print, for an afternoon dress. No. 1867, 3 cents.**

Make COVERED BUTTONS *and a bow of polka-dot fabric for a plain-color dress.*

WOOL FRINGE: *put it on the pocket of a sports suit; in gay-colored yarn.*



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PETTICOATS—*pretty, popular; sew on a frill; wear it with an afternoon dress.*

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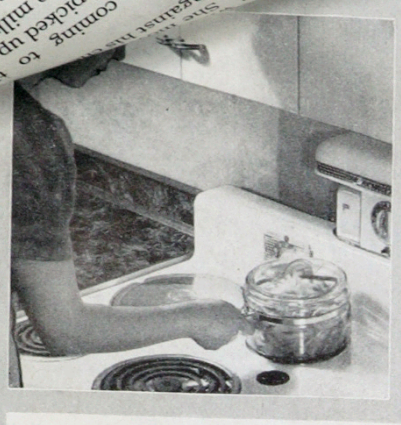

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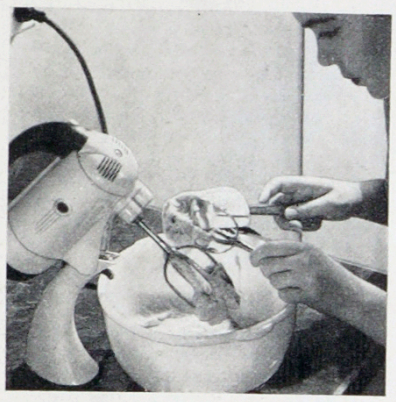

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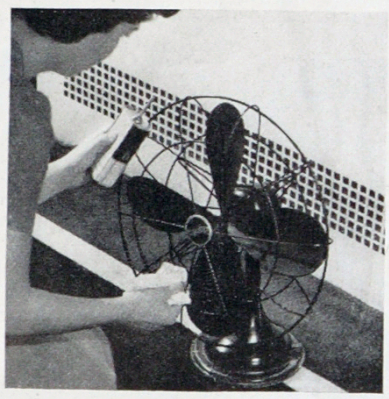

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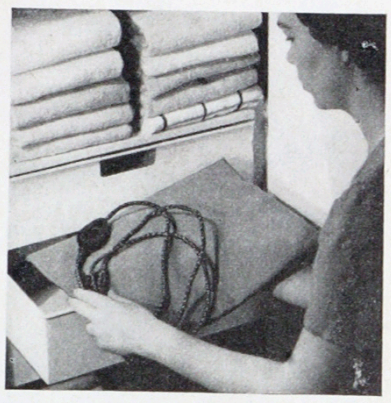

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POP'S C ting topcoat for a four-
d, successfully cut down
Pop's pet herringbone.
ndified double-breasted
clos. , vent at the back. Butter-
ick 2205; price 25 cents.

POP'S OVERCOAT *Made Over*

• Average man's topcoat cuts down easily to size 6 or smaller. Be sure to have it cleaned, pressed, ripped before you cut. Both hats are made from scraps: Butterick 1690; price 25 cents.

Above.
Pop's ol
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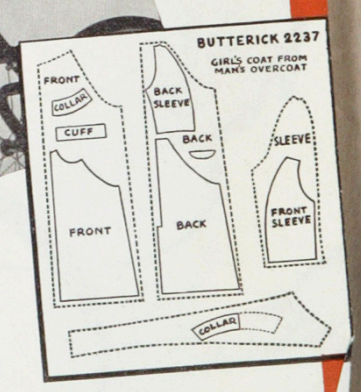
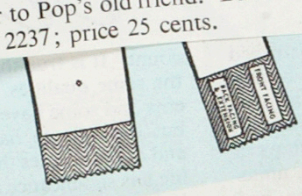


• Camel's-hair coat with raglan sleeves, smart little belt across the back. You'd never guess that six-year-old sister had fallen heir to Pop's old friend. Butterick 2237; price 25 cents.



• Lovely to look at—in silk or wool with velveteen border. Try your hand at mixing and matching. Sizes 12 to 18; 30 to 36. 1038.

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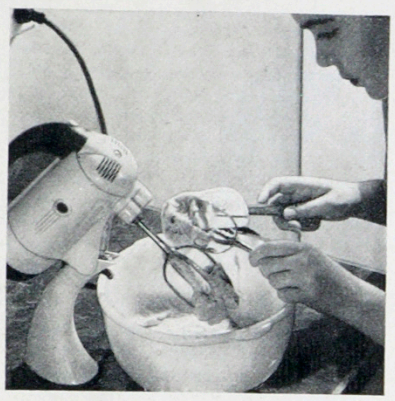

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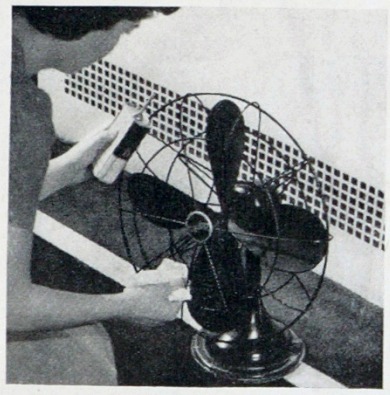

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with Style

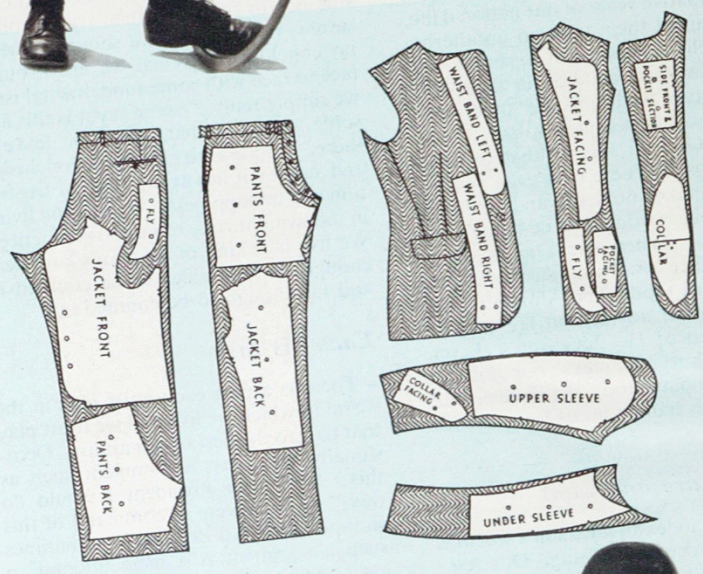
Rubbers

GOOD civilian suits hang in closets from Maine to California while Pop and brother march in uniform. Put these clothes to work for the small fry! But before you tackle the make-over job, remember these rules: *Always* have the suit cleaned first and have the trousers pressed *without* a crease. Study your diagram, rip only where necessary.

Be sure to note the right and wrong sides of your material and place the pattern pieces accordingly. Be equally sure that your pattern pieces are placed on the true straight of the fabric.

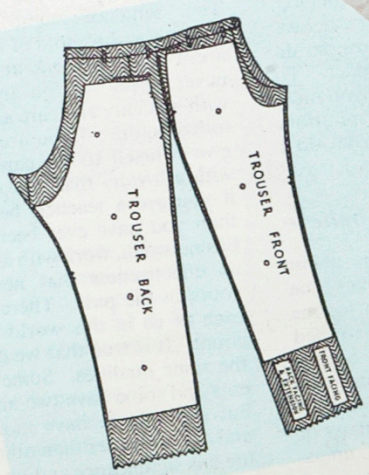
Don't try to salvage the lining—usually it's too well worn.

The diagrams shown here illustrate only two of many possibilities. But one final rule holds good for all that you may work out—pick a pattern in a small enough size to allow you to duck the worn places in the suit you're cutting down.



Above. Boy's school suit, size 4, cut from Pop's old tweeds. Note that you needn't rip the fly front, the waistband, the darts in the coat or one side of jacket. Companion-Butterick pattern 2180.

Below. Girl's slacks size 14 pared down from brother's pet gray flannels size 40. Companion-Butterick pattern 2162.



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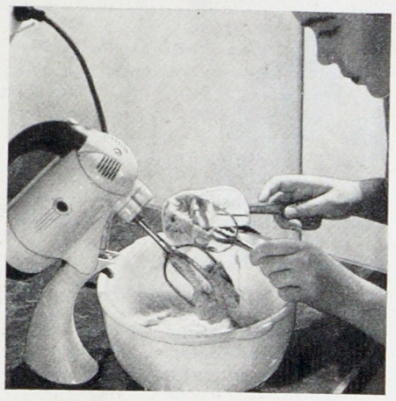

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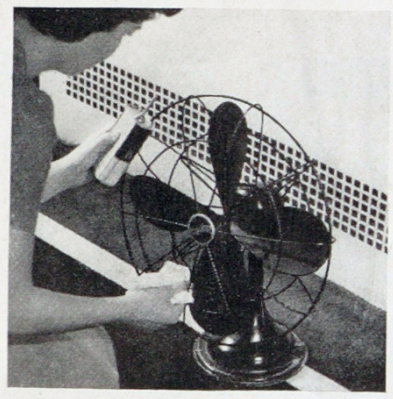

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Old Dress into New

COMPANION-BUTTERICK 1368, SPRING, 1941

OLD PAD SLEEVE NEW PAD

1941 shoulders were square, 1942 shoulders are smooth. Substitute a new thin rounded pad for the old puffy square-edged pad, cut away enough material at the top of the sleeve to make it fit smoothly.

Left above: Puffy at the shoulders, tight at the midriff, medium at the neck—a good dress in its day, which was spring, 1941. It's still too good to throw away.

Right below: To give it the lines of spring, 1942, recut the shoulders, then rip out the darts at the waistline to make a soft blouse, because clothes fit loosely, easily this year. Rip the front seam to make a plunging neckline, because necklines should be definite—high, low or sharply shaped. Add yards of white cotton fringe bought at the upholstery counter. A remnant, backed with buckram and ringed around with fringe, does away with the skimpy look of the narrow belt. Long white gloves, white turban for spring accents.

DRAWINGS BY MURY

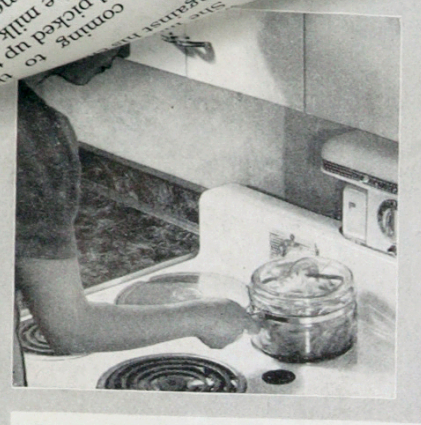
1. *Polkadot pick-up:* Rip the whole front seam, insert a gore of polkadot print in front of the skirt and a bias piece in front of the waist.

2. *Festive and feminine:* Rip the neckline down to a low V, add a long full organdy ruffle.

3. *Clear-cut and crisp:* Square off the neckline, chop off the sleeves, add perky bands of white piqué for collar and for turn-back cuffs.

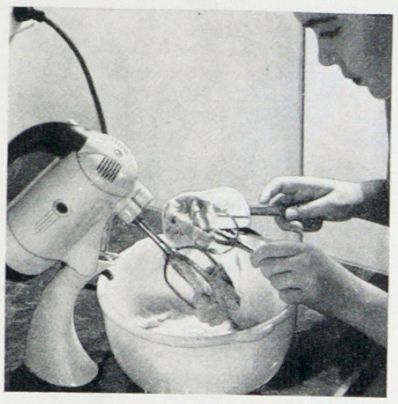
PHOTOGRAPHS BY RUZZIE GREEN

● Lovely to look at—in silk or wool with velveteen border. Try your hand at mixing and matching. Sizes 12 to 18; 30 to 36. 1038.



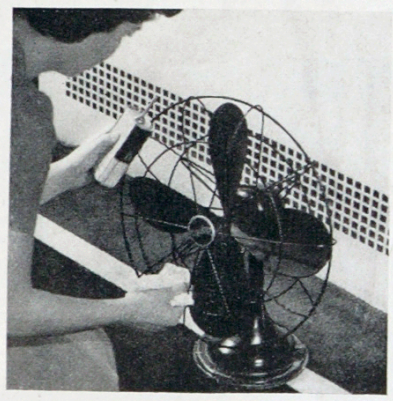
● ***Ranges.*** *Rotate use of surface units as you do tires on the car. Penny-saving practices save fuel and wear on ranges. Broil room-temperature foods—not refrigerator-cold ones. Use ovens for complete meals, not for single dishes—and don't be an oven peeker. In cooking on the surface, use pans large enough to cover units or burners, with well-fitting covers, and cook with small amounts of water—foods will not burn if heat is turned low after the steaming point is reached.*

PHOTOS BY STUART



● ***Mixers.*** *Don't be a knocker—bent beaters and chipped bowls result from banging beaters on bowls. Use a rubber paddle or a spoon to scrape off batter. Go easy on stiff doughs that stall motors. Clean mixers, but keep the motor part out of water. Check your oil needs.*

● ***Toasters.*** *Fingers are better than forks in reaching for toast: with a fork there's danger of a short—and a shock. Try a small brush for cleaning out crumbs. Clean the outside with a soapy cloth—plus judicious use of a cleanser when necessary—but never put a toaster in water.*



● ***Fans.*** *Oil to a motor is like water to a thirsty man. If your fan needs oil (some don't), provide good oil on schedule. Why mention fans now? Remember they move the air, be it winter or summer, and a fan may add comfort in fuel-rationed days.*

● ***Heating Pads.*** *It's unfair to heating pads to drag them around by their cords, or to roll them into bundles for stowing away. Lift by the pad itself; put away flat. Never use metal pins to fasten a pad and never let a heating pad get wet.*

PHOTO BY HENLE

HOLLYWOOD PATTERNS FOR SUB-DEBS

Sew for Yourself

By Dawn Crowell

DEAR SUSAN: I've just discovered the power of a pattern—it's a way to *make* your dreams come true! A way to create your own wardrobe with no bother to your budget. Try a two-piece wool suit with knitted back in contrasting colors; a velveteen dress in flame red to set his heart afire. Make your own fabric combinations, color schemes. Put *young* ideas into an old-fashioned sewing circle!

● Soft pastel wool basque with cotton rickrack. Sizes 12 to 20; 30 to 38. 1035.

● White-collar girl. Equally pretty in soft or bright colors. Three-quarter sleeves, gored skirt. Sizes 12 to 20; 30 to 38. 1041.

● Perfect nine-to-fiver. Two-piece jacket dress. Make it in flannel with knitted back, bright colors. Sizes 12 to 20; 30 to 38. 1013.

● Sketch of the dress shown in photograph. Make in a soft silk with braid trim, or wool mixture with velveteen rickrack. 1085.

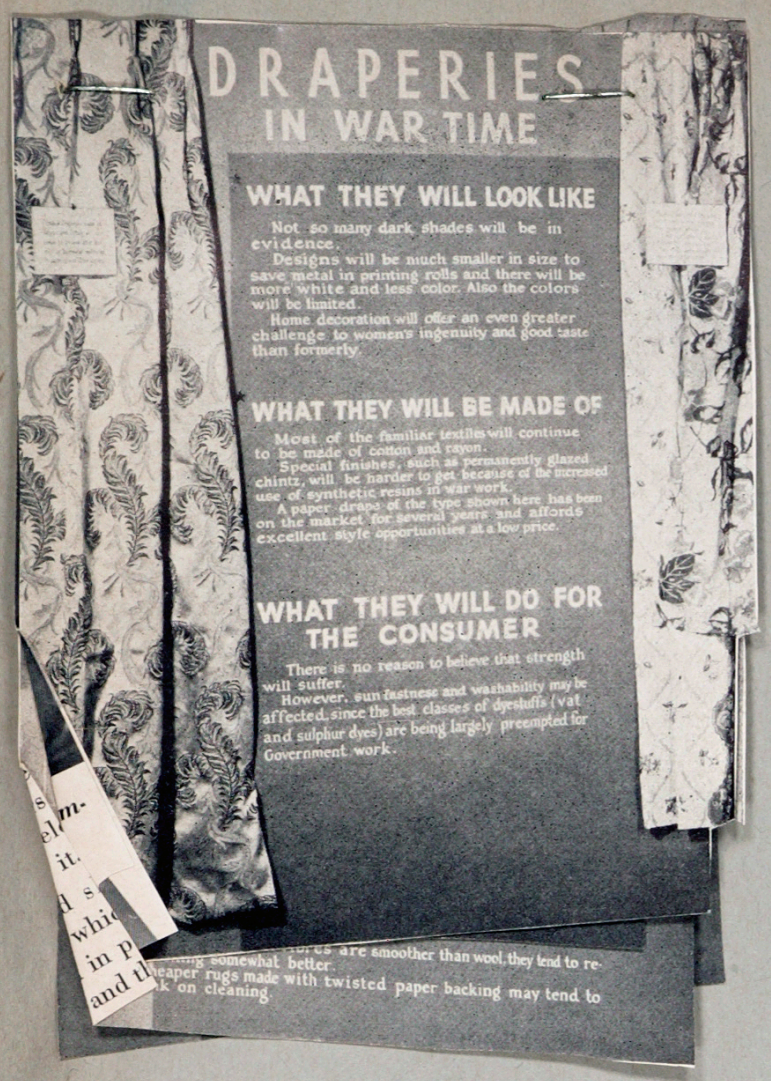
● A knitted back for action—for compliments. Back version of pattern 1013. Make it in matching or contrasting colors.

● Still another version of 1013. This one's a tailored suit. Make it in corduroy, velveteen, wool mixture. Sizes 12 to 20; 30 to 38.

● To keep you in the front line. Princess dress, sweetheart neckline. Crepe with lace ruching. Sizes 12 to 20; 30 to 38. 1040.

● Lovely to look at—in silk or wool with velveteen border. Try your hand at mixing and matching. Sizes 12 to 18; 30 to 36. 1038.

© HOLLYWOOD



DRAPERIES IN WAR TIME

WHAT THEY WILL LOOK LIKE

Not so many dark shades will be in evidence.

Designs will be much smaller in size to save metal in printing rolls and there will be more white and less color. Also the colors will be limited.

Home decoration will offer an even greater challenge to women's ingenuity and good taste than formerly.

WHAT THEY WILL BE MADE OF

Most of the familiar textiles will continue to be made of cotton and rayon.

Special finishes, such as permanently glazed chintz, will be harder to get because of the increased use of synthetic resins in war work.

A paper drape of the type shown here has been on the market for several years and affords excellent style opportunities at a low price.

WHAT THEY WILL DO FOR THE CONSUMER

There is no reason to believe that strength will suffer.

However, sun fastness and washability may be affected, since the best classes of dyestuffs (vat and sulphur dyes) are being largely preempted for Government work.

...are smoother than wool, they tend to re-
...somewhat better.
...eaper rugs made with twisted paper backing may tend to
...k on cleaning.

Nell B. Nichols

Dread to shiver this winter with fuel scarce?
No need if you follow the prescriptions for keeping warm and well which Nell B. Nichols worked out with Mrs. Ella G. Roller of the Fuel Rationing Division, O.P.A.

THE CONSUMER'S VICTORY PLEDGE

As a consumer, in the total defense of democracy, I will do my part to make my home, my community, my country ready, efficient, strong.

I WILL BUY CAREFULLY—and I will not buy anything above the ceiling price, no matter how much I may want it.

I WILL TAKE GOOD CARE OF THE THINGS I HAVE—and I will not buy anything made from vital war materials which I can get along without.

I WILL WASTE NOTHING—and I will take care to salvage everything needed to win the war.

Signature Yeager Home Ec. Class.

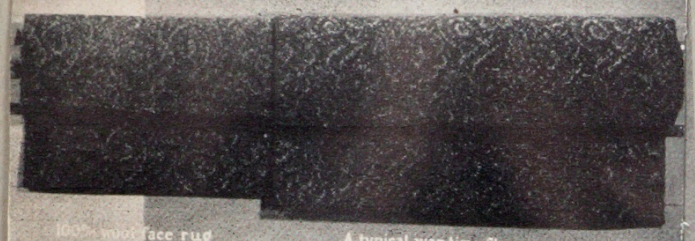
When you sign this pledge, you are joining the ranks of millions of consumers working together to help win the war. Put this up where you will see it every day.

IN WAR TIME

WHAT THEY WILL LOOK LIKE

The number of patterns and shades will be considerably restricted, but the appearance of War-time rugs may very possibly be superior to all-wool rugs, since rayon takes dyestuffs more brilliantly than wool.

Note that the 50% rayon rug has greater beauty than the all-wool in the same pattern and color.



100% wool face rug
of the type still available

A typical war-time floor covering with face of { 50% special rayon / 50% wool

WOOL

WHAT THEY WILL BE MADE OF

The face of rugs, formerly all wool, will be replaced with a blend of Wool and 50% or more of permanently crimped, highly resilient Rayons which have been especially developed for the floor covering field and which are entirely unlike the rayons for garment and household fabric purposes.

WHAT THEY WILL DO FOR THE CONSUMER

Laboratory and "On-the-floor" tests prove that well made rugs with up to 50% of special rayon have thoroughly satisfactory wearing quality in comparison with all wool rugs of the same type.

Because the rayon fibres are smoother than wool, they tend to resoiling somewhat better.

Cheaper rugs made with twisted paper backing may tend to curl on cleaning.

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Less Variety in Drapery Materials

Floor Look

wool blanket isn't better than a combination of rayon or cotton and wool, because that would not be true. But in popular prices, it is not possible to get a blanket not all wool, which will prove entirely satisfactory in every respect.

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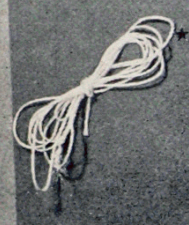
IN WAR TIME

CUSHIONS

With the rapidly diminishing supply of goose and duck down, which came mostly from China, cushions for furniture are being made with a large number of special, small, featherweight steel springs individually pocketed in muslin and covered with layers of hair and cotton.

FURNITURE HARDWARE

With the restriction on metal hardware furniture manufacturers are turning to attractive wooden pulls and decorative pieces.



SPRING TWINE

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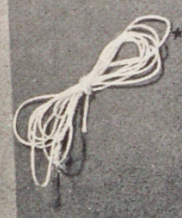

SPRING TWINE

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Rx Take Three Times Daily

Heat-giving Foods

Eat foods that "stick-to-the-ribs," like griddle cakes and sausage, macaroni and cheese, waffles and sirup, potatoes and gravy, French toast and honey, cereals.

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FURNITURE "HARDWARE"

With the restriction on metal hardware, furniture manufacturers are turning to attractive wooden "pulls" and decorative pieces.

SPRING TWINE

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℞ Take Twice Daily

Exercise

Do setting-up exercises to stimulate circulation. Play active indoor games: musical chairs, flip coins in a hat, charades, treasure hunts, spin the platter.

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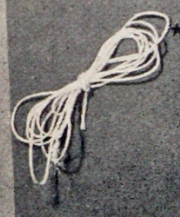

SPRING TWINE

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Rx Take Nightly

Plenty of Sleep

to be efficient at work and at school: 8 to 10 hours daily for adults, 10 to 12 hours daily for children.

DRAWINGS BY GEORGE OWEN DAVIES

THE CONSUMER'S VICTORY PLEDGE

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Floor Look

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WAR TIME

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Before Miss
tain gave the children
ice cream; when they
went back to the wagon and
Albert—waited a long time
did not seem worth while to go
Callie's. Bessie had found out about
Japs.

When the mule had been returned to
Mr. Shuter at last and when the tired
children were asleep, Albert stood before
Bessie, shifting from foot to foot. His
voice quavered:

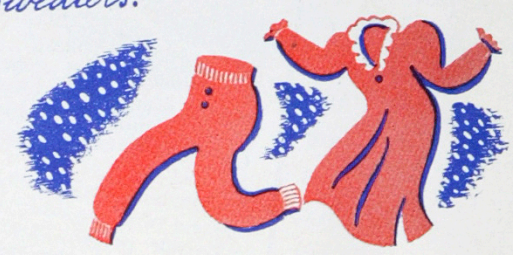
"Aunt Miss Bessie, I done sign myse'f
up. Got to go off an' fight 'em Japs day
after tomorrow mornin'."

Now what had come over
you git in a fight, you land in the jail
use, said Bessie severely. "Ain't
lbert scratched his head. "Reck
time I got to, Aunt Miss Bessie—
mean no harm. Colored ge'm
up wid stripes on his sleeve ast
lak to be a sojer myse'f an I sa
uld. He say, 'Boy', you's jes
s lookin', fo'—'n' fust thin
I done sign up."
long moment when Bessi
raight ahead she saw A

continued on page 57]

℞ Wear Night and Day Warm Clothes

Select clothes made from nylon fleece, quilted cotton, Aralac (milk fiber), velveteen, corduroy and other napped or fleecy materials. Go in for outing flannel, cosy underwear, sweaters.



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Add some insulation to prevent fuel waste

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11" x 14"

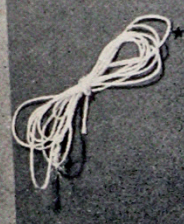
IN WAR TIME

CUSHIONS

With the rapidly diminishing supply of goose and duck down, which came mostly from China, cushions for furniture are being made with a large number of special, small, featherweight steel springs individually pocketed in muslin and covered with layers of hair and cotton.

FURNITURE "HARDWARE"

With the restriction on metal hardware furniture manufacturers are turning to attractive wooden "pulls" and decorative pieces.



SPRING TWINE

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Give your heating plant
a thorough cleaning

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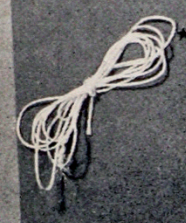

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Have your furnace
checked up by an expert

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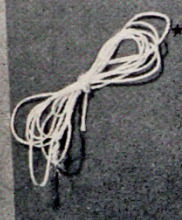

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Don't burn rubbish in the firebox

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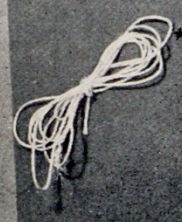

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Don't interfere with heat output of a radiator

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And now point three—
heat conservation

1. Insulate. A survey at the University of Illinois showed that the full thickness of insulating material applied in the side walls and on the ceiling of the upper floor saves 30 per cent in fuel.
2. Use storm sash.
3. Lock double-hung sash and casement windows.
4. Weather-strip bedroom doors or raise sills to prevent air leakage when windows are open at night.
5. Close fireplace dampers when fireplace is not in use.
6. Use kitchen ventilator sparingly in cold weather. Equip with shutter which can be closed.
7. Draw shades at night.

THE CONSUMER'S VICTORY PLEDGE

As a consumer, in the total defense of democracy, I will do my part to make my home, my community, my country ready, efficient, strong.

I WILL BUY CAREFULLY—and I will not buy anything above the ceiling price, no matter how much I may want it.

I WILL TAKE GOOD CARE OF THE THINGS I HAVE—and I will not buy anything made from vital war materials which I can get along without.

I WILL WASTE NOTHING—and I will take care to salvage everything needed to win the war.

Signature Yeager Home Ec. Class.

When you sign this pledge, you are joining the ranks of millions of consumers working together to help win the war. Put this up where you will see it every day.

These are the things we are fighting for

. . . the right to teach the truth . . . not propaganda

Superintendent and Teachers,
Yeager School.

11" x 14"