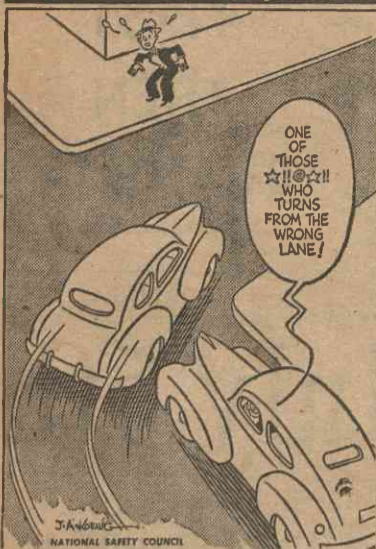


**STAY SAFE OFF-THE-JOB, TOO**



Boy Scouts are supposed to do one good "turn" a day.

Automobile drivers are supposed to make all their turns good ones, if they want to stay out of the hospital.

The National Safety Council says that the 1942 traffic accident toll was 30 per cent under 1941, but even so 27,800 persons were killed and one million injured in motor vehicle accidents last year.

A large share of the deaths and injuries were caused by improper turning—such as shown in the cartoon.

When you want to make a right turn, get into the right-hand traffic lane before you reach the intersection, signal properly, watch out for unwary pedestrians, and turn. Signal early enough so that drivers who follow you know what you intend to do.

For a left turn get into the traffic lane nearest the center line of the street and give the correct signal before you turn. Be alert for approaching cars and pedestrians.

Don't pull away from a curb unless you can enter the traffic stream with safety for yourself and others. The same rule applies when you turn into a street from a driveway or alley.

Turning demands common sense and courtesy.

In short . . . one good turn deserves another!

**Suggestions For Stretching Meat**

**Chicken casseroles.** Use chicken with corn, Lima beans, and gravy. Or chicken or turkey with potatoes, sauteed onion and medium thick chicken cream sauce.

**Fish casseroles.** Use fish with macaroni, scraped onion, green beans, and tomato sauce or thick tomato soup. Or alternate layers of flaked fish, sliced potatoes, and Green Pea sauce (recipe given below) with added sauteed onion, celery, and green pepper.

**Liver casseroles.** Use liver with potatoes, onions, bits of bacon, and white sauce made with bacon fat. Or liver with sauteed onion and celery, peas, and mushrooms or tomato sauce.

**Egg casseroles.** Use hard-cooked eggs on layer of well seasoned spinach with cheese sauce. Or deviled stuffed eggs, green beans, rice, and curry sauce.

**Vegetable casseroles.** Use broccoli or cauliflower, peas, carrots, celery, bits of cooked bacon or chipped beef, scraped onion, and tomato sauce. Or small white onions on layer of spinach with green beans in cheese sauce.

**GREEN PEA SAUCE**

Make two cups medium white sauce, browning butter and adding 2 bouillon cubes. Add 3-4 cup drained cooked peas.

**Accident Frequency And Severity Rate Is Much Lower This Year**

BY H. E. NEWBURY

In making an analysis of our accident experience since the mill started operations in 1939, it is very gratifying to note that the frequency of accidents is continuing to drop.

The frequency and severity rate for the first five months of 1943 are much lower than they were for the first five months of last year, and it is sincerely hoped that injuries can be reduced at least 50 per cent during this year. To do this, it will be necessary that the same whole-hearted cooperation be forthcoming from all employees as has been manifested since January 1st, 1943.

To give you a better idea of how our accident frequency and severity has decreased since 1942, we are listing below, the experience of all departments in the plant for 1942 as compared with the first five months of 1943. The reduction shown is well worth being proud of and congratulations are in order for all those assisting in Accident Prevention Work. Just remember, **WHEN ALL EMPLOYEES MAKE UP THEIR MINDS TO STOP ACCIDENTS, THEY WILL STOP.**

**ACTUAL FIGURES ON ACCIDENTS GIVEN**

Department	1942	1942	1943	1943
	No. Lost Time Cases	Total Days Lost	(5 Months) No. Lost Time Cases	(5 Months) Total Days Lost
Shipping, Office & Janitors	3	16	2	49
Printing & Job Printing	0	0	0	0
Hand Booklet	3	32	1	22
Machine Booklet	0	0	0	0
Gumming & Repse	0	0	0	0
Shop & Electrical	1	34	0	0
<b>Champagne Totals</b>	<b>7</b>	<b>82</b>	<b>3</b>	<b>71</b>
Endless Belt	0	0	0	0
Refining	8	166	2	6
Electrical	1	45	2	8
Maintenance	8	81	0	0
Finishing	6	229	3	7
Inspection	2	18	3	28
Machine Room	8	194	1	4
Chemical Lab.	0	0	0	0
Physical Lab.	0	0	0	0
Control	0	0	0	0
Power	0	0	0	0
Filter Plant	0	0	0	0
Yard Crew	5	37	0	0
Fibre Warehouse	5	163	1	8
Cleaners & Janitors	2	17	0	0
Cafeteria	1	7	0	0
Police & Watchmen	0	0	0	0
Pilot Plant	0	0	0	0
Offices (Main, Mill & Engineering)	0	0	0	0
Landscape	0	0	0	0
Pulp Mill & Bleach	7	43	0	0
Store Room	0	0	0	0
Fundamental Research	0	0	0	0
Plant Research	0	0	0	0
Salvage	0	0	0	0
<b>Ecusta Totals</b>	<b>53</b>	<b>1,000</b>	<b>12</b>	<b>61</b>

**Job Printing Errors**

Mr. Margolis and Paul Pipkin have taken their vacation and returned safely. George Buchanan will take his the last of this month, after which Job Printing should again get back "into the groove" with everyone rested up and having "everything under control."

This department may have been slow catching on to modern methods but it sure is streamlined now. If you want a printing job in a hurry, just bring it to us today and we'll have it for you yesterday, all wrapped and ready to go. Mr. Margolis was pleasantly surprised the other day when a certain department head brought in a complicated form to have 5,000 copies printed and said, "Charlie, no rush, just so I get them within the next hour."

A certain Ecusta mechanic had a repair to do for us, so, not knowing the location of this department, he asked one of the watchmen

where Jo(a) b Printing works. The watchman answered, "I don't know for certain, but I think he's off today."

We all enjoyed the cigars which Charlie Seiber of the Shipping Department passed out after the birth of his son.

A certain fellow in this department must be in love. He left the headlights on his car burning all day last Tuesday and at band practice he was trying to play Anchors Aweigh while the rest of the group was playing The Army Air Corps march. Mr. Margolis wonders why he always has such a bright smile on his face every day just after lunch.

Old Maid—"But why should a great strong man like you be found begging?"

Wayfarer—"Dear lady, it is the only profession I know in which a gentleman can address a beautiful woman without an introduction."

**What Would Happen**



BY "HANK" NEWBURY

**How Wars Are Won**

Wars today are won by the pushing, punching, driving effort of all the men, women and children of a nation. But most important to the war are the fighters and the workers.

Fighters must keep themselves fit—ready to fight—ready to carry the fight to the enemy.

How about the workers? Don't they need to be fit too—fit enough to be on the job—fit enough to do the job?

Fighters can't fight without weapons and bullets and a thousand other items of equipment. Weapons and bullets and equipment won't be made by workers who can't work.

Accidents are a main cause of workless days. These accidents happen in the plant and outside the plant. Your boss and you are both responsible for accidents inside the plant, but those that take place off-the-job are your responsibility and yours alone.

Off-the-job accidents to workers last year caused the loss of as much work as could be done by 900,000 men working for a year. **This was enough men and time to build 39 battleships.**

Off-the-job accidents also take the time of over-worked doctors and nurses, and absorb precious medical supplies.

Keep on the job. Don't let accidents keep you from doing your part toward winning the war.

**WITHOUT STORM TROOPERS**

Who said our Free Country can't be efficient?

Hitler said this. He has said it many times. He scoffs at America—at all democracies.

So does Tojo!

So does Mussolini!

They say the efficient way to get people to do things is to bang a gun butt on the door and give orders. When refusal means the firing squad or the concentration camp, men and women usually do as they are told.

Hitler and his pals are partly right. That is efficiency, but it's "storm-trooper" efficiency, "Gestapo" efficiency.

We Americans prefer the democratic way. We believe there's more power in free people working willingly than there is in all the scared, bullied "subjects" on earth.

But we have to work and plan for our efficiency.

Take off-the-job-accidents to war workers, for example. We could have built 324 destroyers last year with the time lost to industry because of accidents workers suffered while they were away from the plant. A good many of these accidents took place at home.

Such accidents must stop; that is sure. In America, where a man's house is his castle, they will be stopped, but not by storm-troopers. **They will be stopped by ALL of us because we want to stop them.**