

Good Advice . . . Pack A Tempting Lunch, Here's How

Today's lunch and lunchbox can be as modern and exciting as the most deluxe dinner or newest household appliance. All you need to make your family aware of a delightfully new change in their noonday meal away from home are a few easy-to-get articles, some simple but tempting menu suggestions and very little time for preparation.

Remember that the man who engages in muscular work requires a larger and heavier lunch which should include more sweets, starches, and fats. The white-collar worker uses less energy and thus can get along nicely on salads, vegetables and fruits, while the growing child's menu should include milk, vegetables and protein foods.

In cold weather be certain to include either hot soup or stew and coffee or cocoa in a thermos bottle. Sandwiches can be varied greatly from day to day with fillings of meat, cheese, eggs, fish, peanut butter or combinations of vegetables. Breads, too, can be different, such as white, whole wheat, rye or buns. Dress up these sandwiches with a garnish of raw carrot slices, celery, pickles or tomatoes.

Both children and adults will enjoy pudding and preserved fruits and you can easily and safely pack these foods in waxed paper cups. Everybody likes surprises, so surprise the family with candy or nuts frequently. A piece of cake or cookies in each day's box will conclude the perfect lunch.

Chemical Lab. News

By THELMA GLAZENER

Seems that the Chem. Lab. members are in the process of hibernation. Nobody comes, nobody goes.

Marietta has "Ben" plenty excited for the past few weeks—no wonder he is with General Electric (irons, dishwashers, etc.)

Ted has been in everyone's doghouse—with his theory about girls. Maybe his new car will help him. Hazel has started a new fad, the way to cut flowers is by moonlight.

Any groans heard on the premises can be accounted for, Wilkie's football season is on again.

Edith has really been asking a number of questions lately. Mainly, what kind of shoes should one wear with a wedding dress? What's brewing—Huh?

Jean is planning on a new pair of shoes all because we had a world series.

According to rumors and appearances, Anna's vacation was a huge success. Could the name Fulton mean anything?

Gertrude is now Mrs. Waldrop and has already started household duties in their new home.

Dot and Lucy went to the Georgia Tech-Notre Dame football game and watched Notre Dame play.

It is really swell having old members visit us—Capt. Lister Skinner and Cpl. Raymond Nicholson came to see us.

The Chem. Lab. welcomes home Charles Glazener and Ray Winchester.

Elfin Set For Baby Combines Pink And Blue



You'd be happy, too, if you were all tricked out in a comfy, cozy jacket and cap set. Baby's bonnet has an elfin charm and, like his streamlined sacque, is knitted of blue non-shrink baby wool lined with pink. The lining is knitted, too, for extra warmth. Satin ribbon runs through a casing in the neckband and cap, and ties under baby's chin. (Knitting directions for BABY'S DOUBLE-KNIT SACQUE AND CAP, No. 551, are available to you, free of charge, at the Library.)

Pulp Mill News

By HELEN KIMZEY

The air has that nip in it and we notice every one stepping a little livelier, even Otto Whiteside.

"Slim" Bullock and Bill Bangs went down to see the Duke vs. Navy football game and report a swell time.

We're glad that Clyde Galloway, Digester foreman, is out of the hospital and is getting along all right.

We missed Elmer Baker last week and we're glad that his brother is recovering and Elmer is back with us.

Beatrice Hall returned to work and every one is glad to see her.

Paul Sitton has been out due to the illness of his wife. We hope she is recovering now and that Paul will be back soon.

Four of our men who have been in service are back with us now. They are Hovey Waldrop, Emmett Wilson, Harold Orr and Bill Hunicutt.

We see Elmer Baker limbering up that left arm and we know by that that bowling season has started.

We were sorry to hear of the death of Fred Moffitt's stepfather.

The Pulp Mill recently lost one man to the army, James Kitchen. We hope it won't be long before he is back with us.

A number of the Pulp Mill men, namely C. B. Allison, Wm. Morris, Otto Whiteside and "Red" Cagle, enjoyed the baseball picnic last week.

We recently lost Joyce Lance to the Finishing department.

B. J. Davis' wife has been in the hospital for some time and we hope by now she is well on the road to recovery.

We were glad to hear that "Slim" Matheson's brother returned from overseas.

Marvin Allison was absent from work due to sickness for about a week and we're happy he is back to work now.

We were sorry to hear of the death of James Carland's nephew, Terry Nelson.

Guy Sitton has finished his house and is now moving into it.

Fred Yelton visited us last month. Fred is now a B-25 pilot.

Two of our men have been discharged and will return to work

Finishing Touches

By RUTH JONES AND
NADINE MILLS

Since we're back on eastern standard time, everyone seems to enjoy that extra hour of sleep in the morning.

Our five-year members reported an enjoyable evening at the banquet.

Mr. Southerland has a nice tan which he got on his vacation at the beach. Also reported he had plenty of fried chicken.

We are so glad to have the new brides, Pearleen and Juanita. They seem very happy.

Ruth spent her vacation at home with her sister, Grace.

Say! Nita, guess you will be glad to work evening shift for a change, to get a rest from a "Sporty" red car we see there so much.

Welcome back one of our old workers, Dot McNurry.

Ada is going around with big smiles. Her boy friend, Jack, is to arrive soon.

Congratulations, Ray. We hear you have a new daughter.

Sue Orr almost had a heart attack when she received a telegram, thinking her better-half was back in the States.

Hershel, you had better watch out for trucks, especially on the Greenville highway.

Margaret N. has taken her vacation—we feel we hear "wedding bells" faintly in the back ground.

Lillian is back with us after a few days visiting with her parents.

soon. They are Charles Mitchell, vacuum washer operator and Charles Harrison, pre-washer operator.

We had letters from two of our men in the Pacific area, Paul Meadows and David Blackwell. Both are getting along fine.

Letters from Ralph Waldrop, Lawrence Holt, Wade Scroggs, Fritz Merrill and Jim Waldrop report they hope to have their discharges soon and be back with us.

SURPRISE!

Teacher: "Tommy, what does your father say after he sits down to meals?"

Preacher's Son: "He says: 'Go slow with the butter, kids, it's mighty hard to find it.'"



Mr. and Mrs. Nathan McMinn announce the birth of a daughter, Susan Davis, at Biltmore hospital, September 27th. Nathan is employed in the Machine Room.

Janice Rhea Rigdon was born to Mr. and Mrs. Ray Rigdon September 27th. She weighed 8 1/2 pounds. Ray is employed in the Finishing department.

A daughter, Monica, was born to Mr. and Mrs. Jack Driscoll, October 15th, at the Biltmore hospital. Mr. Driscoll is employed in the Main Office.

TIME SAVERS

LAUNDRY HELP—Stubborn dirt on shirt collars and cuffs, and dress necklines, will surrender easily if soap jelly is used. Dissolve one cup of good laundry soap in three cups of boiling water to make a thick jelly. Paint or dab on soiled places as you sort the clothing with a soft bristled brush or a terry washcloth. The collars and cuffs will be sparkling white when taken from the washing machine.

NO OIL STAINS—After oiling the sewing machine, stitch through a blotter several times to take up surplus oil on the machine. No danger then of getting oil on the material.

PAINT BRUSH TIP—To clean neglected paint brushes, with no commercial cleaner at hand, soak them in hot vinegar. In a short time they will be clean and pliable as new.

DRYING SHOES—For quick and thorough drying, tip shoes on their sides so that the warm air can get on the soles.

LAUNDRY SAVER—Use two clothes baskets when taking clothes off the line. In one put pieces that need no ironing. In the other the clothes that need to be sprinkled and ironed. This saves re-handling and sorting.

MACARONI HINT—To cook macaroni or spaghetti without constant watching or stirring, place it in a colander and set the colander in a pan of boiling, salted water. You won't have to touch it until it's done.

QUICK BISCUITS—No need to heat the oven for an extra pan of biscuits. They will cook nicely on top of the stove in a heavy skillet with a cover on top. The fire should not be too high, of course. Turn biscuits once and then remove from the stove.

NO LIE

St. Peter: How did you get here?
New Arrival: Flue.

Life Saving Demonstation Is Given At Camp

During a recent "Live-Saving" demonstration at Camp Sapphire, our staff photographer took a series of pictures showing the upsetting of a canoe and the subsequent rescue of its passengers.

- No. 1—canoe upsetting.
- No. 2—rescue canoe approaches.
- No. 3—rescuers reach for canoe.
- No. 4—emptying water from canoe.
- No. 5—locking canoes for steadiness.
- No. 6—passengers climb back in.
- No. 7—all's well again.

The exhibition was under the direction of our Safety Director H. E. Newbury and those participating were Ellen Sentelle, Bud White, Alex Kizer, Thomas Conley, Ray Cheek and Mr. Newbury.

