



Nutrition Class W. A. State Guards

Pictured above is the Nutrition class, a unit of the Woman's Auxiliary of the State Guards. Twice each week this class meets to study nutrition under the direction of Mrs. W. B. Weaver. The Auxiliary, of course, has several units of work but great interest is manifested in the nutrition unit for in these hectic days too much importance cannot be stressed concerning the proper foods and the right amounts. At extreme left, top row, is Sgt. Flanagan, in charge of the class, and at extreme left, middle row, is Mrs. Weaver, the director.

V . . . —

Red Cross Drive Starts March 1st

The nation is calling on its citizens for \$125,000,000 Red Cross Cross War Funds. This is equivalent to almost \$1 for every man, woman and child in the country. The Tri-City quota is \$7,800, which is less than 50 cents per person, however, it is equivalent to more than \$1 per person for all those who are at work. A large portion of this money is for war relief. It will be used on the battlefields to help our wounded and dying soldiers. Our soldiers are giving their lives that we may live in a land of liberty, peace and happiness. Should we deny them this small relief for which they are asking? The superintendent of each mill has been given a quota based on the number of employees in the plant. In order for us to go over the top it will be necessary for every employee in the Tri-City to make a donation of about \$1.25. Everyone will be asked to contribute as much as \$1, and those who earn more will be asked for \$2 to \$5. The money you contribute may be instrumental in saving the lives of either your brother, father, husband or son.

Now is the time to open up your heart as well as your pocketbook in order to make this drive successful, and we know that it will be successful.

BLASTS From Draper Office Margaret Powell—Selma Stone

Mary Gassaway has resumed her duties in the Personnel Office after a lengthy absence due to illness. We're glad to see you back, Mary, and now, Lucille, maybe you will be able to keep your AIR MAIL correspondence up to date!

Speaking of the Personnel Office, we hear they've been receiving mail lately addressed to the PERSONAL DEPARTMENT. Anything to this, we don't imagine?

We're asking for volunteers to escort Adeline Wilkes to the bus each afternoon at five o'clock. She says you never know when the bus will leave you, and falling doesn't seem to help you get there any quicker; but just in case you SHOULD fall A. E. May might not be around every time to come to your rescue.

Wonder what's come over Roy Seay lately? He shuts up like a clam when we try to get some news from him. Maybe his time is completely taken up figuring out his income tax. (I'll be glad to help you, Roy).

Maiden's Prayer.

O, Lord, I ask for nothing for myself,
Nor for my only brother,
But please, Kind Heaven, won't you send,

A son-in-law to my mother!
Virginia Giles has suddenly gone domestic. Last week she was seen purchasing a Cook Book. What's cooking, Virginia?

V . . . —

Those Congressmen who got extra gas for campaigning furnished their own air.

NEW BLACKOUT RULES

The trial blackout held Tuesday, February 23, demonstrated that the new air raid signals are not thoroughly understood. The signals are reprinted below. Please cut out, save and memorize these signals so that you will know what to do in the next blackout, which is planned for the near future.

The conditions of these blackouts, the action to be taken and the clearance signals are outlined below.

(1) MOBILIZATION AND BLACKOUT when air raid is PROBABLE.

(a) Signal—Long note of 2 minutes at steady pitch of sirens and whistles.

(b) Action required—Civilian Defense forces will mobilize or remain mobilized. Lighting will be extinguished. Pedestrians and traffic may continue or resume movement. Automobiles must use dim or depressed beam lights.

(c) All clear signal—Street lights will be turned on.

(2) MOBILIZATION AND BLACKOUT where air raid is IMMINENT.

(a) Signal—Series of short blasts of whistles or fluctuation sound of siren for 2 minutes.

(b) Action required—Pedestrians must get off streets and into a safe shelter. All traffic, (except emergency), must stop and extinguish lights.

(c) Partial clear signal—Long note of 2 minutes at steady pitch of sirens and whistles—still mobilized and blacked out as outlined above.

(d) All clear signal—Street lights will be turned on.

It is desirable that every family understand the signals. If there are any questions, get in touch with your block warden.

V . . . —

The ability to speak several languages is an asset, but to be able to keep your mouth shut in one language is priceless.

A father hasn't necessarily gone stork mad just because he has ten children.