



Proper nutrition is vital to good health. Let us help you with suggestions for low cost meals that will furnish the nutritional values needed to build sturdier bodies.

# Appetizing Suggestions for Workers' Lunch Boxes

Perhaps you have a defense worker in your family who has to carry his or her lunch. Or maybe the daily schedule of meals has had to be shifted around to fit in with those whose work starts at some different time of day.

As much care and attention must be given to the lunch box these days as goes into the planning and preparation of any other meal as very often it must take the place of the hearty meal of the day.

Sandwiches have been the main stay of the lunch box and here are a few tips that may help in sandwich making. Use a variety of breads—rye, whole wheat, oatmeal, raisin. If a member of your family shies at the whole grain breads, use a slice of white and a slice of whole grain, or use enriched bread. Have butter soft, but not melted, and beat with a fork to make creamy. Avoid having sandwich fillings "runny", as this will soak the bread. If possible, wrap each sandwich (use bread wrappers for this). If the sandwich is cut before wrapping, it is easier to eat.

## Some Raw Vegetables Needed

In addition to the sandwiches, there are any number of additions to the lunch box that will make these meals more nutritious and interesting. A hard cooked egg wrapped in wax paper and occasionally devilled; carrot sticks, celery curls, paper-thin slices of turnips and beets, radishes and watercress—all add contrast in flavor, color and texture and provide a raw vegetable full of vitamins and minerals. If the vegetables are prepared and thoroughly chilled in the refrigerator they will stay fresh and crisp until time to be eaten. Wrap in waxed paper.

Depending on the type of lunch box used, a small cup custard, stewed fruit, fruit or vegetable salad may be carried easily in a jelly glass with a tight-fitting cover, or a paper cup. Dried fruits like apricots, raisins, prunes, figs or dates with cookies, gingerbread are always good, as are fresh fruits in season. A thermos bottle of hot soup, cocoa or coffee rounds out the meal.

There are many more suggestions that may be helpful, but why not ask for the sheet "How to Pack a Satisfying Lunch"? We will be glad to send it to you.

## HEARTY SANDWICH FILLINGS (Nutritious too!)

### MEAT SAVORY

$\frac{1}{2}$  c chopped cooked meat (veal, lamb, pork, beef)

$\frac{1}{4}$  c grated raw carrot

$\frac{1}{4}$  c chopped celery

1 T pickle relish or chili sauce

1 - 2 T mayonnaise

Salt and pepper to season

Mix and spread between buttered slices of bread

### BAKED BEAN

1 $\frac{1}{4}$  c baked beans

1 T finely minced onion

2 T pickle relish

Catsup or chili sauce to moisten

Mash beans, add rest of ingredients, being careful not to make too moist. Spread between buttered slices of bread.

### PEANUT BUTTER AND BACON

1 c peanut butter

4 slices crisp cooked bacon

Crumble the bacon and add to the peanut butter. Spread between slices of buttered bread.

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**Knock the Japs out of the sky**

**With the War Bonds that you buy.**



"Guard that biscuit recipe with your life, dear! You've stumbled on a new synthetic rubber formula. (Ed Reed in Detroit News.)"

## Why R. G. & E. Can't Pull A Master Switch In Blackouts

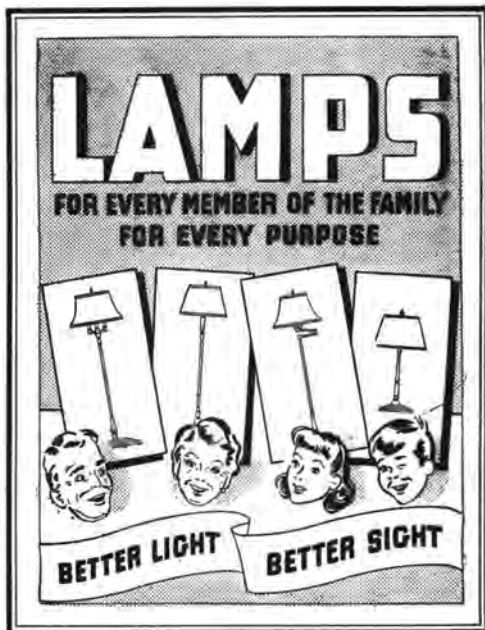
People sometimes ask us why we do not "blink" all the lights in the community as a warning signal and then extinguish them by pulling a master switch. Even if that could be done it would cause much more harm than good. The idea of a blackout is not to cut off all electric service . . . nor even all electric light. The ideal blackout is one that allows enough light to carry on normal activities in the home and in war industries yet prevents any of this illumination from being visible outside. Completely blackened communities in which every activity was halted while the population covered in absolute darkness would be bad for morale and for war production.

Pulling master switches at power houses would cut off dozens of essential services that should continue during blackouts and no such practice is followed in any sizeable community in this country or in England. If electricity was cut off by a master switch war production in great industries would be halted, lives of patients in hospitals would be endangered, broadcasting stations and radio receivers would go "dead"; pumping of water would stop, heating systems would fail and many other unnecessary interruptions of essential services would occur. The best way to observe a blackout is to prepare a room in your home so that no light can be seen from outside. Then, when you get the blackout signal, extinguish all the other lights in your home and carry on normal family activities in the blacked-out room.

### Cooking Demonstrations To be Discontinued for Summer Months--Phone Us

The weekly cooking demonstrations in the R. G. & E. Home Service Department will be discontinued during the summer months. Demonstrations will be given during this month on Monday evenings at 7:30 and Wednesday afternoons at 2 P. M., with the final session on Wednesday, May 27, and the subject: "Conserving Vitamins and Minerals by Correct Cookery."

During the summer canning demonstrations will be given from time to time and you will be given special notice. We cordially invite you to call our Home Service Department whenever you think we can be of service.



### FINE RECORD OF UTILITIES

The business-operated electric utilities of the country are providing 90 per cent of the power that drives the wheels of the great war industries of the United States. The power systems of this country are the finest in the world, producing more than twice as much electricity as any two other nations combined. They were ready when the Japs struck on December 7th and there hasn't been a moment's delay in production of war material anywhere in the nation due to lack of electric power from business-operated utilities.

If your young son thinks he will "Go Fly a Kite", tell him to keep away from overhead power lines. And don't let him use wire or tinsel on his kite's tail or as a string. All these things are DANGEROUS.

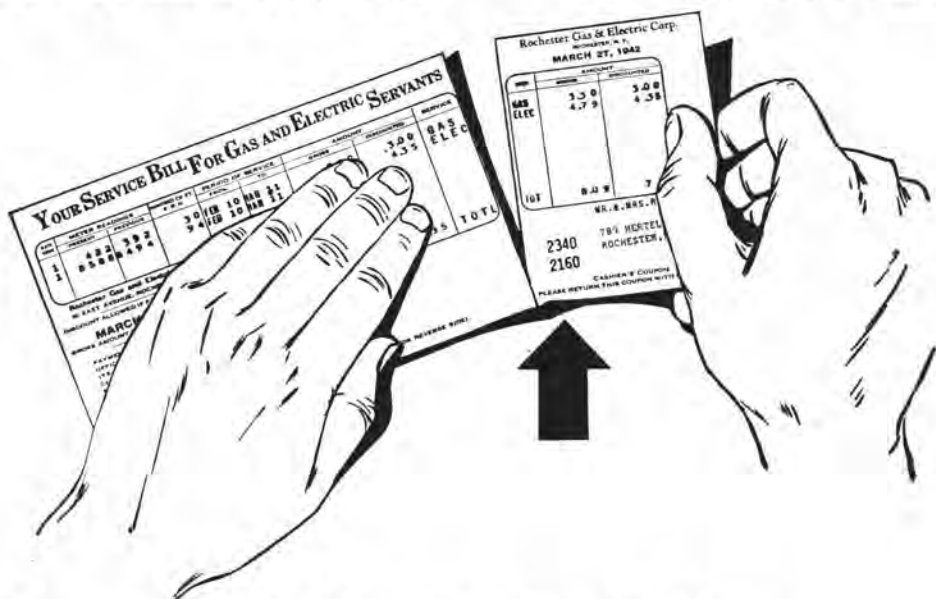
One mile of electric power line would provide metal for 60,000 bullets for American planes and one mile of gas main would furnish steel sufficient to manufacture thousands of army rifles. That's why we can't extend new lines except for defense purposes and only when authorized by the United States government. Winning the war is the one big job in front of all of us right now and we know that you'll cheerfully accept any restrictions that may be imposed in order to help our boys on the fighting fronts.

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DO NOT SEND THIS PART

SEND THIS PART



## Always Send Your Bill Stub When You Pay By Check — It's *Valuable*

Hundreds of checks with which bill stubs are *not* enclosed are received at our business office each month. Sometimes the signatures on the checks are illegible so that we do not know what account to credit with the payment without consulting the bank. Often the signer of the check is not the customer in whose name the gas or electric service is listed, so that the task of properly applying the credit is made still more difficult. **Errors result which are embarrassing to you and to us.** The enclosure of the bill stub insures the application of your payment to the proper account. If you have mislaid the stub, please write your name and address on the reverse of your check.

*Receipts will not be returned when payments are made by check or money order unless requested. Always bring your bill to the office when making payment or seeking account information.*

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