

SIGNALS

(Continued from Page One) who will then proceed to shelter. AIR RAID WARNING—BLUE (Raiders May Return) WHEN YOU HEAR: A continuous signal of two minutes duration at a steady pitch by siren, horn or whistle, it is the BLUE signal and returns the community to the BLUE status. It means that enemy planes are no longer overhead, but may return. Civilian Defense remains mobilized. All lights continue blacked out, unless specifically exempted. War plants resume activities. Traffic resumes, with vehicle lights dimmed or on low beam.

Bloomfield Village Sees Its Fire Truck In Demonstration

Election of four new members to the nine-man board of trustees, and a demonstration of the new fire truck and equipment, high-lighted the annual meeting of the Bloomfield Village Protective Association, Inc., in the village school Monday night.

AWVS

(Continued from Page One) tin L. De Bata, and Mrs. William C. Knight. The Girl Scouts Aid the A.W.V.S. Juniors worked on Saturday with their leader Mrs. Erwin Baring. They were Joan Pucher, Nancy Tobey, Sally Keadler, Leona Kass, Judy Sappington. The Birmingham Muscular Undersold the leadership of Mrs. Kenneth E. Turner had a spirited campaign and sales for the day totaled \$2000 in bonds and \$86.80 in stamps.

YOUR MEN

(Continued from Page One) serving tables where, from bungs and cans, they get the items for each meal. Like Steak Beef Captain J. H. Buckman, officer at Maxwell's largest mess hall, told me that soldiers like steak best. Ham, not much fish; (and imagine serving more than a ton of meat at one sitting, in only one mess hall! That's what you can expect when you go to your meat dealers' showrooms empty these days; your men in service, at home and abroad, are getting some of it, as they should; the other parts of it are going to our allied nations, too.)

STATE OF MICHIGAN NEW AIR RAID WARNING SIGNALS (EFFECTIVE MAY 1, 1943) WHEN YOU HEAR IT MEANS YOU DO THIS BLUE WARNING - Two minute steady blast of sirens, horns or whistles AIR RAID PROBABLE CIVILIAN DEFENSE MOBILIZED. All lights out, unless specifically exempted. Traffic continues, vehicle lights on low beam. Workers remain at jobs. Pedestrian movement permitted. RED WARNING - Three minutes of fluctuating notes of sirens, or two short blasts on factory whistles AIR RAID IMMINENT CIVILIAN DEFENSE MOBILIZED. All lights blacked out, except for authorized emergency lights. Public takes shelter. BLUE WARNING - Two minute steady blast of sirens, horns or whistles RAIDERS MAY RETURN (Keep Alert) CIVILIAN DEFENSE REMAINS MOBILIZED. All lights continue blacked out, unless specifically exempted. Public leaves shelter and resumes activities. Traffic resumes, lights on dim or low beam. WHITE - Following Red RAIDERS HAVE GONE, DANGER IS PAST CIVILIAN DEFENSE DEMOBILIZED. Blockout ends. Public returns to normal status. ALL CLEAR - 1 minute steady blast of sirens, horns or whistles CIVILIAN DEFENSE DEMOBILIZED. Blockout ends. Community returns to normal status. IMPORTANT: If enemy planes go to sea before discovery, the first audible signal will be RED. Listen closely. A BLUE warning will ALWAYS follow a RED warning. Comply with all Civilian Defense regulations.

RELOCATION

(Continued from Page One) (many of the Japanese-Americans adhere to various Christian denominations. (2) Date when job should be filled. (3) Describe in detail the duties to be performed; time off, etc. (4) Facilities for room and board. (5) The type of work the employer wants; age, whether married or single, whether employer has room for a family; whether high school diploma or other schooling makes a difference.

CLIP AND POST FOR READY REFERENCE FOR YOUR OWN PROTECTION. Birmingham Fire Call and Test Signal FIRE: Three rising and falling swells lasting 45 seconds, followed by minute interval, the repeat necessary. TEST: Three rising and falling swells, each lasting 45 seconds, followed by minute interval, the repeat necessary. NOTE: These signals are the same as previously used. NOTE that fire signal lasts only 45 seconds; a RED warning lasts three minutes.

REMEMBER—A BLUE signal MAY NOT always precede a RED signal—there may not be time enough—but a BLUE signal ALWAYS follows a RED signal. ENTER FIRE CALL and TEST SIGNAL. FIRE: Three rising and falling swells lasting 45 seconds; one minute interval, then repeat if necessary. TEST: Three rising and falling swells lasting 45 seconds starting at 12:00 noon and repeated after one minute should a fire occur at that moment. These signals are the same as previously used.

During the first four months of the Stockings Salvage Campaign, over 888,000 pounds of worn, million pairs of discarded silk and nylon stockings were contributed by American women.

Storm Windows COMBINATION DOORS PORCH ENCLOSURES CABINET WORK SMITH WOODGRAFF CO. Phone 2218 Grant & Ruffner

KEYKO MARGARINE IS DELICIOUS ON TOAST AND BREAD

Keyko MARGARINE advertisement with image of a woman and child.

Lower Fire Rates Equally important as the added protection to the residents is the fact that the new equipment will make possible a considerable reduction in insurance rates throughout the area. Only a few details remain until Bloomfield Village gets a better fire rating. William C. Howe, who has been in charge of this development, explained that these details should be worked out within a month.

Sentiment of the residents was definitely "no" against the raising of cows, chickens, pigs and so on, and it was resolved to prohibit such activity although the entire village is enthusiastically behind victory garden projects. Short talks were made by Jasper Reid, co-ordinator of Civilian Defense activities; Karl Crawford, chief of air raid wardens; W. C. Cartwright, head of the volunteer police and constable for the township; Judson Broadway, developer of the area, and Perry Vaughn, township supervisor. Approximately 100 residents attended.

Seabee Are Versatile Fellows Fifty special trades are represented in each construction battalion. These Seabees are fighters, too. Foremen and superintendents in construction work have an opportunity to become officers in the Navy. Inquire at the Office of Naval Officer Procurement, Book Tower building, Detroit.

MIMEOGRAPHING and TYPEWRITING MRS. EDNA M. LEE JULIA ELLIS, Secretary 130 W. Maple Rd. Telephone 3007

Last Call . . . Help Fill the April Quota— Buy a War Bond Today!

SHAIN'S DRUG STORE advertisement for Prescription Service with text: 'You Had to Have a Doctor?' 'SHAIN'S DRUG STORE' 'WEST MAPLE AT PIERCE' 'Member Retail Merchants Association' 'PRESCRIPTION SERVICE assures you MAXIMUM BENEFIT from your Doctor's prescriptions by the use of fresh, high potency pharmaceuticals' 'A Registered Pharmacist Fills All Prescriptions' 'Member Retail Merchants Association'

NUTRITION In War Time

What's for Lunch? Children coming home from school sometimes ask that question with eager interest. Too many adults, whether they eat at home, in a drug store or restaurant, or in a factory cafeteria, are almost as indifferent to lunch as they are to breakfast. They forget that we need three meals a day, real meals packed with health and energy. Lunch is just as important as breakfast or dinner. We have laws that say employers must give employees time to eat lunch . . . but there is no law to compel us to eat, or to eat the right food. Only common sense, regard for our own health and regard for our importance as workers for Victory will make us eat the good nourishing lunch we need.

recharged with good wholesome food. Wherever you eat and whenever you eat it is important so far as possible, to eat at regular times. This can be done as well by the night worker as by the one who breakfasts at 8:00 a.m. lunches at noon and dines at six.

Another important thing to remember is to make your lunch more than a "snack." Whether it's eaten cold or hot, lunch should be a full meal. It should supply the necessary foods for health that were not included at breakfast and will not be included in the dinner menu.

Include Milk in Your Lunch It is usually a good idea to get quite a bit of your daily amount of milk (1 pint a day for adults, 1 quart for children) in at lunch time—such as a creamed soup or custard, or milk to drink, or cheese. Canned or dried milk is not used when fresh milk is not available.

Here are two suggested lunches which can be served at home or eaten in a restaurant or carried in a lunch box. Both are packed with energy. No. 1 Potato Soup (made with milk) Corned Beef Sandwich on bread Carrot Strips Apple sauce cake Milk No. 2 Baked beans with pork Chili sauce

Presenting young people of Birmingham, Bloomfield Hills and vicinity . . . for them and the youth of America, we strive for Victory and a just peace!

'A Junior Album' advertisement featuring a collage of photos of young people and text: 'Presenting young people of Birmingham, Bloomfield Hills and vicinity . . . for them and the youth of America, we strive for Victory and a just peace!'

TOP CENTER: Betty Jayne, daughter of Mr. and Mrs. Arthur H. Price, 4189 Arlington. Paula, daughter of Mr. Shirley Paris, Henrietta and Merrill. LEFT SIDE reading down: Karen, daughter of Mr. and Mrs. T. G. Delang, 548 Chesterfield. Winnifred and John, children of Mrs. C. D. Shaw, Orchard Lake road. RIGHT SIDE reading down: Jackie, son of Mr. and Mrs. Frank M. McNairy, 647 Vinewood. John and Phil, sons of Mr. and Mrs. R. S. Pleasie, 4302 Arlington. (This entire arrangement by the Beatrice Zwaan Studio, Birmingham.)

Some Sample Menus Perhaps you'd like to know what a noonday lunch consists of at Maxwell Field, where there are thousands of them, consisted of roast veal, gravy, fried potatoes, sliced hot chicken, bread, butter, coffee and apple-raisin pie. At Fort Benning, eating with a typical medical unit (all ready to go overseas) for supper included: baked ham, sliced tomatoes, boiled potatoes, bread and butter, cold slicedologna, cheese, hot chocolate, and sauce-covered cake. (Incidentally, this medical unit really craves about the best of the best food—this is a fine example of how an able mess crew can make regular army supplies taste "just like the food Mother gave us back home.") And behind the entire food program, in today's U. S. Army, are the professional dietitians who study the physical and mental requirements of each branch of the service, and fashion menus for each, with thought, too, upon the climate a soldier lives in.

Here's a typical U. S. Army Sunday menu list, this one from Fort Knox, Kentucky: BREAKFAST: fried apples, fried eggs with fried potatoes, hot toast with butter, jelly, coffee with cream and sugar and fresh fruit. DINNER: baked pork chops and dressing with gravy, parsleyed potatoes, creamed Army figured lettuce, ginger bread, with sauce, bread with butter, and hot cocoa. SUPPER: fried Bologna, fried kidney beans, breaded tomatoes, cookies, bread with butter, and coffee with cream and sugar.

Weekday menus vary. Breakfasts offering such familiar items as pancakes, hot cereals, bacon, fried mush, etc. Evidence of discipline, naturally, is seen at meal time among all enlisted men; they form in long lines outside their various mess halls, march in an orderly fashion to the food service, and completely their eating with due regard for regularity. Many of the dining and mess halls have "joke books" and radios, where music is enjoyed during the meals. There is plenty of conversation exchanged among the soldiers, too; a soldier who may not like one item of

Hotels Cannot Be Compared! If your home is crowded your guests are welcome to— "YORBA LINDA" This gorgeous estate has sleeping quarters to suit particular people . . . only five minutes by bus or car from Birmingham to this paradise. Rates as low as \$2.00 Directions: 2 miles south of Blountsville, on Birmingham to Wetumpka Road. Turn for sign "Yorba Linda Tourist Rooms"

The BEST BUIS FOR YOUR POINTS advertisement for Reinholm Food Service with list of items and prices: Slab Bacon - 3 and 4 pound pieces, lb. 35c; All Beef Steaks - lb. 45c; Beef Chuck Roast - lb. 29c; Boiling Beef - lb. 19c; Pork Loin Roast—Rib End - lb. 31c; Ground Beef—Fresh - lb. 35c; Calves Liver—Whole - lb. 59c. Includes text: 'We have cartons for storing Frozen Fruits and Vegetables in Home Units or Lockers' 'REINHOLM frozen FOOD SERVICE' '303 E. MAPLE PHONE 3842'