

Civilian's Guide for Total War

By EDITH WALKER

A suggestive list of things that good citizens ought to be thinking about in trying to help America's war effort

THE question uppermost in the mind of Americans in these days of adjusting personal, business and home lives to wartime conditions is "What can I, as a housewife, automobile driver, taxpayer or just plain citizen do to help my country's all-out war effort?"

To secure answers to this question from several points of view, a representative of *Sooner Magazine* interviewed University of Oklahoma faculty members who are authorities in such fields as personal finances, nutrition, clothing, automobile maintenance, first aid, and volunteer defense jobs. Their suggestions to civilians on these topics follow.

SUGGESTIONS ON NUTRITION

By HELEN B. BURTON

Director School of Home Economics

DO

1. Volunteer to work with the school lunch program in your community and assist your county's nutrition committee which has the job of correlating all food and nutrition programs in the county.

2. In regard to nutrition matters in your own home, shop economically and buy only dependable brands. "Folks can't be choosy right now," Miss Burton says. "They should buy and learn to like foods that are good for them." She advocates buying in quantities if the kitchen has storage space and if the food can be satisfactorily stored, and the careful reading of labels and weights on cans.

3. Use the food products grown in your own community so that only a minimum of products will have to be shipped in. For instance, the counties in eastern Oklahoma usually produce large quantities of fruit and some vegetables, while the western counties, where the farms are large, raise wheat, roasting ears and melons. Consumers should favor these commodities raised on the home front.

DON'T

1. Don't attempt gardening unless you are a good gardener. The amateur horticulturist will actually lose money through the waste of seeds and garden sprays. Sprays should be conserved because many contain ingredients useful in defense industries.

2. Don't be wasteful in preparing food. There is no excuse for throwing half of a vegetable away with the peeling. Cook as many vegetables as possible in their skins, and if peeling is necessary, do it sparingly.

3. Don't throw away left-over dishes. "I haven't any patience at all with people who won't eat left-overs," Miss Burton says. She suggests making stew and salads out of left-over vegetables, and fruit cocktails and puddings out of odds and ends of fruit and fruit juices. Also, the water in which vegetables have been cooked can be converted into soup or used for making gravy.

SUGGESTIONS ON ADJUSTING INDIVIDUAL FINANCES

By GILBERT HAROLD

Associate Professor of Finance

DO

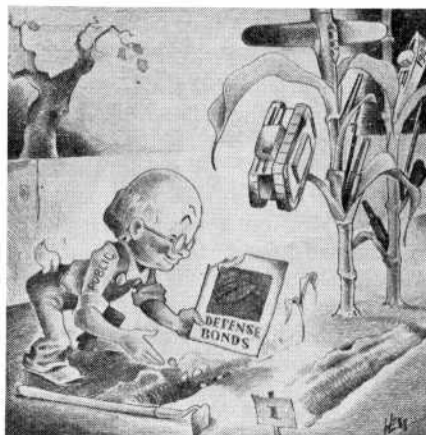
1. Pay off mortgages and loans faster than payments fall due, for many incomes are increasing at the present time. If payments are postponed, it might be increasingly difficult to meet them later, especially if one waits until the end of the war with its subsequent adjustment period.

2. Go ahead and buy a home now, if one can be purchased at a peacetime price.

3. Buy defense bonds out of current income rather than out of savings. Drawing money out of a bank or a savings and loan association to buy defense bonds is like switching money from one pocket to another, Mr. Harold says, for these institutions generally speaking, have already invested money deposited with them in government bonds. Money diverted from regular income into defense bonds or stamps helps finance war and also reduces purchasing of consumer goods and therefore helps avoid inflation.

DON'T

1. Don't be afraid to invest in insurance



Suggestion for Spring planting

just because the country is at war. Mr. Harold believes the war will make little difference in insurance rates, generally speaking. Car insurance rates probably will decline because people are driving slower and there are fewer accidents.

2. Don't drive your car into the garage and let it sit there if you are going to be drafted. "Anybody going into the armed forces, having no reasonable use for a car, would be foolish to keep it," Mr. Harold declares. The automobile will depreciate faster than its value is likely to increase.

3. Don't get jittery about anything happening to the stock market. "The war market will be a highly selective market," the professor states. "Certain securities will rise considerably and others will decline badly. Therefore, greater selectivity is required in making investments during wartime than ordinarily." Referring to rising stocks, he says, "Among the leaders upward will undoubtedly be those issues possessing a tax-sheltered position, among which are certain railroads and certain others having extremely large invested capital."

SUGGESTIONS ON CLOTHING

By FRANCES E. PENDLETON

Assistant Professor of Home Economics

DO

1. Buy conservative clothes which are enduring in style as well as in material. Be label-conscious. Take care of the clothes on hand by frequent laundering, cleaning and brushing.

2. More cotton and rayon material will undoubtedly be bought from now on since the market is rather depleted due to the lack of imports from Japan, England and other European countries. There is very little silk, imported wool or linen, and a shortage of domestic wool.

3. Women should wear brighter colors. During wartime there is a tendency for red, yellow and other warm colors to become popular as a counteracting influence to the war atmosphere. Flowers and veils will be used on hats, and knickknacks of plastics and cork will be popular.

DON'T

1. Don't quit buying just because the country is at war. People should dress reasonably well because of the effect of clothing on morale. When so many women are being called into business, the well-dressed woman takes precedence and will secure the better job.

2. Don't buy as many new articles of clothing as usual, but rejuvenate the wardrobe.

(PLEASE TURN TO PAGE 40)

Battle for Production

(CONTINUED FROM PAGE 11)

some are producing the fuel to run them, and others are using the weapons. Ronald Jones, G.E. '41, is doing research for Dow Chemical Company on the welding of magnesium alloys, which are widely used in airplanes, and another Sooner, Howard A. Leeser, G.E. '40, is with Curtis Wright Airplane Company in New York. Booth Strange, G.E. '37, is with a geophysical party in Mississippi seeking new sources of petroleum production. James R. Marty, G.E. '34, is petroleum production engineer for E. H. Moore of Ada. Allyn Hale, G.E. '37, is in the steel castings department of Hughes Tool Company in Texas, which is furnishing steel castings for defense production.

John Ringer, P.E. '41, is with Consolidated Shipbuilding Corporation, in Texas. Although he started with the company as an arc welder, his college education soon secured a transfer to an engineering position and he is now engaged in the design and installation of ventilating systems in large cargo ships.

After an intensive period of instruction at Rock Island Arsenal, Bill Pratt, M.E. '41, is working as an inspector of war materials for the government, in East Texas.

Architectural graduates are greatly in demand because of the large amount of defense construction work under way.

Lt. Frank C. Morris, A.E. '26, on leave from the engineering faculty, is working on naval construction in the Gulf area. Ross W. Morrison, A.E. '28, was expecting last month to be called to duty in the Army. Capt. Maurice Hefley, A.E. '31, is supervising the drafting of work drawings and the construction of a large dock project on the East Coast.

Lawrence Plank, A.E. '32, is with Coth and Goss Constructors and is in defense construction work. C. L. Holmes, A.E. '34, has been with the Army Engineers in Washington, and was transferred to the Quartermaster's Office to work on instruments for army housing.

Robert Moore, A.E. '34, has worked as architectural draftsman for a number of firms handling housing or other defense work. Sue Aycock Turnbull, A.E. '36, has a close interest in defense projects as her husband is an engineer and architect working on bomber depots and other similar projects.

Mark Miller, A.E. '36, and Keith I. Hibner, A.E. '39, are with Albert Kahn's firm in Detroit, Michigan, a firm of architects which has handled nearly a billion dollars of defense work. Milton Gordon, A.E. '38, is working as draftsman for Prack and Prack of Pittsburgh, Pennsylvania, who recently completed plans for the new Lone Star Ordnance Plant for the government.

Mansel Kersey, A.E. '38, Paul H. Harris, F.A. '39, and Will A. Thomas, A.E. '40,

are working for the NYA at Russellville, Arkansas, on plans for defense education training schools. G. Milton Small, A.E. '39, is working as draftsman for the office of Pierre Ghent, City Planners, in Washington, D. C., and has been engaged in detailing plans for defense housing projects.

Joe N. Boaz, A.E. '40, is employed as associate architect by the War Information Office of the Navy in Washington, D. C., and is doing confidential work. John Knight, A. E. '41, is employed as junior architect by the Bureau of Yards and Docks of the Navy in Washington. He has helped in the preparation of plans and model studies on the new Naval base at Trinidad, and recently won a competition for a poster to be used in defense plants throughout the nation.

Robert L. King, A.E. '41, is also employed by the Bureau of Yards and Docks and has been working on plans for new Naval base buildings and bomb proof shelters.

Only woman in the large office of the Army Engineers at Galveston, Texas, Ruth Julia Tappan, A.E. '41, is working as junior draftsman on plans for army construction in the Gulf area.

Now serving as officers in the nation's armed forces are John H. Byrd, A.E. '38; C. Morrison Stephens, A.E. '38; C. Julian Vahlberg, A.E. '41; Gail R. Palmer, A.E. '41, and Charles W. Himes, Landscape Engineering '38.

▲ ▲ ▲

Civilians' Guide

(CONTINUED FROM PAGE 12)

robe on hand by making over, dyeing or adding new accessories. Suits of men already in service can be made over into suits for women and children.

SUGGESTIONS ON FIRST AID PRECAUTIONS IN HOMES

By ALMA J. NEILL
Professor of Physiology

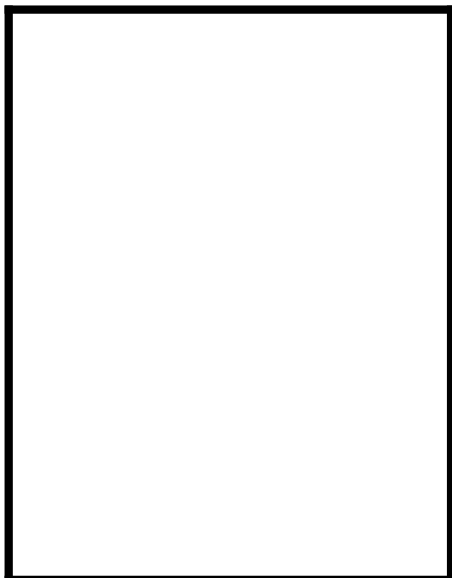
DO

1. Find out from your county Red Cross chairman when instruction will be given in first aid and enrol in a class. "Civilians, especially women, should know simple first aid treatments," Miss Neill advises. "This war is chiefly a war from the air and women may have to care for wounds and burns caused by bombs in their own homes."

2. In Miss Neill's opinion, every civilian should know how to care for cuts, wounds and burns, how to make splints for broken bones and transport bodies out of wreckage and debris. In the medicine chest of every home, the following items should be kept: a flashlight, triangular bandages and lots of clean white cloth, Amertan ointment or

IMAGE IS NOT AVAILABLE
ONLINE DUE TO COPYRIGHT
RESTRICTIONS.

A paper copy of this
issue is available at
call number LH 1 .06S6 in
Bizzell Memorial Library.



Unguentine for burns, tincture of iodine for wounds, aromatic spirits of ammonia for a stimulant.

3. All bottles and packages in the medicine chest should be well labeled and labels should be read before using. Plenty of bandages can be made by simply tearing old sheets and pillowcases into pieces and ironing with a hot iron. The ironing sterilizes the cloth and it serves as well as fancy bandage. Miss Neill urges all housewives to keep a supply of these materials handy in the medicine chest, wrapped in paper to keep out dust.

DON'T

1. Don't put off taking a course in first aid instruction because you don't know where the class is being given. If you don't know who the Red Cross chairman in your county is, you can find out by writing to the Midwestern Area Office of Red Cross, 1709 Washington Avenue, St. Louis, Missouri. First aid classes are being organized in all counties, Miss Neill says.

2. Don't take anything out of the medicine chest during a blackout. Many accidents will be avoided by following this rule. Don't neglect labeling everything in the medicine chest so the labels can be easily read.

SUGGESTIONS ON CONSERVING AUTOMOBILES

By J. S. WALTON AND LAURANCE S. REID—
Engineering Professors

DO

1. In order to lengthen the life of your car and keep it in top working condition, take the car to a garage and have it checked and lubricated about every 1,000 miles. Watch the mechanic who does the grease job to be sure he does it thoroughly.

2. Warm the engine up slowly in cold weather and keep the choke to a minimum.

3. Check the battery once a week in warm weather, every two weeks in cold weather, and fill with battery water if needed. Each automobile owner can add years to the life of his battery by dousing the battery terminal connections regularly with a baking soda solution and flushing with clean water.

4. Try to keep the gas tank full, especially in intermediate seasons. If the tank is almost empty, the water vapor in the tank may condense and "rain" into the gasoline.

5. Check the spark plug points every 5,000 miles. The automobile owner, himself, can take a stitch in time by keeping the porcelain around the plugs wiped clean.

6. A few simple precautions taken by the car owner will help preserve the tires on his car. Provide each tire with a valve stem cap to keep out mud and dirt, and every 5,000 miles, rotate or switch the tires from one wheel to another, including the spare.

DON'T

1. Don't put the car in the garage and leave it there for the duration. Get it out at least once a week and drive around the block, so that all the parts will be recoated with a protective oil covering. This exercise is also good for the tires.

2. Don't let mud accumulate on the car. Keep it parked out of the sun and wax the finish about every six months.

3. Don't drive with the choke out and don't "ride the clutch." On the open highway, don't travel faster than 40 to 45 miles an hour.

VOLUNTEER JOBS FOR CIVILIANS

By HERBERT H. SCOTT

Co-ordinator, University War Council

By this time every county should have its own Office of Civilian Defense in operation, with two or three offices maintained in counties having several large cities and towns. Every civilian should contact one of these offices and fill out the detailed information blanks, listing all the hours when he can be available for volunteer work. In addition, the civilian will be asked to give his whereabouts every hour so that he can be easily reached in case of an emergency. The following are some of the duties for which civilians can volunteer:

1. Staff Corps, consisting of office workers, switchboard operators and typists.

2. Driver Corps for transporting first aid squads and injured persons.

3. Messenger Corps.

4. Rescue squads.

5. Auxiliary police.

6. Bomb squads.

7. Air raid wardens.

8. Auxiliary firemen.

9. Fire watchers to spot fires started by incendiary bombs.

10. Demolition and clearance crews to remove waste and demolish partially destroyed buildings.

11. Street repair crews.

12. Decontamination squads to neutralize gas.

13. Emergency food and housing corps.

14. Medical Corps.

15. Care of children.

In most centers, training courses have been started through which civilians can prepare themselves for specific home defense jobs.



Matrix Table Dinner

Mrs. O. H. Lachenmeyer (Hattie Mae McAtee, '22), editor of the *Cushing Daily Citizen*, will be the principal speaker at the annual Matrix Table dinner to be given March 17 by the University chapter of Theta Sigma Phi, women's journalistic fraternity.

President Joy Turner, Oklahoma City, has announced that the dinner will be a non-profit affair, all proceeds to be turned into defense stamps. Following their annual custom, the co-ed journalists will make three awards to outstanding women—a state writer, a University faculty member and a senior student.

Invitations to the all-women affair will be sent to prominent women journalists and writers throughout the state, as well as high-ranking University co-eds. The dinner will be formal.

IMAGE IS NOT AVAILABLE
ONLINE DUE TO COPYRIGHT
RESTRICTIONS.

A paper copy of this issue
is available at call
number LH 1 .0686 in
Bizzell Memorial Library.