The AS U.S. WORKER TAKES EXTRA DAY OFF! -74

DON'T SAW STAY ON THE JOB!

DON'T SHE UP THE SHIP!

AUGUST 3, 1942

ENEMIES IN HIDING!

Sly WASTE Lurks
About Our Jobs!

EXTRAVAGANCE Sneaks
Into Our Homes!

They destroy materials urgently needed by our Relatives, Friends and Neighbors serving at the Battle-Front.

They're Slippery Foes and Hard to Mop-Up!

bot SAVING and SALVAGE will

DEFEAT WASTE



Enlist in a Proud Profession...

JOIN THE

U.S. CADET NURSE CORPS

A LIFETIME EDUCATION

FREE!

FOR HIGH SCHOOL Graduates who qualify



FOR INFORMATION GO TO YOUR LOCAL HOSPITAL OR WRITE U. S. CADET NURSE CORPS, BOX 88, NEW YORK, N. Y.

Datebased by Ott to be feeled family Assert

S. Polick House, No.

AND RESIDENCE PRINTED BY THE RESIDENCE





FOR INFORMATION GO TO YOUR LOCAL HOSPITAL OR WRITE U.S. CADET NURSE CORPS, BOX 88, NEW YORK, N.Y.

POST IMMEDIATELY FOR 2 WELL DAILY BUSHEN BOARD

Enough to win the War









NOT enough to WASTE

DISTRIBUTION AATOL AGEOL ASID)

Simple Sam

THE WASTING

FOOL...

EVERY DAY TOOL!

EVERY MAN in this Allied Command is quick to express his admiration for the loyalty, courage, and fortitude of the officers and men of the Merchant Marine. We count upon their efficiency and their utter devotion to duty as we do our own; they have never failed us yet and in all the struggles yet to come we know that they will never be deterred by any danger, hardship, or privation.

When final victory is ours there is no organization that will share its credit more deservedly than the Merchant Marine.

Duig ht Dlisen home

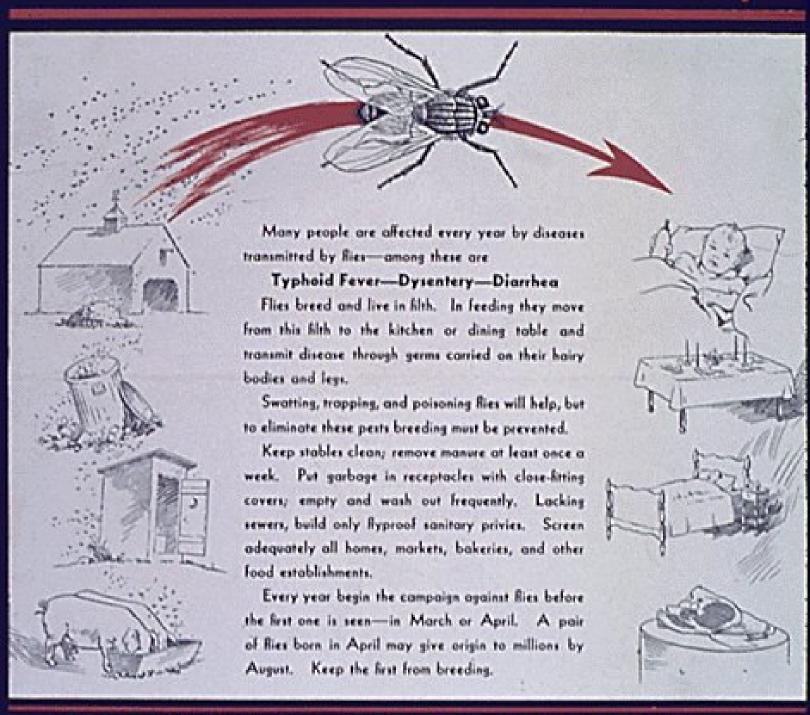
Every Minute Count!



THERE ARE SPARES



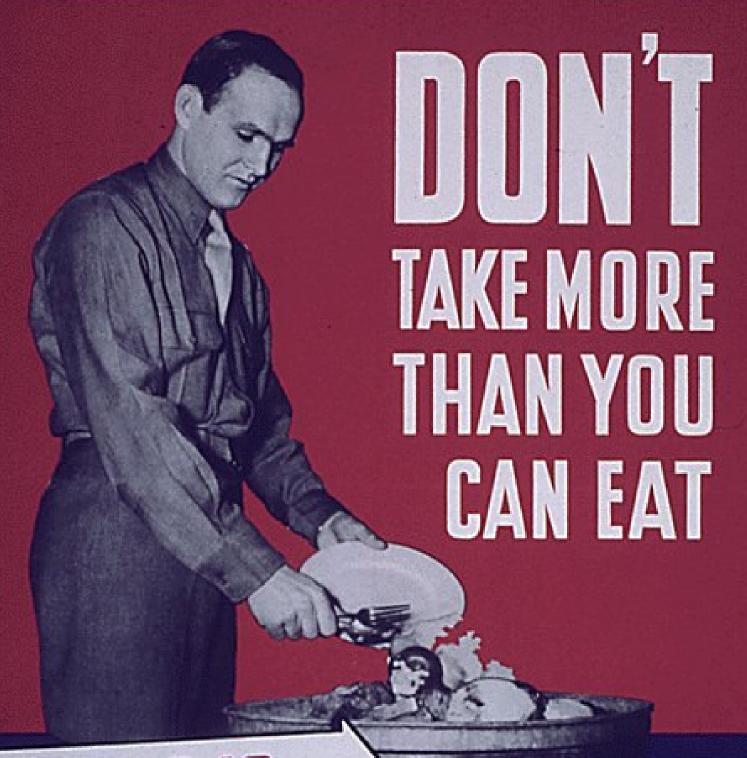
EXTERMINATE THE FLY



NO FILTH: NO FLIES: LESS DISEASE

UNITED STATES PUBLIC HEALTH SERVICE





FOOD IS AMMUNITION CONSERVE IT!

SANTE PARTIES

other land



DON'T TALK US OUT OF THIS!

KEEP YOUR EYES OPEN AND YOUR MOUTH SHUT!







DONT TALK OUT OF SCHOOL



TODAY MORE THAN EVER BEFORE IT IS IMPORTANT TO GUARD CAREFULLY WHAT YOU SAY EVEN TO YOUR CLOSEST FRIEND.

CASUAL CONVERSATION TO YOU MAY BE VITAL INFORMATION TO OTHERS.

DON'T TALK OUT OF TURN. BIG EARS ARE ALWAYS WAITING AND EAGER TO HEAR WHAT YOU SAY.

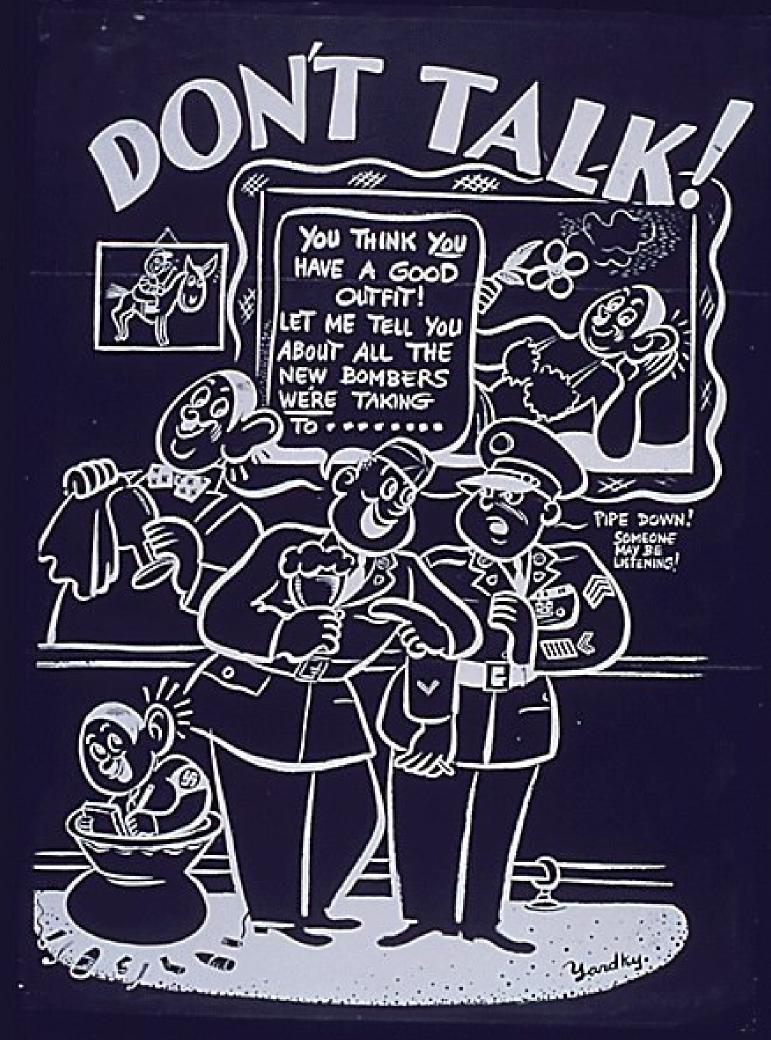




An Innocent remark made to the wrong person at the wrong time, may spell disaster. Be suspicious of the pleasant stranger who trys to "pump" you. Just Imitate a Clam, and pass your suspicions along to the proper Authorities. Keep Safel Keep Mum!

You are a PRODUCTION SOLDIER...

America's First Line of Defense is HERE



DONT TELL

AUNTY & UNCLE



COUSIN JANE

AND **CERTAINLY** NOT-





There once was a sly saboteur
Whose methods at times seemed obscure
But the boys on vacation
Would give information
For he used a fair maid as his lure.

DON'T TELL STRANGERS ANYTHING THEY CANNOT READ IN NEWSPAPERS

8

G-2 VI AC

REPRODUCED BY EWON HOL. VI ARMY COMPS.

DON'T THROW AWAY AMMUNITION!



The long stubs thrown away in one month would weld 120 tanks

DON'T THROW AWAY AMMUNITON



The long stubs thrown away in one month would weld six ships DON'T TRANSFER

How!



CATALOS

DON'T WAIT

--- report <u>every</u> injury for

FIRST AID

FEDERAL WORKS AGENCY
WORK PROJECTS ADMINISTRATION

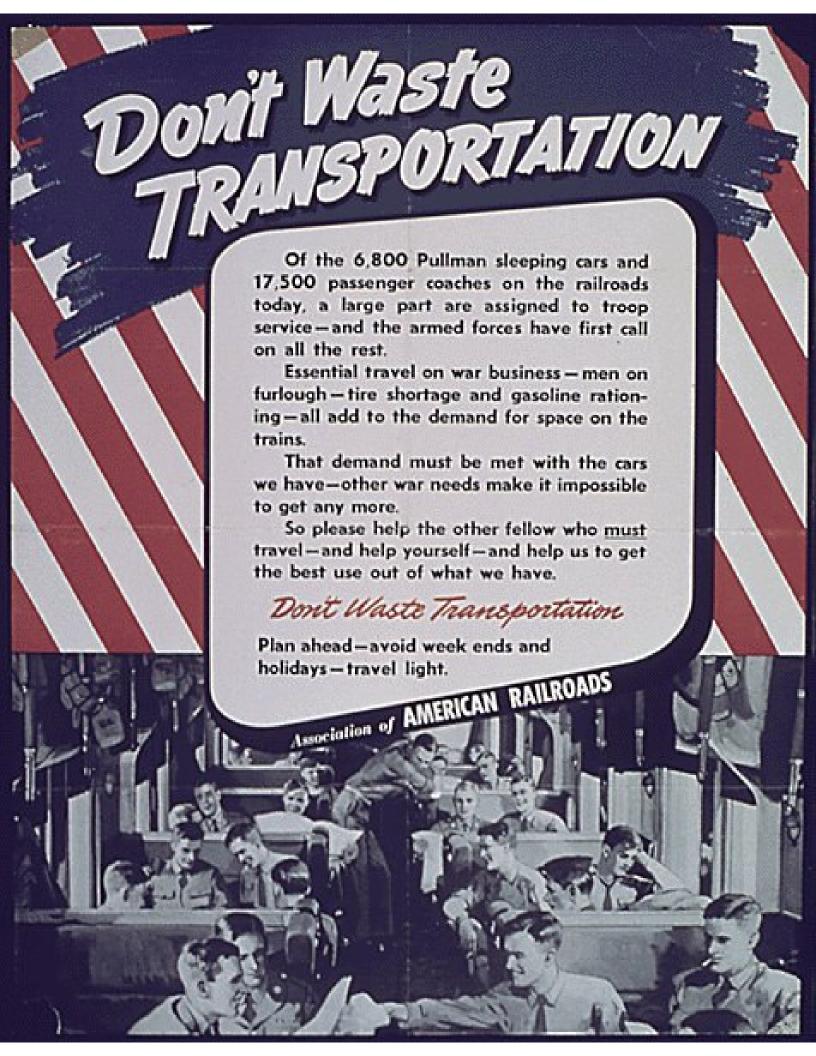


DIE EQUI



SCRAP METAL TODAY IS PRECIOUS METAL

America's fighting forces need it for ships, tanks, guns. The railroads . . . the nation's chief source of "scrap" metal . . . scientifically salvage this essential war material.



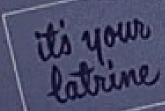




DON'T BREAK THE FAUCET



DON'T KICK THE VALVE





DALL WITH A

PRACTICS TODAY MEANS
TOMORROW!

army Allustrators; Fort Costor

DRIVE SLOWER IN HOT WEATHER

... tires wear out four times as fast at 100° as at 40°

OFFICE OF SUPPLIES PREMIUMORIANDS



GIVE PEDESTRIANS RIGHT-OF-WAY AT GROSSWALKS





DUBBING keeps 'em...







ACF No. 59-7.13 (8) Distribution: C(1); so overses distribution. For explanation of symbols, see FM 21-6

DUTIE

SENTINE



ENFORCES ALL HIS ORDERS.



KNOWS WHERE MEN IN HIS AREA ARE SLEEPING



KEEP'S ALERT FOR ALL SIGNS



DETECTS THE PRESENCE OF CAS.



CIVES THE ALARM AND WAXES ALL SOLDIERS.









GOOD EYESIGHT PAYS

... EAT THE BASIC 7 EVERY DAY AND DO YOURSELF A FAVOR!

GREEN AND YELLOW VEGETABLES

Here's Vitamin A for you! All green and yellow vegetables contain it; and, when you pick a dark

leafy one, you're getting an extra generous supply.

And here's what it does for you! Vitamin A helps prevent night blindness . . . helps normal growth in children . . . helps promote normal resistance to calds, sore throat, and pneumonia. Keep it working for you!

So eat green and yellow vegetables EVERY day-some raw-some cooked, frazen, or canned. They are the best source of valuable Vitamin A-and many supply Vitamin C, B, iron, or riboflavin, tool

AT LUNCH AND AT HOME

EAT A LUNCH THAT PACKS A PUNCH!

EAT A LUNCH THAT PACKS A PUNCH!

bara

U. S. Department of Agriculture War Food Administration

PROTECT YOURSELF

FROM ILLNESS



AT LUNCH AND AT HOME . . . EAT THE BASIC TA EVERY DAY AND DO YOURSELF A FAVOR!

FACTS ABOUT GROUP

ORANGES, GRAPEFRUIT, TOMATOES, RAW CABBAGE, OR SALAD GREENS

Get Vitamin C all year round in citrus fruits and tomotoes, fresh or canned. For variety, add certain fruits and vegetables in season, Fresh strawberries, salad greens, fresh raw cabbage, cantaloupes, and pineapples are among the other Vitamin C sources to keep in your mind, and on your menu.

You need it to keep fit! Vilonin C helps mointain the near teet, bond, seven health, each of the entire body. . . muscles, bonds the helps

So eat citrus fruits, tomatoes, or fresh greens
IVIRY day for Vitamin C-for much needed minerals—
and for some Vitamins A and 8, tool



Eat a lunch that packs a punch!





FACTS ABOUT GROUP

POTATOES AND OTHER VEGETABLES AND FRUITS

For good, all-round nutrition, the long list of vegetables and fruits in this group provides a healthful variety of minerals and vitamins—rather than outstanding amounts of any one food value. So eat your favorites, raw, dried, cooked, frazen, or canned! They'll help you enjoy good health!

Oive the humble potato its due! It's one of the most important foods in this group, and one of the best sources of food-energy and body-building proteins among the fruits and vegetables. It supplies iron and Vitamins B and C, too.

Eat same foods from this group EVERY day. All vegetables and fruits not included in Groups 1, 2, and 5 belong to this big food family.

At lunch and at home... eat the Basic 7 every day and do yourself a favor!

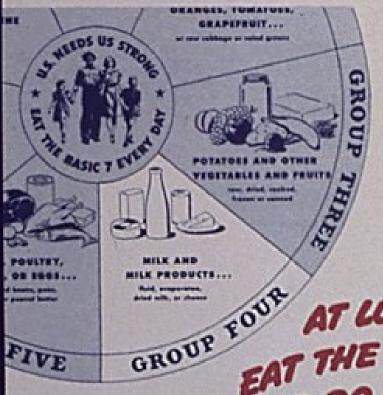
U. S. Department of Agriculture-War Food Administration

ENT A LUNCH A SMOAG TAHT

U.S. Department of Agriculture-War Food Administration 24.



FOR STRONG TEETH AND BONES



FACTS ABOUT GROUP

MILK AND MILK PRODUCTS

Here's calcium for strong bones and teeth! In fact, three-quarters of the calcium in the average American diet comes from milk in some form . . . fresh milk; evaporated, dried, or skim milk; cheese. So "drink your milk" in whatever form you prefer—there's good nutrition in all milk products!

Milk's a body builder, tool Like eggs, meat, and poultry, it provides first-class protein to help build muscle and tissue.

So include some milk products in your diet EVERY day!

There is no other food group that supplies in so concentrated a form the calcium you need.

EAT THE BASIC 7 EVERY DAY AND DO YOURSELF A FAVOR!





EAT A LUNCH THAT PACKS A PUNCH!

FACTS ABOUT GROUPS

MEAT, POULTRY, FISH, EGGS, DRIED BEANS OR PEAS, NUTS, PEANUT BUTTER

Here's protein to help you keep strong and fit. All the foods in this important group are rich in protein. In addition, they furnish food energy, and in most cases important amounts of one or more parts of the Vitamin B complex.

Eat some food from this group every day.

At lunch and at home ...

eat the Basic 7 every day

and do yourself a favor!

U. S. Department of Agriculture-War Food Administration

SIX

diam'r.

GRO

CENTED OF SETELED COUNTY CHECKEND OF ANSE



US THERE ROLL EVALUE WER

FACTS ABOUT GROUP

BREAD, FLOUR, AND CEREALS—NATURAL WHOLE-GRAIN, ENRICHED, OR RESTORED

Here's wholesame, whole-grain nourishment for you, complete with the vitamins and minerals contained in the original grain, including thiamin (Vitamin B-), niocin, and iron.

You get valuable food energy, too—in all these breads and cereals. Eat them every day—to help give you the "pep" you need.

Rich in protein—which supplements the meat, eggs, milk, poultry, and other protein-rich foods in your diet.



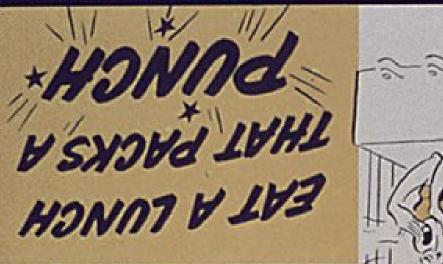
AT LUNCH AND AT HOME...

EAT THE BASIC 7 EVERY DAY

AND DO YOURSELF A FAVOR!

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U. 5. Department of Agriculture Was Food Administration

At lunch and at home...eat the Basic 7 every day and do yourself a favor!

FACTS ABOUT GROUP 7

BUTTER, AND FORTIFIED MARGARINE with added Vitamin A

These are "fuel foods," rich in energy-giving calories to help you avoid that tired feeling. In addition, both butter and fortified margarine contain important amounts of valuable Vitamin A... and both add staying power to a meal—prevent that "empty feeling" soon after eating.

Lat butter or fortified margarine every day! Your body is like a machine. These fuel foods help keep it running well.



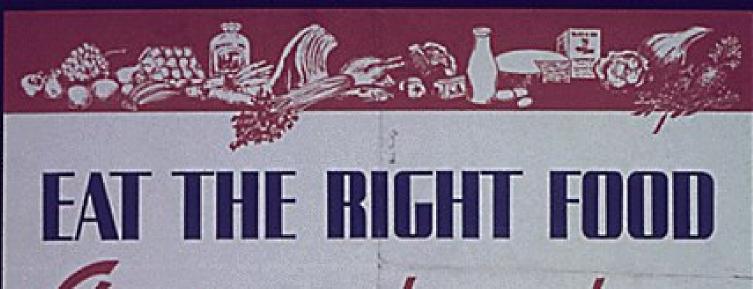


Eat the Basic 7...

GOOD EXESTERT WAYS



EAT A LUNCH THAT PACKS A PUNCH!



America needs you strong

Follow the rules of good nutrition—eat these foods every day:

MILK—at least a pint for everyone, more for children —or cheese, or evaporated or dried milk.



ORANGES, TOMATOES, GRAPEFRUIT, OR RAW CABBAGE-at least one of these.



VEGETABLES-GREEN, LEAFY, AND YELLOWone big helping or moresome raw, some cooked.



POTATOES AND APPLES

-and other vegetables and
fruits.



LEAN MEAT, POULTRY, OR FISH-or sometimes dried beans or peas.



EGGS—at least 3 or 4 a week, cooked any way you choose or in "made" dishes.



BREAD AND CEREALwhole grain products or enriched bread and flour.



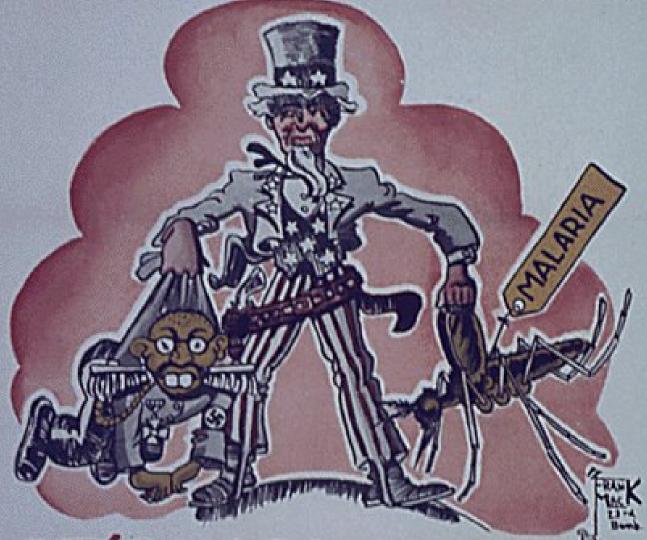
FATS, SWEETS, and seasonings as you like them.

Fat 3 we - baanced meas every day

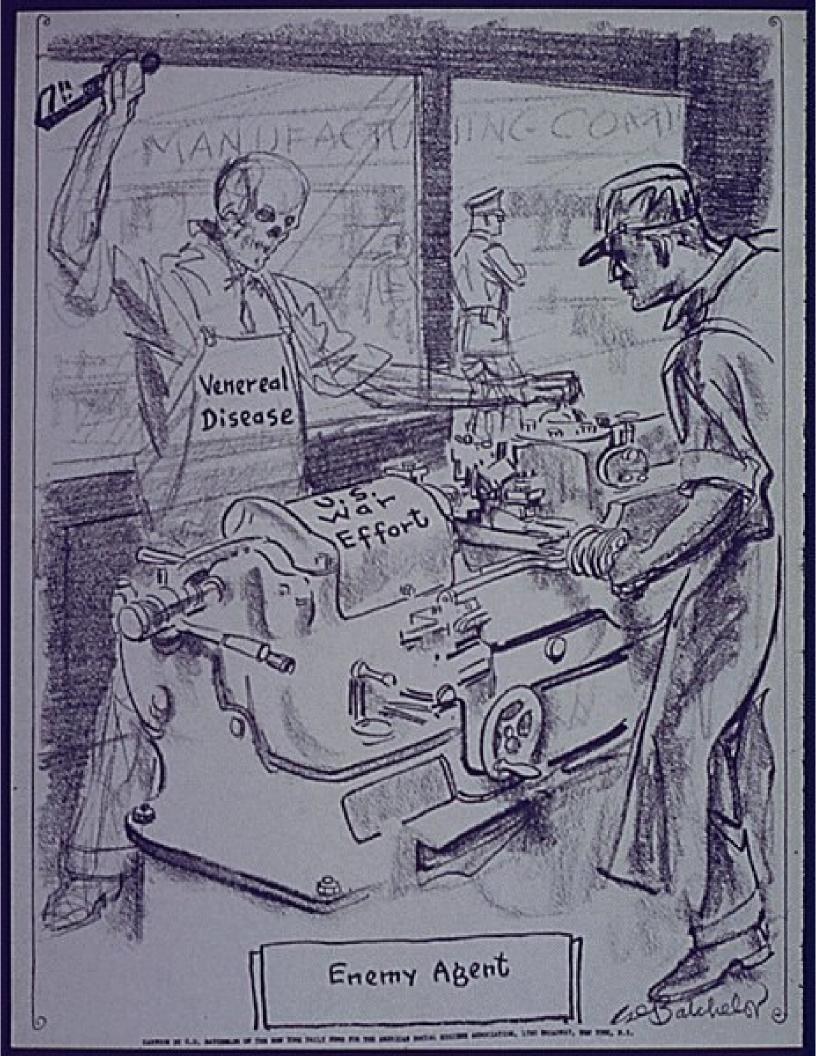
FEWER

Eat the basic T EVERY DAY!

ENEMIES BOTH!



173 YOUR JOB 70 HELP ELIMINATE THEM



ENEMY EARS are listening