
GUARD AGAINST WASTE. Every article we use is manufactured by machines and trained workers. Both machines and workers are needed for defense, so make your clothing and other manufactured goods last as long as possible. Don't waste food. We must have large quantities for our Army and Navy and the people of Britain. It will help if you have a vegetable garden of your own this spring. Many vacant lots are going to produce carrots, cabbages and lettuce in 1942.

SAVE MONEY. Instead of spending your money for things you can do without, lend it to the government. There are two good reasons for doing this. First, the nation needs money to win the war. Second, buying heavily when goods are scarce pushes prices higher and higher. Everyone can lend money to his country by purchasing Defense Stamps regularly. If necessary, you can give up small luxuries now and then in order to buy weekly stamps. The post office provides you with a little album for them, and when they amount to \$18.75 you exchange them for a Defense Bond. In ten years the bond will be worth \$25.00.

COLLECT DEFENSE MATERIALS. Newspapers, magazines, rubber tires, old pipe, worn-out aluminum cook pots, and discarded pieces of machinery can all be used for making weapons. You will find junk dealers eager to buy these things, and you can earn money for Defense Stamps by selling them.

HELP WITH RELIEF WORK. Belong to at least one organization which is helping war sufferers or providing comforts for men in uniform. If there is a chapter of the Junior Red Cross in your school, you will probably find it doing excellent work. Join any group you like, but don't forget that it is what you do after you join that counts. Knitting sweaters or scarfs is one activity you might take up. There are many others. The work that young people can accomplish when they combine their efforts is strikingly shown by facts which the American Red Cross published a few days ago. The Red Cross reports that during the First World War over twelve million boys and girls were enrolled in the newly founded American Junior Red Cross. They contributed over \$3,500,000 to the Red Cross war fund, "most of it in pennies, nickels, and dimes which they had earned themselves. They also made an enormous contribution of 15,772,000 articles such as garments, hospital comforts, and recreational supplies."
