3,100 STAFF JOBS OFFERED IN N.Y.

By UNITED NATIONS

Bosse s Back Plea Of Social Workers

ALBANY, May 7—At the hearing for the Social Worker group before the Salary Standardization Board, the heads and assistant heads of two of the largest depart- ments of State government pleaded for higher rates of pay for their State employees. They were Robert T. Lansdale, Commissioner of Social Welfare; Dr. Arthur W. Pense, Assistant Commissioner of the Department of Mental Hygiene; Miss Hester B. Crutcher, Director of Psychiatric Social Work; Raymond W. Houston and Marry O. Page, Deputy Commissioners, and Byron T. Hippie, Jr., Assistant to the Commissioner Social Welfare.

The type of support for employee appeals is almost unprecedented. The Association of State Civil Service Employees held a preliminary conference prior to the hearing, to discuss and plan the Association's appeal on behalf of the Social Worker group.

Those attending this meeting were: Mabel Kingspargel, Rockland State School; Helen Dubensky, Rockland State Hospital; Ruth (Continued on Page 5)

Institutions to Get Month's Vacation

Special to The LEADER

ALBANY, May 7—Governor Dewey has notified John A. Mac- Cormack, Superintendence, Division of Public Buildings, Department of Public Works, that the four weeks' vacation applies to all employees in the department, including Guards. The Governor indicated that the four-week vacation policy was to be inviolable in the State Government.

The four-weeks period has been a prime objective of the Association of State Civil Service Employees.

Institutions Get Word

Mental Hygiene Institutions in the Metropolitan area have been notified that the four-weeks' vacation applies to all those who would enjoy the benefits of the four-weeks vacation. Formerly, when four-weeks vacations were the policy, the institutional employees were excepted.

Exceptions of other departments, which include institutional em- ployees, such as Health, assume that their employees will also get four weeks of vacation.

The need of action by the Civil Service Commission was stressed.

Fireman Test Opens With Rush

A tremendous turnout of applicants for the NYC open-competitive Fireman (F.D.) examination marked the first day of the examination period, at City Collector offices in the five boroughs.

The great majority of early takers were veterans. They were doubly attracted to the job by the higher starting salary of $2,500 (base pay plus bonus), the re- wards of office hours, the possibilities of advancement to the highest positions on the uniformed force and the security of the job. About 1,000 vacancies are to be filled.

Following is the official announcement of the examination. This is the first newspaper publication of the official text of the examination notice and bears out in every detail the full advance information which has appeared in The LEADER during the past few weeks, especially the detailed account published in last week's issue.

OFFICIAL ANNOUNCEMENT

OPEN-COMPETITIVE EXAMINATION—FIREMAN, FIRE DEPT.
Salary: $2,150 with statutory increases up to $3,150 per annum the fourth year. Applications and Fees: Applications will be accepted from 9 a.m. to 5 p.m. on working days and from 9 a.m. to 12 noon, on Saturdays from May 6 to May 21, 1946. (Continued on Page 9)

Exam Now Open; Pay 20 P.C. Higher Than U.S. Rates

By CHARLES SELVIAN

WASHINGTON, May 7—Applications for permanent positions with the United Nations are now being accepted. The Civil Service LEADER learned today. Applications for these positions, which cover all the normal civil service clerical jobs, are to be made on Form 57 (regular CSC form) and filed at P.O. Box 1,000, New York, N.Y. Apply now and until further notice. The positions start in September and will be in the New York area.

Examinations will be given in most of these jobs, and the Civil Service Commission has bound William Lehman to the U.N. to arrange the system. Present em- ployees of U.N. who are on loan from Federal departments, will be given the choice of staying with (Continued on Page 9)

Vacation Rules Issued for NYC

With warm weather here, municipal employees are wondering just how the changes in Mayor O'Dwyer's 1946-7 budget affect their sick leave and vacations. More complete explanation of the new setup, prepared by the Welfare Department's personnel office.

Beginning May 1, 1946, sick leave will be accumulated on the basis of one and a half days per month to a total of 18 days per year. Vacation will be accumulated at the rate of two days per month from May through March, and three days for the month of April, making a total of 28 days vacation per year.

Those are part of the new rules for NYC employees. In order that employees may feel the benefit of this change immediately, each, with the ex- ception of those listed below, will be credited on May 1, 1946 with 28 days vacation and 18 days sick leave. Since no one may be as- cessed more than 28 days vacation during the period May 1, 1946 through April 30, 1947, all vacation (Continued on Page 10)
Reduced Pension When Pay is Cut Upheld as Legal

Special to The LEADER

ALBANY, May 7—Another examination for employees whose salary has been reduced, as the result of a class action suit to the amount of $50,000 against the city of Yonkers, under the constitution, pension-court, and the State, has been held in the Fall for employees of the City of Yonkers, under the Act of 1943, as provided for in the Constitution of the State of New York.

The list of eligibles, released by the Department of Civil Service, is not entitled under the Act to appeal to the State Classification Board, as is not entitled under the Act to appeal to the State Classification Board, as is not entitled under the Act to appeal to the State Classification Board, as is not entitled under the Act to appeal to the State Classification Board, as is not entitled under the Act to appeal to the State Classification Board, as is not entitled under the Act to appeal to the State Classification Board, as is not entitled under the Act to appeal to the State Classification Board, as is not entitled under the Act to appeal to the State Classification Board, as is not entitled under the Act to appeal to the State Classification Board, as is not entitled under the Act to appeal to the State Classification Board, as is not entitled under the Act to appeal to the State Classification Board, as is not entitled under the Act to appeal to the State Classification Board, as is not entitled under the Act to appeal to the State Classification Board, as is not entitled under the Act to appeal to the State Classification Board, as is not entitled under the Act to appeal to the State Classification Board, as is not entitled under the Act to appeal to the State Classification Board, as is not entitled under the Act to appeal to the State Classification Board, as is not entitled under the Act to appeal to the State Classification Board, as is not entitled under the Act to appeal to the State Classification Board, as is not entitled under the Act to appeal to the State Classification Board, as is not entitled under the Act to appeal to the State Classification Board, as is not entitled under the Act to appeal to the State Classification Board, as is not entitled under the Act to appeal to the State Classification Board, as is not entitled under the Act to appeal to the State Classification Board, as is not entitled under the Act to appeal to the State Classification Board.
REGIONAL ASSOCIATIONS

A NEW IDEA in efficient organization is the regional plan. It is applied by business in Districts; in Government and industry in departments. In my own Department (Education) we have long had District Superintendents and areas are now planned. The idea is to group the State's resources in the surrounding country, including parts of Connecticut and New Jersey, into a Capital District; Utica-Rome Metropolitan District; Syracuse of the problems of promoting the common interests of employees and making possible increasingly intelligent service to all the people which are already functioning. The New York City Chapter is an example of the benefits that can be achieved through this system.

Each of these Metropolitan districts has very definite and different characteristics. No one could be mistaken for the other. Each is a part of the State and is a part of the whole.

In the State service. The need was obvious and acute.

The idea appeals to the Association of State Civil Service Employees. The State School for Boys at Coxsackie, the State Training School for Girls, the State School for Boys at Gowanda, the State School for Boys at Buffalo State, the State School for Boys at Sodus, the State School for Boys at Buffalo Naval Training School, and the Great Lakes Naval Training School are among the institutions where employees have been transferred to the positions of which they have been qualified.

The manifest purpose of the law and the rules to be formulated under it is uniformity of treatment of all employees. The purpose is to make it possible to treat employees without regard to their location or status. The idea is to provide an employee with the same opportunity to make the same mistakes and to improve the same old habits. The idea is to prevent the growth of the idea that every employee is a special case.

In other words, the two-year period following the termination of such service, continues to be deemed "military duty" without right to reinstatement. If you failed to request this two year period following the termination of such service, you will not be entitled to a military leave of absence from your job.

Other Limitation Statutes

Any worthy of special note are two other laws which relate specifically to military leave of absence. The first is Section 248 of the Military Law which reads, "This law extends the period of time for which such service shall be deemed military duty, continues to be deemed "military duty" without statutory limitation on its duration."

In other words, the two-year period following the termination of such service, continues to be deemed "military duty" without right to reinstatement. If you failed to request this two year period following the termination of such service, you will not be entitled to a military leave of absence from your job.

The new law permits you to request special eligibility status in the Civil Service. It is a new law that is effective on or before December 31, 1946, you will not be entitled to a military leave of absence from your job.

The new law permits you to request special eligibility status in the Civil Service. It is a new law that is effective on or before December 31, 1946, you will not be entitled to a military leave of absence from your job.
Complaining among themselves that no attention is paid to requests for employee representation in connection with the promotion examinations, a group of New York State employees has asked the Legislature to consider the adoption of a resolution complaining against the announcement of the membership of the State Personnel Board for the State Employment Commission.

Maltbie's Appeals Board

At the meeting last week of the Board, it was announced that no attention is paid to representation in connection with the promotion examinations, a group of New York State employees has asked the Legislature to consider the adoption of a resolution complaining against the announcement of the membership of the State Personnel Board for the State Employment Commission.

A.S. Weber Dead

As reported in the Leader last week, A. S. Weber, 67, of Utica, died on Monday, February 24, 1942. He was a veteran of World War I and had been a member of the Utica Police Department for over 25 years. He is survived by his wife, Mary Weber, and two children, Robert and Alice Weber. Services were held at St. Joseph's Church, Utica, on Friday, February 28, 1942. The Rev. Father J. A. O'Donnell officiated at the funeral mass.

NEWS ABOUT STATE EMPLOYEES

DURHAM

Leaves a Widow, Mrs. Mary M. Maltbie

Maltbie, 65, Circuit Judge of the Circuit Court for the State of New York, died at his home in Utica on Friday, February 21, 1942. He was survived by his wife, Mrs. Mary M. Maltbie, and two brothers, Benjamin B. and John H. Maltbie.

A.M. Rose, Special Agent

A.M. Rose, Special Agent of the State Employment Commission in Utica, was killed in a train crash at Utica on Tuesday, February 21, 1942. He was a veteran of World War I and had been a member of the Utica Police Department for over 25 years. Services were held at St. Joseph's Church, Utica, on Friday, February 28, 1942. The Rev. Father J. A. O'Donnell officiated at the funeral mass.

STATE POLICE

Liquor Authority to Hold

Session in Utica on May 8

The following persons have been selected for the Liquor Authority to hold their meeting in Utica on May 8:

President, Charles R. Cuyler.
Vice-President, John J. Hylton, MtnsMr.
Secretary, Kenneth A. Valentine, Secretary.
Treasurer, Joseph L. Byrnes, Treasurer.

The proposal to amend the constitution has been rejected by the Liquor Authority, and the proposal to amend the constitution has been rejected by the Liquor Authority.

Central New York Conference

The Central New York Conference of the State Employment Commission was held in Utica on April 26, 1942. The following officers were elected for 1942:

President, Charles R. Cuyler.
Vice-President, John J. Hylton, MtnsMr.
Secretary, Kenneth A. Valentine, Secretary.
Treasurer, Joseph L. Byrnes, Treasurer.

The proposal to amend the constitution has been rejected by the Liquor Authority, and the proposal to amend the constitution has been rejected by the Liquor Authority.

Mollie Outhwaite

On May 4, the officers of the State Employment Commission met in Utica to consider the promotion examinations. The following officers were elected for 1942:

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Secretary, Kenneth A. Valentine, Secretary.
Treasurer, Joseph L. Byrnes, Treasurer.

The proposal to amend the constitution has been rejected by the Liquor Authority, and the proposal to amend the constitution has been rejected by the Liquor Authority.

Promotion Exams Open to All

The promotion examinations are open to all eligible persons. The examination dates are as follows:

3. Mechanical Knowledge: June 5, 1942.
4. Electrical Knowledge: June 12, 1942.
5. Supt. of Buildings: June 19, 1942.

The examination will be held at the State Employment Commission office in Utica. The examination dates are as follows:

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**Workers Off to Western N. Y. Conference**

Members of three chapters of the Association of State Civil Service Employees are shown here as they prepared to leave Buffalo for a meeting of the Western New York Conference in Rochester. Left to right, stander, Robert H. Hopkins, Chairman of Conference; Anna Gable, Eleanor Neese, Roberta Hopkins, Rita Custer, Doreen Henderson, Margaret Miller, and Josephine Custer. (Continued from Page 1)

Dr. Tolman's Remarks

"I should like to emphasize the essential to the welfare of all the citizens of the State. He said, "Our social structure could to break down and the Social Worker is the technician who makes emergency and permanent repairs in the family functioning and advancing. To accomplish, the least trained and the most able social workers are required, for the reason that the welfare of all the people is involved in the social services of the State."

Mr. Holt-Harris, Assistant Counsel to the State Association, spoke, said: "The present incitements of the situation must be treated as serious and I am sure should be hearten- ing to the employees."

Dr. Tolman's Remarks

The Association appealed for the following basic salary scales in the Social Worker classification:

- Social Worker Apprentice: $1,750-$2,000
- Senior Social Worker: $2,250-$2,700
- Senior Medical Social Worker: $3,250-$3,870
- Supervisor of Social Work Service: $3,750-$4,350
- Chief of Social Worker Service: $4,250-$4,870
- Chairman of the American Association of Social Workers: $4,750-$5,370
- Director of the American Social Work Assembly: $5,250-$5,870

The appointment of the Social Worker is a very important position, said Dr. Tolman, and it is one of our most pressing problems. The safety of the community and the nation often depends on her ability to exercise judgment and in the making of the right decision and to make a proper judgment. This position demands a high degree of initiative, resourcefulness, and judgment, as well as a degree of mental and physical fitness and mental and physical fitness and mental and physical fitness.

The position of Social Worker is an extremely responsible position. The welfare of all the people is involved in the social services of the State. In the course of her duties she may risk her own physical

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**Church Announcements**

**CIVIL SERVICE LEADER**

**State News**

**MIRACULOUS PIN**

The Finest Your Money Can Buy in Site, Food, Equipment, Supervision and Sanitation. 1 Br... Lake — Boating — Fishing — Camp on Wheels — A Day outing by Own Bait to All Points of Interest. 35 Miles... 9 Week Season — July 1 to Sept. 1

**Bankers Trust Co. of New York**

**REV. JOSEPH CONGEDO**

Rev. Timothy J. Shanley, Pastor, St. Joseph's Villa,

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**State News**

**MUSICAL COMEDY**

"A MUSICAL COMEDY"

**Church Announcements**

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Rev. Timothy J. Shanley, Pastor, St. Joseph's Villa,
55-Year NYC Pension
For More Employees

Members of the NYC Employees Retirement System, who did not select the 55-year retirement plan, have until October 1 next to do so, under a new law and 아주 조사항시. They number now about 30,000, or one-third of the total.

Every so seldom a law is passed opening this possibility, otherwise employees holding the same type of employment in different states have passed since the 55-year option was previously opened up. There is no assurance that this perilous experiment will recur. Additional cost to the member is normally small, but, small or large, remember that the city may not be able to afford to do it every year and under every condition.

To elect the right to retire at age 55 with increased service fraction, file Form 74. To members who have just entered the service, the year 1955 is an example. For instance, if an employee's age and entrance date is age 25, a male Clerk, instead of paying 4.30 per cent of salary for the age 60, 55-year, half-pay benefit, would pay 6.45 per cent. Similarly for the age 55, 30-year, half-pay benefit, could pay it for five fewer years, and would be in position to retire five years sooner. For entrance age 40, corresponding rates are 5.45 per cent and 8.05 per cent. An employee who has contributed for the age 60, 35-year, half-pay benefit, could pay it for five fewer years, and have to make up his arrears by the time he reaches age 55.

Many employees with long service, and post age 55, up to the Law, who are new to employment at the same time, or have post 55, 30-year, half-pay benefit, could pay it for five fewer years, and be in position to retire at age 55 with added benefits. For instance, an employee age 55, with 30 years of service, may add 10 per cent to his account, retire in 30 days, draw half pay three years subsequent to retirement, and at age 60, with 30 years of service, may add 1/6 to his account, retire in 30 days, draw half pay five years subsequent to retirement, and the matter over.

If a member is not new to the employment, and age 55, who completes 50 years of service with contributions on his account, may add 10 per cent to his account, retire in 30 days, draw half pay five years subsequent to retirement and have the matter over.

In September, 1955, a Laborer, age 55, with 30 years of service, may add 10 per cent to his account, retire in 30 days, draw half pay five years subsequent to retirement and have the matter over.

It is expected, of course, that the employees who select this possibility, will be in the age group of those who may be enthusiastic in making up his arrears by the time he reaches age 55.

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It is expected, of course, that the employees who select this possibility, will be in the age group of those who may be enthusiastic in making up his arrears by the time he reaches age 55.
WASHINGTON, May 7—Action on the Postal Pay Raise bill has been delayed indefinitely by Congress because of President Truman's emergency legislation on the CPA, British Loan and Protective Service.

Senator Kenneth McKellar, chairman of the Post Office and Postage Committee, says the Senate will vote on the bill after the committee has had the time to study the impact of the national postal increase which will not in- clude the class Postmasters and Postal Clerks. The committee has not recommended approval unanimously by the Senate.

Ephraim Handman (left), Presi- dent of the New York Federation of Post Office Clerks, with Patrick J. Fitzgerald, Secretary, are hear- ing the action on the postal pay raise bill.

(Hamilton), Hobart (General), Cornell (Illinois), Remsen Polytechnic Institute (Troy). You will find these jobs in job oppor- tunity, and vocational coun- seling marketing and sales. The Richard J. Bong Memorial Foundation of Poplar, Wis., is offering a scholarship for study at one of these schools. District of Co- lonial Heights, Virginia, is offering a scholarship for study at one of these schools. District of Co- lonial Heights, Virginia, is offering a scholarship for study at one of these schools.

Opportunities, Scholarships, Seminars

The Literary Field

I HAVE some time available in the afternoons and I've been offered a job in one of those jobs where an Interview is necessary to get the job. "What kind of guarantees do you offer?" I was asked. "Can I have a letter of recommendation?"

Market Research is a new field and the new young people who are looking for work are not only interested in it, but they are also interested in the idea of working for a large corporation. The Commission's policy for its field operations is to work with the State, County and Municipal Workers Service Commission to establish a new city charter, and designate lines of promotion.

TRIPS TO THE MOUNTAINS

KINGH DRIVE MOUNTAIN LINE

DOOR TO DOOR SERVICE

BROOKLYN PHONE-SPIRIT & 9-2242

MOUNTAIN PHONE-ELLENVILLE 4-851

GREENBERG'S

Lakewode

8185 Broadway, New York, N. Y.

M & M AUTO SCHOOL

1421 ST. JOHNS PLACE

UTICA AUTO SCHOOL

100-41 Astoria Ave., Jamaica, L. I.

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GREENBERG'S

Lakewode

8185 Broadway, New York, N. Y.
Exams for Permanent Jobs In U.S., NYC, and the State

Here is the round-up of opportunities for permanent jobs in civil service—Federal, State, and NYC. With all government agencies reporting a manpower shortage and more examination will be held to fill positions that have been on the hiring list during the war years. Follow this section regularly to assure yourself of a place on an eligibles list and to a permanent job in Civil Service.

**UNIONTEO NATIONS**

Civil Service Commission. New York City, April 7, 1945. Open Competitive Examinations for 300 positions, with salaries ranging from $3,000 to $5,000.

- Civil Service Commission: 400 applicants wanted for the position of Office Machine Clerk. Salaries range from $1,200 to $1,700, plus emergency compensation.
- This test will be conducted by the Civil Service Commission. Application fee $1. Applications must be filed with the Commission by May 7.

**STATE**

Open Competitive Examinations for 300 positions, with salaries ranging from $3,000 to $5,000.

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4 Professional Tests Are in the U.S. Offering

- The Federal Government is offering four professional tests: Clerical, Mechanical, Engineering, and Transportation, all of which are open to all applicants.
- The tests are designed to assess the skills and abilities of applicants for specific positions in the federal government.
- Applicants must be over 21 years of age to qualify for appointment.

Latest Listing of Jobs With Signal Corps Abroad

The average positions offered by the Army Signal Corps to civilians change from week to week. The latest listing includes jobs in Tokyo, Hawaii, Germany, and Boston. The positions include:

- **TOYOKA**
  - Telephone Operator
  - Switchman
  - Telegraph Operator

- **HAWAII**
  - Telephone Operator
  - Switchman
  - Telegraph Operator

- **GERMANY**
  - Telephone Operator
  - Switchman
  - Telegraph Operator

- **BOSTON**
  - Telephone Operator
  - Switchman
  - Telegraph Operator

State Test Filing Date Till May 20

This week the State has set about for State jobs paying $1,200 to $3,870, plus emergency compensation. The State Civil Service Board of Appeals, 111 West 40th Street, New York 18, N.Y., will conduct the tests for the positions of Full-day Clerk, Office Machine Clerk, and Clerical Clerk. Applications must be filed with the Board by May 7.

Girls Get Overseas Jobs by Follow-up of Leader Story

The girls at the Newark V.A. office of Department Beneficiaries, U.S., are getting an exclusive assignment in the LEADER story of overseas jobs for civilians. They followed the ad and are the first to be offered a job by the OCB for a personal banker. Their travel expenses are paid. In the story, the girls were listed as "customers." In all, 12 CBO employees handled overseas jobs with the War Department in Germany, Japan, and France as a result of the leaders.

Jobet Home and Abroad Offered by the Hundreds

- Thousands of overseas jobs are available for civilians. Jobs in Europe, Asia, and the Pacific are being offered by the U.S. Government.
- Jobs are available in a variety of fields, including clerical, technical, and professional.
- Applications can be filed at the Civil Service Commission or the nearest U.S. embassy or consulate.

NYC

- The NYC Civil Service Commission is conducting open competitive examinations for 300 positions, with salaries ranging from $3,000 to $5,000.
- This test will be conducted by the Civil Service Commission. Application fee $1. Applications must be filed with the Commission by May 7.

Jobet Home and Abroad Offered by the Hundreds

- Thousands of overseas jobs are available for civilians. Jobs in Europe, Asia, and the Pacific are being offered by the U.S. Government.
- Jobs are available in a variety of fields, including clerical, technical, and professional.
- Applications can be filed at the Civil Service Commission or the nearest U.S. embassy or consulate.

State Test Filing Date Till May 20

This week the State has set about for State jobs paying $1,200 to $3,870, plus emergency compensation. The State Civil Service Board of Appeals, 111 West 40th Street, New York 18, N.Y., will conduct the tests for the positions of Full-day Clerk, Office Machine Clerk, and Clerical Clerk. Applications must be filed with the Board by May 7.

Girls Get Overseas Jobs by Follow-up of Leader Story

The girls at the Newark V.A. office of Department Beneficiaries, U.S., are getting an exclusive assignment in the LEADER story of overseas jobs for civilians. They followed the ad and are the first to be offered a job by the OCB for a personal banker. Their travel expenses are paid. In the story, the girls were listed as "customers." In all, 12 CBO employees handled overseas jobs with the War Department in Germany, Japan, and France as a result of the leaders.

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NYC

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CLASSES IN PREPARATION FOR

FIREMAN

Applications Open Mon. May 6

Start preparation without delay! Remember more than 90% of New York City's Firemen are Delehanty graduates. Minimum height 5 feet 6 inches. Weight in proportion. Minimum age 21 years at time of filing application. About 2,500 jobs available.

PATRÓLMAN

New examinations should be held early in 1947 or shortly thereafter. Immediate preparation is highly advisable. New classes starting.

• FREE MEDICAL EXAMINATION. We invite all applicants to call any weekday from 10 a.m. to 8 p.m. (except Tuesday) for a free medical examination. Firemen must have this medical examination to determine whether he meets the medical requirements of the Department. The examination fee may be paid in installments.

• FEE—The fee for the Patrónman or Fireman course is $2.50 per month. This fee is required for 3 months' training, including lectures and physical classes. This fee may be paid in installments.

• VETERANS—We are approved by both the N.Y. State Dept. of Education and the Veterans Administration and all applicants are eligible under the G.I. Bill. However, we discourage any veteran (particularly those who are entitled to four years of benefits) from registering for these short courses for a short intense course. The regulations specify that having concluded one course, no matter how short, the veteran is not entitled to any future benefits.

New Fireman Exam

Applications for the New Fireman Exam are being received daily at the Department. For appointment, write to:

A. J. DRISCOLL
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FEDERAL EXAMINATIONS

Thousands of vacancies will open in the Post Office and other Federal Departments. The Postal Service is now in full swing and all positions have opened to all persons regardless of previous工作经验.

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How Weight Will Affect Chances of Eligibles In Patrolman Exam

After the Patrolman examination conducted by the NYU Civil Service Commission was under way, no one guessed that the weight of the candidates would be such a critical factor in determining the eligibility of patrons. The Commission has established that a man who is substantially overweight or underweight must be rejected because he is not at a healthy weight. The results of the examination showed that about 7 per cent of the men were overweight and 2 per cent underweight. This is not unusual since the Commission has always required that the candidates be at a healthy weight.

Weight-Height Table

However, the Police Department does not consider men under 5 feet 8 inches in height and over 200 pounds in weight. There is no evidence that men less than 5 feet 8 inches in height and over 200 pounds in weight can perform the duties of a patrolman without putting themselves in danger or the danger of others. The Police Department has always required that the candidates be at a healthy weight.

BONSTALL APPOINTED

Patrolman Joseph Bonstall, 222 W. 77th St., has been appointed by the Civil Service Commission to the position of Patrolman. The appointment is effective immediately. Bonstall has been a resident of New York City for several years and has been employed by the Police Department for the past two years. He is a graduate of the New York University School of Law and is a member of the New York Bar. He has been employed as a police officer for the past six years and has been discharged from the Police Department for misconduct.

Diets for Loss or Gain

Of Weight for Police Candidates

By FRANCES T. WALL

Physical Education, N. Y. University, Special Commission

On both the New York and Patrolman examinations, candidates may be rejected for being too heavy or too light. However, the Commission's policy is to correct an untested diet early in the candidate's career so that he may be physically prepared to meet the demands of the job.

Obesity—The Reducing Diet

A reducing diet should make a serious effort to reduce the fat content of the menu. No more of a burden easing task be embarked on. The candidate must work to keep the diet as far as possible from the danger of hypoglycemia or diabetes. One of the main requirements is to avoid large meals, which contain the bulk that will satisfy the appetite and keep the body in a state of health.

Before any attempt is made to reduce the weight of a candidate, medical examination should be made to determine the cause of obesity. It is shown that the cause is overeating, dieting will suffice to bring about the reduction. The diet should be regulated so that there is no organic disease or psychological disturbance is present. Dieting will not be successful, but may prove dangerous as it may lead to a condition of physical and mental stimulation. In any case, if you need more food than you eat, you are in the presence of a physical problem and your prob-


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STEVENSTIPS BACK IN BUSINESS

The Associated Steenstips of America has announced the resumption of activities after inactivity because of the war. Prime cuts, hams and hams are invited to attend the first post-war meeting on Friday, May 18, at 7:30 p.m. at 61 Madison Avenue, New York.

Prospective members may write to Mike W. Wolfe, Rte. 2, Times Plaza Station, Brooklyn 17, N. Y.

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MEAT MARKETS

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The Miami Poultry City Manager has called on city officials for strict enforcement of the civil service rule requiring that employees wishing to take jobs in their spare time must first get approval of their department heads.

The measure, H.B. 6140, was introduced by Representative Wm. T. Byrne (J, Albany, N.Y.)

Among recent cases of civil service interference which Mr. Quel has handled are those where employees were fired for overtime pay and for abolition of the "gag" rule provision of the Fire Department's Rules. He has handled many of such civil service cases, as an exceedingly important litigation.

Scientific Diets Given To Police-Fire Aspirants

(Continued From Page 11)

Below is a sample obesity diet. It is designed to lose weight, but for gradual reduction of a few pounds a week. The whole plan should be done slowly and should be based on the way that the weight was accumulated.

Obesity Diet

Breakfast

Fresh fruits—onc medium serving Papaya—three heaping tablespoons Killer beets—three heaping tablespoons Banana—one medium sized Smoked salmon—1/2 lb. Skimmed milk, coffee or tea Lymph

Lunch

Plain bread—one slice Mashed fruit—two medium servings Tomato salad—two medium tomato, two leaves of lettuce (no lemon or vinegar)

Peas—three heaping tablespoons Carrots—three heaping tablespoons Cucumber—one half

Dinner

White meat of chicken—the size

Vegetable sauce—three slices

Beef—three slices

Cheese—six slices

Tomato—two leaves of lettuce, with stuffed green pepper

Squash—two heaping tablespoons Cucumber—two slices

Balanced Intake

Obesity diet—4,000 calories

Balanced diet—2,500 calories

Calories difference—1,500 calories

Total calories—1,000.

Malnutrition—Obese Diet

Malnutrition may be caused by starvation, poor dietary habits or organic disease. In the first case the obvious correction lies in the provision of sufficient food. Organic disease requires medical treatment. We are concerned chiefly with those cases of malnutrition that result from the lack of certain vitamins and minerals. Here again the cause may not be obvious. The lack of the vitamins that enter into the makeup of normal tissue and observation should determine the underlying cause of malnutrition. If it is shown that the undesirable conditions are due to the lack of a necessary protein the diet must be changed. Fluids should be increased. If the deficiency is caused by a lack of vitamin C the diet should be increased. If the deficiency is caused by a lack of vitamin A the diet should be increased. If the deficiency is caused by a lack of vitamin D the diet should be increased. If the deficiency is caused by a lack of vitamin B the diet should be increased. If the deficiency is caused by a lack of vitamin E the diet should be increased. If the deficiency is caused by a lack of vitamin F the diet should be increased. If the deficiency is caused by a lack of vitamin G the diet should be increased. If the deficiency is caused by a lack of vitamin H the diet should be increased. If the deficiency is caused by a lack of vitamin I the diet should be increased. If the deficiency is caused by a lack of vitamin J the diet should be increased. If the deficiency is caused by a lack of vitamin K the diet should be increased. If the deficiency is caused by a lack of vitamin L the diet should be increased. If the deficiency is caused by a lack of vitamin M the diet should be increased. If the deficiency is caused by a lack of vitamin N the diet should be increased. If the deficiency is caused by a lack of vitamin O the diet should be increased. If the deficiency is caused by a lack of vitamin P the diet should be increased. If the deficiency is caused by a lack of vitamin Q the diet should be increased. If the deficiency is caused by a lack of vitamin R the diet should be increased. If the deficiency is caused by a lack of vitamin S the diet should be increased. If the deficiency is caused by a lack of vitamin T the diet should be increased. If the deficiency is caused by a lack of vitamin U the diet should be increased. If the deficiency is caused by a lack of vitamin V the diet should be increased. If the deficiency is caused by a lack of vitamin W the diet should be increased. If the deficiency is caused by a lack of vitamin X the diet should be increased. If the deficiency is caused by a lack of vitamin Y the diet should be increased. If the deficiency is caused by a lack of vitamin Z the diet should be increased.
ALBANY, May 7—At a special joint meeting of two committees of the Association of State Civil Employees the proposal to extend representation to employees of various state departments was endorsed by the Executive Committee of the Association. The annual meeting of the Association on February 28 has received the approval of the Executive Committee of the Association.

Following the meeting, the joint committee will make a recommendation to the committee on the basis of the proposal. The joint committee will be held at the offices of the Association, to be held next month.

Delegates to Vote On Broader Assn.

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ANNOUNCMENT—Dr. A. B. Deouram, Optometrist, 247 West 32nd St., between 7th and 8th Aves., will be in the office today.  The office is open from 9.00 A.M. to 12.00 noon and 2.00 P.M. to 5.00 P.M.

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A change in the New York State Military Law (Sec. 261) affecting candidates for NYC positions is being made. The change in section 246 in order to be of immediate effect must be certified by the governor before April 9, 1946.

Subd. 7-b. Status of applicants called for a position in the civil service who have been placed on the eligible list after passing the physical examination for such position in the army or navy and who are eligible for military service in the armed forces to be paid by the federal government, the cost of same to be met by the federal government, will be determined as follows:

1. Payment for overtime after eight hours per day in all departments.
2. Overtime pay on any service in excess of five years service.
3. Service in the armed forces to be paid by the federal government, the cost of same to be met by the federal government.
4. Payment for half pay after twenty years service.
5. Payment for vacation.
6. Payment for all deadheading and other service.
7. Payment for all swing time over and above the regular swing time.
8. Trackmen to receive same rates as Maintainers.

The NYC Board of Elections will continue to accept applications from veterans who have served in the armed forces and who are eligible for military service in the armed forces to be paid by the federal government, the cost of same to be met by the federal government.

The Virginia legislature has approved a bill providing for a revision of the office of the county tax assessor in order to make more efficient the assessment of property throughout the state.

The one of the following which is a metal and which is not is:

A) Aluminum; B) Calcium; C) Sodium; D) Magnesium; E) Copper

Sample Questions for FIREFIGHT EXAM

1. The one of the following which is a gas and is not flammable is:
   A) Acetylene; B) Ammonia; C) Hydrogen; D) Oxygen; E) Nitrogen

2. Elements of illuminating gas are:
   A) Carbon and hydrogen; B) Silicon and chlorine; C) Sodium and phosphorus; D) Oxygen and calcium; E) Magnesium and phosphorus

3. The one of the following which is not an irritating gas when heated is:
   A) Sulphur dioxide; B) Carbon monoxide; C) Phosphorus; D) Ammonia; E) Hydrogen chloride

Duties: To assist in the extinguishment of fires and to enforce the laws of the state. Either a man who is a veteran of the armed forces or a man who has served in the army or navy will be eligible for appointment to the position of fireman. The test will be the score of the candidates for appointment to the position of fireman. The test will be conducted at the city or in an appropriate building.

Change of address—Candidates must notify the city of any change in their address. The city will then notify the department of any change in the address of the candidate. The city will also notify the department of any change in the address of the place of business of the candidate. The city will then notify the department of any change in the address of the candidate. The city will then notify the department of any change in the address of the place of business of the candidate.

Applications Now Open!

State Examinations

To be Held on June 29

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