

Why the average soldier gains 7 pounds during his first month in the Army



Uncle Sam prescribes A POUND OF MEAT PER DAY for every soldier in this best fed army in the world! . . .

The first concern of any good mother is that her boy gets plenty to eat. And Uncle Sam's Quartermaster Corps is just as solicitous for every man in our fighting forces today. Their meals are so nourishing and well balanced, the average soldier gains 7 pounds during his first month in service. Some gain as high as 20 pounds. And it's *not* soft fat. For ours is a meat-eating, active army. Every day each and every man in service gets a pound of muscle-building meat.



No great new plants had to be built or financed by our government to feed our growing army. We found the meat industry ready! Right now, Armour and Company and the other meat packers are shipping millions of pounds of meats, poultry and dairy products *each day* to the army alone. Armour is also providing tons of foods daily for our allies through lend-lease. And supplying a major share of the meat for our folks at home. Not always in unlimited quantities to the home front — our boys in service come first. We are all-out to win this war!



LOOK AT THE MEALS HE GETS

Here is an actual week of Army menus — meals typical of those served to soldiers of the 6th Corps Area during the week of September 6. How do they compare with those served in your own home?



SUNDAY
BREAKFAST
 Oranges
 Corn Meal
 Mush
 Fresh Milk
 Pork Sausage
 Fried Potatoes
 Toast—Butter
 Coffee
DINNER
 Roast Duck with Sage Dressing and Giblet Sauce
 Candied Sweet Potatoes
 Green Peas
 Bread and Butter
 Vegetable Salad
 Chocolate Pie
 Coffee
SUPPER
 Cold Sliced Bologna, Liver Sausage, Sliced Onions
 Boiled Kidney Beans
 Bread—Butter
 Celery
 Dill Pickles
 Sliced Peaches
 Tea

MONDAY
BREAKFAST
 Stewed Prunes
 Assorted Cereals
 Fresh Milk
 Tomato Omelet
 Fried Haminy
 Toast—Butter
 Coffee
DINNER
 Puree of Bean Soup
 Boiled Corned Beef
 Boiled Potatoes
 Boiled Cabbage
 Boiled Turnips
 Bread—Butter
 Sliced Onions
 Bread Custard
 Lemonade
SUPPER
 Roast Beef
 Mashed Potatoes
 Buttered Spinach
 Bread—Butter
 Sliced Raw Carrots
 Apple Cobbler
 Cocoa

TUESDAY
BREAKFAST
 Stewed Prunes
 Assorted Cereals
 Fresh Milk
 Tomato Omelet
 Fried Haminy
 Toast—Butter
 Coffee
DINNER
 Roast Beef
 Browned Potatoes
 Buttered Green Beans
 Bread—Butter
 Pineapple and Cabbage Salad
 Ice Cream
 Tea
SUPPER
 Hamburger Steaks
 Fried Onions
 French Baked Potatoes
 Colsup—Pickles
 Bread—Butter
 Baked Apples
 Jam
 Cocoa

WEDNESDAY
BREAKFAST
 Grapefruit
 Assorted Cereals
 Fresh Milk
 Bacon and Scrambled Eggs
 Toast—Butter
 Coffee
DINNER
 Rice and Chicken Soup
 Chicken a la King
 Mashed Potatoes
 Bread—Butter
 Lettuce and Tomato Salad
 French Dressing
 Apple Pie
 Lemonade
SUPPER
 Steamed Frankfurters
 Sauerkraut
 Boiled Potatoes
 Bread—Butter
 Sliced Onions
 Apricot Cobbler
 Tea

THURSDAY
BREAKFAST
 Tomato Juice
 Rolled Oats
 Fresh Milk
 Fried Eggs
 Diced Potatoes
 Toast—Butter
 Coffee
DINNER
 Vegetable Soup
 Beef Loaf with Tomato Sauce
 Baked Brown Potatoes
 Buttered Spinach
 Bread—Butter
 Onion and Beet Salad
 Devil's Food Cake
 Tea
SUPPER
 Lamb Pot Pie
 Baked Squash
 Buttered Corn
 Bread—Butter
 Raisin and Carrot Salad
 Mayonnaise
 Apple Sauce
 Cocoa

FRIDAY
BREAKFAST
 Apples
 Assorted Cereals
 Fresh Milk
 Bacon Omelet
 Cottage Fried Potatoes
 Toast—Butter
 Coffee
DINNER
 Roast Lamb—Mint Jelly
 Mashed Potatoes
 Cauliflower
 Bread—Butter
 Lettuce Salad
 French Dressing
 Ice Cream
 Coffee
SUPPER
 Clom Chowder
 Salmon Loaf with Cream Sauce
 Green Peas
 Bread—Butter
 Jam
 Sliced Tomatoes
 Cup Cakes
 Tea

SATURDAY
BREAKFAST
 Grapefruit Juice
 Corn Meal Mush
 Fresh Milk
 Pork Sausages
 French Toast
 Bread—Butter
 Coffee
DINNER
 Split Pea Soup
 Breaded Pork Chops with Brown Gravy
 Potatoes au Gratin
 Green Beans
 Bread—Butter
 Sliced Tomatoes
 Butterscotch Pie
 Lemonade
SUPPER
 Fried Beef Liver
 Fried Onions
 Cheesed Potatoes
 Buttered Carrots
 Bread—Butter
 Combination Salad
 Rice Custard
 Coffee

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