



YOU'RE IN THE ARMY NOW!

Maybe you don't have to ride a jeep, but most everybody uses up more energy during wartime. A soldier needs twice as many calories as an office worker. That's why Uncle Sam warns: "Eat the right food!"

SOME WEEDS ARE GOOD

sources of Vitamin B₁, so vital for proper wartime nutrition. Many people prefer to get their B₁ from Enriched 5 Minute Cream of Wheat...also added iron, calcium, phosphorus.



IT TOOK 4800 YEARS

to discover soy beans, long a favorite Chinese food. You only have to wait 5 minutes to discover the goodness of Enriched 5 Minute Cream of Wheat. It's completely digestible after 5 minutes cooking.



STEADY!

You get 40 servings -- from a single package of Cream of Wheat -- at less than a penny each! That's real war-time economy!



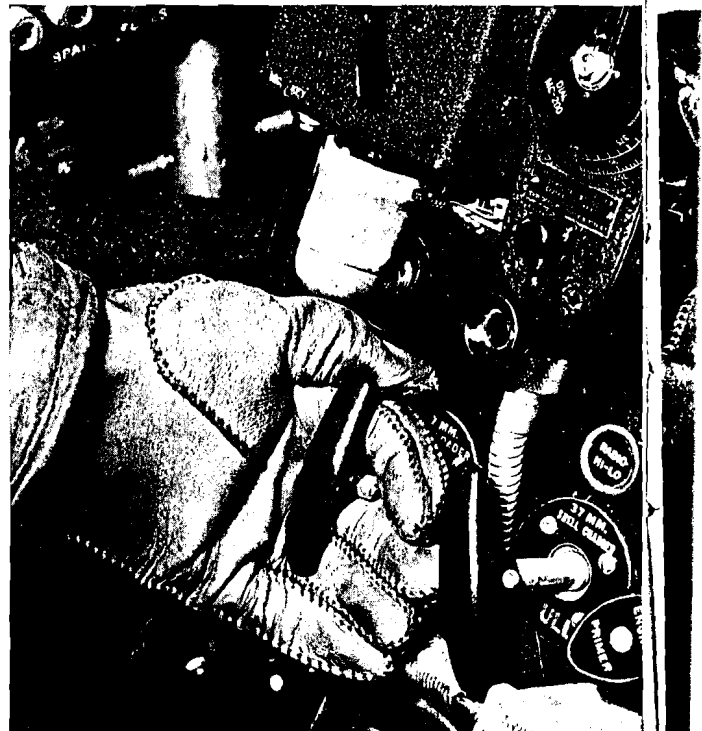
TWO WAYS TO GET WARTIME ENERGY

from food: Regular Cream of Wheat -- America's old favorite; and Enriched 5 Minute Cream of Wheat that gives you extra minerals and Vitamin B₁.

"CREAM OF WHEAT" AND CHEF TRADEMARK REG. U. S. PAT. OFF.



A cannon fires and Mill's camera catches the projectile as it bursts out of the flash and streaks away. This is in nose of a Bell P-39 fighter. A 37-mm. cannon can blow



To load cannon in a P-39, the pilot pulls this handle which moves a shell into place. To cock gun and get it ready for firing, he pulls shell-charger handle at lower right.