

Salads for Vitamins!

For good health this winter, include vegetables twice a day in the family diet! And to be sure of high vitamin and mineral content, have one raw, one cooked serving of either green or yellow vegetables!



WINTER LUNCHEON SALAD—Combine 2 cups cooked diced potatoes, ½ cup coarsely chopped nuts, 1 green pepper cut in 1-inch narrow strips, ½ cup Chinese cabbage, diced. Prepare dressing by combining ½ cup Heinz Mayonnaise, 1 tbs. Heinz Prepared Yellow Mustard, 2 tbs. Heinz Sweet Relish. Toss salad with dressing and garnish with sections of 2 oranges. Serve on greens. Serves 7.

Patriotic activities, war work and the necessity of feeding her family more highly nutritive meals than ever make today's housewife a mighty busy woman. These savory salads have been designed to meet her special needs—because they're quick to fix—rich in vitamins and minerals!

Vegetables, fish, eggs, fruit—all the basic foods that are so good for you—taste especially good in salads! And all their fresh, natural flavors are made even more distinctive when Heinz Pure Vinegar lends its subtle sparkle to the dressing. Try this mellow, thoroughly aged-in-wood vinegar—see what superbly popular, fine-flavored dishes your salads can be!



Getting the most of cheaper cuts of meat is no problem with Heinz Tomato Ketchup, Heinz Chili Sauce or 57 Beefsteak Sauce on hand! Temptingly spicy—and robust with Heinz home-brewed keystone-labeled condiments do wonderfully tasty things for chuck roasts, stews and hashes. The few pennies you invest in these racy sauces pay big dividends in flavor!



Just a few spicy slices of Heinz Pickles—Genuine Dills, Fresh Cucumber Pickle, Sweet Gherkins—add crispness, color and zesty goodness to meatless casserole dishes, leftovers, salads and sandwiches! Prepared from pedigreed cucumbers, Heinz Vinegar and many a rare and exquisite spice, these crunchy delicacies have a flair for making ordinary foods exciting!



Rich, expertly seasoned and packed with the brewed-in flavors that made pre-war ready-to-serve Heinz Soups favorites, the new Heinz Condensed Soups are winning widespread approval. For they're made the same small-batch way—from the same choice ingredients used even more lavishly. Six thrifty kinds: Cream of Tomato, Cream of Green Pea, Chicken Noodle, Vegetable with Beef Stock, Vegetable Beef, Vegetarian Vegetable.



(Above) OGD worker taking finger-prints of small child
(Below) Woman operating turret lathe in aircraft factory



Heinz ⁵⁷ Varieties

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