

# You Share of Meat Last Longer!

5-Cut 1 lb. round  
cup flour. Brown  
up Heinz Tomato  
il. Add 3 potato  
look, covered,  
op of stew. Co

Serving your busy family plenty of energy-giving meals on a limited meat allowance is simplified by these easy menus and recipes

**MENU**

- Heinz Condensed Cream of Tomato Soup
- Vegetables with Dumplings\*
- Mixed Fruit Salad
- Fresh Cucumber Pickle
- Tea Coffee or Tea

**MENU**

- Heinz Condensed Chicken Noodle Soup
- Spaghetti and Meat Casserole\*
- Spinach Loaf
- Heinz Preserved Sweet Gherkins
- Pear Salad with Cheese Sticks
- Layer Cake with Raisin Filling
- Coffee or Tea

**MENU**

- Heinz Condensed Vegetable Soup
- Noodle Casserole with Ham and Mushrooms\*
- Fruit Salad
- Heinz Fresh Cucumber Pickle
- Hot Biscuits Butter Honey
- Mince Meat Upside-Down Cake
- Coffee or Tea

**MENU**

- Heinz Condensed Vegetarian Vegetable Soup
- Hamburgers Au Gratin\*
- Baked Potatoes Honey Glazed Carrots
- Heinz Genuine Dill Pickles
- Baked Apples with Raisin Filling
- Coffee or Tea

**MENU**

- Heinz Condensed Cream of Green Pea Soup
- Baked Beans and Frankfurter Casserole\*
- Apple Raisin Salad Heinz Preserved Sweet Pickles
- Boston Brown Bread and Butter
- Mince Meat Pie Coffee or Tea

## Old More Zest to Wartime Meals!

...ing the meat ration—and the budget—means getting the most flavor for your money! And you'll find that cheaper cuts, leftovers, stews and hashes are as good enlivened with the genuine home-tasting richness of Heinz condiments! Because Heinz Tomato Ketchup is so popular among boys in service, try a few others—old-time Chili Sauce, zippy Heinz Steak Sauce and Worcestershire Sauce! They're grand zest-makers!



Easiest way in the world to bless plain foods with flavor, color and crisp, crunchy appeal is to add Heinz Pickles—by the dishful or as a garnish! Pedigreed cucumbers, Heinz Vinegar and exotic seasonings all combine to make these the most delightful pickles you've ever tasted! Ask your grocer for Heinz Fresh Cucumber Pickle—Genuine Dills—or other old favorites.

...of green salads are the nutritional order of the day, and so Heinz Pure Vinegars are more popular than ever. For these thoroughly aged-in-vinegars bring out the best in fruits, vegetables and salad greens. And they are in dressings for your fish, meat and egg salads, too. For making the most of all your salads—be sure to get Heinz Pure Vinegars.



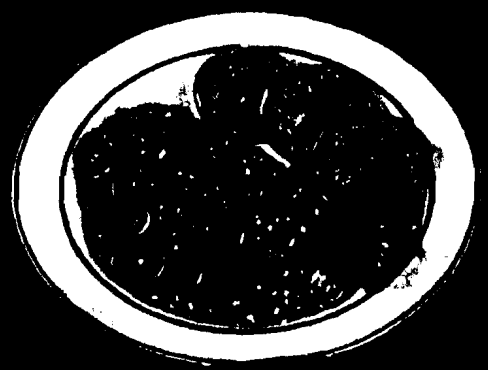
Try your favorites of Heinz six new condensed soups! They have the same rich, distinctive, brewed-in flavors that made the pre-war, ready-to-serve Heinz Soups so popular!

# HEINZ 57 Varieties



Working in factories and volunteer organizations — as well as serving nutritious meals at home in the face of shortages — keeps Mrs. America on the go! Here are suggestions and recipes designed to save valuable time and money!

**\*5 BAKED BEANS AND FRANKFURTER CASSEROLE**  
—Combine 1 medium tin or jar Heinz Oven-Baked Beans, Vegetarian-style (if you can't buy beans, you'll find it's worth your time to bake them yourself—because they add so much nutritive value and flavor to the menu) ¼ cup Heinz India Relish, 4 leftover cooked frankfurters, sliced. Heat. Serves 4.



TIN—Combine  
alt, dash of pep  
chup. Form in  
let. To make  
flour, blend. Gr  
en ¼ tsp. salt  
low Mustard. A  
se. Cook till me  
g pan. Add  
1 20 min. Serv

