



1 That market list of yours is where food saving begins. Plan several days' meals beforehand. Check up on what's in the cupboard and in the icebox. Consider your family's needs and your ration points. Buy enough—not too much.

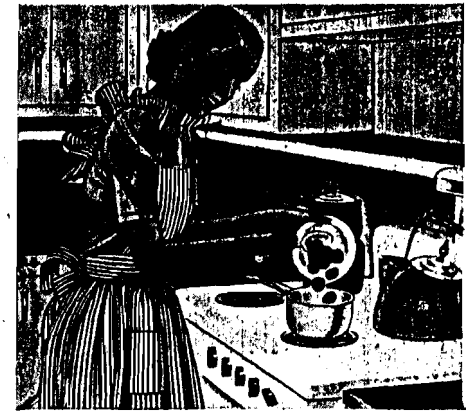


2 Putting things away is important. Perishables in the refrigerator—at once. Meat, loosely wrapped, goes in the coldest part. Cover butter, margarine, and milk, to keep odors out. Cover strongly-flavored foods to keep odors in! Wash and prepare lettuce and other greens before storing.



3 Before you start to cook, plan quantities carefully. Peel potatoes thinly—or cook without peeling. Choose for immediate use those vegetables and fruits most likely to spoil.

You have 6 chances every day to save food!
Do you muff any of them?



4 Proper cooking means saving. Keep flame low—don't overcook. Cook vegetables in small amount of water (and save this water for soup). Roast meat in moderate oven to avoid shrinkage.



5 Store left-overs carefully! These days nobody throws out even half a peach or a tablespoon of carrots. Keep left-overs, covered, in the icebox—and don't forget they're there! Study really tempting ways to "use every crumb, every drop" . . . many's the time Jell-O can help you do it!



6 Try Jell-O's food-saving ideas! Delicious main dishes . . . desserts . . . salads—all from left-overs. And if Jell-O is scarce at your store (we're rationed on sugar, too!) your grocer will see that you get your fair share if you ask him. Send for Jell-O's new food-saving recipe booklet today!

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Share and Play Square...



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GET Jell-O's WARTIME RECIPE BOOK, "BRIGHT SPOTS FOR WARTIME MEALS"

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