

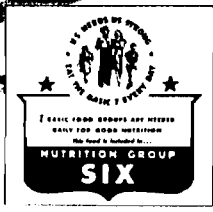


Ready and right for wartime meals!

Rice Krispies offer CRISP whole grain nutrition.* Hear them Snap! Crackle! Pop!

"Rice Krispies reporting for duty 'round the clock." What a help they are these hurried days. How they save on other foods!

They save time, work, fuel, too. Just add milk for a dish that brims with nourishment. Needed protein, vitamins and minerals in every spoonful. *Rice Krispies are restored to



whole grain nutritive values in thiamin (Vitamin B1), niacin and iron.

That deep richness of flavor? That snap-crackle-pop crispness? Thank Kellogg's exclusive recipe, oven-popping and gentle toasting.

To brighten and simplify all your wartime meal planning, get a thrifty package of Rice Krispies now.

"Rice Krispies" is a trade mark (Reg. U. S. Pat. Off.) of Kellogg Company for its oven-popped rice.

MADE BY KELLOGG'S IN BATTLE CREEK

Coor. 1948 by Kellogg Company



W H C

Keep your vic



CYNTHIA WESTCOTT

We asked a well-known plant doctor to tell you how to have hale and hearty vegetables in that victory garden you've started

HERE are ten ways to success. Prevention is nine tenths; using plant medicine, the other tenth. Some spraying or dusting is required in any garden but don't stock up on more fungicides and insecticides than you can use to advantage. It is important not to waste these materials which commercial growers need desperately for food production.

1 • Plant clean healthy seed. Reputable dealers go to a great deal of trouble to get it for you. So that your cabbage won't have black rot or black leg, the seed was probably grown around Puget Sound; your bean and pea seed may have been grown in parts of California and Idaho free from blight. Your seed may even have been certified free from certain diseases, because plants were regularly inspected throughout the growing season and known to be healthy. If you happened to get poor seed, don't waste spray materials trying to remedy the situation. Start over with good seed.

2 • Choose varieties resistant to diseases common in your locality. There is no possible way to cure internal diseases, like cabbage yellows, sweet corn or tomato wilt, cucumber mosaic, by summer spraying. Take out the diseased plant and check for varieties which will do better, in seed catalogues or in U. S. Department of Agriculture Leaflet No. 203, Disease-Resistant Varieties of Vegetables for the Home Garden.

