

SALADS

are mighty nutritious

WITH MIRACLE WHIP THEY'RE MIGHTY GOOD!

IN WARTIME it's a patriotic duty to plan nutritious meals. Salads will help you do it, for the vegetables and fruits and greens you use in them are extremely important for good nutrition.

So make a point to serve salads often . . . the family will love 'em if they're topped with Miracle Whip.

Creamy, peppy Miracle Whip combines the qualities of zesty boiled dressing and fine mayonnaise. It's the most popular salad dressing ever created.

*Its peppy, just-right
flavor has made it
America's favorite*



Hearty main dish...in a hurry!

Delicious Macaroni-and-Cheese



*Cooks in
7 minutes!*

In every Kraft Dinner package — a special quick-cooking macaroni and some Kraft Grated. Just seven minutes at the stove and you get fluffy-light macaroni with cheese goodness through and through. A smart trick is to mold the hot macaroni-and-cheese into a ring, and fill the center with creamed meat, chicken (a small amount does nicely!) or vegetables. A patriotic main dish. Thrifty and good!