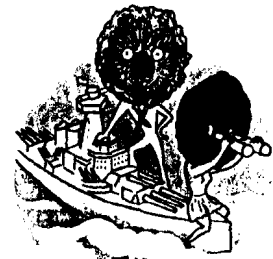


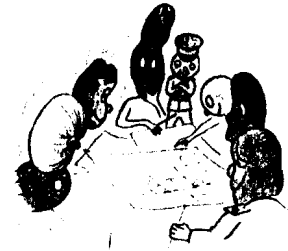
E ADAPTABLE

says Uncle Sam

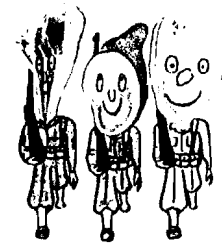
SPOT NEWS



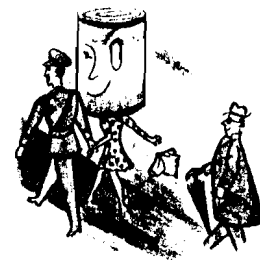
We're going places. Light-weight, dried and dehydrated foods are the sweethearts of lend-lease



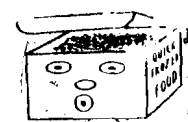
New war council. Bean battalion moves in to aid the share-the-meat campaign.



We're in the army now. Red meats among the first to be drafted for military service.



I'm busy now but I'll be seeing you. The army is giving canned goods a devastating tush.



Believe it or not, I'm cooked. News! Some cooked foods, beans for instance, are now quick frozen.

DRAWINGS BY BOB BOSTON

These Menus Cut Time

LIFE gets easier all the time on one front: in our kitchens. New processes of manufacture and packaging have produced prepared and semiprepared foods that are wonderful aids in busy war-gear-ed households. Based on quick-frozen or canned foods, prepared packaged dinners, hot bread or dessert mixes, these menus require the minimum of kitchen preparation, need a short cooking time, have few courses, much appetite appeal.

Menus

<p>Grape-juice jug—pineapple, tomato, grapefruit or cranberry Roast pork Brown gravy (shoulder, loin, fresh ham) Raw vegetable relishes Sweet potatoes *Sweet-sour spinach or kale Pumpkin pie</p>	Sunday
<p>Sliced roast pork Hot brown gravy Buttered corn Cucumber pickle slices Stewed tomatoes seasoned with basil (use dry crushed basil) Crisp waffles with sirup or honey</p>	Monday
<p>*Sunny side special *Sophisticated symphony *Jiffy shortcut cake</p>	Tuesday
<p>Pan-broiled chopped steak patties Boiled potatoes in jackets Carrots in cream *Orange tapioca topped with mixed fruit</p>	Wednesday
<p>Sautéed slices of ready-to-serve meat Spaghetti in tomato sauce (package dinner with dehydrated sauce) Broiled sherried grapefruit</p>	Thursday
<p>Fried oysters Chili sauce Green beans Sliced beets Hot pineapple gingerbread Thick cream</p>	Friday
<p>Chicken gumbo soup Baked beans (ready to heat, quick frozen) Brown bread *Special salad bowl Apples and walnuts</p>	Saturday

Sweet-Sour Spinach or Kale: Cook spinach, drain; season with French dressing and sugar.

Orange Tapioca, Mixed Fruit: Make orange coconut tapioca from packaged mix. Serve with quick-frozen mixed fruits.

Hot Pineapple Gingerbread: Use juice from drained pineapple for liquid in packaged gingerbread mix. Add 1 cup pineapple cubes, bake as usual. Serve with cream.

Special Salad Bowl: Mix cut-up salad greens with thinly sliced sweet onions and radishes. Mix with dressing made of a salad or peanut oil, vinegar, salt, pepper and prepared mustard.

These Menus Cut the Market List

IF THE market variety is low, buy in bulk what's available and use camouflage during the week. From one 46-ounce can of fruit juice have juice jug, jellied salad, dessert sauce. Serve the same kind of fruit as cocktail, pie, pudding; one vegetable, carrots for instance, as relish, salad, in meat pies. If it's pork that's plentiful, ring it in as a roast, a meat pie and later with black-eyed peas. In these menus each basic food has a re-entry.

Menus

<p>Roast chicken Stuffing Cranberry sauce Buttered onions Baked hubbard squash Vanilla blanc mange Red cherry sauce</p>
<p>*Yankee noodle dandy Sausage cakes Mixed green salad *Chilled peaches and red cherries Gingersnaps</p>
<p>Scalloped chicken and stuffing Cranberry sauce Carrots and onions Old-fashioned fried apples with cream</p>
<p>Rolled rump roast of beef or veal Pan-baked potatoes and carrots Green tomato pickles Peach cobbler</p>
<p>*Crusty Crisp hash Boiled cabbage Corn bread Grape-juice snow</p>
<p>*Fish turbans (color page) Scalloped potatoes Cole slaw Whipped squash *Lemon bread pudding</p>
<p>Grape-juice jug *Baked soy, lima or kidney beans Brown bread *V salad with mixed greens Baked apples</p>

Chilled Peaches and Red Cherries: Combine 1 can peaches and 1/2 box quick-frozen cherries. Use remaining cherries on blanc mange.

Crusty Crisp Hash: Dice leftover meat and vegetables. Moisten with ketchup and gravy, season with onion. Brown well in skillet.

Lemon Bread Pudding: Flavor standard bread pudding with grated lemon rind. Serve warm with strawberry preserves as a sauce.

Baked Soy Beans: Soak beans 24 hours, cook in salted water about 3 hours. Season with dry mustard, molasses, onion; bake with salt pork 1 1/2 to 2 hours.

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WILLIAMS