

# DISCOVER

I think that in this war every



FLY HIGH ON THE MEAT RATION

REDEAL your civilian menu pattern for patriotism - yes and for spice. Build it around a new type of variety dish such as Manhattan Medley (H) or any one of the alternate mainstay dishes (A, B, C, D, E, F, or G). Add a good hearty salad (J), enriched bread with herb butter, the juice jug for balanced nutrition - and finish with an adaptable sweet (I).

W.H.C.  
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