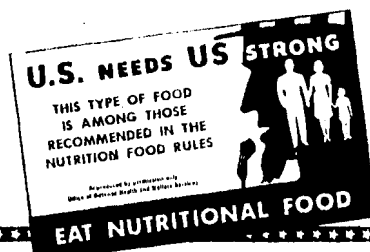


PACK THEIR LUNCH BOXES WITH

Good Nutrition!

SCHOOL LUNCHES . . . job lunches! With the work that's humming for Uncle Sam, you're putting up more lunches these days than you have in years! "How do we fit them into the DAILY NUTRITION PLAN . . . how give them variety within our BUDGET?" you ask. Then here's help for you in delicious NUCOA, the nutritious, modern "thrifty spread" with VITAMIN A!



NUTRITIOUS LUNCH-BOX MENUS AND RECIPES

you'll want to clip

* Sandwiches are an appetizing form in which to serve many of the important protective foods needed daily for Good Nutrition—eggs, cheese, meats, salad vegetables, whole-grain or enriched bread with a spread recommended by Uncle Sam. With economical NUCOA you can afford to spread your bread thickly, thus giving sandwiches better flavor and added food value, and preventing moist fillings from soaking into the bread.

3 ways in which delicious NUCOA boosts Good Nutrition

1. As one of the "vitamin-rich spreads" included in U. S. Nutritional Food rules. NUCOA furnishes as much food-energy as the most expensive spread for bread (3,300 calories per pound) and its VITAMIN A value is more dependable. Winter and summer, never less than 9,000 VITAMIN A units in every pound! You'll like NUCOA's texture, too—never "flaky," even when cold.
2. As a nutritious seasoning. NUCOA gives vegetables the rich, tasty goodness they need—without high cost! And your savings on NUCOA (about enough per pound to buy a quart of milk!) leave you more to spend on other "Good Nutrition" foods.
3. As a flavor-shortening with VITAMIN A. Why not use every opportunity to give your family precious, protective VITAMIN A? Especially when you can have NUCOA's table-quality flavor and food value in your cooking at such low cost! NUCOA is a joy to work with—so easy to cream for luscious, light cakes and smooth frostings!



CHILDREN
Savory Egg Sandwich*
Cottage Cheese and Jam Sandwich
Celery
Oatmeal-Raisin Cookies
Chocolate Milk in Thermos
Marshmallows

*SAVORY EGG SANDWICHES
Mix together 3 hard-cooked eggs, chopped; 1/2 cup chopped celery; 1/2 teaspoon salt; 1/2 teaspoon pepper; and 2 tablespoons of Hellmann's or Best Foods Sandwich Spread. Spread this filling between slices of Nucoa'd bread. Wrap in waxed paper. Yield: 6 sandwiches.

ACTIVE WORKERS
Cream Soup in Thermos
Baked Bean Sandwich*
Hamburger Sandwich Bun
Stuffed Celery
Layer Cake, Fruit, Candy Bar
Beverage



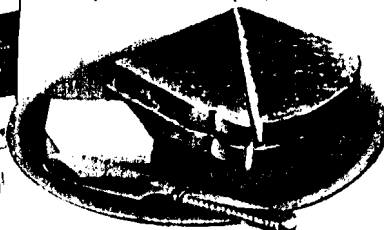
*BAKED BEAN SANDWICHES
Mix 1/4 cup Nucoa with 1 teaspoon Best Foods Mustard with Horseradish. Spread on sliced rye bread. Mix 1/2 cup cold baked beans, mashed; 1/4 cup chopped boiled or cooked left over ham. Spread between bread slices. Wrap in waxed paper. Yield: 6 sandwiches.



OFFICE WORKERS
Frankfurter-Bacon Sandwich*
Shred Tomato and Lettuce Sandwich
Carrot Sticks
Chocolate Cup Cakes
Milk
Fresh Fruit

*FRANKFURTER-BACON SANDWICHES
Mix 4 tablespoons Nucoa with 1 teaspoon Best Foods Mustard with Horseradish and spread on sliced bread. Mix 4 cooked frankfurters, chopped; 6 slices boiled bacon, chopped; and 2 tablespoons of Hellmann's or Best Foods Real Mayonnaise. Spread between the bread slices. Wrap in waxed paper. Yield: 6 sandwiches.

For table use, tint NUCOA golden yellow with the pure Color Water included in each package. For cooking, use it just as it comes—a pure, natural white.



NUCOA FITS IDEALLY INTO THE "GOOD DAILY NUTRITION" PLAN. IT HELPS BALANCE THE DIET AND THE BUDGET, TOO!



MARGERY UTZ
B. S. Home Economics, 1940
Cornell University

CUT ALONG THIS DOTTED LINE AND KEEP FOR READY REFERENCE

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