

Give me a **SHREDDED RALSTON** breakfast

I've got a job to do!

THAT GOES FOR ME, TOO!



Everyone has a job to do today... to help win the war. Seeing the job through takes energy and that's what you get in Shredded Ralston. Whole wheat energy and a hearty hit-the-spot flavor that's made Shredded Ralston a national favorite. Enjoy Shredded Ralston often—it's nourishing—it's plentiful—it's not rationed.



Delicious Wartime Dessert

Mix 3 tablesp. melted butter or other shortening, 1/2 cup sugar, 3 cups Shredded Ralston, 1/2 tsp. salt, 1 tsp. grated lemon rind. Put in greased baking dish with 1 1/2 cups diced fruit (fresh apples, oranges, cooked prunes, canned peaches, fruit cocktail or pineapple). Add 1/4 cup fruit juice or 1/2 cup corn syrup mixed with 1/4 cup water. Bake 35 min. at 375° F. Serve warm or cold. Serves 6.



Victory Dinner
Fresh vegetables and toasted Ry-Krisp. A meal that looks inviting, tastes grand, provides many nutrients needed for keeping in trim.



GET RID OF FAT, ITCH IN, HELP WIN!

Reduce The Fat, Itch In, Help Win!
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Mrs. A. is fat. She can't pitch in and work like other women—excess fat drains her energy. She should try Ry-Krisp reducing plan for normally overweight and enjoy Ry-Krisp bread. Each delicious double-square wafer has only about 23 calories.



Mrs. D. is slim. She works all day, is a Nurse's Aide at night. Like many smart women, she keeps in trim and stays slim the Ry-Krisp way.



Mrs. S. is smart. She always has Ry-Krisp handy for her family. She knows this tempting whole grain bread with its rich rye flavor always makes a hit. She knows it's good for them, too! Try Ry-Krisp! It comes in crisp, ready-to-eat slices; grand to serve as crackers, toast, or bread.

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