

A BIG DAY FOR MRS. D.



TICKLED TO FIND Swift's Premium Lamb at her dealer's . . . there's the brand name right on the meat. This fine lamb, so dependably delicious, not always available under wartime conditions. So Mrs. D. gets a leg of Swift's Premium Lamb and can hardly wait to see family's enjoyment.



OH, JOY! Noon mail brings letter from son Jim, now in the Marines. "Food swell," says Jim. "If you're short at home, must be on our account, and we sure appreciate it. Great to see guns and planes rolling in, too . . . thanks to all you folks buying so many War Bonds."



THAT DECIDES HER. Money saved from last month's allowance enough for War Bond. Will make old dress do, buy bond today. Of course over 10% of husband's salary goes regularly for bonds but how satisfying to get extra bond herself, a *personal* contribution to the war effort.



IT'S A HAPPY MOMENT when she stops at bank to buy War Bond. More tanks and planes for boys like Jim . . . that's the very best way to spend money. "Not spend . . . interest," says banker. "Remember, this money earns interest. It's the best investment in the world."



FAMILY PERFECTLY DELIGHTED with grand surprise of leg of lamb. Just as tender and fine flavored as expected . . . Swift's Premium meats always are. To make it go as far as possible, Mrs. D. used a slow oven, 325° F. Low temperatures save shrinkage loss, give juicier meat. Lamb—with its complete,

highest quality proteins, its B vitamins, and minerals—is a "Basic 7" food: Mrs. D. accompanies it with food from two other basic groups—green beans and browned potatoes. Some of the leftover lamb will be used for lunches. Lunch is an important meal, should be filling and nutritious.



Swift's Premium Lamb

Like all meat, lamb is rich in the finest type of protein; it also supplies B vitamins and important minerals. For finest flavor and tenderness, get Swift's Premium Lamb when you can.