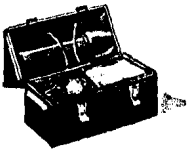




No sissy sandwiches for her now!

"If women on the production lines must have hearty, man-size lunches", says Irene Petke, High Frequency Welding Department, Republic Drill Tool Company



Meat sandwiches . . . quickly fixed . . . without waste . . . and with the variety any war worker craves. Here's timely help for your lunch box meals.

DOING a man's job calls for a man-size meal on the job! Good meat sandwiches that stick to the ribs . . . and different kinds from day to day to keep an appetite really keen.

SAVE TIME: Of course, you buy Swift's Premium Table-Ready Meats sliced (don't forget, several very thin slices are tastier than one thick slice) . . . so minutes of preparation time are saved when you buy your "makin's" ready.

WASTE SAVER, TOO: You buy just what you need, by the slice. That eliminates waste, and makes it easier to "share the meat."

GOOD NUTRITION: Fine ingredients blended with true home kitchen care, these Swift's Premium ready-to-serve meats can't help but be nutritious. Fact is, they contain the same high quality protein, minerals and vitamins as

the selected meat cuts from which all of them are made.

IF YOUR DEALER is temporarily out of some familiar varieties, try other Swift's Premium Table-Ready Meats he does have. They're all fine.

TEMPTING LUNCH BOX MEALS: This is the title of an informative little folder by Martha Logan, Home Economist, which tells how to make the most of lunch box meals. For a free copy, send a post card to Martha Logan, Dept. LM-22, Swift & Company, Chicago, Illinois.

SWIFT & COMPANY—FOOD PURVEYORS TO THE U.S.A.

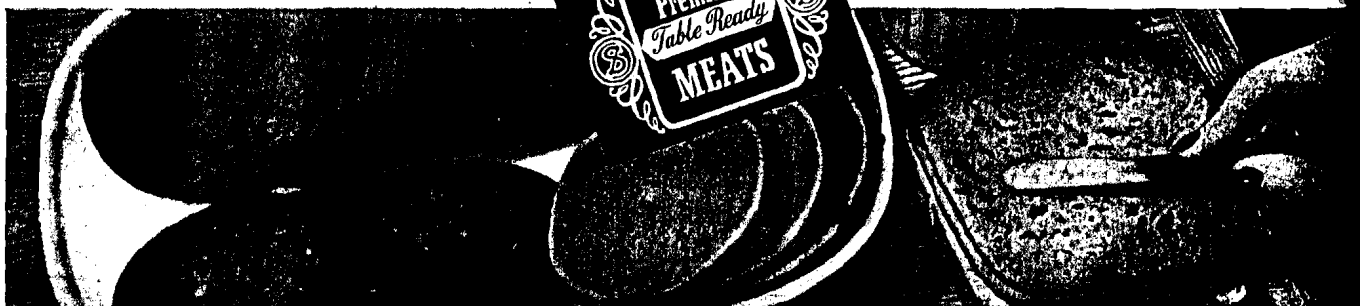
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