



When Junior and his gang raid the pantry after the game or movie, you won the caught napping if you have plenty of Maine Sardines on hand.

They can help themselves to husky, man-sized sandwiches, enjoy this popular seafood on crackers or right out of the can. The appetizing flavor and wholesome tenderness of Maine Sardines make them ideal for informal snacks.

Your family will enjoy Maine Sardines in appetizing, nourishing main dishes . . . casseroles, croquettes, omelets and loafs, with rice, cheese, eggs, macaroni, and many vegetables. Maine Sardines are packed in modern sanitary plants under rigid Government inspection. Only the purest of vegetable salad oils and tomato and mustard sauces are used.

You can s-t-r-e-t-c-h your food dollar further by stocking up on Maine Sardines at your grocer's at new lower prices. Stock up and save!

62 easy inter-



Maine	Sardine	Industry,	Augusta,	Moin	•
Aletie Retise		free capy o	of the new	Maine	Sardine A.4
liame_					

stage torogram, see mean to mount of

You in the name of propagation of a tra-munists the deleating is all over using the ought to tank our heads in shame because we and Britain have, and for centuries have had, the best writers in the world. The Russiun writers are mediocre. Yet they have our Voice of America and our United States Information Service on the min. There are reasons or this:

We attack the Russian lies, out offer no substitu.e.

We boast about our progress and wealth, failing to realize that starving people envy and hate the rich man -unless he helps them.

The trent bages of Asia's newspapers are flooded the indicacounts of Air new vegoeds. The theory open manery people is fisason to be a control of the co

the simple and less the write comparatively attle for because they expect to hounds

The Russians are far inferio jurnalistic power, but they marbest writers in this war for men's are employing only a fringe : While they fight with fist spare. we light with our little finger. The write to conquer the world.

We can change this defeat of victory. I suggest that you star LADIES' HOME JOURNAL in His memma the Village Development the packing of Point IV. We are sommer leading matter-emilions

THE DIET THAT LAUNCHER

Coffee or tea

erroner von Pare D

a doctor and notice by his instructions, I want to hadd to each ferticing to dine OURNAL supplies me are moral support, and it sneotragement that would have I me guring he many wars I list MOLC heiped knule-and-fork trouble (1989)

It's nice to know more than 73 per cent you feel the way I do about diet: 1 The meals must be inexpensive, and 2 Variety is the spice of a dieter's life. I would like to share with you sentences from a few of the many letters from women who agree!

. Your menus are so sensible. I can't afford the lamb-chop-and-steak routine so many diets suggest, but your meals are tasty and no strain on the budget. . .

... My best friend and I work together, each need to lose 15-20 pounds, and both love your delicious, inexpensive menus . they are equally easy to order in restaurants

or prepare at home. My teen-age youngsters have never said so, but I feel they are reluctant to intro-duce me to their friends because I'm so fat. I've already started your wonderful diet menus (I just add an extra vegetable, and double up on portions for the children) and

now I would like more diet-meal ideas. . I am five feet tall, weigh 186. My husband is a major in the Air Force and we have an extensive social life. Obviously I'm in the wrong set. Can't you see me in a strapless formal, or taking an afternoon swim with the girls? I have cried myself to sleep many a night over this. . . . Please, now that I have already lost 10 pounds on your diet. can you supply me with extra menus? . .

In answer to these, and all the other re-quests for "more menus, please!" I have selected from my diet folder low-calorie meals for three weeks. These are my favorites. I hope you like them too. And, of course, that you stick to them! Promise you will. At least until February, when you'll be hearing again from a very happy ex-fat lady HELEN FRALEY

SPEAKE WEEK OF MEXIC

SECOND MEER OF MENTS							
Monday							
BREAKFAST	Calories						
15 cup popped wheat			50				
13 cup popped wheat			44				
Coffee or tea							
LUNCH			94				
I large bowl homemade vegetable							
nours!			200				

DINNER

lace verses stewed emicken otted noodles nur nushed potati min + ma-intuce squad a minimum maters cup answeetened applesauce

Total Calories for Dau-14

A Princess Tel Her Love Stor

PRINCESS NARRIM 18-year-old wife of the ! ished King of Egypt, has wri her autobiography telling h as the daughter of Islamic ; ents who did not belong to Co circles, she first met Farouk found love such as I we never have dared to hope 6 Princess Narriman also about her widely publicized mance with an earlier suitor. explains how courtship and o riage differ in the Moslem Western worlds.

MY TRUE SELF

by Her Royal Highness Princess Narriman

beginning in the February Jour

	Dite								
🧯 grapefruit. 1 slice whole-									
buttered									
Coffee or tea.									•
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seed								
5 apricot halve	es .							
2 gingersnaps								
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