

Ham it up any way, any day!

"It's so lean and so versatile!"

says Peg Bracken, author of
The I Hate to Cook Book



Left to right: Broiled Ham, Kabobs, Glazed Baked Ham, Baked Ham with Mashed Potatoes, Boiled Stuffed Ham in Eggs

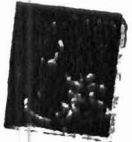
From can to ham—m—tastic dishes, in just minutes! 74 L

Lean, tender Polish Ham is versatile. Hand-trimmed and ready-to-eat, you can enjoy it nearly every day of the week. And you'll find 80 delicious new ways to enjoy it in the Polish Ham Quick-and-Easy Recipe Book.

As for taste, Polish Hams have won Gold Medals in international competition for years. That's because Polish Hams are the result of natural feeding with lean-meat-making foods like skimmed milk, rye and barley.

Best of all, Polish Ham is truly economical . . . it's all taste—no waste. Do something nice for yourself. Get some!

Send for FREE Polish Ham Quick 'n' Easy Recipe Book with 80 recipes personally selected by Peg Bracken!



POLISH HAM QUICK 'N EASY RECIPE BOOK
Box 10001 Fleetwood Station
Fleetwood, Mount Vernon, New York 10552

Please rush me your new free recipe book. I am enclosing 50¢ to cover mailing and handling costs.

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