



**DEFENSE BEGINS
IN THE KITCHEN**

**WE HAD PLENTY IN
1939
1940
1941
and
With Co-operation Even More In...
1942**

She plans well-balanced meals, serves them appetizingly! nourishes her family as families of no other nation are nourished.

Our American housewife is a good manager... a scientific engineer of cooking, who knows her vitamins, her proteins and carbohydrates. She keeps up with modern science, and so Americans are healthy.

WAR HAS BROUGHT A NEW PROBLEM---it will be solved if everybody co-operates!

BEFORE we get too deep into the thing, let's take a quick look at our ammunition.

Battleships, tanks, planes, anti-aircraft... yep, we've got all those.

Bullets and stuff? Yep, we got those too, and plenty more coming up.

How about men? Well, guess we don't have to worry on that score.

But it never does any harm to have a look in the potato bin and the bread box, so maybe we'd better have a look there too.

After all, it was pain from an empty stomach that inspired old Napoleon to tell the world, "An army marches on its stomach."

And Washington never did seem to be able to get the boys fed well enough so they didn't look starved to death, even when they were posing for pictures, the ones in the history books, anyway.

And the sight of the new, well-stuffed

troops (plus the aroma from the soup kitchens when the wind was in the West) helped the Germans to make up their minds to holler "Uncle" in 1918.

So we better be sure about our eats. Well, what does the fellow in charge of the cellar door, the Department of Agriculture have to say?

"A huge canning program, designed to provide the greatest supply of canned vegetables in the history of the country."

"Despite taxes and restrictions, involvement in war will not retard the continuing improvement in agriculture in 1942." "Cheese, milk output in '42 expanded; plan to aid growth and financing of dairies."

These and many other programs are intended to give us even more than we had in 1941, yes, 1940, 1939—We had no shortage then... so why now!

No one on earth is smarter about house-keeping than the American housewife.

America's food supply is entirely adequate to supply normal demand for every kind of staple and delicacy. Your receipt of the foods you need is entirely dependent on already overloaded transportation facilities... and when folks start to "stock up," it is your local supplier who runs out, not the farmer, processor or canner.

It's up to you, as a patriot, intelligent buyer, to see that your demands stay at normal. Then the orderly process—from grower to processor to shipper to your grocer—will go on, and you'll have all the food you want!

Good American cooks—and the Carolinas have the best there are—will feed their folks with you and your grocer's help! But remember: It's smart and thrifty to keep your food demands normal!

CO - OPERATE!

CONSERVE!

AND WIN!

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