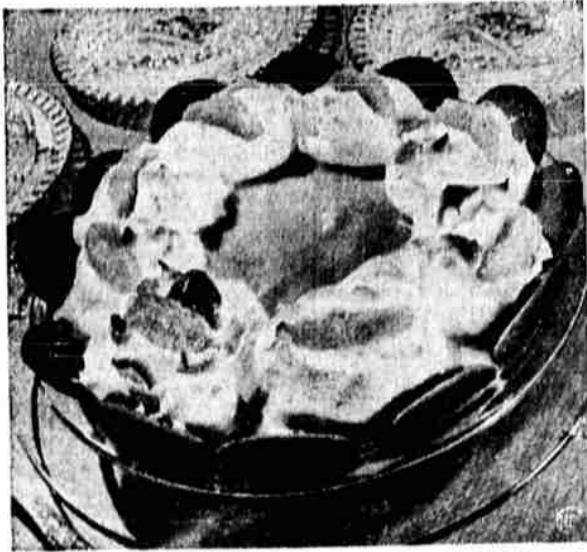


Use Part of Egg Quota Each Week Making Desserts



Nutritious dessert combination . . . orange meringue.

Every child should have four or five eggs a week; every other member of the family at least three. But these eggs, so essential to growth and health, can appear in any form desired.

ample, the two desserts given below during a week's menu, you use four eggs, so that means you have only 10 more to use for the other meals.

Housewives Can Aid U. S. Defense By Wise Buying

By MRS. GAYNOR MADDOX Food is strength. Today, when every American citizen must take his part in making this nation so strong that it can resist attack from any or all enemies, the women of the country, who buy, prepare, and serve the family food, have a vital and patriotic duty on their shoulders.

have to pinch can buy a greater abundance of them. 4. You can set up diet clinics where families can bring their food-buying problems and talk them over with experts in nutrition and consumer buying.

turn it into a pie by making it a bit thicker and serving it with cookies as a base, in a glass pie dish. Florida Orange Meringue (serves 4 to 6) One-half cup sugar, 3 tablespoons cornstarch, 1/4 teaspoon salt, 1/2 cup heavy cream, 2 egg yolks, 1/2 cup water, 1 1/2 cups orange juice, grated rind of 1 orange, 24 small cookies, 2 egg whites, 4 tablespoons powdered sugar, 6 to 8 orange sections.

Cocoa Cream Tapioca (serves 4 to 6) Three tablespoons granulated tapioca, 1/3 cup cocoa, 2/3 cup sugar, 1 2/3 cups boiling water, 1 tall can evaporated milk, 2 eggs, separated, 1/4 teaspoon salt, 1 teaspoon vanilla.

Menu BREAKFAST: Tomato juice, fried corn meal, bacon, syrup, coffee, milk. LUNCHEON: Vegetable chowder, hard rolls, cocoa cream tapioca, tea, milk. DINNER: Scalloped potatoes with pork chops, red cabbage, orange and meringue, coffee, milk.

PAID UNKNOWINGLY Seven of the hens of Mrs. W. M. Matthews were stolen by a thief in Pilot Mountain, N. C., but he lost his wallet, containing \$150, in his haste, so Mrs. Matthews feels well repaid.

It is estimated that 46,000 new trucks were registered during November, 1940.

For delicious pantry raids . . . feast-for-the-least . . . just heat and eat . . . economical . . . healthful . . . order, today, from your grocer.

Advertisement for Van Camp's Pork and Beans featuring an illustration of a man in a hat and a can of beans.

Large advertisement for Apples with the headline 'Let APPLES Freshen Your Winter Menus' and an illustration of a woman holding a bowl of fruit.

Advertisement for Apples and Snowflake Sodas. Apples: Extra fancy Arkansas Blacks, Newtowns, Delicious, and Spitsenbergs. 5c Lb. Snowflake Sodas: Delightfully Crisp. 2 Lb. Pkg. 25c

Table of Produce Prices for Saturday, Feb. 1, 1941. Includes items like Avocados, Bananas, Grapefruit, Lemons, Oranges, Cabbage, Carrots, Cauliflower, Celery, Green Onions, Radishes, Rhubarb, Onions, Spinach, Turnips, and Lettuce.

Table of various grocery items including Wheat Hearts, Baking Powder, Porter's Frilllets, Tomatoes, Pumpkin, Parsnips, Asparagus, Peas, Hot Sauce, Catsup, Mustard, Salmon, Soda Crackers, Mild Cream Cheese, Seedless Raisins, Prunes, and Zee Tissue.

Advertisement for Fresh Coffee and other household goods. Includes brands like Guest Ivory, Ivory Soap, Airway, Edwards, Nob Hill, Salad Dressing, Mayonnaise, Flour, and Pancake Flour.

Large advertisement for Shrimp, Corn, and Peaches. Shrimp: Small Dry Pack 5 oz. can 10c. Corn: Country Kist No. 303 Cans 4 for 29c. Peaches: Highway 1/2 or Sliced Large No. 2 1/2 tins 10c.

Large advertisement for Sunset Grocery. Features '4 FREE DELIVERIES DAILY' and 'SATURDAY AND MONDAY SPECIALS'. Lists various canned goods, fruits, and vegetables with prices.

Large advertisement for Safeway Guaranteed Meats. Features 'Second Monthly Contest Now On!' with a '\$5,000 CASH PRIZES' offer. Lists various meats like Beef, Chickens, Hams, Picnics, Fish, and Pork.