

150 WAYS TO SAVE MEAT COUPONS

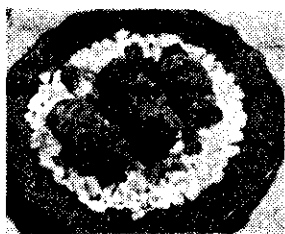
**Wonderful NEW BOOK of
Favourite Wartime Recipes
from Britain, Australia and U.S.A.**

Why worry about rationing when you can serve substantial dinners from unrationed meats, cheaper cuts and satisfying substitutes. Every recipe in this book is a winner—a coupon saver—a real family favourite—easy to prepare—a joy to serve. Many specially selected for their popularity overseas. Just look at the four dishes illustrated below — none required meat coupons. This book has scores of other suggestions just as interesting.



Only 2/6 BUT SUPPLIES ARE LIMITED

**ORDER YOUR COPY TO-DAY
AND SERVE DINNERS LIKE THESE
WITHOUT USING COUPONS**



Liver and Bacon Rolls.



Breaded Fried Tripe.



Rabbit a la Chicken.



Sheep's Heart Stuffed.

If you want to treat your family to a change from ordinary dishes such as mince or stews, don't wait until stocks of this book are sold.

Owing to wartime difficulties we have printed only a limited number. Don't risk disappointment. If your bookseller hasn't a copy send coupon below with 2/6 postal note and we will send you yours post free, or if our supplies have run out we will return your money.

ALL THIS FOR 2/6

(1) How to serve substantial meals using bacon, liver, mince, brains, kidneys, rabbits, sausages and all unrationed meats. (2) How to make the most of cheaper cuts of mutton and beef. (3) Left-overs, Pies, Puddings, Casseroles, Hot Pots. (4) Serving meatless dinners for a change. (5) Overseas novelty dishes such as Chop Suey, etc. (6) How best to use vegetables, cheese, rice, macaroni—nourishing soups, chowders and new ideas in salads.

SPECIAL SECTION

Wartime Baking in
New Zealand.
Hints that save
Sugar, Eggs and
Butter.

**Yours for
2/6**

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Meat Ration Cook Book,
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