



alcohol which goes into smokeless powder, sugar today is as much a weapon of war as a flying fortress. Here are some suggestions from the government's consumer division on how Mrs. America can do her part on the home front: Make fewer desserts that require large amounts of sugar. Serve more fresh fruits, naturally rich in sugar. Use dried fruits, such as raisins, dates, figs, prunes, peaches and apricots with breakfast cereal, and in place of candy. Try less sugar in coffee and tea and stir well what you do use.

If you've been patriotically clicking away on a sweater for some soldier boy, stop—unless you are doing it under the specific direction of the Red Cross. The average man in the service is adequately outfitted by the Government and doesn't need additional clothing unless he's stationed in Iceland or Alaska or sent into the field on long campaigns. In that case, the commanding officer will apply to the Red Cross, which will then arrange for the sweaters to be knitted. By this system, millions of pounds of valuable wool can be diverted to more essential purposes.

The giraffe panel is off. But it took an official government pronouncement to do it. Foundation garments, Mrs. America is assured, will be allotted a limited amount of the rubber thread necessary to hold that line. But don't stop your exercises—changes in design and partial substitution of other materials will make the new giraffe models a little weaker than their pre-war sisters.

cut. In 1941 more tin was used for beer than for three of the four major vegetables, beans, corn and peas. Only tomatoes used more. In addition to their reduction for beer, tin cans have already been cut 50 percent for the following products: baking powder, biscuits, candy and confectionery, cereals and flour, chocolate and cocoa, coffee, dog food, petroleum products, spices, condiments and tobacco. And this is only the beginning.

If your canary starts warbling off key, it may be from a change of diet. Priorities have taken his hemp seed away. This seed, sold primarily as a bird tonic or pick-me-up, is now to be used exclusively for growing hemp fiber. Domestic hemp, used for rope and twine, is now

specially valuable because of the curtailed Asiatic supply. Your lawn and the neighboring golf greens may be browner next year because of the war needs for mercury. There'll be no more mercuric turf fungicide. Other familiar articles, which will be affected are dental plates using a mercury compound for color, specially processed felt for hats, and household thermometers.

This spring when you step out with your skimpily clothed husband, you won't be wearing any flared skirts or billowy sleeves yourself. Designers of women's dresses and coats have been asked to keep skirts short and the silhouette slim. They are eliminating such material consumers as plaits and patch pockets, full skirts and sleeves. There may not be any linings in the spring coats, either. But there's no reason to worry about not being warm. The government board on textiles has made a special request that women's winter coats be kept warm and snug and has allotted plenty of re-used and re-worked wool. This type of wool, by the way, is in every way as sanitary as that which is brand new.

and NATIONAL DEFENSE



"Penny Sense—Good Defense"

STOCKINGS and socks pulled on and off by the toes wear longer than when tugged by their toes. Teach the "littles" to pull socks gently—



Careful handling of stockings will ease the strain on silk supplies and save you money to invest in DEFENSE SAVINGS STAMPS! War Needs Money!

Difference Between Blackout and Raid Warning Clarified

What is the difference between a blackout and an air raid warning?

The following definition is based on information received from Washington by the California state council of defense:

"A blackout is a precautionary darkening of lights which aid hostile aircraft in locating particular targets. Under a blackout it is expected that all normal activities will continue except those which mean showing lights. A blackout does not necessarily mean that there are enemy aircraft in the vicinity. Blackouts are precautionary.

"On the other hand, an air raid warning means there are hostile or unidentified planes close by. It means that normal activities must be modified to get people under shelter and preparations made for casualties and other damages as the result of dropping bombs, should that take place, within a few minutes.

"Air raid warnings are protective. All air raid warnings at night include blacking out, of course; they likewise include the alerting of the various elements of the Citizen Defense Corps. Thus, all air raid warnings are also blackouts, but it does not follow that all blackouts are also air raid warnings."



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V IS FOR VITAMINS, VARIETY, VERY FINE FRESH FRUITS & VEGETABLES

PEAS!
FRESH, TENDER! Vitamins A++, B++, C++, G+

3 lbs. 25c

APPLES
DELICIOUS—FANCY, WASH. Vitamin C+

5 lbs. 25c

Pippin Apples 6 lbs. 25c
Fancy—Vitamin C+

Grapefruit MED. SIZE 6 for 10c
Vitamins B+ and C++

Artichokes 5c
Fancy, Northern. Vitamins B+, C+, G+

Avocados LARGE SIZE 5c
Galave Fruits. Vitamins B+, C+, G+

Mushrooms 1-lb. 35c
Vitamins B+ and C+

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Here's a perfect peanut butter rich in flavor, protein and Vitamin B1... yet first in cost! One of the quality-made, nationally-known A&P-made foods.
ANN PAGE PEANUT BUTTER
1-lb. for 17c

dexo
Guaranteed 100% Pure Hydrogenated Vegetable
SHORTENING 3-lb. 59c

BEVERAGES YUKON CLUB
29-oz. bottles 15c
Ginger Ale, Club Soda, Lime Blacky, Strawberry, Kola, Root Beer, etc. (Plus Deposit!)

- Mello-Wheat ANN PAGE 14-oz. 9c
- Cream Style Corn LITTLE CHIEF No. 303 cans 11c
- Pork & Beans VAN CAMP No. 303 cans 19c
- Salmon GOLD STREAM-ALASKAN-PINK 1-lb. cans 17c
- Iona Flour No. 10 33c 24-1/2 sack 77c
- Corned Beef Hash LIBBY'S No. 1 cans 15c
- Libby's SWEET No. 2 TOMATO 3 18-oz. cans 25c
- Tomato Sauce DEL MONTE 3 8-oz. cans 12c
- Del Monte WHOLE CORN 12-oz. cans 11c
- Woodbury TOILET SOAP SPECIAL OFFER 3 cakes 22c extra 1c
- Sierra Pine TOILET SOAP 3 cakes 18c
- Lux Toilet Soap 3 cakes 19c
- Kennel King Dog Food 2 1-lb. cans 13c
- Libby's Deviled Meat 2 No. 1 cans 11c
- Libby's HOME STYLE Pickles 22-oz. jar 18c
- Swift Sliced Beef 2-oz. glass 12c
- Wheaties 10c Kix 2 pkgs. 21c

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SUNNYFIELD BACON 1-lb. 15c
OUR OWN FANCY EASTERN-SLICED! Vitamin B+

Beef Roasts STEAKS

- PRIME RIB ROAST 32c/lb. 1st 5 ribs fully trimmed. One price, none higher. Vitamins B+, G+.
- 7-Bone Roast Best Cuts—One Price, None Higher 27c/lb.
- Round Bone Roast Best Cuts 29c/lb.
- Boiling Beef Plate Rib 14c/lb.
- Short Ribs To Bake or Braise 19c/lb.
- ROUND STEAKS A&P top quality genuine grain-fed steer beef. One price, none higher. 37c/lb.
- Sirloin Steaks One Price—None Higher 35c/lb.
- T-Bone Steaks One Price—None Higher 39c/lb.
- Swiss Steaks One Price, None Higher 33c/lb.
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PORK LAMB

- LOIN ROAST 3 1/2-lb. Avg. 27c/lb. Eastern Grain-Fed Pork. Choice cut. Vitamins B++ and G+.
- Shoulder Roast Whole or Shank Half 21c/lb.
- Pork Chops Blade Rib Cuts 29c/lb.
- Pork Sausage (Bulk) 27c/lb.
- Spare Ribs Lean Meaty 19c/lb.
- Link Sausage Armour's 1-lb. Star Cello 17c.
- Pure Lard Or Shortening 1-lb. 16c.
- BLADE RIB CHOPS 25c/lb. A&P top quality genuine milk lamb. Vitamins B++, G+.
- Large Loin Chops Best Cuts 39c/lb.
- Small Loin Chops Best Cuts 39c/lb.
- Lamb Breast To Bake or Braise 12c/lb.

Smoked & Cured Meats

- SLICED BACON Cudahy's Fancy, Eastern. Full slices—no rind, no waste. Vitamin B+. 27c/lb.
- Bacon Squares Fancy Eastern 17c/lb.
- Piece Bacon Vitamin B+ 27c/lb.
- Sliced Bacon Armour's 1-lb. Star Cello 18c.
- Hams Skinned, Whole or Shank Half 33c/lb.
- Smoked Picnics Fancy, young, fresh-dressed. 3-3 1/2-lb. Avg. Vitamins B++, G+ 27c/lb.

STEWING HENS COLORED FRYERS Fancy, young. Vitamins B++, G+. 2 1/2-3-lb. Avg. 29c/lb.

Hundreds of Low Everyday Prices!

- Applesauce A&P OR THISTLE No. 2 cans 10c
- Hominy BURBANK-WHITE No. 2 15c
- Raisins DESSERT BRAND-SEEDLESS 4-lb. 28c
- Baby Foods CLAPP'S STRAINED 3 cans 20c
- Diced Beets IRIS No. 303 cans 10c
- Iris Sweet Peas No. 2 16c
- Dash Gran. Soap large pkg. 49c
- White King LAUNDRY SOAP 5 reg. 19c
- Mission Bell TOILET SOAP 3 cakes 15c
- Scotch Granules GIANT SIZE 41c
- Cleanser SUN-BRITE 3 cans 15c
- Cleanser WHITE SAIL 3 cans 10c
- Ivory Flakes large pkg. 22c
- Apricots PEERSS BRAND No. 2 29c
- Flour GLOBE A-1 ENRICHED 24-1/2 sack 97c
- Spry Shortening 3-lb. 66c
- 100% Bran NBC large pkg. 17c
- Heinz Ketchup 2 14-oz. bottles 35c
- Baby Foods HEINZ STRAINED 3 cans 21c
- Soap Grains WHITE SAIL large pkg. 16c
- Ammonia WHITE SAIL quart 11c
- Palmolive TOILET SOAP 2 cakes 13c
- Lux Flakes large pkg. 22c
- Cat Food PUSS H BOOTS 2 8-oz. 9c
- ScotTissue 3 rolls 20c
- Waldorf TOILET TISSUE 3 rolls 12c

- Eight O'Clock Coffee 3-lb. 57c. Outlets in any other brand in America.
- Bokar Coffee VIGOROUS & WINERY 2-lb. 49c.
- Corn Flakes SUNNYFIELD 2 11-oz. boxes 15c.
- Cake Flour SUNNYFIELD SUPER-SIFTED 44-oz. 15c.
- Condensed Milk WHITE HOUSE 2 14-oz. cans 27c. Sold with A&P's own "double-your-money-back-guarantee".
- Salad Dressing ANN PAGE 1 pint 20c.
- Spaghetti ANN PAGE 1-lb. 9c. Delicious spaghetti blended with a savory of tomatoes, spices, cheese.

FAVORED FOR FLAVOR—RED CIRCLE COFFEE

Looking for richer, full-bodied Coffee? Just try A&P's Red Circle Coffee... more enjoyable than you thought coffee could be! Every pound is Custom Ground... freshly ground, correctly ground for your coffee pot! That brings out all the magnificent flavor of fine, freshly roasted coffee beans! It comes direct from plantation to you, unnecessary in-between expenses do not add to the cost, and savings are shared with you. Today—buy Red Circle Coffee—start to enjoy coffee at its best!



- Ann Page Jellies 8-oz. glass 11c (Except Currant, Red Raspberries and Mint)
- Tillamook Cheese 4-lb. 29c
- Spaghetti Dinner Chef Boy-ar-dee. Complete with cheese, sauce, etc. serves 4 29c
- Grape Juice CHURCH'S quart 25c
- Black Pepper ANN PAGE 8-oz. tin 13c. High in quality, economical, because they're A&P's own brand.
- Vegetarian Beans ANN PAGE 2 1-lb. cans 13c. "Tender-Cooked" for extra tenderness and flavor.
- Sparkle ASSORTED GELATIN Desserts 3 pkgs. 13c. Ann Page. True-to-nature goodness... in 6 real fruit flavors.
- Johnson's Carnu 1-pkg. 59c
- Kleenex Tissue 440-sheet package 25c
- Facial Tissues QUEEN ANNE 500-sheet package 18c
- Clorox Bleach 1-gal. 23c
- Molasses 2 1/2-lb. 27c. Mer Rabbit-Green label.
- Molasses Aunt Dinah 1 1/2-lb. can 8c
- Syrup Vermont Malt 12-oz. bottle 15c
- Light Bulbs each 13c. G-E Mazda-40 and 60-watt.
- Balto Dog Food 2 1-lb. cans 15c
- Chore Girl Scouring Pad 10c
- Speed-I-Mix 16-oz. 19c. For Pie Crust.
- Dina-Mito Cereal large pkg. 9c
- Durkee Troco 1-lb. 20c
- Kellogg's Ant. 2 2-oz. 15c
- Powow Cleaner 3 cans 25c
- Salad Oil Swift's 1-gal. 67c

Rinso
Large Pkg. 22c
Giant Pkg. 63c