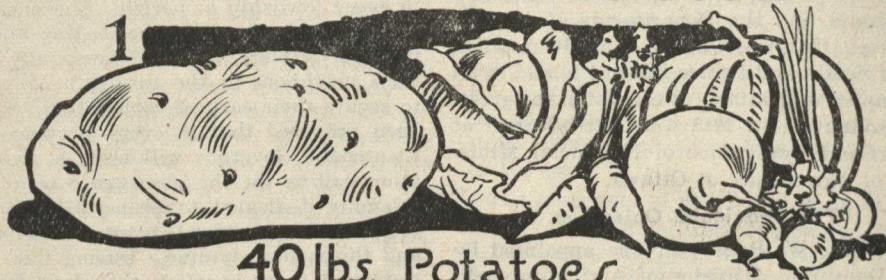


# ONE WEEK'S BUDGET

## FOR A FAMILY OF FIVE



1

40 lbs. Potatoes.

14 lbs. other Fresh Vegetables.  
(use Vegetables freely.)

2

10 lbs. FLOUR  
(use as little Wheat flour  
as possible.)10 lbs. CEREALS in other forms  
(Substitute other cereals for Wheat.)

3

14 lbs. FRUIT

ACCORDING TO SEASON.

2 lbs. Butter or FATS Oleomargarine

1 lb. cooking Fat

4



MILK

7

quarts  
whole  
MILK

BUTTER

DRIPPING

OLEO  
MARGARINE

3 lbs. SUGAR

1 lb. corn Syrup

Molasses or Honey

6

MEAT &amp; MEAT SUBSTITUTES

AT LEAST 2 lbs. FRESH FISH

and 1 lb. SALT FISH.

1 Doz. EGGS, 2 lbs. DRIED BEANS  
OR SPLIT PEAS, 1 lb. CHEESE,

NOT OVER 4 lbs. LEAN MEAT

WHEAT, MEATS and FATS are NEEDED OVER SEAS  
SAVE THEM IN EVERY POSSIBLE WAY.

