
HOW TO FEED A FAMILY OF FIVE ON \$20.00 PER WEEK

NEW taxes and other additional cash outlays that occur in wartime together with definite shortages in many commodities require the sharpest kind of economy. This will be no new experience to the homemaker who has been feeding a family of two adults and three children on \$20.00 per week. But for those who must learn to carry on when that figure is new to them, the following pages will help meet the challenge.

Whims and fancies break down well-laid plans for good nutrition. Everybody must eat all food prepared if there is to be a minimum of waste. This puts upon the homemaker the responsibility for careful selection and good cooking. The test of a good cook is the clean plate. And good cooking means conserving all the food values . . . minerals and vitamins.

Buy Carefully

Buy staples in quantities when permitted. Meats, fruits and vegetables need to be inspected carefully and bought in accordance with the market and the season. The woman who does her own marketing will have all the advantage over the woman who telephones or sends a child. Discriminating judgment at market is what saves money every day. Make a check list in your kitchen and then stick to it. Stay within your food budget every week. A dangerous pitfall is that of overbuying one week in the hope of making it up the next. If there is a little cash left, buy eggs or fruit. Raise a garden and poultry if you can. It will take pressure off the budget.

Buy Vitamins as a Bonus

Bake your own bread, cakes and cookies and be sure to buy enriched flour, thereby getting added B vitamins, thiamin and niacin, together with iron. When buying evaporated milk be sure it is irradiated, which adds vitamin D. Margarine when it is fortified adds vitamin A. Recipes for the menus are in the preceding or following pages.