THE PANTRY SHELF STANDS READY TO HELP

Even your pantry shelf stands ready to make this business of meal getting easier and simpler, if you'll just lend a managing hand. A thoughtful selection of the supplies offered today goes far toward meeting any emergency that may arise. And the Subject Index of this cook book, with such suggestions as are offered under Emergencies—Ways to Meet Them, takes you the rest of the way.

Of course you must check your pantry stocks regularly and keep them up—that's part of the bargain. Here is a list of staples and other supplies from which, with the aid of your refrigerator and your General Foods Cook Book, almost any emergency can be met:

- Baker's Breakfast Cocoa
- Baker's Unsweetened Chocolate
- Baker's Coconut—Southern Style and Premium Shred
- Bottled Sauces and Seasonings—ketchup, chili sauce, tabasco, meat sauces, horseradish
- Bouillon Cubes—chicken, beef
- Calumet Baking Powder
- Canned Fish—tuna, salmon, crab meat, shrimp, sardines, anchovies
- Canned Fruits—peaches, pears, apricots, pineapple, plums, cherries, raspberries
- Canned Meats—chicken, ham, tongue, corned beef
- Canned Milk—evaporated, condensed
- Canned Pimiento
- Canned Soups—tomato, pea, corn, asparagus, vegetable, chicken
- Canned Vegetables—tomatoes, peas, asparagus, beans, baked beans, beets, corn, mushrooms
- CERTO
- Corn Meal
- Corn Syrup (light)
- Crackers and Wafers
- Dried Fruits—apricots, currants, dates, figs, prunes, raisins
- Flavoring Extracts—vanilla, almond, lemon
- Graham Flour
- Grape-Nuts
- Grape-Nuts Flakes
- Jellies and Jams
- Jell-O—strawberry, raspberry, orange, lemon, cherry, lime
- Log Cabin Syrup
- Macaroni, Spaghetti, Rice
- Maraschino Cherries
- Maxwell House Coffee and Tea
- Minute Tapioca
- Molasses
- Nut Meats
- Olives
- Peanut Butter
- Pickles
- Post's Bran Flakes
- Post Toasties
- Postum
- Salad Dressings
- Salad Oil
- Sandwich Spreads
- Sanka Coffee
- Seasonings—Diamond Crystal Salt, pepper, peppercorns, paprika, celery salt, bay leaves, summer savory, thyme, sage, poultry seasoning, curry powder, mustard
- Soda
- Spices—ginger, cinnamon, nutmeg, mace, cloves, allspice
- Sugar—granulated, powdered, confectioners', brown
- Swans Down Cake Flour
- Vinegar
- Whole Bran