

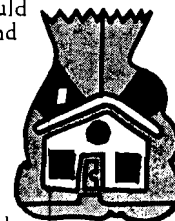
Love and Marriage and a job!



Today's couples with a marriage and two jobs are on a tight schedule. Happily, the old-fashioned labels "man's work" and "woman's work" are relaxing—to make life easier for husband *and* wife. By working together, planning ahead and taking advantage of shortcuts, the working couple makes a loving partnership of marriage. Here are a few ideas that'll keep your kitchen a smooth-running part of your busy lives.

Start breakfast the night before. A good breakfast is important—no matter how rushed you are. But how to add interest to the quick "juice/toast/milk" routine? Bake apples while supper's cooking, basting them with maple syrup! Next morning surround them with TOTAL and milk. Why TOTAL? It's the whole-wheat cereal with more vitamins than any other!

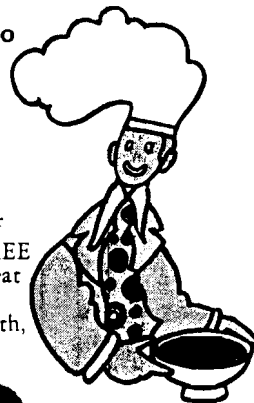
A little bit of home in a bag—that's what a lunch should be. Make your sandwiches and desserts on the weekend and freeze them. Brownies are always a favorite. Give yours a personal touch by folding ½ cup cookie coconut into our Fudge Brownies before baking. You'll find them extra moist and chewy. Then, each day, think up a special "little extra." Tuck in a few SLIM JIMS, for example. They're cellophane-wrapped sticks of spicy dried beef. Or, fill a plastic bag with ONYUMS. They're our zesty new snack that looks and tastes just like crisp onion rings!



A girl can have a hard day at the office, too. So why not teach your husband a few "masculine specialties" he can fix on those—hopefully—rare occasions! We've just introduced 5 wonderful new Betty Crocker Serving Sauces that would make an easy beginning: Hollandaise, Bordelaise, Cheese, Newburg and Mushroom. Keep them on hand for everything from Fish Sticks Newburg to Burgers Bordelaise. They're quick and delicious. (And he'll probably pretend he's slaved for hours!)



This little pig went to market. She's the symbol for our budget-minded Betty Crocker *Piggy Bank Recipes*. Watch for her economical meal ideas on General Mills packages. You'll find her on packages of our Potato Buds, Au Gratin and Scalloped Potatoes right now!



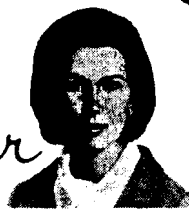
That man in your kitchen. For a treasury of fun recipes for Him—and Her, send for our FREE booklet, *Cooking for Two by Two*. It features great meals you do together. Write Betty Crocker of General Mills, Box 248B, 400 2nd Avenue South, Minneapolis, Minnesota 55460*.

*Offer expires June 30, 1970

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