

## IN FREEDOM'S NAME

USE corn, oats, potatoes, barley, rye. Eat poultry, fish, eggs, game, beans. Eat honey, syrup, jam, molasses. Eat vegetable fats—margarine, corn oil, cotton oil, peanut butter, and the like.

And so give *your* wheat, meat,  
sugar and butter to

OUR BOYS and the ALLIES



GO BACK to the simple life, be contented with simple food, simple pleasures, simple clothes. Work hard, pray hard, play hard. Work, eat, recreate, sleep. Do it all courageously. We have a victory to win.



—Hoover.