

EAT MORE COTTAGE CHEESE

ONE POUND SUPPLIES MORE PROTEIN THAN

One pound of beef, or

One pound of pork, or

One pound of lamb, or

One pound of veal, or

One pound of fowl

YOU'LL NEED LESS MEAT

A Postal Card Will Bring Recipes

For using this meat substitute

U.S. DEPARTMENT OF AGRICULTURE, WASHINGTON, D.C.

COTTAGE CHEESE OR MEAT? ASK YOUR POCKETBOOK!