The Average Adult
Eats 1,600 Pounds
Of Food A Year
—11 Times
His Own Weight

Ripley's® Believe It or Not!

An Eggsaggeration

Huge Omelette Composed Of 7,200 Eggs Was Fried In A Pan 8 Feet Across
It Weighed Half A Ton!
The Pan Was Greased By Attaching Slabs Of Bacon To The Feet Of Girls Who Turned It Into A Skating Rink
Chehalis, Washington
Like To Eat Regularly?

Of course we all do. However, an enemy attack on any large city will destroy many retail food stores, and their wholesale suppliers, from which you get your food. It may well take several days to reroute food around destroyed areas so that you could again buy food in the regular way.

BELIEVE IT OR NOT, many people are aware of this danger. They have gradually built up a stock of food in their own homes sufficient to feed their families from 3 to 5 days—or even as much as a week. Isn't it smart to make certain that your family too will continue to eat regularly in the event of an emergency, should the worst occur?

The foods you eat every day are the ones to store for an emergency, especially those that are well packaged in cans and sealed cartons. Items such as crackers, cereals, and so on, should be eaten and replaced before they get stale.

Because gas and electricity services will be interrupted by enemy attack, choose those foods that can be eaten without cooking; or have some canned heat and safety matches handy. A reserve of canned juices or bottled water will be of particular value to city residents, whose water supplies may be knocked out.

People living outside city areas will also need a home food reserve, because their local food stores depend on city wholesalers to supply their shelf stocks of foods.

BELIEVE IT OR NOT, your most reliable food warehouse is in your own home, no matter where you live. So be prepared! Have enough food in your home to feed the family for several days. It's the only sensible thing to do if you LIKE TO EAT REGULARLY!

(See list of suggested foods on back page)

The Most Determined Dieter in History!

Gen. Louis-Florentin Bertèche (1764-1841) of France

Had a doctor check his weight and girth each day for 49 years!

17,895 medical certificates attested that his measurements never varied!

The Headless Fat Man

of Dahomey, Africa

All the granaries of Dahomey are built in the headless shape of their corpulent prime minister who was the benefactor of their country—and who was beheaded by a jealous king.
210 Temples built solely so a monarch could enjoy his lunch!

King Tirumala Nayakkam of Srivilliputur - Erected drum temples along a highway 70 miles long to make certain he would not eat his noonday meal before the drums signaled that an idol in Madura had received its daily food offering!

India

The following are basic suggestions for increasing your present home food reserves:

Canned Items
* Juices
* Fruits
* Vegetables
* Meats
* Soups
* Milk
* Baby Foods
* Beans
* Hash

Other Foods
* Cereals (well packaged)
* Crackers in tin
* Beverages (bottled)
* Dried Fruit
* Cheese
* Bouillon Cubes
* Coffee-Tea-Cocoa
* Sugar
* Flour & flour mixes

*Miscellaneous
* Can opener
* Matches
* Canned heat
* Water

*These are of particular importance to city and suburban residents.