

MIKE ELLIS
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Packaged by
GENERAL FOODS CORPORATION
New York, N.Y., U.S.A.

Breakfast

Meat and Eggs: eat cold, or after heating by boiling can in water.

Assorted Biscuits • Coffee: add to one-third canteen cup of hot or cold water.

Fruit Bar: eat cold or make into jam by stewing 3 to 5 minutes in about 4 spoonfuls of water.

Sugar • Chewing Gum • Cigarettes