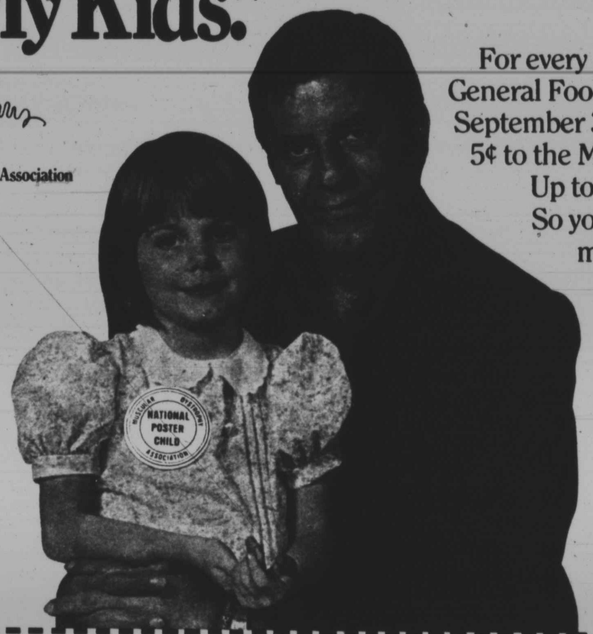
"Save a little something for yourself and My Kids."

Jerry Lewis
National Chairman,
Muscular Dystrophy Association



For every coupon you redeem on a General Foods product between now and September 30th, General Foods will donate 5¢ to the Muscular Dystrophy Association. Up to one million dollars. So you save and help contribute a million dollars to fight Muscular Dystrophy and help save "Jerry's Kids."

Ordering SANKA® Brand Decaffeinated Coffee when you dine out will help too.

Watch the
Jerry Lewis
Labor Day Telethon
September 6th and 7th

Jerry Lewis
and Christi Bartlett
Muscular Dystrophy Association
Poster Child for 1981

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STORE COUPON

SAVE 30¢
When you buy 6 envelopes Unsweetened OR three 2 Qt envelopes OR 1 canister Sugar-Sweetened
KOOL-AID®
Soft Drink Mix

To the retailer: General Foods Corp. will reimburse you for the face value of this coupon plus 7¢ for handling if you receive it on the sale of the specified product and if upon request you submit evidence of purchase thereof satisfactory to General Foods Corp. Coupon may not be assigned, transferred or reproduced. Customer must pay any sales tax. Void where prohibited, taxed or restricted by law. Good only in U.S.A. Puerto Rico and U.S. Gov't. Install. Cash value 1/20¢. Coupon will not be honored if presented through outside agencies, brokers or others who are not retail distributors of our merchandise or specifically authorized by us to present coupons for redemption. For redemption of properly received and handled coupon, mail to: General Foods Corp., P.O. Box 103, Kankakee, IL 60901. **Coupon expires: February 28, 1982.** This coupon good only on purchase of product indicated. Any other use constitutes fraud. LIMIT – ONE COUPON PER PURCHASE

FWO 4M88-2-D

30¢ GENERAL FOODS CORPORATION 30¢

Order **Sanka** the next time you dine out and you'll help fight Muscular Dystrophy.

For each empty envelope of SANKA® Brand Decaffeinated Coffee you drop into the collection can in a restaurant, General Foods will make a contribution to the Muscular Dystrophy Association.

STORE COUPON

SAVE 25¢
WHEN YOU BUY ANY SIZE, ANY FLAVOR OF
PUPPY CHOICE® Puppy Food
OR **TOP CHOICE®** Dog Food

To the retailer: General Foods Corp. will reimburse you for the face value of this coupon plus 7¢ for handling if you receive it on the sale of the specified product and if upon request you submit evidence of purchase thereof satisfactory to General Foods Corp. Coupon may not be assigned, transferred or reproduced. Customer must pay any sales tax. Void where prohibited, taxed or restricted by law. Good only in U.S.A. Puerto Rico and U.S. Gov't. Install. Cash value 1/20¢. Coupon will not be honored if presented through outside agencies, brokers or others who are not retail distributors of our merchandise or specifically authorized by us to present coupons for redemption. For redemption of properly received and handled coupon, mail to: General Foods Corp., P.O. Box 103, Kankakee, IL 60901. **Coupon expires: February 28, 1982.** This coupon good only on purchase of product indicated. Any other use constitutes fraud. LIMIT – ONE COUPON PER PURCHASE

FWO 4060-2-D

25¢ GENERAL FOODS CORPORATION 25¢

STORE COUPON

SAVE 15¢
WHEN YOU BUY ANY SIZE OF
POST® RAISIN BRAN
Cereal.

To the retailer: General Foods Corp. will reimburse you for the face value of this coupon plus 7¢ for handling if you receive it on the sale of the specified product and if upon request you submit evidence of purchase thereof satisfactory to General Foods Corp. Coupon may not be assigned, transferred or reproduced. Customer must pay any sales tax. Void where prohibited, taxed or restricted by law. Good only in U.S.A. Puerto Rico and U.S. Gov't. Install. Cash value 1/20¢. Coupon will not be honored if presented through outside agencies, brokers or others who are not retail distributors of our merchandise or specifically authorized by us to present coupons for redemption. For redemption of properly received and handled coupon, mail to: General Foods Corp., P.O. Box 103, Kankakee, IL 60901. **Coupon expires: February 28, 1982.** This coupon good only on purchase of product indicated. Any other use constitutes fraud. LIMIT – ONE COUPON PER PURCHASE

FWO 4809-2-D

15¢ GENERAL FOODS CORPORATION 15¢

STORE COUPON

SAVE 7¢
WHEN YOU BUY ONE 6 OZ. OR TWO 3 OZ. PACKAGES OF
JELL-O® BRAND Gelatin.

To the retailer: General Foods Corp. will reimburse you for the face value of this coupon plus 7¢ for handling if you receive it on the sale of the specified product and if upon request you submit evidence of purchase thereof satisfactory to General Foods Corp. Coupon may not be assigned, transferred or reproduced. Customer must pay any sales tax. Void where prohibited, taxed or restricted by law. Good only in U.S.A. Puerto Rico and U.S. Gov't. Install. Cash value 1/20¢. Coupon will not be honored if presented through outside agencies, brokers or others who are not retail distributors of our merchandise or specifically authorized by us to present coupons for redemption. For redemption of properly received and handled coupon, mail to: General Foods Corp., P.O. Box 103, Kankakee, IL 60901. **Coupon expires: February 28, 1982.** This coupon good only on purchase of product indicated. Any other use constitutes fraud. LIMIT – ONE COUPON PER PURCHASE

FWO 2186-2-D

7¢ GENERAL FOODS CORPORATION 7¢

STORE COUPON

SAVE 40¢
WHEN YOU BUY ANY SIZE JAR OF
MAXWELL HOUSE® Instant Coffee

To the retailer: General Foods Corp. will reimburse you for the face value of this coupon plus 7¢ for handling if you receive it on the sale of the specified product and if upon request you submit evidence of purchase thereof satisfactory to General Foods Corp. Coupon may not be assigned, transferred or reproduced. Customer must pay any sales tax. Void where prohibited, taxed or restricted by law. Good only in U.S.A. Puerto Rico and U.S. Gov't. Install. Cash value 1/20¢. Coupon will not be honored if presented through outside agencies, brokers or others who are not retail distributors of our merchandise or specifically authorized by us to present coupons for redemption. For redemption of properly received and handled coupon, mail to: General Foods Corp., P.O. Box 103, Kankakee, IL 60901. **Coupon expires: February 28, 1982.** This coupon good only on purchase of product indicated. Any other use constitutes fraud. LIMIT – ONE COUPON PER PURCHASE

FWO 3297-2-D

40¢ GENERAL FOODS CORPORATION 40¢

DAWN RECIPES:

Try Afro-Caribe Cooking

It can be as spicy-hot as you can stand, or as mild as you wish. This is what Afro-Caribe is all about, and the results are guaranteed to please.

The lush Caribbean is a gay potpourri of people and customs, reflecting many influences. Since the population is a rich ethnic mix — of African and Indian, European and Oriental, North and South American — a variety of cussines have emerged, made up of a melange of flavors, colors and textures.

One, Afro-Caribe cuisine, is distinguished by hearty dishes with lots of spicy flavoring. Tomatoes and hot peppers —, two foods that Europeans were unaware of before Columbus explored the Caribbean — are key ingredients.

The cooking is uncomplicated and refreshingly unique — yet it is plain and homey fare that will appeal to most palates. In fact, it has long influenced the distinctive cookery of the American South.

Skewered Beef and Shrimp is a variation of an Afro-Caribe favorite. Beef and shrimp are marinated in a pungent sauce enlivened with Tabasco pepper sauce to capture the pepperiness found in island cuisine. This simple spicy offering is an economical way to feature shrimp on your menu.

Cool, spicy Tradewinds Cucumbers are in the best tradition of native cookery and can be served as an appetizer or a palate-soothing salad. They're fairly accurate renditions of Concombres en Salade, popular on Martinique.

Caribbean Spareribs make scruptious cookout fare, but they can also be enjoyed indoors. The secret to these tangy pork ribs is in the sauce — a blend of crushed pineapple, pepper sauce and shredded coconut. Serve with a bottle of Tabasco pepper sauce on the side for those who like their ribs devilishly hot!

The attractions of the Caribbean are only a few minutes away when you prepare these exciting island meals, all faithful recreations of native dishes.

Skewered Beef & Shrimp

2 teaspoons vegetable oil
1 small onion, chopped
1 small green pepper, chopped
1 small red pepper, chopped
2 cloves garlic, mashed
1 cup (8 ounce can) tomato sauce
2 tablespoons lemon juice
1 medium tomato, finely chopped
2 bay leaves
1 teaspoon dried leaf thyme, crumbled
½ teaspoon salt
½ teaspoon Tabasco pepper sauce
1 pound fillet of beef, cut into 1-inch pieces
1 pound medium-size shrimp, peeled and deveined

In medium skillet, heat oil; saute' onion, green and red peppers, and garlic until tender. Add tomato sauce, lemon juice, chopped tomato, bay leaves, thyme and salt. Simmer 30 minutes. Remove from heat, stir in Tabasco pepper sauce. Cool to room temperature.

Divide sauce into two bowls; add beef pieces to one bowl and shrimp to the other. Cover. Refrigerate 2 hours, stirring often. Skewer shrimp and beef on six 8-inch skewers. Place skewers in preheated broiler. Broil 3 minutes on each side.

Meanwhile, return sauce to saucepan and heat to boiling. Serve skewers over rice with heated sauce. If desired, serve with additional Tabasco pepper sauce.

Yield: 6 servings.

Tradewinds Cucumbers

4 small cucumbers
¼ cup freshly squeezed lime juice (3 limes)
1 clove garlic, mashed
¼ cup sugar
¼ cup water
1 teaspoon salt
½ teaspoon Tabasco pepper sauce
1 clove garlic, mashed

Score outside of each cucumber with fork, cut in half lengthwise. Remove seeds, discard. Cut cucumber into ½-inch wide pieces. Place in bowl. Combine lime juice, garlic, sugar, water, salt and Tabasco pepper sauce. Pour over cucumber pieces. Cover.

Marinate in refrigerator 2 hours, turning frequently. Drain well before serving. If desired, serve with additional pepper sauce.

Yield: 6 servings.

Caribbean Spareribs

2 pounds meaty pork ribs, cut into individual ribs
¼ cup brown sugar
¼ cup dry sherry
2 tablespoons vinegar
2 tablespoons soy sauce
1 teaspoon salt
½ teaspoon ground ginger
1 can (14 ounces) crushed pineapple with juice
1 teaspoon Tabasco pepper sauce
¼ cup shredded coconut

Blanch ribs in salted simmering water 30 minutes. Drain. In saucepan, combine brown sugar, sherry, vinegar, soy sauce, salt and ginger. Bring to boiling. Add crushed pineapple with juice, simmer 5 minutes. Remove from heat. Add pepper sauce.

Arrange ribs on baking sheet. Brush each rib with sauce. Broil 8 minutes, turn and broil 8 minutes longer, brushing frequently with sauce to keep ribs moist. Serve hot. If desired, serve with additional pepper sauce.

Yield: 4 servings.