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Read what you get in
**2 GLASSES OF
OVALTINE**
more VITAMIN C than 4 ounces of Tomato Juice
more PROTEIN than 3 Eggs
more IRON than 3 servings of Spinach
more NIACIN than 6 slices of Enriched Bread
more VITAMIN D than 10 ounces of Butter
more VITAMIN B₁ than 3 servings of Oatmeal
more VITAMIN G than 1 pound of Sirloin Steak
more VITAMIN A than 2 servings of Peas
more FOOD-ENERGY than 2 dishes of Ice Cream
more CALCIUM and PHOSPHORUS than 2 1/2
servings of American Cheese

Get All your Vitamins in food

HERE'S THE NEWER WAY... FOR BETTER RESULTS !

Now, authorities agree that most people get extra vitamins as a safeguard to good health. And authorities also agree, beyond question, that the best way to get vitamins would be in everyday food. But that's hard to do:— everyday foods vary considerably from day to day in vitamin and mineral values. And, they lose a lot of their vitamins in shipping and cooking. That's why so many people are supplementing their diets with Ovaltine. Ovaltine is standard in content and is scientifically controlled. It contains the same amount of vitamins and minerals as you get in your food. It's a supple-

mentary food that makes up deficiencies in ordinary foods. So you don't have to worry about variations or losses. You know that a serving of Ovaltine in a glass of average milk always gives you the same substantial quantities of Vitamins A, B₁, C, D, G and Niacin—and Calcium, Phosphorus and Iron. And you can be sure that 2 glasses of Ovaltine daily and just normal meals will give you all the vitamins and minerals any normal person can use. And when you drink Ovaltine you get these vitamins and minerals the preferred way—in food. You'll find, too, that Ovaltine has a very agreeable taste—a taste that grows on you. So for bet-

ter results, why don't you start drinking Ovaltine at meals, just as you would tea or coffee? Or, if you prefer, between meals or at bedtime. Then, if you're a normal person, you'll know, as far as you are concerned, you've solved the vitamin problem.

FAR MORE THAN VITAMINS... Ovaltine also contains virtually every other precious food element needed for buoyant health and vitality, including the elements that vitamins must have to function properly. That's why Ovaltine is so widely recognized as the ideal supplementary food-drink.