fried foods healthful as well as delicious

Fried foods can be as healthful as they are delicious, if you fry them in Crisco, the strictly vegetable cooking fat.

Crisco makes fried foods wholesome because it is wholesome itself. It is simply a solid white cream of nutritious vegetable oil—delicate, appetizing, pure, white, tasteless, odorless. It does not turn rancid.

Everyone can enjoy Crisco-fried foods. They are as easily digested as if they were baked.

Get Crisco from your grocer—one pound, net weight, or larger sizes. Always packed in this sanitary container—*never sold in bulk.*

Use Crisco for all kinds of cooking. It makes tender, flaky, digestible pastries and biscuits. It enriches the most delicate cakes so that they taste as good as if they were made with butter. Yet Crisco is as economical a cooking fat as you can use.

Do you know how to make your family's meals healthful, as well as appetizing?

"Balanced Daily Diet" tells you about the food elements that build the healthiest [illegible]

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