



Conny and Prudence and Jack and Jim go to the quaintest little school you ever saw. Yes, it is astonishing that all of these four perfectly normal youngsters are always right up at the head of their classes. You

are surprised? But their mother is not. For she knows some of the most interesting facts about the relation of digestible home foods to fine school marks. And some of the most important things she knows are told below.

How home kitchens can answer one school problem

A recent Government publication says:

"Experiments in school feeding both here and abroad have shown that an improvement in the nutrition of a child is, in practically all cases, accompanied by mental improvement also."

So you learn, now, how important is your personal selection of your family foods.

How to choose a digestible shortening

Without fats, children cannot be healthy. Fats furnish one-third of their energy. Then, too, the shortening determines, largely, the digestibility of dozens of foods of which it is an ingredient.

For easy digestion, say doctors, a fat should melt near body heat of 98-2/5 degrees. Crisco melts at 97 degrees—even below body heat. When we find that a mother appreciates Crisco's healthfulness we find, generally,

that she has discarded, once and for all, fats whose ease of digestion is doubtful.

With Crisco (a vegetable shortening), you need no longer refuse your little ones the foods they like. Instead, you may experience a new satisfaction in the knowledge that your fried foods, pies, cakes and cookies are as digestible as they are delicious.

The really progressive grocer, too, prefers to sell the most healthful food ingredients and is more and more recommending Crisco.

Delicious results from your own favorite recipes

With Crisco, use all your own precious recipes just as before—with perfectly delicious results. As *shortening*, however, employ 1/5 less of Crisco than you would of animal fats. And in *frying*, remember that you can strain Crisco and use it again and again.

A Wholesome Currant Cake

- 1 cup Crisco
- 1 cup sugar
- 1/2 teaspoon salt
- 4 eggs
- 2 cups flour
- 1 teaspoon extract lemon
- 1 teaspoon baking powder
- 1 1/2 cups currants

Cream Crisco. Add sugar and salt. Cream again. Add eggs beaten light. Add lemon and currants. Sift baking powder and flour together and add to first mixture. Bake half hour in moderate oven.



For delicious, digestible cakes
For digestible and flaky pastry
For crisp, digestible fried foods

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Digestible Vegetable Shortening