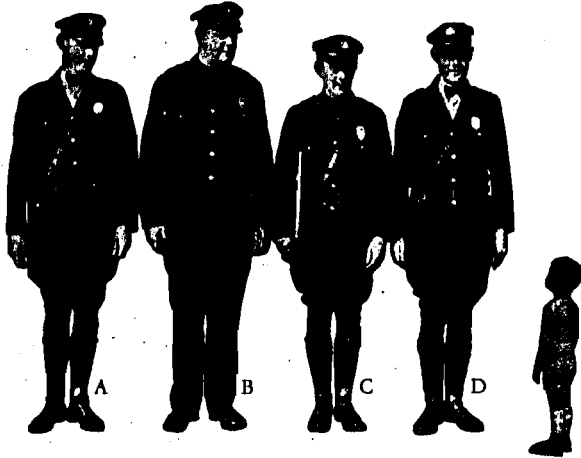


Keep the
Health Squad
on duty . . . through the

Danger Months



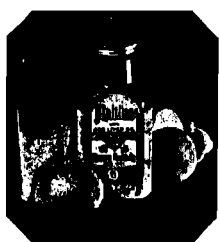
You can visualize the four vitamins as four policemen. They stand guard against disease. They promote healthy growth and development.

Vitamins, in variable quantities, are present in certain foods. Yet even when you plan your meals for vitamin-content you cannot always be sure of getting enough vitamins. Many things affect them. In vegetables, ripeness. In meats, the food of the living animal. The only sure way of calculating vitamin-content is in the biological laboratory.

But you no longer have to guess about vitamins. Some months ago, a biological chemist of recognized standing (name and copies of his report furnished on request) reported that a simple food-combination, prepared by adding Maltine With Cod Liver Oil to orange juice, contained the four vitamins—A, B, C and D in adequate quantity for health. This report is of far-reaching importance in the feeding of children.

Add Maltine With Cod Liver Oil to orange juice and take the guesswork out of your child's daily menu. It will furnish that little body simple and effective protection against the diseases that follow vitamin deficiency.

Maltine With Cod Liver Oil is



By giving this food-combination make sure that these four policemen guard your child's health.

easily administered and as easily digested. Keep a bottle in the kitchen cabinet and see that your children take it regularly.

Write for "The Doctor Talks about Vitamins"

Medical men have acclaimed this brilliantly-written booklet one of the most valuable contributions to the literature of vitamins. Its every-day language is interesting as well as authoritative. May we send you a free copy? The Maltine Company, Brooklyn, N. Y. Established 1875.

The A B C's of vitamins

A "OFFICER A" is essential to normal growth and helps protect against certain infections, especially those that attack the respiratory system. Cod liver oil is the recognized richest available source of vitamin A.

B "OFFICER B" is also necessary for growth and health. Lack of vitamin B results in loss of appetite, a cessation of growth, and the appearance of certain nervous disorders. Vitamin B is found in whole wheat grains.

C "OFFICER C" prevents scurvy. Orange juice is everywhere recognized as very rich in vitamin C. That's why we recommend this policeman.

D "OFFICER D" enables the body to use the minerals contained in food. A deficiency of vitamin D causes rickets, that weakener of child bones. This factor is meager or lacking in all our ordinary foods. Cod liver oil is nature's gift of rich vitamin D.

Maltine

WITH COD LIVER OIL

Accepted by the Council of Pharmacy and Chemistry of the American Medical Association

Index of Advertisements

March, 1929

	PAGE
Adelphi Eng. Co.	241
All-Year Club of Southern California	212
Aluminum Ware Association	197
American Chain Company, Inc.	124
American Farm Machine Co.	118
American Kitchen Products Co.	116
American Radiator Company	199
American School of Home Economics	237, 241
American Telephone & Telegraph Co.	240
Anchor Cap & Closure Corporation	168
Arden, Elizabeth	89
Armstrong Cork Company	44, 95
Arterraft Studios	235
Atlantic & Pacific Tea Co., The Great	154
Artel & Co., The	154
Aunt Jemima Mills Branch, The	73
Babbitt, Inc., B. T.	156
Baker & Co., Inc., Walter	215
Baker Co., Franklin	72
Hall & Socket Mfg. Co.	124
Baile Creek Food Co.	241
Bauer & Black	229
Bay State Fishing Co.	170
Beardsley & Wolcott Mfg. Co.	140
Beechnut Packing Co.	118
Beech, J. H.	245
Bookhouse for Children, The	85
Boott Mills	237
Borlen Company, The	96, 133
Breneman Co., The Charles W.	110
Brillo Mfg. Co., Inc.	190
Bristol-Myers Co.	250
Brown & Son, John L.	141
Bryant, Lane	222, 231, 236
Buettner & Co., T.	236
Bulint Company, Robert	154
Burpee Seed Co.	156
Burpee Co., W. Atlas	154
California Fruit Growers Exchange	80
California Packing Corporation	120
Campbell Company, The William	204, 238
Campbell Soup Company	39
Canners League—Asparagus Section	110
Cannon Mills, Inc.	247
Capitol Candy School	137
Capitol Social Engraving Co.	241
Carbons Products Company	230
Carmination Milk Products Company	199
Carpenter-Morton Company	240
Cathedral of Engraving, Inc.	240
Chautauque School of Nursing, The	127
Cheesebrough Manufacturing Company	127
Chicago School of Nursing	230
Chivers, Herbert C.	141
Clapp, Inc., Harold H.	237
Clark Bros., Chewing Gum Co.	208
Clayton & Co., J. H.	141
Colgate-Palmolive-Peet Co.	46, 83
College Inn Food Products Co.	230
Compton & Co., J. H.	141
Conard-Pyle Co., The	155
Coning Brothers	134
Continental Paper Mills Corporation	110
Corn Products Refining Co.	111
Crescent Wire Company	31, IV Cover
Curling Packing Co., The	111
Curtis Companies, Inc.	223
Davis Company, R. B.	121
Denison & Co., T. S.	236
Dingee & Conard Co., The	154
Dodge Brothers Corporation	178
Dreier, J. C., & Company, The	144, 146
Dreier, Henry A.	154
DuPont de Nemours & Co., Inc., E. I.	177
DuPont Health Underwear Co.	238
Du Pont de Nemours & Co., Inc., E. I.	177
DuPont Manufacturing Corporation	177
DuPont-Wright Co.	234
Earnshaw Sales Co., Inc.	134
Eastman Kodak Company	68, 69
Eaton, Crane & Pike Company	207
Electric Vacuum Cleaner Co., Inc.	207
Erlanger, Blumenthal & Studer, Inc.	118
Eureka Vacuum Cleaner Company	103
Fels & Company	53
Ferris, Earl	154
Field, Marshall & Company, Wholesale	235
Fireside Industries	232
Fisher & Co., The	141
Floral Book Co.	156
Florida Citrus Growers' Clearing House Association	81
Florida Fruit & Vegetable Company	204
Fremont Canning Co.	81
French Company, The R. T.	78
Furniture Corporation	181
Fuller Brush Company, The	128
Garstide's Iron Rust Soap	241
General Baking Co.	238
General Electric Company	76, 112
Gibson Refrigerator Co., Company	137
Glass Co., Henry	230
Gleason Co., Inc., H. Clay	163
Gulden's Mustard	248
Heller Bros. Co.	156
Heublein & Bro., G. F.	226
Heywood-Wakefield Company	225
Holmes & Edwards Silver Co., The	15
Horn & Mather, Milk Corp.	82
Hornell & Co., Geo. A.	221
Hudson Motor Car Company	150
Huntley & Palmiste, Company	100
Hupp Motor Car Corp.	100
Hygienic Products Co., The	104, 192
India Tea Bureau	235
Irish School	241
Irish & Scotch Linen Damask Guild, Inc., The	198
Jalisco Seed Company	154
Ivers & Pond Piano Co.	226
Jell-O Company, Inc., The	64
Johnson & Johnson	41, 60
Johnson & Johnson	109
Johnson & Son, S. C.	143
Joliet Macaroni Co.	226
Julina & Kokenge Co., The	101
King Arch Bridge Co., The	232
Junket Folke, The	222
Kaufinger Co., Edward	193
Kid Furniture Co., The	120
Kingbury Mfg. Co.	153
Kip Corp. n.	210
Kirsch Manufacturing Company	210
Kitchen Bouquet, Inc.	199
Kleeneze Company	197
Knox Gelatine Co., Charles B.	197
Kotex Company	118
Kraft-Phenix Cheese Corporation	118
Kunder, A. E.	199
La Choy Food Products Inc.	199
La France Manufacturing Co.	199
Laurel Pharmaceutical Company	199
Laundryowners National Association, The	199
Lee & Perrins	199
Lee & Flint, Inc.	199
Lemco	199
Lever Bros. Co.	199
Hotel Training Schools	199
Lewis Tea Room Institute	199
Lingerie	199
Liquid Weever Corporation	199
Log Cabin Products Co., The	199
Loose-Wiles Bleach Co.	199
Lyon & Son, Inc., I. W.	199
MacLeod Mfg. Co., The	199
Maitine Company, The	199
Mastell House Products Company, Inc.	199
McCall Co.	199
Mello-Glo Co.	199
Metholium Co.	199
Merrell-Soule Co., Inc.	199
Metal Textile Corporation	199
Metropolitan Life Insurance Company	199
Mills, P. B.	199
Moore Push-Pin Co.	199
Mullens & Kropp, Inc.	199
Mullins Manufacturing Corp.	199
National Bellows Hosiery Co., Inc.	199
National Home Planning Bureau	199
National Plano Manufacturers Ass'n.	199
National Vulcanized Fibre Co.	199
Naturizing Steam Cotton Company	199
Nazareth Walat Co.	199
New York Skin and Cancer Hospital	199
Northern Paper Mills	199
Norwich Pharmaceutical Co., The	199
O'Ceard Corp'n.	199
Odomoro Company, The	199
Olson Rug Co.	199
Orinco Mfg. Co., The	199
Ott Engraving Co., L.	199
Pacific Coast Borax Co.	199
Pacific Mfg. Co., Inc., The	199
Parsons Ammonia Co.	199
Patterson Parchment Paper Co., The	199
Patterson Steam Cotton Company	199
Pet Milk Company	199
Phillips Chemical Company, Charles H.	199
Plant Company, Thomas G.	199
Plymouth Motor Corporation	199
Poland's Extract Company, The	199
Postum Co., Inc.	199
Process Pat. Lic. Co., The	199
R. G. Products Corporation	199
Rogers Bros. 1847	199
Rogers & Son, Wm.	199
Royal Baking Powder Company, The	199
Russell Cutlery Co., John	199
Sanford Mfg. Co., The	199
Scholl Mfg. Co., The	199
Scott Paper Company	199
Scranton Drapery Fabric	199
Selly Shoe Co., The	199
Simmons & Co., The	199
Simon's Company, The	199
Singer Sewing Machine Co., The	199
Slater & Sons, Wm.	199
Skinner Mfg. Co.	199
Sodiprene Co., The	199
Spencer Corsets	199
Squires & Sons	199
Standard Sanitary Mfg. Co.	199
Standard Textile Products Co., The	199
Stark Brothers	199
Stearns & Company, A.	199
Stielwies & Sons	199
Storkline Furture Corp.	199
Strouse-Baer Co., The	199
Swift & Company	199
Taylor Instrument Companies	199
Thayer & Chandler	199
Thomas Clock Co., Seth	199
Thompson's Malted Milk Co.	199
Three-In-One Oil Company	199
Three-Minute Cereals Company	199
Tricker, Inc., Wm. G.	199
Trumble Mfg. Co., B. M.	199
Underwood Company, William	199
Utica Steam & Mohawk Valley Cotton M	199
Valentine & Company	199
Van Camp Packing Co.	199
Vermont Marble Company	199
Victor Talking Machine Company	199
Virginia Soap Studios	199
Wamatta Mills	199
Wander Company, The	199
Warren, Northern	199
Washington Crosby Company	199
Washburn Bull's Head	199
Waters-Genter Co.	199
Watkins Company, The R. L.	199
Wellington Soap Company	199
Wesley & Co., Edward	199
Wesson Oil & Snowdrift Company, Inc.	199
Wheaters Corporation, The	199
Whittagen Bull Farm	199
Wright & Sons Co., Wm. E.	199
Yardley & Co., Ltd.	199

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