

# meat

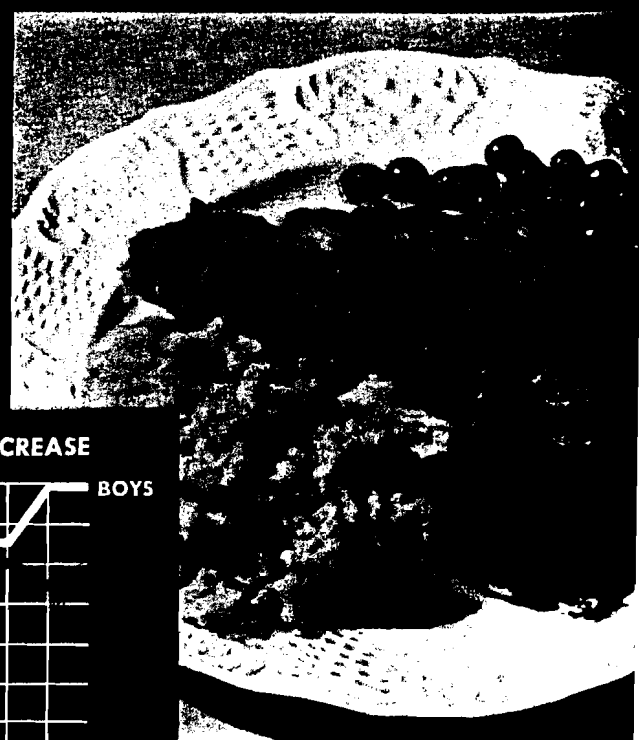


A dress for your five-year-old daughter takes much less material than a dress for you.

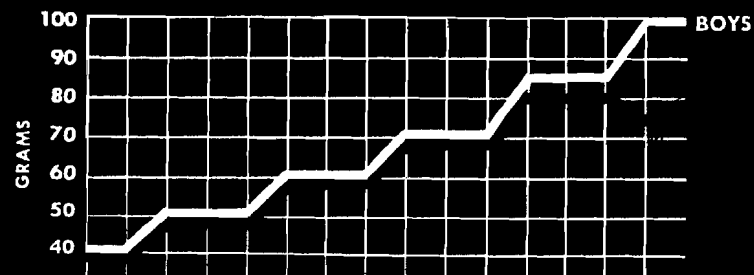
But in *body-building protein*, her needs are crowding close to yours. Your doctor will tell you that complete protein, with all the essential amino acids, is the foundation of your child's growth pattern.

Meat—which children like so much—is rich in this complete protein. Equally important, meat is highly digestible. When you give your children meat, mothers, you're giving them the "building blocks" to help make full-grown, healthy bodies.

*AMERICAN MEAT INSTITUTE*  
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HOW CHILDREN'S DAILY PROTEIN NEEDS INCREASE



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