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# How well do you really understand him?

*IF YOUR CHILD SEEMS FRAIL AND LANGUID*

*HERE'S SOMETHING YOU CAN DO THAT MAY MAKE A WONDERFUL DIFFERENCE*

The health of a child is largely in its mother's hands. His welfare depends upon how well she understands his needs.

For example, when a child is frail and nervous or languid, one of the commonest causes is faulty nutrition. Probably he gets plenty of food but not enough of the *right kind*. A mother should always remember that a child needs, in proportion to body weight, 2 to 3 times as much of certain foods as adults; these food elements such as protein, calcium, iron, Vitamins B<sub>1</sub>, C, niacin and riboflavin may be called the "spark plugs" of robust health and vitality. A child needs lots of them. A lack of one or more can cause a slump. And—be sure, note this—these are the very ones that are most deficient in average meals.

Of course, it is not easy to select the best foods. It is difficult to get the

the chinks, gaps, loopholes that may occur in ordinary meals; it supplies those rarer elements most easily lost in cooking, most apt to be lacking—based upon the study of thousands of meals served in average homes.

Ovaltine, mixed with milk, contains practically all the vitamins and minerals necessary to bring the ordinary meal up to the full requirements of a growing child. It also provides an extra supplement of high quality proteins.

Ovaltine has the additional advantage of being so processed that even a child with a delicate stomach can digest and absorb it readily.

So why don't you join thousands of other mothers in this health insurance program. Buy a few packages of Ovaltine milk in addition to your regular diet. It will give you the same

**READ WHAT FOOD-VALUES YOU GET IN OVALTINE MIXED WITH MILK**

- HIGH-QUALITY PROTEIN**—essential in building body and nerve cells.
- HIGH-ENERGY FOOD**—needed for keen vitality.
- IRON**—necessary to maintain good red blood.
- VITAMIN B<sub>1</sub>**—required for good appetite, digestion and healthy nerves.
- VITAMIN C**—necessary for healthy gums and all connective tissue throughout the body.
- VITAMIN D, CALCIUM & PHOSPHORUS**—all needed for straight, strong bones, good teeth.
- VITAMIN A**—a deficiency prevents normal growth—effects vision—may cause night blindness.
- NIACIN**—for normal functioning of nervous system and digestive tract.