

# Sissy...they called him



## But he was just too frail to keep up!

### TRY THIS FOR THE NERVOUS UNDERWEIGHT CHILD

Every mother knows, a lifelong complex can easily develop in a child who lags behind the crowd. That is why you strive so earnestly to keep your child healthy in body, mind and spirit. You know all these go together. Nutrition affects emotion and vice versa. And so it is well to remember that a child is not just a little adult when it comes to diet.

A child needs proportionate amounts of certain foods as an adult does. Foods such as protein, iron, calcium, vitamins and energy are essential for the development of a robust body and a healthy mind.

And—this is important—

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 a delicious treat for a child with a delicate palate. It is a healthy, satisfying treat for all.

**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 B1**—required for good appetite, digestion and healthy nerves.
- VITAMIN C**—necessary for healthy gums and children's teeth throughout the year.
- VITAMIN D, CALCIUM**—essential for healthy bones.