

Do you think you should cut out bread when you're reducing?

NOW THAT WHITE BREAD AND FLOUR ARE ENRICHED WITH VITAMINS AND FOOD IRON, MANY DIET LISTS ARE OUT-OF-DATE. READ THE FOLLOWING STATEMENT, ACCEPTED BY THE COUNCIL ON FOODS AND NUTRITION OF THE AMERICAN MEDICAL ASSOCIATION:

IF YOU'RE DIETING TO LOSE WEIGHT, remember that calories are what you want to cut, not essential vitamins and mineral nutrients. The thiamine, niacin, riboflavin and iron in enriched bread and flour help you keep fit while you're reducing.

Remember these flags... what they say

Whether you are trying to reduce safely or trying to feed your family well and economically, this new knowledge can help you. Besides food energy, there are five other nutrients in modern enriched bread and all the delicious foods made from enriched flour. From no other source can you get these nutrients so inexpensively and so temptingly, day after day. Buy enriched bread and other baked foods; use enriched flour always ... for 6-way nourishment!

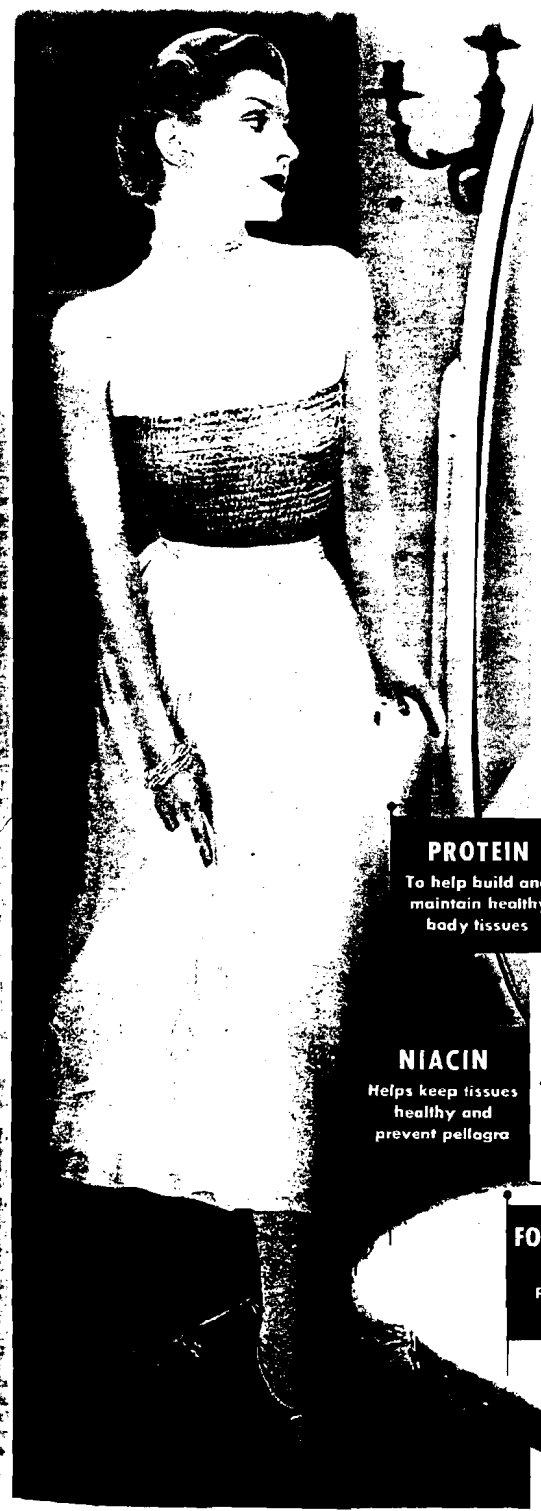
WHEAT FLOUR INSTITUTE

Copr. 1950, by Wheat Flour Institute, 309 W. Jackson Blvd., Chicago 8, Illinois



The nutritional statements in this advertisement are acceptable to the Council on Foods and Nutrition of the American Medical Association

You get 6-way nourishment in ENRICHED BREAD and FLOUR



**PROTEIN**  
To help build and maintain healthy body tissues

**THIAMINE**  
(Vitamin B1) For healthy nerves, normal appetite

**NIACIN**  
Helps keep tissues healthy and prevent pellagra

**RIBOFLAVIN**  
Helps body cells to function normally

**IRON**  
Helps build the red blood needed for health

**FOOD ENERGY**  
To maintain proper weight and vitality

... she likes to... occasionally," she said...  
... established a new pattern, a pattern...  
... out of that room except when...  
... needed. She cooked the meals...  
... Medora, she kept the house...  
... ly, but she did not sit down...  
... with Medora.  
... a letter came from Micah...  
... a little for her taking on this job...  
... so seriously. He inquired about...  
... d then he said, "Has the Gene...  
... Lover been there...  
... hold her hand?"  
... did not show this...  
... ter to Haniel.  
... Then one day...  
... dora said, "Sit down...  
... now, why don't you...  
... There's nothing...  
... doing right now...  
... there?"  
... Nan Broome...  
... down, but rather...  
... stiffly. She thought...  
... Medora did not...  
... so good today. There...  
... was a grayness about...  
... her usually bright...  
... colored, brown...  
... "How long do...  
... think this will take...  
... Medora said, "Before...  
... I can jump over a...  
... stack again?"  
... "Oh, six weeks...  
... two months. It's...  
... to tell. It takes a...  
... of patience."  
... "You meant...  
... six or eight weeks...  
... the legs?"  
... "Yes, for the legs...  
... There was a small...  
... silence and again the...  
... yness seemed...  
... ked, ominous.  
... "Do you believe...  
... immortality?" Me...  
... dora asked suddenly.  
... "Immortality? ...  
... Why, to tell the truth...  
... I never think about...  
... much." Nan Broome...  
... true, it is; if it isn't, it isn't...  
... evidence one way or the other...  
... d enough to cope with this...  
... ng of another! ... I wouldn't...  
... u were morbid yourself."  
... not. Not at all. I don't know why...  
... Just came into my head...  
... h?"  
... ar as I know, I suppose the doc...  
... ou he'd gone back to medical...  
... onder if he'll marry the Pe...  
... on't know. I wouldn't be at all...  
... e did."  
... ed herself then, but the talk...  
... little, strained her courage. It...  
... is talking in this fashion with...  
... up, as if they were friends, with...  
... of intimacy.  
... opped in that night while Han...  
... t the office. He stayed quite...  
... a amused him and he sat by...  
... hing, making jokes. When he...  
... doctor's wife walked to the...  
... g all right?" she asked slowly...  
... w, Mrs. Broome. Don't really...  
... e the legs'll be all right. Hard...  
... ose internal things you can't...  
... much like her color. She's got...  
... as," Nan Broome said quietly.  
... (continued on Page 118)

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