

says

MRS. ALICE THOMPSON

Publisher of SEVENTEEN

and mother of teen-age Judy, photographed below

"Every teen-ager should memorize those flags"

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

An important vitamin for children's growth

FOOD ENERGY

To maintain proper weight and vitality

IRON

Helps build the red blood needed for health

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



"Smart girls these days are well aware that the foods they eat have a great deal to do with their health and their dispositions, even their grades and their looks. Those flags should help them to remember that modern enriched bread and flour are nutritionally valuable *six ways*."



NOT JUST TEEN-AGERS. *Every one* should know and remember what those flags say. Every bite of enriched bread or of any of the good foods (made with enriched flour) provides six nutrients needed daily for health and vitality. Bake at home or buy from your grocer or baker, always being careful to get modern enriched bread and flour; they are such thrifty, delicious sources of 6-way nourishment.

WHEAT FLOUR INSTITUTE

There's 6-way Nourishment in Enriched Bread and Flour

JAM-SNACKS . . . Easy-do refreshments for the gang. Mix your favorite recipe of baking powder biscuit dough, using 2 cups enriched flour. Roll 1/4-inch thick on lightly floured surface. Cut half of dough with a biscuit cutter, the other half with a doughnut cutter of equal width. Spread plain rounds with jam. Top with "doughnut" rounds; fill center holes with more jam. Bake in hot oven (450° F.) about 12 minutes till golden brown. Yields 12 to 15.

IF YOU'RE DIETING . . .



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 keep you *fit* while you're reducing.

LOSE WEIGHT . . .

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