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Sip into something slimming— The Campbell Mini-Diet.



With the Campbell Mini-Diet, there'll be long, lean days ahead. It's the sensible slim-down — starring good, hot Campbell's Soup every diet day for lunch. Try some of these:

Lean-Ladle Lunch

Campbell's Beef Noodle Soup (7-oz. serving)

Open-face cream cheese and olive sandwich (1½ oz. cheese, 3 large olives sliced on 1 slice whole-wheat bread)

Celery and carrot nibbles. (3 thin sticks of each).

Skim milk (8 oz.).

Total lunch—438 calories.

Super-Slender Lunch

Campbell's Chicken Noodle Soup (7-oz. serving)

Tuna Surprise (2 oz. tunafish salad served on a quartered medium tomato)

Saltines (2)

Skim milk (8 oz.)

Total lunch—350 calories.

Narrow-as-an-Arrow Lunch

Campbell's Vegetable Soup (7-oz. serving)

Open-face grilled-cheese sandwich (2 slices, 2 oz., American cheese on 1 slice white toast, garnished with 1 tbsp. pickle relish)

Total lunch—359 calories.

Eat-Sleek Lunch

Campbell's Tomato Soup (7-oz. serving)

Open-face ham sandwich

(2 oz. sliced ham with mustard on 1 slice rye bread)

½ dill pickle

Skim milk (8 oz.)

Total lunch—392 calories.

Un-hippy Lunch

Campbell's Beef Broth (7-oz. serving)

Summertime Sandwich (3 tbsp. cottage cheese, ½ cucumber sliced, ½ tomato sliced on 1 slice pumpernickel bread)

Skim milk (8 oz.)

1 medium-sized orange

Total lunch—373 calories.

**M'm! M'm!
Good!**