

TWO WAYS TO KEEP FROM GOING FROM FIT TO FAT.



1 Don't let your body just sit there... use it. Housework can help keep you in good running condition.



2 Don't take in more calories than you need. Try DEL MONTE® Calories Reduced Peaches, with less than 1/2 the calories of regular (heavy syrup pack) peaches. You'll like the DEL MONTE flavor that's in every bite. And the calories that aren't. Try all three: Peaches, Pineapple, Fruit Cocktail.

Support Your United Fund.

Stat. A. 10/10/79