



***Is it true
that a good breakfast can help
improve teen-age dispositions?***

Yes, it's usually true. When little things make you fly off the handle, it's time to settle yourself down.

Here's what to do: Take a little exercise every day. Get enough sleep every night. And start satisfying your nutritional requirements with a good breakfast every morning.

Breakfast is far more important than you may think. When you skip breakfast, you're robbing yourself of some of the very nutrients that nourish a healthy nervous system.

A good breakfast includes a Kellogg's cereal, a glass of milk, juice or fruit, and two slices of buttered toast. It takes only minutes to fix and eat. Try it for a few weeks and see if you don't feel a lot more relaxed and ready for fun.

Kellogg's of Battle Creek



***Is it true
that a good breakfast can
improve teen-age bounce.***

Yes, it's really and truly so. A good breakfast can recharge your body with bounce first thing in the morning, and prepare you for an active day.

Your energy lift is prompt because blood sugar rises rapidly. It is also lasting because blood sugar remains up, falling only gradually during the late morning hours.

A good breakfast includes a Kellogg's cereal, a glass of milk, juice or fruit, and two slices of buttered toast. Why don't you give it a chance to improve your bounce every day?

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