



How to succeed in keeping trim without really dieting!

(It's as easy as skimping on 10 of the most fattening foods!)

Considering a crash diet? Don't! You can keep trim simply by making a sensible change in your eating habits.

All you have to do is skip on these ten most fattening foods: bacon, sausage, butter, cream, ice cream, olives, peanuts, salad dressing, chocolate and pastry. Instead, eat as much as you like of the high protein foods such as fish, lean meat and vegetables.

And eat Old London Melba Toast more often.

A single slice has only 10 calories. Here in a crisp, delicious, golden brown slice is all the goodness of toast without the bulk.

Free Keep Trim Booklet! Right now in every box of Old London Melba Toast—white, rye, wheat or pumpernickel—you'll find a booklet that tells you what to eat and what not to eat. It also gives you one surprisingly easy exercise. It's a stay-dim plan that's as simple as it is sensible. Get a box and see!



Company: Old London Foods
Publication: Good Housekeeping
Issue Date: Sep 63