



**The Special K Breakfast**

- 4 oz orange juice
- tomato juice, or
- ½ med. grapefruit
- 1½ cups (1 oz.) Kellogg's<sup>®</sup> Special K high-protein cereal
- 1 teaspoon sugar
- 4 oz skim milk
- Black coffee (less than 240

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**GOOD FOR YOU, ELKE SOMMER**

She knows watching her nutrition counts as much as watching her weight. So she's starting her day with the Special K Breakfast. That's good for Elke and good for you, too. Because it's a great-tasting way to get protein, vitamins and iron for less than 240 calories. You can't do much better than that. So eat smart at every meal, starting with a good breakfast. The Kellogg's Special K Breakfast.

**The Special K Breakfast.**  
**Serious nutrition for weight-conscious adults.**

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a scientist returns from his legendary creature

Continued  
EDWARD

EACH year, stories of the yeti—better known as the Abominable Snowman, a monster man-ape roaming the snows—come rolling down out of the Himalayas like an avalanche. Eyewitness reports, photographs and plaster casts of footprints accumulate into a morass of confusing information.

Why is there so much excitement about the hypothetical existence of the yeti? Interest, in part, has to do with a very confusion and mystery that surround the beast. In an age when science, with heartless efficiency,

DR. HOWARD EMERY



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 FROM THE AUTHOR'S