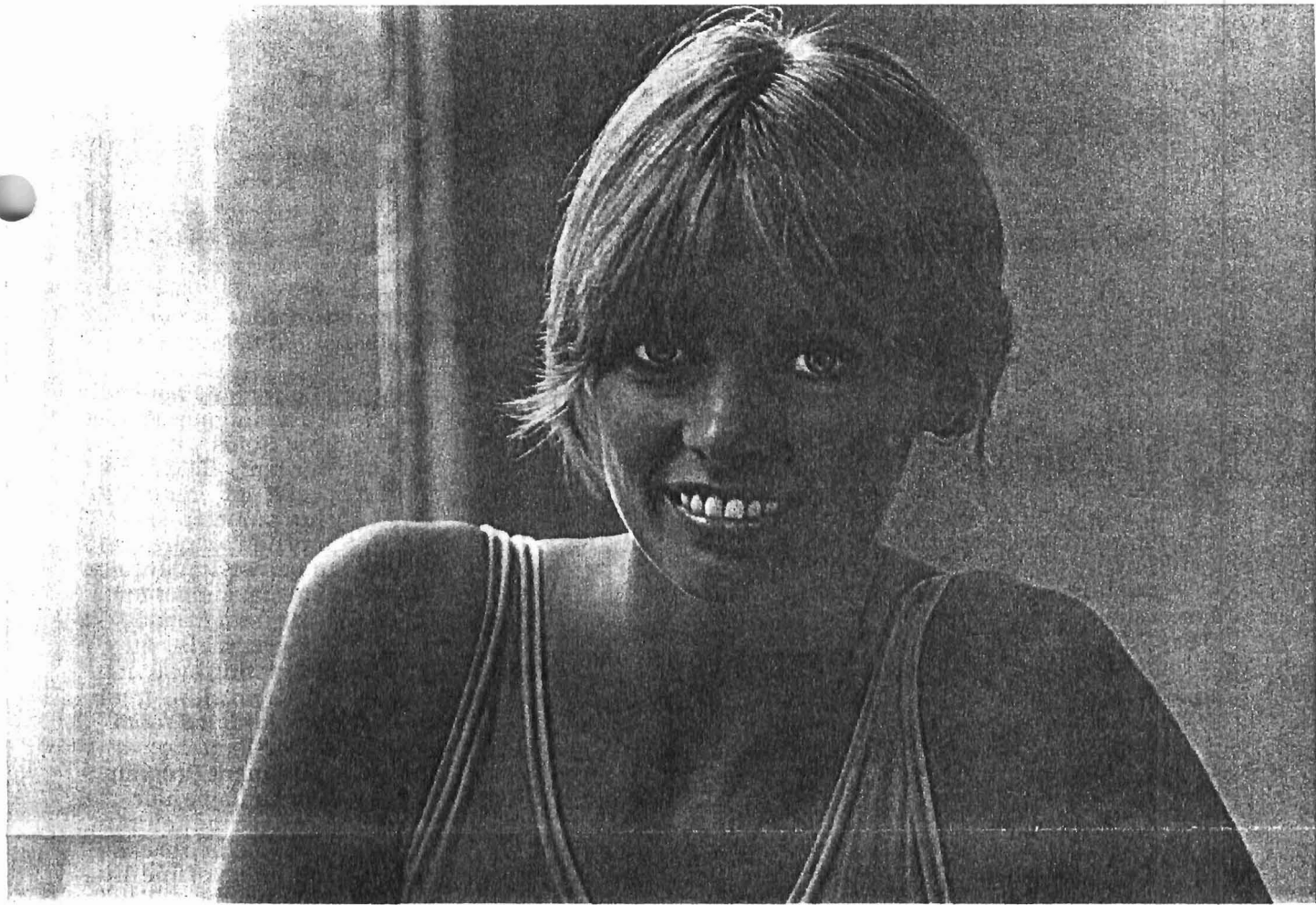


78D



IF YOU TAKE CARE OF THE INSIDE, THE INSIDE WILL TAKE CARE OF THE OUTSIDE.

Maybe you eat a perfectly balanced diet every day. But if you're like a lot of women, you don't. Women who work non-stop. Who grab a snack here. And miss a meal there. Who diet too strenuously and too often. Or who live on "junk food" because it's easy.

Eventually it's going to catch up with you. And it could start to show.

Protein, vitamin and mineral deficiencies can not only affect the condition of your skin, hair and nails, they can make you tired and irritable. And that can affect the way you look.

So if you think you'd like to change your ways, we know a good place to begin. In the cereal section of your supermarket.

With Kretschmer Wheat Germ. Kretschmer is one of the world's most nutritious natural foods.

Just a quarter cup (in your yogurt or your salads) will give you 15% of your RDA* of protein. 30% of your Vitamin B1. And it's a good source of most of the rest of the B Complex. It also provides 15% of your Vitamin E. And a lot of precious minerals your body needs.

In fact, few other foods we know give you this unique combination of so many things that are so good for you.

As part of a balanced diet it could make a difference.

A lot more than a month of sundaes.



INTERNATIONAL MULTIFOODS
*U.S. Recommended Daily Allowance

KRETSCHMER WHEAT GERM. THE BEAUTIFUL FOOD.

JWT. CA. 1978. 16.32