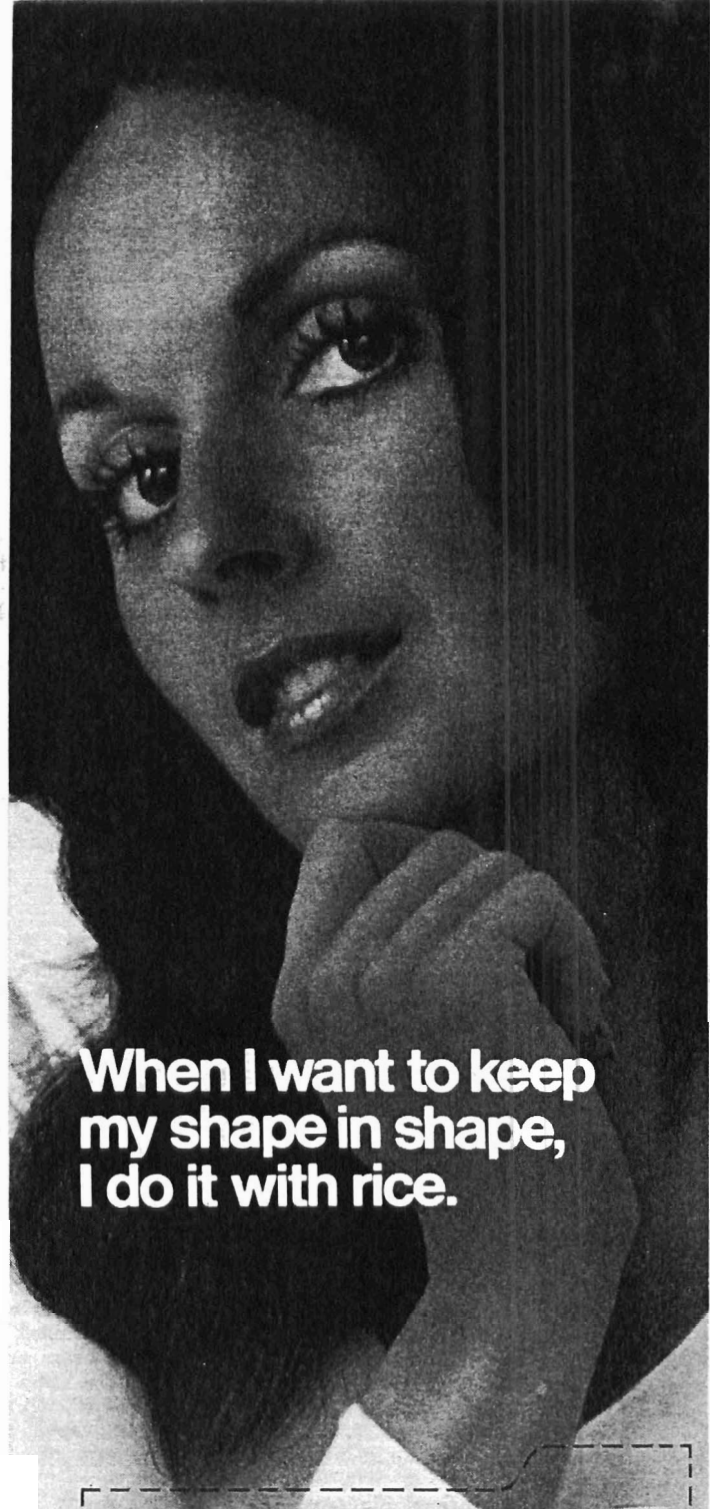


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When I want to keep my shape in shape, I do it with rice.

All you have to do is go by the book. A little book called "Rice. Low-Calorie Menus and Recipes." These menu ideas and tempting recipes are geared to keep your diet under 1200 calories a day.

Appetite appeasing dishes like Beef-Julienne with Asparagus. Rice Tuna Salad Ole! Chicken Vermouth with Rice.

Rice makes losing weight a winning proposition. So send for the book. And start shaping up your shape with rice.



Va-rice-ity

Send 25¢ for the booklet "Rice. Low-Calorie Menus and Recipes." Rice Council of America, Box 22802, Houston, Texas 77027.

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