

## FOR THEIR HEALTH'S SAKE!

*See That Your Family Enjoys Plenty of Apples*

Keep a big bowl of rosy, ripe apples, handy on the dresser or the sideboard for everyone to help themselves from, between meals. Always have them on the table at meal times. See that the children take them to school EVERY day, and the grown-ups to office.

And make palate-tempting apple pies and puddings, apple charlottes and cold sweets. Bake big cooking apples in dump-

lings, and set them in red jelly. They're good EVERY way, and good for EVERYBODY.

Apples are valuable food. They contain three important vitamins, A, B and C, as well as minerals, and a rich supply of natural energy-giving sugar.

It's the Apple Season! Apples are cheap! Apples are health-giving! Serve them often and keep a good supply ready for use.



*buy  
them  
by the  
Case*

# EAT MORE APPLES

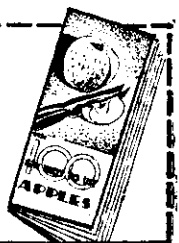
### SEND FOR THIS RECIPE BOOK

**FREE**

*A wonderful little book of apple recipes. Send a penny stamp to cover postage to "EAT MORE APPLES," Dept. 20, P.O. Box 1500, Wellington.*

NAME (Block letters) \_\_\_\_\_

ADDRESS \_\_\_\_\_



**Listen to the 'APPLE QUIZ' All Z.B. Stations - Every Saturday, 8 p.m.**