

---EAT APPLES

A PPLE time is here! Apples red and apples yellow, packed with delicious, health-giving juices that are so essential for every one. Crisp, juicy apples, sweet or tart, according to your taste. Apples are good for your teeth. Apples give energy. Eat apples every day, especially after meals—it's a delicious habit. Eat apple pies and apple puddings. Apples cannot be exported this year—so do YOUR bit for National Health and National Service—buy apples by the case—and eat plenty!



Serve Apples - and Serve Your Country!