



# Check up on Your Meals

Good food is essential for good health. Here are some suggestions for the three basic meals of the day—they include the foods you need every day to keep you fit and well!

## Breakfast

is important. It prevents that mid-morning hunger and the bun and cake eating that does the figure no good. A good breakfast includes cereal (the ones that need cooking are the best) with milk, or fruit in summer; cooked dish whenever possible. Toast or bread, marmalade, butter, etc. If you can't have a cooked breakfast choose milk or a milky beverage in preference to tea.

## Lunch

Mid-afternoon fatigue can be due to a poor lunch. For more energy—less fatigue—choose *this kind of lunch*: sandwiches or rolls with meat or egg or cheese or peanut butter, and salad, or tomato or fruit, milk or milky drink—and—if you must include them, the cakes and buns only as an extra. With fish and chips or meat pie have some fruit or vegetables and a glass of milk.

## Dinner

This should provide at least a third of the day's food needs, so include meat or fish, potato or kumara, vegetable (use green vegetable, cauliflower or swede frequently); pudding—milk puddings and fruit often.



Include daily:—Some meat or fish; cheese frequently; some raw fruit; at least one serving of vegetable and potato or kumara; bread; butter; whole cereal; a pint of milk (more for children); and iodised salt; eggs, 3-5 times a week. 13.3

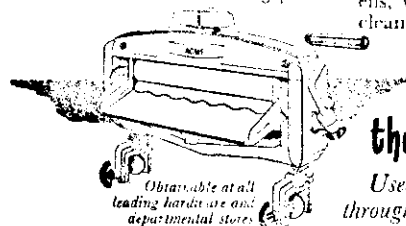
## How new is a frock?

Is it brand new, or does it look like new? In either case, how can you keep it that way? How can you make all your pretty things last longer—and go on looking lovely? Well, the answer to that problem is the ACME Cleanser-Wringer.

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