

Eat lots of ORANGES for Winter Health !

Good to eat! Good for you!

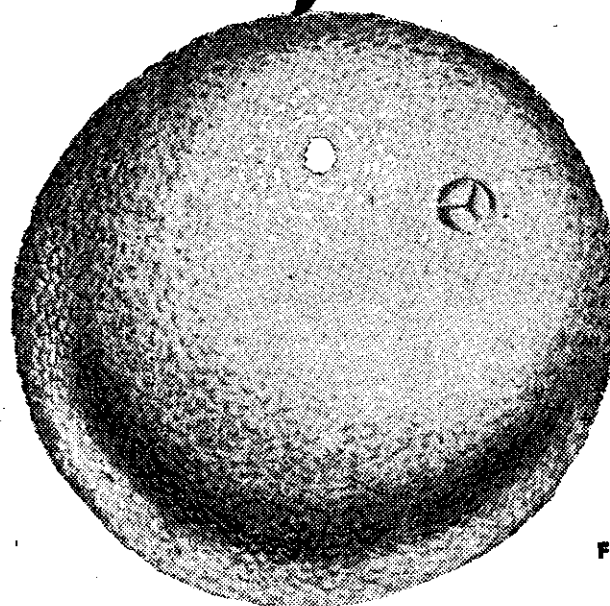
Fresh oranges are a rich source of vitamins—notably Vitamins C and A. Oranges also contain the remarkable Protopectins that aid digestion and regularity; Bioflavonoids that strengthen the tiny blood vessels in the body (the capillaries) and help keep them elastic and youthful. All these health factors found in oranges make this delicious fruit a "Must" for Winter vitality. Eat oranges every day!

Oranges for reducing: Acquire and keep an attractive figure with the healthful "Eat-an-Orange" plan. Just eat an orange 30 minutes before lunch and dinner each day. Then, eat moderately at mealtime as you should. You will be amazed at how easy it is because oranges have a remarkable ability to satisfy appetite.

*The daily orange
Keeps you on
Your toes!*



**DON'T FORGET, MUM
—ORANGES ARE GOOD
FOR GROWING KIDS!**



**Fruit Distributors Ltd.,
Wellington.**