



**do YOU feel washed-out
by mid afternoon ????**

Mid-afternoon fatigue
can be due to a poor lunch.
You can't keep going on buns and cakes.
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.

**A GOOD LUNCH KEEPS YOU
GOING RIGHT THROUGH
THE AFTERNOON**

17.2

**ONLY LICHFIELD -
has the "Long Life" Collar!**



ALL LICHFIELD "POINT-SETTER"
WHITE COLLARS ARE GUARAN-
TEED TO OUTLAST THE LIFE OF
THE SHIRT.

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OFFER A SELECTION OF
SLEEVE LENGTHS FOR EACH
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