



Don't expect to Look well if you don't Sleep well

THOSE tired lines and wrinkles may indicate that you are not getting sleep of the right kind. Your sleep should be natural, restful and restorative. It should refresh body, nerves and mind so that you awake cheerful, energetic and invigorated-feeling and looking your best.

As an aid to sleep of the best kind, delicious 'Ovaltine' is the world's most popular nightcap. It provides soothing nourishment to body and nerves, helps you to relax and gives you that comfortable feeling of repose which is the prelude to natural, restful sleep.

While you sleep, 'Ovaltine' supplies easily assimilated nourishment from Nature's best foods to assist in restoring the body's energy. For all these reasons, let 'Ovaltine' be your regular bedtime beverage.



AVAILABLE IN BOTH PLAIN AND CHOCOLATE **FLAVOUR**

Drink delicious

OVALTINE

The World's Best Nightcap

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