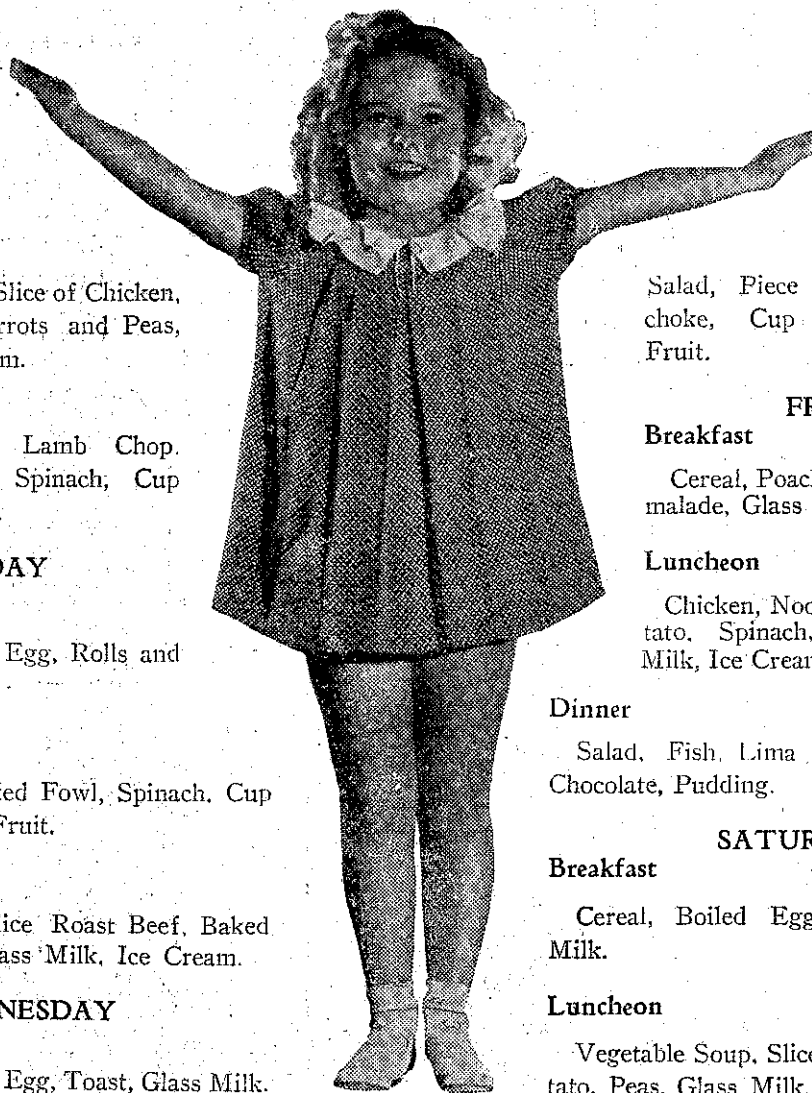


Here's The Weekly Diet Of World-Famous Shirley Temple

Shirley Temple, the world's favourite child star, has to be just as careful of her diet as the slinkiest screen siren. Below is printed the weekly diet of little Shirley—quite a pleasant one to be sure, but still mother has to keep an eye open to see that too many chocolates and ice creams don't creep into the menu 'tween meals.



MONDAY

Breakfast

Cereal, Coddled Egg, Toast, Glass Milk.

Luncheon

Vegetable Soup, Slice of Chicken, Baked Potato, Carrots and Peas, Glass Milk, Ice Cream.

Dinner

Avocado Salad, Lamb Chop, Mashed Potatoes, Spinach, Cup Chocolate, Pudding.

TUESDAY

Breakfast

Cereal, Poached Egg, Rolls and jam, Glass Milk.

Luncheon

Green Salad, Baked Fowl, Spinach, Cup Chocolate, Stewed Fruit.

Dinner

Chicken Soup, Slice Roast Beef, Baked Potato, Turnips, Glass Milk, Ice Cream.

WEDNESDAY

Breakfast

Cereal, Scrambled Egg, Toast, Glass Milk.

Luncheon

Vegetable Soup, Baked Potato, Spinach, Glass Milk, Rice Pudding.

Dinner

Tomato and Lettuce, Sliced Roast Lamb, Asparagus, Cup Chocolate, Sliced Pineapple.

THURSDAY

Breakfast

Cereal, French Toast, Jam, Glass Milk.

Luncheon

Green Pea Soup, Slice of Chicken, Baked Potato,

Carrots, String Beans, Glass Milk, Ice Cream.

Dinner

Grape Fruit Salad, Piece Sirloin Steak, Artichoke, Cup Chocolate, Stewed Fruit.

FRIDAY

Breakfast

Cereal, Poached Egg, Toast, Marmalade, Glass Milk.

Luncheon

Chicken, Noodle Soup, Baked Potato, Spinach, Asparagus, Glass Milk, Ice Cream.

Dinner

Salad, Fish, Lima Beans, Carrots, Cup Chocolate, Pudding.

SATURDAY

Breakfast

Cereal, Boiled Egg, Toast, Jam, Glass Milk.

Luncheon

Vegetable Soup, Slice Chicken, Baked Potato, Peas, Glass Milk, Ice Cream.

Dinner

Mixed Salad, Lamb Chop, Asparagus, Cup Chocolate, Cake, Stewed Peaches.

SUNDAY

Breakfast

Cereal, Bacon and Coddled Egg, Glass Milk.

Luncheon

Fruit Salad, Roast Turkey, Cranberry Sauce, Mashed Potatoes, Cauliflower, Glass Milk, Pudding.

Dinner

Soup, Cold Meats, Potato Chips, Cup Chocolate, Stewed Fruit.