

It is time to call a halt in this dangerous practice. Whoever said that two persons could have the same standard of weight? Medical science now declares that standardization in the weight of human beings is impossible, as well as undesirable.

Eat enough of a great variety of foods and enjoy them. Remember that sugar is the ideal flavor of other foods and that it adds greatly to the zest and pleasure of eating. Sugar is also a food. The most inexpensive and purest known. Don't be afraid to sweeten grapes, citrus oranges, cereals, dried fruits, and all canned vegetables. Delightful flavors demand sugar. Enjoy eating.

The Sugar Institute.