## FOOD EXPERT REMINDS OF HOLIDAYS' APPROACH

$\underset{\substack{\text { TURKEYS TOBE } \\ \text { CHEPER } \\ \text { DEAERERERS } \\ \text { ABREE }}}{ }$


Active brains, healthy appetites must have foods rich in the natural body-
building elements. Appetizing, satisfying foods that really nourish. Few foods meet foods that really nourish. Few foods
all these requirements so admirably as



