

New *Karo* Syrup Blend

WITH BRIGHT, MAPLE-Y FLAVOR



Look for the beautiful
NEW "HIGHBOY" BOTTLE
Easy to hold! Easy to pour!
Attractive on your table!

Here is a new Karo Syrup to delight your taste in extra maple-y goodness! So rich and full flavored.

Karo Corn Syrups Contain 1-2-3 ENERGY BOOSTERS

... act much the same as a 3-stage rocket!

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| 1. DEXTROSE goes to work instantly to give you the first big lift. | 2. MALTOSE the second energy booster, gives you your second energy lift. | 3. DEXTRINS act slower, to give you a third or delayed burst of energy. |
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TRY THESE DELICIOUS KARO SYRUPS, TOO!

- Dark 'n Sweet Karo, with its rich, full-bodied flavor.
- Crystal Clear Karo with its clear, sweet taste.

AMERICA'S FAVORITE SYRUPS FOR OVER 50 YEARS



QUIPS AND QUOTES

About the only time a boy is sure to follow in his father's footsteps these days is when the family car is in the shop.
—Pat Kraft



"... and then I discovered he was prescribing last year's miracle drugs!"

I Finally Had to Diet! (Continued from page 4)

no between-meal snacks. Nor are the meals themselves what they once were.

For breakfast, once replete with brioche, Danish pastry, and the like, I now have half a grapefruit (baked) or a serving of canned fruit or applesauce, a piece of gluten or protein toast with margarine or, as an occasional sop to my sweet tooth, a teaspoon of marmalade and a beverage. Three mornings a week, I add a protein to the breakfast menu—a poached egg or three tablespoons of cottage cheese.

For dinner I'll have tomato juice or a clear soup. The meat course will be beef, lamb, or chicken, either broiled, boiled, or roasted, but never fried and with all of the fat trimmed away before cooking. Also a serving of two, sometimes

three, green vegetables. For dessert, if any, a gelatin or a prune whip made with the white of egg or a diet pudding made with a sugar substitute and skim milk. As a supplement to my diet, I take large daily doses of potent vitamins.

A diet that is proper for one person, however, may be poison to another, so nobody should go on a diet without consulting a doctor.

If I were to say that in the four years I've been dieting I have never backslid, I wouldn't be telling the truth. I have. But not for long. I weigh myself daily and always at the same time of day (the daily weighing is important for dieters), and when the scales go up a pound or more—I get with it again.

Since I've been dieting, my blood pressure has gone down, my gall