



# NUTRITIVE VALUE OF FOODS

TOTAL AMOUNT OF NUTRIENTS AND THEIR  
FOOD VALUES IN DIFFERENT FOODS FOR 10c.

CALORIES	400	800	1200	1600	2000	Price per lb.	10c. will buy lbs.
Eggs .....	[Bar chart showing 400, 800, 1200, 1600, 2000]					13½c.	.75
Sirloin Steak .....	[Bar chart showing 400, 800, 1200, 1600, 2000]					18c.	.56
Beef Rib .....	[Bar chart showing 400, 800, 1200, 1600, 2000]					16c.	.63
Round Steak .....	[Bar chart showing 400, 800, 1200, 1600, 2000]					12c.	.83
Milk .....	[Bar chart showing 400, 800, 1200, 1600, 2000]					3c.	3.33
Cheese .....	[Bar chart showing 400, 800, 1200, 1600, 2000]					16c.	.63
Imperial Peanut Butter .....	[Bar chart showing 400, 800, 1200, 1600, 2000]					30c.	.33

## What Is Imperial Peanut Butter?

A product of exceptional goodness produced from specially selected Spanish Peanuts roasted by an expert, blanched, cleaned and separated from the skin and kernel and prepared for immediate use under the most scrupulous supervision and sanitary conditions.

Open a bottle, observe the consistency and richness of flavor.

There is not a man alive who does not admit the superior quality and intrinsic value of MacLaren's Imperial Cheese. You find it on the table of discriminating housewives in every country of the world.

The same high standard has been consistently maintained in the production of MacLaren's Imperial Peanut Butter and Imperial Dessert Jelly, which head the list of nut foods and jellies for nutriment and wholesomeness.



## Live Wholesale Grocers Handle Them

Manufactured and Guaranteed Pure by  
MACLAREN IMPERIAL CHEESE CO., LIMITED  
TORONTO, ONT.

Only

Just  
it t

"Th  
EVER

S

All