



YOUR FOOD AND YOUR HEALTH

To be healthy requires a proper diet.

Not merely food—not merely good wholesome food—but a correct proportion of good foods so as to supply the various elements required to keep the complicated mechanism of the body in working order.

Meat alone won't do—vegetables alone won't do—sweets alone won't do. A proper combination of Nitrogenous matter, carbohydrates, fats and minerals must be absorbed.

CROWN BRAND CORN SYRUP

supplies a goodly proportion of the requisite carbohydrates in a most palatable form.

Taken with bread, it is a really invaluable health food—not a fad food.

Growing children need it—and it is better for them and they like it better than medicine. To older ones it is not less essential and it is just as pleasant.

The Edwardsburg Starch Co.

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