

THE CANADIAN GROCER

CHEESE A SPRING DIET



DR. WILBY, chief of the United States Pure Food Bureau, warns people against the theory that we eat too much. Eat all you can digest, he advises. In England, prominent physicians are giving the same advice, particularly with respect to Springtime diet—which many persons are said to limit to their own disadvantage.

Eat cheese and nuts and continue jam diet during the early Spring, they advise.

At this time of the year the body's resistance against disease is at its lowest, and cheese is one of the best body-building, germ-resisting foods.

Make a habit of eating cheese not only after lunch and after dinner, but between meals. At 11 a.m., eat a snack of bread or biscuit and cheese, and at night before going to bed consume a large portion.

Now, during the Spring, a man should, if anything, eat more than he has during the Winter, and in between meals he should eat plenty of cheese.

The many nourishing qualities of cheese cannot be exaggerated. It is a food which gives tone to the system, and certainly helps one to resist Spring illnesses.



Make your trade acquainted with the real value of cheese as a diet. It will pay you to do so and especially so
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