



He's Bright— but he's falling behind

When a child goes into
a slump—check his food
intake carefully—this way!

Children, now and then, as you know, go into a slump. They become dull or apathetic, or sometimes they lose weight or fail to gain.

At times like these, check the food intake carefully. Always keep in mind that a child needs, proportionately, 2 to 3 times as much of certain foods as adults; these food elements such as protein, calcium, iron, vitamins B₁, C, niacin and riboflavin may be called the "spark plugs" of robust health and vitality. A child needs lots of them. A lack of one or more can cause a slump. And—*please note this*—they are the very elements most apt to be deficient in average meals.

Of course, a fully adequate diet can be selected from ordinary foods, but it's difficult to be sure you're right. And so, today, busy, intelligent mothers employ an easier method that virtually assures an adequate diet. They use a supplementary food like Ovaltine. The purpose of a supplementary food is to fill in the chinks, gaps, loopholes that may occur in ordinary meals; it supplies those rarer elements most easily lost in cooking, most apt to be lacking—based upon the study of thousands of meals served in average homes.

Ovaltine, mixed with milk, contains practically all the vitamins and minerals

necessary to bring the ordinary meal up to the full requirements of a growing child. It also provides an extra supplement of high quality proteins.

Ovaltine has the additional advantage of being so processed that even a child with a delicate stomach can digest and absorb it readily.

So why don't you join thousands of other mothers in this health insurance program. Give 2 to 3 glasses of Ovaltine daily in addition to regular meals. Then you can be *sure* you have done just about everything you can do to insure proper nutrition for your child.

READ WHAT FOOD-VALUES YOU GET IN OVALTINE MIXED WITH MILK

HIGH-QUALITY PROTEIN—essential in building body and nerve cells.

HIGH-ENERGY FOOD—needed for keen vitality.

IRON—necessary to maintain good red blood.

VITAMIN B₁—required for good appetite, digestion and healthy nerves.

VITAMIN C—necessary for healthy gums and all connective tissue throughout the body.

VITAMIN D, CALCIUM & PHOSPHORUS—all needed for straight, strong bones, good teeth.

VITAMIN A—a deficiency prevents normal growth—*affects vision—may cause night blindness.*

NIACIN—for normal functioning of nervous system and digestive tract.

VITAMIN B₂ (Riboflavin)—essential to normal growth—and health of eyes and skin.

OVALTINE

THE PROTECTING FOOD DRINK



Janet Dayton, who works in the program department at WOL, and her husband, Ted Dunlap, an announcer at WMAL, are among members of the American Federation of Radio Artists participating in the Radio Artists' Workshop series. They are shown at their home, 921 Nineteenth street N.W.



When not acting before a microphone, Mrs. Nan Frutkin, 3925 Davis place N.W., is busy with household chores and the care of her 3-year-old son Peter.

HELP SAVE YOUR TEETH



More Teeth Lost From
Neglected Gums Than Tooth Decay!

Nothing beats brushing your teeth with Forhan's after meals to help prevent tooth decay. But too many people are forgetting about their gums. Beautiful, healthy teeth *must* have firm gums. See your dentist regularly. Then at home use 'double-purpose' Forhan's—made especially for

both massaging gums to be firmer (more able to ward off infection), and keeping teeth sparkling clean.

Your Teeth Are Priceless Possessions. Don't wait for tender, bleeding gums to warn you of Gingivitis—a mild gum inflammation—neglect of which often leads to Pyorrhea which only your dentist can help. See him. Then start today—help keep gums firm, teeth naturally bright—with Forhan's.

USE 'DOUBLE-PURPOSE'

Forhan's

FOR CLEANER TEETH
AND GUM MASSAGE!