

EAT THESE FOODS DAILY FOR HEALTH

It is better to eat a little of a variety than a lot of two or three foods



- (1) One quart milk for a child; one pint for an adult, as drink or in custards and soups. (One quart of milk = 1 lb. steak as to protein value)
- (2) At least one egg
- (3) Butter
- (4) Raw fruit
- (5) One green leafy vegetable and two others
- (6) One raw vegetable in salad such as lettuce, cole slaw, tomato, grated carrots
- (7) Whole grain bread or cereal

These seven foods contain the necessary vitamins for health except the sunshine vitamin provided by one hour daily in the sun. Eat first what you should, then what you like. By making a habit of eating the foods you should, they soon become your favorites.

To buy wisely spend almost half the day's food money for milk, cheese and butter. Milk and whole milk cheese each contain elements vital to health of tissues, nerves, bones, teeth and heart action. Cooking food too long destroys the vitamins. The water in which vegetables are cooked contains valuable elements. It should be used in soups. Chew your food thoroughly. Drink before or after eating, not while chewing.

People who do not eat the right foods and do not get eight hours of sleep find it hard to maintain good posture and are more likely to suffer from infections. Even common colds may lead to serious ills. Frequent check-ups by your physician are advisable.

THE CAMP TRANSPARENT WOMAN

The Samuel Higby Camp Institute for Better Posture, a non-profit public service organization devoted to fostering better health habits, is promoting National Posture Week, May 4-11, to emphasize the importance of good posture as an aid to health and defense, and to direct people to their physicians for consultation and check-up in order to prevent consequent ills. Schools, colleges, health units, and those promoting public health education are invited to participate.

The famous Camp Transparent Woman (at right), a public health educational exhibit viewed by over eleven million persons, including school children, physicians and scientists, and now on permanent exhibition in the Medical Section of the Museum of Science and Industry, Jackson Park, Chicago, is an object lesson in good posture.

