

When a boy is not in condition, his training rules

have generally hit a S N A G  
w i l r  
e c c e  
e o o a  
t t h s  
s i o e  
n l  
e

When you boys eat, remember the three B's: Baked,  
Boiled and Broiled foods will put iron in your  
muscles.

Sweets are perfectly all right. Candy is fine if  
eaten after a meal. It is the sweets when taken  
before or between meals that allay the appetite for  
tissue building foods. Sweets are carbohydrates and  
give energy, but when muscle and bone tissues are  
depleted sweets do not build them up. Proteins are  
the necessary things, such as meat, eggs and milk.

Remember this, bread is the staff of life.

Toast is sweetened bread because the heat breaks up  
the capsules of carbohydrates and turns starch into  
sugar.