

Drink "Ovaltine" for health / A. Wander Ltd.

Contributors

A. Wander Ltd.

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Drink
"Ovaltine"
for Health!

A. WANDER LTD., LONDON.
LABORATORIES & WORKS:
Kings Langley, Hertfordshire.



AFTER A STRENUOUS DAY

AFTER an exhausting day's work in the office, workshop or home, try a cup of "Ovaltine" with supper. You will find it overcomes fatigue, ensures sound sleep, and supplies a reserve of strength with which to face the work of the forthcoming day.

"Ovaltine" is prepared from Nature's tonic foods, Malt, Milk and Eggs, and flavoured with Cocoa, only the vitalizing and reconstructive elements being retained, and is so easily assimilated that it carries at once to the worn-out cells just those necessary food elements which restore and maintain vitality.

"Ovaltine" builds brain, nerve and body.



CONVALESCENCE

BECAUSE of its high food value, ease of assimilation and attractive flavour "**Ovaltine**" is the ideal food beverage for invalids, convalescents, the aged, and in all cases of weak or disordered digestion.

"**Ovaltine**" possesses stimulative properties, and also imparts those important natural elements that nourish and feed the delicate constitution until complete vitality is restored.

Independent analysis certifies that 1 cup of "**Ovaltine**" contains *more* nourishment than 7 cups of cocoa, 12 cups of beef extract, or 3 eggs.

"**Ovaltine**" is a source of strength.



AT EVERY MEAL FOR HEALTH

WEAKLY children lack the stamina and vitality which robs them of the full fruits of perfect health in after years. Robust constitutions are built up by careful attention to hygiene and diet. There is no better beverage for growing boys and girls than "**Ovaltine**."

Into "**Ovaltine**" is concentrated all the super-nourishing, nerve stimulating qualities of ripe barley malt, creamy milk and eggs. Breakfast is a new delight for the children when the delicious fragrant "**Ovaltine**" is put before them. They enjoy the attractive flavour and drink it to the "last drop."

"Ovaltine" supersedes cocoa, tea or coffee.



RESTFUL NIGHTS

SOUND rejuvenating sleep, the complete bodily rest that restores worn nerves and lowered vitality, is encouraged by a cup of delicious "**Ovaltine**" before retiring. It contains no drugs, nothing to harm the system, or disturb or impede digestion. "**Ovaltine**" is a concentrated extraction of ripe barley malt, creamy milk and eggs—Nature's products rich in valuable tonic properties.

Sleeplessness is frequently due to nervous debility and digestive unrest. "**Ovaltine**" is *rich* in those elements which restore the nerves and correct digestion.

Delicious "**Ovaltine**" is truly "Tired Nature's Sweet Restorer."

"Ovaltine" for sleeplessness.



"DOOD FOR YOUR TOOFIES TODDLES"

WHEN teething time comes, let your baby have "Ovaltine" Rusks. They are far superior to bread crusts which lack nourishment. Bone rings often lead to malformation of the mouth.

"Ovaltine" Rusks break up readily in the mouth whilst giving just that assistance necessary to bring the little teeth through the gums. They also aid baby's digestive powers and promote sound muscle and bone. Teething troubles are lessened and strong teeth with good formation promoted when baby is given "Ovaltine" Rusks.

"Ovaltine" Rusks are made of the finest wheaten flour—unbleached, unadulterated, and guaranteed absolutely pure.

OVALTINE
Rusks

APPETISING, DIGESTIVE & NOURISHING.



"SCREAM FOR THEM THEY'RE WORTH IT"

WHEN little tots find something really nice they tell one another. It's too good to keep as a secret.

And the good thing is "Ovaltine" Rusks. Children prefer them to ordinary rusks, bread, toast or biscuits. They love the delightful crispness—the delicious taste, and they are so wholesome—so full of nourishment.

Every growing child should have these delicious rusks with his or her cup of fragrant "Ovaltine."

"Ovaltine" Rusks are prepared from the purest wheaten flour in which is incorporated a suitable proportion of delicious "Ovaltine." They are welcomed by invalids and convalescents, and are also very acceptable for family use with cheese, wine, etc. "Ovaltine" Rusks make delicious puddings and confections. A list of recipes is supplied with every tin.

OVALTINE *Rusks*

APPETISING, DIGESTIVE & NOURISHING.



DIRECTIONS FOR USE. **IMPORTANT.**

"Ovaltine" should be prepared for use with hot milk. Pour two or more teaspoonfuls of "Ovaltine" on to the top of the liquid and stir until dissolved. Sugar may be added to taste. If preferred, milk and water may be used. Should this method be adopted, take half a teacupful of hot or cold milk and fill up with boiling water. To obtain the best flavour stir briskly until the "Ovaltine" is completely dissolved. If fresh milk is not available, unsweetened condensed or evaporated milk may be used. The beverage should not be boiled but heated only to just above drinking temperature.

It is recognised that palates vary considerably. It is emphasised, however, that "Ovaltine" can be adapted to suit the most fastidious taste. The rich creamy and attractive flavour peculiar to "Ovaltine" is rapidly acquired. The prominence of the Malt or Cocoa flavour may be varied by adding more or less "Ovaltine."

"Ovaltine" is frequently taken in the dry form either direct from a spoon or sprinkled on food, and used in this way loses none of its highly nourishing and sustaining properties.

NOTE.—Always keep the tin closed when not in use.