

This is why Brer Rabbit Molasses, nature's own sugar sweet, is healthful... / Penick & Ford, Ltd., Inc.

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Penick & Ford.

Publication/Creation

New Orleans : Penick & Ford, [between 1930 and 1939]

Persistent URL

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This is why
Brer Rabbit
Molasses



Nature's own
Sugar Sweet,
is healthful

THERE are two natural mineral salts,
lime and iron, which we must all eat
to live. Some foods are rich in one, and
some in the other of these natural tonics.

A very few foods have a good supply of both. Chief of these is molasses in which both lime and iron occur in larger quantities than the two together are found in any other food.

Rich in Natural Tonics

This great wealth of lime and iron in so delicious a food as Brer Rabbit Molasses is particularly valuable because, as all doctors know, our modern diet is such that we eat a great many refined foods from which a large amount of the natural health-giving qualities have been removed. White flour, hulled rice, and such foods supply little, if any, of these natural tonics which are absolutely necessary to life.

Sometimes we seek to replace the missing lime or iron by pills or tonics. Particularly in the case of iron such medicine is useless. Indeed, modern

medical experts hold that iron pills almost never help and that they often do actual harm.

As Good for You as it is Delicious

Brer Rabbit Molasses contains twice as much iron as spinach, a food celebrated for its iron, and almost twice as much lime as milk. It is so rich in these necessities of life that two tablespoons of Brer Rabbit Molasses contain a quarter of all the lime and iron an adult needs daily. This is just enough to offset the amount doctors estimate that most of us are short in our usual diet.

Therefore, Brer Rabbit Molasses is more than a sweet. It is an important food, rich in two of the vital necessities of life, two great natural tonics. It is that happy combination—something good to eat which is good for you.

This does not mean that you can afford

to neglect such important foods as milk and green vegetables, but it does mean that Brer Rabbit Molasses contains a large amount of most valuable natural tonics and is therefore, an important food as well as a delicious one.



**Penick & Ford, Ltd., Inc.,
New Orleans, La.**