

**Weight record ... : the natural tonic food beverage delicious hot or cold :
Ovaltine / [A. Wander Limited.].**

Contributors

A. Wander Ltd.
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WEIGHT RECORD

NAME

G. A. JOHNSON, Chemist,

SPECIAL DEPOT:

*2, Red Lion Square,
STAMFORD.*

THE NATURAL
TONIC FOOD
BEVERAGE

DELICIOUS HOT OR COLD

OVALTINE

TONIC FOOD BEVERAGE

Builds up Brain, Nerve and Body

CHILDREN

need an abundance of nutriment to keep them robust and healthy. "Ovaltine" contains the necessary food elements in a highly concentrated, correctly balanced and easily digested form.

ADULTS

find in "OVALTINE" the ideal daily beverage for family use at all times—at meals and between meals. Simple to prepare; just two tea-spoonfuls in a cup of hot milk or milk and water.

AGED

folk appreciate the concentrated and easily assimilable nourishment contained in "OVALTINE". It is rich in the essential food elements which maintain health and strength in old age.

CONVALESCENCE

taxes the recuperative powers of the invalid. For rapidly rebuilding body and nerves after illness, "OVALTINE", rich in organic phosphorus compounds, is universally recommended by Medical men.

SLEEPLESSNESS

is frequently due to nervous debility and digestive unrest. "OVALTINE" restores the nerves and corrects the digestion. A cup of "OVALTINE" taken just before retiring will ensure refreshing sleep.

THE IDEAL SUMMER DRINK

During hot weather the appetite becomes jaded and little desire exists for ordinary food. Cold "Ovaltine" makes a delicious and nourishing drink. It not merely quenches the thirst, but refreshes and invigorates as well. "OVALTINE" supplies to a supreme degree the nourishment you particularly need in the Summer.

AVERAGE WEIGHT FOR HEIGHT INCLUDING DRESS.

Height ft. in.	Man. st. lb.	Woman. st. lb.	Age yrs.	Boy. st. lb.	Girl. st. lb.
4 10	...	7 0	5	3 8	2 12
4 11	...	7 4	6	3 12	3 1
5 0	...	7 7	7	4 1	3 6
5 1	...	7 12	8	4 4	3 10
5 2	9 0	8 2	9	4 9	4 1
5 3	9 7	8 9	10	4 13	4 6
5 4	9 13	9 2	11	5 3	4 13
5 5	10 2	9 9	12	5 9	5 8
5 6	10 5	9 13	13	6 0	6 5
5 7	10 8	10 8	14	6 8	7 0
5 8	11 1	11 4	15	7 5	7 8
5 9	11 8	...	Baby.		
5 10	12 1	...	1 month	8½ lb.	
5 11	12 6	...	6 months	16 "	
6 0	12 10	...	12 "	22½ "	

FOR thin, ill-nourished persons, for convalescents after severe illness, for rapidly-growing children, and children that are not 'doing' well; a something 'extra', a something which powerfully reinforces the diet without burdening the digestion, is essential.

"OVALTINE" AT EVERY
MEAL, FOR HEALTH.