



# A Great Help to Nursing Mothers

"Ovaltine" should be regularly taken by the mother for several months before the birth and continued throughout the nursing period. By this method an adequate supply of rich milk is ensured and the mother is enabled to maintain her strength under the strain which nursing throws on the system.

## THE UNIQUE MERITS "OF OVALTINE"

### 1. High Food Value.

A cup of "Ovaltine" contains more nourishment than a cup of beef tea with two eggs beaten up in it or seven cupfuls of cocoa. It is a highly concentrated extraction of the vitalising and building up properties of Malt, Milk and Eggs. The food values are presented in scientifically correct proportions.

### 2. Ease of Preparation.

No cooking—no fuss or trouble. One or more teaspoonfuls are merely added to hot milk, or milk and water, in a glass or feeding cup.

### 3. Perfect Digestibility.

"Ovaltine" is prepared by a special process of extraction and desiccation which ensures rapid digestion and complete assimilation, even when the digestive functions are impaired. It is retained and absorbed when other foods are rejected.

### 4. Delicious Flavour.

"Ovaltine" makes a beverage with a delicious flavour which is always enjoyed. It is a marked improvement on heavy or insipid foods.