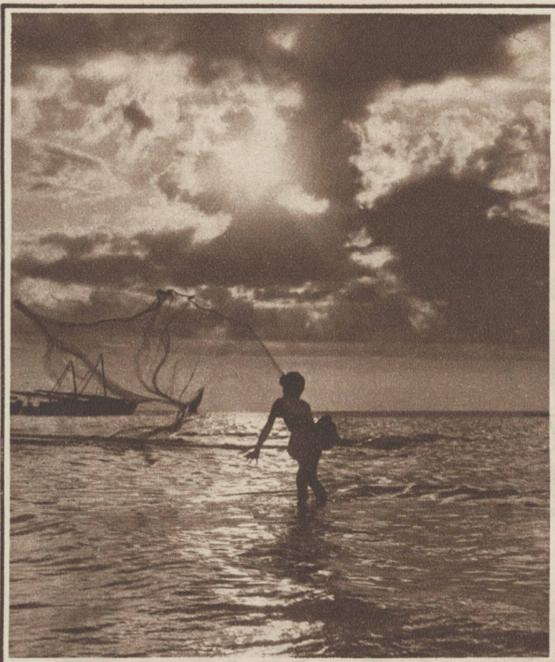
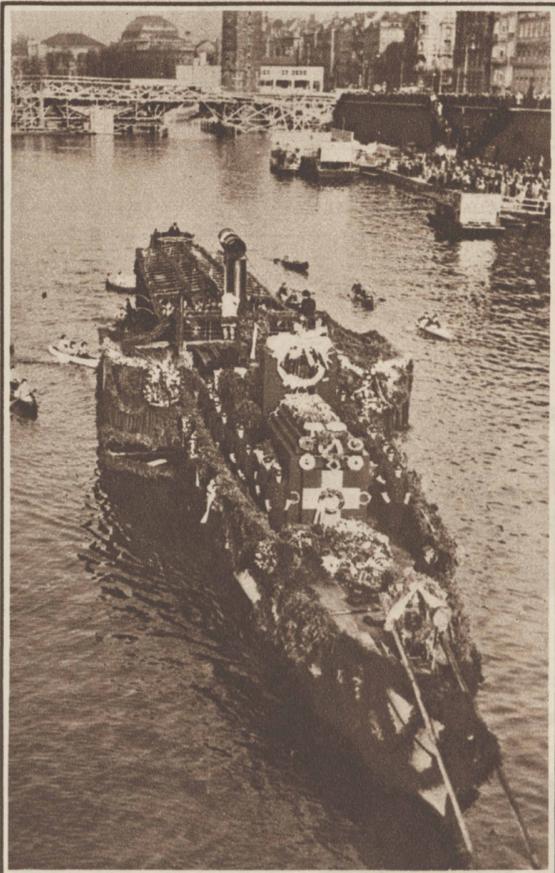


**A LEAPING SALMON IN ACTION**—This unusual photograph shows a huge salmon leaping the falls of the River Garry at Straun, Perthshire, Scotland.  
(Wide World photo.)



**SUNSET AT BALI**—A native fisherman makes a last hopeful cast of his flimsy net against a natural back-drop of clouds and sunset over the Dutch East Indian island.  
(Associated Press photo.)



**PRAGUE'S MOURNING BARGE**—On each All Saints day the pious burghers of the Czecho-Slovak capital sail this somberly draped vessel, bearing a symbolic catafalque, down the Moldau river through the city as a memorial to their fellow citizens who lost their lives during the preceding year.  
(Acme photo.)



# The World's "Night Cap"

## Gives You Natural Sleep When You Go To Bed

Used All Over The World Because It Is Safe, Sane and Simple. Made Entirely Of Food Elements and Contains No Drugs Of Any Kind

**A**ll over the world there is one night cap that stands supreme! In almost every country in the world you'll find it first in popularity. Thousands of doctors recommend it because it's simple and safe. It induces sleep almost at once. And yet contains no drugs of any kind whatever.



**For Nervous Underweight Children, "Poor Eaters" and "Poor Sleepers"**

"We think Ovaltine just wonderful and have been using it regularly for almost 2 years. I have four boys, aged 9, 7, 5 and 1 years and they all love Ovaltine. In fact, they can never get enough of it. My biggest trouble is keeping enough milk in the house. . . They have their Ovaltine at meals and bed time—and I know they sleep much better when they have it. There's none of that rolling and tossing and nervousness one so often notices in a child's sleep. They are all healthy and real boys. I know just how good Ovaltine is because when one of them does have a little spell of upset stomach (which is seldom) I give him nothing to eat but Ovaltine and know that he will soon be okay."

Mrs. William G. Taylor  
619 E. Dover Court, Davenport, Iowa

### Famous Ovaltine Oatmeal Test

Put 3 teaspoonfuls of Ovaltine into a full glass or cereal dish of warm, cooked oatmeal. Stir a few times to mix. Then watch and you will see the oatmeal liquify before your eyes. You will see how a small amount of Ovaltine digests the entire starch content of the oatmeal in the same way that your own digestive organs should. It is a perfect demonstration of how Ovaltine digests the starch content of other foods in your stomach—and, when taken just before going to bed, relieves digestive unrest and combats sleeplessness.



It is a food combination that was developed some years ago by a Swiss scientist and is now produced in the United States under a royalty license according to the exact Swiss formula.

*This product is called Ovaltine.*

You merely mix a few teaspoonfuls in warm milk and take it just before you go to bed. Almost instantly you fall into a deep sleep. An unbroken sleep! A sound, natural sleep! A sleep far different from that induced by drugs!

For Ovaltine is no ordinary night cap. It does several very valuable things for the human body. If you'd like to try it, we offer you here a 3-day sample free.

### Does Three Things

*First*, it induces sound, restful sleep by a natural process.

*Second*, it contains in high propor-

tion a remarkable food property known as diastase. Diastase is a substance in one food which has the power to digest the starch content of other foods in your stomach. Ovaltine, because of its high proportion of diastase, will digest four to five times its own weight of other foods in your stomach, and thus lifts a great burden from your digestive organs.

*Third*, it contains in concentrated form a nerve restorative called "lecithin," which is taken from eggs. And this rebuilds nerve tissues as you sleep.

During the World War, Ovaltine was used as a standard ration for invalid, nerve-shattered soldiers.

### Try It Tonight

Just try Ovaltine tonight. Note how quickly you go to sleep. See

how different you feel tomorrow. A few weeks' use of Ovaltine will make an amazing difference. Your whole appearance will show the result of this restful sleep and new vitality.

Take Ovaltine not only for sleeplessness, but whenever you feel nervous or run-down. Thousands of people, on doctors' advice, take it as a stomach "conditioner."

Whenever you begin to "feel" your stomach, just take 4 teaspoonfuls of Ovaltine in a half glass of milk with your meal. You will be surprised at the way it helps and rests your stomach. For Ovaltine, when taken with a meal, will digest the major portion of all the starch content of the other foods you have eaten. In this way Ovaltine not only relieves distress but *actually combats* the cause of the trouble.

Also this is *one* of the reasons why Ovaltine helps to put you to sleep at night, for digestive unrest is one of the main causes of sleeplessness.

Whatever you think of the claims made here for Ovaltine, just try it! It has brought restful sleep and teenening energy to thousands. You'll be surprised at what it will do for you.

Start tonight! Just 'phone your druggist or grocer. Or, if you like, send the coupon below and we will mail you a three-day supply to let you prove the things claimed for Ovaltine.

(Note) Thousands of nervous people, men and women, are using Ovaltine to restore vitality when fatigued. It is also widely recommended by physicians for nervous, underweight children, nursing mothers, convalescents and the aged.



**As An Aid To Convalescence and Normal Sleep**

"Following a nervous breakdown, five hours sleep was my limit. But now my sleep is normal. For lunch I take Ovaltine with three small cookies—then take it at home before going to bed."

"This strenuous American life takes much out of us, but Ovaltine keeps me 100% efficient and I sleep like a baby."

Wm. E. Meggs  
1919 Dime Bank Bldg., Detroit, Mich.



**In Cases of Mental Depression Due To Nerves and Sleeplessness**

"I was tired at night, but sleep was impossible. I would lie and think until sometimes I thought I would go mad. I was afraid of all sleep producing drugs, because in my mental state I know it would be very easy to form a habit. Now Ovaltine is doing wonders for me. I go to sleep almost as soon as I go to bed—I get natural sleep—and I wake up feeling rested with plenty of vitality for my day's work. With the natural restful sleep that Ovaltine brings me, I feel there is no danger of dropping back into my state of mental depression."

Miss Bertha P. Shea  
Lost Creek, W. Va.

### MAIL FOR 3-DAY SUPPLY

THE WANDER COMPANY, Dept. 63 S  
180 N. Michigan Ave., Chicago, Ill.  
I enclose 10c to cover cost of packing and mailing. Send me your 3-day test package of Ovaltine.

Name.....  
(Print name and address clearly)

Address.....

City.....State.....  
(One package to a person) 839A

**OVALTINE**  
The Swiss Food-Drink