A LEAPING SALMON IN ACTION—This unusual photograph shows a huge salmon leaping the falls of the River Garry at Strone, Perthshire, Scotland.

(Same World photo.)

SUNSET AT BALI—A native fisherman makes a last hopeful cast of his line net against a natural backdrop of cliffs and sunset over the Dutch East Indies island.

(Anonymous from photo.)

November 29, 1931

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

ALL over the world there is one night cap that stands supreme! In almost every country in the world you’ll find it fine 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.

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 proportion 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 invalids, 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 rundown. 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.

This is one of the reasons why Ovaltine helps you 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 teming 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.

(One thousand words limit—see second page)

MAIL FOR 3-DAY SUPPLY

THE WAND COMPANY

180 N. Michigan Ave., Chicago, Ill.

No charge for mailing. Send the coupon below and we will mail you a three-day supply of Ovaltine. It’s our privilege to prove the claims we make. Ovaltine is a simple, wholesome preparation which has no other purpose than to give you a restful sleep and make you feel better.

E. W. Mega

(Please print or type the name and address clearly.)

W. W. Meggs

180 N. Michigan Ave., Chicago, Ill.

(Another thousand words limit—see second page)

The Swiss Food Drink

Famous Ovaltine Oatmeal Test

For a representative of Ovaltine once told me he had a patient suffering from an allergic condition who had been bedridden for three months. The patient said he had been on a special diet which contained all the usual dietary essentials in addition to what the doctor considered necessary for the patient’s condition.

This diet was so restricted that the patient would eat nothing but meat, milk and eggs. The doctor, accordingly, asked him to continue on this diet in addition to Ovaltine. When the patient had been on this diet for three weeks, the doctor said his condition was so much better that he could now get off Ovaltine.

The next day the patient came to the doctor’s office, and said, "Doctor, I’m feeling better, I’m getting color, I’m feeling strong. But the trouble is, I can’t get off Ovaltine. I just don’t feel right without it."

The doctor perked up and said, "You know, my dear sir, the trouble is, you’re in the habit of using Ovaltine for the last three weeks, and you’re not going to get off Ovaltine without a lot of trouble."

This is a true story and is another good reason for using Ovaltine regularly.

For Ovaltine is your morning cap, not only to make you feel better but to keep you well.

At An Aid To Constipations and Normal Sleep

Following a nervous breakdown, five hours sleep was my limit. But once my sleep returned. For three years I had been able to take Ovaltine just before sleeping, and the sleep was normal. Then I began to think of the 1 1/2 glass of Ovaltine I had taken each night. "I wonder how I would have felt without this 1 1/2 glass of Ovaltine," I told myself.

You will probably feel the same way. For Ovaltine contains a certain amount of diastase, which takes care of your stomach—and, when taken just before sleeping, helps digest your food and enables you to sleep.

In Case of Mental Depression

Due To Nervousness and Sleeplessness

"I was tried 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 mind I knew to use them would be very easy to form a habit. Now Ovaltine is doing wonders for me. I go to sleep in an instant. I feel I am sleeping soundly because I am feeling well with plenty of vitality for the next day." This is what Mrs. G. said of Ovaltine.

For Ovaltine is not a drug. It is a food which contains all the elements necessary for a normal restful sleep. And Ovaltine helps you to maintain your health and vitality.

Mail to us—right away, and we’ll send you a three-day supply of Ovaltine and let you prove our claims.