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## EAT MORE WAVERLY ICE CREAM

Below Is The Relative Food Value of Ice Cream As Compared With Other Foods Statistics Compared by National Dairy Council.
$12-5 \mathrm{lb}$. Beef Steak
$33-4$ lbs. Chicken

4-5 lbs Ham
$34-5 \mathrm{lbs}$. Codfish


One Quart of Waverly Ice CREAM

Is Equal in Food Value to Any of These Portions of Foods

In addition ice cream contains a vital food substance absolutely necessary to the growth of the child and the health of the
adult, this substance being found in no other foods except milk adult, this substance being found in no other foods except milk

