

C

is for Cough

And its Cousin, the sneeze.

Cover them both

With your handkerchief, please.



D is for Danger  
Whenever you choose  
To drink from a cup  
That other folks use.



# H

is for Health

That is built day by day,

By the Habits you form

In your work and your play.



J is for Jaws  
And a good rule to follow,  
Is, "Chew many times  
On each mouthful you swallow."



M is for milk

You need to drink plenty  
But not wine or beer  
Before you are SEVENTY!

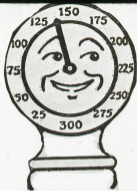


O is for Outdoors

Where children should play  
In sunshine and fresh air

A part of each day.





P is for Pounds.

On the scales watch your weight,  
To see if you're gaining  
At just the right rate.



T

is for Teeth.

Keep them shiny and white  
By brushing them thoroughly,  
Morning and night.



Twenty-four white horses upon a red hill,  
Now we scrub,  
Now we rub,  
Now we clean with a will.



U is for 'us'  
And fine it will be,  
When drinking a 'toast'  
If we keep strict



T. T.

*Good Health  
for You & Yours*



# W

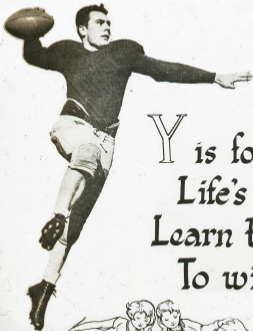
for Water,

and Doctors all say

That a person should drink

Many glasses each day.





Y is for YOUTH  
Life's golden years...  
Learn to say NO  
To wines, spirits  
and beers.



Good News!  
OVALTINE<sup>®</sup>  
COLD or Hot  
is now served  
in all Cafes  
and  
Restaurants