

The importance of protein during pregnancy and the nursing period

CLINICAL observation shows that the increased protein anabolism during the latter part of pregnancy, and particularly during the nursing period, requires more protein than was at first considered necessary. Adequate protein is, therefore, desirable to ensure the ample supply of breast milk.

The inclusion of high-grade protein foods in the diet of pregnant women is now a standard practice. In cases where there is loss of appetite

or a general feeling of exhaustion, the diet can be effectively supplemented by protein foods in a form which is easy to assimilate.

Brand's Essence is a first-class protein of animal origin. Being partly hydrolysed, it is capable of easy ingestion, digestion and absorption. It is extremely palatable, and may be taken either as a jelly or as a liquid. It helps to support convalescence and assists in restoring a positive nitrogen balance.

**BRAND'S
ESSENCE**
(CHICKEN or BEEF)



Recommend
Rayner's
Lembar

all the year
hot or cold



Lemon Juice 37.0% w/v

Sucrose 18.9% w/v

Liquid Glucose 12.0% w/v

(equivalent to Dextrose Monohydrate
4.8% w/v)

Barley (Sol. Extract) from 7.4% w/v

Plus flavouring and permitted preservative

MADE BY RAYNER AND COMPANY LTD., LONDON, N.18

The awkward age

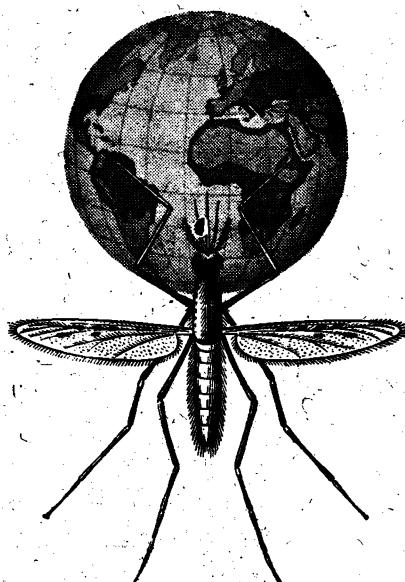
—so it used to be called. We now think the Teens have a grace of their own and we encourage their new interest in appearances.

Footwear is still a problem because the Teens are still growing. Clarks, who take the Teens seriously, make good-to-look-at shoes with a little extra space at the toe for growth. These shoes are made in several widths to each size, the right width decided by means of Clarks special footgauge which measures for *girth* as well as for length and breadth.

A well-fitted Clarks shoe keeps smart and, even more important, it keeps growing feet straight and strong.

Clarks
SHOES

Established 1825



Malaria is still the most widespread of all diseases and dominates medical practice in the tropics.

QUININE

remains a basic remedy against this scourge.



HOWARDS OF ILFORD

Makers of Quinine Salts since 1823

HOWARDS & SONS LTD. ILFORD NEAR LONDON

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