Medical science is constantly discovering new evidence that good health is to a very great extent dependent upon good food. A substantial variety of vitamins and minerals is necessary to prevent numerous "deficiency diseases." And on the other hand, good food—meaning food carefully protected from any contamination—is necessary to avoid many other kinds of illnesses.

In searching for good food to meet all the requirements, the modern homemaker finds a wealth of usable products at the GILT EDGE DAIRY PLANT. Milk, of course, is universally recognized as a basic food needed by both children and adults. The amount generally recommended by authorities is at least a quart a day for a child and a pinta day for each adult. GILT EDGE GRADE A PASTEURIZED MILK goes into Norman homes in uniform quality, with a deep cream line, carefully protected by pasteurization, modern bottling machines, and the Dacro smooth-lip bottle with the protective Dacro cap.

This is pure, wholesome milk, reliable in its uniformity of flavor and quality, and reliable in its wholesomeness. Ask for GILT EDGE GRADE A MILK in any Norman grocery store, or Telephone 130 to start daily delivery to your doorstep, either morning or evening.

But milk is only one of the numerous GILT EDGE products. Mid-summer is the time to get full enjoyment of the score of different kinds of ice cream available at the GILT EDGE plant at the remarkably reasonable price of 25 cents a quart. Sodas, sundaes, malted milks, cones and other fountain items are available on a curb-service basis. You'll like the generous servings.

And don't forget the food value in other dairy products such as GILT EDGE buttermilk, cottage cheese, butter, chocolate milk, and other items. Keep your refrigerator well stocked with these important summer foods.