Take Advantage of the Snack Habit

Children are creatures of habit. Once they get into the idea of expecting a glass of milk for their afternoon "snack" they accept it as a matter of course— and thereby establish a highly important health habit. . .

Every child in normal condition needs a quart of milk a day, and mothers sometimes must use ingenuity to see that children get enough. The habit of taking milk instead of candy or other sweets for a between-meal snack is most helpful in seeing that the child gets sufficient milk.

And of course, for such an important food item, it is vital to see that the brand of milk you are getting is pure and wholesome. The Gilt Edge label on a milk bottle is a guarantee of modern, scientific methods in the handling of the contents of that bottle.