

Viol

A GREAT BUILDING-UP FOOD FOR CHILDREN AND INVALIDS

VIROL is a concentrated food of high nutritional value, and provides just those factors most likely to be needed to complete the diet.

THE INGREDIENTS of Viol are: malt extract, refined beef fat, maltose, sugar, malto-dextrins, glucose, fructose, egg, orange juice, salt, flavourings, phosphoric acid, calcium phosphate, iron phosphate, sodium iodide, and added vitamins.

VIROL CONTAINS per ounce:— Vitamin A, 500 i.u., Vitamin D, 1,000 i.u., Vitamin B₁ (Aneurin), 0.2 mg., Nicotinic Acid, 3.0 mg., Iron, 8 mg., Iodine, 75 Micro-g., together with unstandardised amounts of other essential nutrients.

The addition of Viol to ordinary cow's milk converts it into a completely balanced food for infant-feeding except for Vitamin C, which is readily obtained from orange juice. Viol is also an invaluable supplementary food for growing children.

During illness and convalescence, when it is necessary to maintain the patient's strength without undue strain on the digestion, VIROL—because it is so palatable and easily absorbed—has proved to be a most nutritious restorative.

Viol

completes the diet

VIROL LIMITED, LONDON W.5.

YOU CAN STOP SMOKING

with the aid of 'APAL'

THE REMEDY FOR THE TOBACCO HABIT



Have you ever thought why you want to smoke? IT IS THAT PERSISTENT CRAVING CAUSED BY NICOTINE FUMES DRAWN IN WITH THE SMOKE DIRECT ON TO YOUR PALATE. You should not try to cut out smoking without the aid of a substitute. Will Power alone is not sufficient, it is torturous to the nerves, and may affect your health. Stop smoking in a safe, harmless and pleasant way with the aid of "APAL" which imparts a pleasant taste, gives a soothing and satisfying relief to your palate, and you will find that after using "APAL" the tobacco craving will lessen day by day.

READ WHAT THE USERS OF "APAL" SAY:—

Dear Sirs,

It is months ago since I received my APAL so I think you would like to hear the result. It was a complete success from the first, and I am very glad to write and tell you I have had no use for cigarettes since. My health is much better.

H. S., Hull.

Dear Sirs,

I want to say that the APAL does all you claim it will do.

A. D., Bath.

Dear Sirs,

It is now about a month since I received my APAL and since then I have not smoked even one cigarette. It has proved a great success and I wish to thank you very sincerely.

T. D., Glenmore.

Dear Sirs,

I am writing to tell you about APAL. You sent me three months ago, it has been a real Pal to me. I was a very heavy pipe smoker, 4-5 ozs. a week, but APAL has stopped me smoking.

A. S., Bournemouth.

Dear Sirs,

APAL has done everything you claim. I smoked at least 40 cigarettes a day, and can now leave them alone without any effort.

J. P., Coventry.

Dear Sirs,

I purchased an APAL about three months ago. I have not touched a cigarette since.

G. L. D., Sterenston, Ayrshire.

Send stamped and addressed envelope for full particulars:—

HEALTH CULTURE ASSOCIATION

(Room 117), 245, HIGH HOLBORN, LONDON, W.C.1

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• CLOSED ON SATURDAYS •

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