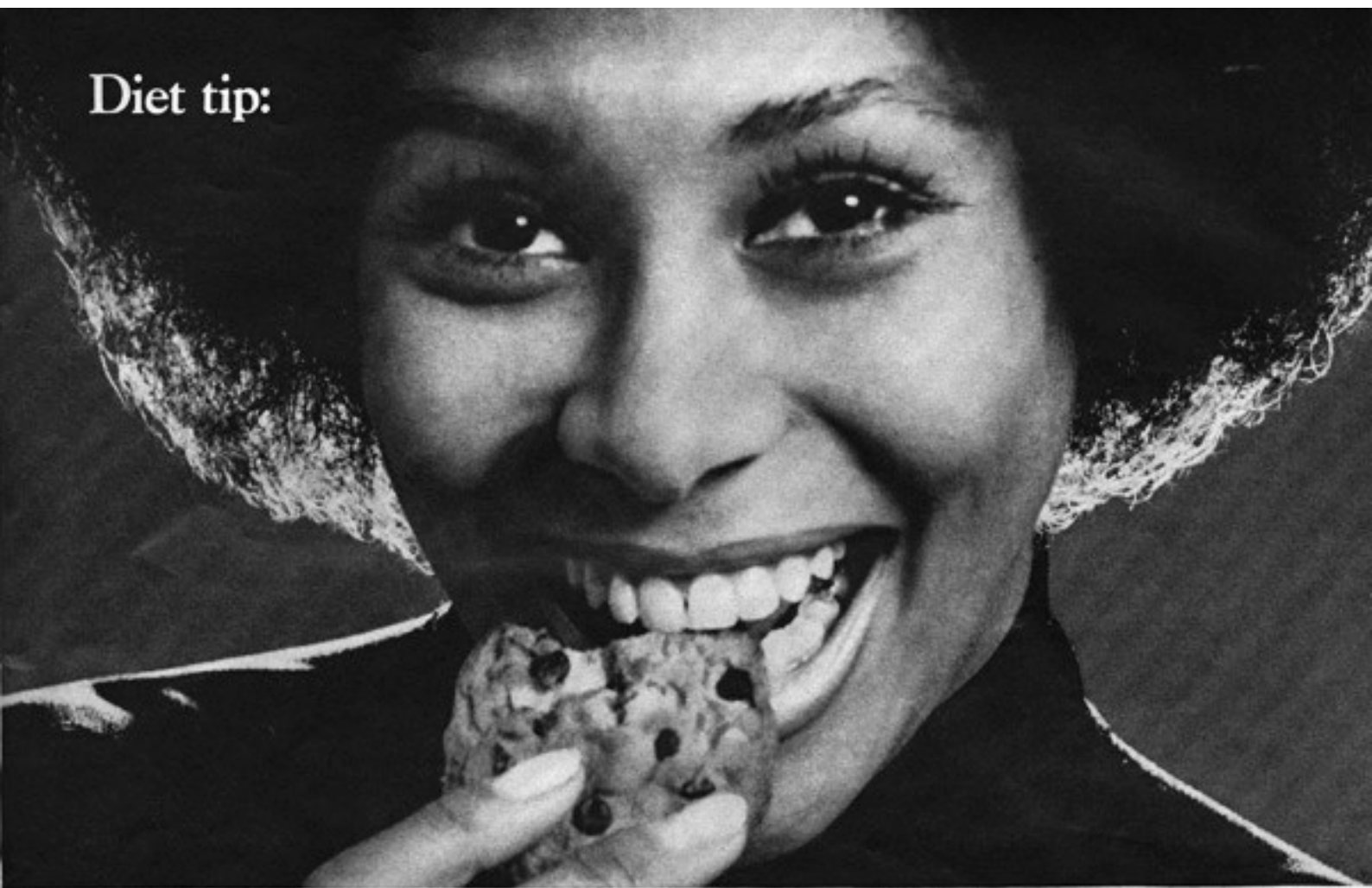


Diet tip:



Nibble on a cookie about an hour before lunch.

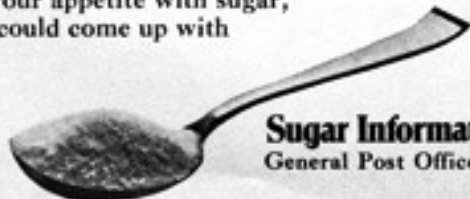
Sugar keeps your energy up—and your appetite down.

Willpower fans, the search is over!
And guess where it's at? In sugar!
Sugar works faster than any other
food to turn your appetite down,
turn energy up.

Spoil your appetite with sugar,
and you could come up with

willpower—the willpower you need
to eat less, and maybe even
weigh less.

*Sugar . . . only 18 calories per
teaspoon, and it's all energy.*



Sugar Information

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