

EAT MORE VEGETABLES-TRAILER

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Vitamin C builds up our vitality, especially in winter. In the old days, the sailors often suffered from a disease called Scurvy. This was found to be caused through the lack of fresh fruit and vegetables. So in 1795, the Admiralty issued a standing order, saying that every man aboard ship must have an ounce of lemon juice per day.

We now know that fresh fruit and vegetable juices are valuable because they are rich in Vitamin C. We cannot produce or import enough fruit in wartime, but we are growing more green vegetables to take their place. Some of these are richer in Vitamin C than fruit.

Vegetables which are rich in Vitamin C are all the cabbage family, such as broccoli, spinach, mustard and cress and water cress.

Through the campaign to grow more vegetables, the nation is now self-supporting in Vitamin C.

Vitamin C can be lost in bad cooking. This is what happens if you cook your vegetables too long or in too much water. You will get more value out of green vegetables if you eat them raw as part of your salad.

Remember, your garden will provide you with vegetables all the year round. For Fitness - Vitamin C.