

COOKBOOKS

These very good cookbooks dealing with wholegrains and other "natural" ingredients are available from the LEE FOUNDATION FOR NUTRITIONAL RESEARCH.

WHEAT FOR MAN.WHY AND HOW. \$2.00
by Vernice G. Rosenvall, Mabel H. Miller and Dora Flack

Brief facts about wheat, hints for cooking with stoneground whole wheat flour and recipes.

NATURAL FOOD COOKERY. \$2.00
by Gertrude Anders Springer

This book is designed to help you in the change over from the use of devitalized white sugar and flour to the art of nutritious, delicious cookery with vitamin-and-mineral-rich wholegrain flours and natural sweetners.

Orders may be placed directly with.

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