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SOME
FACTS
ABOUT

NUTS

JULIA KING'S



Nutritional Value of Nuts

FOOD	Time to Digest		CALORIES			Percent Minerals	Fuel Value Per Pound in Calories	VITAMINS	
	Hrs.	Min.	% Protein	% Fat	% Carbo-hydrate			A	B
Almonds	3	30	198.4	518.8	163.5	2.0	2940	+	+
Brazil Nuts	3	30	172.1	676.3	71.0	3.9	3162	+	++
Cashews	3	45	222.0	558.0	171.0	2.4	2950	+	+
Peanuts	3	45	203.1	304.0	192.1	2.0	2490	+	++
Pecans	3	30	86.6	560.7	104.7	1.6	3000	+	+
Walnuts	3	30	186.3	625.1	132.0	1.7	3199	+	++
For Comparison:									
Beef	3	35	72.2	130.3	1.0	1449	+	+
Bananas	3		3.6	1.7	61.7	0.8	447	++	+
Potatoes	2	30	5.2	0.2	43.5	1.0	378	+	++
Bread (White)	3	30	68.6	9.7	396.0	1.1	1182	?	+

WHY

JULIA KING'S BAKED NUTS TASTE SO DELICIOUSLY DIFFERENT . . .

Baked apples . . . baked ham . . . baked potatoes . . . aren't they all delicious? Now we have baked nuts, for baking achieves the same effect . . . it drives off the water but retains all the rich nutty flavor. They are more healthful, too, than nuts fried in oil (the usual method), or merely warmed over. The Glass Oven bakes small quantities at a time which assures constant freshness as well as uniform tastiness.

A WORLD OF NUTS RIGHT AT YOUR DOOR!

If delicious nuts and candy such as Julia King's is not available in your town or locality, we urge you to order by mail. Simply write a post card and your order will be sent to you postpaid, collect (You pay the post man upon delivery.)

Assorted nuts (without peanuts).....80c lb.
Assorted nuts (with peanuts).....60c lb.
Assorted Chocolates.....70c lb.

Write for a more complete price list of nuts and candies.

JULIA KING'S
212 West Austin Avenue, Chicago



TO STORE-OWNERS

The Glass Oven Nut Baker is a new, unique, interest-compelling profit-maker. The revolving glass oven provides the necessary movement to attract attention; the appetizing contents stimulate sales; a perfect merchandising display in itself! Inexpensive to operate (just plug into a socket). It is available at present at an attractively low price. Ask for a descriptive circular at the bottom or write direct to