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# GOOD NEWS!

# 13

## CACTUS PLANTS

— AND —

**GIVEN FREE IF YOU ORDER  
PROMPTLY:**

### A RESURRECTION PLANT

**All For Only \$2.00**



• A breath of romantic, enchanting MEXICO . . . in your very own home. Your friends will beg you to tell them where you got them. They're wonderful for DECORATIONS.

● Ladies, here's an offer we are certain you will not want to pass up. Imagine . . . **13 CACTUS PLANTS** and a **RESURRECTION PLANT** GIVEN FOR PROMPT ORDER . . . all for only \$2. Think of it, you now can have an attractive **CACTUS CORNER** or **WINDOW GARDEN**. You'll be the envy of all your lady friends when they see and admire these exotic, healthy **CACTUS PLANTS**. What's more, we **GUARANTEE SATISFACTION** . . . can we say more? All the plants bloom and will be of blooming size . . . two or more year old plants. Many of them from **MEXICO**. Don't delay another moment. Order **YOUR CACTUS PLANTS NOW**. Send \$2 cash . . . or . . . if you prefer, we will send them to you **C. O. D.** (We pay postage on cash orders, not on **C. O. D.** orders.) Remember, you get **13 DIFFERENT** plants . . . what a variety . . . and a **Resurrection Plant** as a gift. May we serve you soon?

ALL FOR  
**\$2**  
ORDER  
NOW!

**ACT NOW**

Can ship all year around. 6 for \$1.00; 13 for \$2.00; 21 for \$3.00, post-paid. Each Plant guaranteed to be different.

I am enclosing \$ (cash, check, money order)  
Please rush Cactus Garden to - - -

Name .....

Street or RFD .....

City ..... State .....

**YOU MAY ORDER AS MANY GARDENS AS YOU LIKE**

**MAIL COUPON NOW! GENTLY OFFER LIMITED!**

# Are YOU One of the 140,000,000

## Below Par Physically, Because of VITAMIN DEFICIENCY?

### TEST AND PROVE VITA-VIMS

AT OUR RISK AND EXPENSE!

IF SO, WE INVITE YOU TO

**T**HE foods you eat may satisfy your hunger... but fall far short of supplying the real life elements your body must have if it is to be a truly healthy body, radiating vitality, energy, strength, vigor and genuine aliveness!

A recently published article gave the astounding estimate that 90% of our total population, more than 140,000,000 people, are suffering from some degree of malnutrition because the foods they eat in the modern age have, through soil impairment and neo-modern methods of processing and preparing, been deprived of so much of their life-giving, life-sustaining elements... the natural vitamins and minerals nature supplied so lavishly in the foods of the pre-modern ages!

On this important subject, the U. S. DEPARTMENT OF AGRICULTURE YEAR BOOK OF 1939, page 104, says:

"The chief fault of many American diets is that they provide too little of the essential minerals and vitamins. This fault is due in large measure to the fact that refined foods are consumed in such amounts that the intake of mineral vitamin-rich natural foods is lower than it should be."

In this fast-moving age people simply will not, or cannot, eat correctly. So, modern science has come to the rescue of the human race in developing food supplements to aid in combatting vitamin-mineral deficiency in the natural and processed foods in present-day diets.

OPPORTUNITY MAGAZINE comments in this wise in its issue of September, 1950:

"JUST WHAT ARE FOOD SUPPLEMENTS? Food supplements are carefully prepared products scientifically compounded to provide adequate nutrition in our diet. Food supplements are not 'health foods', medicinal compounds, or cure-alls. They are life-giving food elements necessary to the welfare of the human body. A man may live without them but he won't be really alive, and he won't love living. \*\*\*\* The ideal food supplements for general use are not this or that vitamin, but a scientifically balanced compound, including minerals. \*\*\*\* Each (balanced compound) con-

tains the combination of vitamins and trace minerals which authorities say are needed to offset the nutritional deficiency in present day foods. Some of these products contain as many as 20 vitamins and minerals, as well as other nutrient factors."

## VITA-VIMS are 28-Ingredient ALL-In-One Tablets!

It is our privilege and pleasure to offer our friends and customers a vitamin-mineral product that we do not hesitate to endorse without qualifications. VITA-VIMS, the all-in-one tablet of guaranteed hi-potency, each tablet containing 14 VITAMINS, 10 MINERALS, Iron, Calcium, Phosphorus, Iodine, plus LIVER, YEAST, WHEAT GERM OIL... and also NOW containing the wonderful "Red" VITAMIN B12, described at length in a feature article in the February 1950 issue of READER'S DIGEST:

If you feel the need of a more-normal vitamin-mineral intake... if you are short of the high mark of perfection you would so like to reach in energy, ambition, vitality, vigor and genuine aliveness... we invite you to give VITA-VIMS a trial, testing and judging their value for yourself, on this no-risk-on-your-part basis:

Take VITA-VIMS 2-a-day for ten days. If, at the end of that time, you do not feel better, look better, sleep better, and have a definitely noticeable betterment of energy and general fitness, just return the bottle and unused tablets, notifying us, and get an immediate refund of your purchase money in full, including the return postage!

## WILL YOU TRY VITA-VIMS ON THAT NO-RISK BASIS

That's the story, friends. We are not trying to sell you a cure-all or a "patent medicine." We are offering a guaranteed quality vitamin-mineral product, on a guaranteed satisfaction-or-money-back basis. The label on the bottle shows the exact make-up of each tablet as given also on this circular... in full compliance with government requirements.

The price is just \$3.00 for a 30-day supply; \$7.50 for a 90-day supply. We hope it may be our pleasure to serve you.

ORGANIC FOODS, Route 3, EDINBURG, TEXAS



*Eliminating Guesswork*

**New!**

**Look!**

Two Tablets Daily Provide at Least:

VITAMIN A	5000 Int. U.	125%
VITAMIN B1	3000 Microg	300%
VITAMIN B2 (E)	2000 Microg	100%
VITAMIN B6	100 Microg	**
VITAMIN B12	2 Microg	**
CRYSTALLINE PANTOTHENIC ACID	2000 Microg	**
NIACIN (NICOTINAMIDE)	20000 Microg	**
VITAMIN B3	30000 Microg	100%
VITAMIN B5	500 Int. U.	200%
VITAMIN E	1000 Microg	**
IODINE	100 Microg	100%
CALCIUM	15000 Microg	20%
PHOSPHORUS	125000 Microg	100%
IRON	10000 Microg	100%
LIVER CONCENTRATE	50000 Microg	---
YEAST (Brewer's)	100000 Microg	---
WHEAT GERM OIL	5000 Microg	---

Together with Biotin, Choline, Folic Acid, Linoleic Acid, Linolenic Acid, Food Copper, Zinc, Cobalt, Potassium, Magnesium, Manganese; and B-Complex factors and minerals natural to YEAST, Kelp and LIVER CONCENTRATE. With excipients: Sugar coated. From Fish Liver Oil, Thiamin Chloride, Riboflavin, Pyridoxine, Ascorbic Acid, Gelatin, Ergosterol, Alpha Tocopherol, Pacific Kelp, Ferrrous Sulfate, Calcium Phosphate. \*M.D.R. means Minimum Daily Requirement. \*\*Requirements not established.

**28 INGREDIENTS**  
**VITA-VIMS**  
**GUARANTEED HI-POTENCY**

14 VITAMINS  
10 MINERALS

YEAST  
WHEAT GERM OIL

**"RED" VITAMIN B-12**  
Described in Reader's Digest, 1950

### ORDER FORM

ORGANIC FOODS, Route 3, Edinburg, Texas

Send me the VITA-VIMS supply as checked below.

30-Day Supply, \$3.00

90-Day Supply, 7.50

\$\_\_\_\_\_ check or money order enclosed as full payment. Ship westward.

Ship C.C.D. On arrival I will pay postman \$\_\_\_\_\_ plus the postage and service charge.

It is my privilege to return the bottle and unused tablets at the end of ten days, notifying you, and you will immediately refund my purchase money in full, including postage.

My Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zone \_\_\_\_\_ State \_\_\_\_\_

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## **CULTURAL GUIDE**

Cacti and succulents are natives of arid regions, so try to maintain desert conditions; dry atmosphere, PLENTY OF LIGHT and not much water. They can go long periods without water.

**Watering Instructions:** Set pot in saucer of water for  $\frac{1}{2}$  minute, or just long enough for water to rise to top if pot. Do this once every ten days. Water very sparingly in winter.

**REPOTTING:** Remove all soil from roots, prune roots to  $\frac{1}{2}$  their previous length. Plant in a mixture of equal parts of good garden loam and COARSE sand. Very little fertilizer, if any, is required. Rank growth is not desirable.

