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1940

## Chew Food Well (1940)

American Dental Association. Bureau of Public Relations

Sarah McGiffert

*Elizabeth McCormick Memorial Fund*

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## CHEW FOOD WELL



I run and play to make my muscles strong.

Exercise makes strong muscles.

I chew crisp foods to make my teeth strong.

Exercise makes strong teeth.

Crisp toast and crusts are good foods  
to exercise teeth.

Celery and apples are crisp foods to exercise teeth.

My teeth need exercise.