



*As true as an arrow
to its mark —
Be true to*

THE HEALTH WARRIOR'S CREED

1. Be Happy and Truthful
2. Drink Water and Bathe often
3. Eat Vegetables and Fruit
4. Play in the Sunshine
5. Sleep in the Fresh Air

Princess Watassa
Brought to you by
CHRISTMAS SEALS from the **MICHIGAN TUBERCULOSIS ASSOCIATION**

