Yesterday, you may have had a reason for missing a good, nourishing breakfast.

Today, you don't.

Now you can have new Carnation instant breakfast - makes milk a meal that's too good to miss.

Each glass delivers as much protein as two eggs, as much mineral nourishment as two strips of crisp bacon, more energy than two slices of buttered toast, and even Vitamin C - the orange juice vitamin. It comes in a lot of great flavors, too. Look for them in your cereal section.