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The "Famous Four"



"A Beauty Sleep"-and then

## "A Beauty Breakfast"

## Try it for 30 days-to prove

This is what thousands do at the direction of experts to win back the healthful rose tint to pale cheeks - as tol
read by half a million women.
They take regular exercise, sleep regular hours, and then start breakfast with
stewed raisins. The raisins are plump, delicious fruitmeats stewed so the forms a luscious sauce. Note recipe printed on this page. A more alluring fruit dish never has been served in any home-nor any other food that's more
effective in this way.
Read opposite what Dr. J. H. Kellogg, an authority who has made a life-time',
study of foods, thinks of the raisin. You'll serve stewed raising every morning study of foods, thinks of the raisin.
when you know the good they do.

## Lusciens meggets of food-iron <br> Raisinsare nuggeta of food tron-and fooditron clear., white othin that sete the color off-un. is an essentul tro good blood. marred by blemithes or tanlownet. <br>  <br> the reward, nature't irresitible attraction- the good looks of good heasth. <br> No need to im thus provides. <br>  <br>  <br>  <br> SUN-MAID RAISINS

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 therir fragile akins.
 CALIFORNIA ASSOCLATED RAISIN CO., Fresno, Californie

Stewed Raisins
 ormexs to each matr pound. prame eon fire; bring to a boil and allow to sim-
mer for one hour. Sugar may be addeed, but in hour, necesasar, mas sone be
Maid Seeded Ralstins contaln neeventy. Maidd Seeded Ralsisns contain mevi
fise percent natural frutt sugar. What Dr. J. H. Kellogg an
 "Raisinsarre eerved on the BattieCrecik Sanitarium Table every day. Apound
of Raisins hat twice the food value, of Raisins hat twice the food ralue,

an equal amount of fron and zeven | times as much food lime as a pound |
| :--- |
| of chotceat lean oteak. The wigar of |

 canne euggr, requmbring go dis section and
being absorbed in onefourth be time being aboorbed in onefourth the time
required for ordinary ugar. 1 it the
Amertican people would oout more



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