

## Stop feeling like a chunk of punk when KELIOGG'S BRAN

 will sweep. Constipation OutoryourrsystemInsist uponKellogg's the original Bran in the green and red package

Kellogg's BRAN, cooked with foods. It has a nut-like nd krumbled, sweeps the in- flavor that appeals to the taste ion! Eaten each day regu- used in many delightful ways, lariy-say with your favorite such as in muffins, raisin bread, areal-bran will head of pancakes, cookies, etc. (See ill freen naturally. Bran recipes on package.) cathartics! Realize that BRAN Serve Kellogg's Bran to IS NATURE'S FOOD! the children eating Kellogg's Kellogg's Bran, cooked and Bran. Your physician will cereal, with delicious eaten as indorse Kellogg's Bran for


The Woman's Exchange

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Here They Are, Folks! Little Sun-Maids

## "The Between-Meal Raisins'

 -the Cure for 3 o'clock FatigueW OR years you've loved to
could, in little 5 c pack
Well, now you can!
They're in drug stores, groceries, packages you ever saw.
Little Sun-Maids, "the between-meal raisins
$\qquad$ Seventy-five per cent pure energizing nutriment (1
calories for sc) in practically pre-dizested form. Quic
acting stimulant-to counteract brain fag, lassiude let-down which come to millions at $3 \mathrm{o}^{\circ}$ 'clock, accord-
ing to efficiency experts.

Rich in blood-building food-iron also
$\qquad$
So get raisins now, and form the habit. Have these
uscious litule seedless raisins on your desk or table-


Had Your Iron Today See that raisins-the iron food
served regularly in your home. ain coupon below for tree book containing 100 raisin recipes to mak
from the "big sister" Sun-Maid pack


Buy at Noon




