

These 2 women are the same age / Kellogg Company of Canada.

Contributors

Kellogg Company of Canada.

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*These 2 women
are the same age*

One has the bloom of
youth.

The other is wrinkled,
gray, careworn, far older
than her years.

Here is what that
dread disease

CONSTIPATION

will do if neglected

1. Tire you out.
2. Sap your reserve energy.
3. Put wrinkles in your face
and gray hair in your head.
4. Cause pimply skin.
5. Cause bad breath.
6. Give you headaches.
7. Dull the brain.
8. Cause stomach disorders.
9. Weaken your entire sys-
tem.
10. AND LEADS TO OVER
40 OTHER SERIOUS
DISEASES!

Don't Dare to Neglect
CONSTIPATION!

Kellogg's ALL-BRAN

Offers the sure safe way to relieve constipation

KELLOGG'S ALL-BRAN is the safe, sure way to rid your system of constipation—of constipation's devastating poisons. Kellogg's ALL-BRAN is a food. It is not a habit-forming pill or drug of which your doctor will bid you beware. Kellogg's ALL-BRAN brings relief because it works in Nature's own way.

Read a few of the thousands of unsolicited testimonials telling what Kellogg's ALL-BRAN will do.

"I was advised by a doctor to use Kellogg's Bran. I have used it two months and my constipation has left me. I feel better now than I have for three years."

Original of this letter on file at Kellogg Company.

"Your Bran has done more for me in two weeks than the hundreds of dollars' worth of medicine taken in the last twenty years for constipation. It is wonderful."

Arlington H. Carman.

Address furnished on request.

"Two months ago I was advised to eat Kellogg's Bran. I tried it as I was trying everything I could hear of. From that day on, I have not taken a physic. My bowels move regularly, morning and evening."

Frank Lancing.

Address furnished on request.

BY relieving constipation Kellogg's ALL-BRAN has brought health and strength to thousands upon thousands. It has proved effective many, many times when all other means have failed. Kellogg's ALL-BRAN is guaranteed to relieve constipation or the purchase price will be returned by your grocer.

A DELICIOUS WAY TO EAT ALL-BRAN REGULARLY

BRAN muffins, made from Kellogg's ALL-BRAN, are not only effective in relieving constipation, but are so delicious that you will want to serve them regularly at meal times. They are healthful for all. Try this recipe:

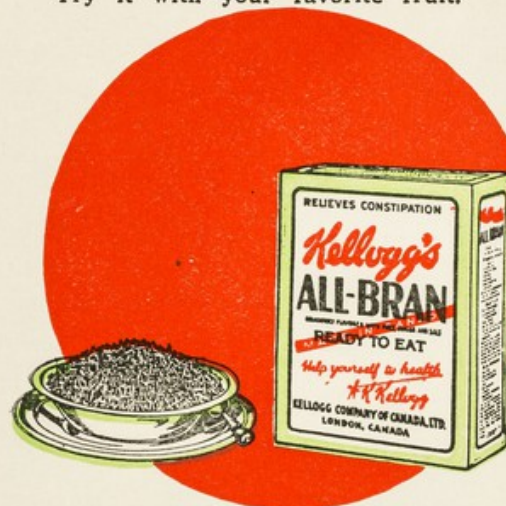
KELLOGG'S ALL-BRAN MUFFINS

1 Cup All-Bran	1/4 tsp. salt	1/4 cup sugar
1 cup flour	2 tbsps. shortening	1 egg
1/2 tsp. soda	1 tsp. baking powder	1 cup sour milk

Cream shortening and sugar together, add the egg. Mix and sift flour, soda, salt and baking powder. To the creamed mixture add the ALL-BRAN, then the milk, alternately with the sifted dry ingredients. Pour into greased muffin tins and bake in a moderate oven (370 degrees F.) for twenty minutes. Yield: 12 muffins. If sweet milk is used instead of sour milk, omit the 1/2 teaspoon of soda and use 3 teaspoons baking powder. Raisins or dates may be added to the muffins if desired.

Send for our delicious recipes for All-Bran Gingerbread, Boston Brown Bread, Cookies, Doughnuts, etc.

Kellogg's ALL-BRAN with its delicious flavor is really tempting. Try it with your favorite fruit.



Two tablespoonfuls of *Kellogg's* ALL-BRAN with every meal will relieve the most chronic case of constipation

*Only ALL-BRAN brings
sure relief---
Kellogg's is ALL-BRAN*

¶ There are three reasons why bran has long been recommended by doctors as a relief for constipation. First, it will absorb a great deal of liquid and carry it through the intestine. Second, its bulk serves to distend the intestine and make the muscles work as Nature intended. Third, the krumbled form of Kellogg's ALL-BRAN aids greatly in causing natural elimination.

¶ Any foreign element added to bran would lessen its absorptiveness, and naturally would lessen the percentage of fiber in the package. The bran could no longer be krumbled, but would have to be in some less effective form to combine with the filler added. The bran would lose a great percentage of the very qualities needed to bring relief.

¶ Tests made over a long period of years show that when bran is eaten to relieve constipation, only ALL-BRAN will bring satisfactory results in both mild and chronic cases.

¶ You can readily see that Kellogg's ALL-BRAN sprinkled over your favorite cereal will bring results, where a part bran product would not be effective. In the first instance, in ALL-BRAN you get the correct proportion of fiber, even though you eat it with another cereal.

¶ That is why Kellogg's is ALL-BRAN and nothing but ALL-BRAN. That is why doctors recommend it.



THE CABIN
HEALTH FOOD SUPPLY
(Dance Lounge)
Louisiana Bridge
S.E. 13

*These 2 men
are the same age*

One has driving power-
energy-the will to suc-
ceed.

The other is listless-tired
all the time - it is an ef-
fort for him to plod
through each day's
work.