| If yow're free from constipation show this to some sufferer! |  | From $\$ 84.00$ Up <br> See It Demonstrated <br> 191 Fourth Street |
| :---: | :---: | :---: |
| test benefits to hu- a "remedy"; rather a nature food! |  |  |
| every man, woman And (ellogg's Bran, cooked krumbled. Kellogg's Bran wil |  rary relief at best--bran is not habit |  |
| cent constipation perrumenty of this |  |  |
| ion gellarally wonld eat Kellogg's in nine-tenths of all हickness would | the sufferer to find some new and more violent bowel-agitator. Kellogg's Bran |  |
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| becavee constipation in maturally | K |  |
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| antipation if at least IWo tabicmpoon. | fin | er All Ages |
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| Keallog'' Brar nets as A atweper, | fins. pancalres, gray |  |

## Healt Is Beautiful

The glow of health gives "Good looks" come from proper food and healthful exercise. Eat

## Shredded Wheat

every day. Cut out heavy foods easily digested, ready-cooked, with will bring beauty of face and fruit, Supplies every element the body needs and its daily use keeps the intestinal tract clean and healthy.

Two Biscuits with milk or cream make
a complete, nourishing meal. Delicious with, peaches, berries, raisins,
prunes, sliced bananas and other frivits.
TRISCUIT is the Shredded Wheat prunes, sliced bananas and other fruits.
TRTSCUTT is the SSredded Wheat
cracker $-a$ real whole wheat toasteaten with butter or soft cheese.

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