

The Household
Ediced by Anne nuternoume.

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Cerro Gordo Co-ops
Will Meet Tonight

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Lumberton Sportsmen
to Form Association


## IKELLOGG'S BRAN gives permanent relief

## because itis All BRAN!

With the most dangerous diseases ments-it is a blood maker and bone close on the trail of sufferers from and tissue-builder! on foods with there's no time to waste The ons with a low bran content! BRAN that is ALL BRAN! That's why you should eat Kellogg's-and spoonfuls daily; as much with oach meal in chronic cases! KELLOGG'S BRAN IS SCIENTIFICALLY PREPARED TO RELIEVE SUF-

FERING HUMANITY AS NO OTHER FOOD CANI
Don't delay a minute! Get started on Kellogg's Bran to-day and your lealth will steadily improve and bowel conditions. return to normal, no matter how long you have suffered
with constipation, mild or chronic din constipation, mild or chronic Remember that Kellogg's Bran is
not an artificial laxative, but nature's own bulk food that acts as sweeper, cleanser and purifier. Its work for health is wonderful! Besides, bran contains the most valuable mineral
salts and other life-sustaining ele Kellogg's Bran, being cooked and krumbled, is delicious eaten as a cereals. Another happy way to serve Kellogg's Bran is to cook it with your favorite hot cereal. In preparation, add two tablespoonfuls of bran for each person, cooking the
cereal as usual. You can mak
You can make the most delightful mufins, raisin bread, pancakes, maca-
roons, etc., with Kellogg's and it's fine in gravies, soups and purees.
The big thing is to get started on Kellogg's Bran quickly-for the sake of the health of your entire family-AND SERVE IT REGU. serve Kellogg's Bran in individual packages. Ask for it at your res taurant!
All grocers sell Kellogg's Bran
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