

Be Lavish With Raisins

It's Justified by Dietetic Worth

RAISINS, Madam, are a fruit-food that you should serve in many ways, because of their nutrition and health values.

They furnish 1560 units of energizing nutriment per pound. More energy than eggs, milk, meat or fish.

They are 75 per cent pure fruit sugar in practically pre-digested form, so their good is almost immediately assimilated.

They also furnish food-iron and valuable organic salts. Children especially shouldn't get all their iron from meat.

Put raisins in oatmeal and in their cookies, cakes and breads.

Serve bread puddings, boiled rice and stewed prunes with raisins.

Raisins make plain foods delicious, so people welcome them. Thus raisins will help you keep the food bills down.

Be lavish with them—you can afford to, when they bring you such returns.

Get a package now and use them freely.



SUN-MAID RAISINS

Use SUN-MAID Raisins always for your cooking.

They are made from California's finest table grapes—plump, tender, meaty, juicy and thin-skinned.

They cost no more than others, so you may as well enjoy the best.

Three varieties: Sun-Maid Seeded (seeds removed); Sun-Maid Seedless

(grown without seeds); Sun-Maid Clusters (on the stem). All dealers sell them.

Send for free book, "Sun-Maid Recipes," describing scores of ways to serve.

Ask dealers for California Raisin Bread and California Raisin Pie, baked fresh daily with SUN-MAID Raisins by your best local bakeries.

CALIFORNIA ASSOCIATED RAISIN CO.

Membership 10,000 Growers
FRESNO, CALIFORNIA

