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It's Not Men Only Who Need These Energizing, Ironizing Foods

Always ask for Sun-Maid Raisins for all home cooking purposes. Try Sun-Maid Seeded Raisins (in the blue package) for your puddings, cakes, and pies. Made from finest California table grapes.

Washed, seeded, sterilized and packed, while still hot, in new, clean cartons; and now also in tins.

Insist on the Sun-Maid Brand, the kind you know is good.

Your retailer should sell you Sun-Maid Raisins for not more than the following prices:

- Seeded (in 15 oz. blue pkgs.)—20c
- Seedless (in 15 oz. red pkgs.)—18c
- Seeded or Seedless (11 oz.)—15c
- Seeded, in tins (12 oz.)—20c
- Seeded, in tins (8 oz.)—15c

Mail coupon for free book of tested Sun-Maid recipes.



HOUSE work, like office work, saps energy—a lot of it—taking the youthfulness and color from scores of pretty cheeks. So it isn't men only who need revitalizing foods; *you* need them, madam.

Running up and down stairs a hundred times a day is not exactly recreation for a woman, and she must keep well nourished to perform such tasks.

A few slices of delicious raisin bread at luncheon after a hard morning's work is the kind of food that restores the energy it takes.

Raisins are 75 per cent pure fruit sugar, furnishing 1560 calories of energizing nutriment per pound, in practically pre-digested form so that this nourishment is felt almost at once. It's the quickest acting energy food that anyone can use.

Wheat, too, is an energizer. And raisins supply iron.

Therefore in this fine combination of cereal and fruit you have a luscious, up-building food of supreme value.

Delicious, Ready-Baked

No need to bake this bread at home. Your finest modern local bakeries are baking it fresh every week, some every day, and delivering it to grocers everywhere. You can buy it also at neighborhood bake shops.

Made with big, plump, tender, seeded Sun-Maid Raisins, the finest raisins grown. Rich, full-fruited loaves. *Real raisin* bread with at least eight tempting raisins to the slice.

Try it toasted with your tea. Make delicious bread pudding with left-over portions.

Get a loaf today and try it—see how good it is.

Sun-Maid Raisins

Seeded
Seedless
Clusters

Cut this out and send it

Sun-Maid Raisin Growers,
Dept. A-103, Fresno, Calif.

Please send me copy of your free book,
"Recipes with Raisins."

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Sun-Maid Raisin Growers

Membership 13,000

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