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# HOT FROM THE OVEN



## - a tempting "beauty treatment"

**D**ON'T be too quick to blame passing birthdays for the tiny traces of tiredness on the face that looks back at you from your mirror. It isn't age alone that threatens fresh-looking velvety skins with dullness or steals a little luster from alluring eyes.

All too often, the face is the first place to show the danger signs of unnatural troubles within.

And that is why many women will take an extra interest in these muffins.

They are more than tempting — more than crisply tender and deliciously good.

An average size muffin made by the recipe on the package, contains about two tablespoons of full strength bran—as much additional

bulk as the average person needs each day to correct constipation. When you consider what harm faulty elimination may do to complexions — you begin to see how important these muffins can be.

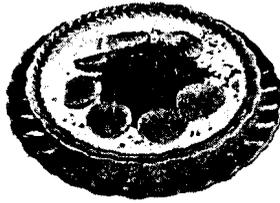
*Be sure you use this recipe*

You'd never believe there could be such a difference in bran muffins until you try

the recipe on the *Whole Bran* package. Whole Bran itself makes a part of the difference — because it is the newest full strength bran in tender shreds with wonderful flavor.

Serve these muffins often — you will find that they keep moist and fresh on the second day, and are delicious cold or can be quickly warmed in the oven. If you wish to develop the regular habits which are almost essential to health, you should have your full share of bulk food every day.

Make no mistake when you order. To get the best bran muffins you ever tasted — to get the benefits of full strength bran — be sure you ask for Whole Bran. It comes only in the blue and white package.



*Also effective with fruit, berries, other cereals*

*Cases of recurrent constipation, due to too little bulk in the diet, should yield to Whole Bran. If your case is abnormal, consult a competent physician at once and follow his advice*

**BE SURE YOU USE THIS RECIPE . . .**



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Mrs. Barber and Mrs. Desmo: to lunch to talk it all over and up the remains.

"It was a great success, an everyone enjoyed themselves in said Mrs. Barber. "I do wish some man from the Frontier w my Binnie alone, for she's too for such nonsense, and there he always hanging round her. "S child," I said to him. "Don't g her like this and spoiling her. "Well, what do you bring a thing like that out here for, s break a man's heart?"

Mrs. Davis said, "What about Did anything . . . are they - Marian's mother sighed, " tells me anything. I don't thi sure I wish he would. All ti around and restlessness. I do Minnie, the way you've kept hand. I don't know how you it - Marian is so wild. All the capades they have will lead to t of these days, but she won't li "Mother, you're so stuffy," she

"Daughters are a great nuisance Mrs. Davis. "I'm glad to sa isn't old enough yet to be a se lem." Sheelagh sat staring at flushing in silence. "There w delightful man here last night. Mrs. Davis. "I don't know if y From New England. He ca letter of introduction from mut and we struck up quite a frien

"You and your conquests," Barber genially. Mrs. Davis b "He's giving us a large dinr the Strand tonight," she said. " are so hospitable. I liked hir Such nice manners. Such a se:

### MRS. BARBER

kindly. "Sheelagh, my dear, I you are looking very well."

How could she guess that the Sheelagh's sudden pallor was he last remarks. The American w dinner party, and no doubt he if Sheelagh might come, too, ar her mother had refused. An wanted to go as she had never go to anything before, becaus so well that he liked her a litt wanted a friend so much. She mother later in her bedroom. why can't I go to this dinner t

"Because you were not aske mother coldly. Sheelagh just lieve that, but she dared not

"He was so kind to me last said. "I don't believe he wou out."

"He came upstairs?" Mrs. I and stared at her daughter. " you doing to make him come

"I didn't do a thing. He fol of ice cream. . . . But he : and I know he likes me."

"There is nothing so dis plain girl who imagines every polite to her has fallen madly her, Sheelagh."

"Oh, mother, I didn't. Onl wouldn't leave me out, beca surprised I was up there, all party."

"So you've been taking the interesting martyr, have you: flirt with a stoker or someth sort, then we have this new Children are indeed a joy." Davis, so angry that she cou herself, and she went away.

### AT LENGTH

hot day wore to a close. Now Sheelagh and she had to reig