



Cupcakes

NABISCO BRAN TEA CAKES

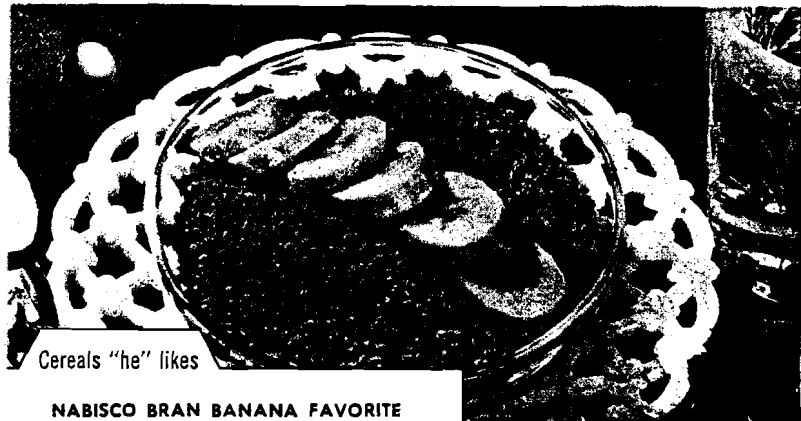
- 1 cup Nabisco 100% Bran
- 1 cup milk
- 1/4 cup shortening
- 1/4 cup orange marmalade
- 2 eggs
- 3 tsp. baking powder
- 1 cup sifted all-purpose flour
- 1/2 tsp. salt

Soak Nabisco 100% Bran in milk 5 min. Cream shortening and marmalade. Add eggs, one at a time, beating after each. Add Bran mixture. Sift together flour, baking powder and salt. Add to first mixture; stir only until well mixed. Fill *small-size* muffin pans 3/4 full. Bake in hot oven (425°F.) 15 min. Frost and add to each a colored candy. You'll have 24 to 28 gay tea cakes — dainty and fine as cupcakes! That's because they're made with Nabisco 100% Bran—*finer-milled* to make bran particles smaller — your tea cakes perfect! (Furnish important *diet-bulk*, too.)



Pies and Pears Pies and Pancakes.

A jolly good breakfast for a man

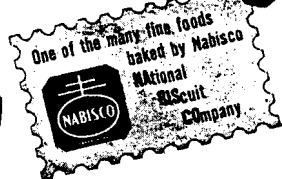
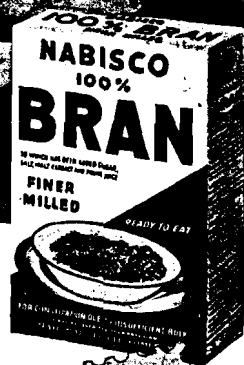


Cereals "he" likes

NABISCO BRAN BANANA FAVORITE

Yes, ma'am. This is it! Man's favorite way to eat taste-tempting Nabisco 100% Bran — with banana slices, a dash of sugar, cream or milk! You get the important iron, phosphorus and Vitamin B₁ that Nabisco Bran contains! Best of all — you get Nabisco Bran's *diet-bulk* to help relieve constipation due to insufficient bulk in your food. *Finer-milled* — Nabisco 100% Bran's *mild and gentle in action*. Really "easy-on-you!" Of highest quality because Nabisco uses only the best grade bran, produced in its own flour mills.

Eat Nabisco 100% Bran regularly. If your constipation does not improve soon, see your physician.



Favorite for Flavor...
the finer-milled Bran

By Louella G. Shower

PETEY ANDERSON, at eighteen months old, eats about everything but popcorn. He'd eat that, too, if Martha would let him. Buddy now three, still won't eat near the variety of foods his young brother does. He's harder to interest in vegetables, for one thing.

Petey's precocious appetite takes in French fried potatoes, and both children have a particular yen for pancakes and pies. So does their dad. As long as it doesn't seem to hurt the youngsters any, Martha indulges this pie taste to the extent of letting them have pies made with fruit and the pudding filling they would normally have anyway. The good-for-them foods come first with this young mother.

VEGETABLES TO A CHILD'S TASTE

The way vegetables are prepared or served to him may have a great deal to do with a child's reaction to a certain vegetable.

Children haven't the taste for salt we grownups have. Season on the scant side with salt. Make it taste good to him rather than to you.

Cook vegetables until just tender—not mushy. You aim to do this anyway, but children are particularly sensitive to overcooked vegetables. The brighter the color as a result of quick cooking, the more chance you have to win.

For children who are still at the mashed-vegetable stage, you might add some of the cooking water for extra

flavor—and vitamins. Don't make it slushy, though, that a child can't get up with a spoon. Surplus cooking liquid can be combined in soups.

Cut vegetables into large-enough pieces so your tot can recognize them—that is, when he's graduated to this stage.

Serve tiny beets and young corn whole—half inch for cubing should be about right.

Juices, of course, are the easiest to get a child used to the taste of a table if he won't eat it in its real form. One of those whizzer mixers will whip up vegetables and fruits into wonderful soup bases and drinks.

A leaf of lettuce is easier for children to eat than shredded