



It's nice to hear folks say
HOW WELL YOU LOOK TODAY!

Being clean inside is more important to how you look and feel than being clean outside. Clear eyes, clear skin and clean breath are the signs and symbols of health. You won't have them if constipation's poisons are sabotaging your system.

San-Bran is a natural corrective for constipation. It is not a medicine; for its function is simply to replace the bulk which refining of foods has removed from modern diet. San-Bran is nature's own safeguard of correct and regular elimination.

TRY IT AND SEE

San-Bran by itself makes a pleasant dish. San-Bran mixed with other foods—with stewed fruits—junket or puddings is all delicious difference. San-Bran

added with the other ingredients in baking gives cakes and biscuits new nutty taste appeal.

So try San-Bran for a week—a fortnight. Follow the directions on the package. Then take stock of yourself. Note whether laughter comes easier to you—whether people say “How well you look today.” A short trial will show you how much good health is stored in a packet of San-Bran.

SAN-BRAN

Another Sanitarium Health Food manufactured by the Sanitarium Health Food Company,
 Harewood Rd., Papanui, Christchurch.

WHAT EVERY WOMAN KNOWS....

“AMBER TIPS”

Unrivalled for FLAVOUR-VALUE and ECONOMY

Fletcher, Humphreys & Co., Cathedral Square, Christchurch.