



nouncements for a full month

ing, Thursday. Brothers' evenembers please at-



## Your Breakfast in a Muffin and so easy to make, too!

#### BRAN BACON MUFFINS

t cup milk 1 cup sifted flour tablespoons shortening 16 teaspoon salt cup sugar 212 teaspoons baking cup All-Bran 14 cup crisp, diced bacon

Fream shortening and sugar thoroughly. Add egg and beat well. Stir in Kellogg's All-Bran and milk, Let soak until most of moisture has been taken up. Sift flour with salt and baking powder. Add bacon. Add to first mix-

**KEEP "REGULAR"** 

NATURALLY

ture and stir only until flour disappears. Fill greased muffin pans twothirds full and bake in moderately hot oven (400°F.) 25 to 30 minutes. Makes 9 muffins.

Just wait until you taste the flavour of crisp bacon all wrapped up in a light, tender muffin made with toasted, nut-sweet All-Bran! It's luscious. Get Kellogg's All-Bran today! Try these taste-tempting muffins tomorrow. Clip the recipe now!

TWO

SIZES

"My daughter Denise learned in her Home Economics Course that everyone needs lots of vegetables for health", says Mrs. E. C. Pears. "We eat them fresh from the garden 'in Summer. And all during the cold months I serve Aylmer Vegetable Soup nearly every day-for the 9 garden-fresh vegetables in Aylmer add good nutrition to meals."

Yes, mothers everywhere find families thrive on the nourishing vegetable goodness of Aylmer Vegetable Soup. So serve it often-and your family will say: "Aylmer is the delicious way to get needed vegetables every day."



#### Why AYLMER Means Better Eating

Vegetables grown from tested Aylmer seeds in farming areas across Canada where the soil is most fertile have higher nutritive values-taste better, too. And Aylmer supervision, from seedtime to harvest, brings you the "garden-fresh" flavor of vegetables picked at their peak of perfection-in Aylmer Vegetable Soup.

1 tsp. of salt to

### Try this recipe for AYLMER Supper Pot

2 cups short-length Cook macaroni in boiling salted water until tender macaroni o 1 can Aylmer Vegetable Soup 1 can of water

of water); rinse and drain. Avlmer Vegetable and can of water.

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