CONSTIPATION

and the second second

And Sour Stomach Caused This Lady Much Suffering. Black-Draught Relieved.

Meadorsville, Ky .-- Mrs. Pearl Pat-

very constipated. I had sour stomach was so uncomfortable. I went to the doctor. He gave me some pills. They weakened me and seemed to tear up my digestion. They would gripe me and afterwards it seemed

I was more constipated than before. I heard of Black-Draught and deelded to try it. I found it just what I needed. It was an easy laxative, and not bad to swallow. My digestion soon improved. I got well of the sour stomsch, my bowels soon seemed normal, no more griping, and I would take a dose now and then, and was in good shape.

I cannot say too much for Black-Draught for it is the finest laxative one can use." Thedford's Black-Draught has for

Thediord's Black-Draught has for many years been found of great value in the treatment of stomach, liver and bowel troubles. Easy to take, gentle and reliable in its action, leaving no bad after-effects, it has won the praise of thousands of people who have used the NC-135

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Offices next door to White & Malone Will be at Louisburg regularly. Day Phone 329 - Night Phone 292-J

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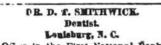
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Wiles,

Conversation is but carving Give no more to every guest Than he's able to digest. Give to all but just enough. -Walter Scott WHAT ABOUT OATMEAL. ATMEAL furnishes us with the food elements in better pro-portion than any other grain. It is more easily digested

and contains more body-building material than any other cereal. The oat also amount of mineral matter, the impor-

tant body regulating material. Oatmeal to give its best, must be

cooked long and well. As a breakfast food, it stands at the head, yet we are learning to use it in various other ways and in different combinations.

Added to wheat breads it makes a most wholesome loaf. Scald one cup-ful of rolled oats, let stand until cool, add to the usual bread sponge and proceed as usual, adding more salt than for other bread.

Oatmeal With Cheese en Casserole .--Arrange three cupfuls of cooked outmeal in layers with one cupful of grat- Sold in Louisburg and recommended ed cheese. Sprinkle the top with as the world's best corn remedy by buttered crumbs and bake in a hot F R. Pleasants. oven until the crumbs are brown.

chopped onion, and cook until slightly brown with one-half a green pepper, also chopped. Remove from the fire, stir in a tablespoonful of corn flour. It tenspoonful of salt, a cupful of cook-ed oatmeal, and three cupfuls of mut-cook in a data three cupfuls of mut-Oatmeal Soup Italienne.-Melt one tablespoonful of fat; add a small chopped onion, and cook until slightly Cook in a double boiler until smooth. When serving sprinkle with one-half cupful of grated cheese.

Oatmeal and Fish Croquettes .- Mix together one and one-half cupfuls of cooked fish, three cupfuls of cooked oatmeal, one teaspoonful of chopped paremeal, one teaspoonful of chopped pars-ler, two tablespoonfuls of chopped onion, one tablespoonfuls of salt, and a few dashes of pepper. Make into croquettes; dip in egg and crumbs and fry in hot bacon fat. Serve with a evit constant of fux. Show it an uplifting film, and A mind so easily dislocated will never be very effective for good or fry in hot bacon fat. Serve with a evit constant of the subtraction of the subtraction of the processes?

fry in hot bacon fat. Serve with a level. Do w white sauce to which a little chopped processes? green pepper has been added. Oatmeal Wafers.—Take two cupfuls of fat, one cupful of brown sugar, one egg, one cupful of oatmeal, five table-

spoonfuls of wheat flour, two tablea greased pan. Bake until brown on

the edges. Nellie Maxmell

Great Faith in Chamberlain's Colic

Chamberlain's Colic and Diarrhoea Remedy was used by my father about a year ago whom he had dia-thoci. It ing three doses he was absolutely cur-ed. We has great faith in this reme-dy. whites Mrs W. H. Williams, Stan-bay & W.

ey, X. Y Old Bill Shakespeare, who classified the moven ages of man, would have en-joyed himself on Sept. 12. He'd have found most of them at the registration

Experience the Best Teacher. It is generally admitted that exper-



2 Drops, 2 Seconds - Corn Is Doomed! When you almost die with your shoes on and corns make you almost walk sideways to get away from the pain, take a vacation for a min-ute or two and apply 2 or 3 drops



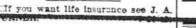
"My Corns Peel Clean Off, With 'Gets-It' "1 "My Corns Peel Clean Off, With 'Gets-It' "1 of the world's magle and only scn-uine corn-peeler. "Gets-It." Then. and then only, will you be sure that your corn will loosen from your toe so that you can peel it right off gloriously easy with your fingers. Take no chances of continued pain and sorness-why use greasy, irri-tating salves, plasters that shift and press into the "quick." rators and "disgers" that make corns bleed end also grow faster? Use painless, easy, always sure "Gets-It." There's "Gets-It." Millions have tried and O. K.'d it for years. It never fails. "Gets-It." the guaranteed, money-back corn-remover, the only sure way, costs but a trille at any drug store. M'fd by E. Lawrence & Co., Chicago. III.

restores vitality and energy by parifying and en-riching the blood. You can soon feel its Strength-ening, Invigorating Effect. Price 60c.

Perhaps movie censorship is being overdone. A mind that can be deprav-ed by the sight of a film is in a constant

Still, the films provide us with a convenient alibi. We can charge them up with much of evil that is really inherent in ourselves.

Has a High Opinion of Chamberlain's Tablets. I have a high opinion of Chamber-iain's Tablets for biliousness and as a laxative." writes Mrs. C. A. Barnes, Charleston, Ill. "I have never found anything so mild and pleasant to use. My brother has also used these tablets with satisfactory results."



666 cures Bilious Fever.

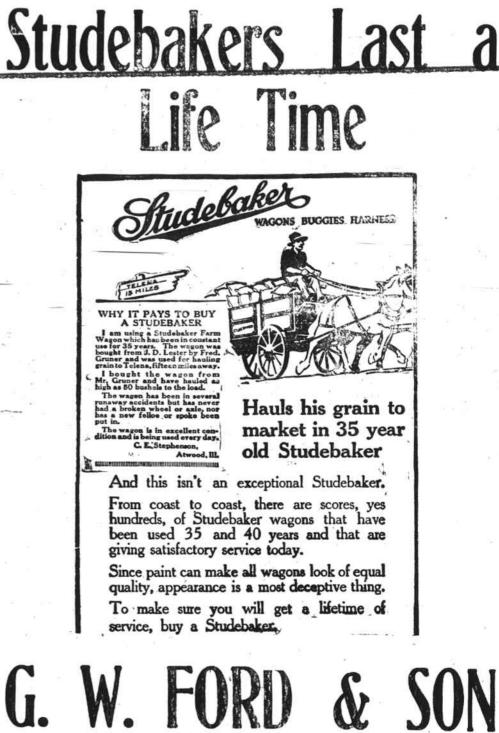
666 cures Chills and Fever.

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