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Kruschen on the shelf. Down comes the little brown jar, and after the first three doses I feel better, and at the end of the week I am rejuvenated. This has happened each year for a decade, so I am sending you this letter to say that I regard Dr. Kruschen as a friend in need.—
(Mrs.) A. Brock.

The "little daily dose" of Kruschen Salts keeps your internal organs regular in their daily duties. Liver, kidneys and bowels are stimulated to healthy, vigorous activity, thus ensuring the punctual elimination of all waste products and poisons that endanger the health. Kruschen Salts is sold by all Chemists, price 1/9 per bottle.

EAST LIMERICK LADY'S DEATH

On Saturday last there passed to her eternal reward a well-known East Limerick lady in the person of Miss Hannah Lonergan, of Garryarthur, Kilfinane. Deceased, who was aged 79, was the last member of a family that was connected for generations with the education of the people of the district. She was a sister of the late Miss Mary Lonergan, whose legacies of many thousand pounds to various charities, attracted much attention a few years ago. Her life story is interesting. Left at a young age in charge of the family homestead, she farmed successfully her difficult farm and operated personally the farm machinery and implements, her skill and strength in this connection being often the envy, as well as the admiration, of the men of the place. She was possessed of a vast store of knowledge, and her name was widespread as a "family doctor," people coming from over a wide area to receive the benefit of her ministrations. During the Black and Tan War she was frequently visited by the wounded and among other victims she nursed in her home, for a considerable period, Colonel Liam Hayes, who became her life-long friend. She was particularly fond of animals and kept those on her farm in a condition of luxury.

GLIN FAIR

At Glin monthly cattle fair on Tuesday there was a small supply. Prices were as follows:—Calves, £5 to £7; yearlings, £14 to £16; two year olds, £17 to £18; in-calf heifers, £20 to £23; dry cows, £18; bonhams (three cart loads), £3 to £3 10s. each, according to age and quality.

...ason and... it is reported that the blades are already over-ground and coming on apace. From information to hand, it is likely that catch crops will enter largely into this season's sowings. There has been vastly increased sowings of barley, and in all localities winter wheat is said to be doing remarkably well. No doubt the unusually mild winter, with an almost complete absence of frost, is responsible for this happy state of affairs.

Lady finds Fynnon Salt

helps her rheumatism

"I am a school mistress," writes this lady, "and for a whole year my work was made very difficult by persistent rheumatism in my shoulders. Less than a month ago I mentioned this inharmonious condition to an acquaintance and was advised to try Fynnon Salt. I bought a trial packet and within five days experienced a marked improvement. I have continued the treatment daily, and am thankful to say that the trouble has absolutely disappeared."

Fynnon Salt helps to purify the bloodstream, flushes liver and kidneys, eliminates from the body many of the poisons which contribute to rheumatism. Large tin of Fynnon 1/6. Get yourself a tin right away!

NATURE'S SALT OF THE EARTH



TRY A FORTNIGHT ON FYNNON