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ENERGY

Business, irritation and nerves due usually to deficiencies in the blood-stream. Retsel and Malt Wine, manufactured from the purest of natural ingredients, contains necessary iron content for restoration of tired tissues and the stimulation of vigour.

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STELLAN N° 10

COUGH MIXTURE

CHRONIC BRONCHITIS
WIND NIGHT COUGH

- RESTFUL SLEEP FOR THE ELDERLY
- RELIEF FOR CHRONIC COUGHS
- LOOSENS PHLEGM
- PROMOTES EXPECTORATION

GET IT TODAY!

by Chemists only, at 2/-, 3/- per bottle.

obtainable from Messrs. J. Laird & Co., 118 O'Connell Street, Dublin.

STELLAN N° 10

The Justice imposed nominal fines on persons convicted of breaches of the lighting-up regulations.

OBITUARY

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LATE MR. H. GALE.

It is with deep regret we announce the death of Mr. Henry ("Harry") Gale, 20 Thomas Street, Limerick, which occurred recently. His death, coming rather suddenly and unexpectedly, in the prime of manhood, was a severe blow to his wife and young family, and a great shock to his many friends in the city and elsewhere. His cheering smile, his ready joke and his friendly help will be missed by all who had the pleasure of knowing "Harry," not the least in the ranks of the 49th Batt., L.D.F., of which he was an exemplary officer since the first call for volunteers was issued.

The concourse which attended the removal of the remains to Trinity Church and the funeral to St. Munchin's Burial Ground was large and representative and the blinds of many city establishments were drawn as the cortege wended its way through the city. Brother Officers of the L.D.F. formed a bodyguard and full military honours were accorded at the graveside. To the bereaved widow, family and other relatives we extend our deep and sincere sympathy.

The chief mourners were:—Mrs. Mary Gale (widow), Joan and Betty (daughters), Denis (son), W. Gale (father), Elizabeth Gale (mother), Norman Gale (brother), Addie Gale (sister), Mr. Harry Gale (uncle), Mrs. N. Gale (sister-in-law), Teddy and Jeff Gale, Harry and Bob Walsh (nephews), Jenny Thomas (aunt), M. Horan (brother-in-law), Mrs. E. Roche and Kitty Horan (sisters-in-law), Miss E. Horan, Patsy and Peggy Walsh (nieces), Mr. Glazier, Miss Ormston, Cecil and Freddie Ormston, Mr. and Mrs. Taylor, Eric and Des. Eakins (cousins), Michael Hogan and Kitty Hogan, Kilkenny; Con and Jim Dee, John and Phil Hogan, Maurice and Michael Dee (Assistant Co. Surveyor), Eddie and Ned Roche, Mrs. Kyte, Miss Dunworth, Mrs. Burrows, Miss Stockil, and Miss Ormston (relatives).

The Rev. Archdeacon Waller conducted the service at Trinity Church and the graveside.

WAKE UP YOUR LIVER BILE

without Calomel—and you'll jump out of bed in the morning full of vim and vigour

The liver should pour out two pints of liquid bile into your bowels daily. If this bile is not flowing freely, your food doesn't digest. It just

middle of each group of four. The will twine round the stakes, which can be supported by a wire running along near the tops and tied at each end to a stake driven in the ground to tighten the wire.

The French beans may be sown in single lines, one foot six inches apart, seeds eight inches apart the row or in double lines two feet apart.

FRAMES.

Begin hardening off marrows and outdoor tomato plants by taking off the lights by day and leaving air on by night. After a week the lights may be left off altogether and finally the plants may be stood out in their planting stations for a few days before finally planting them out. The same applies to bedding plants, such as antirrhinum, asters, lobelia, ageratum, etc.

When the frames are emptied of the above they may be again occupied by cucumbers and melons provided a hot-bed is made to give the plants a start. A mild hot-bed sufficient for this purpose may be made from fresh lawn mowings and tree leaves, or straw mixed and trampled down in layers under the frame. A heap of soil in the placed under the middle of each light over the hot-bed to receive one plant for each heap. The soil for cucumbers should be half loam and half rotted stable manure, but for melons it should be mostly loam with a little lime or mortar rubble mixed through it.

HOUSES.

Continue to water arum lilies and forced strawberries with weak liquid manure. Get tomato supports in before the plants begin to topple over. String is better than stakes and the plants are wound around this as they grow.

FRUIT GARDEN.

See that the strawberry bed is clean of weeds now, but do not hoe the surface or put straw around the plants until the flowering is over. Hoed soil is colder at night than unhoed and straw attracts the frost, and there is still a chance of having a good promise of a crop spoiled by a night's frost.

J. J. O'CARROLL,

Rural Science Organiser.

INDIGESTION?



Food 'repeats'?
Suck 2 Rennies
Just like sweets!

A PAIN



Flatulence can be embarrassing as well as painful round the heart. And a man who can't eat a meal without regretting it is a man to be pitied.

But if you suffer from indigestion don't waste too much time...