Barry, Storekeeper, Mt. Hospital.

The late Mrs. O'Shaughnessy was a well known and highly respected County Limerick lady. Of a bright and cheerful disposition, she endeared herself to all those with whom she came in contact, and her passing has occasioned widespread grief and sorrow.

The funeral, which took place from St. Patrick's Church to Ashid Cemetery, Croom, was largely and well represented.

Officiating at the graveside were: Rev. Father Moloney, P.P., and Rev. Father O'Regan, C.C., St. Patrick's; Rev. Father Morelli, P.P., and Rev. Father Wall, C.C., Banogue; and Rev. Father O'Connor, O.S.A. (cousin).

Chief mourners were: James Barry (husband), James O'Shaughnessy (father), Miss K. O'Shaughnessy (sister), Edward O'Shaughnessy (brother), Dr. T. MacMahon (brother-in-law), Patrick O'Donnell (uncle), Mrs. Duhig (aunt), Mrs. Barry (mother-in-law), Mrs. Franklin (sister-in-law), Patrick Duhig, Mrs. Reardon, James Barlow, Miss K. Barlow, Miss N. Barlow, Miss M. Barlow, Mrs. Burke, Mrs. O'Dea, Mrs. Costelloe, John O'Donnell, Miss M. Costelloe (cousins).

Mr. J. Barry and relatives wish to thank all those who sympathised with them in their bereavement, those who sent Mass cards, telegrams, letters and messages of sympathy, and trust that this will be accepted by all as an expression of sincere appreciation.

MR J. DEMPSEY, ROBERTSTOWN.

On the 22nd ult., Mr. James Dempsey, Robertstown, Foynes, passed to his reward, having attained the good age of 69 years. He was quite a character, he loved to quote the "Speeches From the Dock," never missed a football game that he could get to, and he accomplished swimming feats in his youth that will always thrill the younger generation of Robertstown as they sit and listen to the fireside chat of their elders. "Jim" was one of those irrepressible characters, boys at heart to the day they die. The remains were brought to Robertstown Church that evening and on the following day the interment took place at the cemetery there. Rev. Father O'Byrne, C.C., Shanagolden, and Rev. Father Cussen, C.C., Foynes, officiated. The chief mourners were:—Mrs. Dempsey (wife), Michael (son), and Molly (daughter).

Mass cards—Wife and family; Mick and Bridie; Peter and Kathleen Bridgeman; Charles and Mary O'Malley; Michael Hartney; and Michael Gallagher.

She Finds War-Time Meals A Problem

But Digestif Rennies Help

Many housewives are finding war-time meals a trying problem. Sometimes they almost perform miracles in producing appetising dishes. For those afflicted with a poor digestion, the difficulties are even greater, as this woman's letter explains:—

"In these times we all have to make the best of the food that is available. By careful preparation, and I may say, performing miracles, we manage very well, although we cannot be choosey or faddy. It's a great problem for very ordinary people with poor digestions. We find your Digestif Rennies very good indeed for fullness, wind, and discomfort after meals. We are three in family here, and have all received great benefit from Rennies."—(Mrs.) H. Marsden.

The relief which Rennies bring is three-fold. They contain antacids to neutralise acidity, absorbents to reduce stomach gas, and digestive ferments which actively aid digestion. Rennies dissolve in the mouth. They become active at once, because they reach your stomach full strength—not weakened with water.

people of Ireland to the ownership of Ireland and to the unfettered control of Irish destinies, to be sovereign and indefeasible. The long usurpation of that right by a foreign people and government has not extinguished it. It can never be extinguished. Never till the destruction of the Irish people. In every generation the Irish people have asserted their right to national freedom and sovereignty: six times during the past three hundred years they have asserted it in arms. Standing on that fundamental right and again asserting it in arms in the face of the world, we hereby proclaim the Irish Republic as a Sovereign Independent State, and we pledge our lives and the lives of our comrades-in-arms to the cause of its freedom, of its welfare, and of its exaltation among the nations . . .

To the proclamation were appended seven names: Thomas J. Clarke, Sean Mac Diarmada, Thomas Mac Donagh, P. H. Pearse, Eamonn Ceannt, James Connolly and Joseph Plunkett.

The people realised that this meant war, even if it were the war of a David against a Goliath. They did not wish to be aroused so rudely, out of their deep sleep of slavery, and few had sympathy with the handful who had gone out "in the name of God and of the dead generations" to wage war against a mighty Empire. For one wild glorious week it lasted, until Pearse and his men, weary and hopelessly outnumbered, fighting amid the crashing ruins of the flaming Post Office, decided to lay down arms in order to save innocent people from slaughter.

THE EXECUTIONS.

All through that glorious week the volunteer soldiers of the Republic had behaved with a chivalry and humaneness to which even their enemies bore testimony. But once they had laid down their arms no mercy was shown to them. Day after day the news carried news of the executions that shocked the public conscience. In the grey dawn of the 3rd of May Padraig Pearse, Thomas MacDonagh and Tom Clarke fell before an English firing squad. On the 4th of May, Joseph Plunkett, Edward Daly, Michael O'Hanrahan and Willie Pearse. On the 5th John MacBride. On the 8th Con Colbert, Michael Mallin, Eamonn Ceannt and Sean Heuston. On the 12th James Connolly and Sean Mac Diarmada. People soon learned what manner of men were those who died behind the cold high walls of Kilmainham Jail. In life they had been the gentlest and noblest of men, poets and teachers, men with pure and splendid souls. They included among their numbers an old white-haired man with an unconquerable soul, fifteen years of whose life were spent in English jails, and youths scarcely out of their teens. One of them had played Irish airs on his war pipes before the Pope, another was the frail mystic poet who wrote "I See His Blood Upon the Rose," and who left his dying bed to take part in the Rising. He was the one who brightened the gloom with a sad romance, for Joseph Plunkett was married in his cell the night before his execution.

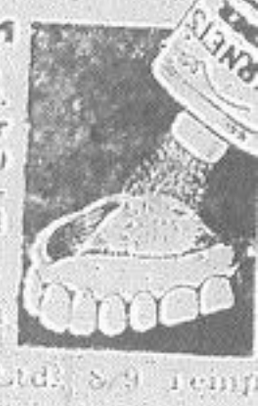
THE VINDICATION OF THE FALLEN.

A wave of sympathy for those who died swept the land. A man wrote the first song in their praise, a priest in Maynooth the first poem. Dr. O'Dwyer, Bishop of Limerick, defended their deed and their memory against Maxwell. Yeats wrote of the terrible beauty that was born. From across the seas lovers of liberty paid tribute to the fallen. From England Theodore Maynard and from America Joyce Kilmer laid beautiful wreaths of song on the graves of those whose poor bodies lay mouldering in the quick-lime. Ireland came to realise the worth of those who died or who lay pining in English jails for their love of liberty. [illegible]

who could tell?

You can laugh, talk and enjoy your meals free from embarrassment if you sprinkle your plate in the morning with Dr. Wernet's Powder. It forms a soft antacid cushion which holds your plate firm and secure, gives "all-day" confidence and prevents sore gums and all discomfort.

Dr. Wernet's Powder



Get a tin of Dr. Wernet's Powder today. 60,000 dentists recommend it the world over.

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FREE FROM PAIN AFTER YEARS OF SUFFERING

One Salts we specially recommend for women.

"For years," writes (Mrs.) W. [illegible], Fore Street, Forquis, "I have been subject to Rheumatism and Lumbago. I was 7 weeks in bed with my last attack, and walking was just misery. I have taken two bottles of Juno-Junipah and feel a different woman, my joints are free from pain, and I have not had an attack since taking them."

And that is the common experience of those women who realise that a woman need to be careful about the salts she uses.

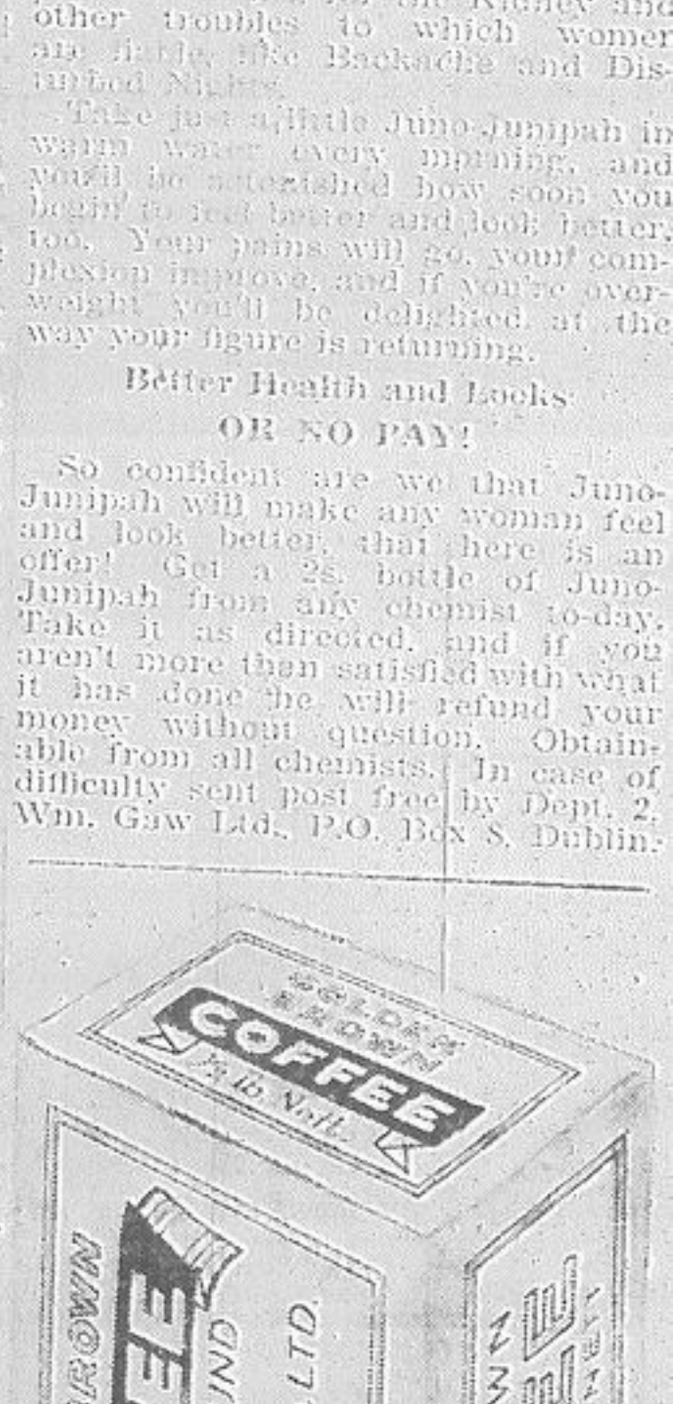
There is only one salts specially recommended for women—Juno-Junipah.

First, Juno-Junipah Salts are very gentle in their action. They prevent unwanted fat and clean the poisons out of the blood-stream without any harsh purging or griping. So they bring rapid relief to Rheumatism, Lumbago, Sciatica and other rare evil troubles. Moreover, they are the only salts to contain pure oil of Juniper, one of the oldest remedies for the Kidney and other troubles to which women are liable, like Backache and Disturbed Nights.

Take just a little Juno-Junipah in warm water every morning, and you'll be astonished how soon you begin to feel better and look better, too. Your pains will go, your complexion improve, and if you're overweight you'll be delighted at the way your figure is returning.

Better Health and Looks OR NO PAY!

So confident are we that Juno-Junipah will make any woman feel and look better, that here is an offer! Get a 2s. bottle of Juno-Junipah from any chemist to-day. Take it as directed, and if you aren't more than satisfied with what it has done, he will refund your money without question. Obtainable from all chemists. In case of difficulty sent post free by Dept. 2, Wm. Gaw Ltd., P.O. Box 8, Dublin.



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