## NORFOLK NEWS

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 Now




You Need More Than
A Laxative

> | To correct constipation, |
| :--- |
| all organs of digestion |
| and elimination should be |
| helped. Try NR and see |
| how much better you feel. |



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 T. T. J. MINNES

# PURITY FLOUR 

It's High Standard
Never Varies

## FISH! FISH!

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BENWELL FISH CO


