


P＇s charsinas yis



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 and

THE HоME．


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| safer correotive than all the drugs and nostrums in the country．Oatmesal csa it is too often drowned in too much milk， sugar，butter，etc．，for good digestion is Bwallowed so easily that it helps lead to overeating and its bad resulta，Let as ro slow before we reject oatmeal as as food．－The Moravian． |
| :---: |
|  |  | $\underset{ }{2}$

