THE CATHOLIC REGISTER

orspersia stumein issonenas MAY BE QUICKLY AND
PERMANENTLY CURED BY pramanextrix cured by
BURDOCK BLOOD BITTERS.


HOW TO TAKE THEM Constipation Billoussess

 Begin treatment by taking three time a day and two at bedtime-for 3 or 4 days. Take the tablets twenty
mintutes before meals, and always drink half a tumblerful of cold water (not iced) Then take two tablers every one every night for a month. Be careful about the dietat regularly-avoid veal
pork, dark meat fowls, and never drink milk with meals. Bathe frequently - dress
warmly-exercise sensiblytake "Fruit-a-tives" faith-fully-and see how much better you are at the end
the month. At in al drogesistas

His Tenth Birthday
"ememebruary wew



