

## Your Health is at Stake if You Suffer from Constipation!

Every man, woman and child who has constipation or constipation symptoms should leave no stone unturned to get instant relief! Keep away from the dangers of pills and cathartics, which are almost as much to be dreaded as constipation itself. Your physician will recommend Kellogg's Bran because it is ALL BRAN—and it is Kellogg's Bran that will give permanent relief if eaten regularly.

Most cases of Bright's and diabetes can be traced to constipation; in its milder form constipation is responsible for sick headache, nausea, pimples, sour breath, etc. And, we say right here—and guarantee what we say—that Kellogg's Bran, if eaten regularly, will give you permanent relief.

Kellogg's Bran is wonderful as a

food as well as wonderful as a natural means of relieving constipation. Kellogg's Bran contains important mineral salts; it contains elements that are necessary in making bone, tissue and blood—yet, it acts as a sweeper, cleanser and purifier.

Eat Kellogg's Bran as a cereal. You'll enjoy its nut-like flavor. Or, sprinkle it on or mix it with hot or cold cereals. Many like it cooked with hot cereals. Two tablespoonsfuls of bran should be added in each instance. You have missed much not to have eaten Kellogg's Bran made into muffins, raisin bread or many other bakery batches. Recipes on every package. Prominent hotels, restaurants and clubs serve Kellogg's Bran in individual packages. All grocers sell Kellogg's Bran.

Three things are responsible for every woman's reputation as an expert coffee maker—the accuracy with which she measures, the care with which she brews, and the blend of coffee she uses. But the blend is ninety per cent of the reason. It's the blend you'll enjoy in Golden Sun.

*McDonagh*  
Woolson's  
**Golden Sun**  
Coffee

## Don't Think

—that you are saving money—that you will get good results when you buy the big, or cheap can baking powders—the kinds that offer quantity and not quality—the kinds that are made to sell at bargain prices. Always call for

## CALUMET

The Economy BAKING POWDER

It has been helping housewives on bake-day for over thirty years. It is the most popular brand in America—the most reliable of all leaveners. It is the best because it meets every baking requirement. Made in the largest, most sanitary baking powder factories in existence.

The sale of Calumet is over 150% greater than that of any other baking powder. Test it yourself—keep it on the kitchen shelf.

**THE WORLD'S GREATEST BAKING POWDER**



## CENTRAL GROCERY

"OF COURSE"

Free City Delivery

**Bran** Kellogg's  
Flake, Pkg. **.10**

**Soap** White Laundry  
dry, 6 bars **.25**

**Coffee** Silver  
Sea, lb. **.37**

**Oranges** Sweet Seed-  
less, Dozen **.40**

**Crackers** Perfection  
Wafers, lb. **.12**

## FISHER & HARRIS

### CASH GROCERY

—Also Dealers in—  
Graniteware, Tinware and  
Galvanized Ware

Phones 5-48-231

Free City Delivery

Quality, Service and Low Prices

R-N-M Bulk Soap Chips, 2

lbs. **.25**

Small Sound Red or Yellow

Onion Sets, lb. **.10**

Extra Fancy Roman Beauty

Apples, 3 lbs. **.25**

Best Michigan Hand Picked

Navy Beans, lb. **.11**

Maytime Nut Oleo, cheap in

price but high in quality,

lb. **.21**

Special Oleomargarine, con-

tains 25% creamery butter

requires no coloring, lb. **.35**

Good Clean Blue Rose Rice,

lb. **.50**

Pride of Decatur Brand of

Flour, 12 lbs. **.45**

24 lbs. **.80**

48 lbs. **.15**

Gooch's the best Flour for

Bread, 24 lbs. **.98**

48 lbs. **.19**

Barrel **.75**

McKenzies Prepared Pan-

cake or Buckwheat Flour,

bag **.23**

Strictly Pure Buckwheat

Flour, bag **.25**

Virginia Sweet Pancake

Flour, 2 pkgs. **.25**

Pillsbrys Prepared Pancake

Flour, large 4 lb. bag for **.48**

All Scrap Tobaccos, 3 pkgs **.25**

N. B. C. Butter Crackers real

quality 2 lbs. **.25**

N. B. C. Premium Soda

Crackers have no equal,

lb. **.17**

N. B. C. Graham Crackers,

lb. **.17**

Battleship Brand Bulk Pea-

nut Butter, lb. **.20**

Battleship Brand Mustard,

quart jar **.25**

Genuine Santa Clara Prunes,

lb. **.15 & .20**

Pillsbrys Whole Wheat or

Graham Flour, 6 lb. bag **.39**

Best Quality Can Kraut, large

cans 2 for **.25**

Best Quality Hominy, large

cans 3 for **.25**

Best Quality Red Beans, 3

cans **.25**

Oil or Mustard Sardines, can **.50**

No. 8 Nesco Brand Extra

Heavy All Copper Wash

Boilers **.40**

Large size Granite Roasters

**.25**

10 quart Granite Dish Pans **.40**

14 quart Granite Dish Pans **.50**

17 quart Granite Dish Pans **.65**

Milk Strainers **.28**

Flour Sifters **.22**

Tin Cups, each **.4**

Large Special Spline Clothes

Baskets **.90**

Fruits and Vegetables

**.90**

**FISHER & HARRIS**

### Cash Grocery

### REAL ESTATE TRANSFERS

Louis Keller to Charles J. Lehman, 40 acres in Union township for \$7,000.

Alvinia Bohnke to Frank Neadine, lot 73 in Decatur, for \$2,500.

Pauline Bleekle to Charles Marbach, lot 661 in Decatur, for \$1,800.

Frank Behling to Menno S. Hirsch, lots 461 and 462 in Berne, for \$4,500.

David Schwartz to Jacob F. Mose, 30 acres in Hartford township for \$2,700.

The Root Township Home Eco-

nomics Club will meet Thursday after-

noon at the home of Mrs. Charles Gage.

Mrs. Martha Fritzinger and

Mrs. E. S. Christen will be assistant

hostesses.

The Class for Service of the Baptist Sunday School will meet at the

home of Mrs. Charles Throp, 120

North Eleventh street Friday evening

at 7:30. At this meeting the monthly

Bible study will be held and any

one who cares to begin the study is

welcome.

(By The United Press)

Chicago, March 20.—(Special to

Daily Democrat)—Two convicts, be-

ing transferred from the Joliet pen-

itentiary to the Statesville prison,

choked a guard into submission and

escaped last night.

The prisoners were Tomas Pruitt,

Chicago serving 15 years for mur-

der, and John Hale, Chicago serv-

ing ten years to life for robbery.

They were being taken to State-

ville in an automobile, in custody of

B. N. Wilkey, a guard, and Frank

Cressi, a "trusty."

Outside of Lisle the men would

have the chain of the handcuffs which

bound them together around the

neck of Wilkey who sat between

them. They then forced Cressi to

leave the car. A few miles further

on the prisoners threw Wilkey from

the machine.

## Society

### Tuesday

Pai Iota Xi—Mrs. J. H. Burroughs

8 o'clock.

Mary and Martha class of M. E.

church. Dinner in church parlors,

6 o'clock.

Civic Section of Woman's club—

Rest room at library, 2 o'clock.

K. of P. dance, Pythian, home,

8:30 p.m.

### Wednesday

Shakespeare Club—Mrs. D. D.

Heller.

Dramatic Section of the Woman's

Club—Old Adams County bank at 7

o'clock.

Red Side of Ladies Aid Society of

the Christian Church—127 N. 2nd St.

7:30 p.m.

Historical Club—Mrs. Ben Devon,

812 Adams street, 2:30.

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