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place in the world: One year,
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months, \$1.

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Vote in the Rooster circle Tues-
day and make no mistake.

The Democratic ticket in Adams
county this year is composed of
capable men, qualified and train-
ed for the offices they seek. You
will employ the officials of the
county next Tuesday and you
should be wise in your selections.
Make no mistake, vote in the rooster
circle.

The teamsters union is opposed
to strike and has issued an ap-
peal to all workers to settle their
disputes without disturbing business
but evidently all unions do not
agree. Stockyard employees, the
Ford Automobile Company and
others are now in the headlines as
notice is filed of pending strikes.

Nathan Leopold and 1,000 other
life prisoners in the Joliet, Illi-
nois prison have agreed to sign
formal forms, donating their eyes
at time of death to the eye-bank
for sight restoration. The plan is
being developed in cooperation
with the Eye-bank for Sight Re-
storation, Inc.

Americans generally favor the
disarmament program proposed by
Russia but don't favor this nation
being the only one to honestly per-
form.

Tuesday is election day. Vote
the Democratic ticket Adams
county voters and be assured of
good administration of the various
offices.

There are signs the autumnal
weather is about over. Bleak Nov-
ember is here and that means
wind and snow and snappy tem-
peratures. Button up.

Blakey and Augsburger are the
Democratic candidates for county
commissioner. Each has served the
public before, has a good record
and will prove capable.

Vote for Bob Heller for repre-
sentative. He is the Democratic
leader of the house and knows
how to get the things done that
the people of Adams and Wells
counties desire.

Walter E. Frederick is the up-
standing Democratic candidate for
congress. He is a war veteran, a
lawyer of ability, a man of good
judgment and if elected will serve
you well in the halls of congress.
Vote for him Tuesday.

Herman (Punk) Bowman is a
splendid citizen and as the Demo-
cratic candidate for sheriff, de-
serves your vote. He will serve
you well and will sincerely ap-
preciate your support next Tues-
day.

Water Drinking with Meals for Indigestion

By Herman N. Bundesen, M. D.
MOST people who suffer from
constipation would be amazed if
told they could find their best remedy
in a glass of water. And yet, to a great extent, it's true. A single
glass of water, naturally, will do no good. But the regular and con-
sistent drinking of water with
meals will. No fewer than two
glasses of water should be taken at
each meal and these must be
consumed in addition to other
fluids, such as milk, tea, or coffee.

Digestive Process

Water plays an enormous role
in the digestion of food. It is es-
sential from the first to the last step
in the digestive process.

In the very beginning, water,
together with digestive juices, is
drawn into the stomach and mixed
with the food. This process is re-
peated again and again in the
bowel, until all digestible food is
prepared for absorption. Then the
water, with the food it contains, is
re-absorbed, through the wall of
the intestine, leaving undigestible
food parts in a somewhat dry mass
within the bowel. Since water is so
necessary to the digestive process,
the best time to take it is with
meals.

Of course, diet is also important
in relieving constipation. I have
outlined the important facts con-
cerning this condition which will
be sent upon request. A stamped
self-addressed envelope should be
enclosed.

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LEARNING ABOUT WOMEN FROM HER



Modern Etiquette

By ROBERTA LEE

Gerke, James Merriman and Shirley Striker will also receive Mac-Arthur Medals of honor given by the National Victory Garden Institute.

Evelyn Gerke has been honored as winner of the girls all-round achievement record winner. Beulah J. Bertsch of French twp., will be decorated in her achievement meeting in honors in canning achievement. Enid Ripley of Blue Creek, is clothing champion. She has carried the clothing project seven years and won state fair

Trade in a Good Town — Lester

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