SICK HEADACHE
From Constipation

## HERE is a purely vegetable medicine <br> which has benemen, women and

 which you should try when troubled with constipation, Rogilito, of Lake Charles, La rites: "When I let mysel et constipated, I feel dull nd sluggish and all out of When one has this feeling it is time to take something be core he feels worse. I cerDraught aute Iound Black used to have severe head aches and suffer a great deal. 1 found this came from constipation, and that BlackDraught would correct it,That is why I began using

Draught


## USSANTY ON GROMH HTH CNIILATITON

 ABOUT BRAN

Wrrt so many opinions about bran, it is well to know
the facts. Here are the results of laboratory tests wid bran:

Bran is a good source of Vitamin B. This vitamin helps tone up the intestines and keep them regular. Bran also supplies "bulk" which further aids intestinal action. The "bulk" in bran is much like the
"bulk" you eat in lettuce or other leafy vegetables. This "bulk" absorbs moisture-like a soft sponge -and gently cleanses the intestines of wastes. A pleasant, safe bran cereal is Kellogg's ALL-Brun.
Millions of people have used it with satisfactory results over a period of ten yea
Two tablespoonfuls daily of this delicious ready-to-
eat cereal are usually sufficient to eat cereal are usually sufficient to prevent and relieve
both temporary and recurring constipation. If you suffer from intestinal trouble not re suffer from intestinal trouble not
lieved this way, consult your doctor

## oillmann

knc of azz and His Band English Dialogue kinograms - cartoon





## ${ }^{\text {Tre }}$ TRUTH

##  <br> 

Kellogg's All-Bran has a wonder-
ful nut-sweet flavor. Enjoy with milk or cream, or use in cooking. Sold
by grocers. Made by Kellogg in
by HELPS KEEP YOU FIT


## The Unshackled Buyer

Jitney Jungle customers are not "shackled buyers", because Jitney Jungle stock represents the markets of the world - No pet brands, no substitutes for the best-but just exactly what you want-ifif you want the bett.
"Jitney Jungle Sells Groceries for Less" The following Extra Specials will be offered at
Friday and Saturday, October 16 th and 17 th , 1931 :


## Bananas



Prunes

## arge Size

Large Can Small Can

Potatoes sommentict 10 un 18 c
 Macoroni and Sparghetti ${ }^{\substack{\text { Skaz } \\ \text { pkinnergs. } \\ \text { Pks. }}}$ Only $61 / 2$

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|  | BEANS |
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| Bran Flakes prs. 9c |  |
|  | BR00MS ${ }_{\text {Eath }}^{\text {Eant }}$ |
| rosebals | royal <br> GELATIN |
|  | pompeian |
| eupy pack |  |
| Struours veribss | ${ }^{\text {Jon }}$ |
| Vienna Sausage ${ }_{\text {ofily }}^{\text {pen }}$ can $71 / 2 \mathrm{c}$ | Silver <br> SAL-O-DENT |
|  |  |
| fancy full graim |  |
|  | Ginger Ale LIME OR PALE DRY |

In Our Quality Markets choice grade "A" veal or beef WFAT $\begin{aligned} & \text { SHOULDER ROAST, per lb } \\ & \text { CHUCK ROAST, per lb, }\end{aligned}$ CHUCK ROAST, per lb 7-RIB ROAST, per lb.

STEW MEAT, per lb.
BEEF ROUND, LOIN or T-BONE, per lb. DRY SALT BUTTS, Best Grade, per lb.
SLICED BACON, Northern Sugar Cured, per Ib.
WEINERS or BOLOGNA, per lb.
PORK CHOPS, Fresh Lean, per lb.


