

|  | My Hair is |
| :---: | :---: |
|  | Scraggly |
| - | So |
|  |  |
| -2- $=$ |  |
| $=$ |  |
| $\underline{-2}$ | 2x-a $=$ |
|  | $A_{\text {yers }}=$ |

## CASTORIA

## The Kind You Have Always Bought has borne the signa- ture of Chas. Ha Fletcher, and has beert made nuder his personal supervision for over 30 years. Allow no one

What is CASTORIA

| ric, Drops and soothing Syrups. It is Pleasant. It tains neither Opium, Morphine nor other Narcotic It destroys Worms Its age is its guarantee. It destroys Worms gitance. ic. It relleves Teething Troubles, cures Constipation Flatulency. It assimilates the Food, regulates the |
| :---: |

The Kind You Have Always Bought


In Use For Over 30 Years.

## How to Exercise the Bowels



 are thus forced to take, makes them
have nourished it.
You see. the food is Nourishment or
stronger for the future, just as Exercise
CASC,

