Best Way to Plow.

Measure off a head and on each end end of the field say as wide as the length of team and plow. Commence plowing at one side of the field one-half land from the fence, plowing back and forth, turning to the right and sliding plow on head land. When first land is done; measure off another land, skip it, go on and plow third land same as first, then plow second land turning to left. The object is plowing the third land before second is to avoid having so many center ridges and dead furrows, as you would if you took every land as it came. Keep on in this way until you get to the other side of the field, then plow head lands and you have the field nicely plowed without turning square corners, tramping horses heels, lifting plow or tramping plowed ground.

Amending It.

"You got a typewritten copy of this speech in advance, didn't you?" asked the reporter of the party organ.

"Yes," replied the reporter of the opposition paper, "the speaker sent it in, even to the 'cheers' and 'applause' in parentheses."

"Well, then what are you taking down now?"

"The 'cheers' and 'applause' and substituting 'sneers' and 'groans.'"

Performing Unpleasant Duties.

"The very next time you have something unpleasant to do, something to which you bring an unwilling mind," says a writer in Harper's Bazar, "just repeat the following formula to yourself, and say it over and over again until you believe it: 'This which I am doing now is what, in the circumstances, I prefer to do at this moment, above all other things. Of course, then, I enjoy it!' This self-restraint, faithfully applied during dishwashing, bed-making, sweeping, dusting, housecleaning, stocking-darning, and all the monotonous duties of a home woman, may be relied on to bring floods of sunshine everywhere. The work is done in less time, and with less friction, than ever before, an atmosphere of peace and serenity pervades the whole household, the soul of the worker is enlarged. It is worth trying. Try it at once, dear readers."

Sweet.

"Whadda you think o' my sister, Mr. Spoonalot?"

"Why, Johnny, I think she's very sweet."

"Gee! She thinks that about you, too."

"Oh, indeed? That's glorious. How do you know?"

"I heard her tellin' ma you was a regular puddin'."—Cleveland Leader.

Spring Humors

Impure or effete matters accumulated in the blood during the winter cause in the spring such disfiguring and painful troubles as boils, pimples, and other eruptions, also weakness, loss of appetite and that tired feeling.

The best medicine to take to rid yourself of them is Hood's Sarsaparilla, which thoroughly cleanses the blood, and effects permanent cures by giving healthy functional activity to the stomach, liver, kidneys, bowels and skin.

This is the testimony of tens of thousands who have taken this great spring medicine.

Accept no substitute for Hood's Sarsaparilla, but insist on having Hood's and get it today.

Sold by druggists everywhere.

Usual form, liquid, or in new form, tablets, 100 Doses One Dollar.

Annoyed.

"Were you annoyed while on the witness stand?"

"Slightly," answered the great corporation magnate. "The judge and one or two other people in the courtroom seemed to think they were quite as important as myself."—Washington Star.

The Scientific Way.

"Yes, he calls himself a scientific farmer."

"And what does the science consist in?"

"Why, he stays in town and runs the farm by telephone."—Cleveland Plain Dealer.

More Converts Every Year

Every day in every year that comes, more housewives are giving up their exhorbitant priced Baking Powders and turning to K C, the honest and reliable, which has stood so well the test of years. They are finding out that

K C BAKING POWDER

costs one-third the price of powder anywhere near K C quality, and makes better, purer, more healthful baking. 25 ounces for 25c.

Send posthl for "Book of Presents."

JAQUES MFG. CO.
Chicago, Ill.

FERRY'S SEEDS

Represent the survival of the fittest. We have become the largest seed house in the world because our seeds are better than others. Do you wish to grow the most beautiful flowers and the finest vegetables? Plant the best seeds—Ferry's. 1906 Seed Annual free to all applicants.

D. M. FERRY & CO., Detroit, Mich.

Quite Simple.

"Do you understand the tariff question?"

"Perfectly," answered Mr. Cumrox. "All raw material I use in my business should be admitted duty free. Everything else should be taxed."—Washington Star.

Well Drilling Machinery, Drilling & Fishing Tools, Irrigation Plant, Hydraulic Rams, Spray Pumps. Write Us

RUMELY MACHINERY CO. 182-4-6 Morrison St. Portland Oregon

WANTED

A bright man with team in your county. Steady work and good wages to right man. References required. For particulars address

KOCH V. T. CO.
Box X Winona, Minn.

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Portland Trade Directory

Names and Addresses in Portland of Representative Business Firms.

PHOTO SUPPLIES: Kodak developing and printing; write for prices. Woodard, Clarke & Co.

MAGIC LANTERNS—Weister Co., Portland. Lowest prices on Lanterns and Slides.

ELASTIC HOSIERY; Supporters, Braces; Knit to Fit; free measurement blanks; Woodard, Clarke.

HORSES of all kinds for sale at very reasonable prices. Inquire 275 Front St.

TRUSSES sent on approval; we guarantee fit in most difficult cases; Woodard, Clarke & Co.

SWEET PEAS—Send 10c for pckg. asstd Fair Gold Medal peas. J. J. Butzer, 188 Front street.

ARTIFICIAL EYES; every shade and shape; assortment sent on approval; Woodard, Clarke Co

CREAM SEPARATORS—We guarantee the U. S. Separator to be the best. Write for free catalog. Hazelwood Co., Fifth and Oak.

MEN'S CLOTHING—Buffum & Pendleton, sole agents Alfred Benjamin correct clothes. Everything in men's furnishings. Morrison and Sixth streets. Opposite postoffice.

FREE LAND IN OREGON under the Carey Irrigation act. Deed direct from state. Write today. Booklet and map free. B. S. Cooke & Co., 251 Alder street, Portland, Oregon.

POULTRY FOOD—If you want your hens to lay more eggs write us for free particulars about PURINA POULTRY FEEDS—Acme Mills Co., Portland, Oregon.

TAILORS—Columbia Woolen Mills Co., Portland, Ore. Latest style clothes made to measure cheap. Our self measurement system insures perfect fit. Write for free samples and prices.

PIANOS & ORGANS—Oldest piano house on Pacific coast. Organs and Pianos on easy payments. Write for list. Let us quote you a price. Allen & Gilbert-Ramaker Co., Portland, Oregon.

Oregon Herbs—Specific for all Kidney and Bladder troubles. Cures BACKACHE. Price 50c. Trial size sent by mail for 10c. in stamps. Send today. 209½ Third St.

Human Hair Goods—Switches, Pompadours, Men's Toupees and Wigs; best quality; lowest prices; send for free price list; mail orders a specialty. Paris Hair Store, 308 Washington St. Est 1888.

P. N. U. No. 9—06

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The Genuine TOWER'S POMMEL SLICKER HAS BEEN ADVERTISED AND SOLD FOR A QUARTER OF A CENTURY. LIKE ALL TOWER'S FISH BRAND WATERPROOF CLOTHING, it is made of the best materials, in black or yellow, fully guaranteed, and sold by reliable dealers everywhere. STICK TO THE SIGN OF THE FISH.

TOWER CANADIAN CO. Limited TORONTO, CAN. A. J. TOWER CO. BOSTON, MASS. U.S.A.

Dr. C. Gee Wo

WONDERFUL HOME TREATMENT

This wonderful Chinese Doctor is called great because he cures people without operation that are given up to die. He cures with those wonderful Chinese herbs, roots, buds, barks and vegetables that are entirely unknown to medical science in this country. Through the use of these harmless remedies this famous doctor knows the action of over 500 different remedies which he successfully uses in different diseases. He guarantees to cure catarrh, asthma, lung, throat, rheumatism, nervousness, stomach, liver, kidneys, etc.; has hundreds of testimonials. Charges moderate. Call and see him. Patients out of the city write for blanks and circulars. Send stamp. CONSULTATION FREE.

Address THE C. GEE WO CHINESE MEDICINE CO
162½ First St., S. E. Cor. Morrison
Mention paper. PORTLAND, OREGON.

A Doctor's Medicine

Ayer's Cherry Pectoral is not a simple cough syrup. It is a strong medicine, a doctor's medicine. It cures hard cases, severe and desperate cases, chronic cases of asthma, pleurisy, bronchitis, consumption. Ask your doctor about this.

"I have used a great deal of Ayer's Cherry Pectoral for coughs and hard colds on the chest. It has always done me great good. It is certainly a most wonderful cough medicine."—MICHAEL J. FITZGERALD, Medford, N. J.

Made by J. C. Ayer Co., Lowell, Mass. Also manufacturers of

Ayer's SARSAPARILLA. PILLS. HAIR VIGOR.

You will hasten recovery by taking one of Ayer's Pills at bedtime.

A Joke that Failed Twice.

Miss Adelbert had just returned from a vacation spent at a tiny village on the Maine coast. In recounting her experiences she talked somewhat for the benefit of a cousin, a quiet person, who was visiting her city relatives for the first time in many years.

"There was just one store in the place," said Miss Adelbert, "and they kept everything, that is, everything they had to keep.

"One day I went in to buy some soap, and just on a venture I asked the clerk if they had Browning. He stared at me a second, then went off and looked under the counters and on the shelves.

"Presently he came back and said, 'No, miss, we ain't got none. We got blacking, an' we got bluing, an' we got whiting, but we ain't got a bit o' browning in the store.'"

Miss Adelbert had to make several protests to assure her audience that this really happened. Finally the cousin asked, gravely, "But, Cousin Bert, why didn't you say varnish in the first place?"

There is more Catarrh in this section of the country than all other diseases put together, and until the last few years was supposed to be incurable. For a great many years doctors pronounced it a local disease, and prescribed local remedies, and by constantly failing to cure with local treatment, pronounced it incurable. Science has proven catarrh to be a constitutional disease, and therefore requires constitutional treatment. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, Ohio, is the only constitutional cure on the market. It is taken internally in doses from 10 drops to a teaspoonful. It acts directly on the blood and mucous surfaces of the system. They offer one hundred dollars for any case it fails to cure. Send for circulars and testimonials.

Address, F. J. CHENEY & CO., Toledo, O
Sold by Druggists, 75c.
Hall's Family Pills are the best.

Amending the Declaration.

"From a hasty examination," said the doctor, "I am decidedly of the opinion that you are suffering from the peculiar trouble known as 'clergyman's sore throat.'"

"The ——— you say!" exclaimed the caller.

"It is quite possible, however, that I may be wrong. I will make another examination."

A GUARANTEED CURE FOR PILES. Itching Blind, Bleeding, Protruding Piles. Druggists are authorized to refund money if PAZO OINTMENT fails to cure in 5 to 14 days. 50c.

The Way of It.

The Misus—Mary Ann, please explain to me how it is that I saw you kissing a young man in the kitchen last night.

The Maid—Sure, I dunno how it is, ma'am, unless yez were lookin' through the keyhole.—Cleveland Leader.

Mothers will find Mrs. Winslow's Soothing Syrup the best remedy to use for their children during the teething period.

So, There!

"Ha! You refuse me, then, proud beauty? Well, I know your reasons? Were I rich you would be but too glad to accept me."

"Mayhap, it is even so, Rupert Fitzgoobler. But by my troth you would have to be a whole lot richer than anybody else in the world, I'll tell you that."—Cleveland Leader.

FITS Permanently Cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer. Send for Free $2 trial bottle and treatise. Dr. R. H. Kline, Ltd., 931 Arch St., Philadelphia, Pa.

Lazy Philosophy.

Mrs. Ascum—Doesn't that lazy husband of yours work for you at all?

Mrs. Jackson—'Deed, ma'am, he say he ain't gwine ter, kase he's a-tryin' to lib up to the bible teachin'.

Mrs. Ascum—What bible teaching?

Mrs. Jackson—He say de bible done tell us dat "Contentment am bettah dan great riches," so he des nacher'ly bound ter be contented.—Philadelphia Press.

TO CURE A COLD IN ONE DAY
Take LAXATIVE BROMO Quinine Tablets. Druggists refund money if it fails to cure. E. W. GROVE's signature is on each box. 25c.

Stray Cow's Act.

A stray cow, picked up by the police on the South Side, nearly put the officer out of business and created lots of fun for the urchins in the neighborhood. The cow was captured by the newly appointed subpoliceman, and, wishing to distinguish himself by an arrest, he determined to take the bovine to the station house. Procuring a rope, he fastened it to her horns and started down Cottage Grove avenue. The thoroughfare was slippery from a rainstorm, and in a jiffy the policeman was sliding down the asphalt on his stomach, with the cow on a dead run. The officer was game and hung on to his captive for a square, when the boys headed the animal off. He landed his prisoner and then begged off for the night to clean up.—Chicago Inter Ocean.

Sweet.

"Whadda you think o' my sister, Mr. Spoonalot?"

'Why, Johnny, I think she's very sweet."

"Gee! She thinks that about you, too."

"Oh, indeed? That's glorious. How do you know?"

"I heard her tellin' ma you was a regular puddin'."—Cleveland Leader.

The Frenchman eats nearly twice as

IN THE NATIONAL HALLS OF CONGRESS

Monday, February 26.

Washington, Feb. 26.—The death of ex-Speaker David B. Henderson was the subject of appropriate action in the house of representatives today, when, after the transaction of less than a day's business, resolutions of regret and esteem were adopted and adjournment taken as a further mark of respect to his memory. Several bills relating to the District of Columbia were passed, incorporating the Lake Erie & Ohio River Ship Canal company. The bill will be put on its passage the first thing tomorrow.

During the consideration of district legislation, Sims, of Tennessee, made a severe arraignment of the form of the District. It was un-American, unrepublican and un-democratic.

A bill was passed giving a national charter to the National Society of Sons of the American Revolution.

Washington, Feb. 26.—The Hepburn railroad rate bill was reported to the senate today by Tillman, in accordance with the action of the senate committee on interstate commerce last Friday. Large crowds assembled in the galleries, anticipating a field day of debate, but were disappointed. There was little of interest in the proceedings regarding the bill. A brief statement from Tillman with the necessary arrangement for printing the report of the hearings before the committee and a promise that a formal report would be made later, was followed by a few remarks from Aldrich, showing the position of the five Republicans who opposed the bill as reported. Aldrich indicated that there would be no unnecessary delay, but that the bill would be discussed in accordance with its importance.

Clapp called up the bill to dispose of the affairs of the five civilized tribes in Indian Territory, and the preliminary discussion was mainly criticism of the disposition of the coal lands owned by the Indians.

Dick occupied the floor during the afternoon, continuing his speech in support of the joint statehoood bill.

Among the bills passed was one appropriating $75,000 for a public building at Moscow, Idaho, and one at Baker City, Oregon, costing $75,000.

Frieav, February 23.

Washington, Feb. 23.—Preceded by a debate which indicated no hesitancy, but rather a relish, in taking action against alleged railroad combinations, the house agreed without opposition today to the Tillman-Gillespie resolution, directing the Interstate Commerce commission to make an immediate inquiry and report regarding alleged restraints of trade on the part of certain railroads in the handling of coal and oil. The resolution was not in the form in which it passed the senate, and will go back to that body for its second action.

Proceeding under call of committee, boills were passed to require $75 worth of work annually on mining claims and $5 worth of work on roads and trails for each mining claim in Alaska; allowing foreign ships to clear from American ports without examination certificates when the countries to which they belong recognize American certificates of inspection; to prevent foreign built dredges from operating in the United States, except the dredges now at work in the United States under contract.

Washington, Feb. 23.—By a vote of 3 to 5 the senate committee on interstate commerce today agreed to report the Hepburn railroad rate bill without amendment, but the resolution reserved to the members of the committee freedom of action concerning amendments offered in the senate. By a vote of 5 to 3, Republicans prevailing, Tillman, a Democrat, was given the honor of reporting the bill. This establishes a precedent, in that a Republican senate committee has given to a Democrat control of an important measure passed by a Republican house and endorsed by a Republican president.

Thursday, February 22.

Washington, Feb. 22.—Knox's much discussed and long expected railroad bill was introduced in the senate today, and because of the exceptional interest on the subject was accorded the unusual privilege of a reading for the information of the senators on the day of introduction.

At the request of Hale, chairman of the committee on naval affairs, the bill providing for the punishment of hazing at the naval academy at Annapolis was taken up and discussed at length. Dick advocated extreme measures, saying that nothing less would accomplish the desired result. He said that he had investigated the hazing practice, and was prepared to pronounce it "an educator in brutality." He considered it a crime out of harmony with the office held by the midshipmen. The bill was passed.

Washington, Feb. 22.—The house today refused to adjourn in celebration of Washington's birthday, and its members participated in a general field day of debate on the army appropriation bill. The speeches took a wide range.

Ship subsidy was discussed for an hour by Gilbert, who took the position that ships could be built as cheaply in this country as abroad. He asserted that the United States possessed the finest merchant marine fleet of any nation.

Tomorrow the joint resolution directing the Interstate Commerce commission to investigate the railroad, soft and anthracite coal and oil trusts will be considered and most likely adopted.

A bill was passed reserving from disposal by the government Battle Mountain, S. D. The mountain is made a part of the Battle Mountain Sanitarium reserve. The mountain takes its name from being the ancient battleground between the Crow and the Sioux Indians.

The conference report upon the urgent deficiency bill was agreed to.

A joint resolution was agreed to allowing Alaska teachers and employes of the bureau of education to assign their salaries.

Wednesday, February 21.

Washington, Feb. 21.—Secretary Shaw submitted a report to the house today concerning permanent appropriations made from the general treasury, in compliance with a resolution of Representative Tawney of Minnesota, chairman of the house committee on appropriations, who has been leading the fight against permanent appropriation and has a bill pending which provides for abolishing such appropriations except for sinking fund, international payments and a few other fixed obligations.

It is the desire of Mr. Tawney that appropriations shall be made available for two years for the payment of expenditures properly incurred within that time, and at the end of that period all unexpended balances shall be transferred to the surplus fund, thus avoiding making the appropriations permanent.

Washington, Feb. 21.—After 15 years of more or less serious consideration of the subjects, the senate today passed the Heyburn pure food bill by the decisive vote of 63 to 4. The vote was taken after a day devoted almost exclusively to desultory debate on the bill. Several efforts were made to amend the bill, and the committee accepted a number of suggestions, but only those thus accepted were incorporated in the bill as passed.

Tuesday, February 20.

Washington, Feb. 20.—The senate listened three or four hours today to a discussion of the details of the pure food bill. A number of minor amendments were suggested, but under the agreement to vote on all amendments tomorrow none of them could be acted on today. Raynor presented by request a reply from the Baltimore & Ohio Railroad company to the charge of discrimination against it by the Red Rock Fuel company, of West Virginia, denying unfair treatment. The senate adjourned a few minutes after 4 o'clock out of respect to the memory of the late Representative Castor, of Pennsylvania.

Gallinger presented four petitions from residents of Oklahoma praying for prohibition in the proposed state of Oklahoma. The most voluminous contained the names of 8,000 voters, and Gallinger said that it was 264 feet long. One of the others contained the names of 6,000 women, and another those of 6,000 children. The fourth was signed by Indians only.

Washington, Feb. 20.—The house of representatives today took an immediate adjournment out of respect to the memory of Representative George A. Castor, of Pennsylvania, after the passage of appropriate resolutions and the appointment of a funeral committee. Representative Castor died yesterday in Philadelphia.

Smoot Makes an Enemy.

Washington, Feb. 27.—When the senate takes a vote on the Smoot case, it is quite likely that Senator Heyburn, of Idaho, will vote to unseat Mr. Smoot, notwithstanding it has always been understood that Mr. Heyburn was a Mormon sympathizer in his own state, and was elected by Mormon votes in the Idaho legislature. Behind this apparent change of front on the part of Senator Heyburn lies an interesting story that developed during the course of his now famous speech against Roosevelt's forest reserve policy.

No Religious Test.

Washington, Feb. 20.—In presenting petitions against Senator Reed Smoot, signed by thousands of women of California and Colorado, Perkins and Patterson took occasion today to define their position on the protests against the Utah senator. The former said that religious views should not be considered in passing upon the qualifications of a senator, and that his honesty and attributes that command confidence and respect should be above all else. Patterson thought there were great constitutional questions to be considered.

Northwest Bills in Congress.

Washington, Feb. 20.—The secretary of the Interior today recommended that congress appropriate $23,140 for the care of the Alaska insane during the coming fiscal year. Senator Ankeny today appointed Bernard O. Wills, of Walla Walla, midshipman at the Annapolis Naval academy. The house committee on Indian affairs today favorably reported Representative Jones' bill authorizing the Yakima Indians to sell 60 acres of their respective allotments to purchase water rights for their remaining 40 acres.

After the Big Grafters.

Washington, Feb. 27.—Now that the two principal figures in the postal frauds have been landed in the penitentiary, it is doubtful whether some of the untried conspirators will ever be brought into court. It was long since established that the systematic postal frauds unearthed two years ago were planned and carried out under the direction of August W. Machen, chief of the free delivery division, and George W. Beavers, chief of the salaries and allowance division of the Postoffice department.

To Hear Wickersham's Side.

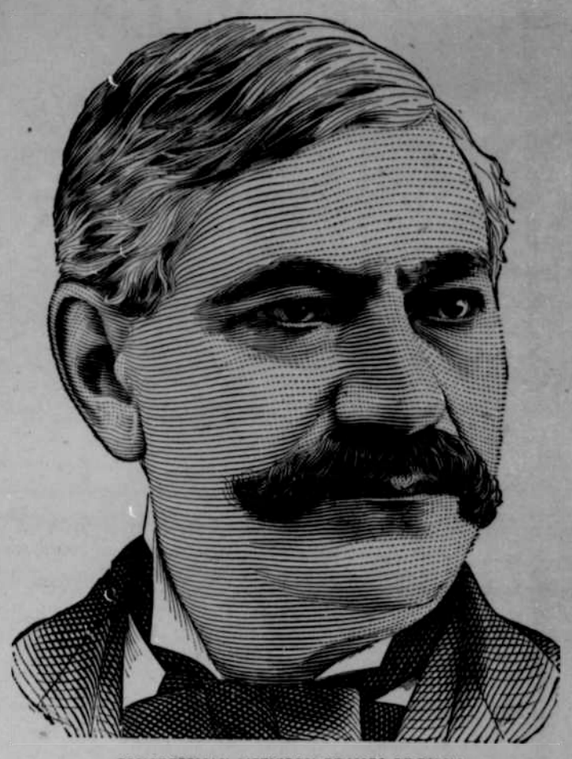
Washington, Feb. 20.—The senate committee on judiciary will tomorrow grant a hearing to Judge James Wickersham, of Alaska, whose nomination is held up on account of various charges. The committee, while willing to give Judge Wickersham an opportunity to refute the charges, will not confront him with his accusers, or even furnish him with their names. Judge Wickersham will leave for Alaska soon after the hearing is concluded.

No Aid for Congo.

Washington, Feb. 27.—The attitude of the American government towards the conditions in the Congo Free State and the American desire for some plan for the administration of Central Africa by the several powers ruling or exercising a controlling influence there are stated in a letter sent by Secretary Root to Representative Denby, of Michigan. Secretary Root says this government has no power to investigate Congo conditions.

HAD CATARRH THIRTY YEARS

Congressman Meekison Gives Praise to Pe-ru-na for His Recovery.



CONGRESSMAN MEEKISON PRAISES PE-RU-NA

Hon. David Meekison, Napoleon, Ohio, ex-member of congress, Fifty-fifth district, writes:

"I have used several bottles of Peruna and I feel greatly benefitted thereby from my catarrh of the head. I feel encouraged to believe that if I use it a short time longer I will be fully able to eradicate the disease of thirty years' standing."
DAVID MEEKISON.

ANOTPER SENSATIONAL CURE: Mr. Jacob L. Davis, Galena, Stone county, Mo., writes: "I have been in bad health for thirty-seven years, and after taking twelve bottles of your Peruna I am cured."—Jacob L. Davis.

If you do not derive prompt and satisfactory results from the use of Peruna, write at once to Dr. Hartman, giving a full statement of your case and he will be pleased to give you his valuable advice gratis.

Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, O.

Chinese Girls Stay at Home.

Chinese girls as a rule are not sent to school; the mother superintends their training in housework. As soon as the girls are old enough they are taught to cook, sew, make and mend clothes and indeed do all domestic work. But the enlightened Chinese sends his daughter to school when near a mission or some other school.

As They Danced.

'Twas at a hop that he proposed;
His heart went thump-ty-thump.
But that same heart was true, and she
Accepted at a jump.

Plenty of Time.

They were discussing the canal.

"I don't think," said one, "that Bigelow stayed down there long enough to learn anything about conditions."

"Oh, I dunno," said another; "a man can get considerable bit up by fleas in less 'en twenty-four hours."

Imagination.

Sandy—Gritty George went up de road an' told all de ladies in de wayside cottages dat I once had a castle in France an' an automobile.

Dusty—Gee! Wid such a press agent as dat yer ought to git on de stage.

HE ATTENDS TO BUSINESS who goes straight to work to cure

Hurts, Sprains, Bruises

by the use of

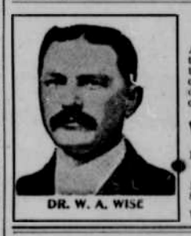
St. Jacobs Oil

and saves time, money and gets out of misery quickly.

It Acts Like Magic. Price, 25c. and 50c.

18 YEARS HERE

And doing dental work all the time—that is the record of Dr W. A. Wise. In our establishment are expert dentists who are competent to perform the most important dental operations. No matter the nature of the work, there is a man here to do it.



DR. W. A. WISE

WISE BROS., DENTISTS

DR. H. A. STURDEVANT, Specialist on Children's Teeth and Regulating.

Failing Bldg., Third and Washington Sts. 8 a. m. to 9 p. m. Sundays 9 to 12. Main 2029

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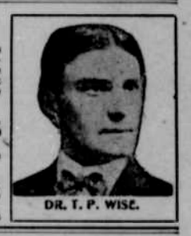

DR. T. P. WISE.

The Little Doctor in your Vest Pocket

SEE the thin, round-cornered little Enamel Box below! When carried in your vest pocket it means Health-Insurance.

It contains Six Candy Tablets of pleasant taste, almost as pleasant as chocolate.

Each tablet is a working dose of Cascarets, which acts like Exercise on the Bowels and Liver.

* * *

It will not purge, sicken, nor upset the stomach.

Because it is not a "Bile-driver," like Salts, Sodium, Calomel, Jalap, Senna, nor Aperient Waters.

These waste Digestive Juices of the system needed tomorrow, in merely flushing out the Bowels today.

* * *

Neither is it like Castor Oil, Glycerine, or other Oily Laxatives that simply lubricate the Intestines for transit of the food stopped up in them at that particular time.

These emergency drugs relieve the immediate trouble, but do not relieve its Cause.

The same trouble will therefore recur again till that Cause is removed permanently.

The chief cause of Constipation and Indigestion is a weakness of the Muscles that contract the Intestines and Bowels.

Cascarets are practically to the Bowel Muscles what a Massage and Cold Bath are to the Athletic Muscles.

They stimulate the Bowel Muscles to contract, expand, and squeeze the Digestive Juices out of food eaten.

Cascarets do this naturally, without purging or discomfort.

They don't help the Bowels and Liver in such a way as to make them lean upon similar assistance for the future.

This is why, with Cascarets, the dose may be lessened each succeeding time instead of increased, as it must be with all succeeding doses of other Cathartics and Laxatives.

* * *

Cascarets act like exercise.

If carried in your Vest Pocket, (or carried in My Lady's Purse), and eaten just when you suspect you need one, you will never know a sick day from the ordinary ills of life.

* * *

Because, nearly all these ills begin in the Bowels, and partial Constipation paves the way for all other Diseases.

"Vest Pocket" box 10 cents.

Be sure you get the genuine, made only by the Sterling Remedy Company, and never sold in bulk. Every tablet stamped "CCC."

* * *

Showing size of "Vest Pocket" Cascaret Box compared to Watch.

FREE TO OUR FRIENDS!

We want to send to our friends a beautiful French-designed GOLD-PLATED BONBON BOX hard-enameled in colors. It is a beauty for the dressing table. Ten cents in stamps is asked as a measure of good faith and to cover cost of Cascarets with which this dainty trinket is loaded. 715

Send to-day, mentioning this paper. Address Sterling Remedy Company, Chicago or New York.