KC BAKING POWDER

is the wonderful raising powder of the Wave Circle. Thousands of women are bringing greater health and better food into their homes by using K C Baking Powder. Costs just one-third what you always pay. If you have never used it you don't know what you've missed. Don't wait! All grocers.

25 ounces for 25 cents

JAQUES MFG. CO.
Chicago

The artistic "Book of Presents" free upon request.

Many a man's winning ways are due to the way he deals the cards.

The size of the lion's share depends upon the size of the lion.

Economy

Is a strong point with Hood's Sarsaparilla. A bottle lasts longer and does more good than any other. It is the only medicine of which can truly be said

100 DOSES ONE DOLLAR

Women have a queer way of doing things and men have a queer way of not doing them.

The opinion is making much headway in Germany that children should not be obliged to study out of school.

CASTORIA

For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of *Chas. H. Fletcher*

Shells filled with oil, intended to calm a stormy sea when fired into it, have been invented in France.

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

In the churchyard of Grimston, Norfolk, an anvil may be seen at the head of the grave of a local blacksmith.

How's This?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.

F. J. CHENEY & CO., Props., Toledo, O.

We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligations made by their firm.

WEST & TRUAX, Wholesale Druggists, Toledo, O.
WALDING, KINNAN & MARVIN, Wholesale Druggists, Toledo, O.

Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Price 75c. per bottle. Sold by all Druggists. Testimonials free.

Hall's Family Pills are the best.

Danger of Realism.

David Belasco was talking about stage realism.

"It may go too far," he said. "It is a dangerous thing."

He smiled.

"A stage manager," he said, "once had a subordinate with realistic ideas. The manager was producing a play containing a snowstorm and the subordinate had charge of the snow.

"'Confound you!' said the manager, at the end of the snowstorm scene. 'What on earth did you mean by making the snow out of brown paper?'

"'Ain't the scene laid in London?' asked the other.

"'Yes, but what of that?'

"'Well, that's the color of London snow.'"—Philadelphia Bulletin.

SALE OF GOODS.

State Law Provides Protection for the Creditor.

Portland—The Portland Association of Credit Men, one of the state's oldest and strongest commercial bodies, has taken up the matter of purchasing goods without the buyer knowing whether or not there is any indebtedness against the same. A law on the statute books of Oregon, covering this question, follows:

SALE OF GOODS IN BULK.

It shall be the duty of any person who shall purchase any stock of goods in bulk, for cash or credit, to demand and receive from the vendor, at least five days before the consummation of such purchase, and at least five days before paying or delivering to the vendor, any part of the purchase price, a written statement under oath, containing the names and addresses of all of the creditors of said vendor, with the amount of indebtedness due and owing, or to become due or owing to each of such creditors, and if there be no such creditors, a written statement under oath to that effect; and it shall be the duty of such vendor to furnish such statement at least five days before such sale. After receiving said written statement, the vendee shall at least five days before the consummation of such purchase, and at least five days before paying any part of the purchase price, in good faith notify personally or by wire or by registered letter, each of the creditors of the vendor named in said statement, of the proposed purchase by him of such stock of goods; and whenever any person shall purchase any stock of goods in bulk, without having first demanded and received from his vendor, the statement herein provided for, and without having also notified all of the creditors of the vendor named in such statement, such purchase, sale or transfer shall, as to any and all creditors of the vendor, be conclusively presumed fraudulent and void. Any vendor of a stock of goods in bulk, who shall knowingly and wilfully make or deliver, or cause to be made or delivered, any false statement, or shall fail to include the names of all of his creditors in any such statement, shall be deemed guilty of perjury. Any sale or transfer of a stock of goods, wares or merchandise out of the usual or ordinary course of the business or trade of the vendor, or whenever thereby substantially the entire business or trade theretofore conducted by the vendor shall be sold or conveyed or attempted to be sold or conveyed, shall be deemed a sale or transfer in bulk, in contemplation of this act; provided, that nothing contained in this act shall apply to sales by executors, administrators, receivers, or any public officer acting under judicial process.

He that reigns within himself, and rules his passions, desires and fears, is more than a king.—Milton.

Ether was first used in surgical operations in 1846.

A small boy's idea of greatness is to be able to lick another boy a size larger.

RHEUMATISM

CAN NOT BE RUBBED AWAY

When the joints are sore and swollen, and the muscles throbbing with the pain of Rheumatism, relief must be had at once, and it is natural to rub the affected parts with liniments, oils, etc. This treatment does good in a way, by temporarily relieving the pain and reducing the inflammation, but has no effect on the disease itself, because Rheumatism is more than skin deep; it is in the blood and cannot be rubbed away. Rheumatism is brought on by indigestion, weak kidneys, poor bowel action, stomach troubles and a general sluggish condition of the system. The refuse and waste matters, which should be carried off through the natural avenues of bodily waste, are left to sour and form uric acid and other irritating poisons which are absorbed by the blood, making it thin, weak and acrid. Then instead of nourishing the different nerves, muscles, joints and tissues it fills them with poison to produce the aches, pains and other disagreeable symptoms of the disease. Rheumatism is usually worse in Winter for the reason that cold and dampness are exciting causes. The nerves become excited and sting with pain, the muscles are sore and drawn, the joints swollen and stiff and the sufferer lives in intense agony; and if the disease is not checked it often leaves its victims helpless cripples for life. Rheumatism cannot be rubbed away but it can be driven from the blood by S. S. S. Being a perfect blood purifier this great remedy soon produces a complete change in the entire circulation; the thin, acrid blood is made pure and rich, and as it goes through the body nourishes and soothes the irritated nerves, eases the throbbing muscles, and dissolves and carries out of the system the irritating particles in the joints which are keeping up the pain and inflammation. S. S. S. cures Rheumatism permanently, and in addition tones up the digestion and stimulates the different members of the body to their full duty so there is no cause for another attack. Do not waste time trying to rub Rheumatism away, but get it out of the blood with S. S. S. so that the cold and dampness of Winter will not keep you in continual pain and agony. Special book on Rheumatism and any medical advice will be given free.

While at work for the F. C. & P. R. R. in the swampy region, I contracted Rheumatism and was completely helpless for about four months and spent over $150.00 with doctors, but got worse every day, and finally quit them and began S. S. S. I took a few bottles and was cured sound and well. My health is now splendid, and I weigh 175 pounds. There is a lady living near me who is now taking S. S. S. for acute Rheumatism. For two months she could not turn herself in bed, but since beginning your medicine about three weeks ago has improved rapidly, and is now able to sit up. I can recommend S. S. S. to all suffering from Rheumatism.
Ulah, N. C. S. C. LASSITER.

I was severely troubled with Rheumatism. I had it in my knees, legs and ankles, and any one who has ever had Rheumatism knows how excruciating the pain is and how it interferes with one at work. I was truly in bad shape, having been bothered with it for ten years, off and on. A local physician advised me to use S. S. S. I did so. After taking two bottles I noticed the soreness and pain were greatly reduced. I continued the medicine and was thoroughly cured; all pain, soreness and inflammation gone. I recommend S. S. S. to all Rheumatic sufferers.
J. L. AGNEW,
803 E. Greenbrier St. Mt. Vernon, O.

S.S.S.

PURELY VEGETABLE.

THE SWIFT SPECIFIC CO., ATLANTA, GA.

GOOD Short Stories

Two little children, being awakened one morning, and being told that they had a new little brother, were keen, as children are, to know whence and how he had come. "It must have been the milkman," said the girl. "Why the milkman?" asked her little brother. "Because it says on his cart, 'Families supplied,'" replied the sister.

Count Tolstoi was one day discussing Ibsen with a friend. Said the latter: "I have seen a great many of Ibsen's plays, but I cannot say that I understand them. Do you?" Tolstoi smiled and replied: "Ibsen doesn't understand them himself. He just writes them, and sits down and waits. After awhile his expounder and explainers come and tell him precisely what he meant."

A lawyer whose mouth was extraordinarily large, had on the witness stand a Southern backwoodsman. The witness had replied to a question that "it was a non-possibility." Quoth the lawyer: "'A non-possibility?' Now will you tell this court and this jury what you mean by a non-possibility? Give us an example." "Well," said the witness, "I think it 'u'd be a non-possibility to make your mouf enny bigger widout settin' your years furder back."

Two Irishmen, just landed, stopped at a private boarding house one hot July night. Retiring early, they left the window open and the light burning brightly. The mosquitoes swarmed into the room and began biting. Mike, awakening, called to Pat to put out the light. Pat got up and put it out, and crawled back to bed again. Pat awoke about an hour after and found the room full of fireflies, and said: "It is no use, Mike, they are coming in with lanterns!"

One of the Scotsman's editors had entered a train at Prince's street station, Edinburgh, one Friday, when a smart newsboy immediately called out to him, "Scotsman, sir?" "How much?" asked the editor, jokingly. "A penny, sir," replied the boy. "Oh," was the reply, "I don't want to-day's Scotsman; but if you could give me to-morrow's I would give you a sovereign for it." "Here you are, sir!" shouted the youngster, handing him the Weekly Scotsman, which bore the date of the following day.

After the execution of Prof. Webster of Harvard for the murder of Mr. Parkman, Mrs. Webster went away, and was gone for a long period. On her return to Boston, two of her friends, a gentleman and his wife, called upon her. "Now, remember," whispered the wife to her husband, "don't say anything to recall to Mrs. Webster's mind the awful experience she has been through." Just then Mrs. Webster entered, and the man exclaimed: "Why, my dear Mrs. Parkman, I am so glad to see you back."

During the Spanish war the men of a certain New York regiment, recruited on the East Side, were spoiling for a fight, and it became necessary to post a sentry to preserve order. A big, husky Bowery recruit, of pugilistic propensities, was put on guard outside, and given special orders to see that quiet reigned, and, if trouble came his way, not to lose possession of his rifle. Soon a general row began. The soldier walked his post nervously, without interrupting, until the corporal of the guard appeared on the scene with re-enforcements. "Why didn't you stop this row?" shouted the corporal. The sentry, balancing his rifle on his shoulder, raised his arms to the boxing position, and replied: "Shure, phwat could I do wid this gun in me hands!"

For Once Luck Deserted Her.

Miss Miriam Michelson, the successful novelist, was a few years ago a reporter. Of her life as a reporter she said recently:

"I usually had good luck. I was assigned to good stories, I covered them well, and, therefore, I liked the business. Once, though, a horrible misadventure befell me.

"I had interviewed a millionaire's wife, and, as the lady had been very kind and obliging, I wanted in my article to say only such things as would please her. In one paragraph I put the sentence:

"'Immense diamonds sparkled in her ears.'

"The compositors and the proofreaders must have been ill, or something, for the next morning the sentence ran:

"'Diamonds sparkled in her immense ears.'"

Truly Tragic.

"Belle is in one of the worst fixes I ever knew a girl to get herself into, and she can't see any way out of it, either."

"For gracious sake, what is it?"

"Why, it's this way. Her best fellow is on the Harvard football team and crimson is simply death and destruction to her complexion, so what she is going to do the day of the great match she doesn't know."—Baltimore American.

Canine Hospitality.

"Can any of you children give me an instance you know of about the kindness of animals to people?" said the teacher in nature study to her class.

"Yes'm; there's our big dog Tiger. He looks so good-natured that he'll take any stranger in and then give him a bite."—Baltimore American.

Schneiders Two, Boasting Rue.

Joe Schneider and Peter Schneider got four ducks yesterday at Bar Lake, and if they hadn't been so anxious to show them off they might have had them now. While they were talking about them in a West River street store, someone took the bag.—Manistee (Mich.) Times.

Between two dangers choose the least. That is why so many young men enlist in the army instead of getting married.

LARGEST ELECTRIC ROAD.

A Contract Closed for a Line from Spokane to Moscow, Wash.

A contract has just been closed for the construction and equipment of the Spokane & Inland Railway, extending from Spokane to Moscow, Wash., a distance of 146 miles.

The organization is controlled by a number of Spokane capitalists, of whom J. P. Graves is the president, says the New York Times. The system for electrifying the line is Westinghouse single phase alternating current system, the same as the New York, New Haven & Hartford Railroad is going to adopt as part of its system, and for which purpose it recently contracted with the Westinghouse Company for twenty-five locomotives.

Power for operating the road will be obtained from the Washington Water Power Company, which has harnessed the waters of the Spokane River, and the electric current will be transmitted at a pressure of 4,000 volts to the power station of the railroad company. From this station electric current will be transmitted along the line of the track at the enormous pressure of 50,000 volts to fifteen transformer substations located along the line. In these stations the current will be reduced for the operation of the motors on the cars.

The road will be equipped for passenger, freight, mail and express service. Each passenger car will be provided with four 100-horse-power motors, capable of maintaining a schedule speed of thirty-five to forty miles an hour. In the freight service four 150-horse-power motors will be used on each car.

For the heavy freight service double locomotives, weighing approximately seventy to eighty tons, will be used, each consisting of two parts and each part a complete thirty-five to forty ton locomotive. Two or more of these locomotives may be coupled together and operated from the front cab as a single unit.

The motor cars and locomotives will all be operated by the Westinghouse multiple unit control system. The electrical apparatus for the equipment of the road approximates almost $1,000,000.

When placed in operation the road will constitute the longest electric railway in this country.

HIRING HEREFORDS.

Herefords, as every farmer knows, are cattle of a breed, one distinguishing mark of which is a white face. The disposition of the Western farmer to make humorous analogies has applied the nickname of "Herefords" to the pale-faced young men from the East who seek work in the fields. Last June, says the New York Sun, the farmers of Kansas were afraid they should not find men enough to gather their wheat, and they besieged the trains that came westward full of college boys and other laborers sent by Eastern employment agencies. Before a train stopped, bargaining began.

"What ye payin' here for good harvesters?" yelled a man in a flannel shirt, who poked his head from a car window.

"What do you want?" a farmer called back.

"All we can git," came from a dozen throats.

"Whatever is right," said another farmer.

"Quit your kidding," yelled a harvester, "and give us figures! They're paying big money further out the line, and if ye want us, now is your time to holler."

"Yes," retorted a farmer, "if you stay on that train long enough you'll reach some place where they keep banking hours and pay six dollars a day. We'll give you two-fifty and work you eight hours."

"Eight hours!" called a harvester, who spoke as if he had seen the country before. "Eight hours! I know your way of reckoning an eight-hour day. Eight hours before noon and eight after noon. When you start to bed you meet yourself coming out to breakfast."

"It's pretty hard work," said one farmer, "for those of us who live in the eastern part of the State. These fellows all want to know what is paid further on, and we have to get clubs and knock 'em off the train."

A Western Kansas farmer hit on a simple device to prevent the abduction of his help by the farmers of the eastern part of the State. He hired fifty men in Wichita, and bought tickets for them through to his farm.

"I've paid for 'em all," he said to a friend, "but half of 'em will never get there. They'll be dropping off all along the line."

"Hire a car and lock 'em in," said the friend.

The farmer had a talk with the railroad superintendent, and presently an extra car was attached to the train. The farmer went through the other cars, calling, "All that goes with me has his fare paid, and can ride in a special car in the rear."

The special car was filled in an instant, the doors were locked, and the precious freight arrived safely with the farmer among his waiting fields.

Believes Heaven Filled with Men.

In Moncure Conway's "Reminiscences" is a story told by Helen Taylor, the step-daughter of John Stuart Mill. Once, in Scotland, she called on a poor woman who had lost her little son. The mother was inconsolable and said:

"What troubles me is, they be all men folk up there in heaven and won't know how to do for him."

Couldn't See It.

"Do you believe in government ownership?"

"I don't know," answered Mr. Dustin Stax. "I don't see why the public should be in any desperate hurry to take things out of the hands of the capitalists and intrust them to the politicians."—Washington Star.

JOLLY JOKER

"Do you think Miss Wadleigh is engaged, as reported?" "Sure. She's denied it, hasn't she?"—Milwaukee Sentinel.

"Know anything about golf?" "I used to play shinny." "Then all you'll have to learn is the language."—Houston Post.

Hewitt—Misfortunes never come singly. Jewett—I know it; yesterday I received two wedding invitations by the same mail.—Judge.

"Promise me, Jack, that you will not go to the dogs because I have refused you." "Oh, pshaw, of course not!" "You mean thing!"—Life.

Ethel—I rather like that young Doubleday. He has a good, firm mouth and chin! Myrtle—Goodness! Has he been kissing you, too?—Ex.

"An' how's yer wife, Pat?" "Sure, she do be awful sick." "Is ut dangerous she is?" "No, she's too weak t' be dangerous anny more!"—Ex.

Aunt—Yes, Johnny, Santa Claus brought you a baby brother. Johnny—Great Scott! Another present that ain't any use.—Harper's Bazar.

"What do you know about the world, sir? Didn't you spend your youth in a theological seminary?" "Ah, but it was right next to a girl's college."—Life.

Lady—Do you think this medicine would do my husband any good? Druggist—I'm sure of it, madam. Lady—Hum! What other kinds have you got?—Ex.

"Bridget." "Yis, mum." "Did you boil this drinking water, as I told you?" "Yis, mum. I biled it two hours. Why, ain't it done?"—Cleveland Leader.

Lawyer—Your honor, I want an interpreter for my client. Judge—What language does he speak? Lawyer—He's a railway brakeman.—St. Louis Post-Dispatch.

Grandpa—And if you work hard you may be President of the United States some day. Tommy—Gee! That't be great. I'd just love to go huntin'.—Harper's Bazar.

Edith—Papa is immensely pleased to hear you are a poet. Ferdy—Is he? Edith—Oh, very—the last of my lovers he tried to lick was a football player.—Chicago Daily News.

"Do you deal in second-hand automobiles? If you do, I want to sell mine." "Yes, sir, we do. How long have you had your machine?" "Since this morning."—Life.

Church—I see a New York man has fourteen educated dogs. Gotham—Good gracious! No wonder they can't find seats for the children in the public schools!—Yonkers Statesman.

Small Boy (excitedly to druggist)—Gimme some liniment an' some cement, quick! Druggist—What's the matter, Johnny? Small Boy—Lots! Pa hit ma wid a cup!—New York World.

Burroughs—Say, old man, there was a time when you promised to share your last dollar with me. Richley—That's all right; I haven't got down to it yet.—Catholic Standard and Times.

Auctioneer—Going! Going; Gone! Here, sir, it's yours. Great bargain, sir. The frame alone is worth the price. Connoisseur (ripping out the picture)—The frame was what I wanted.—New York Weekly.

Cannibal King—I do hope the next missionary they send here will be a very brave man. Prime Minister—Why so, your majesty? Cannibal King—Why, I have often heard it said that "the bravest are the tenderest."—Ex.

"You here, James!" exclaimed the slum-worker, visiting the jail. "Yes'm," replied the new prisoner, who was in for burglary. "Well, well, I certainly am surprised." "So was I, ma'am, or I wouldn't be here."—Philadelphia Press.

George—You are not calling on Miss Rosebud any more, eh? Jack—No, I got disgusted. She has such a coarse laugh. George—I never noticed that. Jack—You would if you'd been within hearing distance when I proposed to her.—New York Weekly.

Little Freddy (after listening to the usual matutinal quarrel between his father and mother)—Mamma, if a little boy is very, very good all the time when he is little, does he have to get married when he's grown up?—Translated for Tales from Familie Journal.

"Are you going to get the automobile which the doctor ordered for your wife?" "Can't afford it, but we have almost the real thing. She puts on a pair of gasoline-cleaned gloves, takes a long, long ride on the front seat of a trolley car, and walks back."—Life.

Fair Visitor—Here, my poor man, are some roses for you. What can I do to make you comfortable? Prisoner—Guess you're making a mistake, lady. Fair Visitor—Mistake—how? Prisoner—I'm only here for porch-climbin'. Yer'll find the guy that killed his wife in th' nex' cell.—Cleveland Leader.

Gives $20,000 in Samples.

"How brisk this fall trade is," said the department manager, joyously. "The hum of business is sweeter in my ear than a Wagner overture. Already we have sent out to-day $50 worth of dress samples."

"That seems rather wasteful," said the up-country storekeeper.

"Wasteful? Not at all. It is a part of the day's work, like supplying our patrons with free ice-water. We snip off and give away $20,000 worth of samples every year."

He laughed gayly.

"Judge from that," he said, "the number of orders we get in return."—Philadelphia Bulletin.

As a rule, woman have worse colds than the men, and smaller handkerchiefs.

All men are liberal when it comes to spending other people's money.

It Quiets the Cough

This is one reason why Ayer's Cherry Pectoral is so valuable in consumption. It stops the wear and tear of useless coughing. But it does more—it controls the inflammation, quiets the fever, soothes, and heals. Sold for 60 years.

"Ayer's Cherry Pectoral has been a regular life preserver to me. It brought me through a severe attack of pneumonia, and I feel that I owe my life to its wonderful curative properties."—WILLIAM H. TRUITT, Wawa, Pa.

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

Ayer's SARSAPARILLA. PILLS. HAIR VIGOR.

Hasten recovery by keeping the bowels regular with Ayer's Pills.

Numerous Pictures.

Bacon—I see the Baron has two oil paintings in one of his rooms.

Egbert—They are his ancestors, I suppose.

"But in another one close by there are hundreds of pictures."

"Yes, no doubt they are his creditors."

The Race Question

Is a problem that has puzzled the profoundest minds for many years. The best thing for the human race to do is to eat Pillsbury's Vitos for breakfast.

Back to Chicago.

Dearborn—And did you shake the dust from your feet when you left New York?

Wabash—Well, I don't know that I shook it from my feet exactly, but I know I got rid of all the dust I had, all right.

For forty year's Piso's Cure for Consumption has cured coughs and colds. At druggists. Price 25 cents.

No Cause for Alarm.

"I see there are a couple of oil magnates in the audience," said the minister to the doorkeeper at the lecture; "give them back their money. I won't have any tainted money!"

"You needn't worry," replied the doorkeeper; "they both came in on free passes!"

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.

Luncheon Oysters.

Pick over one dozen large oysters, strain the liquor and measure it; there should be a half a cupful. Add this to the oysters with one tablespoonful of salt, two tablespoonfuls of butter, one-half of a tablespoonful of tomato ketchup, and two tablespoonfuls of chopped green or red peppers. Turn into a flat dish and cook in a hot oven until the edges of the oysters curl, then pour over buttered toast.

25 CTS. PISO'S CURE FOR CONSUMPTION 25 CTS.
CURES WHERE ALL ELSE FAILS.
Best Cough Syrup. Tastes Good. Use in time. Sold by druggists.

It is usually safe to judge a woman by the things she doesn't say.

MALLEABLE IRON STUMP PULLERS

Fastest, lightest and strongest Stump Puller on the market. 110 Horse power on the sweep with two horses. Write for descriptive catalog and prices.

REIERSON MACHINERY CO.
Foot of Morrison Street Portland, Oregon

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.

WET WEATHER COMFORT

"I have used your FISH BRAND Slicker for five years and can truthfully say that I never have had anything give me so much comfort and satisfaction. Enclosed find my order for another one."
(NAME AND ADDRESS ON APPLICATION)

You can defy the hardest storm with Tower's Waterproof Oiled Clothing and Hats.

Highest Award World's Fair, 1904.

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A. J. TOWER CO. Boston, U. S. A.
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TOWER'S FISH BRAND

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.

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162½ First St., S. E. Cor. Morrison
Mention paper. PORTLAND, OREGON.

P. N. U. No. 3—06

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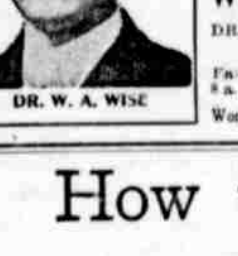
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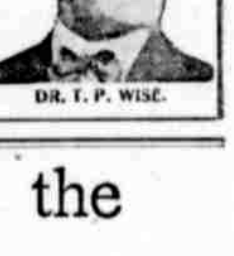

DR. T. P. WISE.

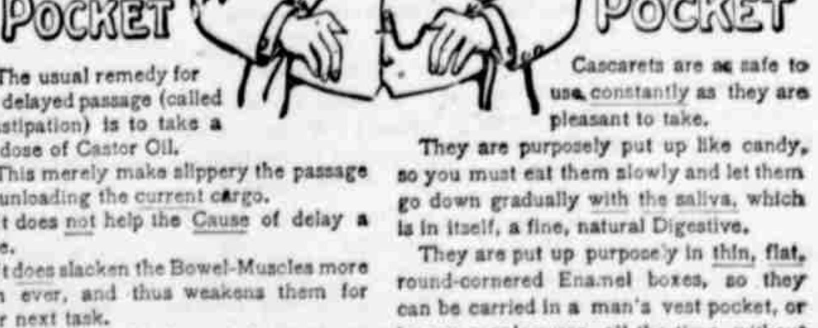
How to Exercise the Bowels

Your Intestines are lined inside with millions of little suckers, that draw the Nutrition out of food as it passes them.

But, if the food passes too slowly, it decays before it gets through. Then the little suckers draw Poison from it instead of Nutrition.

This Poison makes a Gas that injures your system more than the food should have nourished it.

You see, the food is Nourishment or Poison, just according to how long it stays in transit.



The usual remedy for this delayed passage (called Constipation) is to take a big dose of Castor Oil.

This merely make slippery the passage for unloading the current cargo.

It does not help the Cause of delay a trifle.

It does slacken the Bowel-Muscles more than ever, and thus weakens them for their next task.

Another remedy is to take a strong Cathartic, like Salts, Calomel, Jalap, Phosphate of Sodium, Aperient Water, of any of these mixed.

What does the Cathartic do?

It merely flushes-out the Bowels with a waste of Digestive Juice, set flowing into the Intestines through the tiny suckers.

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But, the Digestive Juice we waste in doing this today is needed for tomorrow's natural Digestion. We cannot afford to lose it.

That's why Cascarets are the only safe medicine for the bowels.

They do not waste any precious fluid of the Bowels, as Cathartics do.

They do not relax the Intestines by greasing them inside like Castor Oil or Glycerine.

They simply stimulate the Bowel Muscles to do their work naturally, comfortably, and nutritiously.

And, the Exercise these Bowel Muscles are thus forced to take, makes them stronger for the future, just as Exercise makes your arm stronger.

Cascarets are as safe to use constantly as they are pleasant to take.

They are purposely put up like candy, so you must eat them slowly and let them go down gradually with the saliva, which is in itself, a fine, natural Digestive.

They are put up purposely in thin, flat, round-cornered Enamel boxes, so they can be carried in a man's vest pocket, or in a woman's purse, all the time, without bulk or trouble.

Price 10c a box at all druggists.

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

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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. 712

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