A PRETTY MILKMAID

Thinks Pe-ru-na Is a Wonderful Medicine.

MISS ANNIE HENDREN.

Miss Annie Hendren, Rocklyn, Wash., writes:

"I feel better than I have for over four years. I have taken several bottles of Peruna and one bottle of Manalin.

"I can now do all of my work in the house, milk the cows, take care of the milk, and so forth. **I think Peruna is a most wonderful medicine.**

"I believe I would be in bed today if I had not written to you for advice. I had taken all kinds of medicine, but none did me any good.

"**Peruna has made me a well and happy girl.** I can never say too much for Peruna."

Not only women of rank and leisure praise Peruna, but the wholesome, useful women engaged in honest toil would not be without Dr. Hartman's world renowned remedy.

The doctor has prescribed it for many thousand women every year and he never fails to receive a multitude of letters like the above, thanking him for his advice, and especially for the wonderful benefits received from Peruna.

Only the Promise.

A big sea turtle was sprawling around in the tank in front of the restaurant.

"Look, papa!" exclaimed the little boy. "Let's go in and have some real green turtle soup!"

"Not yet, Geordie," said the father. "Wait till some day when you see this tank empty."

Bred Contempt.

Girl with the Gibson Girl Neck—Can't you see something familiar in the face of that man sitting on the opposite side of the car?

Girl with the Julia Marlowe Dimple—Yes; it's his eyes. I wish he'd be a little less familiar with them.

TERRIBLE TO RECALL.

Five Weeks in Bed With Intensely Painful Kidney Trouble.

Mrs. Mary Wagner, of 1367 Kossuth Ave., Bridgeport, Conn., says: "I was so weakened and generally run down with kidney disease that for a long time I could not do my work and was five weeks in bed. There was continual bearing down pain, terrible backaches, headaches and at times dizzy spells when everything was a blur before me. The passages of the kidney secretions were irregular and painful, and there was considerable sediment and odor. I don't know what I would have done but for Doan's Kidney Pills. I could see an improvement from the first box, and five boxes brought a final cure."

Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

WISE BROS. DENTISTS
MAIN 2029 — 3RD & WASH STS. — PORTLAND, ORE.

Young MEN, Old MEN, Middle-Aged MEN

Send for free pamphlet in plain cover. Tells about an appliance that insures happiness, health and success in life. Free—send today.

PORTLAND APPLIANCE CO.
P. O. Box 25 Portland, Ore.

20 MULE TEAM BORAX

Will produce Whiter, Cleaner Clothes In Your Laundry Than Any other Article with less Labor

All dealers. Free Sample Borax and Borax Soap, Booklet and Souvenir Picture in colors, for 10 cents and Dealer's name. PACIFIC COAST BORAX CO., Oakland, Cal.

CLASSIFIED ADVERTISING

Portland Trade Directory

Names and Addresses in Portland of Representative Business Firms.

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 & Co.'s correct clothes. Everything in men's furnishings. Morrison and Sixth streets. Opposite postoffice.

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.

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.

WANTED—Men and Women to learn Barber trade in eight weeks; graduates earn from $15 to $25 weekly; expert instructors; catalog free; Moler System of Colleges, 35 N. Fourth st., Portland.

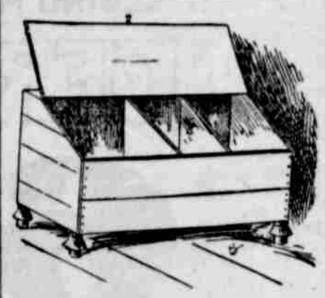
P. N. U. No. 30—06

WHEN writing to advertisers please mention this paper.

FARMS AND FARMERS

Home-Made Grain Box.

There is enough grain stored on every farm to warrant the building of a grain box, particularly when one can be built for a very small sum and with but little labor. Such a box is easily constructed from dry goods boxes, using a number of the same size to obtain the desired capacity and setting them end to end, fastening them together or not as desired. The fronts are cut so as to obtain the proper slant and then a cover is made so that the box or boxes may be locked if necessary. Divisions are made in the inside in accordance with the quantity of each kind of grain to be stored. The boxes are set on legs about fifteen inches high and each of these legs has an inverted cap of tin placed on it near where the leg joins



THE HOME-MADE GRAIN BOX.

the box. These tins will prevent vermin in the shape of rats and mice from easily climbing up the box and getting at the grain. If desired the several divisions may be lined inside so as to make them more vermin proof. The illustration shows how simple this grain box is.—Indianapolis News.

Shearing Sheep by Machine.

I have used a sheep-shearing machine for the last five or six years, says a correspondent of Rural New Yorker. The machines have been very much improved in that time. The first knife, or clippers, that I had very soon got clogged, and did poor work on sheep that had fine or oily wool, or had any wrinkles. The one I now have, used on the same machine, will clip any kind of a sheep or wool. Now as to the direct question, Has the machine any advantage over hand work? So long as we had the old-fashioned shearers, who could turn off thirty to forty sheep a day, well sheared, I had no need of a machine. As the old men died off, or were unable to shear any longer, and because of the scarcity of sheep—few young men took up shearing—it became a problem to know how to get the sheep well and economically sheared. The men who were unused to it not only cut the sheep and tangled up the wool, but they would shear only a few sheep per day, which made it expensive. For this reason I put in a machine.

Seed Corn Breeding Pays.

Corn-breeding work, still in its infancy, already has spelled profit for many growers. Material increases in yield, due in large measure to planting improved tested seed, have been so general that farmers everywhere are adopting better methods of seed selection. And other countries, noting what has been accomplished by American corn breeders, have taken steps to follow their example. Recently an American seed-corn breeding company shipped 1,300 bushels of corn to the agricultural department of the Egyptian government. The same company has also exported an order of 10,000 pounds of seed corn to Australia, where it will be used in breeding work conducted by the agricultural authorities of that country. It is to the corn belt of America that the peoples of the earth come for corn. Our corn crop is the envy of all civilized countries which cannot or do not grow corn.

White Pekin Ducks.

The White Pekin is a popular duck which has a distinctive type especially its own, and differing from all others in the shape and carriage of its body. The legs are set far back, which causes the bird to walk in an upright position. In size these ducks are very large, some reaching as high as twenty pounds to the pair. Their flesh is very delicate and free from grossness, and they are considered among the best of table

WHITE PEKIN DUCKS.

fowls. They are excellent layers, averaging from 100 to 130 eggs each in a season. They are non-setters, hardy, easily raised and the earliest in maturing of any ducks.

Make it a point this summer to find out some crop or vegetable everybody seems to want, and that no one has grown to any extent in your neighborhood, and grow that yourself next year. It is quite possible to make a crop of peppers, cauliflower, spinach or eggplant or some other unusual thing, one of the most profitable crops on the farm. If the demand is good and the supply in your neighborhood limited, the same thing is often true of squash. Along in the winter when fresh vegetables are scarce, there is always a demand in the city markets for squash.

Guineas.

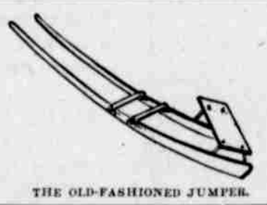
The Guinea is said to be a native of western Africa and is a very active bird of a rather wild nature. The wild nature of the beautiful fowls is an objection with many poultrymen. There are two breeds of guineas, the pearl and the white guinea. The pearl guinea is of a wilder disposition than the white guinea. Both breeds are about the same size. The flesh of the pearl guinea is darker than that of the white, which makes the white guinea preferable as a table fowl. Both breeds of guineas are good summer egg producers. They begin laying in April or May and continue to lay until late in the fall. The pearl guinea is very sensitive about having her nest disturbed and often leaves the nest if a part of her eggs are removed. The white guinea is not so particular about her nest and will continue to lay in the nest if only one egg is left in it. Our white guineas often lay in the nest boxes in the poultry house with the chicken hens. Guineas are valuable insect destroyers. They will eat insects that the chickens will not, such as the potato bug and gooseberry worm. I noticed our guineas picking the worms off the gooseberry bushes and not a worm escaped that the guineas could reach. They picked the worms off as high as they could jump.

How to Girdle Grape Vines.

The girdling or ringing of grapevines is done to increase the size of each cluster. It is not done generally, however, although some find the method profitable. The bark is entirely removed below the fruit cluster about a month before the period of ripening which hastens maturity about a week or two and enlarges the bunch and berries. The sap ascends through the pores of the wood to sustain growth, but the elaborated sap descends through the wood and the bark and can go no lower than the point at which the girdle is made, where it stops and is utilized in feeding the grapes. Some injury is done the vine below the girdle, and hence it may not pay on an extensive scale.

Jumper to Break Colts.

A Canadian farmer says that there is nothing yet discovered so useful in breaking a colt in winter as the old-fashioned "jumper." A jumper is simply made of two saplings twenty feet or more long, weakened about five feet from the butt ends by shaving the upper sides half through, so that the poles sag when the rider is on the seat and the colt hitched. The seat is supported by four posts and the horse is placed far out in the shafts. A colt cannot go over backwards with this.



THE OLD-FASHIONED JUMPER.

Good Tonic for the Hogs.

If the hogs are growing as fast and doing as well as they can do, nothing is needed in the way of medicine. But if they are a little off in any way, a few doses of the following will straighten them up.

Wood charcoal, 1 pound; sulphur, 1 pound; sodium chloride, 2 pounds; sodium bicarbonate, 2 pounds; sodium hyposulphite, 2 pounds; sodium sulphate, 1 pound; antimony sulphide, 1 pound. Pulverize and thoroughly mix. The dose is a large tablespoonful for each 200 pounds weight of hogs to be treated, given once a day. The hogs will eat this mixed in their food, unless very ill, when it should be poured into them, mixed in water.

Beardless Barley Crop.

Beardless barley is entirely free from barbs, unless the seed is accidentally mixed with some other variety. It does not yield so well as some of the bearded sorts, nor is it a good malting barley. It is a good feed for pigs, sheep or fowls and for horses when crushed. Its distinguishing advantage is that it stands up well and ripens very early, coming off the ground soon enough to let the clover or alfalfa sown with it take possession before it is much weakned by shading. It is the best nurse-crop yet found for clover or alfalfa, and for that purpose is recommended.

Field of a Million Acres.

The largest fenced pasture field in the United States is on the Blackfeet Indian reservation, in Montana. This field contains 1,500,000 acres, and the 200 miles of barbed wire fence inclosing it have been completed. About 400,000 pounds of wire were required for the work. There are 60,000 head of cattle wintering in this pasture, half of which belong to the stockman, who are paying for the privilege of pasturage.

Feed for Mare in Foal.

While in foal the mare does not necessarily require food different in quality from that fed at other times, but, all things being equal, the quantity should be somewhat larger. Oats are the best feed, yet shorts and bran may be fed with beneficial results. Mashes can be given occasionally, and where possible cooked feed may be supplied at night three times a week.

A calf kept winter and summer in thrifty growth at 2 years will make as much more beef than one neglectfully kept at twice that age. The profit will all be found on the 2-year-old and the loss on the 4-year-old; yet owners of the latter have pursued such system—if system it can be called—with the idea that they were saving money. Keep the thrifty animal two years longer in the same way, and something very handsome in the way of beef will be the result, while the starveling can never pay the expense of rearing and feeding.

JOLLY JOKER

"I've half a mind to write a magazine sonnet." "Go ahead—that's just what it takes."—Cleveland Leader.

"Is your business on a running basis yet?" "I should say so; I always run when I see a creditor coming."—Princeton Tiger.

"It's never too late to mend," argued the customer. "Oh, yes it is," answered the journeyman tailor, "this is a union shop.'—Puck.

Lady—It's very changeable weather, isn't it, William? Road Mender—Yes, that it is, Miss. We don't get a single day alike.—Punch.

First night of unappreciated play.—He—Are we alone? Voice from the Gallery—No, guv'nor; but you will be to-morrow night.—Punch.

"You reckon Br'er Thomas got into Paradise?" "I can't tell for sartin. All I kin say is—de mule kicked him ter de gate!"—Atlanta Constitution.

Mr. Saphedde—I—aw—really cawn't believe the things I cawn't understand, don't you know. Miss Pert—What a terrible skeptic you must be.—Philadelphia Record.

What He Needed.—Mike—Are ye much hurted, Pat? Do ye want a docthor? Pat—A docthor, ye fule! After bein' runned over by an automobilly? What OI want is a lawyer!

"Henry, I must have a new outfit, and I want to give you credit for generosity." "All right, my dear, if you can persuade anybody to give it to me for anything else."—Baltimore American.

Teacher—How many commandments are there, Sally? Sally—Please, teacher, ten. Teacher—Suppose you were to break a commandment. (Impressive pause.) Sally—Then there'd be nine.—Punch.

Perseverance.—"I think," said the reporter, "that the public would like to know how you managed to live to such a great age." "By perseverance," replied the centenarian. "I just kept on livin'."

"This is the time of year," said the suburban citizen, "when I like to get out and dig up the ground." "So do I," answered Mr. Foozling. "That's the reason I am trying to play golf."—Washington Star.

Not Professional.—"All I have to say is this: You're going out into the world. You'll find the road rough. But strike out, my boy, strike out." "Not if I can help it," replied the young man. "I'm going to be a baseball player."

Across the Garden Fence.—"No, Mr. Wilkes, I ain't goin' to keep fowls no more. Don't pay. Why countin' the maize I give 'em this winter, the eggs—well, I don't git any, but if I did—they'd cost me 'arf a crown each!"—Punch.

A Good Find.—"Albert, dear, while looking through some of your old clothes, I made such a lucky find that I ordered a new dress on the strength of it." "What was it, dear?" "Half a dozen checks that had never been written on."

A Great Feat.—Jones (to Brown, who has been relating his wonderful adventures in Russia)—And I suppose you visited the great steppes of Russia? Brown—I should rather think so. And walked up every one of them on my hands and knees.

Try again!—Mrs. Nuwed—Here's the bread I started to make to-day. Isn't it too annoying? Mr. Nuwed—Why, it isn't baked at all. Mrs. Nuwed—I know it isn't; that's just it. I put plenty of baking powder in it, but the powder doesn't seem to have baked it.

"Drug stores sell ice cream, soda water, confectionery, and a lot of other things that are not medicine," said the man who complains. "That's true," answered the pharmacist. "But most of them are likely to lead to the consumption of medicines."—Washington Star.

"Why, Willie, what are you crying about?" "'Cause I don't get no Saturday holiday like the other children does. Boo-hoo!" "But why don't you get out of school on Saturday?" "'Cause I aint' old enough to go to school yet. Boo-hoo-hoo!"—Cleveland Leader.

Parson Bagster (solemnly)—Does you, Cland Kinsabby, take dis yuh lady, Miss Gladys Poots, to be yo' lawful wedded wife, for bettah and for wuss—— The Groom (uneasily and hazily)—Uh-cou'se I does, if I has to, sah; but ain't dar some way of takin' her kindah on an ave'age?—Puck.

"That rich Mr. Spooner is the most provoking thing! He asked me if I was 33." "And what did you say?" "I said, 'Mercy, no!' And he said he didn't think any woman should marry until she was 33." "Gracious! What did you do then?" "I called after him that I was 33 my next birthday, but he didn't seem to hear me."—Cleveland Plain Dealer.

General "Phil" Sheridan was at one time asked at what little incident he laughed the most. "Well," he said, "I do not know, but I always laugh when I think of the Irishman and the army mule. I was riding down the line one day, when I saw an Irishman mounted on a mule, which was kicking its legs rather freely. The mule finally got its hoof caught in the stirrup, when, in the excitement, the Irishman remarked: 'Well, begorrah, if you're goin' to get on, I'll get off!'"

Just the Prime of Life.

"When do you consider a man at his prime of life?"

"When he's old enough to quit writing poetry and not old enough to begin writing love letters to his stenographer.—Cleveland Leader.

If the women insist upon progressive prize foolishness, why not give progressive dandelion parties, giving a prize to the one who digs up the most?

Few men are as brave as their convictions.

Usual Dash of Cold Water.

Boreus—I've been nearly dead for sleep during the last week. I could scarcely keep awake while I was writing that story that was printed yesterday.

Naggus—I can easily believe it. It affected me the same way while I was reading it—from sympathy, I suppose.

FITS St. Vitus' Dance and all Nervous Diseases permanently cured by Dr. Kline's Great Nerve Restorer. Send for FREE $2 trial bottle and treatise. Dr. R. H. Kline, Ld., 931 Arch St., Phila., Pa.

An Appreciation.

"Have you ever seen Hamlet played precisely as you thought it should be?"

"No," answered Mr. Stormington Barnes. "I have often wished I might be a spectator at one of my own performances."—Washington Star.

To Break in New Shoes.

Always shake in Allen's Foot-Ease, a powder. It cures hot, sweating, aching, swollen feet. Cures corns, ingrowing nails and bunions. At all druggists and shoe stores, 25c. Don't accept any substitute. Sample mailed FREE. Address Allen S. Olmsted, Le Roy, N. Y.

Side Lights on History.

The Hessians at Trenton had surrendered.

"Ah, well," they said, "think how much more disastrous it might have been if we had had to make a hurried retreat!"

Later, as if to verify their words, came the Hessian fly.

Carl Schurz.

No other man of foreign birth ever showed such fine command of the English language or used it so felicitously. A man who objected strongly to his politics but admired his talents as a writer once said: "I wish Mr. Schurz couldn't write so well; I could hate him better." In 1877 Carl Schurz visited Boston to make a speech against Benjamin F. Butler, who was running for Governor of Massachusetts. While arguing on the question of the resumption of specie payments, an issue that was paramount at that time, Mr. Schurz likened "inflation" to a balloon filled that had carried the American nation off its feet. At that time he made use of the following expression, which brought the immense audience that greeted him to its feet: "We have placed our feet on solid ground again and we propose to keep them there."

His Reputation.

Miss Medicus (sister of the new village doctor)—Have you heard of Dr. Medicus about here?

Native—Rather, mum! Do you see that hearse and carriages goin' by over there? That's one of his funerals.—Harper's Weekly.

For that Dandruff

There is one thing that will cure it—Ayer's Hair Vigor. It is a regular scalp-medicine. It quickly destroys the germs which cause this disease. The unhealthy scalp becomes healthy. The dandruff disappears, had to disappear. A healthy scalp means a great deal to you—healthy hair, no dandruff, no pimples, no eruptions.

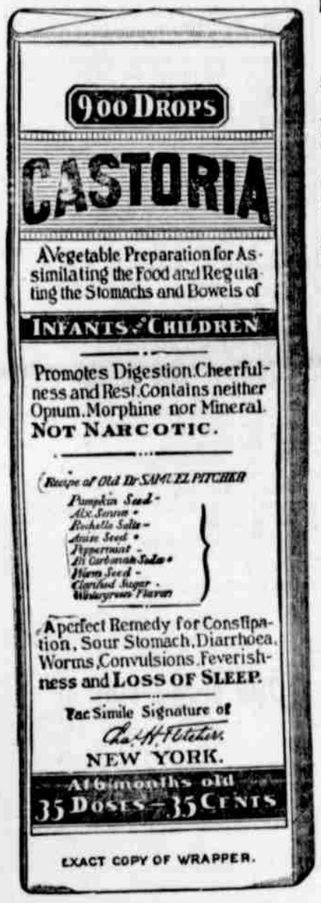
The best kind of a testimonial—"Sold for over sixty years."

Made by J. C. Ayer Co., Lowell, Mass. Also manufacturers of Ayer's SARSAPARILLA. PILLS. CHERRY PECTORAL.

Save the Babies.

INFANT MORTALITY is something frightful. We can hardly realize that of all the children born in civilized countries, twentytwo per cent., or nearly one-quarter, die before they reach one year; thirtyseven per cent., or more than one-third, before they are five, and one-half before they are fifteen!

We do not hesitate to say that a timely use of Castoria would save a majority of these precious lives. Neither do we hesitate to say that many of these infantile deaths are occasioned by the use of narcotic preparations. Drops, tinctures and soothing syrups sold for children's complaints contain more or less opium, or morphine. They are, in considerable quantities, deadly poisons. In any quantity they stupefy, retard circulation and lead to congestions, sickness, death. Castoria operates exactly the reverse, but you must see that it bears the signature of Chas. H. Fletcher. Castoria causes the blood to circulate properly, opens the pores of the skin and allays fever.



EXACT COPY OF WRAPPER.

Letters from Prominent Physicians addressed to Chas. H. Fletcher.

Dr. A. F. Peeler, of St. Louis, Mo., says: "I have prescribed your Castoria in many cases and have always found it an efficient and speedy remedy."

Dr. E. Down, of Philadelphia, Pa., says: "I have prescribed your Castoria in my practice for many years with great satisfaction to myself and benefit to my patients."

Dr. Edward Parrish, of Brooklyn, N. Y., says: "I have used your Castoria in my own household with good results, and have advised several patients to use it for its mild laxative effect and freedom from harm."

Dr. J. B. Elliott, of New York City, says: "Having during the past six years prescribed your Castoria for infantile stomach disorders, I most heartily commend its use. The formula contains nothing deleterious to the most delicate of children."

Dr. C. G. Sprague, of Omaha, Neb., says: "Your Castoria is an ideal medicine for children, and I frequently prescribe it. While I do not advocate the indiscriminate use of proprietary medicines, yet Castoria is an exception for conditions which arise in the care of children."

Dr. J. A. Parker, of Kansas City, Mo., says: "Your Castoria holds the esteem of the medical profession in a manner held by no other proprietary preparation. It is a sure and reliable medicine for infants and children. In fact, it is the universal household remedy for infantile ailments."

Dr. H. F. Merrill, of Augusta, Me., says: "Castoria is one of the very finest and most remarkable remedies for infants and children. In my opinion your Castoria has saved thousands from an early grave. I can furnish hundreds of testimonials from this locality as to its efficiency and merits."

Dr. Norman M. Geer, of Cleveland, Ohio, says: "During the last twelve years I have frequently recommended your Castoria as one of the best preparations of the kind, being safe in the hands of parents and very effective in relieving children's disorders, while the ease with which such a pleasant preparation can be administered is a great advantage."

GENUINE CASTORIA ALWAYS
Bears the Signature of
Chas. H. Fletcher.

The Kind You Have Always Bought
In Use For Over 30 Years.
THE CENTAUR COMPANY, 77 MURRAY STREET, NEW YORK CITY.

Quite True.

Miss Boston—They say she's extremely haughty.

Miss Tours—I should say so! The last time I saw her she was sailing down the street in——

Miss Boston—Pardon me; why do you use that senseless expression? How could she go "sailing" down the street?

Miss Tours—Easy enough. I saw her last in Venice.—The Catholic Standard and Times.

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

Monsieur Hyde.

"M. James Hyde," says the Paris Figaro, "the exceedingly rich American who appertains to the most high society of New York, comes from commanding at Paris a carriage electric. It is to the French industry that M. James Hyde is addressed himself for to have the most comfortable, the most commodious and the most elegant of the vehicles of the city."—Translated by Harper's Weekly.

STATE OF OHIO, CITY OF TOLEDO, } ss.
LUCAS COUNTY.

FRANK J. CHENEY makes oath that he is senior partner of the firm of F. J. CHENEY & Co., doing business in the City of Toledo, County and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for each and every case of CATARRH that cannot be cured by the use of HALL'S CATARRH CURE.
FRANK J. CHENEY.

Sworn to before me and subscribed in my presence, this 6th day of December, A. D., 1886.
A. W. GLEASON, Notary Public.
{SEAL}

Hall's Catarrh Cure is taken internally, and acts directly on the blood and mucous surfaces of the system. Send for testimonials, free.
F. J. CHENEY & CO., Toledo, O.
Sold by Druggists, 75c.
Hall's Family Pills are the best.

Baron Takaki says four-fifths of the Japanese boys are now studying English, and that it will soon become the language of Japan, and later of the world.

More Like It.

"Graphter is in financial straits, I hear."

"Don't believe it. I'll bet they're financial crookeds." — Philadelphia Ledger.

How Good Food may Turn to Poison

DECAY is not digestion, you know, even when it takes place in the stomach.

Food decayed in the body after being eaten is as dangerous to health as food decayed before being eaten.

Food nourishes or poisons, just according to how long it remains in the Bowels undigested.

Cascarets are the simplest and surest safeguard against Delayed Digestion yet discovered.

• • •

Sold in a thin Enamel Box, half as thick as your watch, which fits into the vest pocket or lady's purse as if it grew there.

In this round-edged Enamel Box are found six small Candy Tablets.

One of these toothsome tablets works wonders for digestion.

Soon as placed in the mouth it starts the Saliva flowing, which at once gets to work dissolving it.

The Saliva becomes blended with the Candy Cascaret tablet, and from the moment they start going down your throat together they start working together.

Now, what do they work at? Bowel-work, of course—Digestion.

• • •

Most of the Digestion occurs in the thirty feet of intestines that connect with the Stomach.

They are lined with a set of little mouths, that squeeze Digestive Juices into the Food eaten.

The Digestive Juices thus mix with the food, just as Saliva mixes with Cascaret tablets, dissolving and changing that food into nourishment, as it passes along the channel.

The Intestines are also lined with millions of little suction pumps, that draw the Nutriment from Food, as it passes them in going through.

• • •

This Nutriment is then carried into the Blood, and spread over the Body as Brain, Bone and Brawn.

But, when the Bowel-Muscles are weak, the Food moves too slowly to stimulate the little Gastric Mouths and there is no flow, or too little flow of Digestive Juice, to change the food into nourishment.

Then, the food decays in the Bowels, and in the thirty feet of intestines.

When this Decay begins the little suction pumps draw Poison from the decayed Food, into the blood, instead of the Nutrition it should have drawn.

Now, Cascarets contain the only combination of drugs that Stimulates these Muscles of the Bowels and Intestines just as a Cold Bath, or open-air Exercise, stimulates a Lazy Man.

Cascarets therefore act like Exercise.

They produce the same sort of Natural result that a Six Mile walk in the country would produce, without any Injurious Chemical effect.

The Vest Pocket Cascaret Box is sold by all Druggists, at Ten Cents.

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

• • •

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. 735

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