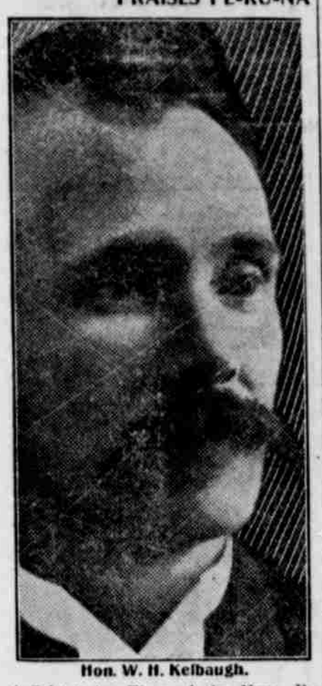
HON. W. H. KELBAUGH
OF WEST VIRGINIA
PRAISES PE-RU-NA



Hon. W. H. Kelbaugh.

A Cold at Any Time of the Year, Especially in Hot weather, is Very Depressing to the System. Pe-ru-na is an Enequaled Tonic for Such Cases, Read What People Say About It.

Hon. W. H. Kelbaugh, Ex-Member W. Va. Legislature, 204 9th street, N. E., Washington, D. C., writes:

"You can use my name and word at all times for Peruna as a medicine and tonic unequalled. I have tried it for a stubborn cold and badly run down system. I tried all sorts of other medicines and paid several expensive doctor bills. Peruna cured me, strengthened me more than ever, and saved me money."

Mrs. Clara Litterst, Seafield, Ind., says: "Last fall I took a severe cold. I took Peruna, began to improve and kept on so until I was able to do my work."

Corroborative.

Caller—Don't you consider Prof. Jones by a man of much practical wisdom—not at all conceited or opinionated, you know, but full of accurate knowledge and plain common sense?

Mrs. Lapsling—Yes, indeed; I think he's one of the most saponacious men I ever met.

You Can Get Allen's Foot-Ease FREE.

Write Allen S. Olmsted, Le Roy, N. Y., for a free sample of Allen's Foot-Ease. It cures sweating, hot swollen, aching feet. It makes new or tight shoes easy. A certain cure for corns, ingrowing nails and bunions. All druggists sell it. 25c. Don't accept any substitute.

Only Way of Escape.

"One juryman brought all the rest of you around to his way of thinking? He must have presented some pretty strong arguments."

"He did. He wouldn't eat anything but garlic and limburger cheese, and he had 'em brought in five times a day."—Chicago Tribune.

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

Small Satisfaction.

The man from West Pullman was making a complaint at the water office.

"The way we are treated in our suburb," he said, "is outrageous and abominable! Water, sir, is one of the prime necessaries of life!"

"Not at all," responded the imperturbable man at the desk. "If it were, my dear sir, it would all be in the possession of some trust."—Chicago Tribune.

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.

Admirable Arrangement.

"Where are you going to spend your vacation this summer, Crossway?"

"We are going out to my brother's farm in the country."

"You're not afraid to leave your house unoccupied during your absence?"

"It won't be unoccupied. My brother and his family are coming to the city for their vacation, and they'll use the house while we are away."

WISE BROS. DENTISTS
MAIN 2029 — 300½ WASH. ST. — 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

is an Ecomomical Labor-Saving Aid to the Household

Cleans without injury the most delicate fabrics, as well as kitchen utensils, wood work, silver, china, glassware, linen, blankets, woolens, silks. It is of the highest value in the toilet, bath and nursery, and is a harmless natural disinfectant.

All dealers. Full size package Borax & Borax Soap; 32-page booklet and souvenir picture 7x14 in. 10 colors free for 10 cents and dealer's name. PACIFIC COAST BORAX CO., Oakland Cal.

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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.

PIANOS & ORGANS—Many fine instruments revert to us account sickness or removal of buyer. Write for description of pianos now on hand, terms, etc. Write today. Gilbert Co., Portland

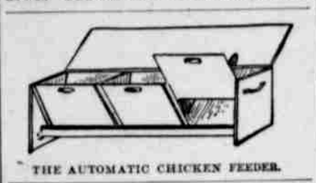
P. N. U. No. 32—06

WHEN writing to advertisers please mention this paper.

FARMERS' CORNER

Automatic Chicken Feeder.

The feed box or trough at the bottom for the chickens to eat out of is made out of 1x6 inch boards, 3 feet long, with slats on the side 3 inches wide, making the trough 2 inches deep; end pieces of 1-inch lumber, 1 foot wide, 18 inches high. The middle partitions are cut 6 inches wide at the bottom to fit bottom of trough 3 inches high, then tapers out to 10 inches at top, that makes it a V-shape from both sides, so chickens can eat from either side of feeder. One side is fastened to end pieces and middle partitions, the other side has pieces to slide up and down between cleats, so you can shut the feed clear off or raise it up any height according to what you have in the bins. The bottoms of these bins are 1 inch from bottom of feed trough, so as the chickens eat more feed it will come down. You can have corn in one, wheat



THE AUTOMATIC CHICKEN FEEDER.

in one and grit or oyster shells in a third. The chickens can help themselves whenever they want to eat, and their feed is always clean and they can't waste their feed by getting it in the mud or snow, and the lid is on hinges, so it can be shut down and fastened, so that feed is perfectly dry. Each bin will hold one peck of feed.—Farm Progress.

Summer Cultivation.

Summer plowing will answer well on ground that has long been in sod, and which has been turned under in the spring. Such land is usually planted to corn or potatoes, and the frequent use of the cultivator keeps the ground loose and promotes decay of the sod. But potatoes for an early stock are harvested as soon as possible, which leaves the soil not only rough, but in an excellent condition for weeds. By plowing the soil after the potatoes are off it will be reduced to a finer condition, the weeds will be destroyed and the second crop of weeds retarded, so that by the time the land should be gotten ready for wheat (when it should be plowed again) the seed bed for the wheat can be harrowed down fine and nice, while all the weeds will not only have been destroyed, but prevented from seeding. If the plowing on corn land is done as soon as the corn is out, and again the land plowed before seeding the wheat, it will be a great benefit to the wheat.

Fine Wool Sheep.

The Wensleydale breed of sheep is far from common even in its home, England. None is in America. It is a fine sheep, superior in some respects to all others. It is said that for crossing on any other breed the Wensleydale has no equal. Since the Royal Agricultural Society of England commenced giving prizes for wool three years ago, the Wensleydale wool has each time secured first prize in the "any other long-

A TYPICAL WENSLEYDALE.

wooled class." No long wool produced in the British Isles is equal to the Wensleydale in quality or value.

Culling Live Stock.

A great many breeders fail to achieve the results at which they aim simply because of their reluctance to discard an occasional animal which contains a slight blemish. Wanting the best, they use what they know is not perfect to produce it, hoping nature will kindly gloss over and not reproduce the defect. Such a policy is suicidal. The breeder who would enjoy the highest success must not be afraid to cull. Let every animal which can not be rated as first-class, and strictly so, be matured and sold. Breed from only the best, and on no condition or consideration let your flock deteriorate through failure to reject the imperfect.—Agricultural Epitomist.

Use of Coal Ashes.

While coal ashes contain no fertilizing value they are certainly useful on the farm and should be saved. They are not entirely valueless in the soil, for they will materially assist in making a stiff clay soil more workable if well mixed with it. The best use for coal ashes, however, is in the filling in of wet spots, sifting them and using the fine ashes in the dust boxes in the poultry houses and the coarser portions for the making of walks alone or mixed with gravel. They may be used to advantage as a mulch around trees mainly for the purpose of keeping the soil moist and keeping grass from growing around them.

New Varieties of Potatoes.

Many varieties of potatoes come and go, and, but for the introduction of new varieties, potatoes would soon be scarce. This is due to the careless selection of seed. All the tubers of a crop are sold for seed, when only the best should be selected. If only the largest tubers from the thriftiest and strongest plants were retained for seed, there would be an improvement in the old varieties instead of deterioration in quality. But as long as seed potatoes bring good prices, there will be both good and inferior seed used.

Nail Wounds in Hoofs.

It has long been known that nail pricks and other similar injuries in the horse's hoof may lead to an infection followed by formation of pus under the horn of the hoof and a serious general disease of the horse or at least the loss of the hoof. In a bulletin of the South Dakota Station, Moore has recently reported results obtained in a number of cases from applying a strict antiseptic treatment to injuries of this sort. The method consists in paring away the horn of the hoof from the affected part until the blood oozes out. The hoof is then thoroughly washed in a solution of bichlorid of mercury at the rate of one part to 500 of water, after which absorbent cotton saturated in a solution of the same strength is applied to the wound and the whole hoof is packed in cotton surrounded by a bandage and well coated with tar. This prevents any further filth from coming in contact with the wound. The operation must usually be done by a qualified veterinarian. Subsequent treatment, however, can be applied by the average farmer, since all that is necessary is to pour a little of this solution of bichlorid of mercury upon the cotton which projects from the upper part of the bandage. The cotton will absorb enough of the solution to keep the wound moistened and hasten the healing process.

Shade the Poultry Yard.

If it is necessary to confine the poultry during the summer and the inclosure cannot be placed near the shade of buildings or trees, try the plan of growing some plants just outside the fence, but far enough from it so that the fowls cannot get at the foliage. One of the best plants for the purpose is the canna, using the cheap, tall-growing sorts, and buying the roots, not the seeds. Another quick growing plant and one which will make an abundance of shade is the castor bean, which may be grown from seeds planted where they are to stay; that is, the young plants cannot well be transferred. Even corn set thickly will furnish some shade quickly, and if a vine is wanted, nothing is better than the common morning-glory, the seeds being sown thick and the vines trained along strings fastened to the poultry yard fence. While the vines or plants are growing erect a rough roof of boards open on all sides to supply temporary shade.

Farm Irrigation Plant.

A current wheel to run a chain and bucket gearing is quite feasible for farm irrigation purposes. Herewith is given an illustration of such a wheel for operating a chain and bucket. The

IRRIGATION BY CURRENT WHEEL.

diagram is self-explanatory.

A Pointed Question.

Two cows cost $40 each per year for keep. One of them yields you 4,000 quarts of milk a year, that bring you $86. The other yields 120 quarts, that bring you $26. The latter loses for you about $14 and reduces the gain on the former from $46 to $32. Why do you keep the 1,200-quart cow? You would be better off with the one that clears $46, for you would have only half the investment, half the work, and half the feeding, and you would gain $14 each year. There would be no surplus butter on the market for years to come and prices would rule strong if the cows were eliminated which are kept at a loss. Dairy farmers have not yet half waked up to an understanding of the great practical importance of weeding out the unprofitable cows from their herds. Many a man would make a fair profit, that now faces a constant loss, if he would keep only such cows as pay a profit on their keep.—Farm Journal.

Hauling Hay.

It is a very desirable thing to be able to haul all the hay into the barn the same day it is cut. The worriment and anxiety consequent upon the liability of a storm before morning are thus avoided, and experience has taught that hay having no more than three or four hours' sun will come out in the spring perfectly sweet and in fine condition for the cattle. In adopting this plan it is well to keep the hay constantly stirred with a tedder. There has been a fear of putting hay into some barns that contain a noticeable amount of water, but if it is properly packed by being evenly distributed over the mow, each forkful trodden upon, and the barn kept closed as much as possible the result will probably be gratifying.

Farm Tools and Implements.

On many farms, hoes, forks, shovels and other tools have to be looked up when wanted, and this looking up sometimes consumes more time than would be required by the job of work itself. Oftentimes plows, harrows and cultivators, instead of being carefully housed, are left out of doors all winter.

Apply a Good Fertilizer.

The value of vegetables depends largely upon quick growth, and if crops are not growing well some quick-acting fertilizer like nitrate of soda, guano or poultry droppings, should be worked into the soil close to the roots. Frequent cultivation of the soil with the cultivator, rake or hoe will often be all that is necessary.

Vines in the Barnyard.

The barn should never be built near the house, and wherever it is, it should be kept as sanitary as the house itself. A country barnyard should be as neat and tidy as the dooryard. There is no reason why vines should not grow over the walls and fences, and trees shade the inclosed animals. It is possible to have lilacs and mock oranges growing around the barn, as freely as about the shrubbery. The animals are not any less happy, and one can pick great bunches for oneself and friends.

LEGAL INFORMATION.

A patent attorney is one who engages in this special phase of the practice of law. It is a specialty in law but not a public position.

The owner of land adjoining a section line has the same rights as to the line, as he has to any other line before the same has been condemned and taken possession by the road authorities.

Unless you ask for a correction of the valuation of your real estate before the board of equalization you cannot raise the objection that the same is valued too high for the purpose of taxation.

Libel is simply written slander. It has been defined as "that which is written or printed, and published calculated to injure the character of another by bringing him into ridicule, hatred or contempt."

A minor is incompetent to enter into a contract, and if he performs part of a contract entered into by him he may abandon the contract and collect the reasonable value of what he has done under the contract.

"A files on a piece of land and then loses her right by non-residence. B files on same land after it is open for entry. Can A leave her goods in the house which she built on the place and hold it closed against B? What can B do to get possession?" Ans.—When a person is once in possession and entitled to the possession of land, he cannot be dispossessed or lose his right of possession, except through some judicial determination of the matter, such as a claim contest.

"A man and his wife were born British subjects. The man is now dead; but became a naturalized citizen and a voter in North Dakota before his death. Can his widow now vote at the school election?" Ans.—She can. My naturalization of the husband the wife and all minor children become citizens. When the husband dies before his admission as a citizen, but after he has declared his intention to become a citizen, the wife and minor children need only take the oath prescribed by law and they are then citizens. The citizenship of the wife whether of age or not, follows that of the husband.

A SPANISH LEGACY.

"A very disagreeable circumstance is of daily occurrence in the neighborhood of New Orleans and along the levee. It is the abominable squealing of ungreased cart-wheels," wrote B. H. Latrobe, architect of the capitol at Washington, during his visit to New Orleans in 1819. "Back of the unpleasant noise," he continues, "there is a most interesting bit of history.

"These ungreased and screaming cart-wheels are abandication neither of idleness nor of ignorance, but are a legacy left to the country by the Spaniards, and they still scream in obedience to a positive law of the Spanish government. Incredible as this may seem, it is true. I should have taken the whole relation as a hoax had I not received it from Judge Hale, as well as from other sources.

"The case is this: There is no country so favorably situated as to the facility of smuggling as Louisiana. Innumerable bayous or creeks lead from the ocean to the back of the narrow strips of cultivated land on each side of the Mississippi. Into these bayous the contraband goods can be easily brought, but they must be carried from the swamps in wheel carriages, a distance of from one to two or three miles.

"If the wheels of the carts were greased this part of the business might be carried on in perfect silence. Therefore it is ordered that all carts shall remain ungreased, and that they shall scream, in order that they may give notice to the revenue officers of the illegal traffic that is going on, and thus become informers against their owners.

"A roundabout way, in more senses than one, this, of obtaining information. The greased carts, that is carts that did not scream, were liable to seizure. The framers of such a revenue regulation did not know that a negro with a gallon of water at each wheel gradually poured upon it would as effectually prevent the wheel from screaming as if it were well greased. The cart might at any time be examined without betraying the smuggler."

A Human Bomb.

There is a former naval man in this city who, despite his genial personality, has become a terror to his friends and associates. This state of affairs is due to a habit which apparently he cannot overcome of carrying dynamite about on his person.

The old fellow, who is really as fine a chap as ever walked, is employed in some sort of construction work. He absent-mindedly thrusts a stick of dynamite in his pocket with as little thought as one would slip in a cigar.

One evening last week at a small dinner he happened to take a card out of his pocket to corroborate some statement as to a name or address, and pulled out a stick of dynamite with it. There was a sudden falling off of appetites and the banquet came to an end early. The man who sat next to the pocket containing the dynamite confessed after the dinner that he never enjoyed himself less.—Chicago Inter Ocean.

A Lesson.

"You didn't say 'Thank you' to the man who gave you his seat in the street car."

"I once stopped to say 'Thank you' and by the time I had done so I found that another woman had the seat."—Washington Star.

If a mother of twins thinks she is busy that is because she has never talked with a woman who is running an incubator.

A promise to rain these days amounts to about as much as a promise made by a man to his wife.

MAROONED IN A BLIZZARD.

Traveling Salesman Tells of an Awful Night by Stage.

Ike Boyer of Helena left yesterday morning for Madison County points and while waiting in Butte the night before told some interesting tales of his experience while making the territory in Southern Montana which is not yet covered by the railroad.

"The time of my life," he said, "was experienced between Bannack and Argenta. I was making the trip by stage and my driver was one of the old-time stage drivers of the overland road. The only name I ever knew for him was 'Shorty,' and he was one of the best that ever pulled the ribbons over a team of horses in Montana.

"Shortly after we left Argenta it began snowing, but we paid little attention to the storm, being wrapped up comfortably. When we 'topped' the hill and started across the foothills to connect with the old Bannack road we ran into the teeth of the blizzard. The thermometer began dropping rapidly and almost before we knew it we found ourselves chilling fast. To add to our trouble, the air became so filled with snow that we could not see the length of our sled ahead of us. The storm came so fast and fierce that the horses refused to face it, and before we realized it we were off the road and the horses were helplessly floundering through the snow, which seemed almost bottomless. By this time darkness had come and we were off the trail.

"To make the matter worse, the horses in floundering broke the tongue from the sled and we were holed up for good. Then we saw that we were in for it for the night and prepared to make the best of a bad bargain. There was a little straw in the bottom of the sled and we tied the horses up so that they could eat this. The driver and myself walked back and forth, about a rod apart, all night long and in this manner managed to keep warm. We smoked several boxes of sample cigars and it seemed as if the night would never come to an end.

"Occasionally I would get uncommonly tired and sleepy and would attempt to doze off, but 'Shorty' would stand for nothing of the sort. He would rouse me, by drastic means if necessary, and make me continue my walk to and fro opposite him. Finally, after the lapse of at least a century, the night came to an end and daylight began showing around the gulch. With the approach of day the storm went down and the air cleared. 'Shorty' immediately began rustling and before long found a pole that could be used as a sled tongue, and we toggled up matters and continued our trip to Bannack. We arrived there in time for a late breakfast and were not surprised to learn that the thermometer had registered 15 below throughout the night."—Anaconda Standard.

QUEER STORIES

Five years ago C. H. Taylor, of Ashland, Mo., found a land terrapin. He engraved his name on its shell and turned it loose, speculating whether he would ever run across it again. The other day he captured it a second time. It has grown one-third, but Mr. Taylor's name was still plainly visible. Other initials were engraved on its back and it was turned loose again.

A nest of young rabbits was plowed up in Kansas, and a little girl took them home, but after getting tired of her pets she decided to feed them to the old family cat that has a number of kittens. Instead of the cat eating them, as was expected, she is raising them. The cat seems to think as much of the rabbits as she does of her kittens.

The Emperor Menelik has had a curious experience in his efforts to replace barter by a metallic currency in Abyssinia. The Maria Theresa thaler has for generations been current, but for want of a smaller coinage salt blocks became the standard of exchange, and resisted all efforts, even of the emperor, to replace them by new currency coined in Paris some years ago. The salt blocks have given way, but not to the new coinage, which the people will not touch. The new standard of values is the rifle cartridge.

Nearly 1,300 tons of gold lie to-day in the vaults of the treasury of the United States—the greatest hoard of the yellow metal ever gathered in the history of the world. Four hundred tons of this gold are piled, like bags of salt, within the four walls of the subtreasury in Wall street, New York. Outside the treasury hoard there is in circulation through the country a nearly equal amount of gold coin, making more than 2,500 tons of gold in the United States bearing the imprint of the eagle. The value of this coin is more than $1,200,000,000.

George Henschel, in Nature, tells a story of a bullfinch and a canary that deserves permanent record. The bullfinch belongs to his sister and can pipe the whole of several tunes, "God Save the King," among them. The canary's cage was in the same room, and in about a year the canary learned the whole of "God Save the King" from the bullfinch, and often piped it independently. Mr. Henschel lately heard the bullfinch pipe part of the tune (six bars) and then pause. To his amazement the canary took up the tune where the other had left it and finished the tune (eight bars)! At this time the two birds were in different rooms. Nothing could be more authentic than the story, or more amazing.

Autoists' Problem.

"What would you do if the power gave out while you were climbing a hill and the brake broke?" was one of the questions recently asked of applicants for licenses to run motor cars. Strange to say, this simple proposition stumped many of the men. The answer, of course, is that the only thing to be done is to steer the machine, as it runs back down the hill, to the side of the road.

In speaking of a man the woman who is related to him usually makes this comment: "He has to have something to growl about."

Too Much of a Good Thing.

"Even assuming that humor is the salt of life, we don't want to eat salt with a spoon. But here in America everything seems to be sacrificed to humor. Your politics have to be made humorous. Your courts of justice have to amuse. Before a great time has gone by you will be having funny sermons. We shall hear that Rev. Mr. So-and-So's Sunday morning sermon was a real screamer—that it was received with roars of laughter. Then the church service will be considered a bit too slow, and will have to be rewritten by some bright young humorist from a newspaper office. Your very murder cases will have to be made 'bright.' It is a foregone conclusion that domestic tragedies shall be side-splitting. I really am not sure that in time America will not get a comical funeral service, with a low-comedy undertaker."—Jerome K. Jerome in the Cosmopolitan.

Even Persian Cats Purr.

Phœbe was the 4-year-old daughter of a missionary to Persia, born in that land of Oriental ease and hospitality; and her little mind was imbued with such ideas of mutual compliment and her little tongue so given to graces of speech that her New England grandmother had many a shock.

The morning after the little girl arrived at the grandmother's home the old lady was brushing out Phœbe's curls, gloating over her after the fashion of grandmothers.

"My little phœbe-bird!" she said over and over again.

"Why do you call me phœbe-bird?" asked the child at last.

"Here in America we have a bird that says 'Phœbe! phœbe!'" explained her grandmother.

The child smiled, and her mother, standing by, knew what was passing in Phœbe's mind. Not so the grandmother, who finished her task reluctantly at last, and then stooped down for a kiss.

"In Persia," said Phœbe, in her most caressing tone, "we have one old cat, who say 'Dranma! dranma!'"

Overlooking a Bet.

"Tom's a fool!"

"Why, Margery! I thought you liked him."

"Well, we were sitting on the sofa last night and he bet me that I couldn't whistle. And I turned to him and puckered up my lips to start and——"

"Well?"

"Well, he let me whistle!"—Cleveland Leader.

Obeyed Instructions.

Man of the House—Verona, I told you to call me at 7 sharp this morning.

Domestic—I called ye as shairp as I could, sorr, but I couldn't wake ye.

My Hair is Scraggly

Do you like it? Then why be contented with it? Have to be? Oh, no! Just put on Ayer's Hair Vigor and have long, thick hair; soft, even hair; beautiful hair, without a single gray line in it. Have a little pride. Keep young just as long as you can.

"I am fifty-seven years old, and until recently my hair was very gray. But in a few weeks Ayer's Hair Vigor restored the natural color to my hair so now there is not a gray hair to be seen."—J. W. HANSON, Boulder Creek, Cal.

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

A Coincidence.

"Miss Belle," said the teacher, "I notice one thing peculiar about your work. Your botanical specimens are exactly like those of Mr. Brown. Did you gather them, or did he do the work for you?"

"Why, er,' began the girl, "you see we just happened to be always near the same flowers at the same time."—Detroit Free Press.

Catarrh Cannot be Cured

with LOCAL APPLICATIONS, as they cannot reach the seat of the disease. Catarrh is a blood or constitutional disease, and in order to cure it you must take internal remedies. Hall's Catarrh Cure is taken internally, and acts directly on the blood and mucous surfaces. Hall's Catarrh Cure is not a quack medicine. It was prescribed by one of the best physicians in this country for years, and is a regular prescription. It is composed of the best tonics known, combined with the best blood purifiers, acting directly on the mucous surfaces. The perfect combination of the two ingredients is what produces such wonderful results in curing Catarrh. Send for testimonials free.

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

Where He Excelled.

Church—What degree did your son get at college?

Gotham—S. S.

"Never heard of such a degree."

"Oh, yes you have. Short stop."—Yonkers Statesman.

Still More Difficult.

"Did you ever notice how awkward the average woman is in driving a horse?"

"Yes. Strange, too, for a lot of them are pretty graceful at managing a mule-of-a-husband."—Detroit Free Press.

CASTORIA

The Kind You Have Always Bought has borne the signature of Chas. H. Fletcher, and has been made under his personal supervision for over 30 years. Allow no one to deceive you in this. Counterfeits, Imitations and "Just-as-good" are but Experiments, and endanger the health of Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhœa and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

The Kind You Have Always Bought

Bears the Signature of

Chas. H. Fletcher.

In Use For Over 30 Years.

THE CENTAUR COMPANY, 77 MURRAY STREET, NEW YORK CITY.

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.

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.

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, or 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.

* * *

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.

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."

* * *

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. 719

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