The Home of the Wave Circle

is the home where good cooking is loved, where the family enjoy the finest of biscuits, doughnuts, cakes, and pies and other good things every day. The baking is always delicious and wholesome because

K C Baking Powder

—the baking powder of the wave circle, is used.

Get K C to-day! 25 ounces for 25c. If it isn't all that we claim, your grocer refunds your money. Send for "Book of Presents."

JAQUES MFG. CO, Chicago.

Professional Jealousy.

"Mr. Dustin Stax says he isn't going to endow any more libraries."

"But I thought he was devoted to literature. He has written books himself."

"That's the trouble. The people let the dust lie on his books and stand in line to get 'Mazie's Wooing' and 'When True Love Was in Bloom' and works of that character."—Washington Star.

Controlling Nature.

Everybody knows that of late years natural forces have been wonderfully subjected to man's need. We are dazzled by the spectacular achievements in steam and electricity, but are likely to forget the less noisy but no less marvelous conquest of animal and plant life. Horses are swifter, cattle heavier, cows give more milk and sheep have finer fleeces than in days gone by. In plants the transformation is even more marked. People now living can remember when the number of edible fruits and vegetables was far less than at present and even those that could be grown were vastly inferior to what we now have. For example, our parents knew nothing of the tomato, except as a curious ornament in the garden. Sweet corn was hardly better than the commonest field sorts. All oranges had seeds. Celery was little known and poor in quality. In the flower bed the magnificent pansy has replaced the insignificant heart's ease from which it was developed, and the sweet pea in all its dainty splendor traces its origin to the common garden vegetable.

This progress has been made in spite of the great tendency manifested in all plants and animals to go back to the original type. It is indeed a battle to keep strains pure and up to the standard they have already attained, let alone any improvement. The practical results are accomplished by men operating largely for love of the work, like Luther Burbank, in California, and Eckford in England, as well as by the great seed merchants, D. M. Ferry & Co., of Detroit, Mich., who are not only eternally vigilant to hold what ground has been gained, but have a corps of trained specialists, backed by ample means, to conduct new experiments. The results of their experiences can be found in their 1906 Seed Annual, which they will send free to all applicants.

The largest flour mill in the British empire is in Montreal. It turns out 5,000 barrels of flour a day.

Value of Elephants.

An African elephant is of value only for its ivory, of which a full-grown animal yields from $250 to $300 worth. On the other hand, a working Indian elephant cannot be bought for less than $2,500 to $3,500.

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

Many horses are made vicious from cruel treatment.

For bronchial troubles try Piso's Cure for Consumption. It is a good cough medicine. At druggists, price 25 cents.

Food for Thought.

"I trust, Miss Cutting" remarked young Borem, as he rose to depart after a prolonged stay, "that I have not taken up too much of your valuable time."

"Not at all, Mr. Borem," replied the fair damsel. "The time you have taken up has been of no value to me whatever, I assure you."

Then he went forth into the night, and wandered homeward, wrapped in a heavy mantle of thought.—Chicago Journal.

The Choice of the People.

When things began to go too "fast and-loose" in New York, the people rose up in their wrath, got together and elected a district attorney who makes life miserable for wrongdoers. Jerome flaunted the banner of no political party; he was the people's choice.

Pillsbury's Vitos is the first choice of all people who relish good things for breakfast. It's dainty, delicious and nourishing.

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.

Anxiety.

Tramp (outside the gate)—Does your dog bite?

Mrs. Weptonwish (on the porch)—Yes, he does, and—O, please don't come in! We are so particular about what we feed him on!—Somerville Journal.

Reckless Courage.

"I talked real sassy to the hotel telegraph operator."

"My goodness! You didn't dare?"

"Yes, I did."

"Gee! I'd like to have a picture of a man doing that."

"What would you call it?"

"'Ajax Defying the Lightning!'"—Cleveland Leader.

CATARRH ANNOYING—DANGEROUS

Catarrh is usually regarded as nothing more serious than a bad cold or slight inflammation of the inner skin and tissues of the head and throat, when it is, in fact, not only a vexatious and troublesome disease, but a complicated and dangerous one. It is true that Catarrh usually begins with a cold in the head, but when the poisons, which are thrown off through the secretions, find their way into the blood, it becomes a constitutional trouble that affects all parts of the body. It has more annoying and disgusting symptoms than any other disease. There is a sickening and offensive discharge from the nostrils, a constant buzzing noise in the ears, headaches and pains in the eyes are frequent, while filthy, tenacious matter drops back into the throat requiring continual hawking and spitting, and in certain stages of the disease the breath has an odor that is very offensive. Catarrh is worse in Winter, because the cold weather closes the pores and glands, and the poisons and unhealthy vapors which should pass off that way are thrown back on the tender linings and tissues, causing the inflammation which starts the unhealthy secretions to be absorbed by the blood. When the blood becomes diseased with this catarrhal matter all kinds of complications may be looked for. As the blood circulates through the body the foul matter finds its way into the stomach, ruining the digestion and producing chronic Dyspepsia, or Catarrh of the stomach. It also affects the Kidneys, Bladder and other members of the body, while the general health is weakened, appetite lost and the patient feels despondent and half sick all the time. But worst of all, if the trouble is not checked the lungs become diseased from the constant passage of poisoned blood through them, and Catarrh terminates in Consumption, the most fatal of all diseases. You cannot get rid of Catarrh by treating it with sprays, washes, inhalations, etc., because they only reach the membranes and tissues, while the real cause of the trouble is in the blood. These relieve the annoying symptoms for a time, but the poison is all the while getting a stronger hold on the system and when they are left off will manifest itself in worse form than before. S. S. S. is the greatest of all blood purifiers, and when it has cleansed the blood, this pure, rich stream circulates through the body, carrying healthful properties to the diseased parts. Then the inflamed membranes and tissues begin to heal, the discharges cease, the general condition of the system is strengthened, every one of the annoying and disgusting symptoms pass away, and the patient is left in perfect health. S. S. S. is the best remedy for Catarrh. It goes right into the blood and removes all effete matter and catarrhal poison and cures the disease permanently, and at the same time builds up the entire system by its fine tonic effect. S. S. S. is a purely vegetable remedy—non-injurious to the system and a certain, reliable cure for Catarrh. Catarrh sufferers will find our free consulting department helpful in advising local treatment to be used with S. S. S.

Several years ago my blood was bad and I had in addition a dreadful case of Catarrh. My nose was stopped up, I had headaches, ringing noises in my ears and felt unfit for work. I commenced the use of S. S. S. on the recommendation of a friend, and in a short time it cured me sound and well. It put my blood in good condition and I have never had the slightest return of the Catarrh since that time.

GEO. D. CARR,
No. 209 Edgar St. Evansville, Ind.

S.S.S.
PURELY VEGETABLE.

THE SWIFT SPECIFIC CO., ATLANTA, GA.

CHRONOLOGY OF 1905.

BRIEF RECORD OF YEAR'S PRINCIPAL EVENTS.

Internal Disturbances in Russia and Independence in Norway—Close of the War in the East—Many Great Names in List of Dead.

Most significant of the events of 1905, because it indicates unmistakably the inexorable advance of mankind toward high ideals of liberty, justice and perfect civilization, is the political and economic upheaval now taking place in Russia. Wearying under a load of taxation, rendered well-nigh unbearable by added burdens imposed by the prosecution of a disastrous war, the peasantry and common people started a revolt against the tyrannical aristocracy, and have been able to force from their unwilling ruler many concessions tending toward a free citizenship. Massacre and rapine, in which the Jews were the chief sufferers, are part of the price paid for the advantage gained. Another impressive proof of civilization's advance is the bloodless revolution by which Norway has dissolved its political connection with Sweden and seated a king upon its long unused throne. The recent exposures of graft and fraud in high financial circles and last summer's labor troubles in Chicago are only incidents of the constant conflict being waged for the establishment of justice and fair treatment between man and man.

The Russo-Japanese war, after a brilliant series of land campaigns, during which one after another of the strongholds of the Russians in Manchuria fell into the hands of their opponents, and a decisive battle on the Sea of Japan, that is said to have been one of the greatest naval contests of all history, has been brought to a close, and largely, we believe, by American influence.

The completion of the great Simplon tunnel was the accomplishment of another great engineering feat, and the Lewis and Clark Exposition in Portland, Ore., presented to the world a record of achievement in all lines.

Great disasters have been fewer than usual, though tornadoes in Oklahoma and Kansas destroyed more than five hundred lives, and earthquakes, fire and railway wrecks have done their dread work.

The year's list of famous dead contains the names of many men and women noted in the arts, statecraft, philanthropy and business.

The principal events of 1905 are briefly summarized below:

January.

2—Surrender of Port Arthur.
3—Towboat Defender blown up on Ohio River; 20 lives lost.
4—Death of Theodore Thomas, orchestra leader.
5—Admiral Rojestvensky's flagship Kniaz Souvaroff sunk off Madagascar.
9—Death of Louise Michel, French anarchist.
15—Combes' ministry in France resigns.
16—Secretary Hay advises China to remain neutral....Earthquake at Shemakha, Russia, buries hundreds of people.
18—End of textile strike in Fall River, Mass.
19—Attempt to assassinate Czar and Russian royal family.
22—Massacre of workingmen by Czar's troops in St. Petersburg.
28—Revolt spreads through Russian cities.
25—Liberals defeated in Ontario general elections....Czar issues proclamation promising reforms.
29—Kouropatkin's army driven back from Sandepas by Gen. Oku's forces.
30—Czar signs document granting great reforms to Russian people.

February.

1-2—Extreme cold wave sweeps Northern States and Canada. Glendive, Mont., has temperature of 54 degrees below zero.
7—Death of Joseph H. Manley of Maine....Senate passes Statehood bill.
8—Roosevelt and Fairbanks declared elected after count of electoral votes in Congress.
9—House passes Townsend-Esch railway rate bill.
10—Death of Hon. Chas. H. Hackley of Muskegon, Mich.
13—Severest cold wave of winter.
15—Death of Gen. Lew Wallace.
16—Death of Jay Cooke, noted financier.
17—Grand Duke Sergius killed by bomb in Moscow....Frances Willard statue dedicated in Statuary Hall, Washington.
20—Explosion in Virginia City coal mines, near Bessemer, Ala., entombs 152 miners....Fire destroys piers and ships at Charlestown, Mass.
24—Boring of Simplon tunnel under the Alps is finished.
25—$1,000,000 fire in Hot Springs, Ark....North Sea Commission announces decision against Russia.
26—Illinois Central terminals in New Orleans burn with loss of $5,000,000....Thirty-five miners killed by explosion at Wilcoe, W. Va.
27—Death of Geo. S. Boutwell of Massachusetts....Judge Swayne of Florida acquitted by United States Senate....Eleven persons killed by collapse of church floor in Brooklyn, N. Y.
28—Death of Mrs. Leland Stanford in Honolulu.

March.

3—Czar of Russia signs rescript giving people a right to representation in law-making body....Thirty persons killed in wreck of inauguration special trains near Pittsburg.
4—Roosevelt is inaugurated....End of 58th Congress....Will J. Davis and two others indicted as responsible for Iroquois fire....Chas. Thomas found guilty of Mabel Scofield murder.
7—Big traction strike begins in New York.
8—Japanese win battle of Mukden, after eighteen days' fighting.
10—Mukden captured by Japanese.
11—Mrs. Chadwick convicted of conspiracy in Cleveland.
14—Nineteen lives lost in New York tenement house fire.
17—Death of Gen. Joseph R. Hawley of Connecticut.
18-19—Twenty-four miners killed by explosion in mines near Thurmond, W. Va.
20—Explosion and fire in Brockton, Mass., shoe factory causes 103 deaths.
24—Death of Jules Verne.

April.

3—President Roosevelt leaves Washington on vacation trip....Explosion in Leiter mines at Zeigler, Ill., kills thirty-five men....Russian artillery depot in Harbin blown up and seventy-five men killed.
4—Earthquakes in India devastate wide range of country and destroy hundreds of lives.
6—Chicago teamsters strike in sympathy with garment workers.
8—Collapse of water reservoir at Madrid kills or injures 400 persons....Battleship Minnesota launched.
14—Hard frost damages early fruit and garden truck in Central and Southern States.
17—Four boys killed in panic in Indianapolis Masonic Temple.
20—Thirteen lives lost in burning of convent in St. Genevieve, Quebec.
23—Death of Joseph Jefferson.
24—Frank G. Bigelow, president of Milwaukee First National Bank, acknowledges himself a defaulter for $1,500,000 of bank's funds....Teamsters' strike in Chicago supposed to be ended....Earthquakes near Bombay, India, kill fifty persons.
25—Chicago teamsters' strike on again.
28—Death of Gen. Fitzhugh Lee....Rioting in Chicago....Tornado at Laredo, Tex., kills sixteen persons.
30—Thirteen miners killed by explosion near Wilburton, Ok.

May.

1—One hundred persons killed in disturbances in Poland.
2-4—Serious strike riots in streets of Chicago.
6—Pat Crowe gives himself up to authorities in Omaha, but disappears later.
9—Tornado destroys thirty-five lives and much property in Marquette, Kan.
10—President Roosevelt entertained in Chicago....Tornado in Oklahoma kills 500 persons.
11—Fifty persons killed and 100 injured in railway accident at South Harrisburg, Pa.
12—Nan Patterson released in New York.
14—Death of Jessie Bartlett Davis.
16—Northern and Southern Baptists meet in joint convention in St. Louis....Czar issues rescript granting sweeping reforms in Poland and Baltic provinces.
21—Death of Judge Albion W. Tourgee in Bordeaux, France.
23—Death of Mrs. Mary A. Livermore.
26—Death of Baron Alphonse de Rothschild.
27—Russian Baltic fleet under Rojestvensky defeated in great battle in Korean Straits by Japanese under Togo.
28—American yacht Atlantic wins Kaiser's cup in trans-Atlantic race.
29—Death of former Premier Francisco Silvela in Madrid, Spain.
30—Bomb thrown at carriage of King Alphonso of Spain and President Loubet of France in Paris.

June.

1—Opening of Lewis and Clark Exposition in Portland, Oregon....Earthquake in Montenegro....Two hundred drown in overflow of reservoirs at Princetown, Natal.
2—Japan shaken by earthquakes.
6—Crown Prince Frederic William of Germany weds Princess Cecile of Mecklenburg-schwerin....Norway declares her independence of Sweden.
9—President Roosevelt arranges for peace negotiations between Japan and Russia.
13—Theodor Delyannis, Grecian premier, fatally stabbed by gambler.
15—Marriage of Prince Gustavus Adolphus of Sweden and Princess Margaret of Connaught.
17—Death of Cuban leader, Gen. Maximo Gomez.
22—Death of Judge Stephen Neal, author of 14th amendment, in Lebanon, Ind.....Bloody strike battles in Lodz, Poland.
25—$750,000 fire in retail district of Nashville.
28—Great mutiny and rioting at Odessa, Russia.

July.

1—Death of John Hay, Secretary of State....Paul Morton is succeded as Secretary of the Navy by Charles J. Bonaparte.
2—Cloudburst in Guanajuato, Mexico, destroys 1,000 lives.
5—Tornado in North Texas.
6—Elihu Root appointed Secretary of State to succeed the late John Hay.
11—Fire damp explosion in Welsh colliery kills 126 miners.
16—Death of Gen. W. W. Blackmar, G. A. R. National Commander.
20—Strike of Chicago teamsters is ended.
21—Boiler explosion on U. S. S. Bennington in San Diego harbor kills thirty-seven and injures ninety-seven others.
23—Death of Daniel S. Lamont.
24—Bones of John Paul Jones placed in vault in Annapolis.
25—Yellow fever epidemic in New Orleans.

August.

8—Collapse of store in Albany, N. Y., kills twelve persons.
9—Russian and Japanese peace commissioners meet at Portsmouth, N. H.
10—Fiala-Zeigler expedition, rescued by the steamer Terra Nova, reaches Honningsvaag, Norway.
13—Referendum in Norway favors separation.
16—Reciprocity convention in Chicago.
17—Fifty passengers drown when excursion train runs into open draw near Norfolk, Va.
21—Earthquake felt in Illinois, Missouri, Kentucky, Indiana and Tennessee....Death of Mary Mapes Dodge.
29—Russian and Japanese envoys agree upon terms of peace.

September.

1—Alberta becomes new State of Canada.
2—Five million-dollar fire in Adrianople, Turkey.
4—Death of Hezekiah Butterworth, historian.
5—Treaty of peace between Russia and Japan signed in Portsmouth, N. H.....Peace riots in Tokio.
8—Earthquake in Southern Italy destroys 400 lives and twenty villages.
9—Rand powder factory, Fairchance, Pa., explodes, destroying thirty lives.
11—Mikasa, Admiral Togo's flagship, burns and 599 lives are lost.
14—Death of Patrick Collins, Mayor of Boston.
18—Death of George McDonald, novelist.
24—Great fire in Butte, Mont.
26—Manila swept by typhoon.

October.

4—Six hundred thousand-dollar fire in Rhinelander, Wis.
13—Norwegian treaty adopted by Swedish Parliament....Death of Sir Henry Irving.
14—Close of Lewis and Clark Exposition in Portland, Ore....Treaty between Russia and Japan signed by Czar and Mikado.
17—Fatal tornado at Sorento, Ill.
19-20—Storm on Great Lakes destroys shipping and costs several lives.
23—Death of Congressman Jerry Simpson of Kansas.
30—Czar grants representative government to Russians.

November.

1—Sweden unfurls her new flag....Bloody riots in Russian cities.
3—Enormous loss of life in massacres in cities of Southern Russia.
4—Czar signs manifesto giving freedom to Finland.
12—Bishop Stephen M. Merrill, prominent Chicago Methodist, dies....Prince Charles of Denmark chosen King of Norway.
14—People of Isle of Pines declare freedom from sovereignty of Cuba.
18—Torpedo boat sunk in German naval maneuvers and thirty-three men drowned.
19—One hundred lives lost in wreck of steamer Hilda in English Channel....Thirty-nine men die in Glasgow lodging house fire.
25—State entry of King Haakon VII. and Queen Maude into Christiana.
26—Eighteen persons killed and twenty-five injured in railway wreck near Lincoln, Mass.....Fleet of allied powers seize Turkish island of Mytilene.
27—Drunken Russian soldiers at Alexandrovsk burn barracks and eighty political prisoners.
28—Severe gale causes much damage to property in Great Lakes district.

December.

1—Cuban elections a landslide for moderate party.
2—Iron missile thrown through window of President Roosevelt's special train in Philadelphia.
4—Fifty-ninth Congress meets....Wisconsin Legislature meets in special session....Balfour ministry in England resigns.
5—Lieut. Gen. Sakharoff slain by woman in province of Saratoff, Russia.
8—Mrs. Mary M. Rogers hanged in Windsor, Vt.
11—Death of Edward Atkinson, political economist.

Botanical.

We must condone
Milady's fads,
And dumbly own
That Lily pads.

—P. G.

Odds and Ends.

This being in love takes up more time than an aching tooth.

Why do parents always boastingly give the weight of what the stork brings them?

My Hair is Extra Long

Feed your hair; nourish it; give it something to live on. Then it will stop falling, and will grow long and heavy. Ayer's Hair Vigor is the only hair-food you can buy. For 60 years it has been doing just what we claim it will do. It will not disappoint you.

"My hair used to be very short. But after using Ayer's Hair Vigor a short time it began to grow, and now it is fourteen inches long. This seems a splendid result to me after being almost without any hair."—MRS. J. H. FIFER, Colorado Springs, Colo.

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

Ayer's SARSAPARILLA. PILLS. CHERRY PECTORAL.

Mrs. Sarah A. Evans, who has been appointed inspector of the meat markets of Portland, is president of the Oregon State Federation of Women's Clubs.

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.

An optimist is a man who runs an account with a light-weight grocer.

THE OLD-MONK-CURE

St. Jacobs Oil

has traveled round the world, and everywhere human

Aches and Pains

have welcomed it and blest it for a cure.

Price, 25c. and 50c.

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

Horse racing in Italy is dead since the introduction of automobile speed contests.

Aquatic birds are more numerous than land birds.

MALLEABLE IRON STUMP PULLERS

Fastest, lightest and strongest Stump Puller on the market. 119 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 are best because 60 successful years have been spent in their development—half a century of expert care in making them superior to all others. We are specialists in growing flower and vegetable seeds. 1906 Seed Annual free.

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

FERRY'S SEEDS

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 those 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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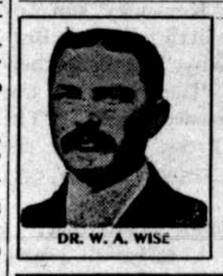
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We do crown and bridgework without pain. Our 18 years' experience in plate work enables us to fit your mouth comfortably. Dr. W. A. Wise has found a safe way to extract teeth absolutely without pain. Dr. T. P. Wise is an expert at gold filling and crown and bridgework. Extracting free when plates or bridges are ordered.

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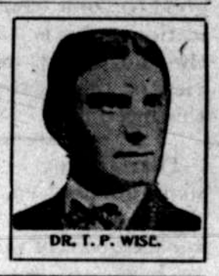
DR. T. P. WISE.

Start the New Year Right!

START the new year with a clean mind and a clean body!

Most people are very neat and clean in their outward appearance, but how about the inside?

Are you clean inside?

And if not, how can you face the New Year with clean thoughts, clear intelligence, a fair, just, and bright mind, and your full share of capacity for work and enjoyment.

* * *

The holidays are over and everybody's had a good time—perhaps a little too much of a good time. Over-eating and over-drinking have been the rule ever since Thanksgiving Day.

Many people get little exercise in winter and breathe much stuffy, over-heated inside air.

At the same time they eat too much rich and indigestible food, while fresh fruit and fresh vegetables are scarce in the market. So stomach and bowels are liable to be over-taxed.

* * *

Clog up, stretch and paralyze the large intestine by over-stuffing it with undigested food, so it can not carry off the useless refuse, and it "backs up" the sewage, and compels the small intestine to absorb the poison of decaying matter, instead of wholesome nourishment.

That's what must happen. Isn't it plain as day?

What's the result?

Nearly everybody "gains in flesh" in the winter time, but it's pussy fat—not healthy flesh and muscle. The liver gets inactive; the bile doesn't "work off"; the eyes get yellow; the skin gets dead like putty and pale like dough, with boils, pimples, blackheads, liver-spots to break the monotony.

Dizziness, headaches, blurred vision, foul breath, sleeplessness and a temper like a wild cat make such persons very pleasant company to themselves and others.

* * *

But, you say—"I'll take a course of Spring medicine to clean me out next April."

Not considering your duty to yourself and family, isn't it certain that to leave the body full of poison all winter, and then suddenly attempt to force out all impurities by one violent attack is dangerous, absurd and unreasonable?

* * *

Keep clean inside all the time. That's the simple solution.

If you can not diet, or keep your mechanism going by proper exercise, the self-evident alternative is to take Cascarets, the sweet, fragrant, harmless little vegetable tablets, that "act like exercise" on your bowels, and gently but powerfully clean out and disinfect the whole digestive canal.

A Cascaret every night before going to bed will "work while you sleep" and make you "feel fine in the morning."

If you have been neglecting yourself for some time, take a Cascaret night and morning and break up the "constipated habit" without acquiring a "cathartic habit."

* * *

Cascarets are sold by all druggists, 10c, 25c and 50c. The 10c size trial box is a neat fit for the vest pocket or lady's purse.

Be sure to get the genuine, with the "long-tailed C" on the box and the letters "CCC" on each tablet. They are never sold in bulk.

* * *

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. 711

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