"Woodby tells me he has been working on his family tree of late." "Yes, it seems to keep him pretty

"Rather complicated work, eh?" "Yes: I believe he discovered a hangman's noose on one of the branches and he's having some trouble sawing it off."-Philadelphia Press.

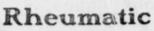
A Business Opportunity. Rachel-"Here is your ring, Solo-

mon. I can never marry you, for I love another. Solomon-"Vere iss de man you

"Heavens! You won't kill him, will

"No, but I vili sell him de ring sheap."-Tales.

The more we know of our ills, the easier and sooner relief will come. Pains and aches of the flesh,





is to cure, and the world knows it does it safely and surely.

Price, 25c. and 50c.

CLASSIFIEDADVERTISING

Portland Trade Directory

Names and Addresses in Portland of Representative Business Firms.

PHOTO SUPPLIES; Kodak developing and prin ing; write for prices. Woodard, Clarke & Co. MAGIC LANTERNS - Weister Co., Portland Lowest prices on Lanterns and Slides.

ELASTIC HOSIERY; Supporters, Braces; Knit to Fit; free measurement blanks; Woodard, Clarke. HORSES of all kinds for sale at very reasonable prices. Inquire 275 Front St.

TRUSSES sent on approval; we guarantee fit is most difficult cases; Woodard, Clarke & Co. ARTIFICIAL EYES; eyery shade and shape; a sortment sent on approval; Woodard, Clarke C

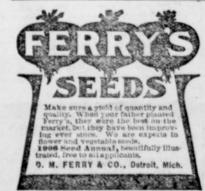
CREAM SEPARATORS—We guarantee the U. S Separator to be the best. Write for free catalog Hazelwood Co., Fifth and Oak, MEN'S CLOTHING - Buffum & Pendleton, sole agents Alfred Beelamin correct clothes. Everything in men's furn shings. Morrison and Sixth streets. Opposite postoffice.

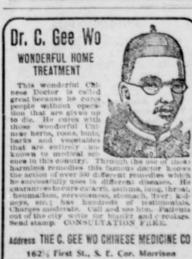
PREE LAND IN OREGON under the Carey Irrigation act. Deed direct from state. Write today. Booklet and map free. B. S. Cooke & Co., 251 Alder street, Portland, Oregon.

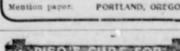
POULTRY FOOD-If you want your hens to lay more eggs write us for free particulars about PU-RINA POULTRY FEEDS-Acme Mills Co., Portiand, Orecon.



MALLEABLE IRON STUMP PULLERS REIERSON MACHINERY CO. Foot of Morrison Street Portland, Oregon









Hood's Sarsaparilla

Purifies, enriches and revitalizes the blood and builds up the whole system.

It radically and permanently cures all blood liseases, from pimples to scrofula. It is the best constitutional remedy for catarrh, rheumatism and dyspepsia. There is no time of year when it is not more

widely useful than any other medicine. These statements are confirmed daily by cured and grateful men and women. Over 40,000 testimonials in the last two years—an unequaled, unapproached record ! Now put up in tablets, as well as usual prison, liquid form. 100 Doses One Dollar.

Not Such an Easy Matter. the salesman, "after you have got with the Dissenters." them broken in." The young man, who had been hesitating between that the shoes. A week later he came of the World.' back to the store with a perceptible

"I wish you'd stretch these shoes," he said. "They hurt my feet terri-

"Haven't you got them broken in yet?" asked the salesman. "Oh, yes," said the young man. "The trouble is that I can't get my feet broken in."

Piso's Cure is a good cough medicine. It has cured coughs and colds for forty years. At druggists, 25 cents.

Was Too Honest. Honesty is one of the leading principles taught in the public schools, and the teachers begin early to impress the value of this trait in character on the minds of the youngest pupils. A South Chicago teacher had a oupil who gave her much sorrow by his unfortunate habit of fibbling on every possible occasion. One day she the life of George Washington," she nual said, "he couldn't tell a lie." "Huh," what was the matter with him?"

[11] after first day's use of Dr. Kline's Great Nervo Restorer. Send for Free \$2 trial bottle and treatise. Dr. R. H. Kline, Ltd., 331 Arch St., Philadelphia, Pa.

Not Near Him. "It's really distressing to think,"

said the wealthy Mr. Farrasy, "that many very common and ignorant people will be admitted to heaven." "Well," replied Mr. Cutting, "that needn't worry you."-Philadelphia

"But why should you worry over your son?" said the incubator drummer. "You said be was cut out for ters, and I'll post them myself." something great?"

"That's just the trouble," sighed the old farmer. "He is so slow that every time he gets an opportunity some-

POULITRY FOOD—If you want your hens to lay more eggs write us for free particulars about PU-RINA POULITRY FEEDS—Acme Mills Co., Fortland, Oregon.

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

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

Orgon Herbs—Specific for all Kidney and Blacker. Wa will size on the process of the mucous surfaces.

Wa will size On Herbs—Specific for all Kidney and Blacker. Wa will size on Herbs—Specific for all Kidney and Blacker. Wa will size On Herbs—Specific for all Kidney and Blacker. Wa will size On Herbs—Specific for all Kidney and Blacker.

which is nothing due an inhance control of the mucous surfaces.

We will give One Hundred Dollars for any case of Deafness (caused by catarrh) that cannot be cured by Hall's Catarrh Cure. Send for circulars, free.

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

should cease.

"Why don't you let him up? He says he's got enough." "I know he says so," said the vic-

A publisher was talking about Osear Wilde's strange book, "De Profundis," with its pathetic decoration of a bird beating its wings against the bars of a cell.

"Wilde's is not the first good book to have been written in jail," he said. "Jail, in fact, seems to be a good place to write books in. Literary men surpass themselves there.

"John Bunyan wrote 'Pilgrim's Progress' in jail

"Cervantes wrote 'Don Quixote'

"Defoe laid the plans for 'Robinson Crusoe' during a term of confinement imposed on him for the writing of a "These shoes will be all right," said pamphlet called 'The Shortest Way "Leigh Hunt wrote 'Rimini" in jail.

"Sir Walter Raleigh, during his fourpair and one a size larger, took the teen years' imprisonment in the tower salesman's word for it, and purchased of London, wrote his excellent 'History

"Silvio Pellico and Tasso both did their best work in jail."

Losses From Insect Pests. C. L. Marlatt, of the Department of Agriculture in Washington, has prepared a statement as to the loss by inloss of \$700,000,000 directly thirds vote of the house. traceable to insect pests .- From W. S. remarked the unregenerate youth, Harwood's "Saving California's Fruit Crops," in the February Centry.

A Good Check. As he took off his coat his wife said

to him gently: "You remember those eight letters ! gave you to post three days ago?" He started.

"Yes. I-I remember." "But you didn't remember to mail them, did you?" she said sweetly. "No, I didn't. How did you find it

"Among them," she explained, "was Mothers will find Mrs. Winslow's Soothing a postal card addressed to myself. Syrup the best remedy to use for their calidren during the teuthing period.

Since it didn't reach me, I knew you hadn't posted my mell. I shell always. Since it didn't reach me, I knew you next week. hadn't posted my mail. I shall always use this scheme in future. It only costs a cent, and it makes an excellent check on you. Now give me my let-

At Least a Help. "Uncle David" was an Oldtown body jumps ahead an' cuts him out."

Deafness Cannot Be Cured

by Mr. Norton in his "Sketches" of that vicinity. David used to run rafts of lumber down the Penobscot, and diseased portion of the ear. There is only one way to cure deafness, and that is by constitue.

that boat."

Not as a Dish. "Our English cousins," remarked After a wordy argument in which from the land of John Bull, "do not \$115,000 the amount for meat inspect the urgent deficiency appropriation bill neither scored two Irishmen decided to fight it out. It was agreed, says become interested in the tasty and nuthe Washington Post, that when tritious nut. I was particularly imeither said "I've enough" the fight pressed with their manner of serving cobnuts, which are similar to though from the neighborhood of Kent. Eng-

her other products."

BODY RACKED WITH PAIN

No other bodily suffering is equal to that produced by the pain of Rheut must contain clauses prohibiting the measure. matism. When the poisons and acids, which cause this disease, become intrenched in the blood there is hardly any part of the body that is not affected. The muscles become sore and drawn, the nerves twitch and sting, the joints inflame and swell, the bones ache, every movement is one of agony, and the entire body is racked with pain. Rheumatism is brought on member of the United States Philipby indigestion, stomach troubles, torpid Liver, weak Kidneys and a general inactive state of the system. The refuse matter instead of passing off his belief that the Filipinos should resolution offered last week by Senator through nature's avenues is left to sour and form uric acid, and other acrid have a portfolio. His resignation has Tillman, directing the committee on poisons which are absorbed into the blood. Rheumatism does not affect offered an opportunity for one of his immigration to investigate the reports

all alike. In some cases it takes a wandering form; it may be in the arms or legs one day and in the shoulders, feet, hands, back or other parts of the body the next. Others suffer more seriously, and are never free from pain. The uric acid and other irritating substances find lodgement in the muscles and joints and as these deposits increase the muscles become stiff and the joints locked and immovable. It matters not in what form the disease may be the cause is always the same-a sour, acid condition of the blood. This vital stream has lost its purity and freshness, and instead of nourishing and feeding the different parts

Sometime ago I had Rheumatism and had to quit work. The pains in my back and between my shoulders was so intense I could not rest or sleep. I tried everything but nothing did me any good till I heard of and took S. S. S. This medicine cured me sound and well. It purified my blood and made me feel like a new man. CONRAD LOHR, Anderson, Ind.

Box 104.

with health-giving properties, it fills them with the acids and salts of this painful and far-reaching disease. The cold and dampness of Winter always are somewhat lower than the figures for F. Smith, California; assistant afterintensify the pains of Rheumatism, and the sufferer to get relief from the agony, rubs the affected parts with liniments. oils, lotions, etc., or uses plaster and other home remedies. These are desirable because they give temporary ease and comfort but have no effect on the real trouble which is in the blood and beyond the reach of such treatment. S. S. S. is the best rem-

edy for Rheumatism. It goes into the blood and attacks the disease at its head, and by neutralizing and driving out the acids and building up the thin, sour blood it cures the disease permanently. While cleansing the blood S. S. S. tones

PURELY VEGETABLE. up the stomach, digestion and every other part of the system, soothes the

Aurora, Ill.

excited nerves, reduces the inflammation, dissolves the deposits in the joints, relieves all pain and completely cures this distressing disease. S. S. S. is a certain cure for Rheumatism in any form; Muscular, Inflammatory, Articular or Sciatic. Special book on the disease and any medical advice, without charge, to all who write. THE SWIFT SPECIFIC CO., ATLANTA. GA.

IN THE NATIONAL HALLS OF CONGRESS

Monday, January 29, gation by the committee on immigra- new states. tion. Tillman modified the resolution by omitting the major portion of the cussion, it was referred to the committee on contingent expenses.

Heyburn raised the question regarding the reservation of forests. sharply criticized the methods of the Forestry bureau and charged it with course of the administration with ref- them flows from it. maintaining a press bureau for the purpose of attacking him. He declined, however, to hold the president responsible for this course. He said that the course was calculated to retard the development of the West.

Washington, Jan. 29 .- What is consect pests in the United States each sidered a strike at the railroads was our course in that island. He also took year. He notes that the losses each taken by the house today in the adop- the position that the president had year in all the plant products of the soil, both in the growing and in the ident to furnish information as to the burn spoke in support of the annexastored state, together with those in existence of an agreement, in violation live stock, exceed the entire expendi-ture of the national government, in-ture of the national government, in-ture of the national government, in-\$5,000,000,000, per year, he notes an railroad companies. Opposition to the annual shrinkage due to insect pests of resolution did not develop until after per cent; but at 10 per cent, \$500,000, speaker. At this point Dalzell, of 000 is "the minimum yearly tax which Pennsylvania, moved to reconsider. insects levy upon the products of the This motion was laid on the table with farm." This does not include loss to the aid of 37 Republican votes united kept him after school and gave him or to natural forest and food products, which makes it impossible to reconsting. a serious "talking to." "Just look at also \$100,000,000; making a total ansider the resolution without a two-

Saturday, January 27.

Washington, Jan. 27. - In a session hour law shall not apply to alien labor- row. ers on the Panama canasl. In addition it passed 262 private pension bills and read the Mann general bridge bill, making it the unfinished business for Monday.

Chairman Hepburn today reported to

Friday, Jan. 26.

Washington, Jan. 26.— The first at-tempt at filibustering during this session occurred in the house today on a Democratic endeavor to defeat the provision of the urgent deficiency waiving the eight-hour law for foreign Panama canal. character, some of whose sayings laborers on the Panama canal. The turning to a bystander, said, in a tone of the bill on a point of order on Tuesday, and its insertion today was effect-"That wheel is a great sarvice to ed under the provisions of a special hour law cannot be abrogated for work

mittee for the purpose. the woman who has just returned resulted from an attempt to increase by commissioners. These two changes in

Thursday, January 25 minutes one of them fell, and imme eon or for tea these nuts were quite passed the statehood bill according to met defeat when a vote was taken. diately yelled, "Enough, I've enough!" the most delicious things I ate. They
But his opponent kept on pounding were served fresh and green, with dehim until a man who was watching licious brown bread and butter and them said:

and no effort was made to defeat the be laid aside tomorrow, when the state-bill on its final passage, only 33 of the hood bill is to be brought in and to a salad made of crisp white lettuce bill on its final passage, only 33 of the have the right of way until disposed of. leaves, with a French dressing. Over bill passed by the vote of 194 to 150. there these cobnuts come, as a rule, The debate which preceded this vote began at 11 o'clock and was practically tor, between punches, "but he's such land may be lacking in fruit, but she featureless so far as any hope was ena liar you can't believe a word he certainly takes advantage of many of tertained of changing the measure in house committee on interstate and tor-

lahoma and the Indian Territory shall bill, and to be reported to the house consittute one state under the name of with the unanimous recomendation of Oklahoma, and that Arizona and New the 18 members of the committee. Mexico shall constitute a state under the main the bill is the original Hepthe name Arizona. Should the terms burn bill, but a number of concessions of admission be ratified by the resi- were made to the Democrats, and their dents of the two former territorites, ideas as set forth in the Davey bill were their respective state constitutions freely incorporated in the perfected

Wants Philippine Secretary. About fifteen years ago I had a severe attack of Rhoumatism and could not work with any satisfaction. My legs were badly swollen and drawn so I could scarcely walk. I tried many remaily recommended to try S. S. S. and it soon cured me sound and well. I am now 74 years old and have never had any return of the trouble,

JOSEPH FROME HAWLEY,

Box 104.

August 10 delegate to express a desire that in concerning Chinese opposition to the future there be a Filipino delegate in concerning Chinese opposition to the future there be a Filipino delegate in concerning Chinese opposition to the future there be a Filipino delegate in concerning Chinese opposition to the future there be a Filipino delegate in concerning Chinese opposition to the future there be a Filipino delegate in concerning Chinese opposition to the future there be a Filipino delegate in concerning Chinese opposition to the future there be a Filipino delegate in concerning Chinese opposition to the future there be a Filipino delegate in concerning Chinese opposition to the future there be a Filipino delegate in concerning Chinese opposition to the future there be a Filipino delegate in concerning Chinese opposition to the future there be a Filipino delegate in concerning Chinese opposition to the future there be a Filipino delegate in concerning Chinese opposition to the future there be a Filipino delegate in concerning Chinese opposition to the future there be a Filipino delegate in concerning Chinese opposition to the future there be a Filipino delegate in concerning Chinese opposition to the future there be a Filipino delegate in concerning Chinese opposition to the future there be a Filipino delegate in concerning Chinese opposition to the future there be a Filipino delegate in concerning Chinese opposition to the future there be a Filipino delegate in concerning Chinese opposition to the future there be a Filipino delegate in concerning Chinese opposition to the future there be a Filipino delegate in concerning Chinese can manufactures.

Trade With Russia.

Washington, Jan. 30 .- Trade of the Washington, Jan. 23 .- The president trade figures were in excess of \$31,300, oming; postmaster, Charles A. Berg, at 000. 000.

Will Test Dry Farming.

its benefits may be discovered.

| sale of intoxicating liquors and plural Washington, Jan. 29 .- The Chinese marriages. The constitution of Arizona oycott and the administration of the must prohibit the sale of liquor to Inorest reserves divided the attention of dians forever and that of Oklahoma for extracted," he said. "A man sits with the senate today. The Chinese ques- 21 years. There are many other stipu- a sponge in one hand and a piece of tion came up in connection with a reso- lations concerning schools, courts and fresh lemon peel in the other. He lution of Tillman, directing an investi- political subdivisions of the proposed presses the peel against the sponge,

preamble, and, after considerable dis- affairs of the United States continued only a half drop of it-comes relucto hold the attention of the senate to- tantly out upon the sponge. day, the Moroccan and Dominican matters being immediately at issue. Money dribblings of about a hundred rinds, it was the principal speaker and he talked is wet enough to be squeezed out. An for over two hours in opposition to the ounce or so of clear and fragrant oil erence to both Santo Domingo and Morocco. He contended that there was within a lemon rind except by squeezdanger of becoming involved unneces- ing and twisting the rind by hand. It sarily in the affairs of other countries takes the rinds of about 1,200 lemons by participation in the Algeciras conference and that this country was not sufficiently concerned with the conduct of affairs in Santo Domingo to justify

tion of Santo Domingo.

Wednesday, Jaunary 24. cluding the pension roll and the main-tenance of the army and the navy. Ohio, Ohio & Northern Central and Placing the value of these products at Philadelphia, Baltimore & Washington of the session had cleared up in the piled. house today, Speaker Cannon and his organization were in complete control eyes. fully 10 per cent-in many cases of 50 it had been declared adopted by the and the joint statehood program of the

administration had been adopted. Previous to the vote the debate on the rule had proceeded under high tension. The speeches were short but farm products in storage, \$100,000,000; with the Democrats, under a rule the word uttered were hot and full of

> The rule adopted provides that the bill granting statehood to Oklahoma and the Indian Territory as "Oklahoma," and Arizona and New Mexico as afternoon. "Arizona," should be debated until 3 of two hours today the house passed o'clock tomorrow and then voted on dangerous proposition. the urgent deficiency appropriation without opportunity for debate. The bill, carrying \$15,216,103, incorporated house adjourned at 5:30 o'clock, after gets sat on more than once during a in spite of it," said this determined in which is a provision that the eight- agreeing to meet at 11 o'clock tomor game.—Puck.

Washington, Jan. 24. - Mr. Lodge today presented in the senate the policy of the administration in the matter the house his railroad rate bill with the Santo Domingo. He defended the ly filled the engagement for me." favorable recommendation of the entire course of the president in both incommittee. The bill will come up stances, contending that our representation at the Moroccan conference was essential to the protection of American commercial interests and that only by the course pursued in Santo Domingo could foreign nations be prevented from seizing the custom houses of that country and securing a position there which bill might threaten the approaches to the

sold to one man, and when he didn't finally finished, late in the day, a detration relative to the Moroccan consell to him, he sold to somebody else." mand for a separate vote and roll-call ference at Algerias, Spain, and in con-One day Uncle David was standing on the river bank when a stern-wheel dered, at which time the house adsteamboat passed. He gazed long and journed. The vote will occur tomor- leries and to a well filled senate, and thoughtfully at the vessel, and then, row. The amendment was ruled out received careful attention throughout.

Washington, Jan. 23. - The eightrule brought in from the rules com- on the Panama canal and canal commissioners cannot receive additional The only other controversy of the day compensation beside their salaries as perfect the bill as to canal ground purchases, purchases of coal for the navy, Washington, Jan. 25. - The house etc., consumed time in discussion, but

Unite on Rate Bill.

Washington, Jan. 23. - After a conthe slightest degree.

The bill as passed provides that Okrate bill to be known as the Hepburn

Manila, Jan. 23. - T. H. Pardo de Washington, Jan. 31 - The senate colleagues to express a desire that in concerning Chinese opposition to Amerthe future there be a Filipino delegate ican manufactures. When the question in congress. Commissioner Ide is re- was presented Mr. Tillman asked for ceiving thousands of congratulations on immediate consideration, but Mr. Aldhis appoinment as governor, which is rich objected. It is understood that he universally approved, though many re- and other Republican senators dislike

Names Three Ambassadors.

United States with Russia, including today sent the following nominations to the Asiatic part, during the fis al year the senate: Ambassadors extraordiof 1905as shown by the record of the pary and plenipotentiary — Luke E. bureau of statistics of the department Wright, Tennessee, to Japan; David E. of Commerce and Labor, amounted to Thompson, Nebraska, to Mexico; Lloyd \$28,800,000, of which \$11.800,000 rep. C. Griscom, Pennsylvania, to Brazil; ONRAD LOHR,

123 E. 19th St.

resented imports into the United States governor general of the Philippine No need of pills, Cathartics, Castor and \$17,000,000 the exports of the islands, Henry Clay Ide, Vermont; Oil nor "Physic," if you'll only work the the preceding year, when the total ney general, Josiah A. Vanorsdell, Wyhaven't got a wood pile.

Irrigation Engineers Confer. Washington, Jan. 31 .- While the de- Washington, Jan. 22 .- Irrigation enpartment of Agriculture does not deny gineers of the department of Agriculthree is merit in what is known as the ture, under the direction of Elwood Campbell system of dry farming and Mead, are in conference in Washington while it is willing that all credit for to outline the work for the coming seathat comparatively new system shall go son. A. P. Stover, of Oregon, and H. to its instigator, there is a strong belief O. Raschbacher, of Idaho, are attendin the minds of irrigation officials of ing the meeting. These engineers are that department that the system should not connected with the Reclamation be carefully studied by the government service, but make a special study of in order that its limits ions as well as water resources, the use of water and drainage problems.

"This oil of lemon," said the spice merchant, "is an exquisite thing. It is hand-pressed-pressed by hand out of lemon rind. Smell it."

The odor of the clear oil suggested sunlic lemon groves miles in extent on a mountainside overlooking the blue

"I'll tell you how the oil of lemon is giving it finally a certain difficult and dexterous twist, and this breaks the Washington, Jan. 25. - The foreign cells in the rind, and the oil-there's "When the sponge has taken up the

"There is no way to extract this oil to make one pound of oil."

The rain fell monotonously from the gray sky, like tears from a sorrowful

"No. Jerome McWade! No. never!" Her cruel words wrung a groan from the strong man's lips, but he was Mrs. Graham, in the guise of a sumnot yet daunted. "Can you not," he faltered, "learn to

love me?" "No. A thousand times no," she re- had been large, but not for one mo-A wild, cruel light flashed in iis

"And yet," he sneered, "they say never too old to learn." And, pausing only to select the best

A Superb Defense. Manager Jackal (of the Jungle University eleven)-We're going to let

Monkey '08-I hear he's a mighty Manager Jackal-Well, he never

So Glad.

"We enjoyed your plano recital last evening immensely, professor."
"I am glad you did, madam. I was of the Algeciras conference over the unable to be present myself, on account Morocco and also with reference to of an accident, but a brother artist kindFor Lung Troubles

Ayer's Cherry Pectoral certainly cures coughs, colds, bronchitis, consumption. And it certainly strengthens weak throats and weak lungs. There can be no mistake about this. You know it is true. And your own doctor will say so.

Jers SARSAPARILLA.
PILLS.
HAIR VIGOR.

When Mrs. Morse, after a lapse & ham's measure of worldly prosperity

her to feel "set up." It was with the intention of reducing any possible pride that might be lurking behind Lydia Graham's placid countenance that Mrs. Morse held her umbrella, he rushed forth into the wet, off at arm's length when the first af-

changed. "How fat you've grown, Lyddy!" said Mary Ann Morse, holding her lit-"Quills" Porcupine play half-back this the figure erect as a small, stiff tree.

and Mrs. Morse saw that her thrust had done no harm. "And yet-and yet you're wrinkled old friend; and then she gave Lydia

WHEN writing to advertisers plea mention this paper.





18 YEARS HERE tablishment are expert dentists who competent to perform the most imports dental operations. No matter the natt of the work, there is a man here to do it.

WISE BROS., DENTISTS DR. H. A. STURDEVANT, Specialist Children's Teeth and Regulating.



Grandfather's Cure for Constipation



REAT medicine,—the Saw-

buck.

Bowels regular.

But, if you will take your Exercise in

Because,-there's only one kind of

Artificial Exercise for the Bowels and its

cise the Bowel Muscles, without work.

an Easy Chair, there's only one way to

do that, and make a Success of it.

name is "CASCARETS."

like Cathartics.

Food on to its finish. They are the Muscles that turn Food into Strength through Nutrition.

Well,-a Cascaret acts on your Bowel

Intestines with a costly waste of Digestive

Juice, as Salts, Castor Oil, Calomel,

These are the Muscles that line the Food passages and that tighten up when

Food touches them, thus driving that

Jalap, or Aperient Waters, always do. No,- Cascarets strengthen and stimu-

late the Bowel Muscles instead.

Muscles as if you had just Sawed a cord of wood, or walked ten miles. That's why Cascarets are safe to take continuously in health; and out of health. Because they move the Food Naturally,

digesting it without waste of tomorrow's Gastric Juice. They thus work all the Nutrition out of

Two hours a day sawing it before it decays. The thin, flat, Ten Cent box is made wood will keep anyone's to fit your Vest Pocket, or "My Lady's" Purse.

a Cascaret whenever you suspect you Exercise is Nature's Cure for Constineed one. pation and, -Ten-Mile walk will do, if you Thus you will ward off Appendicitis Constipation, Indigestion, - and other things besides.

Druggists-10 Cents a Box. Be very careful to get the genuine, made only by the Sterling Remedy Company and never sold in bulk. Every tablet stamped "CCC."

Carry It constantly with you and take

. . . Cascarets are the only means to exer-FF FREE TO OUR STRIENDS! we want to send to ear friends a beautiful french-designed, GGLD-FLATED BONRON BOX. They don't Purge, Gripe, nor "uppet your Stomach," because they don't act like Cathartics.

They don't flush out your Bowels and Sterling Remedy Company, Chicago or New York. They don't Purge, Gripe, nor "upset your Stomach," because they don't act

Keep the bowels regular with Ayer's Pills and thus hasten recovery. thirty years, met her old schoolmate. mer visitor to Aldersfield, she made up her mind to one thing: Lydia Gra-

ment would Mary Ann Morse allow fectionate greeting had been ex-

Mrs. Graham smiled contentedly,

Graham's flushed cheeks a consoling No. 5-06

