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HELP FOR MEN The only re-
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ARCHITECTS.

WM. NEWLANDS, ARCHITECT, Office, second floor over Mahood's drug store, corner Princess and Bagot streets. Enterance on Bagot street. Telephone 608.

ARTHUR ELLIS ARCHITECT, Office site of New Drill Hall, near corner of Queen and Montreal Streets.

POWER & SON ARCHITECT, Merchant's Bank Building, corner Brock and Wellington streets. 'Phone 212.

HENRY P. SMITH, ARCHITECT, etc., Anchor Building, Market Square. 'Phone, 345.

MONEY AND BUSINESS.

LIVERPOOL, LONDON AND GLOBE Fire Insurance Company. Available assets $61,187,215. In addition to which the policy holders have for security the unlimited liability of all the stockholders. Farm and city property insured at lowest possible rates. Before renewing old or giving new business get rates from Strange & Strange, Agents.

OUR POLICIES COVER MORE ON buildings and contents than any other company offers. Examine them at Godwin's Insurance Emperium, Market Square.

EDUCATIONAL.

Fall Term Opens Sept. 5th
KINGSTON BUSINESS COLLEGE
LIMITED
Head of Queen St., Kingston, Ont.

A modern, permanent and reliable school.
Practical, complete, thorough, individual instruction given in all commercial subjects.
Students may enter at any time.
Expert professional teachers in charge.
Open throughout the whole year.
Write, call or telephone for terms and catalogue.
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Thorough courses in Accounting, Shorthand, Typewriting, Penmanship, etc.
Write for particulars and rates.
W. H. SHAW, President. T. N. STOCKDALE, Principal.

SYNOPSIS OF CANADIAN NORTH-WEST HOMESTEAD REGULATIONS

Any even numbered section of Dominion Lands in Manitoba or the North-west Provinces, excepting 8 and 26, not reserved, may be homesteaded upon by any person who is the sole head of a family, or any male over 18 years of age, to the extent of one-quarter section, of 160 acres, more or less.

Entry may be made personally at the local land office for the district in which the land to be taken is situated, or if the homesteader desires, he may, on application to the Minister of the Interior, Ottawa, the Commissioner of Immigration, Winnipeg, or the local agent for the district in which the land is situate, receive authority for some one to make entry for him.

HOMESTEAD DUTIES: A settler who has been granted an entry for a homestead is required to perform the conditions connected therewith under one the following plans:

(1) At least six months residence upon and cultivation of the land in each year during the term of three years.

(2) If the father (or mother, if the father is deceased) of any person who is eligible to make a homestead entry under the provisions of this Act, resides upon a farm in the vicinity of the land entered for by such person as a homestead, the requirements of this Act as to residence prior to obtaining patent may be satisfied by such person residing with his father or mother.

(3) If the settler has his permanent residence upon farming land owned by him in the vicinity of his homestead, the requirements of this Act as to residence may be satisfied by residence upon the said land.

APPLICATION FOR PATENT should be made at the end of three years, before the Local Agent, Sub-Agent or the Homestead Inspector.

Before making application for patent the settler must give six months' notice in writing to the Commissioner of Dominion Lands at Ottawa, of his intention to do so.

SYNOPSIS OF CANADIAN NORTH-WEST MINING REGULATIONS.

Coal.—Coal lands may be purchased at $10 per acre for soft coal and $20 for anthracite. Not more than 320 acres can be acquired by one individual or company. Royalty at the rate of ten cents per ton of 2,000 pounds shall be collected on the gross output.

Quartz.—A free miner's certificate is granted upon payment in advance of $7.50 per annum for an individual, and from $50 to $100 per annum for a company according to capital.

A free miner, having discovered mineral in place, may locate a claim 1,500x1,500 feet.

The fee for recording a claim is $5. At least $100 must be expended on the claim each year or paid to the mining recorder in lieu thereof. When $500 has been expended or paid, the locator may, upon having a survey made, and upon complying with other requirements, purchase the land at $1 an acre.

The patent provides for the payment of a royalty of 2½ per cent on the sales.

PLACER mining claims generally are 100 feet square; entry fee $5, renewable yearly.

A free miner may obtain two leases to dredge for gold of five miles each for a term of twenty years, renewable at the discretion of the Minister of the Interior.

The lessee shall have a dredge in operation within one season from the date of the lease for each five miles. Rental, $10 per annum for each mile of river leased. Royalty at the rate of 2½ per cent collected on the output after it exceeds $10,000.

W. W. CORY,
Deputy of the Minister of the Interior.

N.B.—Unauthorized publication of this advertisement will not be paid for.

The Polish that won't wear off,
Sold Only at Strachan's Hardware

C. H. POWELL
CARPENTER AND JOBBER,
103 Raglan Street.

FACE COVERED WITH HUMOUR

Scalp One Mass of Sores, Hair and Eye-Brows Fell Out—Agony for Eight Long Years—Doctors Were Unable to Help Her.

SPEEDILY CURED BY CUTICURA

"I had suffered terrible agony and pain for eight long years from a terrible eczema on the scalp and face. The best doctors were unable to help me, and I had spent a lot of money for many remedies without receiving any benefit. My scalp was covered with scabs, my face was like a piece of raw beef, my eyebrows and lashes were falling out, and sometimes I felt as if I was burning up from the terrible itching and pain. I then began treating myself at home, and now my head and face are clear and I am entirely well. I first bathed my face with Cuticura Soap, then applied Cuticura Ointment to the afflicted parts, and took Cuticura Resolvent for the blood. I was greatly relieved after the first application, and continued use of Cuticura soon made a complete cure.—Miss Mary F. Fay, Westboro, Mass."

AGONIZING ECZEMA

And Itching, Burning Eruptions with Loss of Hair, Cured by Cuticura.

Bathe the affected parts with hot water and Cuticura Soap, to cleanse the surface of crusts and scales, and soften the thickened cuticle; dry, without hard rubbing, and apply Cuticura Ointment freely, to allay itching, irritation, and inflammation, and soothe and heal; and, lastly, take Cuticura Resolvent Pills to cool and cleanse the blood. A single set is often sufficient to cure the most torturing, disfiguring skin, scalp, and blood humours, with loss of hair, of infancy or age, when doctors, medicine, and all else fails.

Cuticura Soap, Ointment, and Pills are sold throughout the world. Depots: London, 27 Charterhouse Sq.; Paris, 5 Rue de la Paix; Australia, R. Towns & Co., Sydney. Potter Drug & Chem. Corp., Boston, Sole Props.
Mailed Free, "All About the Skin, Scalp, and Hair."

CARTER'S LITTLE LIVER PILLS.

CURE
Sick Headache and relieve all the troubles incident to a bilious state of the system, such as Dizziness, Nausea, Drowsiness, Distress after eating, Pain in the Side, &c. While their most remarkable success has been shown in curing

SICK
Headache, yet Carter's Little Liver Pills are equally valuable in Constipation, curing and preventing this annoying complaint, while they also correct all disorders of the stomach, stimulate the liver and regulate the bowels. Even if they only cured

HEAD
Ache they would be almost priceless to those who suffer from this distressing complaint; but fortunately their goodness does not end here, and those who once try them will find these little pills valuable in so many ways that they will not be willing to do without them. But after all a sick head

ACHE
is the bane of so many lives that here is where we make our great boast. Our pills cure it while others do not.

Carter's Little Liver Pills are very small and very easy to take. One or two pills make a dose. They are strictly vegetable and do not gripe or purge, but by their gentle action please all who use them. In vials at 25 cents; five for $1. Sold by druggists everywhere, or sent by mail.

CARTER MEDICINE CO., New York.

Small Pill. Small Dose. Small Price.

PURE FOOD INSURES GOOD HEALTH
MAGIC BAKING POWDER INSURES PURE FOOD.
E. W. GILLETT COMPANY LIMITED
TORONTO, ONT.

CURES in 1 to 5 days. Guaranteed not to stricture. Prevents Contagion. THE EVANS CHEMICAL CO. CINCINNATI, O. U. S. A.

MEN AND WOMEN. Use Big G for unnatural discharges, inflammations, irritations or ulcerations of mucous membranes. Painless, and not astringent or poisonous. Sold by Druggists, or sent in plain wrapper, by express, prepaid, for $1.00, or 3 bottles $2.75. Circular sent on request.

Green Apples Killed A Child.

Syracuse, N.Y., Aug. 16.—Josephine C. Ray, aged three and one-half years, died of convulsions, supposed to have been caused by her eating green apples. She was taken ill shortly after supper and Dr. John C. Shoudy was called. The child lived but twenty minutes. Her parents, Albert and Mrs. Anna Ray, of 720 Schuyler street, believe that she secured green apples during the afternoon and ate them.

Robert H. Serviss, a young G.T.R. brakeman, and Miss Rose E., second daughter of William Capper, two popular young Brockvillians, were united in marriage on Monday.

ARE SOLD OPENLY

VERITABLE SLAVE MARKET AT CAPE MUDGE.

Searching Investigation to be Made by Authorities as Result of the Revelations.

Vancouver, B.C., Aug. 15.—Provincial Constable Jones, who is in charge of a large territory on the northern coast, has just paid a visit to the Indian village at Cape Mudge. It is stated on good authority that a remarkable condition of affairs exists there amongst the native population. It is openly asserted that half-breed and quarterbreed girls are sold there to the highest bidders, hundreds of dollars having changed hands, according to the statements made in well authenticated cases.

While the visit of Constable Jones last week was not made specially for the purpose of going into the question of the alleged immoral traffic, the result of his visit will probably be that a complete investigation will be made by the provincial police authorities, and the guilty parties brought to justice.

According to the information obtainable to-day, a number of well authenticated cases have come to the notice of recent investigators. Girls have during the last few years been sold when they were very young, and some have been resold on as many as three occasions. It was when the girl was a deserter the third time that she came back to the village and was again disposed of to a halfbreed rancher farther up the coast for $1,200. Recently she deserted the ranching man, and he complained so bitterly to all his neighbors up and down the coast, that the story is now very well known in all its disgusting details.

In another case, a young man of Westminster, who was actually engaged to be married to a girl of the Royal City, went north and was ensnared by the charms of one of the white-skinned girls of the Cape Mudge settlement. He is alleged to have paid no less than $500 for the girl, and the couple are now living in the north.

SAVED FROM WATERY GRAVE

Has Scores of Medals and Certificates.

London, Aug. 16.—By the rescue of two young visitors from drowning this week William Adams, of Gorleston, has brought his list of lives saved from the water to seventy-four

Adams is a man of forty, a tinsmith in the winter and a proprietor of bathing huts and an instructor of swimming in the summer.

He acquired the habit of life-saving when he was only eleven years old, and persisted in it without public recognition until he was twenty-one years old, when he received his first testimonial from the Royal Humane Society.

Since then he has received seventeen of the society's certificates, several gold, silver, and bronze medals, with clasps, and innumerable private testimonials.

In 1890 he rescued a lad named Crane, who fell from the Gorleston pier into a strongly running tide. Eight years afterwards, as Adams came out of the water after giving a swimming lesson to some elementary school boys, a man stepped up to him and gave him a silver medal. It was the lad he rescued eight years before.

Adams' only failure was in 1898. Two Gorleston lads got into difficulties while bathing, and Adams was summoned to their assistance. He dashed into the sea and brought one of the lads out, but in the meantime the other sank. Adams dived repeatedly, and at length secured the lad, but it was too late to restore animation.

Harrowsmith Happenings.

Harrowsmith, Aug. 16.—Rev. Mr. Service and Mrs. Service have gone to spend several weeks with their daughter in New Liskeard, New Ontario. Rev. Mr. Shorey, Sydenham, preached in the Methodist church last Sunday. Communion service was held in the Presbyterian church on Sunday. Mrs. Day and Miss Stewart have returned from a trip to Murray Bay and other eastern points. Mrs. J. S. Gallagher, and little daughter, Lucille, have returned from Portland. Miss Myrtle Gallagher has also returned home, accompanied by her friend, Miss Gladney. Miss Margery Gallagher, Ottawa, is visiting at C. Stewart's. Our bank has moved from the post office to its new quarters on the opposite corner. Mr. Horning, Walkerville, is putting in the new fixtures. School will open on Monday with a new staff of teachers. Miss Bradford is visiting friends near Odessa. The Misses McLean, Napanee, spent a few days at S. Patterson's. A. Forsythe has been taking his holidays. William Grant has been relieving agent. The K. & P. station is being repainted. Miss Lillian Trousdale has returned from the States, accompanied by her aunt. A number of our young men have been camping over a week and several enjoyable picnics were held during their stay there. Mrs. Hinch and children, Westbrook, are visiting at Anson Hughes. Miss Philips is visiting friends in the States.

Painted The School.

Wilmur, Aug. 15.—Our schoolhouse is looking fine after its new coat of paint inside and out, and will be encouraging to our teacher, Miss English, on her return. Most of the farmers have finished haying and are well advanced in harvest. Mr. and Mrs. J. K. Freeman and daughter have returned after spending a few days at Collins Bay. R. G. Stonness is visiting his sister in Watertown. Mr. and Mrs. W. Garbutt spent Sunday at Mrs. M. Aykroyd's.

PERSONAL.

MEN SHOULD KNOW THAT THE only perfect and safe Vacuum Appliance is manufactured and controlled by the Erie Medical Co., 94 Mohawk St., Buffalo, N.Y., who administer in connection with it interior and exterior remedies having a world-wide reputation for weak men. Write today for sealed circulars and proofs.

A CHARMING WEDDING.

A Happy Event Celebrated at Village of Denbigh.

Denbigh, Aug. 14.—One of the prettiest marriages of the season was solemnized in the Methodist church here, Wednesday, 9th inst., it being that of Miss Florence Lilian, second youngest daughter of Mr. and Mrs. John Lane, to G. Robert Stewart, of Gilbert. As the bridal party entered the church they were greeted by the strains of Mendelssohn's wedding march, rendered by Miss Jean Lane, sister of the bride. The ceremony was performed by Rev. J. R. Butler Courtice, brother-in-law of the bride. The church was tastefully decorated with a draping of evergreens around the entire auditorium, while the pulpit was banked with cut flowers, and potted plants. The bride's youngest sister, Miss Vina, Napanee, looking charming in a costume of champagne voile and large picture hat of white, was maid of honor. She carried an immense sheaf of pink sweet peas. Ethel Bebee, Vennachar, performed good service for the groom, and little Miss Clara (Toddie) Esson, Petrolea, niece of the bride, made a sweet flower girl. She was daintily dressed in white silk organdie trimmed with lace and carried a basket of sweet peas, which she scattered in front of the bride as the party left the church. At the conclusion of the ceremony, the guests, numbering about one hundred were entertained at Vistainere cottage, the home of the bride's brother, J. Samuel Lane, with whom she has resided for many years. Here all partook of a sumptuous repast from a marquee on the lawn.

The fair bride looked like a stately lily in her bridal robe of white taffeta en train, with an overdress of white chiffon trimmed with a yoke of silver embroidery and inlet with real lace. Her bridal veil, of white embroidered tulle, was suspended from a wreath of orange blossoms and was caught up in myriad places with tiny sprays of the same. The only ornament worn was a heavily chased gold bracelet, with amethyst fastenings. She carried a large bouquet of white bride's roses and maiden hair fern tied with streamers of satin ribbon. Her going-away dress was a suit of brown taffeta, with hat of fancy straw, and gold sequins with deep back, banked with clusters of orange blossoms and satin ribbon.

The bride is a popular young lady, both in the village and surrounding country. She was a member of the Methodist choir, a teacher in the Sunday school, and much loved and respected. Mr. Stewart will be kindly remembered as a former teacher in this vicinity. Their popularity and esteem was shown in a marked degree by the presents the bride received, consisting of cheques, silverware, china and glass, etc.

Amid a tumult of good wishes, Mr. and Mrs. Stewart left for Actinolite, the home of the groom's parents, whence they will go direct to their home in Gilbert. Many guests were present from distant places, including Petrolea, Roblin, Actinolite, Lyndock, Cloyne, Renfrew, Griffith and Matawatchan.

The groom's gift to the maid of honor was a handsome pin of red and green enamel set in silver; to the best man a stick pin, and to the flower girl a gold locket.

AGREES WITH ROBERTS.

British War Department Has Shown Much Blundering.

London, Aug. 16.—Lord Roberts' view that the army is now in a worse condition than it was before the war has been powerfully indorsed by Gen. Buller.

Writing to a correspondent Gen. Buller says:

"Our foolish statesmen of late years have been so anxious to devise some new plan for an entirely new organization that they have overlooked the fact that in our army, militia, and volunteers we have an organization which has done good and effective work in the past, which has stood by the country for over one hundred years, and would, if properly looked after and brought up to modern requirements, serve the country's needs for many years to come.

"Instead of looking after and encouraging and improving what they had, our statesmen have disorganized the army, discouraged the militia, and disheartened the volunteers.

"As Lord Roberts truly told them, the other day, they have produced a state of affairs which is worse from a defense point of view than before the war."

Major-Gen. Turner, late inspector-general of volunteers, denounced conscription and compulsion of any kind as being contrary to the constitution and repugnant to the nature and temper of the British people.

"Lord Roberts has done all he can to awaken the nation out of the fool's paradise in which it has been lulled," said Major-Gen. Sir Alfred Turner.

"Both the prime minister and the secretary for war appear to think that the country is perfectly safe behind the navy. The late Lord Salisbury held a different opinion. He said if the people were trained to arms in their own localities we should have such a defensive force that no assailant would have a chance against us, and therefore, no assailant would ever come."

"This must be the sound view for the government to take.

"Mr. Balfour has said that in the great stress of war we must rely on the efforts of our own population, but what is the good of the efforts of our population unless the people are trained in the way suggested by Lord Roberts?

"The nation will not have conscription. Therefore it is madness to do anything but encourage the voluntary forces."

Woman Died In Pew.

Sheboygan, Wis., Aug. 16.—As the minister of the Sheboygan Falls M. E. church was starting a prayer, on Sunday, Mrs. William Long fell dead in her pew. The minister failed to notice the woman, and her husband sat with his dead wife's head on his shoulder till the prayer was ended.

Oscar Wesley Bristol died at the family residence, Big Island, in his seventieth year. The funeral took place Sunday to Glenwood cemetery.

FREAKS OF FLUID

PARTIALITY OF LIGHTNING FOR FARMERS' BARNS.

A Peculiarity Held to be Worthy of Investigation — Insurance Company Suffer More Than Any Other Interests.

The Toronto World has a timely article pointing out the frequency with which lightning strikes farm barns and spares farm houses. It says:

"Hardly a day passes during the hot summer months that a farmer's barn does not go up in smoke as a result of being struck by lightning. Lightning's freaks cause the farmers and insurance companies a large annual loss, and its ravages seem to be growing altogether out of proportion to the growth of population and buildings. On this point accurate statistics would be instructive. At all events the question is of sufficient importance to become the subject of intelligent investigation.

"The insurance companies perhaps suffer more than any other interest, and if they would make a move in the direction of scientific enquiry, public opinion would support the federal or provincial government, or both, in giving them substantial aid. Money could not be spent to better purpose than discovering means of removing or lessening the danger to farm buildings from lightning. So far science has made very little progress in this direction, but the chief reason probably is that scant encouragement has been offered.

"There are a few facts known to the common everyday citizen which might be used as a basis for practical investigation. It is remarkable, for instance, that though lightning makes a target of barns, it very rarely strikes a farm house. At least twenty barns are struck for every house. This may be merely due to the larger size of the barns, or then again it may be related to the material that is stored in them or to some other circumstance which could be offset by practical safeguards. The question is one of real seriousness and the World would like to see the government and the insurance companies co-operate in a scientific enquiry into ways and means of protecting the farmers' property from an ever growing menace."

To Honor Ethan Allen.

Special to the Whig.

Burlington, Vt., August 16.—To-day is Bennington Battle day, and the city is in full holiday attire. Thousands of visitors began to arrive here early in the day to attend the celebration and witness the dedication of the memorial tower erected in honor of Ethan Allen, the hero of Ticonderoga, on Indian Rock in Ethan Allen Park. The celebration is held under the auspices and direction of the Sons of the Revolution, acting conjointly with the city authorities and several patriotic organizations.

The ground upon which the Indian Rock, bearing the memorial tower, is located, at one time was part of the farm owned by Ethan Allen. He died on his farm and a few years ago the Daughters of the Revolution had a bronze tablet placed on the rock near which Ethan Allen's house stood at the time of his death.

Tragic Death Of American Artist.

London, Aug. 16.—A dispatch to the Central News from Paris says that Helen Dunlap Hunt, of Philadelphia, an artist, was drowned near Morlaix to-day while engaged in painting.

The young woman had climbed up on some rocks and was so busily engaged in painting that she did not notice the tide rising until she was cut off from the land. She jumped into the water, intending to swim to shore.

In making the leap, however, she sprained her foot and was so greatly handicapped that she was unable to swim and was drowned.

When You Grow Old.

The body needs patching—wasted tissues must be rebuilt, played-out organs restored—blood needs extra nourishment. Elderly people need Ferrozone—need it because it vitalizes and rejuvenates as no other remedy can. Ferrozone builds up the kind of strength that makes one feel good—keeps back the decay of old age and makes you look young and handsome again. Forget nervous exhaustion, renew your vital energy, again re-enter the life of youth. Your remedy is Ferrozone, only fifty cents per box, at all dealers.

$100,000 For Cathedral.

Cincinnati, Aug. 16.—A donation of $100,000 for the completion of the Roman Catholic cathedral at Covington, Ky., was announced by Archbishop Maes, of that city. The cathedral has been in course of construction since 1894, a total of $300,000 having been expended on it. Nicholas Walsh, of Cincinnati, is said to have made the gift, but the name of the donor was not announced officially.

Mrs. James E. Empey, Belleville, was struck in the back of the head by a stray bullet while walking in her garden.

For tan and sunburn use McLeod's Witch Hazel Cream.

The South Bay canning factory is so far completed that it will be ready for canning tomatoes in a few days.

The Best Is Cheapest.

"Solution of Ozone (the coupon kind)," is the purest and best form in which Ozone is put up. Each bottle of it contains a coupon entitling you to a package of "Celery King," the well-known tonic laxative, which should always be used with Ozone.

By buying "Solution of Ozone (the coupon kind)" you get Ozone in its most efficient form, and you get about twice as much of it for your money as of other brands. You also get the package of "Celery King" absolutely without charge for it.

No other brand of Ozone offers this advantage because no other firm can give you the "Celery King." That is the only way to procure the full value of your Ozone purchase.

"Solution of Ozone (the coupon kind)," is fifty cents and one dollar at your druggists, and if he hasn't it the Public Drug Company, Bridgeburg, Ont., will see that you are supplied.

The little Doctor, in your Vest Pocket

Sell the thin, round-cornered little Enamel Box below! When carried in your vest pocket it means Health-Insurance.

It contains Six Candy Tablets that taste like Licorice, and are almost as pleasant as Chocolate.

Each tablet is a working dose of Cascarets, which acts like Exercise on the Bowels and Liver.

It will not purge, sicken, nor upset the stomach.

• • •

Because, it is not a "Bile-driver," like Salts, Sodium, Calomel, Jalap, Senna, nor Aperient Waters.

These waste Digestive Juices of the system needed tomorrow, in merely flushing-out the Bowels today.

Neither is it like Castor Oil, Glycerine, or other Oily Laxatives.

They simply lubricate the Intestines for transit of the food stopped up in them at that particular time.

• • •

These emergency drugs relieve the immediate trouble, but do not relieve its Cause.

The same trouble will therefore recur again till that Cause is removed permanently.

The chief cause of Constipation and Indigestion is a weakness of the Muscles that contract the Intestines and Bowels.

This contraction is what propels Food onward, and squeezes into it the Digestive Juices formed by the body to digest food naturally.

When these Contractile Muscles become weakened from lack of Exercise, or other reasons, Constipation sets in, and will grow more rapidly the more Cathartics are given to relieve each emergency.

• • •

The best cure for Constipation, or Indigestion, is simply lots of Out-door Exercise, to stimulate the Muscles of the Bowels as well as the Muscles of the Legs and Arms.

But, few people have the time, or inclination, to take sufficient of this Athletic Exercise.

Showing size of "Vest Pocket" Cascaret Box compared to Watch.

The next best thing is to take Artificial Exercise for the Bowel Muscles.

This is the equivalent of a Turkish Bath, Massage, or Cold Water Shower-bath for the surface muscles—arms, legs, etc.

• • •

Cascarets are practically to the Bowel Muscles what a Massage and Cold Bath are to the Athletic Muscles.

They stimulate the Bowel Muscles to contract, expand, and squeeze the Digestive Juices out of food eaten. This contraction is what propels Food on to its destination, after all the nutriment has been absorbed from it into the Blood.

Cascarets do this naturally, without purging or discomfort.

They don't help the Bowels and Liver to do their work in such a way that they lean upon similar assistance for the future.

• • •

They do make the Bowels and Liver perform their own work in Nature's way.

Through Cascaretted Exercise their Muscles grow stronger, and more capable, after each dose of Cascarets taken.

This is why, with Cascarets, the dose may be lessened each succeeding time instead of increased, as it must be with all succeeding doses of other Cathartics and Laxatives.

• • •

Cascarets act like Exercise.

If carried in your Vest Pocket, (or carried in My Lady's Purse,) and eaten just when you suspect you need one, you will never know a sick day from the ordinary ills of Life.

Because, nearly all these ills begin in the Bowels, and partial Constipation paves the way for all other Diseases.

All Druggists sell them.

You can try Cascarets FREE before you buy. Write for Free Sample and booklet, "The Curse of Constipation," best ever printed on the subject. Address Sterling Remedy Company, 374 St. Paul St., Montreal.

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