VLIGHT

Clothes washed by Sunlight Spap are cleaner and whiter than if washed in any other way.

Chemicals in soap may remove the dirt but always injure the fabric. Sunlight Soap will not injure the most dainty lace or the harrds that use it, because it is absolutely pure and contains no injurious chemicals.

Sunlight Soap should always be used as directed. No boiling or hard rubbing is necessary. Sunlight Soap is better than other soap, but is best whenused in the Sunlight way.

5c. Buy it and follow 5c. \$5,000 REWARD Will be paid proves that Sunlight Soap contains any injurious chemicals or any f) w

Lever Brothers Limited, Toronto



EDDY'S

or Match ive boxes containing about MATCHES

Grocer For Them

ou only 5c. to try them.

LINGS E, PORTER AGER NOTED FOR

ANCY & UNIFORMITY

IN, AGENT, KINGSTON



the package of Alabastine you buy, then you are safe-it is genuine. We sell the real article-

Church's Alabastine

TINE because it will save time, trouble and ex-

Hardware and Paint Dealers every as

PANY, LIMITED - PARIS, ONT.

if you write-

tains the system in robust health, and enables it to resist winter's extreme cold. y to fool our customers with kalsomines that s of your rooms. It is so annoying you and scale off, as they will in time; and to wash and scrape the room when you

The Most Nutritions and Economical.

The greatest proportionate loss of officers to men in any battle was at the capture of Redan, when three officers were lost to every twenty-two

DIVIDED INTO FOUR SECTIONS IN THE NEW PARLIAMENT.

Most Important is the Labor Representation Committee Section, Which Numbers 29 Members-Form an Exclusive Party In the House and Will Decide Upon Its Own Policy - A Trades Union Program.

Brushed Scales from Face Like Pow-

der-Under Physicians Six Months

But Grew Worse - Some Said

Face Would Be Marked for Life-

"As I was a sufferer with eczema

I write to tell you what a great friend

I found in Cuticura Remedies. In

covered, my eyebrows came out, and

then it got in my eye. I then went to another doctor. He asked me what

I was taking for it, and I told him

Cuticura. He said that was a very

good thing, but that he thought that

my face would be marked for life. But

Cuticura did its work and my face is

I took his advice and got the Ointment

Soap, and Resolvent. I washed with

the Cuticura Soap and then applied

the Ointment; and took Cuticura

Resolvent as directed. In a short

time my face began to get better, and

when I had taken one bottle of

off my face like a powder. When I

had taken four bottles my face was as

"I told all my friends about my

remarkable cure. I feel so thankful

want everybody far and wide to

know what Cuticura can do. It is a

sure cure for eczema. (signed) Mrs.

Camden, N. J., April 25, 1905."

Free to You,

Emma White, 641 Cherrier Place,

Complete External and Internal treatment for every

or on may be had of all droggists. A single set often care. Potter Drug & Chrin. Corp., Sole Props., Boston, Mass., U.S. A. OF Malled Free, "How to Cure Eczems."

Free to You and Every Sister Woman

Suffering from Woman's Ailments

I will mail, free of any charge, my home

from woman's ailments. I want to tell all

women about this cure-you, my reader, for

yourself, your daughter, your mother, or your

sister. I want to tell you how to cure your-

selves at home without the help of a doctor.

Men cannot understand woman's sufferings,

What we women know from experience we

know better than any doctor. I know that my

home treatment is a safe and sure cure for

Displacement or Falling of the Womb, Pro-

Ovarian Tumors or Growths, also pains in the

head, back and bowels, bearing down feelings,

nervousness, creeping feeling up the spine,

meiancholy, hot flashes, weariness, kidney

and bladder troubles where caused by weak-

I want to send you a complete ten days

treatment entirely free to prove to you that

you can cure yourself at home, easily, quickly

nothing to give the treatment a complete trial,

cost you only about 12 ceuts a week, or less than

two cents a day. It will not interfere with your

work or occupation. Just send me your name

and address, tell me how you suffer if you

wish, and I will send you the treatment, for

your case, entirely free, in plain wrapper, by return mail. I will also send you free of cost, my book "WOMAN'S OWN MEDICAL AD-

easily cure themselves at home. Every woman

should have it, and learn to think for

herself. Then when the doctor says-

for yourself. Thousands of women have cured

To mothers or daughters, I will explain a

simple home treatment which speedily and

effectually cures Leucorrhoca, Green Sickness

and painful or irregular menstruation in young

Wherever you live, I can refer you to ladies

of your own locality, who know and will gladly

tell any sufferer that this Home Treat-

ment really cures all women's diseases,

dress, and the free ten days treatment is

MRS. M, SUMMERS

may not see this offer again. Address

The Celebrated

English Cocoa.

An admirable food, with all

its natural quelities intact.

excellent Cocoa main-

urs, also the book. Write to-day, as you

Windsor, Ont.

makes women well, strong, plump and

Plumpness and health always result

You must have an operation," you can decide

mselves with my home remedy. It cures

Remember that it will cost you

you should wish to continue, it will

with explanatory illustrations show-

women suffer, and how they can

nesses peculiar to our sex.

Leucerrhea or Whitish Discharges, Ulceratio

fuse, Scanty or Painful Periods, Uterine

consisting of Cutieura Soap, Ointment, are livent, talso in form of Chocolate Coated Pills in via

My Sister

Resolvent I could brush the scales

"My brother-in-law told me about

wonderful Cuticura remedies.

now just as clear as it ever was.

Contract of the second

WORK WONDERS

six months I had

tried three doctors,

but did not get any

my body and on my

feet so thick that

I could Mardly put

a pin on me with-

out touching cc-

zema. My face was

better. It was

Now Without a Blemish.

CUTICURA REMEDIES

The Labor party in the new British Parliament is divided into four sections: (1) The Labor representation committee members, who meet at the House of Commons; (2) the miners' members; (3) the Liberal-Labor members; and (4) a section which must be classed as Labor Independents, says The London Express.

By far the most important of these four is the Labor representation committee section, which will be known officially as the "Labor party." It numbers 29 members, which is practically a majority of the whole Labor party. Out of 59 candidates the following have been returned: Messrs, J. Keir Hardie, W. Crooks, D. J. Shackleton, and A. Henderson (members of the last Parliament), G. N. Barnes, C. W. Bowerman, R. Clynes, C. Duncan, A. H. Gill, T. Glover, J. Hodge, W. Hudson, Jenkins, F. W. Jowett, G. D. Kelly, J. R. MacDonald, J. T. Macpherson, J. O'Grady, J. Parker, T. F. Richards, G. H. Roberts, J. Seddon, P. Snowdon, T. Summerbell, W. Thorne, S. Walsh, G.

These members are pledged by the constitution of the Labor representation committee to form an exclusive party in the House; it will now elect its own chalrman and whips, and decide its own policy. Probably it may on occasions open its doors to those members whose policy most nearly coincides with its own, and thus strengthen its action by increasing the unity in the party. What its exact program will be is still doubtful; the meetings shortly to be held will decide that. But those members who are trade unionists and whose candidature has been endorsed by the Parliamentary committee of the trades union congress, have certainly a well-defined basis to work up-

Trade Union Program.

To a great extent this trade union program will form the policy of the ures for which Labor has been clamoring, though probably some extensions of it will have to be made to meet the needs of the strong Socialist element and the leaders of the group. To the trade unionist section of the

Labor representation committee the trades disputes bill and the workmen's compensation act amendment are all in all, and mean much more than the questions which are made the chief planks in other party programs. No doubt the coming conference will see an amalgamation of programs; the Labor representation committee, the

Independent Labor party, and trade union congress declarations will all be thrown into the melting pot, and thenceforth will come something which will suit all parties. Both the Labor representation com-

mittee and trade union congress are in agreement-as naturally befits a child and its parent - and the list of measures as given by the Parliamentary committee of the latter include the two mentioned above, amendments to the truck act, the factory acts, unemployed act, educaton act, abolition of Chinese labor, extension of the housing of the working classes act, adult suffrage, an eight-hour working day, and reform of treatment with full instructions to any sufferer some municipal laws.

Miners and Members.

Such is the policy of the largest section. The miners are in a different category; for, while they are strongly trade unionist, there are among them many who could safely sit on the Liberal benches and not lose political caste. Inasmuch as they have at the trade union congress supported many of the Great James street and Guilford street, ty evident that their unionism will come first and their Liberalism last.

The miners' members are Messrs, W. Abraham, T. Burt, C. Fenwick, F. Hall, J. Johnson, T. Richards, J. Wilson, W. Brace, E. Edwards, J. Haslam, W. Johnson, J. Williams and J. Wadsworth, thirteen in all, forming a very strong representation of one particular in-

In the manifesto issued by the executive committee before the election the votes of electors were asked for in order that the Eight Hours Bill and an amended mines bill might be carried through the House, so that this portion of the Labor party must have support for their particular measures before they can work harmoniously with the newly-christened Labor party. There is little doubt but that things will be arranged smoothly; indeed, the federation has announced that their candidates were in full "accord with the aspirations and needs of the laboring classes generally," and would "co-

operate heartily with other Labor rep-

The Lib.-Labs. Thirdly, then, the Liberal-Labor members, such as Messrs. Broadhurst, W. Cremer, A. Richardson, H. Vivian, who at some time or other have been very actively engaged in trade union work, or now represent the work of Labor in association, such as co-operation, as does Mr. Vivian,

Outside this circle is still another which circumscribes men who are of Liberal tendencies who have no tradeunion backing, except at the polls, but whose sympathies lie with Labor and its proposals. In this division fall Messrs, Percy Alden, F. Maddison, G. Nicholls, J. Rowlands, and W. P. Byles. These may be called the "free

lances" of the Labor party, bound by no allegiance to group or federation, ready to support or abstain as their conscience dictates. And in the same category must be included the Right Hon. John Burns.

Lastly are four Labor Independents; Messrs. R. Bell (re-elected), W. C. Steadman, J. Ward, and J. H. Wilson. These have not chosen to sign the constitution of the Labor representative committee, and are thus nominally outside its pale. But they agree with the policy promulgated by the trades union

tain has eight times as many railways as the United States. Cures a Cold in One Day, Orip in 2 Days A man in trouble always appreciates a favor-until he gets out. Id. LINTS box 250 give praise where it is due.

bers of the congress itself their claims for recognition cannot be ignored,

tive committee are begun.

Thus, briefly, the position of

body-only fifteen Labor members

FROM NEWSBOY TO M.P.

W. C. Steadman Tells of His Early

Struggle With Poverty.

Central Finsbury, relates the story

rent number of Pearson's Weekly.

his life in a special article in the cur-

job as an errand boy," he says, "No-

pleasure as I felt when I took home

my first week's earnings to my mother.

able-looking child that when I applied

for the job they at first scoffed at the

idea of my being strong enough to run

suffered from ill-health.

that my earnings ceased.

thing else about my boyhood.

weak, puny lad into a strong man, and

now I do not think I can tell you any-

"The general election of 1868, when I

was 17 years old, first gave me an in-

terest in politics. I heard the late W.

the Amalgamated Society of Engineers,

speak at a meeting at Tower Hamlets,

for which he was the Radical candidate,

and thenceforward I threw myself heart

ascribe such success as I have made in

life. Well, I do not find it a very easy

"In the first place, I can honestly say

that I have got on entirely by my own

exertions, I have always helped myself,

and owe nothing to the favor or influ-

ence of others. Then, of course, I have

worked hard. All the time I was an

apprentice I attended night schools, and

did everything I could to improve my

Algernon Charles Swinburne.

Algernon Charles Swinburne,

poet, was born in London on April

art and literature of their generation.

As one of the wonderful circle that

formed around the Pre-Raphaelite Bro-

therhood the poet lived in London, and

setti brothers a house in Cheyne-walk,

Chelsea. Later he had chambers in

tury ago, with his friend Mr. Theo-

dore Watts (now Watts-Dunton), he

removed to The Pines, on the edge of

Wimbledon common, and there the

poet's slight figure has long been fam-

fliar to those who dwell in the neigh-

borhood, while zealous admirers of his

poetry - healthy hero-worshippers-

have wandered about the common near

glimpse of the writer who by general

consent is the chief living representa-

Our Yankee Cousin Abroad.

patriotic pride. She was invited to a

dinner by Lady --- at a magnificent

mansion in Kensington, and was treat-

ed after dinner to some rare singing

by a celebrated vocalist. On the ver-

anda afterwards the hostess brought

two young debutantes up to the well-

"I'm sure you will like each other,

for they are Americans, too, Miss

George," said the titled lady; as if that

settled the question of the mutual es-

teem of the actress and the debutantes.

greeted them pleasantly and remarked

with the intention that the hostess, as

"Did you not enjoy the beautifu

"Yes," said one of the fellow Ameri-

singing in the dining hall? And the

acoustics were perfect, were they not?"

cans, with enthusiasm, "those acoustics

Not To Be Scared.

In an old-fashioned churchyard in

Scotland a pile of skulls and bones had

been turned up in the process of grave-

The plowmen in a bothy near by of-

fered the "loon" five shillings to go at

night and remove one. The lad agreed

An ambush had been laid to fright-

"A' richt," said the lad, laying the

"Gae awa', ye haverin idiot! Ye can-

na hae two skulls."-Pearson's Weekly.

ghastly thing down to lift another.

Again came from the darkness a voice:

en him. As he lifted one skull a hol-

well as the girls, should hear her:

were the best I ever ate."

and started in the dark.

low voice called:

Miss George, wishing to be cordial

known actress and introduced them.

the house in the hope of getting

general knowledge."

question to answer; but I will try.

"The editor asks me to say to what I

I remember I was such a thin, miser-

W. C. Steadman, Labor M. P. for

Yet they cannot stand aside, and is more than likely some compromise MANGO TREE GROWS FIFTY FEET will be made, and though they will no WHILE YOU WAIT. subscribe to the hard and fast rules of the chief group, yet the benefit of

their wisdom will not be lost when the counsels of the Labor representa- Visitor From the Occident Who Actually Climbed Up Into One of "Wizard" Trees-Sat at the Feet of Labor parties in Parliament may be summarized. It is a new and untried Coomra Sami, the Philosopher of Srinagur - The Wonderful Rope were in the last Parliament-and the eyes of all political England will be

The writer has spent six months in Kashmir at the feet of Coomra Sami, the philosopher of Srinagur, one of the greatest of the thousands of adepts who are to be found all over the wilds of India. They are not ordinary fakirs or the jogis, but the higher brotherhood of Sadhu and Sanaysis, who seldom exhibit their powers and never for reward, Dr. Heasoldt says in The Occult "At the age of eight I got my first

These marvellous illusions have been

the wonder of centuries. If I could thing in life since has given me such duce anything like them and go up d'down the country exhibiting them would cause a sensation such as Occidental humanity never experienced. I shall never forget the day and the" state of my feelings when I saw the mango feat for the first time. This was errands, and all through my boyhood I in a large public square at Agra and in "Between eight and 15 I did all the presence of about 400 people, formmanner of odd jobs. I sold newspapers ing a circle of perhaps sixty yards in in the streets, had a spell in the oil and diameter. In the centre stood the "Sadcolor trade, and at the age of fifteen I hu." was a barman in a public house. I do think this last experience did me and he seemed to have no objection if J. Wardle, A. Wilkle and W. T. Wil- any harm. On the contrary, it widened people came within ten or fifteen yards my mental horizon and gave me an of him, but the average distance kept interest in the social and political mat- by the spectators was, I dare say, thirty ters which I heard the customers dis- yards. Most of my readers will know what a mango is. For the benefit of the few who may not I will say that it "My barman job, however, did not last very long, for my mother, at God an edible tropical fruit, about the size knows what cost to herself, had me anof a large pear, growing on a tree which reaches a height of from forty to a hunprenticed to a large builder-a wonderful piece of self-sacrifice, for it meant dred feet.

Not a Cheap Western Trick.

"Barge building changed me from a The "Sadhu" dug a hole in the ground -by means of a short white stickabout six inches deep, placed the mango in it and covered it with earth. I now expected to see a modification of a wellknown trick practiced by some of your western conjurers. The performer plants Newton, the founder of what is now a bean or pea in a flower pot, containing quicklime at the bottom covered with earth. The bean has been previously soaked in warm water for several days and is on the point of germinand soul into his cause, and worked for ating. Then by pouring in enough is warmed to such an extent that the forcing its way upward through the soil and reaching a height of several inches in less than half an hour. This will astonish all those who are unacquainted

Instead of this I was startled to see the air above the spot where the mango had been buried the form of a large tree, at first rather indistinctly presenting as it were mere hazy outlines, but becoming visibly more dis- 's' tinct until at length there stood as natural a tree as ever I had seen in my life-a mango tree about fifty feet high and in full foliage with mangoes on it.

1837, being the eldest child of Admiral A Shadowless Tree. Charles H. Swinburne, and a grandson All this happened within five minutes of the third Earl of Ashburnham. His of the burying of the fruit. It may family has belonged for generations to have been three minutes till I saw the Northumberland. His early years were tree, but as I had been at first looking spent partly at Capheaton in that counintently at the spot where the mango ty and partly at Bonchurch in the Isle was planted, the apparition may have of Wight. The poet was educated at been there even sooner. I was so in-Eton and Balloil College, whither he tensely surprised at what I beheld that went in January, 1856, but he left the I could hardly realize the fact that I university without taking a degree. His was not dreaming. There stood a tree, stay at Oxford was, however, made to all intents and purposes as natural memorable from the fact that he there as any tree could have appeared to became acquainted with Dante Gabriel human eyes-a huge tree, with a stem Rossetti, William Morris, and Edward at least two feet in thickness at its Burne-Jones, men who were destined to leave so emphatic a mark upon the

And yet there was something strange about this tree, something unearthly, something gruesome. There was a weird rigidness about it, not one leaf moving in the breeze; it stood there as if carved out of some hard solid, like the obelisk on the Thames Embankment. Another curious feature I noticed-the leaves seemed to obscure the sun's ray and yet I could not detect a particle of shade; it was a tree without a shadow. But the most amazing thing of all was this: after having gazed at it for about two or three minutes, I slowly approached it, wishing to make a closer examination of the stem and, if possible, to secure some of the leaves. Now in proportion as I drew near the tree seemed to lose its distinctness; its outlines became blurred and faded so that I had to strain my eyes to retain the impression of its form until when about ten yards from the supposed stem the apparition had completely vanished. Only the "Sadhu" stood there, and he Grace George, recently returned from smiled as he caught my eye, but his England, tells of a great blow to her look was one I shall not easily forget. Not Too Near Nor Too Ear.

And my surprise did not end here, for no sooner had I commenced retracing my steps than the outlines of the tree appeared once more, growing more distinct with every step till, at last, when reaching the spot where I had originally stood, it resumed the same marvellous reality. Precisely the same thing happened when, instead of approaching the tree, I went further away from it It faded, and finally disappeared completely when I had about double the distance; then came back again and appeared as distinct as ever when I got to my original position. And it was evident that all the rest of the onlookers underwent the same experience, viz., each individual saw the tree only from the place where he stood.

The mango tree had now been in view fully twenty minutes, during which a large concourse of people had gathered. The adept who, until then, had not opened his lips, now placed a small mat of cocoanut fibre on the ground, and with his legs crossed, which was at once interpreted by the people as a sign that he wanted to address them. The Hindus squatted likewise, and most of them came around to the side where they could face him.

A Buddha Birth Tale.

"Once," he began, "when Brahmadat. ta was King of Benares, the Bodhisatta was born as a white crane, far in the Neilgherry mountains, near a lake where the lotus never fades." And then he went on, giving the details of one of those strange and beautiful Jatakas, or histh-tales of Buddha, of which an in-

In proportion to its size Great Bri- GAR DINER'S

Insurance and Real Estate. Eight Companies at Lowest Rates.

Money to Loan on Real Estate. He is a mean man who refuses to 151 Wellington Street

credible number are circulating in india, showing how the great teacher, for the hundredth time, resolved to quit the blessed repose of Nirvana, out of divine compassion, to be once more incarnated in an earthly form and under-

go the suffering and sorrow which all terrestrial existence involves. The Tree Disappears.

It was easy to perceive that the listeners were profoundly impressed with the Sadhu's preaching, and as for myself I had become so absorbed in it that I seemed to forget time and space. certainly did not notice what afterward startled me more than anything else, viz., the disappearance of the tree. When the Sadhu had finished his discourse the tree was gone. It must have vanished suddenly, and yet the precise moment of its disappearance nebody could tell. The adept quietly arose, folded up his mat, then went to the spot where the tree had stood and kneeled down, taking from a small bundle which he held under his arm a short stick. With this he stirred up the earth. and in a few moments brought out again the fruit which he had planted.

I was very close to him at the time, and he allowed me to take it in my hand. It was an ordinary mango, an times. I expressed my surprise at his wonderful powers and complimented m on his eloquence, but he merely miled. I then offered him two rupees and tried to engage him in conversation, but he refused the present on the ground that a Sadhu who practised Voga Vidya was not in need of money, and he begged to be excused as he had a great way to go.

A Very Real Mango. This was my first experience of the famous mango feat, which I witnessed one occasion I saw it performed in a little village in the valley of Kashmir near Srinagar, in the Himalayas, by a certain Ram Surash, an adept famous throughout the Punjab, and I am almost afraid to record this experience, as it may be deemed utterly incredible. Yet I am telling here no ideal fairy tales. The mango tree which this adept produced did not vanish in proportion as approached it, but retained its fun realism, and I not only touched it, but actually climbed several feet up its

On the west coast of India, about 230 niles north of Bombay, lies the city of Baroda. It is the capital of one of the semi-independent native states. Guzerat, and is ruled by a Maharatta prince who bears the title of Geakwar, which in plain English means "cowherd." It was in front of the Geakwar's palace, in the open air and in broad daylight, that I first witnessed the illusion, which, in the opinion of the Hindus themselves, is the climax of Sadhu achievement, viz., the celebrated rope trick. I say Illusion, not because the performance gives one any such impression, or as if that word afforded some kind of explanation, but for want of a better term at the present moment. What I saw

that I am now engaged in penning these Where Is That Adept Now?

A "Sadhu," after having addressed a large assemblage of people, and preached one of the most impressive sermons I ever listened to, took a rope about fifteen feet long and perhaps an inch thick. One end of this rope he held in his left hand, while with the right he threw the other end up in the air. The rope, instead of coming down again, remained suspended, even after the adept had removed his other hand, and it seemed to have become as rigid as a Then the adept seized it with both

hands, and, to my utter amazement, climped up this rope, suspended all the time, in defiance of gravity, with the lower end at least five feet from the ground. And in proportion as he climbed up it seemed as if the rope was lengthening out indefinitely above him and disappearing beneath him, for he kept on climbing until he was fairly out of sight, and the last I could distinguish was his white turban and a piece of the never-ending rope. Then my eyes could endure the glare of the sky no longer, and when I looked again he

I have seen this marvellous feat on four different occasions, performed in precisely the same manner, and the mystery seemed only to deepen with each repetition. It has been the standing wonder of India from a time antedating perhaps the building of the first pyramid. Marco Polo was profoundly npressed with it, and Tavernier, who isited India about the middle of the seventeenth century, speaks of it in erms which plainly denote his bowild.

Gloves and Microbes. It was noticed in Paris when King Edward was there that he always appeared in public with his right hand gloved, but not his left. As it is a common practice to carry the right glove oose and not the left, much specufaion has been excited by the King's reversal of this custom. One learned writer suggests that it is due to a sound perception of hygienic propriety. The object of a glove, he says, is not to adorn but to protect the hand. Which and has the more constant employment and is therefore brought into closer contact with microbes? Why, the right hand. It follows that in keeping that hand gloved the King shows his unfailing sense.

Irish Fuel Supply. Experts claim that Irish bogs are. capable of turning out 59,000,000 tons of fuel per year for a thousand years, and if this were sold at the moderate figure of 5s. per ton it would bring in £12,500,000 a year. When this sum is multiplied by a thousand it will be seen that Ireland is richer in undeveloped resources than is sometimes imagined. It is claimed for the new fuel that it is practically smokeless, that t has no clinker or einder, deteriorates but little by keeping, does not crumble by handling, and has high calorific

Only Half the Brain Work.

Prof. Symes Thompson lectured the other evening before the Gresham College, London, on "The Nervous System." In every man's brain there are many cells waiting to be developed, hesaid, and as a matter of fact the normal person uses only half of the brain, the other half being kept in reserve.

Have no equal as a prompt and positive cure for sick headache, bilious ness, constipation, pain in the side, and all liver troubles. Carter's Little Liver Pills. Try them.

The damning doubts are those that deter us from good deeds.

How Good Food may turn to Poison

ECAY is not digestion, you the food, just as Saliva mixes with Cas-Food decayed in the body. after being eaten is as dangerous to. The Intestines are also lined with mil-

health as food decayed before being eaten. X lions of little suction pumps, that draw ing to how long it remains in the Bowels them in going through. Cascarets are the simplest and surest

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

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

One of these toothsome tablets works wonders for digestion. Soon as placed in the mouth it starts

the Saliva flowing, which at once gets to work dissolving it. The Saliva becomes blended with the Candy Cascaret tablet, and from the

moment they start going down your

throat together they start working to-Now, what do they work at? Bowelwork, of course, - Digestion.

Some folks think Digestion takes placein the Stomach only. But that's a great mistake!

Most of the Digestion occurs in the thirty feet of Intestines that connect with Now, these Intestines are 30 feet long,

They are lined with a set of litt mouths, that squeeze Digestive Juices

The Digestive Juices thus mix with

Food nourishes or poisons, just accorde the Nutriment from Food, as it passes This Nutriment is then carried into the safeguard against Delayed Digestion yet Blood, and spread over the Body as Brain, Bone and Brawn,

a'ong the channel.

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

caret tablets, dissolving and changing

that food into nourishment, as it passes

Then, the food decays in the Bowels, and in the thirty feet of Intestine When this Decay begins the little suction pumps draw Poison from the decaye

Food, into the blood, instead of the Nutri tion it should have drawn, Now, Cascarets contain the only combination of drugs that Stimulates these Muscles of the Bowels and Intestines just as a Cold Bath, or open-air Exercise

stimulates a Lazy Man. Cascarets therefore act like Exercise They produce the same sort of Natural result that a Six Mile walk in the country would produce, without any injurious

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

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