

How to Fool a Lazy Liver with Artificial Exercise

EVERY serious Sickness has a small beginning.

And, in nine cases out of ten that small beginning is made in the Bowels.

Indigestion is the beginning of most diseases.

It paves the way for all others.

Lack of exercise, hasty eating, improper food, are its first causes.

Laziness, and postponement, permits it to grow into Chronic Constipation, which means life-long Discomfort.

It isn't necessary to be sick-a-bed, you know, in order to be mighty uncomfortable.

Even slight indigestion affects the nerves, dulls the mind, and obscures the merry sunshine of life.

And, indigestion once started, grows fast, corrodes temperament, and discounts happiness, good cheer, capacity.

It does that long before it puts you on the Sick list.

Every thinking Doctor knows why.

—If your tongue is slightly coated,
—If your breath is under suspicion,
—If your Head feels a trifle heavy or dull,
—If digestion seems even a little slow,
—If Heartburn, Belching, Colic or Restlessness begin to show themselves,
—That's the time to eat a Cascaret.

Don't imagine the Cascaret is ineffective because it is pleasant to eat as Candy. It acts as pleasantly as it tastes. It is as congenial to your Bowels as it is to your Palate.

It is not a "Bile-driver" which floods out your stomach today with fluid juices needed for tomorrow.

But, it acts like Exercise, instead.

It stimulates the muscular lining of the Bowels and Intestines, so that they mechanically digest food and drive out the waste.

This is why Cascarets differ from all Purgatives, Physic, Cathartics and Whitening Drugs that help today at tomorrow's expense.

Professor Rand knew it.

That's why he framed up for students his famous formula for Happiness, viz.: "Trust in God, and keep your Bowels open."

The Bowels need adjustment from time to time, just like a clock, or a watch.

No "Good time" is humanly possible without this.

And, the time to adjust the watch is not when it has run down, nor when the main spring is broken, but at the very minute adjustment is discovered necessary.

The time to adjust the Bowels is not merely when your Head Aches, when your Liver is Sick, your Stomach in Revolt, and Nature's Food Process retarded for 24 hours or longer.

The proper time to adjust them is the very minute you suspect they need adjustment.

Cascarets are the only Bowel and Liver medicine that do not need to be used in larger doses every month you use them.

The time to use a Cascaret is when you first suspect you need one.

They only way to have them ready to use precisely when you need them is to carry them constantly in your pocket, as you do a Watch or a Lead pencil.

The ten cent box of Cascarets is made thin, flat, round-edged, and small, for this precise purpose.

Be very careful to get the genuine, made only by the Sterling Remedy Company and never sold in bulk. Every tablet stamped "C.C.C."

A sample and the famous booklet, "Curse of Constipation," Free for the asking. Address Sterling Remedy Company, Chicago or New York.

THINGS THEATRICAL

BERNHARDT TO GO TO AUSTRALIA.

Roselle Knott's New Play—Five of the Terry Family to Appear in Second Act of "Much Ado About Nothing."

Francis Hodgson Burnett's new novel "The Shuttle," to be dramatized by the author.

Ellis Jeffreys has secured the American rights of W. S. Maughan's new comedy, "Lady Indelicat."

Mrs. Langtry is said to contemplate taking her company to Paris shortly to present "As You Like It."

Olga Nethersole has bought a new play by L. K. Clements, of Boston, which she may produce next year.

Margaret Anglin, who is at present in Boston, will, during her engagement there, try a new play, "The Conversion of St. Paul."

In London both "Nero" and "His House in Order" have passed their hundredth performance, and may be described as still going strong.

Sir Charles Wyndham will bring his company for a tour of the United States next year, beginning in January and continuing until Easter.

De Koven's new opera, "The Student King," opened last week in Rochester, Minn. Ahab, a German comedienne, has been engaged for it.



ELLEN TERRY.

Undoubtedly the most popular actress of the English stage and, for many years, associated with the name of Henry Irving in Shakespearean plays, recently celebrated her fiftieth jubilee as actress. She made her first appearance on April 25th, 1856, at the age of eight years, playing the part of "Marianne" in "The Winter's Tale" at the Princess Theatre, London.

"The Little Church," a recent English musical comedy, will be presented at the Criterion Theatre, New York, in August, with Hattie Williams in the leading role.

Frank Worthing will play the leading role with Mrs. Patrick Campbell in "The Whirlwind." He was in Kingston with Ellis Jeffreys in "The Fascinating Mr. Vandervelt."

Two regular theatres will be opened this year in Berlin, where all the plays will be given by marionettes. They will play classical dramas, and special plays will also be written for the companies.

Instead of returning to France, Sara Bernhardt has decided on a season in Australia, and with her entire company sails for the Antipodes in a few weeks. On her return she will resume her American tour.

Haddon Chambers' new play, "Sir Anthony," which was expected to have had a hearing in New York next spring, will not be brought out until next fall. The production will be made jointly by George C. Tyler and Frank Croxall.

Olga Nethersole has arranged with Mr. Porel, formerly Rejane's husband, for a season in Paris. The company signing on June 1st, will open at Montmartre and the repertoire will include "The Secret," "Tanqueray," "Magda," "Camille," and "Sapho."

All arrangements have been completed for the production of Wilton Lockaye's new dramatic play, "Les Miserables." The piece will be put in rehearsal this summer and produced early next fall, with Mr. Laekaye in the character of Jean Valjean.

Forbes Robertson who will visit America in 1907-7, will open at Montreal, then visit Ottawa and from thence go to Toronto. He will confine himself to Shakespearean plays while here, but will produce "Mrs. Grundy" later on in the states.

Ada Reeve, the English variety star, will receive a total salary of \$25,000 for nine weeks' work in South Africa this spring. She will appear only at Messrs. Hyman's two theatres, the Empire, Johannesburg, where she opened last Monday night and will remain six weeks; and the Tivoli, Cape Town.

Henrietta Crossman has accepted a play by Thomas Buchanan, entitled "Don't Care Mary." It is a comedy and she will give it a test this spring on her tour to the Pacific coast, with a view to presenting it early next season before she appears in "Pilgrim's Progress," which is to be produced in January, in New York.

According to the latest fashion plates—the prevailing styles in playhouses this spring make canvas the popular material. As usual the fashion has come from Paris, and, noting the triumph of Bernhardt's mode, Belasco & Mac of San Francisco, are to replace their Alcazar theatre with a tent.

At Wallace's theatre, New York, a comedy entitled "The Embarrassment of Riches," by Prof. L. S. Anspacher, of Columbia University, was produced for the first time. The play deals with prevailing conditions in New York and in its recasting of east side settlement life is obviously the result of observation and sympathetic understanding.

Five players from the Terry family are to appear in the second act of "Much Ado About Nothing," at the benefit for Ellen Terry on June 12th in London. She will take Beatrice; Marion Terry, Hero; Frank Terry, Don Pedro; Kate Terry, Ursula, and Minnie Terry, Margaret. Mr. Tree will act Benedick; George Alexander, Claudio, and H. H. Irving, Don John.

A number of well-known American actors are contributing to a fund to erect a suitable memorial to Mile. Rhea, so long a favorite on the American stage. Rhea died of cancer in 1899, in France, and owing to her poverty was buried in a regular grave fifteen years and marked with a wooden cross. The grave will be bought outright and a suitable monument erected.

May Irwin announces that she has provided in her will for the establishment of a \$100,000 fund for the building and maintenance of a national theatre in New York city. Miss Irwin is probably the wealthiest actress in the world. Her holdings in New York real estate alone are worth \$1,000,000. The will itself has been deposited in Miss Irwin's vault at the Fifth avenue bank.

Olga Nethersole's American tour closed in Rochester last Saturday. The English actress is expected to return next November for a prolonged tour embracing the south and the far west, over which territory she has not hitherto ventured, at the close of which she proposes to return to New York for the purpose of putting on a Shakespearean play, in all probability "The Merchant of Venice."

Chicago is to have an endowed theatre of its own, Steinway Hall, in that city, will be converted into a regular playhouse, at an expenditure of \$500,000. A guarantee fund of \$30,000 has been raised and \$25,000 worth of season tickets has already been sold. It is planned to open the theatre October 1st and to give fifteen plays during a season of thirty weeks. The programme will cover a wide range of dramatic literature, including plays of different nations, both classic and modern.

Mrs. Patrick Campbell has taken the Criterion theatre for the London season, and commences her management with the production of "The Whirlwind." Harry Melville's translation of "La Ruffale," this will be preceded each evening by the first act of "Undine," by W. L. Courtney. Mrs. Campbell's further arrangements are the production of a new romantic costume play by the Hon. Mrs. Alfred Lyttelton and several revivals from her repertoire, including "Beyond Human Power."

Miss Roselle Knott will play next season in a new historic-romantic drama, "The Duchess of Devonshire," written by Mrs. Doremus. This piece, which is an immense right, was played in its original form a year or two ago by another eminent actress, but without complete success, is being rounded into shape by Charles Major. Major is reported to have been largely responsible for the clever dramatization of his own novel, in which Miss Knott is now appearing, and it is thought likely that he will turn his permanent attention to the stage.

"The Flies" are being cast out of their drama home in New York, the Manhattan theatre, by expropriation for the Pennsylvania tunnel, and plans are on foot for a magnificent new playhouse near Times Square. Meanwhile the Lyric will be leased from the Shubert, Mrs. Fiske and the Manhattan company will begin their season in the West in October and will open at the Lyric in November in Langdon Mitchell's new comedy, "The New York Idea." The Lyric will appear in the Lyric in September in their new modern play, and will occupy that stage until the coming of Mrs. Fiske, when she will start on her second American tour under Mr. Fiske's direction. Later in the spring, as has been announced, Mrs. Fiske and Madame Kalich will make a joint tour.

There is now a big demand for one act pieces. The output of these tiny plays is tremendous but only a few possess the action necessary to their acceptance by the patrons of the vaudeville houses. It is required that as much action as marks the average three or four act play be compressed into one act, whose duration may be as short as twenty minutes. This task is difficult that at present a fruitful field is open for anyone who can qualify in the art to produce a serviceable playlet. One of the best of the recent crop of one act plays that has met with the unanimous praise of the critics is "The Little Blonde Lady" which Hope Booth is producing in the Proctor theatres. The story shows the devious means by which an actress scores over a hostile dramatic critic.

Although several New York theatres have closed and managers are preparing for the season of roof gardens, the end of the legitimate drama is not in sight, and from present indications many of the theatres to play will remain until well into the hot summer months. At least two of these have made the announcement that seats are on sale to the first of July. The remarkable spectacle is furnished by the reopening this week of two theatres which were recently closed. It is possible, that two others will soon follow suit. To many, this strange condition of affairs, especially the continued run of the successful plays into the summer, arouses the query as to the source from which these plays derive their patronage since by this time the regular New York theatre goes have already seen "Ayer's Sarsaparilla." It does great things for children. It gives them a good appetite, improves their digestion, builds up their general health. Ask your doctor if he endorses this.

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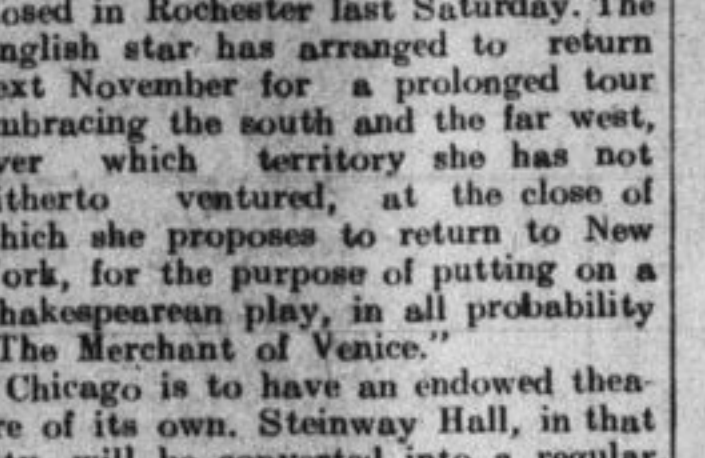
After the wheat comes into our grain elevators from the steamer, it goes into huge vats, filled with pure water. Here the wheat is thoroughly "scrubbed" until every riny grain is "clean as a new pin."

Then, it's washed once more with fresh water "just to make sure." These extra washings—extra machinery—all mean extra expense to us. But they certainly help to make ORANGE MEAT extra good.

Here's what one Mother in Sterling says about it:—

"After seeing advertisements of Orange Meat and its healthful qualities, we decided to try it. During the last six months, it has been continually in our house and we have used between 70 and 100 packages. My husband and children prefer Orange Meat to all foods we have tried."

Orange Meat weighs 1/3 more than any other package. At all grocers—15c. and 25c. 15c. package contains a coupon, good for new premiums. 25c. size holds 2 1/2 times the quantity of 15c. size. Write "Orange Meat, Kingston," for new premium catalogue.



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The light, graceful lines of the Ives Brass Beds breathe an atmosphere of beauty and dignity. And they wear as well as they look.

It is the careful attention to the details of construction shown in the Ives Brass Beds that has given them the reputation of being the best manufactured on the American continent.

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THE H. R. IVES CO., Limited, MONTREAL.

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If it's not equipped with a **NATURE'S** Closet and Seat it lacks a very convenient and sanitary feature.

The **NATURE'S** is the new Closet bowl with the slant—far ahead of the old bowl.

Costs no more than others—put in without extra expense—endorsed by Physicians because of the peculiar incline.

The **NATURE'S** is an invention to contribute to health—better than medicines. Come in and see it—we're glad to show you, whether you want to buy or not.

McKelvey & Birch, 69 and 71 Brock St.

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Here are some of the gains in 1905 of Canada's fastest growing and most popular Life Insurance Company.

Gain in INCOME - \$231,210.01
Gain in ASSETS - \$1,075,560.70
Gain in SURPLUS - \$179,928.25
Gain in INSURANCE - \$3,720,984.00
Amount of Insurance Written - \$6,014,576.00

Figures are facts, and so are gains. These figures and these gains prove the great fact that the Canadian people have absolute confidence in the Mutual Life of Canada. Because the policy-holders

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We have no equal. We put the formula of all our remedies. J. C. Ayer & Co., Lowell, Mass.

JUDICIAL NOTICE

To the Creditors and Others of the Frontenac Cereal Company, Limited:

PURSUANT TO THE WINDING UP Order made in the High Court of Justice in the matter of the Frontenac Cereal Company, Limited, dated the 12th April, 1906, creditors and others having claims against the said Company, which has carried on business at the City of Kingston in the County of Frontenac, are, on or before Monday, the eleventh day of June 1906, to send by post prepaid to J. F. Macdonnell, J. Maurice, liquidator of the said Company, at his office in Kingston, Ontario, Christian name and last surname, addresses and descriptions, the full particulars verified by oath of their claims, and the nature and amount of the securities, if any, and the amount of such securities, or in default thereof they will be deemed to be satisfied from the assets of the winding up.

Dated this 14th day of May, 1906. JAMES S. CARTWRIGHT, Official Referee.

GASOLINE

Put in your tank at our dock.

A large stock of Dry Batteries, Spark Plug and Coils always on hand.

SELBY & YOULDEN LIMITED.

In Spain street performers on the street are licensed, while organ-players are rigorously suppressed.

LORD MEXBOROUGH WEDS

An Italian Lady Widow of Englishman.

The announcement of Lord Mexborough's marriage to an Italian lady, who is the widow of an Englishman, will remind many people that he is a Buddhist, or at least in mind to accept Buddhism as the only plausible explanation of this inexplicable scheme of things.

Lord Mexborough has been a widower for nearly six years. He has at present no children, and his title will presumably go to his half brother, John Savile.

There used to be a beautiful seat in the family—Methley park, just outside Leeds. But Leeds has grown larger and more smoky year after year, so that the rural peace of Methley is now marred by the city populations near, and by the threatening clouds of smoke that sometimes blow toward it. Some time ago Lord Mexborough bought another house on Wimbledon common, which would seem to show that he likes the neighborhood of great cities.

He is a great traveller and has written books about the places he has seen. But he has, at any rate, visited the places before writing the books which is more than can be said for some authors of "travel impressions."

PERSONALLY CONDUCTED.

A Tour to Elks' Convention, Denver, Colo.

Via New York Central lines, twelve-day tour. All expenses included in rate. Special train of Pullman drawing-room and compartment sleepers, buffet, library and dining cars, will call at Union, Syracuse, Rochester and Buffalo, Friday, July 13th. Experienced New York Central representative in charge. Option of lake trip returning from Chicago, Detroit or Cleveland to Buffalo. Ask any New York Central agent for full information and copy of itinerary.

An Honest Man.

—Banks—Are you crazy, man? Why on earth are you asking for a straw with your highball?

—Teacher—Why was Solomon called the wisest man in the world?

Bright pupil—Because he had seven hundred wives.

—Well, my father says it takes a mighty smart man to manage 600 wives.

Few women look after the ends of the hair, which are bound to split in time. The longer the hair the greater the care, naturally. But split hairs mean a ragged head covering and look woefully untidy. It is not wise to allow the hair to grow too long. It is hard to care for and never does up to advantage. More than that, the weight is apt to weaken the roots. Abundant hair, long enough to arrange neatly in any of the sensible, prevailing styles, is a joy in a right-minded woman.

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The London Life is a Canadian Company.

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Before deciding definitely, it will pay you to investigate the record and policies of the

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Excesses and indiscretions are the cause of more sorrow and suffering than all other diseases combined. We see the victims of vicious habits on every hand: the pallid, pinched face, dark circled eyes, stooped form, stunted development, baneful, melancholic countenance and timid bearing proclaim to all the world his folly and tend to blight his existence. Our treatment positively cures all weak men by overcoming and restoring the effects of former indiscretions and excesses. It stops all losses and drains and quickly restores the patient to what nature intended—a healthy and happy man with physical, mental and nerve powers complete.

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