

"From early chlldhood. I suffered
with such terrible constipation that I
had to use laxatives contituousing goering more or less all thether and sut"A prominent physiclan whom I con-
suited told me the muscles of the di-
gestive organs were partlally par alyzed and could not partally par.
arm pork without help of some kind their Work without help of some kind, so 1
bave tried at difterent times about
overy laxative and cathartic known, ut found no help that was at all per-
nanent. I had finally become discour-
aged and had aged and had given my case up as
hopeless when I began to use the preAlthongh 1 had not expected this
ood to help my trouble, to my great surprise Grape-Nuts digested tmme
diately from the frist and in a few
daya 1 was convinced that thes was ust what my system needed.
"The bowels performed their funetons regularly and I am now com-
pletely and permanently cured of this
awful trouble. awful trouble.
"Truly the power of selentific food
must be unllmitted." "There's a




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Corn Planting SPOHNS DISTEMPER CURE

The Surest Preventative
The quickest acting and most
reliable remedy for all disordes of reliable remedy for all disorders of
the Stomach and Bowels, Bladder the Stomach and Bowels, Bladder
and Kidney troubles, Gout, JaunDR.D.JAYNE'S
SANATIVE PILLS
excellence for all theseseailments. Used
 simimatins the Food and Reg yual
ting he Stomachs and Bowels of INEINTS: ChiLURIIN ness and Resi Contains neither
Opium Morpthe nor Mineral
Nor
 Bears the Signature
of In Us For Over Thirty Years CASTORA
"The Last Best West"


Do it Now
Tomorrow A. M. too late. Take
a CASCARET at bed time; get up in the woming tecimg fine end dandy. No need for sickness
from over-eating and drinkfrom over-eating and drink-
ing. They surely work while you sleep and help nature help you.
Millions take them and keep well.



