# The Thirteenth ${ }^{*}$ Commandment <br> By RUPERT HUGHES 

Wsick because they go away from Nature,
and the only way to get well is to go back. Sonething grows out of the ground in
the form of vegetation ${ }^{\text {ato }}$ to cure almost

Dr. Pierce, of Buffalo, N. Y., long
since found herbs and roots provided by Nature to overcome constipation,
and of these he selected Mayapple, leaves of Aloe, root of Jalap, and from them
made little white sugar-coated pills, that he called Dr. Pierce's Pleassant Pellets.
When your intestines are stopped up, poisons and decayed matter are im-
prisoned in your yystem and those are
carried by the blood through your carried by the blood through your
body. Thus does your head ache, you
get dizzy, you can't sleepp your akin get dizzy, you can't sleep, your akin
may break out, your appetite declines you get tired and despondent. As a
matter of fact, you may get sick all over.
Don't you see how useless all this Don't you see how useless all this suffer-
ing is? All that is often needed is a dose
of castor oil, or something which is more pleasant, a few of Dr. Pierce's Pleasant
Pellets, which he has ppaced in anmost
every drug store in
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 Guatemala, Mexico, Cuba, Colombla,
Nicarauga, British Honduras, Santo Cuticura Comforte Baby's skin
Nhen red rough and titching with hot Cuticura Ointment. Also make use
now and then of that exquistelely scent-
ed dusting powder, Cuticura Talcum one of the indits
Tollet Trio.-Adv.

1s Your Work Hard?



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Stop Losing Calves You an Stamp Abortion Out
of Your hern and Keep It OuI



