Commoner Comment.



Lake Shore \& Michigan Southern Ry.

## WINTER BILE



Causes bilious head-ache, back-ache
and all kinds of body aches. Spring and all kinds of body aches. Spring poison out of your system, easily, poison out of your system, easily, are just what you want; they never are just what you want; they never
grip or gripe, but will work gently grip or gripe, but will work gently
while you sleep. Some people think the more violent the griping the better the cure. Be careful-take care of your bowels-salts and pill poisons leave them weak, and even less able to keep up regular movements than be-
fore. The only safe, gentle cleaner for the bowels are sweet, fragrant CASCARETS. They don't force
 muscles and restore healthy, natural action-buy them and try them. You will find in an entirely natural way your bowels will be promptly and permanently put in good order for the Spring and Summer work.


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