"It Seems as Though my Back Would Break."

Is it not true? Women suffer, feel the very life crushed out of them, grow old before their time. Each morning wake up determined to do so much before the day ends, and yet—

Before the morning is very old the dreadful BACKACHE attacks them, the brave spirit sinks back in affright; no matter how hard they struggle, the "clutch" is upon them and they fall upon the couch crying:

"Why should I suffer so? What can I do?"

The answer is ready, your cry has been heard, and a woman is able to restore you to health and happiness.

Backache is only a symptom of more fatal trouble—heed its warning in time.

Lydia E. Pinkham's Vegetable Compound will stop your torture and restore your courage. Your pains come from unnatural menstruation or some derangement of the womb. Let those who are suffering read Mrs. Morton's letter and be guided by her experience.

AN OPEN LETTER TO WOMEN.

"DEAR MRS. PINKHAM:—I have been so delighted with Lydia E. Pinkham's Vegetable Compound I thought I would write and thank you. My system was entirely run down. I suffered with terrible backache in the small of my back and could hardly stand upright; was more tired in the morning than on retiring at night. I had no appetite. Since taking your Compound I have gained fifteen pounds, and am gaining every week. My appetite has improved, have no backache, and I look better than I ever looked before.

"I shall recommend it to all my friends, as it certainly is a wonderful medicine."—MRS. E. F. MORTON, 826 York St., Cincinnati, O.

When a medicine has been successful in restoring to health more than a million women, you cannot well say, without trying it, "I do not believe it will help me." If you are ill, don't hesitate to get a bottle of Lydia E. Pinkham's Vegetable Compound at once, and write Mrs. Pinkham, Lynn, Mass., for special advice—it is free.

$5000 REWARD Owing to the fact that some skeptical people have from time to time questioned the genuineness of the testimonial letters we are constantly publishing, we have deposited with the National City Bank, of Lynn, Mass., $5,000, which will be paid to any person who can show that the above testimonial is not genuine, or was published before obtaining the writer's special permission.—LYDIA E. PINKHAM MEDICINE CO.

WINCHESTER
GUN CATALOGUE FREE
Tells all about Winchester Rifles, Shotguns, and Ammunition
Send name and address on a postal now. Don't delay if you are interested.
WINCHESTER REPEATING ARMS CO.
275 WINCHESTER AVENUE - - - - NEW HAVEN, CONN.

WE USE FAST COLOR EYELETS
FACTORY, BROCKTON, MASS.
W. L. DOUGLAS
$3. & $3.50 SHOES UNION MADE.
Real worth of W. L. Douglas $3 and $3.50 shoes is $4 to $5. My $4 Gilt Edge Line cannot be equalled at any price.
It is not alone the best leather that makes a first class shoe it is the brains, that have planned the best style, lasts a perfect model of the foot, and the construction of the shoe. It is mechanical skill and knowledge that have made W. L. Douglas shoes the best in the world for men. Take no substitute. Insist on having W. L. Douglas shoes with name and price stamped on bottom. Your dealer should keep them, if he does not, send for catalog giving full instructions how to order by mail.
W. L. DOUGLAS, Brockton, Mass.

FRAGRANT
SOZODONT
a perfect liquid dentifrice for the
Teeth and Mouth
New Size SOZODONT LIQUID, 25c
SOZODONT TOOTH POWDER, 25c
Large LIQUID and POWDER, 75c
25c
At all Stores, or by Mail for the price.
HALL & RUCKEL, New York.

Nature's Priceless Remedy
DR. O. PHELPS BROWN'S
PRECIOUS HERBAL OINTMENT
It Cures Through the Pores
Address Dr. O. P. Brown, 90 B'way, Newburgh, N. Y.
Rheumatism, Neuralgia, Weak Back, Sprains, Burns, Sores and all Pains.
Special Offer Get it of your druggist, 25, 50c. If he does not sell it, send us his name, and for your trouble, we will Send You a Trial Free.

IN 3 OR 4 YEARS
AN INDEPENDENCE ASSURED
FARMS WESTERN CANADA FREE
If you take up your home in Western Canada, the land of plenty. Illustrated pamphlets, giving experiences of farmers who have become wealthy in growing wheat, reports of delegates, etc., and full information as to reduced railway rates can be had on application to the Superintendent of Immigration, Department of Interior, Ottawa, Canada, or to W. V. Bennett, 801 New York Life Bldg., Omaha, Neb.

$50 REWARD will be paid for cases of backache, nervousness, sleeplessness, weakness, loss of vitality, incipient kidney, bladder and urinary disorders that can not be cured by the great kidney, liver and blood medicine. 50c At all Druggists. Write for free sample. Address KID-NE-OIDS, St. Louis, Mo.

For Top Prices Ship Your
GAME AND POULTRY
To Headquarters
G. W. Robson & Company,
Butter, Eggs, Veal, Hides and Furs. Potatoes. Onions in Carload Lots.
Omaha, - Nebraska.

When Answering Advertisements Kindly Mention This Paper.

PISO'S CURE FOR
CURES WHERE ALL ELSE FAILS.
Best Cough Syrup. Tastes Good. Use in time. Sold by druggists.
CONSUMPTION

Some Pig Troubles.

There are several common troubles of young pigs which breeders find it difficult to explain or cure. The first of these which we desire to speak of is properly called "stomatitis" or "aphtha" and the cause is usually derangement of the digestive organs. For instance if the brood sow at once after parturition gives a very full flow of milk to her young the milk will be liable to produce a disturbance and give rise to the disease referred to which is characterized by the appearance of small blisters and ulcers within the mouth, upon the tongue, gums and inside of the cheeks. To prevent this and other troubles of the digestive tract the sow should not be fed generously upon grain just prior to farrowing and should be very sparely fed for some days after the pigs are born so that the young stomachs will become accustomed to food and not suffer from over-abundance. When it is found that a pig is not taking the teat and is drooping and apparently "off feed" then an examination of the mouth should be made and if the blisters and ulcers are found then the sow should have a four ounce dose of epsom salts in slop and the pig should be treated as follows: Touch each of the ulcers with one drop of pure carbolic acid. This can be safely done by using a match stick the end of which has been slightly frayed out so as to hold the fluid which should not be allowed to come in contact with more than the ulcer itself. Next day the mouth should be swabbed out twice with a solution of one ounce of borax in a quart of water to which add one teaspoonful of tincture of iron. Where necessary this solution may be used for a few days longer and the disease will soon disappear. In some cases it is not necessary to use the caustic (carbolic acid) it being found that the borax wash is sufficient and in these cases the addition of a couple of ounces of strained honey to the solution mentioned will make it more pleasant and effective. Tincture of iron is also a good caustic and much less dangerous than carbolic acid and should be used by all who are afraid to use the other caustic. Nitrate of silver in the shape of a lunar caustic pencil is also used and highly recommended by some but we have personally found the application of nitrate of silver severe in its results for many days after the application. Another somewhat similar trouble which is not uncommon is "canker" of the nose and head which is due to a parasite something like the parasite of mange. In this disease the nose becomes covered with ulcers which soon take on a greenish, dry, gangrenous appearance and tend to eat through the tissues so that the bones of the face are exposed and the teeth often loosened so that they drop out. Where this disease appears in a herd the affected pigs must be at once placed by themselves and have the best of treatment. The pens occupied by the sick pigs should after their removal be well scrubbed and disinfected then white-washed. The head of each pig should then be rubbed with a strong solution such as the following which is the best mange mixture we ever used: Creolin, one drachm; sulphurous acid, one ounce; turpentine, one ounce; oil of tar, two ounces; cotton seed oil to make one pint. Shake well before using and see that it does not get into the eyes. To the ulcers of advanced cases apply terchloride of antimony with glass rod or a feather and in three days commence rubbing once daily with the lotion above prescribed. The same lotion will be found admirable for application to the skin of horses and cattle suffering from disease of a parasitic nature. If the above treatment be vigorously followed there will be little trouble in curing the disease which left to itself is a very serious one and often leads to the death of pigs.

Inspection of Export Cattle.

The number of cattle inspected for export in 1900 was 875,746, of which 1,682 were rejected. The regulations of the bureau for the inspection before shipment of export cattle are such that any animal tagged for export may be traced back to the farm whence it came. "The points where cattle are to be inspected are named, the cattle passing the inspection are to be tagged, and inspected again at the ports of export. Cattle arriving at the ports of export from other parts of the United States are to be inspected and tagged there. Animals are to be carried, after tagging, in thoroughly clean and disinfected cars."

The inspection of cattle for export aids in our holding the markets of foreign countries, while the inspection of meats for export raises their reputation and secures prices corresponding to their actual quality. The interstate inspection of meat prevents, wherever it exists, the shipping from one state to another of all meat diseased or otherwise unfit for food.

Dipping Scabby Sheep.

The disease of scabies, known as sheep scab, has been so widespread as to constitute the greatest obstacle to wool and mutton production in the United States; but, through the bureau's preventive methods—inspection and disinfection, and the process of dipping—fewer diseased sheep are received at the stock yards, and the infection is gradually disappearing. The number of sheep inspected during the fiscal year 1900, in order to prevent the interstate shipment of diseased animals, was 1,801,879, and the number dipped under the supervision of bureau inspectors was 626,838.—Government Report.

Western timber is composed almost entirely of conifers. Forests of the western coast probably are the densest and heaviest on earth. They may be compared with those of tropical regions, such as the forests of the Amazon and Congo basins. While the jungle of the tropics may be denser, the trees are by no means as large, nor do they contain as much lumber.

A tree-planting association in New Jersey after an experience of several years, reports that "the results in improved appearance, general attractiveness and comfort during the summer season are most favorable and out of all proportion to the comparatively small cost."

While we believe in breeding up for heavy records, yet at the same time we had rather have our hens average 120 eggs a year, and remain in robust condition, than to have their systems drained of vitality in the race to pass the 200 mark.—Ex.

The egg contains a variety of substances, and so the food of the hen must be varied accordingly; grain of different kinds, bone and meat, vegetables, lime, and one other article which should never be overlooked, and that is grit.

Flour and water to be used in thickening a gravy can be much more quickly and satisfactorily blended by the use of an egg beater than by stirring with a spoon.

THE SASKATOON DISTRICT.

ONE OF THE NEW WESTERN CANADA DISTRICTS.

The Great Advantages of Settlement Where the Soil Is of Unexampled Fertility.

During the past year or two a large number of American settlers (those going from the United States to Canada), have made homes in the Saskatoon district in Western Canada. They have found the climate all that could be desired and their prospects are of the brightest. In writing of it a correspondent says:

The lands for sale are choice selections from a large area, and every farm is within easy distance of a railway station. Experience has shown that this district enjoys immunity from summer frost, from cyclones and blizzards. The South Saskatchewan, flowing through the tract, is one of the finest rivers in the country, being navigable and having an average width of stream of 1,000 feet.

The agents of the Canadian government, whose advertisement appears elsewhere in your paper and who will be pleased to furnish full information, tell me that within the limits of the tract there are two distinct varieties of soil. One is a rich black loam, and the other is a somewhat lighter loam, containing a small admixture of sand. There appears to be no appreciable difference between the fertility of these two kinds of soil. Both are alluvial in their characteristics, both are marvelously productive, and both rest upon a subsoil of clay. The advantage of this formation is that it retains the heat of the day during the night, and is favorable to the early maturity of crops. Every kind of crop will here attain the highest perfection of quality. The land is admirably adapted for stock-raising and dairy farming, as well as growing grain. Some idea of the richness of the natural grasses of the prairie may be formed from the fact that more than 200 tons of hay were gathered within a short distance of Saskatoon and stored up for use during the winter. A growth so luxuriant demonstrates beyond all possible question the suitability of the land for pasturing cattle, and no doubt this important industry will be largely carried on.

Nature has been lavish in her gifts to this territory. Not only is the soil of unexampled fertility, but the climate is delightful and healthy. Such is the testimony of every settler, and this testimony is confirmed by enthusiastic opinions from every traveler, explorer, missionary or newspaper correspondent who has ever visited this far-famed Saskatchewan Valley. In former years vast herds of buffalo came here to winter from the elevated storm-swept regions south of the United States boundary line, proving thereby the adaptation of these rolling prairies to the purpose of raising stock. The land is dry, with sufficient, but not excessive rainfall, capable of early cultivation in the spring, and free from summer frosts. The configuration of the country renders artificial drainage unnecessary, and prevents the accumulation of stagnant pools; mists and fogs are seldom seen. The days of summer are full of sunshine, under the genial influence of which crops rapidly ripen. Autumn is characterized by an almost unbroken succession of fine weather, during which the crops are safely garnered. In winter it is cold, but extremely exhilarating and pleasant, owing to the wonderful dryness and bracing qualities of the air. The winter is a source of profit as well as enjoyment to the people, being far healthier than a humid climate.

Water and fuel—these two prime necessaries of life are plentiful throughout the district.

There's no use trying to "pump" some people unless you know how to handle them.

What Do the Children Drink?

Don't give them tea or coffee. Have you tried the new food drink called GRAIN-O? It is delicious and nourishing, and takes the place of coffee. The more Grain-O you give the children the more health you distribute through their systems. Grain-O is made of pure grains, and when properly prepared tastes like the choice grades of coffee, but costs about ¼ as much. All grocers sell it. 15c and 25c.

After effect—the kind word that makes a dog's tail wag.

Ask your grocer for DEFIANCE STARCH, the only 16 oz. package for 10 cents. All other 10-cent starch contains only 12 oz. Satisfaction guaranteed or money refunded.

Most appropriate name for a dentist—Phil Pullman.

Ask your grocer for DEFIANCE STARCH, the only 16 oz. package for 10 cents. All other 10-cent starch contains only 12 oz. Satisfaction guaranteed or money refunded.

There's no egg so large that it cannot be beaten.

Mrs. Winslow's Soothing Syrup.
For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle.

Youth has a perseverance all its own, but the trouble is it never knows when to stop.

Piso's Cure for Consumption is an infallible medicine for coughs and colds.—N. W. SAMUEL, Ocean Grove, N. J., Feb. 17, 1900.

"Time is money," said the man who paid the jeweler $1.50 for repairing a 98-cent watch.

Drugs have their use, but don't store them in your stomach. Beeman's Pepsin Gum aids the natural forces to perform their functions.

A mock trial—the mimic's first appearance.

Hall's Catarrh Cure
Is a constitutional cure. Price, 75c.

A man can be too confiding in others, but never too confident in himself.

$148 will buy new Upright piano on easy payments. Write for catalogues. Schmoller & Mueller, 1313 Farnam street, Omaha.

The inventor of tailor-made garments furnished us with proof that figures will lie.

California Rates Open to Everyone.

The low rates to San Francisco which the Burlington Route has made for the Epworth League meeting in that city in July are open to everyone. They are the lowest ever known. From Omaha, for example, the round trip rate to San Francisco will be only $45. Return limit, August 31. Through cars will be run and stop-overs allowed, going and returning.

It is not too early to make your plans for the trip. To obtain full information about it write to J. Francis, General Passenger Agent, Burlington Route, Omaha, Neb.

A man can be too confiding in others, but never too confident in himself.

Pasture Crops for Hogs.

Pasture and range are necessary in order to keep breeding swine in a healthy condition and grow the stock at a profit. The man who tries to raise swine under other conditions is playing a losing game, and his balance will be on the debtor side of the ledger just as sure as we have day and night. Although these facts have been vouched for many times by experiment stations and successful swine raisers and given wide publicity, thousands of farmers still continue in trying to raise hogs in a dry lot with nothing but corn as a feed, with the expectations of making it a profitable operation.

A hog pasture does not mean a dust lot with possibly a few old weeds off in one corner, but a good and commodious range, and if planned to give the best results, it will contain a variety of crops, selected as to their food value. The pasture should not be so small that the hog is compelled to eat his own filth to get the feed. Every farm should have six to eight acres of hog pasture fenced purposely for this use. This is in addition to what range may be utilized outside at times. Better far to have a little too much than not enough. If the crop gets ahead of the hogs and becomes woody cut it off with the mower and a new growth will start. This can be done with many plants and will pay even if the mowed portion is not gathered. The pasture may be greatly fertilized by this method in many cases. The enclosure should be divided into two or three parts, at least, so that while one part is being pastured, crops may be growing in the others.

While succulent food is very essential the year round for growing and breeding stock, the exercise is just as necessary. Pigs confined in pens will do much better if they have some green feed, but the results will be vastly better if the pigs are allowed range and the chance to gather this feed for themselves. Any green crop is much better than no pasture, but some crops for this purpose are very much superior to others, and a variety of crops, even though they may be much alike in composition, are superior to a single crop. Many swine raisers that appreciate the value of a hog pasture, do not realize the importance of giving attention to variety and composition of the plants to be used. In selecting the crops for a hog pasture consider the composition of the plants as you would consider the composition of the grain in a ration. Bear in mind that certain crops are rich in the food nutrient protein, that is so essential in the animal system to build up the frame and muscles, and is very necessary in the food of breeding stock. Crops of the opposite nature are rich in carbohydrates, the heat and fat forming compounds. Endeavor to have some of the former to pasture along with the latter and the results will be better.

Alfalfa Silage.

A bulletin of the Colorado station thus summarizes the results of tests of alfalfa as a silage crop: Some tests were carefully made upon a small scale to see what losses might be expected in making silage of alfalfa. One test was made with the alfalfa put in whole as cut in the field, the other with the alfalfa cut into quarter-inch pieces as we cut our corn for silage. The whole alfalfa showed a spoiled layer three inches thick on the top and an inch layer around the side nearly all the way down. The silage of the bottom and middle was excellent and was greedily eaten by the cows and calves. Its loss in the total weight was 10.7 per cent, but its loss in feeding value was probably a little larger. The other silo was filled with cut alfalfa. The next day the silo was covered with two thicknesses of building paper and one of boards and weighted with stone to about 55 pounds per square foot. When covered, the silage was hotter than the hand could bear. Two days later the temperature had fallen to 83 degrees F. and in two days more had fallen to that of the air. The silage shrank and settled a good deal. When put in it contained 33 per cent of dry matter. On opening, the silo showed 2 inches of spoiled silage on top and half an inch on the sides. The spoiled silage was 7.3 per cent of the total weight. The loss in dry matter was approximately 10 per cent. It is fair to presume that with a good tight silo, well made silage from cut alfalfa should not make a larger loss than was here given in our small experimental silo, or about 10 per cent of its feeding value. To make good silage from whole alfalfa is a much harder proposition. It requires that the alfalfa be quite green; that the silo be both tight and deep; that the alfalfa be thrown into the silo in small forkfuls and carefully tramped, and that it be weighted by four to six feet of some heavy, tight packing material like cut-corn fodder. If the alfalfa is put up in the middle of summer in clear, bright weather, it must be raked and loaded as fast as cut. One lot we tried was too dry for silage two hours after it was cut.

Poultry Record.

From Farmers' Review: I send you a report of our chickens for the year 1900. Number of hens on hand at beginning of year, 45. Number of dozen of eggs sold during year 225, amounting in value to $22.; chickens sold, 112, valued at $33, chickens used for family purposes, 55, amounting in value to $16.50; total, $71.50. Number of chickens on hand at the beginning of this year, 190; number available for use, 90; which is just double the number for the year 1900. This gives the total income $85 for the product of 45 hens. Our hens are Barred Plymouth Rocks.—L. E. Shannon.

Tree Wash—A good wash is often worth many times what it costs to apply and will do much toward preventing the attacks of borers and other insects. A one pound can of concentrated lye dissolved in two or three gallons of water makes a very good tree wash. Another good wash can be made of one-half pint of pine tar, one-half pint carbolic acid, and two gallons of soft soap. These washes can easily be applied with an old whitewash brush or a swab made of old rags tied on the end of a stick. These washes should be applied two or three times to the trunk and large limbs during the spring and early summer.

New creameries are constantly starting up, and some of these are co-operative. Every new creamery, if started on a good basis, is of direct interest to the general public. With the immense increase in our population the problem of supplying a good quality of butter at existing prices is a hard one to solve. Certainly the market of the future will take all of this product it is possible to sell. It is to be hoped that the increase of butter supply will keep pace with the demand, as too high prices turn the buyers to butter substitutes.

Big Cameras Barred at Buffalo.

"Camera fiends" who are intending to take everything in sight at the Pan-American exposition will do well to remember that the regulations restricting the use of cameras on the grounds of the Pan-American exposition, under the concessions granted to a private party, provide that no camera exceeding four or five inches shall be allowed within the gates. Stereoscopic cameras and tripods will not be admitted under and circumstances. The fee for the admission of cameras four by five inches or under will be 50 cents for a day or $1.50 for a week.

Emigration From Ireland.

Ireland lost by emigration last year 45,288 souls, an increase over 1899 of 3,247. Over 82 per cent of these were between the ages of 15 and 35. Of the total number of emigrants 37,765 came to the United States, Great Britain received 6,050, New Zealand 64, Canada 472 and Australia 834.

He's a Cigarette Fiend.

The emperor of China is now said to be suffering from the effects of too much tobacco. According to reports he smokes cigarettes continuously and as many American cigars as he can get.

A Miracle Explained.

Bryant, Mo., May 13th.—The sensational cure of Mrs. M. A. Goss of this place has sent a ripple of excitement all over Douglas county, and Dodd's Kidney Pills, the remedy in question, are receiving thereby the greatest advertisement any medicine has ever had in this state.

To satisfy the many inquiries which she finds it impossible to answer by letter, Mrs. Goss has sent the following statement of her case to the St. Louis Globe-Democrat:

"I did not think I could live a day and suffer as I have lived and suffered for months, with Sciatica and Rheumatism. I used baths and liniments of all kinds. Two physicians treated me, one of them for two months. Nothing helped me in the least. I never slept more than ten or fifteen minutes at a time. I was bedfast and had to lie on one side all the time. I used to wish for death to deliver me from such torture.

"A friend suggested Dodd's Kidney Pills, and after I had used them a week I began to improve, and in about four weeks I could sit up in bed. A few days later I walked a quarter of a mile and back. I now do all my own cooking and housework. The pain has entirely left me and I am a well woman. I have taken altogether sixteen boxes of Dodd's Kidney Pills. Dodd's Kidney Pills saved my life.

"Mrs M. A. Goss."

People come for miles to see Mrs. Goss and hear her wonderful story. Dodd's Kidney Pills are working marvelous cures in Missouri.

An actor's ripe experience doesn't prevent his getting green from jealousy.

There are no elevators in the house of success.

You'll find watered silk in the dry goods department and dry champagne among the wet goods.

A Month's Test Free.
If you have Rheumatism, write Dr. Shoop, Racine, Wis., Box 148, for six bottles of his Rheumatic Cure, express paid. Send no money. Pay $5.50 if cured.

Sometimes a man thinks himself a rare genius, but his neighbors call him "half baked."

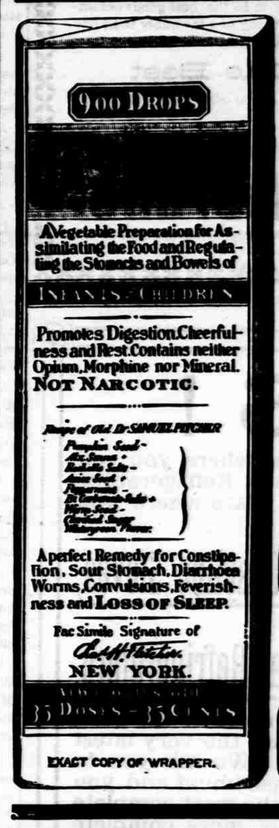
South Dakota Farms

Is the title of an illustrated booklet just issued by the Chicago, Milwaukee & St. Paul Railway, descriptive of the country between Aberdeen and the Missouri River, a section heretofore unprovided with railway facilities, but which is now reached by a new line of the Chicago, Milwaukee & St. Paul Railway. Everyone contemplating a change of location will be interested in the information contained in it, and a copy may be had by sending a two-cent stamp to F. A. Miller, General Passenger Agent, Chicago, Ill.

Ask your grocer for DEFIANCE STARCH, the only 16 oz. package for 10 cents. All other 10-cent starch contains only 12 oz. Satisfaction guaranteed or money refunded.

SAWYER'S EXCELSIOR
Keep Out the Wet
Sawyer's Slickers
Sawyer's "Excelsior Brand" Suits and Slickers are the best waterproof garments in the world. Made from the best materials and warranted waterproof. Made to stand the roughest work and weather. Look for the trade mark. If your dealer does not keep them, write for catalogue.
A. J. TOWER, Sole Maker, East Cambridge, Mass.

SIXTY DOLLARS worth of staple goods free to one intelligent man or woman in every county of the U. S. Write quick. NEW JERSEY MFG. CO., Jersey City, N. J.



EXACT COPY OF WRAPPER.

CASTORIA
For Infants and Children.
The Kind You Have Always Bought
Bears the Signature of Chas. H. Fletcher.
In Use For Over Thirty Years
CASTORIA
THE CENTAUR COMPANY, NEW YORK CITY.

A Match Starts the Meal
If You use a
WICKLESS BLUE FLAME Oil Stove

No Fuss
No Muss
If your dealer does not keep them, write to the nearest agency of
STANDARD OIL CO.

POOR LITTLE JOHNNY!
AND HIS "TUMMY"!

Small boys, and many times large ones, and occasionally girls, too, big and little, suffer terribly from convulsive pains or "cramps" in the bowels and stomach—pain so violent that it "doubles up" the ones attacked, and makes it impossible for them to stand up.

Some people call it colic, but most honest, plain-spoken people call it "belly-ache" and very properly, for the seat of the trouble is in the bowels, and caused by the violent efforts of the bowels to rid themselves of something which doesn't belong there. The small boy usually gets it from over-eating or from eating forbidden fruit, and suffers mostly in the summer time.

It's spring now, and "in times of peace, prepare for war." Let the boys and girls and the big folks, too, for that matter, clean out the clogged channels filled with winter bile and putrid undigested food, strengthen the 30-feet of bowel canal, liven up the liver, and "summer belly-aches" will have no terrors, because they won't happen. The way to make the body ache-proof is to use CASCARETS, gentle, sweet, fragrant CASCARETS, the perfect system cleaners and bowel strengthens. For fear that anybody in the family should ever be attacked by belly-ache, keep a box of CASCARETS in the house always, and remember that all pains and troubles in your insides are

QUICKLY CURED BY
Cascarets
LIVER TONIC
BEST FOR THE BOWELS
10c. 25c. 50c.
ALL DRUGGISTS.
NEVER SOLD IN BULK.

CURE all bowel troubles, appendicitis, biliousness, bad breath, bad blood, wind on the stomach, bloated bowels, foul mouth, headache, indigestion, pimples, pains after eating, liver trouble, sallow complexion and dizziness. When your bowels don't move regularly you are getting sick. Constipation kills more people than all other diseases together. It is a danger for the chronic sufferers and long years of suffering that come afterwards. No matter what ails you, start taking CASCARETS to-day, for you will never get well and be well all the time until you put your bowels right. Take our advice; start with CASCARETS to-day, under an absolute guarantee to cure or money refunded.

GUARANTEED TO CURE. Five million boxes of CASCARETS were sold last year to cure all sickness. We believe this to be the greatest medical discovery of the world. It is a marvelous, gentle, yet positive cure, and a great boon to suffering humanity. We have made it our business to know the merits of CASCARETS, and we do not hesitate to say that we believe they are the most wonderful medicine we ever heard of. We have sold millions of boxes of CASCARETS and have never heard of a complaint. We have never seen any medicine that gave such universal satisfaction. We know of many cases of chronic constipation of long standing that have been cured by CASCARETS. We know of many people who have been induced by our recommendation to try a box of CASCARETS who were at first skeptical, and who were astonished and pleased with the result