

How Good Food may Turn to Poison.

DECAY is not digestion, you know, even when it takes place in the stomach. Food decayed in the body after being eaten is as dangerous to health as food decayed before being eaten.

Most of the Digestion occurs in the thirty feet of intestines.

They are lined with a set of little mouths, that squeeze Digestive Juices into the Food eaten.

The Intestines are also lined with millions of little suction pumps, that draw the Nutrient from Food, as it passes them in going through.

But, when the Bowel-Muscles are weak, the Food moves too slowly to stimulate the little Gastric Mouths and there is no flow or too little flow of Digestive Juice, to change the food into nourishment.

Then, the food decays in the Bowels, and the little suction pumps draw Poison from the decayed Food, into the blood, instead of the Nutrition they should have drawn.

Now, Cascarets contain the only combination of drugs that Stimulates these Muscles of the Bowels and Intestines just as a Cold Bath, or open-air Exercise, stimulates a Lath Man.

Cascarets therefore act like Exercise. They produce the same sort of Natural result that a Six Mile walk in the country would produce without any injurious Chemical effect.

The Vest Pocket Cascaret Box is sold by all Druggists at Ten Cents. Be sure you get the genuine, made only by the Sterling Remedy Company, and never sold in bulk. Every tablet stamped "C.C.O."

Don't "depend on" a sign in your window. Use the Journal classified ads.

Notice of Sale of Stumpage on State Lands

Notice is hereby given that I will offer for sale at public auction, at the State Capitol, in St. Paul, on the 11th day of October, A. D. 1906, at 10 o'clock in the forenoon, certain timber belonging to the State and liable to waste.

An official copy of the list of lands upon which said timber is situated will be furnished by me to all applicants on and after the 17th day of September, A. D. 1906. Said list will be published in connection with this notice, once a week for three weeks next prior to said sale.

Dated, St. Paul, Minn., this 11th day of August, A. D. 1906. S. G. IVERSON, State Auditor.

Table with columns: Parts of Sections, Township, Estimated Quantity of Timber. Lists various timber lots with quantities in cords.

TERMS OF SALE.

This sale is made pursuant to the provisions of Chapter 204, of the General Laws of Minnesota for 1905. All purchasers of timber at this sale will be required to pay 25 per cent cash at the time of sale, based on the appraised value of timber.

REAL ESTATE TRANSFERS

Charles and Leah Langlois to William J. Smith, lot 14, block 3, Dean's addition, \$1,250. Hanna, et al. to Clara Sutherland, land, lot 7 except 5 feet front and rear, block 4, \$5,000. Mattison and Edward Sullivan to United States Lumber Co., et al., company, lot 12, block 3, Pittman's subdivision, \$2,100.

BUILDING PERMITS

Belle Silbaugh, 3538 Thomas avenue N., \$1,000. Hedman Wallin, 2800 Twenty-eighth avenue S., \$1,200. George W. Ringrose to Warren T. White, lot 15, Pleasant Heights, \$150.

HELP WANTED-MALE

WANTED-FOR U. S. ARMY, ABLE-BODIED, unmarried, between 21 and 35 years, citizens of United States, of good character and temperate habits, who can speak, read and write English. For particulars, apply to recruiting office, Phoenix building, or Commercial Hotel, St. Paul, or 324 1st St. S., Minneapolis, Minn.

HELP WANTED-MALE

WANTED-15 ENERGETIC MEN TO SELL goods and merchandise in the northwest; good men make good money; commission paid promptly every week; positions permanent. C. P. Adams Co., 76-78 1st St. S. Miscellaneous. SALESMEN AND CLERKS.

HELP WANTED-MALE

WANTED-15 ENERGETIC MEN TO SELL goods and merchandise in the northwest; good men make good money; commission paid promptly every week; positions permanent. C. P. Adams Co., 76-78 1st St. S. Miscellaneous. SALESMEN AND CLERKS.

HELP WANTED-MALE

WANTED-15 ENERGETIC MEN TO SELL goods and merchandise in the northwest; good men make good money; commission paid promptly every week; positions permanent. C. P. Adams Co., 76-78 1st St. S. Miscellaneous. SALESMEN AND CLERKS.

SITUATIONS WANTED-MALE

WANTED UNDER THIS CLASSIFICATION, 1/2 A RATE, no ad less than 10c daily; 30 words or less, one week, 50c. Miscellaneous. MAN 27 YEARS OF AGE, WITH 6 YEARS' experience on the road with implements and collections would like place on the road or with insurance or hardware firm. Address 3035, Journal.

SITUATIONS WANTED-MALE

WANTED UNDER THIS CLASSIFICATION, 1/2 A RATE, no ad less than 10c daily; 30 words or less, one week, 50c. Miscellaneous. MAN 27 YEARS OF AGE, WITH 6 YEARS' experience on the road with implements and collections would like place on the road or with insurance or hardware firm. Address 3035, Journal.

SITUATIONS WANTED-FEMALE

WANTED UNDER THIS CLASSIFICATION, 1/2 A RATE, no ad less than 10c daily; 30 words or less, one week, 50c. Miscellaneous. CLERKS AND SALESLADIES.

SITUATIONS WANTED-FEMALE

WANTED UNDER THIS CLASSIFICATION, 1/2 A RATE, no ad less than 10c daily; 30 words or less, one week, 50c. Miscellaneous. CLERKS AND SALESLADIES.

PERSONAL

THE MAN THAT CURES PINNLES, BLACKheads, fills hollows in the cheeks and shoulders, and gives healthy complexion, etc. WANTED-NAMES OF PERSONS WHO HAVE used or are now using Dr. Kilmer's Swamp Root, etc. for any ailment, send for something to their advantage. 1919, Journal.

WANTED-GIRLS TO WASH DISHES; good pay; 25¢ per day. WANTED-GIRLS TO WASH DISHES; good pay; 25¢ per day.

WANTED-GIRLS TO WASH DISHES; good pay; 25¢ per day. WANTED-GIRLS TO WASH DISHES; good pay; 25¢ per day.

WANTED-GIRLS TO WASH DISHES; good pay; 25¢ per day. WANTED-GIRLS TO WASH DISHES; good pay; 25¢ per day.

WANTED-GIRLS TO WASH DISHES; good pay; 25¢ per day. WANTED-GIRLS TO WASH DISHES; good pay; 25¢ per day.

WANTED-GIRLS TO WASH DISHES; good pay; 25¢ per day. WANTED-GIRLS TO WASH DISHES; good pay; 25¢ per day.

WANTED-GIRLS TO WASH DISHES; good pay; 25¢ per day. WANTED-GIRLS TO WASH DISHES; good pay; 25¢ per day.