

# ALARMING MORTALITY.

## Noticeable Among the Weak and Ailing.

### Spring the Time Death Reaps Its Largest Harvest.

#### There is a Way of Eluding the Grim Destroyer.

Every Spring it is noticeable how many people are taken away that we have been accustomed to see in our daily life. Statistics show that at no other season of the year does so many deaths occur. Especially large is the mortality among weak and sickly people.

The reason for this is apparent. The body that is weakened by age or disease has much to contend with during the Winter months. Inadequate exercise, frequently has been taken. Too much starch and fatty foods have been eaten. The system has been allowed to become run down and when Spring comes with its bright, sunshiny days, older people will begin to realize that their vitality has become very low. The same is true of people who are naturally sickly and weak.

This is the season of the year when even a strong person feels at his wits. That tired, restless feeling is experienced by too many. There need not be any deaths this year as usually take place. A little care will ward off many Spring fatalities. If one is weak or ailing they should take time by the forelock and take Dr. Greene's Nervura blood and nerve remedy. This great medicine is a scientific way for it purifies the blood and gives strength and vitality to the nerves. It tones up and restores to a healthy condition all of the great living organs of the body.

Dr. Greene's Nervura blood and nerve remedy will enable those who take it to throw off the grip of disease and die only when the attack a system already wasted and weakened.

From many people who have experienced benefit from this medicine, the following from the famous General Longstreet of 1217 New Hampshire Ave., Washington, D. C., he says:

"I feel it my duty to tell how much good Dr. Greene's Nervura has done me. I was so run down that I could not do anything and everything worried me. I had no appetite and could not work, my head ached all the time and there was an all-gone feeling in my stomach, and I was always looking on the dark side of everything. I began to take Dr. Greene's Nervura blood and nerve remedy and in less than three weeks I felt like a new man. I can now do as much work as I expected of a man of my age. I advise anyone who is troubled to take Dr. Greene's Nervura. Do not get a doctor, but get a bottle of Dr. Greene's Nervura. It is cheaper than a doctor's bill."

The latter part of Mr. Hynes' advice might be profitably disregarded, however, if you should feel you would like the advice of a physician. You can have such advice and have it free if you write or call on the greatest known blood and nerve specialist, Dr. Greene, 35 W. 14th St., New York City.

#### LITTLE ODDS AND ENDS.

Boston pays \$166,000 a year for its school janitors.

Some 70 different varieties of olives are grown in California.

Manitoba, equal in area to Great Britain and Ireland, has only 210,000 inhabitants.

The Japanese residents of Tacoma, Wash., have organized to keep out any disorderly characters from their country.

Since 1850, according to an investigation made by George Boyd, the assistant in the document room of the United States senate, closure has been proposed 98 times in that body.

#### MADAM BAYEAS TESTIFIES.

A Distinguished Lady, After Traveling for Six Years in Search of Health, at Last Finds It in Dodd's Kidney Pills.

Hot Springs, Ark., March 13 (Special).—This popular resort numbers among its patrons many of the world's most distinguished men and women, but none more so than Madam Isabella Ellen Bayeas, Life Governor of the Free Masons Grand Lodge of England.

Madam Bayeas, like most of the other visitors, came here in search of health. She was not disappointed, but her cure was not found in the virtue of the baths, but in a few boxes of Dodd's Kidney Pills, a remedy which she found on sale here, and which is being used with wonderful success by a number of the visitors to Hot Springs.

"I travelled almost constantly for the past six years in the interests of my Society, and my health gradually became broken down, through the change of food, water, climate, etc. The doctors told me I had diabetes, and advised me to go to the Springs, as they could do nothing for me. While there my attention was called to Dodd's Kidney Pills by a fellow sufferer, who had been greatly benefited by using them.

"I profited by her experience and bought a box, and then another, and so on until I had used seven boxes. It is with gratitude that I state that they cured me completely, and I am now able to take up the duties of life once more. I am very thankful for what Dodd's Kidney Pills have done for me, and as a grateful woman shall never hesitate to recommend them to anyone suffering with Diabetes."

The very satisfactory experience of this distinguished woman, should be an encouragement to all similar sufferers.

Dodd's Kidney Pills are 60c. a box, six boxes for \$2.50. Buy them from your local druggist if you can. If he cannot supply you, send to the Dodd's Medicine Co., Buffalo, N. Y.

3 or 4 Years an Independence Is Assured

From the Western Canada Free

Understand, who will mail you a complete list of all the ailments that can be cured by this medicine. It is the only medicine that will cure all the ailments that are mentioned in the list. It is the only medicine that will cure all the ailments that are mentioned in the list. It is the only medicine that will cure all the ailments that are mentioned in the list.

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#### WOMEN AND POCKETS.

Some Pertinent Comments by Elizabeth Cady Stanton, Famous Suffragist Agitator.

The daily press gave an account a few days since of a young woman walking in the street with her blind mother, her pocketbook in hand, who was suddenly robbed by a man, who was arrested and is now paying the penalty of his crime in jail. If the woman had had a pocket and her purse in it she might still be enjoying her money and the man his liberty.

Going to see a friend off to Europe not long ago I saw a young woman hurrying to the vessel, her train in one hand, her umbrella and handkerchiefs in the other and her purse held in her teeth!

Ever and anon we hear of these valuable snatched from their possessors, for which men and boys are arrested and punished. In view of this result the pocket is more than a question of fashion, it becomes one of morals; it is wonderful what dangers women will endure and inflict on others at the behests of fashion; if they choose to suffer the accidents that befall themselves, that is one thing, but to endanger the safety of others in crowded places is quite another. A young girl not long since, trying to get into a car, incumbered with train, pocketbook, umbrella, cardcase and bundle, having an uncertain hold, was by a sudden jerk thrown to the ground and all her possessions scattered in the mud; she was seriously injured, and in consequence walked on crutches for six months.

Perhaps the authorities of the church might do something to rouse the religious sensitivities of the women in this direction. The apostles and prophets in Bible times did not think it beneath their dignity to give women some directions as to their duties, and an appeal in our day might not be in vain. The discipline of the church requires all women to cover their heads when they enter the cathedrals; Paul advised them not to braid their hair nor wear gaudy apparel, but to modestly cover their faces with veils. Many of the books in the New Testament have special directions in regard to the dress of women. And Isaiah was quite strenuous as to most of the ornaments dear to their hearts. In the third chapter, sixteenth verse, he says: "Because the daughters of Zion are haughty and walk mincing as they



ELIZABETH CADY STANTON.  
(Honorary President National Suffrage Association.)

making a tinkling with their feet. "The Lord will smite the crown of the head of the daughters of Zion."

"In that day the Lord will take away the tinkling ornaments about their feet, and their chains, and their round tires like the moon."

"The chains, and the bracelets, and the mufflers."

"The head bands, and the tablets, and the earrings."

"The rings, and the nose jewels, and the mantles, and the wimples, and the crisping pins."

"The glasses, and the hoods, and the veils."

If it was thought worth while to put all these directions in the Bible why should it not be as well to have some provisions in regard to this matter in the canon and civil laws, and men in high places give some directions to our daughters in this line?

A student in one of our city colleges not long since, going to the blackboard, left her purse, containing five dollars, on her desk; when she returned it was gone. The president called his pupils together and stated the case, reproaching them for the deed, saying: "But if the owner will cut off the part of her dress that trails on the floor and make a generous pocket in which to keep her purse she will save her weak companions from further temptation and herself from greater losses."—Elizabeth Cady Stanton, in Chicago Tribune.

**Sponging Woollens at Home.**

Never in home dressmaking cut any kind of woollen goods until they have been sponged, as cheap material is often not dampened before it is sold. To do this properly at home get an ironing board or table the width of the goods and cover with tightly stretched calico. Spread your cloth wrong side up, cover with a linen cloth that has been well wrung out in water and then press with a hot iron from the lengthwise of the goods. Never let the iron be still, and the goods must fall evenly on the floor or on a clean cloth as pressed.

**How to Clean a Piano.**

The materials required for washing piano keys are a dish of tepid water, a cake of soap and three pieces of clean, thin flannel. Take one piece of cloth and wet it; then rub it over the cake of soap and apply it to the piano—then work a portion of the surface at a time. Then wet another piece of flannel, and with "his rub off the soap as thoroughly as possible. With the third piece dry the part treated, rubbing it till it shines brightly, and do it all as quickly as possible, that the soap may not remain too long upon the polished surface.

**Decidedly Unpleasant.**

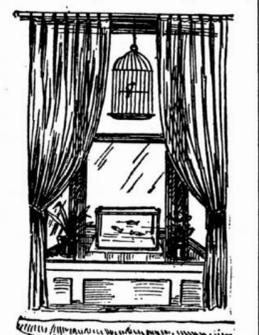
Hewitt—I don't like to be interrupted when I'm thinking.

Jettt—No, it isn't pleasant to have anybody flag your train of thought.—Tova Topic.

#### A CHEERFUL WINDOW.

There is Nothing That Adds Quite So Much Attractiveness to the Average Home.

A small bay window is hardly large enough to sit in, hence some means of utilizing its presence that will add attractiveness to the room, without shutting out any of the window's light, is certainly worth considering. The illustration shows a scheme both attractive and convenient. The low window sashes have below them a shelf that fills the space of the bay window,



A CHEERFUL WINDOW.

while below this is a drawer that will serve many useful purposes. The shelf affords an excellent chance for placing an aquarium or large fish globe. Gold and silver fish are very beautiful when seen against a bright window. On the shelf may also be placed some potted plants. Above is a chance for a caged bird, showing between the folds of a drapery curtain, that hangs flush with the walls of the room. Shelves could be put across the middle of the side sashes, if desired, affording room for smaller pots of plants or climbing plants that can be trained to run up about the top of the bay window.—Webb Donnell, in Farm and Home.

#### ODD WORK FOR WOMEN.

New Modes of Earning a Livelihood Devised by Victims of "Genteel Poverty."

Genteel poverty is one of the tragedies of modern society. Yet out of the evil comes good, and from absolute necessity clever women devise new modes of earning a livelihood. Most of those who find themselves in reduced circumstances take up ordinary callings, but a few plunge out of the beaten path and make some idle accomplishment the basis of a paying vocation. One young woman upon whom a fate had never put it to practical use by repairing old and priceless lace. She carries what may be called a kit of tools, including a lacemaker's pillow, a full set of threads and various kinds of needles, and restores an injured collar or an ancient fichu in the presence of the owner. The reward is exceedingly difficult and the reward correspondingly high.

Several women have taken up indexing. Their patrons are people who keep scrapbooks, and who are too busy, or, as is more often the case, too negligent, to index for themselves. The work is slow and laborious. It demands a wide literary knowledge and often a knowledge of French and German. The pay is moderate, being usually three dollars a day.

Artistic fancy bookbinding is practiced by eight women in New York City. This is a skilled trade of the highest class, demanding both technical skill and artistic ability. Two of the binders have done such good work as to make them moderately famous.

A Vassar girl with a penchant for chemistry found herself thrown upon her own resources three years ago, and adopted for her daily work the giving of instruction to members of her sex upon the subject of cold cream. To the uninitiated this seems a very simple matter, but in truth it is very complex. It involves a knowledge of the various fats and oils, including spermaceti, cocoa butter, wax, japan wax, almond cream, lanoline, and such medical ingredients as benzoin, camphor, myrrh, carbolic acid, sulphur, arsenic, zinc and white lead.

Women who contemplate a foreign tour or who are to receive distinguished foreigners are often at a loss respecting the etiquette of European countries. They can get out of their trouble by taking a course of lessons from teachers who have lived abroad in days of wealth. At least ten bright young women have taken up dermatology with special reference to the hair and scalp. They visit their patients the same as physicians and earn a handsome living. At least two in this city clear more than \$5,000 a year.

Restoring old photographs gives profitable employment to a number of women who have become experts in the use of the camera. It does not pay very well in general, but now and then, when there is strong family love involved, it gives very handsome returns. One successful woman inlays books.—N. Y. Journal.

**Recipe for Wedding Salad.**

A salad for a wedding breakfast or dinner is made as follows: Shred a quarter of a new cabbage as fine as the petals of a chrysanthemum. Remove the seeds from two sweet green peppers of medium size and slice them in very fine rings; then slice one medium-sized onion as thin as possible. Mix these ingredients together and lay them lightly in a salad bowl; surround them with quarters of tomatoes; pour a dressing over all composed of oil, vinegar, salt and pepper, and serve.

**Mate of Business.**

"Tittle—Who is that cross-eyed woman with hair-tilt, talking so loud?"

"Tattle—Why, that is the duchess of Stormingcourt whom the duke married for her fortune. She has ten million."

"Humph! The duke earned his money."—Judge.

**An Objection.**

"Yes; he seems to be a confirmed bachelor—says he has always been opposed to an income tax."

"What do you mean?"

"Well, he considers marriage an income tax of 100 per cent."—Puck.

#### A LITTLE NONSENSE.

He—"What do you think a good name for a girl?" "She—"Any good man's."—Syracuse Herald.

She—"I've often wondered what is the secret of beauty?" He—"There couldn't possibly be such a thing. Any woman who had beauty wouldn't think of making a secret of it."—Philadelphia Press.

A Bargain—"Yes, Flora married a titled foreigner; for all she isn't so very rich. He is the last of his race." "Oh, well, remnants always come cheap, you know."—Philadelphia Evening Bulletin.

"The fact is," said the fat man, "I married because I was lonely as much as for any other reason. To put it tersely, I married for sympathy." "Well," said the lean man, "you have mine."—Stray Stories.

Hopless—"My volume of poems is filled with typographical errors!" cried the poet. "Yes," replied the disgusted publisher. "Even the proof-reader seems to have balked at reading it through."—Philadelphia North American.

An Unpleasant Relative—"Her rich old uncle isn't a bit nice to her, is he?" "Niece! He's horrid! Why, he threatens her awfully!" "Threatens her?" "Yes, threatens to leave all his money to a hospital for asthmatic cats."—Cleveland Plain Dealer.

His Mother-in-law—"I'm really provoked with Nettie. Since she married you she has neglected her piano playing frightfully. It's positively disgraceful." "Why, do you know, I consider that the sweetest thing Nettie has done. It shows that she really loves me."—Boston Transcript.

"Towne—"Newgold used to be very anxious to impress people with the idea that he was immensely wealthy." "Brown—"Yes, but he doesn't say more." "Towne—"Ah! Got more sense now, eh?" "Brown—"No, more dollars. He really is immensely wealthy, now."—Philadelphia Press.

#### HE SPOTTED THE SPOTTER.

How a Suspected Southern Railroad Conductor Circumvented the Superintendent.

"Under the old, loose system that prevailed on most of the southern and western roads," said a veteran passenger conductor of this city, relates the New Orleans Times-Democrat, "the 'spotter' was virtually a necessity, but the trouble about him was that he could never be relied upon with absolute certainty to tell the truth. He knew his popularity and prestige with his employers depended on the number of 'cases' he worked up, and if he couldn't catch a conductor 'knocking down' he was only too apt to manufacture a little circumstantial evidence in the report he would file away in his pocket. I am speaking of the average spotter, and no doubt there were plenty of exceptions to the rule, but that was the great defect of the system, and, incidentally, it reminds me of a curious little story. Back in the eighties," continued the veteran, "a tip was one day given to a well-known and very popular conductor on a certain line leading out of New Orleans that a spotter of considerable fame in the north had been put on his train with instructions to investigate him thoroughly."

"This conductor was a big, jovial fellow, fond of good clothes, good sport and good living, and, while there was no evidence of anything wrong, he had fallen under suspicion on general principles. The company officials were persuaded he was living far beyond his means and inferred that he must be helping himself to the cash, but all prior efforts to get a line on him had failed ignominiously, and for that reason the expert search had been imported from the north and told to go to the bottom of the case if it took six months. When the conductor himself heard that a spy had been put on his trail he was highly indignant and also considerably alarmed. He reasoned that the fellow would be especially anxious to sustain his reputation as a fine catcher and was, in all probability, fully prepared to 'fake up' a case in the event that he discovered no evidence in the north. He quietly telegraphed a big detective agency in Chicago and engaged a first-class operative to spot the spotter."

"Both men went on duty at about the same time, the spotter taking the role of a commercial traveler, who had frequent business up and down the road. He watched the conductor, and the Chicago detective watched him, and the conductor sized them both up and chucked in his sleeve. Now comes the funny part of the story. The double watch had been in progress only a few days when a treacherous brakeman told to the general superintendent and told him the whole story. The superintendent was a pretty wise person himself, so he said nothing, but simply engaged an entirely new man and set him watching the two spies. The triangular game went on for several weeks; then the conductor was summoned to headquarters. He carried his pay report with him and was staggered when the superintendent showed him two others. The original spotter's report exonerated the conductor; the Chicago man's report agreed exactly with the spotter's, and the last spy asserted flatly that the two other men had 'stood in' together so as to please all hands and save trouble. That disgusted one road with spotters, and the superintendent swore he would never employ another. The conductor, by the way, retained his job."

**Exploration of Lake Tanganyika.**

An interesting exploration of Lake Tanganyika and the country north of it, finished recently, revealed the fact that while certain sea mollusks are found in this lake, it is the only one of all the African lakes in which such phenomena are observed. This lake is only a short distance, some 80 miles, from the great Congo basin, much of which, without doubt, was once covered by the sea. The halolimnic fauna appeared to extend into the Congo valley, and it is believed that the lake at one time extended considerably to the west. Lake Nyassa, on the other hand, has every characteristic of a fresh water lake, and the geologist fauna does not indicate that this lake is of any great age.—N. Y. Post.

# AFTER-EFFECTS OF LA GRIPPE.

THE after-effects of the grip are often disastrous. It is commonly known to the medical fraternity that the numerous ailments and complications which follow the grip are apt to be more serious than the acute stage of the disease.

Some people have the grip very lightly. They may be confined to the house only a day or two and yet a long train of disagreeable, disabling symptoms follow. All sorts of tonics and stimulating remedies have been devised to meet this condition. None of them can compare in results with Peruna. Every one who has had the grip ought to take a short course of Peruna. Read what the following people have to say about it.

Washington, Feb. 4, 1899.  
The Peruna Medicine Co., Columbus, O.

"I have taken Peruna now for two weeks, and find I am very much relieved. I feel that my cure will be permanent. I have also taken it for my grippe, and take pleasure in recommending Peruna as an excellent remedy for colds and influenza sufferers." M. W. Howard, Congressman Howard's home address is Fort Payne, Ala.

**Grip Produces Catarrh.**

Henry Distin, the inventor and maker of all the band instruments for the Henry Distin Mfg. Co., at Williamsport, Pa., writes:

Philadelphia, Pa., May 6, 1899.  
Dr. S. B. Hartman, Dear Sir:—"I write to inform you that I had a bad attack of the grippe last December which lasted more than three months and which left me with catarrh, when several of my friends advised me to try your wonderful medicine, Peruna. I began with a bottle the first week in March and it certainly did me a great deal of good. I was so well satisfied that I purchased another bottle and followed your directions which you furnish with every bottle, and I am glad to say that it has cured me. I shall certainly recommend the Peruna to all my friends."

**GRIP CAUSED NERVOUS DYSPEPSIA.**

D. D. Wallace, a charter member of the International Harbors' Union, writes from 15 West-ern avenue, Minneapolis, Minn.:

"Following a severe attack of the grippe, I seemed to be affected badly all over. I suffered with a severe backache, indigestion and nervous illness, so I could neither eat nor sleep, and I thought I would give up my work, which I could not afford to do. "One of my customers who was greatly helped by Peruna advised me to try it, and I procured a bottle the same day. I used it faithfully and felt a marked improvement. During the next two months I took five bottles, and then felt splendid. Now my head is clear, my nerves are steady, I enjoy my food, and rest well. Peruna has benefited me a dollar a dose to me."—D. L. Wallace.

If you do not derive prompt and satisfactory results from the use of Peruna, write at once to Dr. Hartman, giving a full statement of your case and he will be pleased to give you his valuable advice gratis.

Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, Ohio.

A Tramp's Work—"Hello, Walker. What 'y' up to now-days?" "Hello, Lazy. I'm lookin' for a chance 't' work." "Aw, come off! You don't expect me to believe that?" "Cert. 'It's de truth. I'm lookin' for a chance 't' get some soft guy fer the price of a drink."—Philadelphia Evening Bulletin.

**There is a Class of People.**

Who are injured by the use of coffee. Recently there has been placed in all the grocery stores a new preparation called GRAIN-O, made of pure grains, that takes the place of coffee. The most delicate stomach receives it without distress, and but few can tell it from coffee. It does not cost over 4¢ as much. Children may drink it with great benefit. 15 cts. and 25 cts. per package. Try it. Ask for GRAIN-O.

It is now known, even to the writers of realistic fiction, that indigestion may cause a person not only to reel and clutch the air, but also to tremble like a startled fawn.—Detroit Journal.



without them. You will find all your other disorders commence to get better at once, and soon you will be well by taking—

**THE TONIC LAXATIVE**

**Cascarets**

**LIVER TONIC**

**BEST FOR THE BOWELS**

**NEVER SOLD IN BULK.**

10c. 25c. 50c. ALL DRUGGISTS.

**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 starter for the chronic ailments and long years of suffering that come afterwards. No matter how you feel, 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 years ago Dr. J. C. Ayer & Co. discovered a new and powerful laxative, and it has since been used by millions of people. It is the only medicine in the world that will cure all the ailments mentioned in the list. It is the only medicine that will cure all the ailments mentioned in the list. It is the only medicine that will cure all the ailments mentioned in the list.

Dr. J. C. Ayer & Co., Lowell, Mass.

**THE GENUINE TOWER'S FISH BRAND POMMEL SLICKER**

WILL KEEP YOU DRY WILL NOTHING ELSE WILL

LOOK FOR ABOVE TRADE MARK. TAKE NO SUBSTITUTES. CATALOGUES FREE. SHOWING FUR AND HATS. A. J. TOWER CO. BOSTON, MASS.

**GREEN RAPE** costs 25 cents per TON!

Great! Cheapest Food on Earth for Sheep, Swine, Cattle, Poultry, etc.

Will be worth \$100 to you to read what farmer's testimonies say about rape.

**Billion Dollar Grass** will positively make you rich! 15 tons of Rape will feed 1000 sheep for 100 days. Brown, Peas, Speltz (100 lbs. cost, 200 lbs. cost, 300 lbs. cost, 400 lbs. cost, 500 lbs. cost, 600 lbs. cost, 700 lbs. cost, 800 lbs. cost, 900 lbs. cost, 1000 lbs. cost).

For this Notice and 10c. we will send you a free trial of our Rape. For 10c. we will send you a free trial of our Rape. For 10c. we will send you a free trial of our Rape.

**JOHN A. SALZER SEED CO. LA CROSSE, WIS.**

**Keep Out the Wet**

**Sawyer's Slickers**

Sawyer's "Excelsior Brand" Slicker and Slickers are the best water-proof garment ever made. They are made of a special material and warranted waterproof. Made in the U.S.A. Look for the trade mark. If your dealer does not have them, write to Sawyer's Slicker Co., 100 N. W. 4th St., St. Paul, Minn.

**OUR SPRING CATALOG**

**NEARLY READY FREE FOR THE ASKING**

SEND US YOUR NAME AND ADDRESS.

**MINNEAPOLIS DRY GOODS CO. SYNDICATE BLOCK, MINNEAPOLIS, MINN.**

**The Question of Dessert**

Is easily and simply solved with a package of Bournham's Hasty Jellycon. It is only necessary to dissolve a package of it in boiling water and set away to cool. The result is a deliciously pure jelly, and an ideal dessert. The flavors are orange, lemon, strawberry, raspberry, peach, wild cherry and the unflavored "cafesort" for making wine and coffee jellies. All grocers sell it.

**SPECIAL PRICES** 50c per box. 10c per box. 5c per box. 2c per box. 1c per box. 50c per box. 10c per box. 5c per box. 2c per box. 1c per box.

**OSGOOD** 100 Central St., BOSTON, MASS.

A. N. K.-G 1887

**W. L. DOUGLAS**

**\$3 & \$3.50 SHOES**

UNION MADE.

The real worth of W. L. Douglas \$3.00 and \$3.50 shoes compared with other makes is \$4.00 to \$5.00. Our \$4.00 Gilt Edge Line cannot be equaled at any price. We make and sell more \$3.00 and \$3.50 shoes than any other two manufacturers in the United States.

**THE REASON** more W. L. Douglas \$3 and \$3.50 shoes are sold than any other make is because **THEY ARE THE BEST** in their class. They are made of the best material and are made by the best workmen. They are made in the U.S.A. and are guaranteed to last.

W. L. Douglas Shoe Co., Brockton, Mass.

No matter how pleasant your surroundings, health, good health, is the foundation for enjoyment. Bowel trouble causes more aches and pains than all other diseases together, and when you get a good dose of bilious bile coursing through the blood life's a hell on earth. Millions of people are doctoring for chronic ailments that started with bad bowels, and they will never get better till the bowels are right. You know how it is—you neglect—get irregular—first suffer with a slight headache—bad taste in the mouth morning, and general "all gone" feeling during the day—keep on going from bad to worse until the suffering becomes awful, life loses its charms, and there is many a one that has been driven to suicidal relief. Educate your bowels with **CASCARETS**. Don't neglect the slightest irregularity. See that you have one natural, easy movement each day. **CASCARETS** tone the bowels—make them strong—and after you have used them once you will wonder why it is that you have ever been without them. You will find all your other disorders commence to get better at once, and soon you will be well by taking—

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