

More than 200,000 Persons Cured Themselves of Constipation

At home, without the aid of doctors or drugs, nearly a quarter of a million men and women have recently cured themselves of constipation. How? By bathing internally. Doctors all over the world have long recognized the virtue of this treatment. But until recently the full efficiency of the internal bath could not be obtained without the aid of costly and elaborate apparatus. Now, with a simple device known as the **J. B. L. Cascade** anyone can enjoy the wonderful benefit of bathing internally at home.

Bathe Internally

The **J. B. L. Cascade** is the invention of Dr. Charles A. Tyrell, a prominent New York physician. By its use the bowels are quickly and thoroughly cleansed of poisonous waste matter—that prolific cause of nine-tenths of all human ailments. Gentle in its action, this cleansing process rests the intestinal muscles and stimulates them to again resume their natural action. In this way—the **J. B. L. Cascade** soon effects a permanent, positive cure.

Sixty-four page book, which fully explains the internal bath, mailed free. Dr. Charles A. Tyrell, 275 College Street, Toronto.

IN LIGHTER VEIN

"Better Not Inquire."—"Yes," said Swagger, "this is a turkeze ring."
"Excuse me," said Beggs, "the correct pronunciation of that word is 'turkwoise.'"

"No, 'turkeze,' excuse me."
"I say 'turkwoise.'"
"Well, let's go to a jeweler and ask him."

"Right."
"In order to settle a wager," said Swagger to the jeweler, "would you mind telling me if the correct pronunciation of the stone in this ring is 'turkeze' or 'turkwoise?'"

The jeweler took the ring and examined it carefully.

"The correct pronunciation," he said, "is 'glass.'"—Tit-Bits.

The "Come-Back."—He—"Madam, you promised to obey me. Do you do it?"
She—"Sir, you promised me your worldly goods. Do I get 'em?"—Baltimore American.

Up Against the Bars.

Old King Cole was a merry old soul;
A merry old soul was he!
He called for his pipe, and he called for his bowl,

And he called for his fiddlers three.
But only two of the fiddlers came;
The third, they said, was barred
From earning his living thenceforth, because

He carried no union card.
Nor came the pipe with its fragrant weed,
Nor the bowl with its golden brew;
For all such things had been driven from court

By the W. C. T. U.
—New York Evening Post.

Too Frank.—"You are workingmen—"
"Hooray!"
"And because you are workingmen—"
"Hooray!"
"You must work."
"Put him out! Put him out!"—Tit-Bits.

Consolation. — Struggling Author—
"This world will not recognize all I have done until after my death."
Friend—"Well, I wouldn't worry. You'll be beyond injury then."—Satire.

Nursery Rhymes Up-to-Date.

Hark, hark,
The dogs do bark,
The crooks are all over the town!
They're making grabs
From taxicabs,
And no one runs them down!

Diddle diddle dumpling,
My son John,
He came home, but
His watch was gone!

Little Miss Muffit,
She sat on a tuffit,
Her diamonds made a display;
A pickpocket eyed her,
Then sat down beside her,
And got all her sparklers away!

Taffy is a burglar,
Taffy is a thief,
Taffy has a pull, though,
And never comes to grief!

Little Cop Horner
He stood on the corner,
Watching the robbers go by;
He twiddled his thumb,
And he pulled in a bum,
And he said, "What a good cop am I!"

—Town Topics.

An Omission.—Knicker—"Did your father give you an auto?"
Bocker—"Yes, but he didn't endow it."
—Lippincott's.

Consoling.—Musician—"Is it not a distressing thought that some of our greatest composers made very little money in their lifetime?"

Philistine—"No. It's my only consolation when my wife drags me to the opera!"—London Opinion.



How are you fixed when goods arrive?

DOES your shipping room present a scene of noisy, bustling disorder? Are you compelled to clog or temporarily paralyse the running of your business by shorthanding your various departments in order to accommodate fresh shipments as they arrive? Or, is it possible for one or two men to take hold and expeditiously, economically and safely—without waste of time or energy—dispose of the goods systematically and in proper arrangement. Your answer depends upon whether or not you use

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