

worse off than if we were half

Because, food that stays too long

in the Bowels decays there, just as

if it stayed too long in the open air.

Gas rises from Decayed food, even

in a whole neighborhood if the

Health Authorities did not compel

Well, when Food decays in the

Bowels, through delayed and over-

The millions of little Suction

This Poison gets into the blood #

Pumps that line the Bowels and

Intestines then draw Poison from the

decayed Food, instead of the Nourish-

and, in time, spreads all over the body,

unless the Cause of Constipation is

That Cause of Constipation

You know, there are about thirty

These Intestines are lined with a

feet of Intestines - Bowels - in

muscular tissue that tightens when

This tightening, after Food-fric-

tion, is what drives that Food on,

through its thirty-foot journey, to

Digestion, Nutrition, and Elimination,

\* \* \*

flabby, weak, or lazy from want of

Exercise, the Food does not tickle

to slide out one load of trouble, but

Muscles more than ever by slacken-

ing them, and by doing work for them which they should do for themselves.

flabby they need exercise, to strength-

en them-not a sling to support, them.

flabby they need Exercise to strength-

en them-not "Physic" to pamper

\* \* \*

Exercise for the Bowel-Muscles.

its price is Ten Cents a box.

these Muscles to act naturally.

flow of Digestive Juices.

There's only one kind of Artificial

Its name is "CASCARETS," and

Cascarets act like Exercise on the Muscles of the Bowels, and make

them stronger every time they force

propel the food, the stronger does

The stronger these Muscles

friction of the food act on the

The more of these Juices that

act on Food, the more Nutriment

does that Food turn into, and the richer

nourishment do the little Suction

Pumps of the Intestines draw out of it.

When these Bowel-Muscles grow

Castor Oil, or "Physic," will help

In fact, they weaken the Bowel-

When your Arm-Muscles grow

When your Bowel-Muscles grow

Weak, or Lazy, Bowel Muscles.

ment they were intended to draw.

\* \* \*

And, you know that a poisonous

That Gas would start a pestilence

starved for want of Food.

in the open air.

promptly removed.

every human body.

them enough to act.

them.

That's Constipation!

they can't help the Cause .--

Food touches it.

removal of its Cause.

due action, what happens?

This is what happens:

tiously cured.

carets.

But, one big dose won't take

Because, it needs only one Cas-

the place of ten small doses of Cas-

caret at a time to stimulate all the

Bowel - Muscles enough, without

purging, discomfort or loss of nutri-

act like the Whirlwind Cathartic you

are used to, but six would do less

food through so fast you would get

little nutrition from it, and would

waste Digestive Juices needed for

the "gripes," burnings, inside irrita-

tion, weak feeling, and stomach up-

setting, of common Cathartics, don't

use enough Cascarets at a dose to

action that a six-mile walk in the

country would give you, (without

the weariness) take one Cascaret at

a time, with intervals between, till

you reach the exact condition you

. . .

"Vest Pocket" box constantly with

you, and take a Cascaret whenever

you suspect you need it.

effective action.

dealt with promptly.

are noticed.

past.

Montreal

Then, carry the little ten cent

One Cascaret at a time wil

promptly cleanse a foul Breath, or

Coated Tongue, thus proving clearly

its ready, steady, sure, but mild and

warded off, in short order, by a single

risings in the throat, and Colicky feel-

ing are sure signs of Bowel trouble

from food poisons, and should be

One Cascarct will stop the coming

trouble, move on the Bowel load,

and free the Digestive Juices, if that

one Cascaret is taken from the Vest

Pocket box as soon as the first signs

\* \* \*

Cascaret Box with you constantly. Form the habit!

Don't fail to carry the Vest Pocket

Because, you know you won't

walk to a Drug Store, nor back to

million boxes a year, for six years

fore you buy. Write for Free Sam-

ple and booklet, "The Curse of Con-

stipation," best ever printed on the

subject. Address Sterling Remedy

Company, 374 St. Paul Street,

663

You can try Cascarets FREE be-

ought to have a Cascaret.

on your Health and Spirits.

Cascaret, and the cause removed.

A coming Headache can be

Heartburn, Gas-belching, Acid-

But, if you want the same natural

If you want a "purge" with all

the next four meals.

produce that.

desire.

good than one Cascaret at a time.

Six Cascarets, at a time, would

Because, Six would drive the

whose assistants have been on strike for several days, signed an agreement to-ing foremen and a graded scale for other bakeshop hands for a 10 hour day and recognition of the union

MAY PROVE FATAL. Amherstburg, Aug. 15.—The condition of Mrs. Horton, who was shot by her husband Saturday night is not so favorable. One bullet struck her under gentlemen, our honored leader, Mr. Whit-ney, will turn all these scoundrels dut of office and put honest men in their places-(Hurrah for Whitney! Rah! Rah!)-and if my leader, Mr. Whitney, refuses to put them out, gentlemen, i will tender to my leader my resigna-tion, gentlemen-(Hurrah for Morrider) favorable. One bullet struck her under the arm, the other went to her abdo-The latter is causing trouble. men. Her father, John Lovegrove, will re-

Saturday at Fort Erie.

The Saturday excursions to Fort Erie via Grand Trunk are very popular, with fast runs to and from the track. The special train leaves Union Station at 11.30 a.m., and arrives at Fort Erie at 2 o'clock, returning after the last race, reaching Toronto at 8.30 p.m. This Saturday there will be seven races on the card, including a steeplechase and the Fort Erie Stake, \$1500, at 7 furlongs, in which the best horses at the track are engaged. Round trip \$2. Tickets good for three days.

# Exhibition Tickets.

The supply of the tickets for the Ex-hibition at the reduced rate of six for a dollar is limited. Those who wish to avail themselves of this reduction chould lose no time in securing these tickets, as they will only be on sale up to the 26th inst., if not all disposed before. These tickets can be had from A. F

Webster at the northeast corner of King and Yonge-streets.

### Schwab Denies It.

Schwab Denies It. New York, Aug. 15.—Charles M. Schwabsaid yesterday: I'm not going to Scotland to see Mr. Carnegie, nor am I going to Europe on business in any manner connected with the Russian ar-mor plate contract. I am going abroad to learn how to build the best ships in the world, and my trip at this time concerns itself with nothing else.

#### To Open Sulphite Mill.

Philadelphia, Aug. 15.-A member o the executive committee of the Lake Superior Corporation says that beside the erection of coke ovens that besides tive committee is now considering the reopening of the sulphite mill at the

#### **Repairing the Erin**

Detroit, Aug. 15.-The work of repairing the Canadian steamer Erin be an to day. Her engine room was in a disordered condition as a result of the cracking of the cylinder last week. when Second Engineer Caldwell was killed.

## Local Creditors Interested.

The Toronto creditors have been noti The Toronto creditors have been nou-fied of the assignment of F. J. Pridham, merchant tailor, Goderich; J. D. Mills, hardware merchant, Prescott; M. Tur cot, furniture dealer, Ottawa, and Jos cot. furniture dealer, Ottawa, and Jos-eph Poitras, dry goods merchant, Sud-

London, Aug. 15 -The channel squad-London, Aug. 10-The channel squad-ron, consisting of eleven battlesnips, eight cruisers and a flotilla of torpedo boats. under the command of Sir Ar-thur Wilson, sailed from Spithead this morning, bound for the Baltic Sea.

Father Villeneuve Dies. Windsor, Aug. 15 .- Rev. Father Ville neuve, who has been a Roman Catholic priest for forty years, died at Hotel Dieu Hospital this morning of diabetes. ask for DR. FowLER's and accept He had been stationed at .Tecumseh for the past nineteen years, no substitute.

C. Lavis.

same inflexible characteristics of our old leader, H. Corby, ex-M.P., and then every nundum pactum or campaign promise could hold up its head and say, I know that my redeemer liveth.

occurred during the campaign. I will HELD PRISONERS BY SHARKS.

> Eaters Chase Swimmers in Man Long Island Sound Stamford, Conn., Aug. 15 .- William

Rockett, a groom employed on the estate of the late William Ziegler, went swimming yesterday in the sound near tion, gentlemen-(Hurrah for Morrison! Rah! Rah! Tiger, etc.). To quiet the the Ziegler mansion at Collender's Point. With Rockett was Joseph Gaff-

crowd, G. Dulmage sang: ney, coachman for the A. Floyd Dela-field family. For Morrison is the coming man to Two sharks followed the men, daiting He'll call out Voorts a fall, in again and again to make a snap at the tugitives. As the water was shoal

force them to the wall. the man-eaters seemed wary of getting between the swimmers and the shore. Because of this the men were able to He'll skirmish thru the riding and stir He'll skirmish thru the riding and st up every vote.
Oh, the man who holds our banner ' is the heart of oak.
E. Guss Porter is the man who can ried Hastings riding;
He swept the country fore and aft a reach a rock safely.

Marcus Hansen, son of the captain of Mrs. Ziegler's yacht, and Joseph ried Hastings riding; He swept the country fore and aft and all the Grits went hiding. When he marshaled up his workers, the "Ontario" had to say: "He gave the boys two dollars and three fingers of whickey." Crane, the Ziegler coachman, went out in a rowboat and took the men off, after driving the sharks away.

CANADA CUP RACES. three fingers of whiskey."

The ballot box it told us was only a New York World : What the Ame-

Porter sell, But Porter took an action for criminal libel. (Hurrah for Porter, and He's a Jolly Good Fellow, etc.). On the same platform were Sir Mac-

tory of the Temeraire over the Iloquois enzie Bowell, H. Corby, M.P., kenzie Bowell, H. Corby, M.P., E. Guss Forter, M.P.; W. B. Northrup, M.P.; J. W. Johnson, Major R. J. Graham and others who either by their silence or by approving words endorsed all that was said by our candidate. No one doubts that all such statements ware yesterday, leaving chalelnger and de fender each with a race to her cied promises a spirited struggle for the lake trophy.

BIRD BREAD again passed into the possession of the Chicago Yacht Club, which held it un COTTAM BIRD SEED, 35 St, London, Ont.

In that year the Invader t back to Canada, defeating the De troit Cadillac, which had been selecte New York Central Excursion, Ten dollars and twenty-five cents for round trip from Suspension Bridge or Buffalo; good 15 days for return, with

privileges of trip to Hudson River boats without extra charge. Write Louis Drago, Canadian passenger agent

Frankfort, Ky., Aug. 15.-Adam Lewis, nd weighed 450 pounds,

Tourists-Travelers. Tourists-Travelers. The most convenient way to carry funds is by Travelers' Cheques. Value in dollars with equivalents in foreign moneys stated on each. No discount. Efficient identification plan issued by Dominion Express Co., Wellington and Yogge-streets. Money orders, foreign cheques, travelers' cheques, letters of credit, etc. credit, etc.

THERAPION is sold b ecutor under will, and has Chemists and Merchants throughout the world. Price in England 2/9 & 4/6. In ordering, state which of the three numbers required, and observe above Trade Mark, which is a fac simile of word 'THERAFON' as it appears on British Government Stamp (in white letters on a red ground) affixed to every package by order of His Majesty's Hon. Commissioners, and without which it is a forgery. many advantages over the individual. We will forward free for the asking blank will forms that will enable you to write your will with Aft

AGE

PASS

Candidates

Successfu

the Jarvis-s

Senior tea

L. F. Cole.

reed, Edith

Senior tea

Broley, S. P.

Junior tea

E. Lugsdin, M. Parker,

Full matr

W. Barber, Brown, F. J. Leeta M. Fl

Mills, C. H. Lillian J. P

Richardson, Isabel Sneat Hodgson ho

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S. P. S.
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Sparkling Lager s fully aged-always. "Green eer" means biliousness, O'Keefe' "Special Lager Beer" is thoroughly matured before eaves the brewery. It's golden

mber tint-its sparkling clearness -gives but a hint of its delightful lavor. O'Keefe's Ale and Porter are just as fine, in their way, as O'Kcefe's Lager.

FIRE PREVENTIVES SAFETY FIRE BUCKET TANKS AUTOMATIC FIRE DOORS THE VOKES HARDWARE CO., LIMITED



que, where there is a delightful inn and at 3.30 p.m., take steamer through the islands for Alexandria Bay, the



The course selected for this year's contests is in Lake Ontario, off Char-otte. Five races are to be sailed, thre n a nine-mile triangular course and ward, each course to be sailed twice ward, each course to be sailed twice over. The evenly matched perform-ances of the rival boats thus far make the outlook a favorable one for good two on an eight-mile course to NEGRO GIANT DEAD.

from nine competing American yachts to defend it. In 1903 a Rochester yacht, the Irondequoit, defeated the Strath-

cona in three consecutive races after the Canadian boat had won two. It was then decided to race 30-footers in place of the 40-foot boats previously entered.

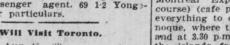
Grand New York Excursion. Aug. 24 is the date of the excursion

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25c. BIRD BOOK FREE

dian passenger agent, 69 1-2 Yong 3 street, for particulars.





# Troubled for over Four Years. Weak Bowels and Diarrhoea. DR. FOWLER'S

Extract of

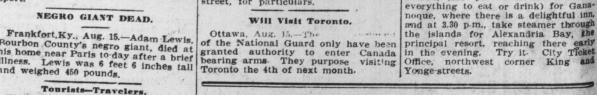
cured after other remedies had failed.

your room, every time your Bowels Therefore, "Wear" them with bury. you, like your watch, or your lead-Sails for Baltic. pencil, and note the splendid effect All Druggists sell them-over ten

## "I was troubled for over four year with Weak Bowels and Diarrhoea and could not get any medicine to cure me until I tried Dr. Fowler's Extract of Wild Strawberry. Since taking this medicine I nave had none of my former trouble, and

can recommend it to any person with the same complaint that I had." All dealers sell it. Be sure and

Will Visit Toronto



This wonderful bowel complaint cure will do the same for you as it did for Mr. Chas. Durham, Toronto, Ont. He writes as follows :

Wild Strawberry

veyed the same meaning. Yet in the til 1901.

The Canada Cup is the outcome of was said by our candidate. No one was said by our candidate. No one suggestion by Commodore Bertiman of the Lincoln Park Yacht Club in 1896, and was first won by a boat of the Royal Canadian Club. In 1899 the cup

