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They don't flush out your Bowels and Intestines with a costly waste of Digestive Juice, as Salts, Castor Oil, Calomel, Jalap, or Aperient Waters, always do.

No—Cascarets strengthen and stimulate the Bowel Muscles instead.

These are the Muscles that line the Food passages and that tighten up when Food touches them, thus driving that Food on to its Finish.

They are the Muscles that turn Food into Strength through Nutrition.

Well—Cascarets act on your Bowel-Muscles as if you had just Sawn a cord of wood, or walked ten miles.

GREAT medicine—the Saw-buck. Two hours a day sawing wood will keep anyone's Bowels regular.

No need of pills, Cathartics, Castor Oil nor "Physic," if you'll only work the Sawbuck regularly.

Exercise is Nature's Cure for Constipation and—Ten-Mile walk will do, if you haven't got a wood pile.

But, if you will take your Exercise in an Easy Chair, there's only one way to do that, and make a Success of it.

Because—there's only one kind of Artificial Exercise for the Bowels and its name is "CASCARETS."

Cascarets are the only means to exercise the Bowel Muscles, without work.

They don't Purge, Grip, nor "upset your Stomach," because they don't act like Cathartics.

That's why Cascarets are safe to take continuously in health; and out of health. Because they move the Food Naturally, digesting it without waste of tomorrow's Gastro Juice.

They thus work all the Nutrition out of it before it decays.

The thin, flat, Ten Cent box is made to fit your Vest Pocket, or "My Lady's" Purse.

Carry it constantly with you and take a Cascaret whenever you suspect you need one.

Thus you will ward off Appendicitis, Constipation, Indigestion, — and other things besides.

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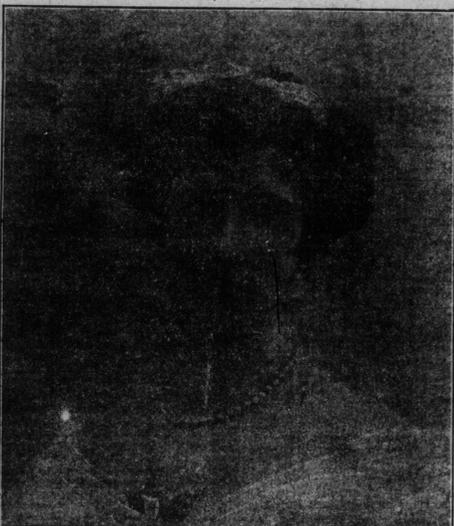
A sample and the famous booklet, "Cure of Constipation," Free for the asking. Address Sterling Remedy Company, Chicago or New York.

PUBLIC AMUSEMENTS.

Miss Ellis Jeffreys, the English actress who will make her first appearance in this city at the Princess Theatre next Monday night, in Alfred Suto's comedy.

"The Fascinating Mr. Vandervelt," has scored one of the notable successes of the present theatrical season in New York and Chicago. Miss Jeffreys is a very charming woman, as well as a talented, accomplished actress. Her methods upon the stage are distinctly English, and are entirely free from affectation or theatricalism. She looks just what she is supposed to be—a lady of birth and breeding, accustomed to move in the best society—and her actions and speech are all in keeping with the character. Her repartee is peculiarly spontaneous and her laugh is remarkably infectious. Mr. Suto's comedy is a delightful trifle—a real picture of real life, absolutely free from anything even hinting at the abnormal. His dialogue is brilliant and entertaining, and there is enough action to keep the attention of the audience from the beginning to the end.

Musical comedy will hold the boards of the Grand next week, with the usual matinee on Wednesday and Saturday, and special matinee on Good Friday, the attraction being Hap Ward, late of Ward and Vokes, in a new piece called "The Grafters." Hap Ward's role is that of a quick-witted impostor of the shabby genteel type, a decided departure from the "mild Percy" of the past, and shows him to be a pretty good actor. The claim is advanced that all the principals of the present cast are good actors, including such able players as Lucey Daly, William Friend, William Maxwell, Donald Harold, Tony Williams, Charles Bates, Richard Barry,



Miss Ellis Jeffreys in "The Fascinating Mr. Vandervelt," at the Princess

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Winifred Spaulding, May Thompson and Daisy Dudley. The musical program of nearly a score of numbers requires a singing chorus, and this adjunct will be found in the persons of forty well-trained and happily



HAP WARD, "The Grafters," at the Grand.

dressed choristers. E. D. Stair, who is sponsor for the new star and organization, is said to have made a production of richness from the scenic standpoint, and the three acts are handsomely pictured.

Manager Shea will give the patrons of his Yonge-street theatre next week a bill that has not been excelled this season. As a headline act he has secured Miss Dorothy Russell, and this will be Miss Russell's first vaudeville appearance this season, and her first appearance in Toronto. Dorothy Russell is the daughter of Lillian Russell, and has inherited both her mother's voice and beauty. As a special extra attraction there will be the first appearance of Rossi's musical horse, "Emir," one of the greatest novelty acts on the stage; a magnificent horse trained to play musical instruments with proficiency. Milton and Dolly Nobles, the favorite comedy stars, are on the bill with their best sketch, "Why Walker Reformed." George W. Monroe of "Aunt Bridget" fame is as funny as ever in his Irish songs and monolog. John Gilroy and his English Rosebuds are new to vaudeville. Wilton Brothers have the best comedy bar act of the season, The Misses Delmore do a musical turn, Shorty and Lillian DeWitt are well-

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"She has a magnificent voice, full and clear, with a brilliancy that makes every note a jewel. There is a great deal of interest being taken in her recital on Thursday, April 19, in which she will give the most attractive program. It will be the final event of the Massey Hall popular course.

Theodore Von York, the well-known New York tenor, has been engaged by Dr. Torrington to undertake the tenor part of the "Redemption" with the Toronto Festival Chorus and Orchestra, to be produced on Monday, April 23, at Massey Hall, in combination with Madame Albani. This completes a roster of soloists, the culture of which has never been heard previously in Toronto in oratorio. Madame Albani was the original creator of the soprano role in the "Redemption," under the guidance of the great Gounod himself. This is absolutely her farewell to Toronto. The contralto will be Miss Eva Gauthier, and the baritone, Albert Archdeacon. David Ross has been engaged to take the second baritone part of the Narrator. The subscription list of the Narrator, Massey Hall on Thursday next, and subscribers will have the first choice of seats. Those who desire good seats should take advantage of the opportunity.

No artist appearing in opera this season has received the critical appreciation which Madame Nordica has done in her operatic roles. Any fears that Madame Nordica had reached the zenith of her gifts and powers seem to have been absolutely unfounded. Never has there been such a chorus of praise in regard to her consummate art, and the great delight of her interpretations of the most difficult Wagnerian roles. There is nothing left to add to Madame Nordica's popularity in Toronto, and everyone is looking forward to her recital here on May 8, which will be the concluding event of the regular Massey Hall season. She will be assisted by a famous Italian pianist, Signor Patricolo. As Toronto has heard very few pianists this season, this addition to the program will be welcomed.

The Festival of the Lilies, the annual function held under the auspices of the Methodist Social Union, promises to be unusually attractive this year. In addition to the choruses of the children, under the direction of A. T. Cringan, and the "Whisper" and "Pastimes" of Mrs. Somers' puppets, there will be solos and readings rendered by Miss Maud Pitt, Master Jack Geoch and Mrs. Kate Ingie, and also a violin solo by Master Campbell. The plan of reserved seats will be open at Massey Music Hall on Monday morning at 9 o'clock.

College Songs is the title of a publication of the Oliver Ditson Company of New York, who will give the average student (of both sexes) and most of those who have left their college days behind, the biggest half dollar's worth

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Ottawa, April 6.—Word has been received here from Lord Knollys, stating His Majesty the King will attend the Canadian-British Festival of Music to

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