


## How Are Your Bowels?



About the first thing the doctor says-

Then, "Let's see your tongue." Because bad tongue and bad bowels go together. Regulate the bowels, clean up the tongue We all know that this is the way to keep and look well.

You can't keep the bowels healthy and regular with purges or bird-shot pills. They move you with awful gripes, then you're worse than ever.
Now what you want is Cascarets. Go and get them today-Cascarets--in metal box with the long-tailed "C" on the lid--cost 10 c . Be sure you get the genuine! Cascarets are never sold in bulk. Take one! Eat it like candy, and it will work gently-while you sleep. It cures, hat meansit strenghenslle muscuar walls of he aowest's ithes guaranteed to be found in

