



## 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-Cascaretes-in metal boxcost 10.. Take onel Eat it like candy, and it will work gently-white you sleep. It cures, that means it strengthens the muscular walls of the bowess, gives them new life. Then they act reguiarly and naturally. That's what you want. It's guaranteed to be found in

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