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## 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. Co and get them today-Cascarets-in metal box- cost 10c. Take one! Eat it like candy, and it will work gently-while you sleep. It cures, that means it strengthens the muscular walis of the bowels, gives them new life. Then they act regularly and naturally. That's what you want. It's guaranteed to be found in



