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Reference—Farmers & Merchants National Bank. mar15.

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Quick sales at top market prices and daily returns.

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Informs his friends and the public that he is still at his old stand on Court street and ready to serve them. HARNESS, LAP ROBBS, CARRIAGE WORK and All Kinds of Repairing. Give us a call

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M Give circumference of abdomen K. L. M.
SILK ELASTIC.....$5.00
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Sent by mail upon receipt of price.

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Plumbing and Machine Work!

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The undersigned, a graduate of Washington College and the Law Department of the University of Pennsylvania, class of 1900, announces his removal from Philadelphia to Chestertown, where he will engage in the practice of law, having passed the Maryland State Bar examination.

HERBERT E. PERKINS,
ATTORNEY-AT-LAW.

Office on Court St., opposite the Court House. s24-1mo.

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DENTIST,

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Stocks, Bonds, Real Estate and Cash	$ 65,690.00
Premium Notes	201,000.00
Total	$ 266,690.00

New Policies transferable upon the approval of the Secretary.

The saving to insurers in this company for the past six years has been from 30 to 40 per cent.

Applications for INSURANCE can be made to

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The best safeguard against accident is to use good judgement in directing every act. But, accidents will often occur in spite of every effort to prevent them. The best safeguard against injury resulting from accidents is Elliott's Emulsified Oil Liniment. It is the most serviceable accident and Emergency Liniment ever made and is the most satisfactory Liniment for use in the family and on animals ever offered. Large bottles 25c.

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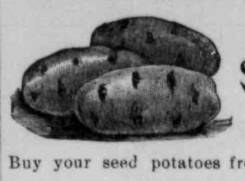

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Largest Seed Potato House in America.

Fire Insurance Agents. | **Shafer, Redmile & Co.** | Fire Insurance Agents.

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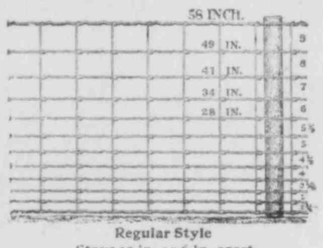
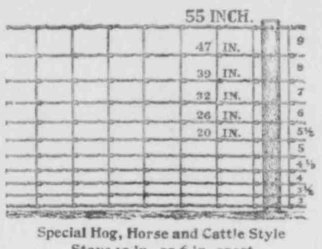


Regular Style
Stays 12 in. or 6 in. apart



Special Hog, Horse and Cattle Style
Stays 12 in. or 6 in. apart

Made of large, strong, high-grade steel wires, heavily galvanized. Amply provides for expansion and contraction. Is practically everlasting Never goes wrong, no matter how great a strain is put on it. Does not mutilate, but **does**, efficiently, **turn cattle, horses, hogs and pigs.**

EVERY ROD OF AMERICAN FENCE GUARANTEED

by the manufacturers and by us. Call and see it. Can show you how it will save you money and fence your fields so they will **stay fenced.**

I am now booking orders for present and future delivery of this well-known Fence. It is needless for me to say anything of its merits The great quantity I have sold in the last two years shows it to be the BEST and CHEAPEST fence that can be obtained. To get the fence when you want it, and the best prices, it is necessary to place your order now.

REMEMBER! That I am the largest dealer in Wire Fence Supplies in Kent County. I carry a large stock of Barbed Wire, Smooth Galvanized Wire Poultry and heavy Garden Fence Wire In fact I am THE Wire Fence Man.

Write for Catalogue. Any information desired concerning Wire Fence, will be cheerfully given.

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THE CURE IS PERMANENT.

CURES ALL CORNS AND BUNIONS 10¢

CORNICIDE

THE RELIEF IS INSTANT.

OVER 5000 TESTIMONIALS ON FILE EMBRACING EVERY STATE IN THE UNION

I have found Cornicide the most efficient remedy for corns I have ever used.
A. E. HOEN, Richmond, Va.

I used your Cornicide with excellent results. MRS. O. KUNEY, Lewes, Del.

I have used many corn cures, Cornicide is the best I ever tried.
GEO. E. WALKER, Wilmington, Del.

Cornicide is better than anything I ever used. H. A. WUNDERLICH, Baltimore, Md.

I think Cornicide is the best thing I ever tried, can't wear shoes without it.
MISS LIZZIE HIDLE, Rome, Ga.

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THE STAFFORD DRUG CO.,
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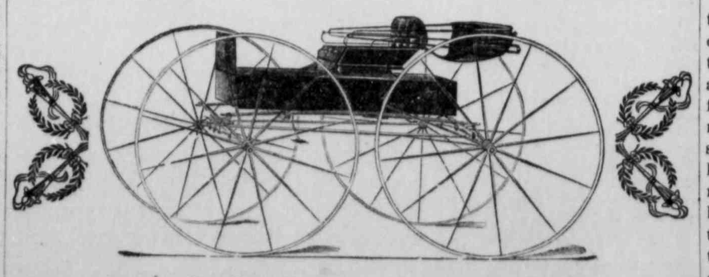
"FOR SALE BY ALL DRUGGIST."

Carriages, Dearborns, Wagons



Most Any Style Buggy You May Wish For

HORSE SHOEING, WHEELWRIGHTING and ALL KINDS OF REPAIRING second to none in the quality of our work. Call and see us,

S. HICKS, Court Street.

SAYS MEAT "OSLERIZES"

Tells Of Mistakes In Diet — Old-Fashioned Mush And Hominy More Wholesome And Cheaper Than Modern Preparations.

"When you go to a grocery and buy beefsteak or milk you're paying for water, for the elements of water are predominant in all our foods. Milk is 80 per cent. water and beefsteak is 60 per cent. water." Dr. W. H. Wiley, Chief of the Bureau of Chemistry of the United States Department of Agriculture, whose experiments with a "poison squad" have attracted wide attention, made this statement in a lecture at the Woman's College Tuesday afternoon on "Foods—Their Composition and Function."

And speaking of milk, he wasn't referring to the overridden joke on its experiences under the pump. Milk is 80 per cent. water when it's milk; what it is when it has been watered only those who have drunk "cambric tea" as children can know.

Americans Eat Too Much Meat.

Dr. Wiley told his hearers a great many things which do not agree with the average American's idea of eating. He said:

Americans eat too much meat. When you've got a great deal of work to do don t eat a lot of meat. Eat fatty and starchy foods, plenty of potatoes, corn and bread. They build up tissues and don't overwork the kidneys. Beefsteak and other nitrogenous foods overwork the body in expelling them.

"When I was a boy I was taught, too, that the way to make a man so that he wanted to fight was to feed him a lot of meat. The present war between Russia and Japan is showing that the man who eats least meat—for the Japanese live largely upon rice—can do the best fighting. They are not overworking their bodies in the digestion of food. Their diet makes the Japanese shorter and harder to hit and they don't have so much to carry around with them. If I had charge of the football squad of my university—Harvard—I would see that they ate very little meat during their training period, and I'd see if we couldn't win a game from Yale."

Eating Too Fast

Dr. Wiley says that eating too fast is another evil of American life, and (what sounds more strange) that the reason for this is not so much that we fail to properly masticate our food under such conditions, as because when we eat fast we eat more than we should. An average man requires 3,000 calories of food a day. If we could measure the amount of food we ate before each meal we would be more healthy than we are, but nature, taking care of this, has placed our appetite as the register of what is good for us. When we eat fast the balance the appetite should strike is lost, and we eat more than we want.

Less Food Needed In Spring.

"When spring comes on," said Dr. Wiley, "remember that your body does not require as much food as it did during the winter and moderate your appetite accordingly.

"Hay fever is nothing more or less than the result of overeating."

There was a general laugh and Dr. Wiley corrected himself.

"Spring fever, I should have said," he laughed. "It is a languor which comes from overloading the stomach during the time when the body doesn't have to fight the rigors of winter, when there is too much waste matter in it.

"And don't drink distilled water, Drink water as it comes out of the earth, with all its mineral foods, magnesia, etc.

"Don't eat a great deal while you are working; eat after the work has been done," said Dr. Wiley. "You are always drawing your strength from the food you have taken the day before. For instance, the laboring man should make supper his heartiest meal, so that he would not be bothered by the labor of throwing off the waste from a heavy meal while he is working."

The Doctor's Own Way.

Dr. Wiley was asked by a reporter of THE SUN in an interview after the lecture for a diet for the different meals of the day.

"After what I have said there is a little to add," he replied. "For myself, I usually eat a couple of eggs, a potato, perhaps, and bread and coffee for breakfast. Luncheon I seldom take more than a bowl of soup, a roll and a glass of milk. I eat a hearty meal at dinner time and seldom do night work."

In reply to a question, Dr. Willey said that the popular idea that the stomach is not in condition to receive a hearty meal at breakfast after its 10 or 12 hour fast is erroneous. "It should then be in condition to do its best work," he said, "but one should not eat a hearty breakfast, because work usually follows breakfast."

"Should a woman's diet be different from that of a man? Well, I shouldn't say so. You know I regard woman as a human [the Professor's eye twinkled], and I don't see why she shouldn't eat what man does."

Old Time Dishes Wholesome.

"Do you believe in the modern breakfast foods which are being eaten so extensively?" the chemists was asked.

His eyes twinkled.

"What's the use of paying so much for a fancy name?" he asked. "What's the matter with old fashioned mush, hominy and all the other old-fashioned things, all of which are extremely wholesome and much cheaper? I don't eat the modern breakfast food myself."

"But they are predigested."

"You don't want that. Often the food which requires the greatest amount of time to digest does you the greater amount of good."

TEN THOUSAND converts to the Christian faith have, it is asserted, been recorded since the wave of religious enthusiasm which is sweeping over Philadelphia first made its presence manifest. In every church and every denomination the effect of the revival of sentiment is apparent, and the work has not yet been systematized or so directed as to make its real force felt. It has up to this time been progressing entirely without direction, except a direction has been given by individual congregations and churches to their own services.

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for Infants and Children.

The Kind You Have Always Bought has borne the signature of Chas. H. Fletcher, and has been made under his personal supervision for over 30 years. Allow no one to deceive you in this. Counterfeits, Imitations and "Just-as-good" are but Experiments, and endanger the health of Children—Experience against Experiment.

The Kind You Have Always Bought
Bears the Signature of
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In Use For Over 30 Years.

THE CENTAUR COMPANY, 77 MURRAY STREET, NEW YORK CITY

Boots Shoes Rubbers

TO make room for my large line of SPRING AND SUMMER GOODS to come in later I will offer some big bargains in what I have left of Winter Goods during the month of March for cash.

Thomas G. Wroth,

The Shoe Man, Under Stam's Hall.

WOODWARD'S SEED POTATOES

Will grow into money quicker and surer than anything else you can plant.

Superior to All Others

All the leading varieties, pure and true to name.

A Sure Source of Profit

Prices as low as reliable goods can be sold.

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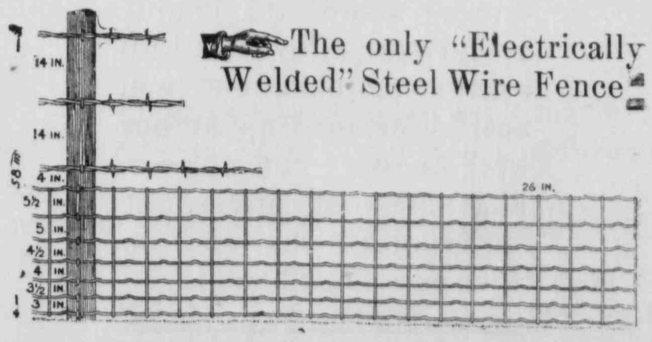
The earliest and most productive potato known.

Write for Catalogue and Price List.

The "Pittsburgh Perfect" Fence!



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No wraps to get loose or hold moisture and rust.

No projections to injure stock or tear wool from sheep.

Adjustable to uneven ground.

Recommended by Messrs. Alday Clements, W. E. Jarrell, James B. Willson, John P. Nicholson, B. F. Rash, George Bell, S. L. Wright and many others.

MARVIL PACKAGE CO.,

FORMERLY CRANE, HYNSON & VALLIANT,

Feb. 18-3mo. CHESTERTOWN, MD.

To Cure a Cold in One Day

Cures Grip in Two Days.

Take **Laxative Bromo Quinine** Tablets.

Seven Million boxes sold in past 12 months. This signature, E. W. Grove on every box. 25c.

Waters Russell, Sec. & Treas. | as often as is necessary to relieve the stomach. Trial size 25c. Family size 50c. M. A. TOULSON. | FOLEY'S HONEY AND TAR Cures Coldst Prevents Pneumonia