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Is to offer you BETTER SHOES than any other dealer. There isn't any doubt but what we are succeeding. Its not that merely good leather is used. The lasts are true to nature. The workmanship is unexcelled, so it would be strange indeed if such shoes did not prove more satisfactory than those made simply to sell.

Every cent you pay for our Shoes is fully represented by the value received. Fresh new goods on new models just from the makers. Dressy Shoes for all occasions. Staunch long wear shoes for hard usage.

Foot-form boys' and girls' shoes, all styles and prices are here all good value. The only place in town where you can get the Celebrated W. L. Douglas Shoes for men and boys.

Look in before buying elsewhere. My stock of Oxford Ties in white, tan and black can't be beat this season.

Thomas G. Wroth,

THE SHOE MAN

Under Stam's Hall. 16 Years in the Shoe Business.

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Visit our New Carriage Emporium, where we have placed a fine selection of NO-TOP and TOP BUGGIES, SURREYS, POLES, TOPS, FARM WAGONS and DEARBORNS.

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All Kinds of Repairing attended to promptly.

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PATENT LEATHER PUMP

STYLE No 848

THE LATEST MOST EFFECTIVE SPRING SLIPPER

Pumps in plain leathers $3.00. Pumps in patent and fancy shades $3.50

For sale at representative stores.

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The greatest and cheapest Roofing on the market quality considered. Fire proof. Insurance companies accept it as perfectly safe. No coating or paint required. Millions feet used every year. We are manufacturer's agents. Let us show you this Roofing and quote you prices.

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Coal, Wood, Building and Laid Lime, Hay and Piping

from the largest stocked yard on the Shore. ALL UNDER COVER. Call and see us and we will use our best efforts to satisfy.

J. D. BAGGHUS

CHESTERTOWN, MD.

DRINK WHEN YOU EAT

TAKE AS MUCH WATER AS YOU WANT WITH YOUR MEALS.

It Is Excellent For the Digestion, It Is Claimed, as Neither Gastric Juice Nor Pepsin Work Properly Unless Largely Diluted With Water.

How much water should we drink and when should we drink it are questions so simple that at first sight their discussion seems superfluous. One would naturally answer, "Drink all the water you wish when you are thirsty," but authorities say, "Drink more than you wish when you are not thirsty," for they recommend that a gallon or so be drunk between meals, which is more water than we need and the very time the system least demands it. Usually we experience thirst during or directly after eating.

Inasmuch as 87 per cent of the whole body is water, which is, of course, being used up every moment, there is no question that we should drink of this element copiously, but it is a serious question whether we should refrain from water at meals—the time we particularly desire it.

There is a class of persons, ever growing more numerous, that believes that whatever is is wrong. For the natural and simple they would substitute the artificial and complicated. To drink water while or directly after eating is a natural instinct. Give a dog his dinner, putting a bowl of water near it, and observe that he will first eat all he can and then immediately drink. Wild animals look for a stream after feeding. Cage birds will stop pecking at seed to peck at water. Children have a perpetual thirst, and I have seen babies that, unlike young Oliver, have refused to eat more when denied water after every few mouthfuls.

It is especially important that babies be given what water they wish and at the time they wish it, which is usually at table.

The thinner food is the more easily and thoroughly is it digested; in fact, it cannot be digested until it has been made liquid by the gastric and intestinal juices. Indigestion is caused often by food that has not been sufficiently moistened by the digestive secretions.

There are sound physiological reasons for our craving water with meals. Water is the solvent that constitutes 95 per cent of the gastric juice. Now, when one eats a hearty meal and does not drink, the amount of water in the stomach is not sufficient thoroughly to moisten the great quantity of food, and this makes digestion difficult. On the other hand, when enough water is ingested with the food the latter is well moistened and broken up, the digestible particles being then readily acted on by the gastric juice and afterward absorbed. Again, when the partially digested food (chyme) passes into the intestines it is most important that it be very moist, particularly as water is constantly absorbed from the chyle in the large intestine. Bad cases of constipation are caused by dry chyle remaining in the intestines, where it sets up an inflammation that sometimes proves fatal, dry faeces, of course, resisting peristaltic action. The excrement of persons suffering from constipation is always dry and hard and is a potent cause of appendicitis.

The idea that water drinking at meals unduly dilutes the gastric juice is nonsensical, water being not so palatable that one is apt to drink more than his digestive functions require. As a matter of fact water generally facilitates the digestion of albuminous substances. In this connection Dr. A. Jacobi in his work on "Infant Diet," page 67, says:

"In experiments upon digestion of albumen with gastric juice obtained from the stomach of animals it was noticed that after a certain time the process began to slacken, but was renewed merely by the addition of water. The gastric juice became saturated with the substance it had dissolved and ceased to act upon what remained until it had been diluted. In the living stomach this dilution is of even greater importance, for it permits of the immediate absorption of the substance soluble in water and which do not require the specific action of the gastric juice." Neither the gastric juice nor pepsin has any true digestive action unless they be largely diluted with water.

It goes without saying that it is not the food that is ingested, but that which is digested, that does good, and this principle holds good with water, which is practically a food. Now, when one resists the perfectly natural desire to drink while eating he may be not thirsty several hours afterward, but he is advised nevertheless to force himself to drink at that time. But if he drinks then, the water, having no food to mix with it, will go through him, as it were—that is, it will do no good.

The importance of water to the human economy may be inferred from the various purposes it subserves. First, it softens and dissolves solid foods, thus facilitating their mastication and digestion; second, it maintains a due bulk of blood and the structures of the body; third, it keeps substances in solution or suspension while moving in the body; fourth, it supplies elements in the body's chemical changes; fifth, it makes easy the elimination of waste material; sixth, it discharges superfluous heat by transpiration through the skin and by emission through other outlets, and, seventh, it supplies in a convenient form heat to or abstracts heat from the body. Some of these functions are performed by water in its liquid state and others in a state of vapor.

Have you indigestion? Try water instead of drugs with your food.—G. Elliot Flint in New York World.

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.

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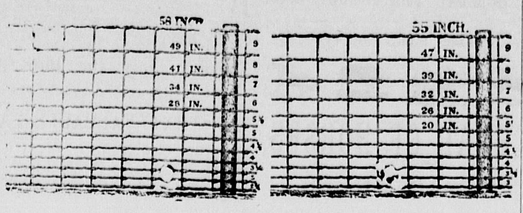

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Farmers are coming back to AMERICAN WIRE FENCE. would advise that you place your orders at once to secure the present low price as well as to make sure of the style of fence you want to use.

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McCormick Binders, Mowers, Hay Rakes and Manure Spreaders, Fairbanks and Morse & Co's Gasoline Engines Evans & Bradley Corn Planters, South Bend and Leroy Plows.

ALL KINDS OF FIELD AND GARDEN SEEDS

CHOICE NORTHERN GROWN SEED POTATOES. Mill Feed, Baled Hay, Etc. A square deal to all,

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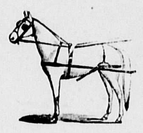
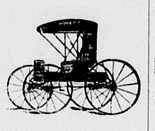


Good Reasons Why



We Can Undersell Any Firm in Maryland.

To begin we are the LARGEST COMBINED HORSE AND CARRIAGE DEALERS, MANUFACTURERS AND LIVERYMEN IN THE WORLD. In the year 1905 we sold over 12,000 horses, Mares and mules, and every one at a wholesale price of $2.50 per head profit. Whether you are a dealer or not, makes no difference, one man's money is as good as another's with us, and our GENUINE WHOLESALE PRICES AT RETAIL is one of the important reasons why you should pay us a visit before buying, no matter what inducement may appear on the face of the other fellow's argument.

KING'S AUCTION SALE OF HORSES

EVERY MONDAY, WEDNESDAY AND FRIDAY

Commencing at 10.30 A. M.

OVER 150 PRIVATE ENTRIES

each week of seasoned, acclimated horses, consigned by private parties in Baltimore City and surrounding counties, who send them to us to sell, for one reason or another, generally because they have no use for same, and these reliable, seasoned horses are put up and sold direct to you through us, another good reason, why, and WE GIVE SELLERS SPOT CASH THE MINUTE THEY SELL or remit at once by check or money order.

KING'S PRIVATE SALE DEPARTMENT

OPEN 6 A. M. TO 6 P. M.

PRIVATE SALES ALL DAY LONG

500 HORSES AND MULES 500

to select from and ample opportunity for trial, and fresh horses arriving daily.

NOW FOR OUR FACTORY IN BALTIMORE

It is a model one in all respects, with the latest improvements.

OUR MAMMOTH REPOSITORY

contains over 1000 vehicles of all descriptions to suit country purposes. Top Buggies, Surries, Phaetons, Traps, Daytons, Road Carts, Spring and Delivery Wagons, Sleighs and Harness of all kinds.

WE CAN BEAT ANY PRICE

made by any local dealer. We can beat any price made you by any reputable firm, and one of the very best reasons in the world is we don't depend upon any one branch of our immense business for our profits, but on the entire results, and

WE HAVE A HALF MILLION DOLLARS INVESTED IN OUR ENTERPRISES

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OUR REFERENCE—EVERYBODY

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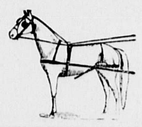
CUT THIS OUT—Bring it with you, and get one of our Special Piano Top Buggies $34.75

Fabrokoid leather or cloth trimmed, full length foot Carpets, patent leathe dash front and back, wood whip socket lined with rubber, trimmed seat frames, valants sewed on, shafts full leathered and tipped, full circle fifth wheels. Guaranteed for one year.



ANY MAN, WOMAN, OR CHILD CAN DIRECT YOU TO KING'S

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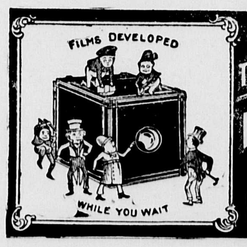

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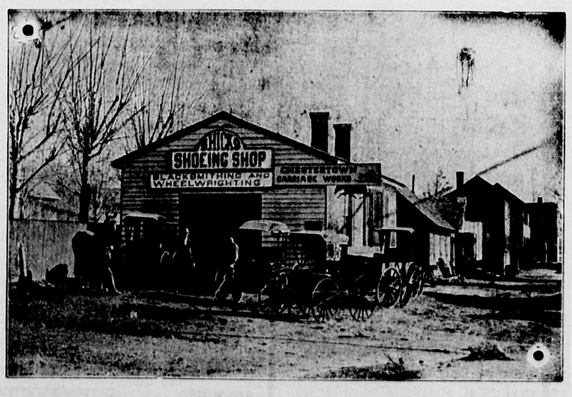

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Complete line of Spring and Summer Goods at rock bottom prices, consisting of CLOTHING, SHOES, DRY GOODS, MATTINGS, LINOLEUM, OIL CLOTH and LADIES' and GENTS' FURNISHINGS.

Matting Values.

Our line of Matting, Oil Cloth and Linoleum for this season is the largest prettiest and lowest price in town.

30c Mattings 24c
25c Mattings 19c
22c Mattings 17c
20c Mattings 15c
15c Mattings 12½c
11½c Mattings 10c

A precial price on full rolls. This is all new goods and latest designs.

Shoe Values

Our Shoe line is up-to-date in style and quality and save you money because they wear longer and cost no more than Shoes of an inferior quality; once a purchaser, you remain a customer.

Patent Colt, Vici and White Canvas in Gibson Ties, are the latest for Ladies, Misses and Children.

Men's and Boys Shoes and low-quarters is complete; we have them in all leathers and all grades, all new, this season's goods.

Dry Goods Values

Our Dry Goods have quality and style with them; we were after quality back of them sufficient to influence the trade.

25c Mercerized Waistings, our price 20c
20c Mercerized Waistings 16c
18c Mercerized Waistings 12½c
12c Dress Ginghams 10c
10c Dress Ginghams 8c
8c Dress Ginghams 6c
A Beautiful Line of India Linen from ..... 8c to 25c

Embroidery and Laces in all widths and all prices.

Clothing Values

Spring Suits, we are certain to please the trade. Our line is up-to date in fabric, workmanship and style. Prices from 20 to 25 per cent. less than city prices.

Men's Suits from ..... $4.50 to $12.50
Boys and Little Tots ..... 98c to $3.50

Special line of Pants for Men and Boys and at all prices. We use every effort possible to please our patrons and believe you will be pleased better than ever before. Yours to serve,

M. KRAMER,

ROCK HALL - - MARYLAND

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CHESTERTOWN, MD.,

Manufacturer and Dealer in all kinds of

Monumental and Cemetery Work

Prices Reasonable
Work Guaranteed

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Is the man who succeeds best in any business or profession. The "jack-of-all-trades" is not likely to be thorough in anything and too ofter over-reaches himself.

Our Specialty Is Hardware

And our stock is larger and more varied than ever, comprising almost anything in the Hardware line to meet the ever increasing needs of a populous and thrifty community. We stand on our record for SQUARE DEALING and COURTEOUS ATTENTION TO ALL CLASSES OF CUSTOMERS.

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We have the WIARD, OLIVER, LYNCHBURG and ROLAND PLOWS to offer you at satisfactory prices. Repairs kept for all these plows. Cultivators, Harrows, Shovels, Forks, Spades, Rakes, Hames Traces, Lines, Backbands, Grub Hoes, &c.

5-A Stable Blankets

Lap Spreads, Fly Nets, Carriage Whips, Cart Whips, Long Reaper Whips and most anything you need in this line.

If You Are Housekeeping

You can find anything you may need in Tinware, Woodenware, Graniteware, and Nickelware at our store. The "Lisk" Enamelware a specialty.

Don't worry with a hot cook stove during the summer season but buy one of our "Perfection" or "Standard" OIL STOVES, fully guaranteed. No risk in buying one of these stoves.

Sporting Goods

Blue Rock for trap shooting, Base Balls, Fielder Gloves, Catchers Mitts, Base Balls, Masks, &c. Reache's base ball goods are used by all league teams.

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Our line of Pocket and Table Cutlery is full and complete.

Special Quotations

To Contractors and Builders on Nails, Locks, Hinges, Sash Cord, Frame Pulleys, sash Locks, &c. Get our prices before placing your order for Builders Hardware.

Roofing and Spouting a specialty.
Screen Doors, Window Screens and Fly Wire.
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Ayer's Pills Sugar-coated, easy to take, mild in action. They cure constipation, biliousness, sick-headache. J. C. Ayer Co. Lowell, Mass.

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