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The Axe We Grind

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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Farm Implements

Carriage Repository.

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.

OUR CARRIAGE HARNESS cant't be beat.

OUR OWN MAKE OF FARM WAGONS and DEARBORNS.

Carload of American Woven Wire Fencing, also, Barbed and Smooth Wire and Poultry Wire.

BLACKSMITHING AND WHEELWRIGHTING

All Kinds of Repairing attended to promptly.

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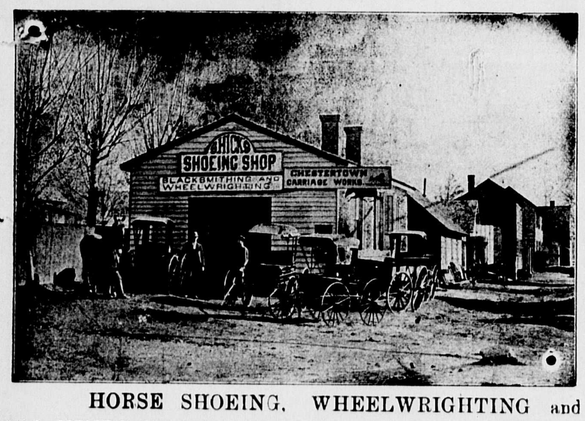

HORSE SHOEING, WHEELWRIGHTING and ALL KINDS OF REPAIRING second to none in the quality of our work. Call and see us,

S. HICKS, Court Street.

PAROID ROOFING!

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.

YOU CAN GET WHATEVER YOU WANT IN

Coal, Wood, Building and Land 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.

DANGERS OF DIETING

UNDERFEEDING LIABLE TO WEAKEN HEART'S ACTION.

Usually Appetite Is a Measure of Health, and the First Sign of Illness In a Man or an Animal Is Loss of the Desire For Food.

Professor Alexander Haig, an English dietary expert, has written from London to the medical fraternity of New York warning Americans against the popular belief that the average man eats too much. He says that the increasing number of deaths from heart failure is largely due to underfeeding.

The notion that science is a more unerring guide than is nature is constantly gaining ground. In the good old days men drank when they were thirsty and ate of whatever they wished until their hunger was satisfied. Now science condemns such foolishness as primitive. It prescribes one glass of water one hour before meals and one glass one hour after meals—no more, no less. If you happen not to be thirsty at those times, no matter, drink that amount anyway. If perchance you are thirsty and would like two glasses you must not yield; it is only nature that prompts you, and nature is an unsafe guide. Or, you may be "abnormally" thirsty at meals; nevertheless do not drink then.

As to our amount of food, we are directed to consume so many grams of the proteids, so many grams of the carbohydrates and so many grams of fat, while we hear learned discourses upon large calories and the supreme importance of exactly maintaining our nitrogen balance—whatever that may mean.

I have purposely not mentioned the precise numbers of grams of the different food elements, for the simple reason that our eminent authorities have not yet agreed upon this important point. All give different figures.

Scientists, however, following the lead of Russell H. Chittenden, Ph. D., LL. D., Sc. D., have pretty well agreed that the average man eats twice more than he needs. If half his customary amount of food does not satisfy him it ought to, they say, and it will eventually, provided he keeps on suppressing his natural and therefore unscientific instincts.

But just here lies a danger. It is true that one can accustom himself to a much smaller quantity of food than that to which he has been habituated and that eventually he will desire that smaller quantity and no more, but when he attains to this condition his digestive power will have been reduced by one-half. As a result he will lose from ten to thirty pounds in weight; that is to say, his muscles and organs will decrease by so much in bulk and strength. Now, if the heart decreases considerably in strength there will always be danger of its collapse, particularly if it be subjected to any extra strain, as when one runs for a car or rapidly up a flight of steps. Excitement alone may be fatal to a weak heart.

Rigorous dieting to reduce weight is always dangerous. A better plan is to work off the superfluous flesh by exercise.

Lack of sleep has a depressing effect on the heart, for during sleep cerebral circulation diminishes, when the blood can devote itself to the rest of the body.

Eating before going to bed, particularly if one is up late, is a good practice, it being most favorable to thorough body repair that the blood at night be rich in nourishment.

Accustoming the digestive organs to a small amount of food results in a decline of appetite, whereas our object should be to increase appetite and thereby strengthen our digestive powers by judicious exercise in the open air or in a well ventilated room.

If the doctrine that a small appetite is preferable to a large appetite be true—and this is what "economy in nutrition" teaches—then open air exercise, which manifestly increases appetite, must be injurious to health. Or why should we exercise to increase appetite if we may eat only so much?

The notion is wholly absurd. The first sign of illness in a man or an animal is loss of appetite. And usually appetite is a measure of health.

To build up the heart and muscular system generally we must vigorously exercise the muscles.

It is not enough that one should stuff himself; it is all important that he should desire every morsel he eats and this he will do only if he undergoes general physical and mental exercise. Food that is ingested, and even digested, will be absorbed only by those organs that need it—that have been exercised. This fact explains why many persons that are good "feeders" are yet inadequately nourished. If they are brain workers and take no physical exercise their brains absorb what nourishment they need; the rest is excreted.

Magnificent as are the results of brain work, we must bear in mind that there could be no result without the co-operation of the body, and that the body in its turn depends primarily on the integrity of its heart, lungs and stomach.—G. Elliot Flint in New York World.

Men of the People.

The American tradition is the experience of the world everywhere. There is Washington and there is Hamilton, gently born and gently bred, but somehow the heart turns rather to Franklin and to Lincoln, as of more hope for the common men "God made so many of."—Mr. Howells in Harper's Weekly.

It requires a great deal of boldness and a great deal of caution to make a great fortune, and when you have got it it requires ten times as much wit to keep it.—Rothschild.

Superior Drills

Double Disc, Single Disc and Hoe Drills

The Superior leads them all. Light draft accurate grain and Fertilizer distributor. Marvelous in its simplicity.

A New Feature

The Superior is equipped with the Wizzard (or what is commonly called Bickford & Huffman) fertilizer feed. With this new feature added to the other advantages of this Drill, the farmer is assured that he will have a Drill that is SUPERIOR in every way. Place your order now with

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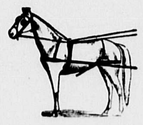

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We Can Undersell Any Firm in Maryland.

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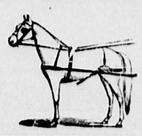
CUT THIS OUT—Bring it with you, and get one of our Special Piano Top Buggies..... $34.75

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.



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"THE FAIRBANKS"

Installing A Specialty.

WILBUR ELIASON, JR., Chestertown.

SPRING AND SUMMER GOODS

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
11c 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

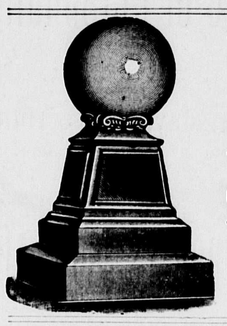
Special line of Pants for Men and Boys and at all prices. We use every effort possible to please our patrons and believe you will be pleased better than ever before. Yours to serve,

M. KRAMER,

ROCK HALL - - MARYLAND

Davidson's Marble and Granite Works

CHESTERTOWN, MD.,



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Prices Reasonable
Work Guaranteed

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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.

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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" Enameware 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.

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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.

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Screen Doors, Window Screens and Fly Wire.
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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.

Ayer's Pills The dose is one, just one pill! at bedtime. Sugar-coated, mild, certain. They cure constipation. J. C. Ayer Co., Lowell, Mass.

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