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for the sale of

GRAIN, FRUITS, LIVE STOCK, WOOL AND COUNTRY PRODUCE GENERALLY.

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18 East Camden St.,
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In Fruits, Produce, Poultry, Eggs and Live Stock.

Quick Sales at Top Market Prices and prompt returns, daily if requested.

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J. E. HENDRICKSON & CO.,

LIVE STOCK

COMMISSION MERCHANTS,

30TH AND MARKET STS., PHILADELPHIA.

We handle Live Stock and have all facilities for this line of trade. We solicit the patronage of Shippers and guarantee to make prompt returns. Give us a trial and be convinced.

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LIVE STOCK DEALER

GALENA, MD.

Dealer in All Kinds CATTLE, HORSES, HOGS, SHEEP and LAMBS.

Have always on hand for sale HORSES to suit the farm and all business purposes, And very animal guaranteed. Come and see my stock before buying elsewhere. jan24-1yr.

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Office Hours 8.30 to 12 M. 1 to 4. P. M.

Teeth extracted by local anæsthetics and comparatively without pain.

Having enlarged my office and added many new conveniences, I am able to offer my patients much greater comfort while under treatment than in the past.

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TEETH EXTRACTED WITHOUT PAIN.

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This Restaurant is the oldest and most expensive in its accommodations of any in the city. The crowds which lunch and dine daily at this restaurant attest the public approbation of its management. Janlst.

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BALTIMORE, MARYLAND,

will practice in Kent county and throughout the State.
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300,000 CURES SINCE 1880.
THE KEELEY CURE
THE ONLY KEELEY INSTITUTE FOR MARYLAND & THE D. OF C.
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FOR LIQUOR AND DRUG ADDICTIONS.
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Holiday Bargains Call and examine same or write for suggestions.

CHAS. M. STIEFF,

North Liberty Street, Baltimore, Maryland.

Are You Hard to Fit?

If you are, let us make you a Suit or a pair of Trowsers.

YOU WILL BE SATISFIED in every particular. The apparel made by us has a set which particular men like. Come and look at the materials we offer. There is a very handsome lot here.

CLEANING AND SCOURING.

J. I. EVANS,

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LUMBER,

Shingles, Pickets,

CYPRESS FENCING.

WHITE PINE BARN BOARDS.
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GEORGIA PINE FRAME STUFF
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Va. & Georgia Pine Flooring.

JUNIPER PICKETS
FOR WIRE FENCES.

Locust and Cedar Posts.

FOR FARM FENCES.

For Sale by

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I HAVE REMOVED TO CHESTERTOWN TO ENGAGE IN THE

MERCHANT TAILORING BUSINESS!

I am located in the room adjoining Mr Jacob Tompson, on Main Street, where I will be glad to see all my old friends. Give us a call and look at my samples. All kinds of REPAIR WORK AND PRESSING DONE

H. KAPLAN, Merchant Tailor,

n16-tf Next door to J. F. Thompson

Coal & Wood

KINDLING A SPECIALTY.

At MRS. A. P. MATTHEWS' YARD, Cross Street. First class goods. Prompt delivery. We have also a complete line of FEED, HAY and GROCERIES at our store on Cross St.

☞Orders left at Roland Bros.' Meat Shops or at my office will receive prompt attention E. N. Roland will have charge of the business. Call on or address.

MRS. A. P. MATTHEWS,

sel tf. Chestertown Md.

Plumbing and Machine Work!

Executed in a skillful manner, in every detail. Steam and Hot Water Heating. Pipe and Pipe Fittings, Plumbing Material, Bath Tubs and Sanitary Arrangements. Also Rubber Hose and Hose Fittings.

Wind Mills and Pumps

OF EVERY DESCRIPTION.

Special attention to REPAIRING ENGINE and BOILERS. Also, Bicycles repaired.

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Ayer's

For coughs, colds, bronchitis, asthma, weak throats, weak lungs, consumption, take Ayer's Cherry Pectoral.

Cherry Pectoral

Always keep a bottle of it in the house. We have been saying this for 60 years, and so have the doctors.

"I have used Ayer's Cherry Pectoral in my family for 40 years. It is the best medicine in the world, I know, for all throat and lung troubles."
MRS. J. K. NORCROSS, Waltham, Mass.

25c., 50c., $1.00. All druggists. J. C. AYER CO., Lowell, Mass.

for

The Lungs

Daily action of the bowels is necessary. Aid nature with Ayer's Pills.

The Mutual

FIRE INSURANCE COMPANY

OF KENT COUNTY SOLICITS YOUR INSURANCE.

ON DECEMBER 31ST, 1901, ITS ASSETS WERE AS FOLLOWS:

Stocks, Bonds, Real Estate and Cash	$ 70,307.00
Premium Notes	195,843.00
Total	$ 266,150.00

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.

The saving to insurers in this Company for the year 1901, was seventy-seven and a half per cent.

Applications for INSURANCE can be made to

James Brice.....Chestertown
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A. M. Kendall.....Fairlee
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Public..... Confidence

IS THE MOST ESSENTIAL ELEMENT in the successful issue of any business undertaking. To merit public approval we have endeavored to deal justly with all our patrons—from the smallest to the largest purchaser—making no distinction whatever. How well we have succeeded in our effort we leave our friends and the public to judge. At the opening of the FALL AND WINTER SEASON we come before you with one of the largest and best stocks of goods to be found in any retail establishment in the State.

Our stock of Guns, Loaded Shells, Gunning Coats, Pistols, Cartridges, Powder and Shot, is complete and prices in reach of all.

☞REPEATING SHOT GUNS—something new.

FODDER YARN! FODDER YARN! Bushel Baskets, Grain Scoops, Axes on Handle, Husking Gloves, Husking Pegs, all kinds.

Butcher Knives, Meat Saws and Saw Blades.

ENTERPRISE CUTTERS and STUFFERS—all sizes.

Two 10-foot cases of POCKET AND TABLE CUTLERY.

TINWARE AND GRANITEWARE, in endless variety.

☞SPEAR'S GOLDEN SUN HEATERS are the best.

SHEPPARD'S EXCELSIOR COOK STOVES AND RANGES are unsurpassed for perfect baking.

REPERT SINGLE AND DOUBLE HEATERS are all right.

Crystals, Garnets, Regals, Suns and other makes of Heating Stoves always in stock.

Excelsior, Wizard and Bell WOOD AIR TIGHTS.

OIL HEATING STOVES — various makes.

☞We invite an examination of our goods and prices.

J. K. ALDRIDGE & CO.

LIVES ON $1 AT WALDORF.

Dr. H. Fletcher, of Yale, Only Spends That Sum Daily.

IS RULED BY HIS STOMACH

Says His Appetite Tells Him What to Eat, And His Mind How Much—Beats Out Athletes, Although 54.

Dr. Horace Fletcher, of Yale University, who since 1895 has devoted particular attention to scientific research in chemical physiology and human nutrition, is living at the Waldorf on $1 a day.

"And that is too much," says Mr. Fletcher, "but it is worth the experiment."

Mr. Fletcher ordinarily lives on about 20 cents a day at New Haven, but he thinks it is worth paying 80 cents extra to be able to say that he has boarded at such a noted hotel on such a moderate sum.

"I have all I want here," said he, "and never average more than $1. Some days my stomach demands $1.10, but the next day it is sure to go down to at least 90 cents. I have known my stomach to ask for only 20 cents, even at this expensive table.

"That may sound strange to you, to thus speak of my stomach as demanding, but the secret of my system is that my stomach has perfect control of me and yet, paradoxical as it may sound, I have almost perfect control of my stomach. This has come about through years of practice. My stomach tells me what to eat, and my brain tells my stomach how much. The two influences, you see, have through years of discipline the psychological conditions, I admit, are complicated—made my appetite and my desire almost one.

"To explain this:

Stomach Asks For Oatmeal.

"This morning my stomach said it needed the certain nutritious substances contained in oatmeal and cream. It was as plain and distinct as if my digestive apparatus had spoken out loud and told me in so many words:

" 'Mr. Fletcher, this morning eat oatmeal and cream.'

"Now in a perfectly natural state—that is, a condition in which I would merely instinctively answer that appetite—I would probably have gorged myself on that combination until a condition of digestive saturation, so to speak, had been reached; but with my objective self entering in the argument, I merely said:

" 'There is sufficient nutrition in one bowl of Waldorf oatmeal and pitcher of cream to last you until noon, or until your stomach again demands nourishment.'

"After eating I would not eat again, you see, until my stomach did demand it. I have often eat one meal a day, whereas at other times I have gone up as high as four meals a day, the number being entirely regulated by my stomach, the amount being entirely controlled by my mind.

His Waldorf Appetite.

"Here at the Waldorf my appetite has been reasonably regular. I have had oat meal and cream for breakfast almost every day, usually the same or a similar dish for lunch, and almost without exception my dinner has consisted of a club sandwich and a cup of chocolate. This has cost almost exactly $1, and I have not had the slightest desire for anything more.

"It is easy from a critical dietetic standpoint to explain this requirement of my stomach; the amount, as I said before, has been controlled by a mental restraint—a knowledge of the exact requirements of the tissues, etc. For example, oatmeal is heatproducing; it has certain salts which should be given to a rested stomach only; its fat and proteid, assisted by that of the cream, makes a perfect winter-morning food. Two installments of it are better than one.

"The club sandwhich is a peculiarly well rounded dinner, with chocolate, which, as everyone knows, is one of the most nourishing liquids. Indeed, I could wish for nothing better. The toast I have of whole wheat bread—my stomach never calls for ordinary white bread. Then there is vegetable acid and certain valuable salts in the lettuce and sliced tomato. The bacon has all the properties of meat and a sort of fat that is invaluable, and the chicken, with the cream dressing, adds to the palatable quality of the dish. I have the dressing specially prepared; it is not rich, like ordinary mayonnaise dressing, and the toast is not buttered.

"I would not advise this diet for everyone. I do not claim that all people would get the required nourishment from it; but, on the other hand, I see no reason why they could not, and I have certainly demonstrated that I can. The trouble with most people nowadays is that their appetites have never been disciplined, and merely run riot with their bodies. They answer every whim of their desire, usually abuse every wish and as a result have a broken digestion in a few years, no endurance, and no knowledge of what their stomach wants. You can't know your stomach without studying it and experimenting on it. With study, care, and experiment anyone can not only live on 20 cents a day, but he will find that, with the proper amount of open air and exercise, he will have better health and wonderful endurance.

His System of Eating.

"I am 54 years old and have been working on this system the greater part of my life. Not a month ago I took the strength test at Yale College gymnasium just to see what I was good for. As the records will show, I beat out some noted athletes, and I believe my endurance test was above them all. Some of this may be due to my natural power, but most of it, I firmly believe, is due solely to what I eat and how and when I eat it. My rule is this: Get acquainted with your stomach, find out what it wants—then eat that in as small amount as you can.

"Half the ills in the world are due, I think, to unwise and extreme eating. Just as to be skillful at a game you practice it, so to be a wise eater you practice eating. The day has passed when we can go along like a donkey with our nose on the ground and eat whatever strikes our nose and trust to our stomach for the rest. Our life is unnatural, and we must adjust our habits to it. We must know a thistle when we see it and

(Continued on Seventh Page)

JOINTS PAIN YOU THIS MORNING?

First sign of RHEUMATISM. Dangerous to let it run. Easy to cure now. A single bottle of

Rheumacide

Will probably do the work. Bad cases require more. RHEUMACIDE cures by getting rid of the cause, so that no trace of the disease lingers in the system. It purifies the blood, relieves the inflammation of the kidneys, the chronic constipation and the catarrh that follows such a condition of the system.

Though Mrs. Mary E. Welborn, of High Point, N. C., is 80 years old and had suffered from rheumatism for 20 years, she was completely cured by RHEUMACIDE, and declares she feels "years younger" and is anxious for "all who are suffering from any of the forms of this dread disease" to try RHEUMACIDE and be cured.

REV. J. R. WHEELER, a noted Methodist minister, of Reisterstown, Md., writes enthusiastically of RHEUMACIDE, which cured him. He is 75 years old and has been in the ministry 50 years.

SAMPLE BOTTLE FREE FROM

BOBBITT CHEMICAL CO., PROPRIETORS,
BALTIMORE, MD.

"GETS AT THE JOINTS FROM THE INSIDE."

Dry Feet For Children

Wet Weather Shoes for children are wanted at this season of the year. Dry feet means a caring for health and doctor bills. We have

Waterproof Shoes for Boys and Girls

Made from Box and Valour Calf and Black Russia.

We guarantee the SHOES to keep the children's feet dry. All sizes.

AMBROSE CARROLL,
THE SHOER.

Carfare To Philadelphia

We bring Philadelphia and its best Clothing Store to your very doors

This is How:

You pay excursion, railroad or trolley fare. Come to our stores and buy your Clothes, your boy's, your girl's, your wife's. Same price to everybody. Show your railroad ticket for fare paid. We pay you exactly its cost if you buy a certain amount. How much? Con't tell—depends upon your carfare.

Wanamaker & Brown,

Oak Hall,
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Outfitters to Men, Women, Boys and Girls.

H. H. BENEMAN

MILLINGTON, MD.

Has now ready for inspection a complete Fall and Winter Stock consisting of

CLOTHING

for all, young and old, and a bigger selection than ever before and prices the lowest.

HATS! HATS!

The very latest styles just received from the market.

SHOES. SHOES.

In this we have the very best brands. The W. S. Douglas Shoe, the Rice & Hutchins for men and boys. The Allnut & Moody, Ladies', Misses and Children's Hand Made Shoes. The H. C. Godman Shoe for Ladies', Misses and Children and many other good brands for all occasions.

☞**Underwear, Neckwear and Skirts,** a complete line.
☞**A Full Line of Dry Goods,** to please and suit all.
☞**Ladies' Skirts and Shirt Waists,** a fine assortment.
☞**Ladies,' Misses' and Children's Coats; also Ladies' Hats.**
☞**Blankets and Comforts,** all grades.
☞**Floor and Table Oil Cloths; Carpets and Mattings.**
☞**Furniture,** a complete assortment.

All of the above mentioned goods are of the latest in pattern and style and prices way down.

Poultry and Eggs Taken in Exchange at Highest Market Price.

H. H. BENEMAN

MILLINGTON, MD.

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