

MC2465 POOR DOCUMENT

THE GRANITE TOWN GREETINGS

PHYSICIAN TELLS HOW HE TREATS RHEUMATIC PATIENTS

A Distinguished Specialist Gives Valuable Advice.

In the first place I always impress upon my patients the importance of careful living and regular habits. Moderation in eating, keeping the feet dry and wearing plenty of warm clothing are some of the precautions. A small amount of medicine will cure, or even help, unless attention is paid to these few simple rules. I have had perfect results where patients followed these instructions, assisted by the following blood tonic and rheumatic specific: Fluid Extract Cascara, 1/2 oz.; Fluid Extract Carina Compound, 1 oz.; Compound Syrup Sarsaparilla, 6 oz. Dose: One teaspoonful after meals and at bedtime. It is advisable to drink plenty of water during the treatment. A prominent local merchant who has tried this treatment states that it relieves backache, bladder trouble, and urinary troubles almost immediately, and has a gentle but thorough action on the kidneys. We advise all our readers to keep this prescription. The instructions are valuable.

Palace Within a Palace

The private apartments of King Edward and Queen Alexandra and the Princess Victoria at Buckingham Palace may be aptly described as forming a palace within a palace, and are kept from all save the privileged few. Indeed, the only person outside the royal family who may enter the Queen's boudoir uninvited is the Hon. Charlotte Knollys. All these private apartments communicate by means of corridors, so that the King and Queen and the Princess may pass from one to the other without the necessity of using the main corridors of the palace.

THE KING'S SUITE

King Edward's suite of apartments is the largest in the palace, containing nearly a dozen rooms in all; the windows overlook the gardens. The largest room of this suite is used as a private sitting-room where the King entertains his intimate friends, and occasionally dines when the Queen is not staying in the palace.

This is a most comfortable room, with little or nothing about it to indicate the state of its owner. The wall paper is of a delicate shade of green with a white dado and a dark green frieze. The floor is covered with a magnificent Indian carpet that was presented by one of the Indian native princes to the late Queen Victoria many years ago. The furniture contains some exquisite examples of eighteenth century art, and while some of it has been either in the palace or at Windsor for nearly a century most of it has been collected personally during its owner's frequent visits to the Continent.

DOORS ALL MIRRORS

A striking feature of the whole of the King's suite of apartments is the doors, every one of which has mirrors fitted into the whole of its panels. The next most important apartment is the King's "office," as he sometimes laughingly terms it. It is here that he transacts all his business while staying in London. As he has a great dislike for American roll top desks and revolving chairs, neither of these conveniences finds any place here. He does his writing at a large knee hole writing table, upon which his papers, etc., are placed in orderly bundles, and flanked by great dispatch boxes.

THE QUEEN'S APARTMENTS

The Queen's suite of apartments immediately adjoins those of the King. The principal room here is the boudoir, which is paneled in pale ivory silk of beautiful texture. These panels are confined in gilt mouldings and are carefully covered up every evening as soon as the room is no longer in use. The curtains here are also of ivory silk, with broad borders of deep purple. There are also some fine examples here of Beauvais tapestry, while the carpets of French manufacture are beautiful models of this work. The furniture is entirely of the Louis Seize period and includes some very valuable specimens.

The number of photographs to be found in this room, and, indeed, in all Queen Alexandra's apartments, is remarkable. Wherever a photo can be placed, there one is to be seen. Nearly the whole of the royal families of Europe are to be found represented. The Queen's boudoir is hung with rose du Barri silk, with white satin, of which the bed hangings are also composed. The bed itself is a magnificent specimen of the Empire period and was

formerly in the Trianon.

The room is rather small and is furnished more with an eye to comfort than to stateliness. Perhaps the most striking feature is the imperial crown which surmounts the bed.

PRINCESS VICTORIA'S ROOMS

The suite allotted to the Princess Victoria stands on the opposite side of the palace to the main front and looking straight down the Mall. It comprises some half dozen apartments, including a very cozy sitting-room, where the Princess takes her afternoon tea and entertains her friends. She is a great reader, with very catholic tastes, and the room contains two large cases filled with her favorite works. There is here, too, a very fine pianoforte that was presented to the Princess by the King some years ago. The boudoir and the bedroom adjoin.

A failing tiny nerve--no larger than the finest silken thread--takes from the heart its pulse, its power, its regularity. The stomach also has its hidden, or inside nerve. It was Dr. Shoop who first told us it was wrong to drug a weak or failing stomach, heart or kidneys. His prescription--Dr. Shoop's Restorative--is directed straight for the cause of these ailments--these weak and faltering inside nerves. This, no doubt, clearly explains why the Restorative has of late grown so rapidly in popularity. Druggists say that those who test the Restorative even for a few days soon become fully convinced of its wonderful merit. Anyway, don't drug the organ. Treating the cause of sickness is the only sensible and successful way. Sold by all dealers.

Meats and Vegetables

Certain meats are as closely allied to certain vegetables as is the long meter doxology to Old Hundred. To separate them seems almost desecration.

Thus stewed chicken without mashed potatoes, and pork without apple sauce lose half their zest.

Fried onions fairly cry aloud for a juicy beefsteak, and roast beef without potatoes browned under the meat never tastes quite the same.

Potatoes are an accommodating sort of vegetable. They are good with all meats though their digestibility when served more than once a day is questionable.

With roast meats, sweet potatoes are appropriate as are squash, tomatoes, asparagus, and stewed onions.

Baked macaroni is a fitting accompaniment to a roast, so are Brussels sprouts and scalloped or creamed cauliflower.

Turnips, carrots, parsnips and cabbage are generally eaten with boiled meats, while peas, beans, corn and tomatoes are food with either boiled or roasted meats.

Rice should be served with stewed chicken. Roast duck demands both apple sauce and stewed onions. Turkey without cranberries would be as lost as venison without currant jelly.

Celery should never be omitted when serving poultry, and is an invariable accompaniment of soup. It is specially good for the nerves and is fittingly served with all meats.

Squabs and all game have lettuce with French dressing served with them, and lettuce must be eaten with Virginia ham.

It is no longer correct to serve more than two vegetables with the meat course though with poultry, cranberries are counted as an extra.

57-492 The Critical Age

Height of vigor is past--nature's power slowing down--vitality ebbing away, endurance decreasing. Stop the progress of decay, tone up the weakened nerve centres, impart vigor to the tiring body--pr. par. for the crisis. Best means for rebuilding is found in Ferrozone; it brightens up the whole being, imparts power, strength, vigor. Old age is pushed back twenty years, the reliance of youth is restored, vigor, vim and new life established. You'll try Ferrozone, 50c. at all dealers.

The Gospel of Sunshine

St. Luke was a physician as well as a painter, and there is something kindred in the spirit of the two occupations. The quick eye, the observant gentleness, the appreciation of character, the seizing of the actual circumstances, the genial spirit, the minute attentiveness, the sympathizing heart, the impressionableness to all that is soft and winning, and lonely and weak and pitious--all these things belong to the true physician as well as to the true artist. St. Luke is a Gospel of Sunshine. It throws strong lights into the darkest places, and loves to do the power it has to do so, and is not this painterlike? He is known, like all artists' by his choice of subjects.

We carry a full and up-to-date line of GROCERIES

There is scarcely an article in this line we don't carry. We have just received Apricots, Prunes, and Evaporated Apples which are choice stock.

We carry the famous Goodeill preserves: Peaches, pears, red cherry, currant, strawberry and gooseberry in glass jars
Tea of all kinds, price 22c, 30c, 35c, 40c, 45c, 50c.

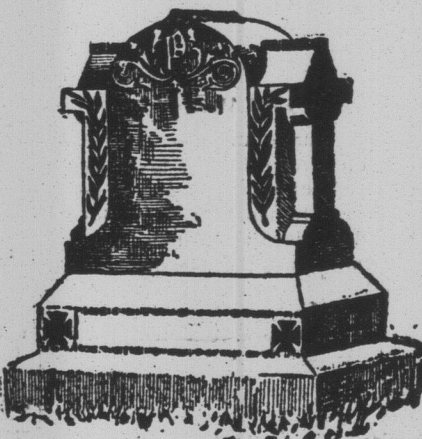
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St. George

N. B.

Drunkard's Island

Drunkard's Island" is the name by which the Salvation Army's latest colony for inebriates, off the coast of New Zealand, is known to passing mariners. The Salvation Army has completed plans for isolating confirmed drunkards on a couple of islands, one for men and one for women. Only one island is available at present but the success of this settlement has been such that the New Zealand Government and the Salvation Army may acquire another for women.

Pakatoa is the chart name of "Drunkard's Island." It is an ideal little colony of about seventy acres, set in the Hauraki Gulf, twenty-five miles from Auckland. The only communication with the mainland is by the Salvation Army motor-boat, and the residents have no opportunity of reaching a public-house.

All spirits and alcohol in any form are forbidden on Pakatoa, and the colonists lead the simple life on a fruit diet, without drugs or policemen. The New Zealand Government recently passed an act giving magistrates power to commit persons who have been four times convicted of drunkenness to Pakatoa. The residents work at market gardening, fruit culture, frame making, and the manufacture of children's toys.

The "Bread-and-Butter" Letter

After you have spent a few days or a week with a distant friend, and returned home, don't whatever you do, forget to instantly write what is known as a "bread-and-butter" letter, otherwise a note of thanks. Such a note is more or less formal, but can be written in a manner to express the same appreciation that was spoken upon leaving. It also informs the hostess of the guest's safe arrival at her home. A telegram is not considered to take its place.

Black Satin Boots

Satin boots instead of suede ones are gaining headway every week. They are worn with smart afternoon costumes when one does not walk.

It has been decided by the fashionable girl that the high-heeled patent leather slipper is not dressy enough for the resplendent gowns worn at social affairs between 4 and 7 o'clock.

The flat-heeled, or high-heeled, pump has entirely gone out except for the most informal wear. Girls use it at home in the evening and always during the day with short skirts. When the warm weather comes in it will be again in first style for street wear.

The satin boot, however, is the afternoon footwear. Otherwise women wear high-heeled satin slippers with open-work silk stockings.

An Open Congratulation

W. S. Gilbert does not retain all of his humor for use in his librettos, when Gilbert and Sullivan were considered by managers as the "sure winners" in the comic-opera field, a young woman who was one of the "Pinafores," companies wrote to Gilbert telling him of her approaching marriage with a young man of good position and family.

Gilbert congratulated the young woman, and expressed the hope that her future might be prosperous and happy.

Only a little more than a month passed, and another letter from the same girl reached him, in which she stated that her engagement with the young man had been broken, and that she had accepted another suitor.

He replied that he had every confidence in her judgement, and again expressed his hearty wishes for her welfare.

It was almost two months after that Gilbert received a third letter from the same girl, who informed him that young Lord--had proposed and that she had accepted him, after breaking her engagement with No. 2.

Gilbert's humor could no longer withstand the temptation, and he wrote. "I desire to congratulate you on your approaching marriage with..."

Here he placed an asterisk, and in a foot-note added; "Here insert the name of the happy man."