

# MC2465 POOR DOCUMENT

THE GRANITE TOWN GREETINGS



**THOS. R. KENT,**  
AGENT,  
CONTRACTOR FOR ARTESIAN WELLS,  
ST. GEORGE N. B.

The flavor lingers.  
The aroma lingers.  
The pleasure lingers.  
And you will linger  
over your cup of **CHASE  
& SANBORN'S SEAL  
BRAND COFFEE.**  
In 1 and 2 pound tin cans. Never in bulk.

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**Undertaker and Embalmer**  
Complete stock Funeral Supplies on hand  
Prices lower than any competitor

**J. B. SPEAR**  
**Undertaker and Funeral Director**  
A full supply of funeral goods always on hand.  
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All goods delivered free. Prices to suit the people

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**Union Blend Tea  
Wanted**

A Large Quantity of  
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Butter  
Eggs  
Tallow  
Deer Skins  
Moose Hides  
Hobblers  
Calf Skins

Large and Small lots of Furs bought.  
Furs by Mail or Express will receive  
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Shoop's Rheumatic Remedy—liquid or  
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Rheumatism plainly and interestingly  
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free test samples. Send no money.  
Write with Dr. Shoop and give some-  
one a pleasant surprise.

## REMINDER

THOSE WHO READ last month's notice about "ASAYA-NEURALL" the new medicinal preparation for the relief of conditions of nervous exhaustion, and who meant to ask for the free sample offered, may still obtain same upon request to the undersigned.

The sample contains sufficient to definitely establish the value of this preparation in your case.

## ASAYA-NEURALL

(TRADE MARK)  
IS RECOMMENDED

when a person, young or old, through overwork, worry, intense excitement, grief, alcoholic or other excesses, or from other recent or known causes, has overstrained and exhausted the nervous system, and as the result, does not sleep well, wakes up tired, is depressed, tearful, inclined to perspire at the least irritation, has indigestion, lack of appetite, and is, to sum up in a phrase, *entirely unstrung*. Such conditions are evident to everyone, and are common in every family, and can be early treatment of brief duration by this preparation, with its threefold effect of feeding the nerve tissue, enabling sleep to be obtained and food to be desired and digested, be quickly overcome.

LARGE BOTTLES, \$1.50

One bottle, taken three times a day according to directions, affords treatment for about 40 days, all that is usually required for ordinary derangements of the nervous system.

Samples and regular size bottles may be obtained from the following:

ANDREW MCGEE, BACK BAY.  
W. S. R. JUSTASON, PENFIELD.  
MILNE, COUTTS & CO., ST. GEORGE.

Prepared by DAVIS & LAWRENCE CO., Manufacturing Chemists, New York, Montreal and Shanghai.

### Training for the Half-Mile

To be successful at a half-mile, a runner should have both speed and endurance. His training therefore should be directed accordingly. For the first couple of weeks, a mile should be jogged in say, 6:00, every alternate day, and a good five-mile walk taken, at a brisk pace, the remaining three days of the week. Then the real work may be begun, by running a fast quarter three days of the week, and from a half to a mile, at three-part speed, the other three days, taking a couple of sprints—ranging anywhere from 50 to 150 yards—daily.

This will be found a very good system, as it will be seen, both speed and endurance have received due attention, which is necessary.

In the case of those who can't stand training every day, and who generally content themselves with exercising but three days a week, as many do, and who, it may be here remarked, improve just as fast, and indeed, it may be even faster a good quarter one day; a stiffish 600 on other; and the full distance, at three-quarter speed, for the last run of the week, will be found about the right work to take.

The sprints are to be taken as usual, and a good brisk five-mile walk on days on which no running is done, would help materially in getting the runner fit.

The old instructions to rest, sleep, etc. apply with equal force here.

"I've got to go to Philadelphia," said the hurried traveller, who was fumbling for his pocketbook. "Well," answered the New York ticket seller, "are you buying transportation or just telling your troubles."

### Success in Smiles

We often win success with the weapon of a smile. The road to a man's heart and to a woman's fortune sometimes lies in the light of a smile. A new cult teaches that one has only to sit up and look pleasant to obtain pretty much everything worth while possessing in life. Health and happiness which elude the utmost endeavors of many of us to hold in thrall, we are assured may be won and kept by a smile.

Advancement in business is measured by the quality and variety of our smiles. A fellow being can be cheered to living and one may prolong his own life by merely smiling. These and many other facts are brought out relative to a school for smiling established in Paris.

The Frenchwoman is nothing if not practical. It took a Frenchwoman to reduce to a practical science, with a commercial value, the gentle art of smiling. There is much to learn about this pleasing little contortion of visage. A grin is not synonymous with a smile, nor does a sinner rank in the same category or convey the same meaning. A widening of the mouth has not the significance one seeks in a smile, and laughter is a thing often associated with but distinct from it. One is an irresistible expression of excited mirth, the irrepressible overflow of mirth, or a vocalization of anger, irony or contempt. It is a product of the emotions. The other is more deeply seated in the feelings and when spontaneous certainly serves as an index to character. It is not always spontaneous. Alas, it may never be so again!

The school for smiling consciously instructs in methods of producing smiles adapted to all purposes and suitable for every occasion. Unconsciously perhaps it inculcates deception and upon necessity in the smile of its graduates deceit is as likely to lurk as mirth, tenderness, pleasure or sympathy. The dimpled tradition which betokens a gay, untroubled mind has almost the charm of the smile that belongs to happiness, and both are invariably the possession of youth. Older people are wont to take their joys more soberly, unaware that the outward and visible sign of a smile is as necessary to their well being as sunshine is to that of a flower. There are organisms which can exist only in the light. Within us are organisms whose presence is necessary to health. These need the illumination of a smile and the exercise of laughter to keep them in healthy condition.

The stranger—Was the new candidate much put out when they threw the stale eggs at him?  
Nattie—He was, sure. He was awful decomposed!

### New Temperance Bill.

Briefly stated, the principal provisions of the new temperance bill introduced in the Nova Scotia legislature on the 12th are as follows:

The new law, which is modeled after the P. E. Island prohibition law, is to go into effect in all counties where the Scott Act is not in force. The city of Halifax has special consideration.

The Scott Act may be repealed by popular vote, when the new law will come into force.

Provision is made against the shipping of liquor into counties where the Act is in force from counties where it is not in force.

Inspectors are to be appointed by the municipalities to carry out the law. The government may appoint and pay a chief inspector to supervise and assist the local inspectors (including those working under the Scott Act).

Penalty for violation of the Act, first offence \$50, or one month's imprisonment; second offence, \$100 or two months imprisonment; third offence, four months imprisonment without the option of a fine.

Regarding the city of Halifax, after the expiration of the present licenses the number granted shall not exceed 70, and after the census of 1911 one license only may be granted for every thousand residents.

A board of license commissioners is to be appointed to deal with applications for licenses. Two members to be appointed by the government and three by the city council.

Provision is made for the taking of a plebiscite for or against the granting of licenses in Halifax and on a majority voted against it, the licenses then in force shall expire.

### You Feel Blue as Indigo.

You are sleepless, no energy, bad digestion, irritable nerves, everything seems wrong. You're getting worse. Stop it today, end your misery by building up with Ferronzone. It's a food tonic supplies nutriment and building material give weak organs and exhausted nerves the strength they require. With Ferronzone you eat more, digest more, get fatter. Vitality courses through your veins the feeling of youth predominates, vim, strength and health return for good. Nothing rejuvenates and restores so quickly as Ferronzone. You'll try it today! 50c. at all dealers.

"I understand, Miss Araminta," said the professor, "that you are inclined toward literature."

"Yes," said the blushing spinster. "I wrote for the Bugle Magazine last month."

"Indeed! May I ask what?" asked the professor.

"I addressed all the envelopes for the rejected manuscripts," said Araminta proudly.

### OF INTEREST TO WOMEN.

Arrowroot is excellent for thickening sauces made of fruit juices as it neither clouds the mixture nor destroys the flavor of the fruit.

The small jars in which candy sometimes comes should be saved for picnic use and lunches, as they are excellent for carrying salad and sauces.

For almond cake filling, blanch and pound a pound of almonds, add two eggs, a cupful of sugar and a teaspoonful of vanilla and spread between layers.

Cooked beets, hollowed out and pickled in spiced vinegar, may be filled with minced celery and apple and served on lettuce leaves with oil and vinegar.

A delicious flavor is added to the maraschino cherries used in or as a decoration for fruit or other salad by stuffing them with pecan nuts, chopped rather coarse.

A few drops of alcohol rubbed on the inside of lamp chimneys will remove all trace of greasy smoke when water alone is of no avail.

A little muriatic acid added to the rinsing water after a blue or white fire rug is scrubbed with soap and water will help restore the color.

A perforated rubber mat is almost an essential when the drain board of the sink is of porcelain. It saves many an ugly chip on fine china.

Cushion covers, especially designed for piazza use, come stencilled in most artistic designs, and may be had in a variety of colors. They are in denim, crash, burlap, men's cloth and linen.

Boiled raddishes are dainty. Cut them into rounds about half an inch thick, boil ten minutes in slightly salted water and fry in butter until tender. They should be highly seasoned.

If the colored candles used for guest tables and other festive occasions become soiled before they are used, they can be nicely washed with a soft brush, white soap and warm water.

Fringed napkins look worn because the fringe is thin and uneven, cut it off, draw a few threads and hemstitch the napkins. They will make very attractive doilies and will last a long time.

### If You are Going to Move.

If you are going to move, before you begin to pack make a clear plan of operations.

Decide what you mean to keep, and do not commit the blunder of having to pay cartage on mere truck and rubbish. Cut down your possessions mercilessly rejecting all those that have no values except association. Find some poor person to whom your cast-offs would not be worthless and bestow them freely or else throw them away.

Do not start packing too long before you intend to move. There is no sense in turning the house upside down for a week or so before you leave it.

There are plenty of small out of sight tasks that may be done. Pack trunks with clothing that is not in use, with boxes of odds and ends to be found in every bureau. Save yourself trouble in unpacking by affixing to the inside of the top of the trunk a general list of contents.

When you begin to dismantle the house attack brick-a-brac first, then the pictures and draperies. Beat and brush the latter and wipe off the books.

Have plenty of clean strong boxes, with good tops, ready for the reception of the contents of bookcases and cabinets choosing small boxes rather than large ones as they are easier to handle.

Do all the packing in one room if you can.

Have your carpets lifted and beaten. Draw the tacks from the matting, brush and roll them, tying them securely that they may not slip. If the matting is at all stained or spotted wipe it off with a cloth dipped in a solution of salt and water. You will probably have more time for this now than if you wait until it is put down in your new home.

A Scottish clergyman got into conversation in a railway carriage with a working man, who informed him that he had been a coupler on a railway for several years. "Oh," said the minister. "I can beat that. I have been a coupler for over twenty years." "Aye," replied the workman, "but I can't couple, and you can't!"

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