

# MC2465 POOR DOCUMENT

THE GRANITE TOWN GREETINGS

The warmest friends of Red Rose Tea are those who have tried some other brand and said to be "as good as Red Rose" and for which they paid the same price. Very easy to say a thing is "as good" but not so easy to "make good."



Prices: 30c., 35c., 40c., 50c. and 60c.

#### Moderation in Exercise.

The Montreal Witness calls attention to the well known fact that great athletes are, as a rule, comparatively short-lived.

It is deplored that this is so. This is the age of record-breaking and record-breakers in athletics. He is the greatest athlete who can strain every fibre of his body to a greater extent than all the fibre strainers of all lands in all years of the past.

It is no wonder that the human organism cannot long this kind of thing. It is no wonder that the great athlete dies young of an overworked heart.

Extremes in the modern "athletic habit" are in the same category as the alcohol habit and the morphine habit.

You can't have too much of a good thing, is an exploded theory in its relation to physical exercise. Moderate and common sense exercise is invigorating and health building; extreme, record breaking exercise is health destroying and fatal.

#### I. C. R. Conductors Ask Level Rates.

There is a movement among the conductors and trainmen of the Intercolonial for a levelling up of rates on the Canadian Western section of the system to standard schedule. Conductor Craik-shank of Fredericton is here hoping to arrange a conference with the Board of Management of the I. C. R. to discuss the matter.

The question was brought under the notice of Mr. Brady, one of the members of the board and superintendent, who felt that the matter was not one upon which he could act on his own responsibility without reference to the board. The men are asking for an increase of from fifteen to twenty per cent on their present rates, which they claim should be made retroactive from the beginning of July last, the time their first demand was presented.

**Asaya-Neurall**  
THE NEW REMEDY FOR  
**Nervous Exhaustion**  
Nervous exhaustion, the ailment of the age, results from the destruction of nerve cells by overstrain faster than they are rebuilt. The only remedy is Food, Rest and increased nerve repair. "ASAYA-NEURALL" is and makes possible this cure. It feeds the nerves, induces sleep, quickens the appetite and digestion, restores buoyancy of spirits. \$1.50 per bottle. Obtain from the following:  
Andrew McEwen, Back Bay,  
W. S. R. Johnston, Portland,  
Mills, Curtis & Co., St. George.

#### Forced to Eat Skins and Snow-Shoe Thongs.

Ottawa, Nov. 8. Forced by lack of healthy food to subsist at different periods on skins and snowshoe thongs, D. E. Steffansson, who is representing the American Museum of Natural History and the Canadian Geological Survey in some Arctic explorations, was reduced to extremities last winter on Cape Lyons, one of the most northern points in Canada.

This morning R. W. Brock, director of geological survey, received a letter written on April 26 last, by Dr. Steffansson. The message had to be carried several hundred miles by an Eskimo on snowshoes, from Cape Lyons to an eastern point in Alaska.

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Mr. Steffansson, who is a native of Winnipeg, had with him Lieut. Anderson of the American army, and five Eskimos. For three weeks steadily they lived on a diet of deerskin, the Eskimo during that time eating up all the zoological specimens collected by the scientists of the party. Throughout, however, they were able to retain their records and instruments. Dr. Anderson and two of the aborigines of the north had pneumonia, and the dogs died from rigorous conditions.

At the time Dr. Steffansson wrote, the party was about to start for Coronation Gulf, about two hundred miles east of Cape Lyons. There was, he reported, no further fear of a shortage in food supply as game was plentiful. One difficulty still confronting the explorers was the great lack of dogs, which made travel across northernmost Canada exceedingly difficult. Mr. Steffansson sent down some of his geographical results. After three and a half years spent in ice-bound regions, with auroras and midnight sun, he expects to return in the fall of next year. The coming winter will be spent in the vicinity of Coronation Gulf.

#### Wanted to Buy

Deer skins and furs of all kinds. Will pay highest cash prices for the same. Send for price list to

**CARROL E. FISHER**  
Pembroke, Me.

#### Soporific Carrots.

Eat carrots for insomnia. A large, properly cooked carrot for supper will induce sound and refreshing sleep.

That was the opinion given yesterday by a well known London doctor.

"Carrots differ from other vegetables in that they contain a large amount of various sugars," he said. "Properly cooked they are sweet and pleasant to the taste; they are also cumulative, that is, they promote digestion.

In its sleep-producing qualities the carrot is closely allied to the onion, and as a supper dish for insomnia patients it is to be strongly recommended.

"It has also been ascertained that the carrot is excellent as a nerve tonic and mental stimulant. There can be no doubt as to its peculiar properties for inducing sleep, but they should not be eaten raw. They are very indigestible uncooked.

A woman who is an enthusiastic vegetarian gave one of the best recipes for cooking this vegetable.

"Carrots are best cooked conservatively," she said. "By this, I mean they should be cut in strips and allowed to simmer with butter in a double boiler. No water should be added.

"By this method all the valuable juices and properties of the carrot are retained instead of being thrown away with the hot water, as is done when they are boiled.

"For supper this dish is most appetizing, a poached egg is a tasty addition. It is a meal which I know from experience produces slumber.

"The many good qualities of carrots are overlooked by the public. They not only induce sleep, but are excellent for the complexion as a consequence of their tonic effect on the blood." From the London Mirror.

## Do You Need a New Winter Overcoat?

Here is one of the most dashy of our new Winter Overcoat Models, plenty of chest room and arm room, a generously full skirt, graceful and fashionable to the extreme. Lots of other styles as well and in so many materials and shades that you are sure to be well pleased with any overcoat selected.

Prices \$6.50 to \$21.00  
Boys Overcoats, an excellent range,  
\$3.50 to \$8.50  
Boys Reefers \$2.50 to \$4.25

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Highest in Grade, Lowest in Price

We have just received \$3000.00 worth in all the latest styles of Men's and Women's Fur and Fur Lined Coats, Jackets, Caps, Collars, Stoles, Muffs, Etc.

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Let us fit you with a pair of good  
**Rubbers, Overshoes**  
or **Rubber Boots**

Take it won't matter if it Snows, Hails or Rains, you will be prepared. Our Rubbers are the best quality that Canada produces and can be relied on to give good service.

Clippers for Yourself and the Family. An Immense Stock to select from.  
Prices range from 15c. to \$1.75

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*The St. George Clothiers & Furnishers*

## A CHANCE TO LIVE

Best Sugar, 18 lbs for \$1.00

New Onions, 10 lbs for 25c.

5 gals best Kerosene with a  
Galvanized can, \$1.75

New Buckwheat Flour

New Honey in the comb

Choice Pickled Herring

New Raisins and Currants

The best Coffee--ground while you wait--  
35c. Save 5c. lb. on your coffee

Meat Choppers, \$1.30

Sterling Fountain Pens, \$1.75 to \$3.00

8 day Clocks, \$2.25 Alarms \$1.10 to \$2.00

Car of Flour and Feed landing 15th inst. Ask for prices on 5 bbl. lots Flour and 5 bag lots Middlings

NOVEMBER 11, 1910

**JOHN DEWAR & SONS, Ltd.**

Amatite Roofing, one of the best,

\$2.40 per roll

An extra quality Tarred paper for  
Camps and Sheds

Mouse and Rat Traps, 5c. to 65c.

See our new line of Axes, 70c. to \$1.10

Horse Blankets for Stable, \$1.25 to \$2.75  
for Street wear, \$3.65

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N. P. Tea and Coffee Pots, also N. P. Tea Kettles

A full line of good Shoes for this season of year

11 Cases Rubbers, Boots and Overshoes

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