

Saint Mary's Beacon

Sun Baths For Nerves.

"Imitate your cat, madam, and take a sun bath these spring mornings if you want to get rid of your nerves," said a Boston specialist to one of his patients recently. "See how lazy and happy pussy looks as he stretches his body and blinks his eyes in the morning sun. If cats had nerve diseases this would be the best thing in the world to cure them."

"Every sanitarium has its sun room now, but women ought not to wait till they have reached the sanitarium stage of breaking down before they indulge in anything as cheap as a sun bath. Any woman who has a south window and an easy chair can have a such bath every morning if she only determines to take it. If the potatoes have to be peeled, or the stockings darned, they can be done during the sun bath, but the best way of all is to take it just as the cat does, in the laziest fashion possible. Run the shade way up to the sash, move your chair within range of the sunlight and luxuriate for half an hour. It's better than gallons of medicine, and may save hours and hours of dullness or staying in bed later on."

"One of my patients who had a severe case of nervous prostration last spring brought herself out of it after I had tried everything, just by chasing the sun around the house from window to window, so that she got every bit that came in during the day."

"Indian women have the most placid nerves of any race of people in the world, probably, and doctors are beginning to think it is because they sit in the sun so much. An Indian woman is as fond of the sun outside her wigwam as the cat is of his favorite sun spot. They sit in it and vegetate for hours at a time, scarcely winking the eyes."

"There's no danger of women vegetating these days, so it's quite safe to advise one to sit in the sun as much as she can. It's good for her anyway, but especially so if she's nervous."

Souvenir Fanatics'

In these enlightened days anything from the limb of a tree to a table napkin is liable to be carried away as a souvenir.

A western girl with a well defined case of the souvenir habit, sojourning in New York, was dining at a fashionable cafe and being prepossessed in favor of the cunning pewter cream posts with which the tables were supplied, calmly carried one away in her muff. Can you imagine her self valuation when upon examining her prize later on she discovered carved across the bottom, "Stolen from M's!"

A Pittsburg bachelor, wandering into a restaurant, came upon a friend just seating himself with two ladies. The bachelor was invited to join the party, did so, and at the end of the luncheon insisted upon paying the costs. The bill being wrong, he went to the cashier's desk to personally adjust the discrepancy, where he was informed that the extra charges were for spoons which the ladies had put in their bags. And that was the first time he had ever met them!

Upon the occasion of the presentation of a handsome silver service by one of the United States to a battle ship which was being christened in her honor an elaborate banquet was served aboard ship, at which the service was used. Society came en masse from the town near which they were anchored, and after the function was over there were not enough forks and spoons with which to lay the tables. And yet these souvenir fanatics would draw their moral skirts aside for fear of contamination with a real thief.—*Bohemian Magazine.*

Apt Comparison.

"When I see what Barlow accomplishes I am forced to admiration," said Bunting. "He has great physical endurance." "Yes," replied Gargoyla. "That man has the constitution of a debutante."—*London Telegraph.*

A Certainty.

Card sharp—I tell you I don't believe there is a king in this deck. #Countryman—I know darn well there ain't! You got two of 'em in your sleeve and I got the other two in my bootleg.—*Judge.*

His Fortune.

"They say you have a goodly fortune," said the political associate; "I hope your wealth is not predatory?" "No," answered the candidate. "It's not predatory. It's oratory. Seizing the psychological moment he sat for another smiling photograph.—*Washington Star.*

Naming Him.

"Papa, what is the person called who brings you in contact with the spirit world?" "A bartender, son."—*Houston Post.*

The only difference between an old fool and a young fool is that the old one has had more practice.

That hacking cough continues
Because your system is exhausted and
your powers of resistance weakened.
Take *Scott's Emulsion*.
It builds up and strengthens your entire system.
It contains Cod Liver Oil and Hypophosphites so
prepared that it is easy to take and easy to digest.
ALL DRUGGISTS, 50c. AND \$1.00

Office boy—"Please, sir, a gentleman called when you were out.
Editor—"What did he want?"
Office Boy—"E said 'e had come to give you a good thrashing." Editor—"Did he? What did you tell him?"
Boy—"I said I was sorry you wasn't in."

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S. A. FOUTZ'S
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—AND—
"Stock Food"
For Horses, Cattle, Sheep & Hogs
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OUR GOODS ARE ABSOLUTELY PURE AND PRODUCE RESULTS.
You can purchase our goods from F. O. MORAN, Leonardtown, and the ST. MARY'S PACKING MFG CO., WYDOW, Md.
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Valuable Farms For Sale.
Farm No. 1. Has 100 acres cleared and timbered land known as Fish Commission situated directly on Chesapeake Bay. Has three fourths mile waterfront. Ten miles view up and down Bay. Beautiful summer home. Splendid oyster bottom to be had by leasing same from State. Premises generally, buildings etc. in good repair.
Farm No. 2 adjoins No. 1. Contains 250 acres cleared and timbered land situated on South of St. Jerome's Creek. Beautifully located. Desirable for any purposes. Premises generally, buildings etc., in good repair.
Farm No. 3 adjoins No. 2. Has 100 acres cleared and timbered and borders on Philip's Branch a tributary of St. Jerome's Creek. Will suit any industrial farmer. Premises generally, buildings, etc., in good repair.
Farm No. 2 can be divided into two smaller farms and made splendid homes. Land is level. Easy cultivated responds quickly and adapted to the growth of all kinds of grains and other currants fruits, etc., etc. Conveniently located to Churches, Schools and Wharves. Can be bought on easy terms long time payments. Write or call for information.
W. P. POWELL,
July 16—44. Ridge, Md.

FOR SALE
AT
GLEN ECHO STOCK FARM,
ROBERT S. POGUE, Proprietor,
Maddox, Md.
CHOICE BERKSHIRE PIGS.
I am now booking orders for pigs, July and August delivery, sired by Charmer's Count No. 37781 one of the best grand sires of Premier Longfellow No. 68600 grand champion at the World's Fair, and out of such royally bred sows as Premier Lady No. 105354, Premier Girl No. 105353, Charmer's Beauty, No. 105350, Flossie's Duchess, No. 105352, Lady Carlisle 4th No. 105344, Carlisle Maid No. 105343, Sallie Lee No. 105347, Lustrie's Belle No. 105349, Carlisle Mistress, No. 105348.
I guarantee my pigs to be as good as can be bred in America. Am pricing them at \$5.00 each so that any farmer can afford to buy one and improve his stock. Patronize home industry.
All Wyckoff strain of white Leghorn eggs for hatching 75c for 15 or \$4 for 100.
April 16—3m.

Dudley & Carpenter
126 LIGHT STREET, BALTIMORE.
Commission Merchants.
Sell Tobacco, Grain and Country Produce. Particular attention given to the careful packing of Tobacco.

Do not dwell upon your faults, far less upon faults in others. When people come near, try to see the good, the strong qualities; but if them, praise them, rejoice in them, and as far as possible copy them. Give up any inclinations toward fault-finding with trifles, and criticizing your relations, friends and neighbors, and your own faults will drop off one by one as withered leaves from plants in autumn.

Undertaking.

William C. Mattingly, of Leonardtown, Md., and A. C. Welch, of Chaptico, Md., having formed a co-partnership, under the firm name of
William C. Mattingly & Co.,
for the conduct of the
UNDERTAKING BUSINESS,
inform the general public that they are prepared to attend Funerals from Leonardtown, at short notice and on reasonable terms.
EMBALMING A SPECIALTY.
Trimmings and ornaments of all kinds for Burial Cases kept constantly on hand. Lead-made Coffins, of all sizes and of various styles, always in stock. Personal attention given at funerals, and satisfaction guaranteed in all cases.
March 7, '07—44.

Buggies
Wagons
Runabouts
Binders
Reapers
Fertilizers
Farm'g Implements.
International BINDER TWINE.
THE ST. MARY'S STORE FOR ST. MARY'S TRADE.
Have a few second-hand Buggies on hand which I will sell cheap. Come and see me.
W. H. B. WISE,
LEONARDTOWN, MD.
Oct 6

Hotel Lawrence.
Foxwell & Johnson, proprietors of Hotel Lawrence, Leonardtown, are prepared to look after the comforts of their friends and the public in general. Give us a call when in our town and we will do our best to make you happy. Special rates per week.
FOXWELL & JOHNSON,
Leonardtown, Md.

TRUMAN C. SLINGLUFF,
Proprietor of the
Wicomico Roller Mill
Manufacturer and Dealer in
FLOUR, FEED and MEAL,
Blackstone, P. O., Md.
Orders solicited. Terms, CASH.
Grinding Days—Tuesdays, Thursdays and Saturdays.
CLEAN, DRY WHEAT and CORN wanted at market prices.
Send in a trial order and be convinced that it is to your interest to deal with the "Wicomico Mill."
Dec 20—44
W. H. MOORE JOHN MUDD

John M. Talbert, J. J. F. Shaw, J. J. F. Shaw, Cashier.
THE MARYLAND Commission Agency,
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Mr. John M. Talbert will give personal attention to all Tobacco consigned to us.
March 10, 1907—44

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200 FARMS to go in new catalogue which goes over the World and will give St. Mary's County a boom. Want descriptions at once as new catalogue goes to printer, March 1. All confidential. Drop postal for blanks.
J. C. HOWARD,
Leonardtown, Md.
Can also furnish best Life, Accident and Health Insurance.
Feb. 7, '07—44.

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With an elegant new Hearse and a full stock of Coffins and Caskets I am prepared to serve funerals at the shortest notice and upon the most reasonable terms.
In connection with this I designate special attention to my Blacksmith and Wheelwright department.
All orders quickly and neatly attended to.
A. C. WELCH,
Chaptico.
June 1—7.

Blacksmithing.
Having erected a new Blacksmith Shop on my lot on Fenwick Street, Leonardtown, and having secured the services of an expert workman from Washington city, I am prepared to do all work in my line of business with care and promptness. Satisfaction guaranteed.
May—17
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Having established a Brickyard at HARBOR MILLS, near Leonardtown, I beg to notify the public that I am fully prepared to furnish Bricks of all grades at the following cash prices: \$7, \$8 and \$10 per M. Well Bricks, \$10.
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Free when tooth work is done. Old root and broken down teeth made as good as new with Crown and Bridge work a specialty. All the latest and improved work done in the most scientific manner.
No charge for examination or estimate. Parties desiring work done at their home can be accommodated without extra charge. All work guaranteed for ten years.
DR. J. M. COOK,
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Will respectfully on hand at LEONARDTOWN wharf a full supply of
BOARDS, SCANTLING, WEATHERS BOARDING, FLOORING, PALINGS, DRESSED BOARDS, SHINGLES, &c.
All orders for Lumber, Doors, Sash, Laths, Lime and Hair promptly attended to.
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A full line of Saddles, Harness, etc.
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