

Estate of Chester Facto

STATE OF VERMONT
District of Orleans, ss.
The Honorable Probate Court for the District of Orleans, ss.
To the heirs and all persons interested in the estate of Chester Facto late of Barton in said District, deceased.

W. C. T. U.

WHAT HAVE OUR FOOD AND MANNERS TO DO WITH PEACE?

It seems to me there is one passage which, more than any other, commands our ready obedience—"Eat ye that which is good and let your soul delight itself in fatness"—only we misread one word, s-o-u-l we pronounce b-o-d-y. Do we often remember when tempted to overeat, or to eat at irregular hours, or of foods which we know will injure, that whether eating or drinking, all should be done to the glory of God?

Then eat not because it is a certain hour, nor because others are eating, but because your body needs more material with which to work. Doubtless you have all heard the paraphrase: "Tell me what you eat and I will tell you what you are"—it is no less true than the original, "Tell me what you read."

These things are attributed to "growing," "disposition" or overstudy. Yet it is a fact that many such cases are cured by correct diet, if more is needed as a remedy, it is fresh air. Closed sleeping rooms and unwholesome food are weakening our race morally and physically.

Much has been said the last few years of "race suicide" and attention called to large families. Let us take more time, give more thought, to the development of perfect individuals, rather than simply numbers.

By a correct care of the body, we develop its endurance, its capabilities, and hundreds testify that the moral effect of physical education is simply wonderful.

Then we would conclude that correct diet makes a more robust physical life, muscles under control of the will, a brain keenly alive; and a high standard of morality.

Have you never observed that one with a taste for alcoholics usually wants strong tea and coffee and is immoderately fond of pickles, spices and such like condiments? Perhaps you have not seen the statement that the free use of such creates an appetite for tobacco and alcohol, so they cause two-fold injury, the direct, which is great, and the indirect, leading to stronger poisons.

But what of our manners? It has been aptly said, "Good manners are like an air cushion, there is nothing solid in it, but it eases the jolts of this world wonderfully." Note the effect of politeness in the home. And, believe me, there is small use in trying to have a coat of politeness to slip on for the benefit of strangers, the elbows will soon stick through. Teach the children to practice at home the so-called little things of etiquette.

When these lessons are learned, peace will surely be born; and, as we cannot reasonably expect choice fruit from the old half dead apple tree growing on a ledge, so we cannot expect the child peace to thrive if fed

such foods as make for contention and strife. John Burroughs says: "Let those who love turmoil arm for turmoil; their very arming will bring it; and let those who love peace disarm for peace; the disarming will hasten it." We are told that battleships are essential, that two new ones a year is insufficient to keep our navy up to such a condition as will command respect from other nations and prepare us for any emergency.

The cost of one old "Dreadnought" for building and maintaining while in service, \$32,000,000, would so speed the Gospel that soon indeed the time would come when "Nations should learn war no more." The appropriations for the navy for the year 1912 run them, \$1,521,135,786 appropriated for the navy since the war with Spain, \$126,478,838 for 1912!

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This bank offers you

Safety for your money; Considerate attention to your business requirements; A banking home where your interests may grow, encouraged and aided by office's and employees whose one aim is to promote the welfare of clients.

Central Savings Bank & Trust Company

ORLEANS, VERMONT
Capital \$25,000. Surplus \$28,600. Resources \$620,000. J. G. Turnbull, Pres. C. D. French, Vice Pres. R. A. Bean, Treas.

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"Standard first quality" means that after 60 years of experience it is the Standard established by us for first quality and every rubber is branded with the "Hub-Mark."

Hub-Mark Rubbers are constructed and the compound put together to give the best possible service under all conditions and still be sold at a price that will permit everyone to wear them and get the maximum return for his money. They cost no more than any first-class rubber. Try them. Hub-Mark Rubbers are made in all styles and for all purposes. The Hub-Mark is your Value-Mark. If your dealer cannot supply you, write us.

BOSTON RUBBER SHOE CO., Malden, Mass.

RUBBER BOOTS
Whether you buy a pair of light rubber boots for town wear or a pair of the heavier sort for rough work, remember that they are useless if they have the slightest defect.

Goodyear Glove Brand
Rubber Boots are always absolutely perfect and dependable. They fit well, wear well and feel well and there is no better looking rubber boot on the market.

O. W. LOCKE, Orleans, Vt.

For CHRISTMAS

Have you thought of PORTRAITS as a solution to the gift problem? A dozen of your Portraits made in one of our new distinctive styles will make twelve appropriate gifts, each one of which is sure to be appreciated. Until Dec. 14th we are giving

Fourteen Pictures for a Dozen.

The ROYSTAN STUDIO

BARTON, VERMONT

Orleans Trust Co.

Newport, Vermont
July 1st, 1912

Table with 2 columns: RESOURCES and LIABILITIES. Resources include Mortgages, Loans and Discounts, Stocks and Bonds, Accrued Interest, Cash. Liabilities include Capital, Surplus, Undivided Profit, Deposits, Due Banks, Bills Payable.

Estate of John F. Wright

STATE OF VERMONT
District of Orleans, ss.
The Honorable Probate Court for the District of Orleans, ss.
To the heirs and all persons interested in the estate of John F. Wright, late of Greensboro in said District, deceased.

Estate of Henry E. Lyon

STATE OF VERMONT
District of Orleans, ss.
The Honorable Probate Court for the District of Orleans, ss.
To all persons interested in the estate of Henry E. Lyon, late of Westmore in said District, deceased.

Estate of S. E. Winslow

STATE OF VERMONT
District of Orleans, ss.
The Honorable Probate Court for the District of Orleans, ss.
To all persons interested in the estate of S. E. Winslow, late of Barton, in said District, deceased.

Commissioners' Notice

Estate of John Salmon.
The undersigned, having been appointed by the Honorable Probate Court for the District of Orleans, ss. to receive, examine and adjust the claims and demands of all persons against the estate of John Salmon late of Glover in said District, deceased, and all claims exhibited in offset thereto, hereby give notice that we will meet for the purpose aforesaid, at the house of John Salmon in the town of Glover in said District, on the 23rd day of November and 9th day of April next, from 2 o'clock p. m. until 4 o'clock p. m., on each of said days, and that six months from the 11th day of October, A. D. 1912, is the time limited by said Court for said creditors to present their claims to us for examination and allowance.

Commissioners' Notice

Estate of Emeine M. Cheney
The undersigned, having been appointed by the Honorable Probate Court for the District of Orleans, Commissioners, to receive, examine and adjust the claims and demands of all persons against the estate of Emeine M. Cheney late of Brownington in said District, deceased, and all claims exhibited in offset thereto, hereby give notice that we will meet for the purpose aforesaid, at the dwelling house of J. M. Wyman in the town of Brownington in said District, on the 7th day of December 1912, and 5th day of April next, from 1 o'clock p. m. until 4 o'clock p. m., on each of said days, and that six months from the 8th day of October, A. D. 1912, is the time limited by said Court for said creditors to present their claims to us for examination and allowance.

RAW FURS WANTED

Early caught skins wanted NOW for our manufacturing custom-made. Price list free. Ship by express. H. C. METCALF & CO. Alstead, N. H.

CALEDONIA COUNTY NEWS.

WEST BURKE
Ernest Smith of Wolcott is in town.
Charlie Ward of Hardwick visited relatives here over Sunday.

Mrs. S. D. Burbee has been visiting relatives in Newport during the past week.
Mrs. Lorinda Marshall is visiting her sister, Mrs. Nancy Silsby of Lyndonville.

Homor Litchfield and family went to their new home in Springfield, Mass., last week.
Mrs. Coy of Winslow was the guest of Mrs. C. H. Coburn on Tuesday of last week.

There will be no school here this week after Wednesday, on account of Thanksgiving.
Will Aldrich and Ed. Hewes of Columbia, S. C., spent Sunday at E. E. Alexander's.

Charles Marshall of Boston visited his cousin, W. E. Gaskell, the early part of last week.
Howard Lowell of Irving, Mass., visited his mother, Mrs. Eliza Lowell, and other relatives last week.

Mrs. May Coe is spending this week with relatives in Morrisville, St. Johnsbury and Woodsville, N. H.
Mr. and Mrs. John Atkinson of Ayer's Cliff, P. Q., have been the guests of Mr. and Mrs. Levi Dean recently.

Mrs. Clara Burke returned from her visit to Rhode Island and Massachusetts last Sunday and her daughter, Miss Luvena Burke, accompanied her.
Mrs. David Porter and little daughter Margaret of St. Johnsbury were the guests of Mr. and Mrs. F. T. Porter on Tuesday and Wednesday of last week.

DISTRICT MEETING O. E. S.

The district meeting of the O. E. S., held here on Tuesday evening of last week, was well attended and everyone present seemed to enjoy the evening greatly. The meeting was opened by Evening Star chapter of West Burke, after which their W. M., Mrs. C. H. Coburn, welcomed the visitors in a most graceful manner. This was followed by remarks from past D. D. G. P. Lang of St. Johnsbury, D. D. G. P. Mrs. Coy of Winslow, D. D. G. P. Leland of Springfield, and others, all of which were most interesting and helpful. Two readings were given by Mrs. Doyle of St. Johnsbury, which were listened to with pleasure, and Mrs. H. I. Foster of West Burke sang two songs in a very pleasing manner. The supper furnished by the Ladies' Aid society and the Relief Corps was bountiful and excellent and was duly appreciated by the hungry travelers.

A Card.

We, the undersigned, do hereby agree to refund the money on a 50 cent bottle of Green's Warranted Syrup of Tar if it fails to cure your cough or cold. We also guarantee a 25 cent bottle to be satisfactory or money refunded. Fred D. Pierce, A. O. Austin, E. M. Gowles, E. W. Barron Co., Barton Orleans Albany Barton

WORLD'S GREATEST CATARRH REMEDY

Just breathe Booth's HYOMEI for five minutes and the penetrating antiseptic air from the Eucalyptus forests of Australia will soothe the sore Catarrhal membrane and give wonderful relief. Being such an efficient remedy, absolutely free from harmful drugs, F. D. Pierce is willing at the makers' request to guarantee HYOMEI for Catarrh, Croup, Catarrhal Deafness, Coughs, Cold, Sore Throat and Bronchitis, or money back. The little book in each package tells how simple it is to get rid of all the distressing diseases. Complete HYOMEI outfit including pocket inhaler, \$1.00; extra bottles, 50 cents at dealers' everywhere. Sold and guaranteed in Orleans by F. J. Kinney.