

# Parish Educational-Business Bulletin

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### GOOD HEALTH RESTORED

There is only one class I cannot reach—those who will not investigate. Chiropractic is the science of locating the cause of disease and the art of removing it by adjusting the sub-luxated vertebrae and allowing the nerve energy to flow freely to and from the brain. Subluxations are partial displacements of vertebrae which decrease the size of the openings through which the spinal nerves pass and impeding them, hence shutting off a portion of nerve supply to the organs. The result is disease.

If you will phone me, Don Husted, D. C., Ph. C., Main 1487 for an appointment. I will be able to discover your trouble and bring you back to good health, and you will no longer suffer from headaches, and other bodily aches and pains, because my study of chiropractic has taught me the way to bring relief and give aid to you who will but take one treatment.

I specialize in painless adjustments for both acute and chronic diseases. Every physical factor that enters into the problem of restoring and maintaining health is fully recognized and carefully treated by me.

### GOOD THINGS TO EAT

Why not EAT, CHAT and SMOKE at Warth's Chop House, 29 Stone St. Once you eat one of our Italian dishes you will be frequent visitors here, as the quality of our food and the taste of it is prepared makes it so tempting you will not be able to resist coming often.

Sea foods, fresh from delicious fisheries of wholesome cod and haddock perfectly cooked and seasoned, is another one of the articles of food you will find here.

Are you too tired to eat? Are these days when you are so weary you do not care to even think of food? Well, don't you do it, let us do the worrying. Come here and eat your good dinner and with no worry of preparation you will thoroughly enjoy it. We are ready at all times to serve you. Warth's meals are beneficial for the whole family, children and all.

It's the finer touches now and then that make the meals delightful and especially remarked in certain restaurants. A luscious dinner breaks monotony and whets new appetites. Many hotels and restaurants are famous for no more than little variations such as this. For there's art, remember not only in the making but the choice of food. So when you find how you have grown tired and weary of meal preparations, come here, bring the family and enjoy a good dinner at a reasonable price.

### AT YOUR SERVICE

Fire Brick—When you set a boiler, repair an oven, chimney or boiler setting. Remember, we carry in stock for immediate delivery all sizes and shapes of High Grade Fire Brick and Oven Tile.

We also carry a complete line of High Grade temperature cements. Fire Clay and Fire Brick Concrete, for furnace linings. Call us for prices and fire brick information. Prompt and efficient service always. American Clay and Cement Corporation. We are dealers in fire safe building materials. Our place of business is located at 1175 Main St. East. Phones—see four at your service—Chase 4300, 4301, 4302 and 1903.

You will find everything for the contractor and builder and we will deliver to all parts of the city. The length of time we have been in business stands for quality and satisfaction to our many customers. We hope to serve and prove the worth of our materials. The superior quality of our hollow tile, metal lath and wall plaster is the product of years of experience. We welcome visits from our patrons, actual and prospective. Do not hesitate to call us. Prompt deliveries always.

### "BRING THEM IN"

The place to have our clothes mended, Mr. Boarder or Roomer, is a place most rare, but you will find just such a place at 453 Main St. East, Corner of Swan. Bring them in and I will go over every article for you and mend them at a reasonable price. I have a complete

equipment and I am eager to be of service to you at all times. To you men perhaps, have no home, or loving hands to give your garments those needed repairs, I stand ready and will do my best to so mend those worn spots that they will hardly be noticed. No job too large or too small. I guarantee my work and will please and give you satisfaction.

When I was planning to establish myself in a business I wanted to be of some service to my fellow men and the best way to win close friends among those who have to struggle alone and to do mending which has proven itself who reside in boarding houses, I decided much needed and has been a well patronized business. People laughed when I told them what I planned but I guess from all accounts I am the one who can bring, as this business has surely made me a good living and many friends. I hope to be of service to you, Mr. Reader.

### In Doubt.

One of our good housekeepers knows she has no ear for music, but when she is hustling around her pots and pans and scrubbing and washing out tea towels she cannot restrain humming a bit just out of her cleaning up joy. Now there is also a little neighbor boy who plays under her window. Once while the process of scrubbing was going on above the little fellow looked up at the window with a face all puckered and serious, as if some question had been troubling him for quite a while. "Well, Tommy, what's the matter?" inquired the housekeeper. A long pause—then, "Please, ma'am is you singing?"—Exchange.

### Self-Starting Engine.

Automatic starting of an engine surprised the driver and fireman of a train at Beauvais, in France. The two men in charge were standing by their detached steam engine, when it suddenly started off, leaving them at the station. The engine, being short of steam, ran only six miles, to Herchies Junction, where it pulled up and awaited the arrival of its crew.

### Grateful Son.

"My boy," said the millionaire lecturing his son on the importance of economy, "when I was your age I carried water for a gang of bricklayers." "I'm proud of you, father," answered his offspring; "if it hadn't been for your pluck and perseverance I might have had to do something of that sort myself."—Irish World.

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### FLOATING PARAGRAPHS

Bacchus kills more than Mars.—German proverb.  
Contentment may be better than money, but it is equally scarce.

A man seldom wears his trousers out at the knee praying for work.  
Many a man is compelled to take married life according to directions. The bashful lover is always in hot water while trying to break the ice. It is better to take some things for granted than to start an investigation.

Alas, how difficult it is to prevent the countenance betraying our guilt.—Ovid.

The wrongs of our people are continually getting mixed up with our rights.  
Some people like the town without doing very much to make the town like them.

The notion that money is the main thing seems to have originated in practical politics.  
It's no trouble for a man to brag of his good judgment when he makes a good guess.

There is always a chance that an opportunity may be connected with a galvanic battery.  
Some women can sing a baby to sleep in two minutes and talk a husband awake at night.

The poetry of motion is portrayed by the picture of a beautiful girl with a bug down her back.

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