

GREAT ALTERATION SALE

At The Buchanan & Young Store

Read for Yourself

The Great Price Attractions

While the Improvements are in Progress

Departments are undergoing a radical change for the betterment of business and the convenience of patrons.

The Store is now in the hands of Carpenters, Steam Fitters and Decorators.

During the alterations and as a recompense for any inconvenience that may occur, we are making:

PRICE CONCESSIONS SO GREAT, SO EMPHATIC that our efforts will be applauded and appreciated.

Everything offered is **Staple** in character and **Desirable** with our guarantee that everything must be satisfactory or money refunded.

This Sale will last just as long as the workmen are around, and it is our hopeful opinion that with the large force of workmen employed every improvement contemplated will be completed in a little over two weeks.

NIGHT GOWNS 25c. Children's Muslin Night Gowns—ruffle trimmed neck and sleeves. Alteration Price, 12½c.	JACQUARD SILKS 39c. Jacquard and Shantoon Dress Silks, 27 inches wide a big variety of colors and styles. Alteration Price, 17c. a yd.
DRAWERS Children's 10c. Muslin Drawers tucked and hemstitched edge. Alteration Price, 5c.	CHIFFON TAFFETA \$1.25 Dotted Foulard and Check Chiffon Taffeta Silk, 36 in. wide. Alteration Price, 59c. a yd.
NIGHT GOWNS Children's 50c. Muslin Night Gowns, trimmed yoke. Alteration Price, 25c.	STRIPE MOHAIR 75c. Value Hair Line Mohairs 50 inches wide, Black, Brown and Navy. Alteration Price, 44c.
PRINCESS SLIPS Ladies' 59c. White Lawn Princess Slips; nicely trimmed. Alteration Price, 36c.	WHITE GOODS 12½c. to 18c. White Goods—Nainsook, checks and stripes and fancy swiss. Alteration Price, 10c. a yd.
DRESS POPLINS 50c. Colored and Black Silk Striped Poplins. Alteration Price, 37c.	SHIRTING MADRAS 25c. Shirting Madras in stripes and figures, all white grounds, 36 inches wide. Alterations, 12½c. a yd.
SATIN FOULARDS 50c. Figured Satin Foulard Dress Silk, a small selection of styles. Alteration Price, 29c. a yd.	OUTINGS 7c. Outing Flannels in light pink and blue stripes. Alteration Price 4c.

DRESS GINGHAMS 12½c. Standard Dress Gingham 27 and 32 inches wide a big stock to choose from. Alteration Price, 7c. a yd	RAIN COATS \$5.00 Rain Coats—Tan, Misses and Ladies' sizes. Alteration Price \$1.89.
EMBROIDERY A splendid lot of embroidery and insertions worth up to 20c. a yard. Alteration Price 12½c.	LONG KIMONOS \$1.50 Ladies' Long Kimonos—Figured Crepes, and Flannelettes. Alteration Price 88c.
FLOUNCING \$1.50 Floouncing Embroidery—45 inches wide, choice new season patterns. Alteration Price 88c.	LONG KIMONOS \$2.25 Ladies' Long Kimonos—Figured Crepes and Flannelettes. Alteration Price \$1.44
CHECK PRINTS 8c. Mercerized Black and White Checks. Alteration Sale, 4c. a yd.	DRESSING SACQUES \$1.00 Dressing Sacques—Figured Flannelettes with satin bands. Alteration Price 25c.
LINEN CLOTHS \$2.25 Pure Linen Bleached Damask Table Cloths. Alteration Price \$1.55.	LONG COATS \$5.00 Long Coats for Ladies' and Misses, a medium weight gray mixture. Alteration Price \$1.48.
NAPKINS \$2.00 Pure Irish Linen Bleached Napkins. Alteration Price \$1.37 a doz.	LONG COATS \$10.00 and \$12.50 Ladies' and Misses Long Spring Weight Coats, plain materials, mixtures and Shepherd Checks. Alteration Price \$6.69.
LACE CURTAINS \$2.00 Lace Curtains—white and ecru with braid edge and border. Alteration Sale \$1.19 a pair.	LADIES' SUITS Only a few left—Ladies' Colored Winter Weight Suits. Alteration Price \$2.50
SCRIM CURTAINS \$1.50 Printed Scrim Curtains, bright fast color designs and reversible. Alteration Price 98c.	LADIES' SUITS Just two Misses \$25.00 Corduroy Suits—Brown and Navy. Alteration Price \$6.69
SASH CURTAINS Net Sash Curtains, Battensburg edge. Alteration Price 29c. a pair.	NIGHT GOWNS Ladies' 50c. Night Gowns—plain tucked and trimmed yokes. Alteration Price 25c.

Buchanan & Young

115 & 117 N. Queen St., Lancaster, Pa.

HOME HEALTH CLUB

By Dr. David Reeder, La. Porte, Ind.

CATARRH—Nearly all persons on this continent, especially in the northern parts of it, are more or less afflicted with catarrh constantly, or in intervals. It is generally supposed to be a cold in the head, particularly in the nasal passages, and usually it is, but catarrh frequently attacks the stomach, bowels or any other organ or membrane.

You will see advertised hundreds of cures for catarrh, mostly gotten up to cure the flatness of somebody's pocket book or to increase the financial receipts of a drug factory.

Remove the cause or causes, first, then take the simple treatment, that will be here advertised, and the catarrh will be removed. Breathe thru the nose. That is what it was made for. Avoid draughts while in doors. Do not go out in the cold or damp, from a warm room, insufficiently clothed. That is to say, with less clothing than usual when out of doors. In short, be sensible about caring for your warmth in weather that is liable to give you sudden chilliness. It is not necessary to be a molly-coddle. Simply and ceaselessly take care of yourself in a rational way.

Catarrh is an abnormal discharge from the mucous membrane, wherever in the anatomy the membrane is located. When the discharge is suspended the catarrh is also. When the affliction is long-continued and becomes violent, inflammation results, the discharge becomes viscid and thick and breathing thru the nostrils is seriously interfered with. Then the mouth-breathing habit is contracted and that increases the danger, not only by increasing the catarrh, but when it is catarrh of the nasal passages—which it generally is—the viscid substances, which have now become malignantly poisonous, are crowded thru the weakened nasal chamber and descending infect the lungs or stomach and consumption of the lungs, stomach or portions of the alimentary canal often results.

Long standing cases of catarrh are exceedingly obstinate and generally nothing will cure them except the patient's removal to a mild climate where catarrh is unknown, or the adoption and faithful practice for a sufficient length of time, of the method that follows. Many other remedies give good results temporarily, but not permanent relief. This thing that has been so long a time reaching the stage of deep-seated catarrh, is tenacious and it takes a long time to cure it under any circumstances. Practice this and you will get well in reasonable time.

Stand erect. Push forward with the head, downward with the hands. This lifts the vital organs properly. Inhale to the fullest thru the nostrils. Tiptoe slightly and you will get more air. Hold the air while you count ten mentally, and contract the muscles of the throat, as you would clench your fist, tensely as possible, slowly, thru the nostrils. The hot, moist air will warm the nasal chamber. Repeat this ten times, unless you grow dizzy; if you do, cease instantly. Practice before retiring, and upon arising next day. After about a week of this increase the counting time to fifteen, then to twenty, thirty or more. Cease always at the first sign of dizziness and proceed more gradually. After the exercise, throw the head back until you can see an object directly over you on the ceiling. Hold the breath, sink down slowly, only a few inches at first; repeat, not more than four times. After you have learned the trick of it, you may sink down as far as possible and keep your equilibrium. When you have returned to the perpendicular, exhale the breath slowly thru the nostrils.

Wash the nostrils with cold water and a perceptible quantity of acetic acid or listerine, in spray or with a feather or camel-hair brush, and draw the wash into a nasal chamber by insufflation. No harm will follow if the wash trickles down the throat, as listerine is simply a disinfectant.

CLUB NOTES

Dear Doctor:
I have been an interested reader of the Home Health Club and enjoy your weekly lectures very much. I would like your advice in regard to my case. The doctors here tell me I am suffering from cirrhosis of the liver. What is it and is there any cure for it? This winter I had a very bad spell of sickness, with severe pain in right side, almost killing me. It seemed to be in the region of gall duct. I feel very much worried about it and would like to know your opinion. Very Respectfully,
H. M.

Cirrhosis of the liver is generally known as "hobnailed liver" and is the result of chronic inflammation of the connective tissue of the liver and destruction of the secreting cells of that organ. It is slow in developing and gives rise to various functional disturbances. Indigestion, heartburn, belchings, coated tongue, constipation, and occasional vomiting are prominent signs. The liver gradually diminishes in size and the skin becomes first pale, and then decidedly sallow, dry and harsh. Strength and flesh are lost rapidly, the abdomen becomes distended, and dropsy is apparent. Difficulty of breathing and palpitation and hemorrhages from the bowels occur in advanced stages.

Tea, coffee, alcohol and spices must be forbidden. The patient should not be allowed to become

ROYAL BAKING-POWDER

Absolutely Pure

MAKES HOME BAKING EASY

Light Biscuit
Delicious Cake
Dainty Pastries
Fine Puddings
Flaky Crusts

The only Baking Powder made from Royal Grape Cream of Tartar

constipated. Hot fomentations as advised in the Home Health Club books or inflammation of the liver should be applied when there is pain. The vegetable herb remedy, compound Gentian, would be excellent for a tonic. The diet must be very light and bathing frequent. An abundance of fresh air should always be allowed. However, you should first of all adopt the specific directions which I gave you in a private letter, which will, I believe, arrest the progress of the disease and restore you to good health.

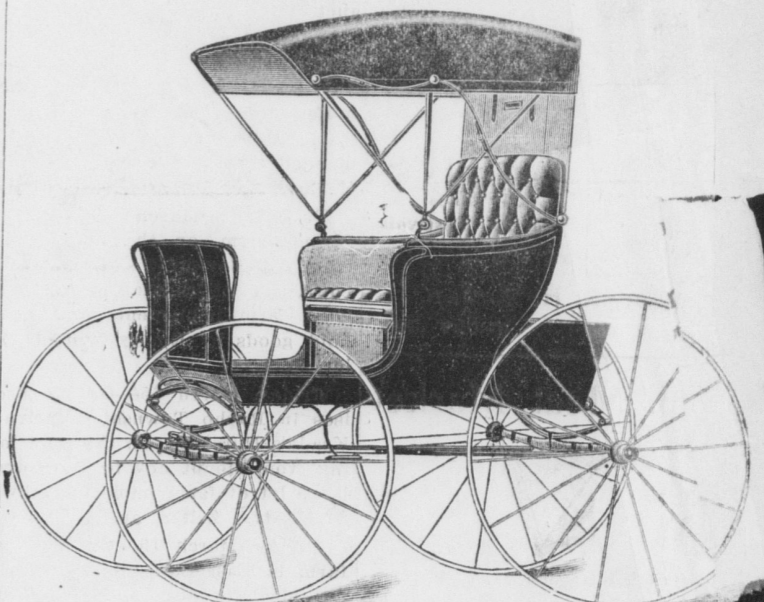
All readers of this paper are at

liberty to write for information pertaining to the subject of health at any time. Address all communications to the Home Health Club or Dr. David H. Reeder, La. Porte, Indiana, with name and address in full and at least four cents in postage.

Tobacco Delivery
E. L. Nasty & Sons, received at their Lancaster warehouse, last Friday, 200,000 pounds of leaf tobacco, one of the heaviest deliveries of the season. Eighty-five teams, fifteen of which were not unloaded until next day, hauled the tobacco.

No Matter How You View It

THERE'S AN ADVANTAGE IN



Young Brothers Carriage Works

THAT WILL ALWAYS CLAIM YOUR ATTENTION. IT IS

Custom Quality at Moderate Prices

There can be no better time to order a new wagon for Spring than now. It stands to reason that we can give more attention to a job over the winter months than during the busy season and naturally you get a first-class job.

We also have some fine sleighs ready for your inspection.

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FLORIN, PENNA.

Men's and Women's \$10 Watches

\$4.90

Fully guaranteed, ten-year, gold-filled Watches, with guaranteed American movements; sizes 12 and 16, for both men and women, are here at the wonderfully low price of \$4.90. And should any of them prove unreliable we'll replace it with a new one

Pirosh & Simmons

JEWELER AND OPTICIANS

20 N. QUEEN ST., LANCASTER

Next Door to Shaub & Co's Shoe Store

THE PEOPLE'S MARBLE & GRANITE WORKS

Now is the time to order Cemetery work for Spring at big reductions. Satisfaction guaranteed.

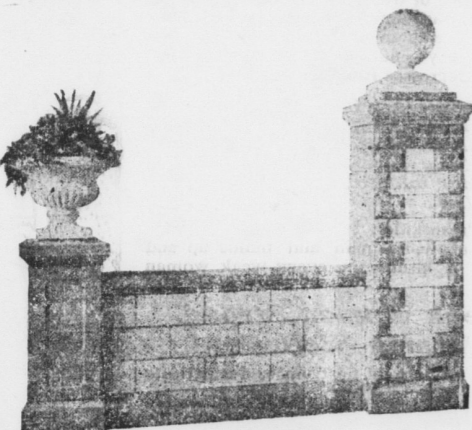
Sure days at Elizabethtown, Wednesday and Saturdays

OPPOSITE S. G. HERSHEY'S STORE, PARK STREET
Ind. Phone 610D., Elizabethtown, or 723B., Maytown.

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BUILDING BLOCKS
All Styles and Colors
Porches, Columns and Banisters
Door and Window Sills and Lintels, Chimneys, Etc.
Retailer of the Best Grades of Cement

FLORIN, PENNA.

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is the only kind I sell—Furniture that is Furniture

Rockers Mirrors Hall Racks

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In fact anything in the Furniture Line

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If you're looking for REAL VALUES in BRASS or IRON BEDS, you will find in our large store the most astonishing line shown at any Mid-Winter Sale.

Don't be fooled by inflated tag reductions and blind your judgment as to real values and savings. Get right down to the goods themselves. Compare our Brass and Iron Beds and prices with those of other sales. You'll find we offer BY FAR the biggest values.

Because of our \$5,000-a-year location saving and the great volume of our business, we are able to GUARANTEE positive savings of ten to thirty per cent. on everything—Furniture, Carpets, Rugs and Draperies.

Thirty-six styles of Kitchen Cabinets—from \$13.00 to \$38.00. Be sure to see this line before making your selection.

Westernberger, Maley & Myers
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Instead of Liquid Antiseptics or Peroxide

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Paxtine Toilet Antiseptic

The new toilet germicide powder to be dissolved in water as needed, is better and more economical. To cleanse and whiten the teeth, remove tartar and prevent decay. To disinfect the mouth, destroy disease germs, and purify the breath. To keep artificial teeth and bridgework clean, odorless. To remove nicotine from the teeth and purify the breath after smoking. To eradicate perspiration and body odors by sponge bathing. The best antiseptic wash known. Relieves and strengthens tired, weak, inflamed eyes. Heals sore throat, wounds and cuts. 25 and 50 cts. a box, druggists or by mail postpaid. Sample Free. THE PAXTON TOILET CO., BOSTON, MASS.

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AUCTIONEER
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East Main St., MOUNT JOY

Three Chairs. No Waiting

Agon for the Middletown Steam Laundry. Goods called for Tuesday and delivered Friday.

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GEST

(100) AIDS DIGESTION (25)

For Rent

From September 15, a large stone mill property recently occupied by the New Standard Hardware Works, three floors and attic good water power with two turbine wheels would make a suitable tobacco warehouse, storage house or machine shop. Apply to S. R. Snyder, Mt.

Attention Everybody

The regular meeting of the Hospital Auxiliary will be held at the home of Mrs. Walter Brown, Thursday afternoon, March 7th, at 3 o'clock. It is time for payment of dues, and we hope every member will be present or send in their money promptly. feb. 21-3t

NOTARY PUBLIC
W. M. HOLLOWBUSH
Attorney-at-Law

48 West Main Street, Mt. Joy, Pa.

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Buy the Prairie State



If you want an incubator that hatches 100 per cent. buy the **Prairie State**. No better evidence than these three hatches by Mr. Harry Galnor or J. S. Carmany of East Donegal.

First Hatch, 100 eggs, 97 chicks.

Second Hatch, 100 eggs, 98 chicks.

Third Hatch, 100 eggs, 100 chicks.

We can also supply you with Brooders, Colony Houses, in fact anything you may desire in that line. Drop us a card and we will call to see you.

Will also supply eggs for hatching or chicks from thoroughbred Barred Rocks or White Leghorns.

G. A. Geyer & Son

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Electric Bitters

Made a New Man of Him.

"I was suffering from pain in my stomach, head and back," writes H. P. Arney, Raleigh, N. C., "and my liver and kidneys did not work right. I bought four bottles of Electric Bitters and made me feel like a new man."

PRICE 50 CTS. AT ALL DRUG STORES.

DOES UPHOLSTERING

Persons having upholstery to do, such as sofas, lounges, beds, or placing window shades or anything in general repair work, will confer a favor and save money by calling on me. Prices are right.

H. S. MUSSELMAN,

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For Sale

Barred Plymouth Rock eggs for hatching, from a strain with a record not often better, also stock.

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