

# BUCHANAN & YOUNG

115 & 117 N. Queen Street.

### A Formal Exhibit of Fall and Winter Modes In Women's Smart, Stylish Apparel

### Wednesday, October the Ninth Until Saturday, October the Twelfth

Every woman who loves smart, stylish and beautiful clothes is invited to inspect our stock during this exhibit. Exclusiveness and quality, combined with reasonableness of price places this exhibit of women's wearing apparel in a position that will appeal to every woman. This event also features the complete readiness of every department to serve you with whatever is now in fall merchandise.

### Below We Emphasize The Special Offerings of Authoritative Styles

**COATS**—Big gracefully cut coats with luxurious revers and handsome cuffs. Chinchillas, double face materials, boucles and smart mixtures. Also a great array of "Johnny" coats. \$7.98 to \$25.00.  
**SUITS** that embody the newest style features. Broadcloths, Whipcords, serges, corduroy and boucles. Every new feature in velvet, silk and embroidery trimming is shown. \$10.98 to \$40.  
**DRESSES** in distinctive styles and variety of materials. Serges, Charmuse, crepe meteor and satin. Many beautiful styles to select from. We would like every woman to see these dresses. \$2.98 to \$15.00



### EVERY POCKETBOOK WILL WELCOME THE NEWS

that our big Reduction Sale is now on. For now, with our prices cut to a fraction of the former size, each dollar will GO FURTHER—bring you much more REAL SHOE VALUE. And of this be assured—every shoe we offer, regardless of the extremely low price, is genuinely good. None but serviceable, honestly made as well as stylish shoes are sold by us.

## J. G. KEENER

West Main Street, Mount Joy, Pa.

HAVE YOU TRIED

# MAGIC KLEENER

If not will you try the trial size left at your house today?

There is nothing to equal it

### FOR CLEANING CLOTHING

of Grease or Tar Spots, Cleaning Colors on Men's or Ladies' Coats

It is soon time for house cleaning and if you want to clean the woodwork or brighten up the furniture use a

little of the trial size I left you so that you will be convinced that there is nothing better.

### For House Cleaning

We can sell any quantity you want at a very reasonable figure.

### Give It a Trial

# Garber's Drug Store

East Main Street, Mount Joy, Pa.

### HOME HEALTH CLUB

#### Auto-Intoxication Concluded

In this, the last article on this subject to show the practicability of the home treatment, and actual case will be cited. The following letter was received from a reader of these articles.

Dear Doctor:—Your advise to invalids seems so sensible I am writing to you for the best you give to a discouraged, emaciated woman. I am five feet tall, weigh 94 pounds, and am forty two years old. I have been a sufferer from what the physicians call dyspepsia, intestinal indigestion, with mal-assimilation, am very nervous, but of course non-assimilation of food is causing starvation of nerves and tissues. My meals sour badly about two hours after eaten, and at this time I get extremely nervous. I have alternate attacks of constipation and diarrhoea. Constipation, however, is more prevalent. I do not sleep after four o'clock in the morning. Have exceedingly poor circulation in hands and feet, especially the latter. There is a great deal of irritation in my mouth and entire alimentary canal. There are cankers in the mouth and it seems as if it had been scalded. When my bowels do move naturally, there follows a feeling of extreme distress and exhaustion all through the abdomen. How can I obtain your lectures on obesity and leanness?

Mrs. H. B. S. Dyspepsia, with intestinal indigestion, although an ailment quite severe can be over come. Your condition has gone unchecked so long until now your case is one of severe auto-intoxication, which results from poisons from the intestinal tract being absorbed into the circulation. Your food not being properly acted upon by juices of the stomach, passes into the intestines in an unprepared state, where it begins to undergo fermentation and decomposition, forming gases, which distend the intestines, causing distress.

**TOXINS**—The poisonous gas accumulation called toxins, which is reabsorbed into the blood stream have poisoned the entire system, so that the sufferer is troubled a great deal with headaches and pain similar to neuralgia. The skin is generally dry, dull and muddy in color. The person is usually dull, and stupid, unable to concentrate the mind, and feels generally "all down and out." Canker sores in the mouth are common, at times urinary troubles occur. In their effects upon the nervous system these same poisons cause insomnia and depression, that presage nervous prostration.

The first thing that suggests itself is a thorough cleaning of your entire alimentary canal. So as to rid the whole tract of all fermenting and decaying debris. When this is done the system begins to throw off the poisons that are in the blood, into the intestines, which is the natural channel for their elimination.

**CATHARTICS**. You might think that taking an active cathartic would be all that is necessary; but, no active cathartics exhaust the system and leave the person feeling weaker after their use than before. Don't use them.

**Colon Flushings**—Colon Flushings or high enemas are the best means of cleaning the intestinal canal. This does not leave a depressed or weak feeling, as do the cathartics. Colon Flushings or enemas should be taken with a two or three quart fountain syringe, and a soft rubber colon tube about two or three feet long. The first of these flushings may be taken with soapy water, heated to a temperature of about 99 or 100 degrees F.

When you have every thing ready: the syringe hanging about two or three feet above the body anoint the colon tube with vaseline, and pass it slowly and gently into the rectum. Care must be taken that it does not double up and the point pass back instead of up. If any obstructions are encountered, with draw it an inch or so and again pass it up slowly until the obstruction has been passed. Continue this until from one to two feet of the colon tube have been passed into the bowel. The water should be running through the tube all the while, as this will distend the bowel ahead, and aid the passage of the tube. I should have mentioned before that your position should be on the back with the hips elevated about six inches at first, and after the tube has been passed six or eight inches, turn on your right side. Two or three quarts should be taken in like manner, allowing it to remain in the bowel five to fifteen minutes, if possible. It may be necessary occasionally to shut off the flow of water, to avoid causing severe cramps in the bowels. Since your case is a severe one, I would advise you to take these flushings every day for three or four days. By this time the entire intestinal tract would be thoroughly cleansed.

**Fast**—In the meantime, you should eat very little, if any food. In fact, I advise you to take seven or ten days fast, and you might as well begin it when you begin the

colon flushings. You will probably experience a feeling of hunger for the first three or four days, but this will soon pass off. Your fast should be absolute, taking nothing but plenty of pure water.

After you have taken three or four of the colon flushings, skip one day and then take ordinary rectal enema every day during the fast. These are to keep the bowels active so that the poison which is being constantly thrown into the bowel will be carried off.

During your fast, you must take moderate out doors, and practice deep breathing exercises. Both regularly every day in water at the temperature best suited to you. This will keep the skin active, which is very necessary.

**Breaking the Fast**—The most difficult part of the treatment now comes. The breaking of the fast. This must be done carefully and properly, or harm may be done. No person unskilled in matter of diet and especially those unused to a fasting treatment should attempt to cure any condition by fasting with out specific directions regarding the return to food. We have written specific directions for your case but it would be unwise to describe it here.

No two physical bodies are alike; for that reason your food must be united to your needs regardless of fads and theories. Truth is always a relative proposition, and the absolute fact as it appears to one person may be absolutely false to another when considered from the stand point of food value of any article of diet. Learn to take your medicine with a fork, that is, in the shape of food. If you don't know how to select the right remedy from your kitchen or grocery, then call upon the Home Health Club, by writing us again all of your symptoms and if we can help you pick out a suitable diet of meats and herbs, vegetables, fruits and nuts, or cereals, we will gladly do it.

All readers of this publication are at liberty at any time to write for information pertaining to the subject of health address all communications to the Home Health Club, 5039 Cottage Grove Ave., Chicago, Ill. U. S. A., with name and address in full and at least four cents in postage.

#### What to Use For Spraying

Not with standing the educational campaign that has been conducted by the various agencies through out Pennsylvania, by State Zoologist Surface from his office at Harrisburg a few persons yet write and ask what material they shall use for spraying, without stating for what pests they wish to spray, what kinds of trees or plants are to be sprayed, and what time of year they wish to do the work. As a consequence Professor Surface is obliged to reply that the kind of material to use in spraying must depend upon the kind of pest for which the application is to be made, the kind of plant upon which it is to be found, and the time of year when the work is to be done.

In general, the recommendation is to spray when the trees are dormant for San Jose scale and other scale insects, using the boiled lime-sulfur solution. For plant diseases he recommends either extra dilute lime-sulfur solution or Bordeaux mixture, made by using three pounds of blue stone and four pounds of quick lime in fifty gallons of water. You use no one material for all kinds of trees or all kinds of spraying. The Bordeaux mixture is only a fungicide. It is not used for insects. It is the best fungicide to prevent Potato blight, and is probably the best for preventing the diseases of leaf and fruit of the grape, but for most other plant diseases we are now using extra dilute lime-sulfur solution in its place.

If you are not receiving our Bulletins discussing such subjects in greater length, you should have them. They are free of charge.

#### A Log on the Track

of the fast express means serious trouble ahead if not removed, so does loss of appetite. It means lack of vitality, loss of strength and nerve weakness. If appetite fails, take Electric Bitters quickly to overcome the cause by toning up the stomach and curing the indigestion. Michael Hessheimer of Lincoln, Neb. had been sick over three years, but six bottles of Electric Bitters put him right on his feet again. They have helped thousands. They give pure blood, strong nerves, good digestion. Only 50 cents at S. B. Bernhart & Co's.

#### A Bad Spill

While "Bob" Kauffman of this place, was returning home from the Lancaster fair last Thursday he met with an accident. At the second toll gate out of Lancaster his motor cycle was struck by an auto. Mr. Kauffman was thrown off and escaped with slight bruises. His machine was slightly damaged. The autoist, whoever he was, never even hesitated.

For Sale—A number of good whiskey barrels. Call at Exchange Hotel.

# Hager & Bro.

## A Most Unusual Half Price Sale of Wall Paper

### Unusual Because The Savings Are Right at The Beginning of Fall Housecleaning Time—Take Advantage And Paper Your House For Half

THE remainder of a carload purchase of wall paper enables us to make this exceptional offering when so many are planning to paper their homes for the winter. Fall housecleaning will not be complete without fresh new paper on the walls. Our paper hangers and decorators do first-class work execute it promptly. Always glad to give estimates on any work from a small room to the largest home or public building.

There is a good variety of neat and attractive patterns in popular coloring suitable for all rooms.

### Telephone Shopping In Lancaster

TELEPHONE SHOPPING is the ideal—the approved method for the busy person, especially when you feel sure of the store, its merchandise and its willingness and ability to cater to your every want.

The telephone has proven itself so popular to the majority of our customers that we want everyone to know about it.

The next time you are unable to come in person to the store, take a "telephone trip."

This method, followed by a 100 per cent delivery service makes of shopping a distinct pleasure.

Just call 674 on the Bell, or 1372 on the Independent—that's our store in your home.

Ask the operator to "reverse" the charges—we pay them.

### 5c.

Per piece for papers that regularly sell at 8c, 10c and 12c. Patterns suitable for kitchens, halls, bathrooms, bedrooms, etc.

### 10c.

Per piece for papers that regularly sell at 15c, 18c and 20c. Patterns suitable for dining rooms, living rooms, halls, bedrooms, etc.

### Save On Room Mouldings

There is a good assortment of attractive mouldings in decorated and hardwood finish to match any color paper at 1c to 3c per foot, instead of 3c to 6c.

### You Can Buy a Good 9x12 ft. Tapestry Brussels Rug For \$12.50

These are surprisingly good seamless tapestry Brussels Rugs and may be had in either floral or conventional patterns in colorings suitable for any room. 9x12 ft. velvet rugs in a wide range of patterns and colorings are only \$15

### We'll Buy Your Sewed Carpet Rags

We are now prepared to take any amount of sewed carpet rags you may have and give you credit for them, whether buying rugs or carpets, or merchandise from other departments.

### Small Pieces Linoleum at 65c. A Sq. Yd.

These are regular \$1.25 to \$1.50 grades of genuine Inlaid Linoleum. Sizes range from 3 to 8 square yards and are suitable for vestibules, kitchens, bathrooms, etc. A great bargain.

### Good Window Shades at 25 Cents

These window shades are 3x6 ft. Are mounted ready to hang. Come in all wanted colors. Best grade oil shades in all colors, with good roller, are 50c. American lace curtains, 40 inches wide and 3 yards long, are special values at \$1 a pair.

Fifty inch furniture coverings—corduroys and tapestries—range in price from 40c to \$1.50 a yard.

## Advertise In The Bulletin

### How About? CALENDARS!

Please bear in mind that we have the finest assortment of calendars ever shown in this town. We have anything from the cheapest to the best. Among them are novelties from some of the foremost manufacturers in this and foreign countries. If interested drop us a card and we will call with samples. Our prices are way below others.

# THE BULLETIN

East Main Street, Mount Joy