

WIN & COMPANY  
Master's Store of Xmas Service  
**ARVIN'S**  
Master's Store of Xmas Service

with bright Xmassy Chings. Hundreds of beautiful suggestions that allow you to give more for the same expense. Prove this for yourself during these next 10 shopping days. The time is fleeting and the crowds are coming. Have plenty of help to lend you aid. Better get it over now before the final rush.

**The Linen Store is Rich in Gifts**  
The largest display of any year—prices more reasonable than ever before.

**Beautiful Jap. Lunch Covers**  
\$5.00 value; hand-embroidered; 54x54 in.; at \$2.98.  
\$7.50 value; renaissance; 72x72 in.; at \$4.98.  
\$3.98 value; Renaissance; size 54x54 in.; at \$2.69.  
\$2.50 value; Renaissance; size 45x45 in.; at \$1.69.  
\$1.98 value; Renaissance; size 36x36 in.; at \$1.29.

**Shams, Scarfs, Center Pieces**  
A big assortment regular \$1.50 and \$1.98 values, at 98c each.

**Dainty Pieces at 50c Each**  
Bureau, Wash Stand, Centerpieces and Shams; best line in the city; all sizes and designs; dainty embroidery and hemstitch work, etc.

**Bureau Sets, \$1.00**  
Neat embroidery work; scalloped edge.

**Lunch Sets, \$2.98**  
Satin border; half dozen napkins.

**Toy Shop--Basement**  
hosts and hosts of things—Toys, Dolls, Games, Drums, Pianos, and hundreds of other new, at interesting things. Kinds that will make the biggest and best of Xmasses.

**PRICES LOWEST POSSIBLE**

Co-chairs, 50c, \$1. \$1.48 and Desk and Chair Sets, \$2.48 to \$2.25.  
Drums, 25c, 50c, \$1. \$1.50 and \$2.98.  
Trimmed Doll Beds, 50c, \$1 and \$1.50.  
Rocking Horses, \$1, \$1.48 and \$1.98.  
Mission Finish Chairs and Rockers, 25c.  
Steel Express Wagons, 50c, \$1 and \$1.39.  
Pianos, 25c, 50c and \$1.00 each.  
Garvin Special Doll, \$1.00  
Other Dolls, bisque and kid, 10c to \$1.  
Mysto Erector, 50c, \$1, \$2, \$3, \$4, \$5 to \$7.50.

**A Big Special**  
Fine Parlor Suites  
IN ALMOST ANY STYLE YOU COULD DESIRE; WELL MADE AND WILL LAST A LIFETIME WHILE THEY LAST AT FROM

**\$12.00 up**  
**H. L. Spohn**  
Undertaking and Embalming  
SUCCESSOR TO D. H. ENGLE  
W. Main St., Mount Joy, Pa.

**Chase Blankets**  
ALL-WOOL HORSE BLANKETS CARRIAGE ROBES, AUTO ROBES, STABLE BLANKETS at prices to suit the purchaser. The name CHASE on a blanket is the same as the name STERLING on silver.

**FRANK B. GROFF, Mount Joy**  
GOODS CHEERFULLY SHOWN

**DRINK CHICKS ROCK WATER**

### Masonic Home News

## HOW A DEEP SEATED COUGH

#### And Sore Lungs Were Overcome by Vinol—Mr. Hillman's Statement of Facts Follows:

Camden, N. J.—"I had a deep seated cough, a run-down system and my lungs were awfully weak and sore. I am an electrician by occupation and my cough kept me awake nights so I thought at times I would have to give up. I tried everything everybody suggested and had taken so much medicine I was disgusted. One evening I read about Vinol and decided to give it a trial. Soon I noticed an improvement. I kept on taking it and today I am a well man. The soreness is all gone from my lungs, I do not have any cough and have gained fifteen pounds in weight and I am telling my friends that Vinol did it."—FRANK HILLMAN, Camden, N. J.

It is the curative, tissue-building influence of cods' livers aided by the blood-making strength creating properties of tonic iron, contained in Vinol, that made it so successful in Mr. Hillman's case. We ask every person in this vicinity suffering from weak lungs, chronic coughs, or a run-down condition of the system to try a bottle of Vinol on our guarantee to return your money if it fails to help you.

**W. D. CHANDLER & CO.**  
**SELFISHNESS AND HYSTERIA**  
Little Talks on Health & Hygiene by Samuel G. Dixon, M. D., LL. D.

One cannot say that selfishness is responsible for nervousness and yet unquestionably it is often a considerable factor in causing nervous ailments. The self-centered individual who is continually thinking of his own comfort and who manifests annoyance over every trifle which interferes with his particular occupation or activity, is running a decided risk. With advancing age a marked degree of irritability is almost sure to follow.

If a selfish attitude is cultivated and consideration is demanded for him and his good wife. Their farm in the north was very valuable and he readily sold it at a big price and went south. They have been living within four rods of the water for about 4 to 5 years now and vegetables that they grow in the north and besides they are growing figs, dates, oranges, lemons, grape fruit, bananas and peaches. They miss the big red apples, but they are so happy because they can live and work out doors during the entire year and they are strong and well.

How about the other man, he was young. A great big fellow, but he lived in a southern town where they had not yet wakened up after the disastrous civil war. On account of insanitary conditions, the fever had attacked him and hookworm as well. Of the latter he was easily cured, but I advised him to get north. A clear head and a little ambition was about all he had to take with him, but the energy of the northern climate soon drove the fever out and ambition and energy took its place. Today his big homestead is one of the show places of his country, but the health and happiness afforded by a change to conditions and climate that are natural for him are worth more than the material prosperity.

Some people never have good health in the climate where they were born, but in a locality suited to them they are well, happy and contented. In nature it is the same. I know an old apple tree which grew up as a seedling in Indiana. The fruit had a peculiar flavor and was liked by many, although the apple was not large or well colored. Scions were taken from it to a nursery and new trees were grown and planted in an entirely different soil and climate. The fruit is a splendid size, beautifully colored and many times better in every way than in its native state. A few years ago an enthusiastic man paid 75 cents a piece for a box of choicest of these apples and gave them to the president of the U. S. as samples of the finest apples ever grown.

Your sickness may be natural to you continue to eat unnatural food in an unnatural way or to live in a climate that is not congenial or amid surroundings that are not sanitary.

**POSTURE**  
Little Talks on Health & Hygiene by Samuel G. Dixon, M. D., LL. D.

"As the twig is bent, the tree is inclined."

Few people appreciate the value of correct posture. Not alone does it have a decided effect upon our bodily health but an equal if not a greater bearing upon our mental attitude. When a man is down and out we plead with him to "brace up." It is almost impossible to associate incompetency and weakness with a firm upright carriage. Resolution seems to be the natural accompaniment of an erect well poised physique. Not alone for its effect upon ourselves but for the impression which it makes upon our fellows we should endeavor to cultivate an upright bearing.

If you slouch at your work you really incapacitate yourself. A proper position sitting as well as standing or walking is required to insure the maximum use of body and brain. A depressed head and shoulders means a contraction of the chest and a corresponding inability to expand the lungs to their full extent. Any lessening of our maximum breathing capacity is harmful. This position if persisted in may also interfere with the heart action. It is particularly important for growing children, especially for those of school age to acquire a proper posture. Considerable attention has been given to the seating of pupils but until every backless bench has been removed from our school rooms and every child is given a properly designed seat which will permit feet to rest on the floor and a desk of proper height, we will not have begun to do the necessary work in this direction. The acquirement of a successful upright carriage by both boys and girls is an acquisition which will be of great benefit to them in the social and business life they will lead.

or woman who has fallen into careless habits in this respect will find their efforts to correct them well repaid.  
No violent gymnastics are necessary. A few simple exercises and a little determination can accomplish much toward making proper posture a permanent good habit which will benefit us physically and mentally.

**HOME HEALTH CLUB**  
By Dr. David H. Reeder, Chicago, Ill.

**Natural or Induced Sickness:**  
There are few conditions of illness that are natural. The individual, his surroundings, habits and food or drink can easily account for about 99 per cent of sickness or disease. That means that the question of one's physical health is almost entirely within the control of himself. To admit that you cannot control your surroundings is to admit a lack of gumption. Yes, you know what gumption means. It's an ugly word but I mean it. No one has compelled you to remain in a community where the citizens will not live in a sanitary manner. There are millions of scores of fertile lands in various parts of this broad country that are waiting for the hand of men and women of gumption to make productive, prosperous homes upon them. Many thousands of acres of these lands can be had for the asking and many thousands of acres belonging to wealthy men, would be sold to you at very low prices and upon any reasonable terms that you might ask. If you are in a crowded city or a small town and the climatic or sanitary conditions are not conducive to buoyant good health, get out.

Let me tell you two little stories about two men. One was sick and discouraged because he was shut up in the house during a cold winter when the snow was very deep. He wrote to the Home Health Club for advice and I told him that from his description of his condition I thought he should be near the salt water and in consideration is demanded for him and his good wife. Their farm in the north was very valuable and he readily sold it at a big price and went south. They have been living within four rods of the water for about 4 to 5 years now and vegetables that they grow in the north and besides they are growing figs, dates, oranges, lemons, grape fruit, bananas and peaches. They miss the big red apples, but they are so happy because they can live and work out doors during the entire year and they are strong and well.

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**Old Books Wanted**  
We pay highest cash prices for all kinds of books—old-time editions preferred. If you have any for sale, send us a list, giving dates and condition. We buy from one book to a library. If you want to buy any book cheap, new or second hand, send for our catalogue. When in Harrisburg call at this store—only two squares west of the Capitol. Preserve this ad. for future reference.

## WATT and SHAND

Corner Square and E. King Sts.  
Lancaster, Penna.

We Cash Xmas Saving Fund Checks  
**A Fashionable Leather Hand Bag Makes A Useful Christmas Gift**

**\$1.00--Duplex Safety Lock Bag**  
Comes in this season's newest shape; made of genuine leather, leather lined; some fitted with vanity case; others with coin purse, card case, etc. All have nickel-plated frame, plain or chased, and fitted with patented device which prevents them from opening accidentally. Special \$1.00.

Other Style Bags, in all sorts of plain or pleated effects; gilt, gun metal, silver-plate or leather-covered frames, ribbon, leather or one-strap handles; fitted; \$1 to \$10.

**At \$2.50 the Best Satin Marseilles Bed Spread Ever Produced**  
For that price. In all the years, and remembering the hundreds of unusual Bedsread values we've offered, we never sold a quality to match the grades now on sale at \$2.50. Hemmed or cut corner styles; full bed size. Ask to see them in the Bed Clothing Store.

**McCallum Silk Hosiery**  
Is the best in the world for Men and Women of discriminating taste. We are headquarters for this famous make, and show all the newest colors and black; for Men and Women; \$1.00 a pair to \$3.00 a pair.

Gold Stripe Silk Hosiery for Women, \$1.00 a pair.  
Sutrite Guaranteed Silk Hosiery for Men, 50c a pair.

## Winter Millinery

Just received an exceptionally fine and stylish line of **PLUSH AND VELVET HATS** for ladies and children. Also all the **NEWEST STYLES IN FEATHERS AND VELVET FLOWERS** at Lowest Prices.

**FLORA DRABENSTADT**  
East Main Street Mount Joy, Pa.

**Sensible, Useful Gifts**  
PRICES FIT ANY POCKET-BOOK. HUNDREDS OF ARTICLES RANGING IN PRICE FROM 50c TO \$100.00 AND MORE  
Our \$10,000.00 annual location saving is making the lowest gift prices in the city.  
Make your selections early; a small deposit secures any purchase, and will be delivered any time you choose.  
Here are a few practical suggestions suitable for Father, Mother, Brother or Sister:  
**KELLEY MORRIS CHAIRS**  
Upholstered in Chase Leather, \$13.00  
Upholstered in Genuine Leather, \$22.50.  
Heavy frames, in Oak, Mahogany, Early English and Fumed Oak, and fitted with Foot Rest.  
Ladies' Writing Desks, Easy Chairs, Rockers, Davenport, Music Cabinets, Tabourettes, Dressing Tables, Brass Beds, Couches, Book Cases, Magazine Stands, Shaving Stands, Rugs, Hall Racks, Pictures, etc., etc. Picture Framing a specialty.

**Westenberger, Maley & Myers**  
125-131 East King St. LANCASTER, PA.

**AUTOMOBILE SUPPLIES**  
Automobile Casings which averaged 6,700 miles.  
When in **TROUBLE, A STEAM VULCANIZING PLANT** is at your service.  
Agent for the "Saxon." Call and get a demonstration.  
Atlantic Gasoline.  
Passenger and transfer hauling at all hours.

**Barr's Repair Shop & Garage**  
NEW MOUNT JOY, PA.