

MOVEMENT TO WIPE OUT DEBT ON CENTRAL Y. M. C. A.

Ten Oswegonians Have Already Agreed to Contribute \$500 Each, Citizens Can Afford to Help This Organization.

According to the plans now being carried out the indebtedness of the Central Y. M. C. A. will be entirely wiped out during the coming year...

The present indebtedness of the Y. M. C. A. is in the neighborhood of \$12,000 and no very great effort has been made recently to reduce this...

According to the plan those who make the subscriptions are not obliged to pay at once but may do so any time during the present year...

IN THE CHURCHES.

First Church of Christ (Scientist): West Second between Onondaga and Mohawk Sts. Services on Sunday at 10:45 a. m. and Sunday School at 12 m.

Grace Presbyterian Church: Corner West Fourth and Onondaga streets. Rev. Frederick Campbell, acting pastor. Sunday services at 10:30 a. m. and 7:30 p. m.

First Baptist Church: Corner of East Third and Onondaga streets. Services to-morrow as usual. Rev. G. H. Young, pastor. Morning worship at 11 a. m.

West Fourth and Bridge streets. Rev. F. L. Ormsby, pastor. Morning services at 10:30 a. m. and 7:30 p. m.

First Methodist Episcopal Church: Corner East Fourth and Onondaga streets. Sunday School at 10:30 a. m. and 7:30 p. m.

St. Matthew's English Lutheran Church: Corner West Mohawk and Second streets. Rev. T. B. Shepherd will occupy the pulpit.

Christ Church: Corner W. Fifth and Onondaga streets. Rev. Richmond H. Geener, D. D. pastor.

West Baptist Church: Corner W. Third and Mohawk Sts. Pastor, the Rev. Cornelius Kessler.

Trinity Methodist Episcopal Church: Corner East Fourth and Onondaga streets. Rev. J. H. Knapp, pastor.

St. Paul's: Corner East Fifth and Mohawk streets. Rev. M. Barry, pastor. Rev. James Collins, Assistant. Low masses at 7 a. m., 8:30 a. m., high mass 10:30 a. m.

St. Peter's (German): Corner East Seventh and Albany streets. Rev. George Heiser, pastor. Low mass 8:30 a. m.; high mass 10:30 a. m.

St. Louis': (French): Corner East Fourth and Bridge streets. Rev. J. Wilbrod Chauvin, pastor. Low mass 8:30 a. m.; high mass 10:30 a. m.

St. John's: Corner West Third and Erie streets. Rev. William F. Dwyer, pastor. Rev. William H. McCormack, Assistant. Low mass 7 a. m.; children's mass 9 a. m.; high mass 10:30 a. m.

St. Stephen's (Polish) Church: Kenesaw Block, East First Street. Rev. Father "Blak" pastor. High mass at 10 a. m.

REV. SAMUEL STEELE NEW GRACE CHURCH PASTOR.



REV. SAMUEL STEELE OF AVON, N. Y.

The Rev. Samuel Steele, the new pastor of Grace Presbyterian church, is one of the leading clergymen of his denomination in the Western part of the State.

MUSICAL PROGRAM AT CHRIST CHURCH

A special musical program has been arranged by the full vested choir of Christ church for the evening services tomorrow night. The program will include Caponti's cantata, "O Praise the Lord."

The Times is the best advertising medium in Oswego County.

Home Course In Health Culture

XI.—Hygiene of the Nose and Throat.

By EUGENE L. FISK, M. D. Copyright, 1910, by American Press Association.

TO the artist or sculptor the nose is an architectural affair, adding beauty and distinction to the countenance accordingly as it conforms to his ideals of line and harmony.

To the average man the nose is simply the organ of smell and an apparatus through which he breathes and occasionally catches cold.

To the physician the nose is one of the most important organs of the body. When in a healthy condition it is a veritable "guardian of the threshold," warning us against tainted food, sifting our air and destroying microbes of disease, protecting the delicate throat and lung tissue from cold, dusty air by filtering, warming and moistening it and finally exerting a most important influence in regulating the body heat.

Importance of Proper Breathing. The nose is a very complicated and important apparatus, and any disturbance of its functions, if allowed to persist, is likely to have serious effects.

The most frequent cause of nasal obstruction is the growth of adenoid tissue in the roof of the throat just behind the nasal septum.



THE NOSE IS ONE OF THE MOST IMPORTANT ORGANS OF THE BODY.

Adenoid tissue is very common, even among healthy children, and tends to shrink up and disappear when the cavity of the throat rapidly enlarges at the age of puberty, but the deformed septum remains and can only be corrected by operation.

The folly of allowing adenoids to remain until they atrophy and disappear is quite apparent. Not only is the child's breathing capacity and chest development retarded, but remote ill effects reaching into later life often supervene if the child is fortunate enough to survive the perils of frequent colds, bronchitis and consumption.

The eustachian tube, leading from the middle ear, opens just behind the outer margin of the nasal opening into the throat.

Danger of Ear Disease. The eustachian tube, leading from the middle ear, opens just behind the outer margin of the nasal opening into the throat.

The possibilities in a common cold are such that the wisest course is to call a physician and be regularly treated. Quick remedies are dangerous.

Treatment of a Cold. The possibilities in a common cold are such that the wisest course is to call a physician and be regularly treated.

Prevention of "Colds." The most serious diseases of the throat and lungs, including consumption, often have their inception in a common cold.

there must usually be present a lack of resistance, either general or local, before germs can give rise to disease. In some cases a tendency to colds is the expression of a constitutional condition, such as gout, rheumatism, neurasthenia, etc.

Local lack of resistance may be caused by the nasal obstruction and irritation I have already referred to, and their correction is necessary before permanent relief from colds can be obtained.

Value of Bathing. The morning cold bath is a valuable measure for cultivating a resistance to colds. This should be taken in a warm room, and if the bather is not robust he should stand in a tub of hot water and sponge or spray the body with water sufficiently cold to cause an agreeable glow or reaction after the first shock, but not cold enough to cause numbness of the skin or chilliness and depression following the bath.

Importance of Ventilation. The sleeping room should be well ventilated, but the sleeper should be protected from drafts. The temperature of the living room should never rise above 70 degrees F.

Great caution must be exercised in interfering with the natural processes in the nose. Frequent douching and spraying with antiseptic solutions is often very irritating and injurious.

When the nostrils are irritated or inflamed from discharges, and especially if there is any ulceration, the ordinary official ointment of the yellow oxide of mercury is an excellent preparation for use.

Absorption of poisonous matter from the intestines, due to constipation, is a frequent cause of nasal congestion. Care of the bowels is extremely important as a preventive measure.

The possibilities in a common cold are such that the wisest course is to call a physician and be regularly treated.

Further than this the treatment of a cold is in the province of a physician.

We Give Away Absolutely Free of Cost

The People's Common Sense Medical Adviser, in Plain English, or Medicine Simplified, by R. V. Pierce, M. D., Chief Consulting Physician to the Invalids' Hotel and Surgical Institute at Buffalo, a book of 1008 large pages and over 700 illustrations, in strong paper covers, to any one sending 21 one-cent stamps to cover cost of mailing only, or in French Cloth binding for 31 stamps.

DR. PIERCE'S FAVORITE PRESCRIPTION THE ONE REMEDY for women's peculiar ailments good enough that its makers are not afraid to print on its outside wrapper its every ingredient. No Secrets—No Deception.

STOPPANI & HOTCHKIN Specialty Consolidated Stock Exchange of New York and Chicago Board of Trade. WILLIAM S. DOYLE, Manager.

Special facilities for buying —OUTRIGHT— High grade Stocks and Bonds yielding at attractive rates of interest for investment.

Table of stock market prices including various stocks like Am. Gas & Fuel, Am. Locomotive, Am. Sugar, etc.

Chicago Grain Market. The following quotations were received by private wire from Chicago by Stoppani & Hotchkin, Nos. 1 and 2, Grand Street.

Table of grain market prices including Wheat, Corn, Oats, etc.

STOCK MARKET. New York, Jan. 28-10 A. M.—Although a few issues showed fractional gains at the opening of the stock market to-day the tendency was generally to lower levels.

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W. G. Thrall & Son Fire, Plate Glass, Life, Accident, Health, Liability, Steam Boiler and Automobile INSURANCE.

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Daniel J. Hayes M. D. 37 West Cayuga Street Specialty NEURASTHENIA.

PERMITS to Smoke

You don't have to have a permit to smoke—but the "Permit" is a good cigar to smoke just the same—

In connection with this good cigar, we remind you that we have other

GOOD CIGARS —AT— RIGHT PRICES

Every Saturday and Sunday Sale

or "A Week End Sale"

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Burns 4 for 25c
Optimates 4 for 25c
Peter Schuyler 4 for 25
Portuandos 7 for 25c
Owl 7 for 25c
Gapadura 7 for 25c
Adad 7 for 25c
Official Seal 10c - 5c
Lord Sheldon 2 for 5c
Resagos - 2 for 5c
Big Drive - 2 for 5c

Butler Pharmacy 182 West First St.

SPRAYING OUTFITS You can buy a Spraying Outfit mounted on wheels to not only spray your trees, berries and other crops but can be used for sawing wood, shelling corn, grinding feed, pumping water making electricity to light your house and barn and will save its cost in a very short time.

F. D. VanWagenen Oswego and you will get large returns for your money.

Daniel J. Hayes M. D. 37 West Cayuga Street Specialty NEURASTHENIA.

Office Hours—10 to 12 A. M., 3 to 5 P. M. and 6 to 8 P. M. Tel. 19

HENDERSON'S Bringing the month's business to a successful close with SPECIAL VALUES from every section of the Store.

In Women's Coats, Suits and Furs the savings are most noticeable for in these lines the greatest sacrifice has been made.

B. E. Leyden Professional Chiropodist. Shampooing and Facial Treatment, B. H. Dressing and Scalp Treatment, a Specialty, Ladies', Gentlemen's and Children's Hair Cut and Treated.

Announcement: We have moved to 153 West 2nd—Bell Telephone Co's old office.

Mollison & Dowdle HOTEL ST. DENIS BROADWAY and 11th STREET NEW YORK CITY.

Butterick Patterns Are now on Sale here. The Delineator and spring number of Butterick Fashions also on sale. With a copy of Butterick Fashions at 25 cents is given any Butterick Pattern free.

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