



### AUTOMOBILE REPAIRING AND REPAINTING

All Makes of Cars

We employ more skilled mechanics (not boys) in this work than all the garages in Lancaster City added together, and our facilities are not equalled by anyone in Lancaster City or County.

### Lancaster Automobile Co.

(Garage Never Closed)

BUICK  
LOCOMOBILE  
AUTOCAR AND  
BUICK TRUCKS

230-238 W. King St.,  
LANCASTER - - - PENNA.

The only strictly first class garage and repair shop in Lancaster City or County.



### TROLLEY SCHEDULE

Lancaster, Rohrertown, Landisville, Salunga, Mt. Joy and Elizabethtown Street Railway Co.

**WESTWARD**

Leave Lancaster—A. M. 4:30, 5:15, 6:15, 7:15, 8:15, 9:15, 10:15, 11:15, 12:15, 1:15, 2:15, 3:15, 4:15, 5:15, 6:15, 7:15, 8:15, 9:15, 10:15, 11:15.

Leave Rohrertown—A. M. 4:50, 5:35, 6:35, 7:35, 8:35, 9:35, 10:35, 11:35, P. M. 12:35, 1:35, 2:35, 3:35, 4:35, 5:35, 6:35, 7:35, 8:35, 9:35, 10:35, 11:35.

Leave Landisville—A. M. 5:15, 6:05, 7:05, 8:05, 9:05, 10:05, 11:05, P. M. 12:05, 1:05, 2:05, 3:05, 4:05, 5:05, 6:05, 7:05, 8:05, 9:05, 10:05, 11:05.

Leave Salunga—A. M. 5:15, 6:00, 7:00, 8:00, 9:00, 10:00, 11:00, P. M. 12:00, 1:00, 2:00, 3:00, 4:00, 5:00, 6:00, 7:00, 8:00, 9:00, 10:00, 11:00.

Leave Mount Joy—A. M. 5:30, 6:15, 7:15, 8:15, 9:15, 10:15, 11:15, P. M. 12:15, 1:15, 2:15, 3:15, 4:15, 5:15, 6:15, 7:15, 8:15, 9:15, 10:15, 11:15.

Arrive at Elizabethtown—A. M. 6:45, 7:45, 8:45, 9:45, 10:45, 11:45, P. M. 12:45, 1:45, 2:45, 3:45, 4:45, 5:45, 6:45, 7:45, 8:45, 9:45, 10:45, 11:45.

**EASTWARD**

Leave Elizabethtown—A. M. 6:45, 7:45, 8:45, 9:45, 10:45, 11:45, P. M. 12:45, 1:45, 2:45, 3:45, 4:45, 5:45, 6:45, 7:45, 8:45, 9:45, 10:45, 11:45.

Leave Mount Joy—A. M. 5:30, 7:15, 8:15, 9:15, 10:15, 11:15, P. M. 12:15, 1:15, 2:15, 3:15, 4:15, 5:15, 6:15, 7:15, 8:15, 9:15, 10:15, 11:15.

Leave Salunga—A. M. 5:45, 7:00, 8:00, 9:00, 10:00, 11:00, P. M. 12:00, 1:00, 2:00, 3:00, 4:00, 5:00, 6:00, 7:00, 8:00, 9:00, 10:00, 11:00.

Leave Landisville—A. M. 5:45, 7:00, 8:00, 9:00, 10:00, 11:00, P. M. 12:00, 1:00, 2:00, 3:00, 4:00, 5:00, 6:00, 7:00, 8:00, 9:00, 10:00, 11:00.

Leave Rohrertown—A. M. 6:00, 7:00, 8:00, 9:00, 10:00, 11:00, P. M. 12:00, 1:00, 2:00, 3:00, 4:00, 5:00, 6:00, 7:00, 8:00, 9:00, 10:00, 11:00.

Arrive at Lancaster—A. M. 6:20, 8:05, 9:05, 10:05, 11:05, P. M. 12:05, 1:05, 2:05, 3:05, 4:05, 5:05, 6:05, 7:05, 8:05, 9:05, 10:05, 11:05.

On Saturdays a car will leave Lancaster at 10:15 P. M. Leave Elizabethtown at 11:45 P. M.

On Saturdays and special occasions cars will be run between Lancaster and Mt. Joy every half hour from 6:15 A. M. to 8:15 P. M.

Sunday, first car leaves Lancaster at 6:15 A. M. Leave Elizabethtown at 7:45 A. M. Car carries (X) commutes with News Express at Lancaster.

**Meet Me on the Bridge and We'll Have a Plate of the Best Ice Cream in Town**

We are Always Prepared to serve

**Pure Spring Water ICE**

IN ANY QUANTITY at Very Moderate Charges.

Don't fail to see us before placing your order this year.

**J. N. Stauffer & Bro.**  
Mount Joy, Penna.

Here is where you get the famous **BALL-BAND** rubber footwear, the kind that over eight million people wear.

**AT ZELLER'S**  
All Flavors at All Times.  
Special Prices to Parties, Festivals, Suppers, Etc.

Mrs. C. H. Zeller  
Marietta Street MOUNT JOY.

Here is where you get the famous **BALL-BAND** rubber footwear, the kind that over eight million people wear.

**RAID ON OUR "BALL-BAND" FOOTWEAR!**  
This winter weather is sending in almost everybody who needs

**HAS. ZELLER**  
REAL ESTATE AND INSURANCE

### Health

#### WEEKLY ARTICLES BY AN EXPERT ON THE SUBJECT

Dr. David H. Reeder, of La Porte, Ind., Who Established the Home Health Club, Has Been Engaged to Write Us An Article Every Week.

Lately the Board of Trade, of New York City, adopted the resolution which follows: "Health and protection of life are more precious to the people and more necessary to their happiness than the extension of our commerce, the fostering of our agricultural interests, the solving of our financial problems, the efficiency of our postal service, the improvement of our rivers and harbors or the enlargement of our navy." And Holy Writ has said: "All that a man hath will he give for his life."

The Home Health Club, established by Dr. David H. Reeder, 13 years ago, was organized for the purpose of conserving health by advice given through the public prints. He teaches in plain and every day language, "How to get well, how to keep well, and how to remain young." The movement has met with immense success.

The Bulletin has always sought for the best and most practical methods of supplying to its readers information that would be of greatest interest and value. Hence arrangements have been made for the Home Health Club lectures to appear regularly in these columns.

In the majority of cases one does not know how he caught that "dreadful cold." In about the same ratio they have been obtained through downright, carelesslessness. In a lesser ratio the trouble has been achieved by over carefulness,— what ex-President Roosevelt would term, "molly-coddling."

An ordinary cold is a trifling matter that nature easily overcomes, and this is why so many persons neglect the little affliction to let the cold take care of itself. But generally a sudden cold is a very serious matter and more deaths have been caused by them than from almost any other known cause. A strong and vigorous man may take a cold that quickly develops into pneumonia that will kill him in a few days, and delicate young persons may contract apparently slight colds that in the end may produce bronchitis, pleurisy or consumption. Sometimes the mere entering of a cold atmosphere, when the person is very warm or to enter a warm atmosphere when one is very cold, may bring on the trouble. And the colds acquired in these ways are generally the most dangerous. Every sensible person, however, knows of these dangers and knows also, that the sudden removing of wraps, because one feels a little discomfort after becoming over-heated, or the failure to place about one something of a wrap after violent exercise that has caused much perspiration, is nearly sure to bring on a cold. A stableman, who knows the least thing about his business, would not fail to blanket a horse that had just come out of a race or other severe exercise without having put on a sweater, or some thing of that sort, after athletic work. And yet many women have come out of a heated ballroom where they had been dancing for hours, and by sheer carelessness in the matter of removing her wraps, has rushed into the embrace of deadly pneumonia.

In short, colds are like nearly all diseases, in the matter of incurring them: they can be avoided, if proper care is observed, and as has been so often said in these lectures, the first and very best rule, as to health, is to avoid diseases by care, cleanliness and common sense.

From all the causes of colds; exposure to draughts, dampness, bad weather and the like, colds are the result of congestion that may not be particularly noticed at the time. The cold atmosphere contracts the millions of tiny blood vessels at the surface of the body and by this contraction the blood is forced from the capillaries. Driven from without the blood crowds the other vessels and distends them, causing a dangerous excess in one or more of the vital organs. These are generally the organs of the chest and throat; the lungs, pleura, tonsils, etc. and for this reason tonsillitis, bronchitis pleurisy and pneumonia, are so often superinduced by a sudden cold. When one is in a recumbent position and lying still, the circulation is decidedly lowered and one cannot at such times safely endure the same degree of cold as when standing or in exercise. Indeed when one is in motion, making strong muscular exertion the blood current is worked into a proportionate current and it is hardly possible for one to "catch" a cold even under extraordinary exposure.

However, having "caught" your cold, the next thing to do is to try, at once, to relieve yourself of it. This can be done by entering a steam bath, and doing a little exercise.

the stove or fire, that the atmosphere may be somewhat moistened. Our forefathers and mothers knew of this when they kept the old time urn, with water in it, where it would cause the effect mentioned.

The chilliness and shivering that so often accompany the first stages of a cold are due to the disturbance of circulation caused by the driving of the blood from the surface, as mentioned before, and the exposure of the millions of tiny nerves from the surface which are depressed by the driving away of the blood circulation. The chills and shivers are of a nervous nature. To relieve this condition is to "break the cold."

This will occasion the exercise of some patience and no little "bother" But that, it is better to endure, than to have a fight with an attack of pleurisy, bronchitis, or pneumonia.

The best thing to do is to take some energetic exercise. Then, after having become accustomed to the atmosphere of the room, place the feet in hot water. Use a tub, or other vessel deep enough to allow the limbs to be bathed in the hot water above the knees. From time to time have the hot water renewed, or kept to such a degree of heat as can be borne. Keep the feet in this bath for twenty or thirty minutes, or longer, then withdraw them while the water is yet hot; dry the feet and legs, thoroughly, and wrap them in a hot woolen blanket and get into bed. When the feet and limbs have become clammy, as well as cold, before the bath, it is well to add to the hot water a reasonable quantity of vinegar or acetic acid. It is highly beneficial to rub the feet and legs, after they have been dried and before wrapping them in the hot blanket, with hot olive oil.

While the footbath is being taken, if the chilliness persists, take hot drinks, lemonade, ginger tea, or even hot waters, plain. Never take anything in the nature of alcoholic drinks. Alcohol, in all its forms is poisonous and is a false stimulant. It should be particularly avoided when one is being doctored for a cold.

When the cold is deep-seated use hot water bottles at the feet, or hot bricks, the object being to attract the blood to these extremities and away from the overcrowded organs above. Sometimes it is needful to place cold wet towels over the spine and on the chest, covered with dry towels. Let the diet be light and keep the bowels open. Do not use strong physics for this purpose but enemas of warm water, if the patient is inclined to be constipated. Keep indoors for several days after the cold is broken, and be always careful to avoid extremes of heat or cold and all dampness.

All readers of this publication 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.

**Frightful Polar Winds**

Blow with terrific force at the far north and play havoc with the skin, causing red, rough or sore chapped hands and lips, that need Bucklen's Arnica Salve to heal them. It makes the skin soft and smooth. Unrivaled for cold-sores also burns, boils, sores, ulcers cuts, bruises and piles. Only 25 cents at S. B. Bernhart & Co's., Mt. Joy.

**Wanted**

A lady to make her home with a good family over winter and assist in general housework. Good wages. Address Box No. 35, Mount Joy, Pa. 10-25-11

Of course you are not supposed to write it correctly right off. Practice a few times.

**Gunzenhauser's**  
**TIP-TOP BREAD**

BAKED UNDER IDEAL CONDITIONS IN "THE CLEANEST BAKERY IN AMERICA"

Delivered in  
**MOUNT JOY**  
EVERY MONDAY, WEDNESDAY AND SATURDAY

M. C. BILLET, Agent

**HAS. ZELLER**  
REAL ESTATE AND INSURANCE

## January White Sale: January Clearance Sales Important Events at HAGER'S

### A Remarkable Clearance Sale in the Cloak Store

**Vigorous Price-Reduction on The Most Tempting Merchandise**

**Smart Winter Costs: Sharp Price-Cuts**

Including the popular reversible styles, ulsterettes, slip-on topcoats, handsome novelty coats and fine dress coats.

**\$7.95 reduced from \$15.00** **\$19.75 reduced from \$25.00**  
**\$12.75 reduced from \$18.00** **\$24.75 reduced from \$35.00** and \$20.00.

### STRIKING PRICE-OPPORTUNITIES IN DRESSES

Smartly tailored cloth frocks, neat house dresses, charming party gowns and evening frocks in wide variety of lovely materials and colors including the newest silks:

**Reduced to \$8.75, \$13.05, \$24.75 and \$34.75**  
From \$12.00, \$20.00, \$35.00, \$40.00 to \$50.00

**\$10.00 FOR WOMEN'S \$18.00 TO \$25.00 SUITS**

59 stylish tailored suits, including the very latest styles; with range of plain and fancy materials and a variety of models.

### THE RIGHT TIME TO INVEST IN A FUR COAT

Severe clearance prices on dependable fur coats, in the most desirable skins and styles.

**\$24.50 for \$29 Cooney Coat** **\$119.00 for \$150 Hudson Seal Coat.**  
**\$32.00 for \$39 Pony Coat.** **\$125.00 for \$165.00 Squirrel Coat.**  
**\$49.00 for \$65.00 Pony Coat** **\$125.00 for \$165.00 Squirrel Coat.**  
**\$77.00 for \$95 Nearsal Coat**

### TRUSTWORTHY SMALL FURS AT STRONG SAVINGS

**\$2.98 for \$4.00 Black Cooney** **\$17.89 for \$22.00 Lynx Muffs.**  
**\$5.48 for \$7.00 Black Belgian Hare Scarfs.** **\$38.00 for \$50.00 Raccoon Set.**

### Annual January Sale of Muslin Underclothes

Qualities, styles and values mark this the best sale of Muslin Underwear we have ever opened.

A limited number of quotations from the wide price-ranges.

**NEW FEATURES IN GOWN STYLES**

The gowns gathered for this sale show sheer materials to be strongly favored; kimono and chemise styles are prominent, and sleeves are unusually elaborate, many cut in fancy shapes and some composed entirely of lace. The styles are unusually pretty.

Sale Prices: 28c., 33c., 39c., 44c., 50c., 60c., 85c., \$1.00, \$1.10, \$1.18 to \$9.50

**SKIRTS ARE UNUSUALLY HANDSOME**

Skirts are made in the new narrow lines, but in avoiding all unnecessary fullness, no sacrifice has been made to beauty. Trimmings are of the newest design, Cluny lace being especially favored. Deep bouffes of unusually dainty blind Swiss embroideries are prominent. Some of the lace styles have 8 and 9 rows of dainty insertion.

Sale Prices: 59c., \$1.00, \$1.18, \$2.98 to \$9.50.

### FOR MEN

### Clearance Sale of Overcoats and Suits

**\$20.00 HART, SCHAFFNER & MARX OVERCOATS, \$16.00**

Latest styles; smart fancy coatings; principally gray chevrets, slip-on styles.

**\$15.00 OVERCOATS REDUCED TO \$11.75**

Good makes; slip-ons, ulsterettes, and unsterifields; plain, warm coatings and smart fancy grays and tans.

**STRONG ECONOMIES AMONG MEN'S SUITS**

Hart, Schaffner & Marx and other makes; this season's correct styles in a wide range of the most desirable fabrics—

**\$9.85 reduced from \$12.00** **\$16.00 reduced from \$20.00**  
**\$11.75 from \$15.00** **\$20.00 reduced from \$25.00 to \$28.00.**

### The January Sale of Shoes

### AN UNUSUAL EVENT FOR WOMEN, MEN AND CHILDREN

Unusual because every shoe is new this season, and the price-cut affect practically the entire stock.

**WOMEN'S \$3.50 TO \$5.00 SHOES, \$2.95 A PAIR**

Our own line of \$3.50 Shoes, and part of a special lot of \$4.00 to \$5.00 Shoes; a variety of smart comfortable styles in all leathers, black and tan; button and lace.

**WOMEN'S \$3.00 SHOES \$1.95 A PAIR**

Balance of a special lot, broken sizes; patent leather and gun metal button styles.

**MEN'S \$3.50 SHOES \$2.95 A PAIR**

Patent leather, gun metal and tan; button and lace.

**MEN'S \$4.00 SHOES \$3.25 A PAIR**

Patent leather, gun metal, tan; button and lace.

### MAIL ORDERS

For any items listed will be promptly filled. Purchases amounting to \$5.00 or more sent express prepaid to any point within 100 miles of The Hager Store.

**HAGER & BROTHER**, 25-31 W. King St., LANCASTER, PENNA.

## Early Showing OF GINGHAMS

1912--SPRING--1912

We have placed on sale today the entire line of Spring Gingham. The choicest patterns of the season—This will be another gingham year and justly so. No better fabric for wash and wear.

### Renfrew Gingham

Renfrew Gingham, 27 in. wide, ..... 12½c. a yd.

Renfrew Gingham, 32 in. wide, all the newest neat checks and stripes. . . . . 15c. a yd.

Fine Zephyrs, 32 in. all delicate tints and plaids, 25c. a yd.

Garze Marvel, a new Creation in gingham, highly mercerized, 27 in. wide, 25c. a yd.

## H. E. EBERSOLE

Opposite Post Office Mount Joy, Pa.

### Deeds Recorded

The following deeds have been recorded:

Elizabeth Cooper to Annie M. Minnich lot in Landisville, \$1,200.

Sarah B. Mumma to N. K. Brubaker, ninety-four acres of land in Rapho, \$12,000.

N. K. Brubaker to Sarah B. Mumma, same property and consideration.

Another good way for the Carnegie peace trustees to spend their annual income of \$500,000 would be in the building of a warship every two or three years.

A New York suffragette suggests that women could get along all right without men, although, she adds, "the experiment has never been tried." Indeed?

## HARRISBURG TELEGRAPH

The Central Pennsylvania Newspaper  
Entering Over 19,000 Homes Daily.  
\$3.00 a Year 6 Cents a Week

The Telegraph is printed principally for the particular people who live within a radius of fifty miles of Harrisburg; the people who want the news of their own section first and foremost, and with it first-hand accounts of events at the State Capital, with complete telegraphic news and intelligent comment on the happenings of the day.

The only complete encyclopedia of Central Pennsylvania's State and county governments, business and agricultural interests is found in

**The 1912 Year Book & Almanac**

**The Daily Telegraph**