

THE BULLETIN
MOUNT JOY, PA.

J. E. SCHROLL, Editor & Prop'r.

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EDITORIALS

Add a little boiling water to an omelet to keep it from being tough.

If you grease the inner rim of a kettle its contents will never boil over.

Carry a lead-pencil in your pocket, and date the eggs as you gather them each day.

The range will keep black much longer if you rub the stove over with soap, then apply the blacking. Save all small pieces of soap for this purpose.

Keep your spices in glass bottles with screw tops—such as peanut-butter jars. A glance will tell you the contents, even if marked covers will get mixed.

To keep fish, never put one on top of another. Wring a clean cloth out of cold salt water, wrap the fish separately in this, put them on a dish and keep on ice.

If you feel all run down and despondent, if you are not sleeping well if you feel as if life were a real burden and that you must consult a doctor, just think it over. Perhaps all you need is to raise your bedroom window at night.

It is a pity that so much extra work accompanies the beautiful spring days. We could enjoy them better if we had more time, and if the spring sewing, house-cleaning, gardening, sitting hens and hatching chickens, were not all needing attention at once.

Rhubarb may be canned in cold water. Use freshly cut stalks, fit them tightly into a thoroughly clean jar and let the water run full force into the jar for fifteen minutes till all air is excluded. Screw on the top while the jar is still under water—see that it is perfectly air-tight—and the contents should keep and be like fresh rhubarb.

As a substitute for hot-water bags in ordinary ailments such as toothache, earache and other minor pains, use common flannel bags made in convenient sizes, with drawstrings. Fill them with hot sand or salt, and they are safer than a cheap rubber bottle, just as efficacious, and much handier to use; keep a half-dozen ready. They are of great help in times of aches and pains.

Work For The Editor

Most any one can be an editor. All an editor has to do is to sit at his desk six days in the week four weeks of the month and twelve months in the year and "edit" such stuff as this:

"Mrs. Jones of Lost Creek let a snake open her slip last week and cut herself in the pantry."

"A mischievous lad of Matherton threw a stone and struck a companion in the alley last Tuesday."

"John Doe climbed on the roof of his house last week looking for a leak and fell, striking himself on the back porch."

"While Harold Green was escorting Miss Violet Wise home from a church social last Saturday night a savage dog attacked them and bit Mr. Green on the public square."

"Isalah Trimmer was playing with a cat Friday when it scratched him on the veranda."

"Mr. White while harnessing a broncho last Saturday was kicked just south of the corner."—Boston Globe.

For Sale

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

H. H. MORTON

Feb 21-2 mo Mount Joy, Pa.

HOME HEALTH CLUB

By Dr. David H. Reeder, LaPorte, Indiana.

Turpentine as a remedy.—One would hardly believe that as simple a thing as good, old-fashioned turpentine had so many high sounding characteristics. It is a stimulant, a diuretic, an anthelmintic, a hemostatic, given internally, and applied locally it is a rubefacient and an antiseptic. Besides all that it is a volatile oil.

Well, that is to say that as a diuretic it will increase the flow of urine; as an anthelmintic, it is death on worms; as a hemostatic, it will check a bleeding; as a rubefacient, it will redden your skin, and as an antiseptic, it will prevent or destroy putrefaction. It is a volatile oil because it rapidly evaporates. What is more to the point, however, out of all these things it is a fine remedy

for many of the ills that flesh is heir to.

Turpentine fomentations relieves almost any pain due to inflammation. Used as a rubefacient—that is to say, rubbed on locally,—it is very efficacious in rheumatism, lumbago, sciatica, neuralgia, bronchitis, pleurisy, peritonitis and typhoid fever. The latter means drumlike swellings. Thus it is decidedly helpful in typhoid fever where there is a tympanitic abdomen. In five or ten drop doses it is efficient when in tympanitic abdomen there is a hemorrhage or is not, but when there is a dry, brown-fissured tongue. In such cases it should also be used as an enema, properly diluted. In any case of internal hemorrhage, it should be used.

As a remedy against worms, turpentine should be given in comparatively large doses and in proper time should be followed by castor oil.

Relief is obtained in chronic affections of the larynx and bronchial tubes by the inhalation of steam surcharged with the fumes of turpentine. It is a quick and reliable respiratory stimulant in teaspoonful doses. To sterilize nail thrush and puncture wounds, turpentine should be ozonized by leaving a bottle of it for some time uncorked. The bottle should be wide-mouthed.

In phosphorus poisoning, turpentine is very useful. The French acid oil is preferable, as it is old and is largely ozonized. In salivation turpentine is a good remedy. It would naturally seem that this would be irritating, but on the contrary, the effect upon the mucous membranes of the mouth is soothing and salutary.

In bladder and kidney troubles, turpentine stimulates the cystorectal function, leaving behind an antiseptic effect. Large doses are purgative and if not quickly eliminated, are liable to produce strangury—painful urination in drops.

It has been said that turpentine in large doses has an alcoholic effect—producing abortion or assisting in childbirth. But this is doubtful.

Anyhow, turpentine, like eucalyptus oil, and many other simple productions of that kind, are good, old-fashioned remedies that our grandmothers used effectively, before new diseases and new drugs had been invented.

Dear Doctor:— Please tell me of remedy for enlarged liver. My side hurts most of the time. What is best to eat? Have been troubled with gall stones. Have lost over 30 lbs. in the last few months.

M. E. B.

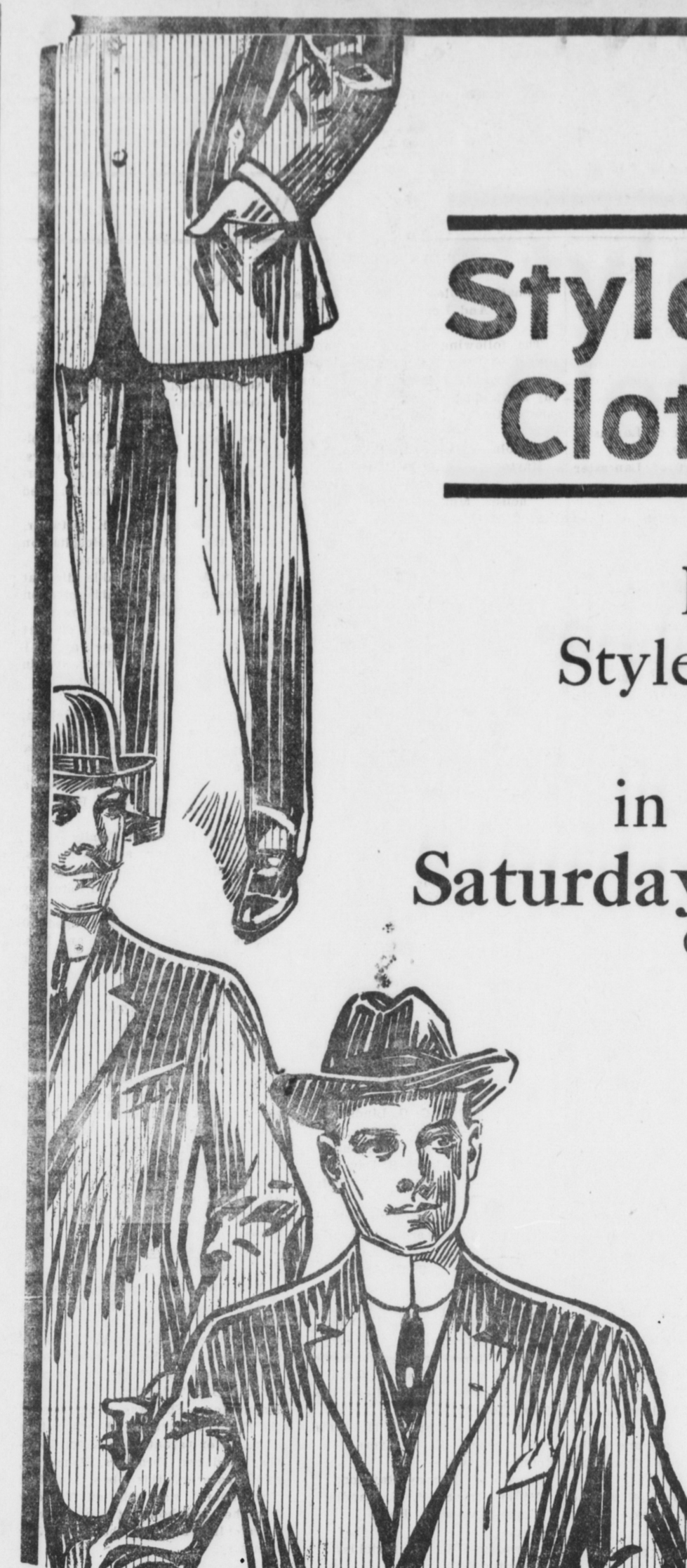
For two weeks do as follows: Every night before retiring, take two tablespoons of pure olive oil, and upon arising in the morning take one teaspoonful of cream of tartar in half a glass of water. If there are any gall stones, this will clean them out, and will also relieve your liver of a great amount of work, and aid in restoring it to normal condition. You should then very carefully select your diet; use very little of concentrated food, but plenty of juicy fruits and vegetables, and drink from one to three quarts of water daily.

Dear Doctor:— I have had for several years, a skin disease, commonly known as blackheads. It never affects any part of my face except my forehead, but is now on my back and chest. Please prescribe treatment, diet, etc.

F. B. K.

Blackhead is not as a rule due to dietetic errors, although an excess of pork, buckwheat and syrup may aggravate the condition. In some cases, the difficulty is aggravated by being around a hot stove or where there is an abundance of steam. This causes the little sweat glands to open and become thoroughly relaxed, so that they do not close readily, then a little dirt lodges inside of the opening and clogs it up. The perspiration, in attempting to escape, is held back by the dirt, and forms a hard lump or mass, which upon being squeezed out looks like a worm with a black head. It is not, however, but is simply accumulated waste matter with a little dirt at one end of it. Every night before retiring, you should very thoroughly wash your face with mild antiseptic soap and soft water, after which apply the following solution: One oz. commercial (32 per cent) acetic acid, 2 oz. witch hazel, 3 oz. glycerine. This will cause a little smarting, but you can put it on without any fear of injuring the skin. Let it remain on 15 or 20 seconds, then rub the face thoroughly with a soft cloth. You will find that a great deal of dirt which has been left on the skin by the soap and water will readily come out. You will be surprised at the amount of dirt you will get off in this way. After rubbing carefully, apply the liquid again and leave it on. The next morning you will find the skin looking much cleaner and clearer, and it will be soft and flexible. Wash every night before going to bed with soft water and mild soap, and apply the acetic acid solution two or three times per week only.

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, LaPorte, Indiana, with name and address in full and at least four cents in postage.



Styleplus \$17 Clothes

Read the
Styleplus Clothes
Story
in this week's
Saturday Evening Post
(Issue of March 30th)

This store is the
only authorized
agency for Style-
plus Clothes in
this community.

GETZ BROTHERS

Mount Joy Hall Bldg. Mount Joy, Penna.

SEEDS SEEDS

Garden and Flower Seeds

In bulk and packages. Seed time is here and to those needing flower and garden seed we bespeak a generous portion of your patronage.

Seeds, Poultry Supplies, Spraying Liquid

CHANDLER The Druggist

Sunday Hours, 8 to 9 a. m. 5 to 6.45 p. m.
West Main St., MT. JOY, PA.

BLANKETS

WE SAVE YOU TWO PROFITS ON WOOL HORSE BLANKETS BUYING DIRECT FROM THE MAKERS, IS THE WHY OF IT. PRICED ANYWHERE FROM \$1.00 TO \$10.50.

FINEST STOCK LAP ROBES IN THE COUNTY, FROM \$2.50 TO \$25.00. EVERYTHING FOR THE HORSE AT BOTTOM PRICES. FULL STOCK OF VETERINARY MEDICINES, MAKER OF ALL KINDS OF HARNESS

Edward Kreckel LANCASTER, PA.

TOU-R-TST Trunks at Half Price. Great Bargains. On The Square.

NOTARY PUBLIC
W. M. HOLLOWBUSH
Attorney-At-Law
8 West Main Street, Mt. Joy, Pa.
Days at Lancaster, Monday and Friday at No. 52 North Duke Street

Exchange Hotel

Mount Joy, Pa.
J. M. Backenstoe, Pro.

Has just been remodeled thruout. Has all modern conveniences such as Baths, Hot and Cold Water, Steam Heat, Electric Light, Etc.

Table is Supplied With the Best the Market Affords.

Also Lunch Counter
Where Soups, Sandwiches, Cheese, Tripe, Oysters in Every Style Etc., Etc., are served

BAR IS STOCKED WITH THE BEST BRANDS OF BEER, WINES, LIQUORS & CIGARS

Good Stabling Accomodation
Local and Long Distance Telephones

TOBACCO SEED
Weaver's Imp. Broad Leaf, 1/2 oz. Individual plant, 50c; 1/2 oz. No. 1 grade 25c. For sale by all leading merchants or by mail.
JOHN S. WEAVER
Glen Mavr Seed Farms
KINZER'S PENNA.
Jan. 31-3t.

If Its Fish You Want I Can Always Supply You



I always have on hand all kinds of fish in season and would be pleased to have your order.
ALL FISH CLEANED GRATIS

Also Oranges, Bananas, Lemons, Etc.

John Darrenkamp MOUNT JOY, PENNA.

MUST YOU MOVE

Or Are You Doing Repairs?
Perhaps you want your carpets out of your way for a few weeks. We will take them up, clean them, and store them free until you want them. When you are ready, we will deliver them and relay them. Saves you lots of trouble. Orders at

Novelty Carpet Cleaning Works
Orders at Works, 135 Beaver street, or J. B. Martin & Co. Both phones at both places.

LUNG DISEASE

"After four in our family had died of consumption I was taken with a frightful cough and lung trouble, but my life was saved and I gained 87 pounds through using
DR. KING'S NEW DISCOVERY
W. R. Patterson, Wellington, Tex.
PRICE 50c and \$1.00 AT ALL DRUGGISTS.

HOTEL MCGINNIS

The undersigned having remodeled the old Money Hotel, adding a number of sleeping rooms, bath, etc., is now prepared to entertain transient and regular guests.

RESTAURANT
In connection with hotel where he will serve in season.
OYSTERS and CLAMS in any style
TURTLE SOUP, Etc. Etc.
Private dining room for ladies.

J. W. McGinnis, PROPRIETOR

HARRY WILLIAMS BARBER

Shaving Massaging
Hair Cutting Razors Honed
Shampooing Toilet Waters & Singeing Shaving Soaps
Agency For Elkhorn Laundry
Opp. First National Bank
MOUNT JOY, PENNSYLVANIA