

NO ONE STRONGER THAN HIS STOMACH.

The celebrated Dr. Abernethy of London was firmly of the opinion that disorders of the stomach were the most prolific source of human ailments in general.



Dr. Pierce's Golden Medical Discovery.

"Several months ago I suffered from a severe pain right under the breast-bone," writes Mrs. G. M. MURREN, of Corona, Calif.

HOME HEALTH CLUB

By Dr. David Reeder, Chicago, Ill.

Nervous Prostration—One thus afflicted must not expect to get back to a normal condition in a few days.

ness. They are, in every instance, opiates, narcotics, and such stuff, that may relieve you temporarily.

The exercises explained in the Home Health Books, under the heading "Dynamic Magnetism," the use of compound gentian, which is an effective home remedy.

As to the diet, positively shun tea, coffee, alcoholic drinks and do not use tobacco in any form.

Do not eat foods that are hard to digest. Otherwise the diet may be ordinary, wholesome foods that are found in every respectable household.

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Club Notes

I am troubled with my feet. They bother me mostly at night like neuralgia. I think the circulation is poor.

Dear Doctor: I have granulated sore eyes, or granulated lids. Will you please give me a remedy for this trouble?

It is quite probable that you should have your eyes carefully fitted with glasses.

All readers of this publication are at liberty to write for information at any time pertaining to the subject of health.

Buy One and Brush Up Mr. H. C. Shelly of 1944 Kensington street, Harrisburg, is canvassing this vicinity for brushes of all kinds.

Wanted—Woman 40 or 45 years old, for general housework, small family, no washing or ironing.

For Sale—A good piano with player attachment and a lot of music. Apply at this office.

Overall at 45c a pr. until Saturday. Getz Bros.

The House of No Walls. Idleness is the gate of all harms. An idle man is like a house that hath no walls; the devils may enter on every side.—Chaucer.

CASUALTIES ON LINES

THIRTY PER CENT. OF FATALITIES ARE OF EMPLOYEES.

Despite Best Equipment the Grim Record Diminishes Little—Figures That Seem Appalling to the Average Reader.

About thirty per cent. of railroad fatalities are suffered by employees.

Further more, most of the fatalities to employees, as well as to passengers, are not due, as is asserted, to defects of the physical equipment of railroads.

It is admitted that the railroads of the United States have been and are excessively capitalized; but owing to the conservative policy that has prevailed on most roads for many years, of making extensive improvements from earnings and to other causes it may be said with more truth that the railroads of the United States, as a whole, are undercapitalized than that they are overcapitalized.

The great hall of the Hotel de Ville of Arles, France, designed by Mansard, is the wonder and admiration of every one who has seen it on account of the groined roof.

In regard to this a neighboring caterer tells a somewhat grim story. King Louis XIV. happened to be passing through the city just at the time Mansard was superintending the completion of his creation.

Mansard threw himself at the feet of the king and said: "Your majesty sees in the center that massive column? If you will spare the life of my son I will remove the unsightly pillar and the roof shall stand without support."

The architect removed the pillar without great difficulty and with the result desired.

Small courtesies of life seem to be entirely lost in the rush for big things. This leaving off of the little things that go to make living worth the while is a well-known and recognized fact to women who crave those gracious attentions so easy in the giving when the thought is right.

Many men no longer consider it necessary to rise when a lady enters the room. If they proffer a chair, it is seldom done with the old-time alacrity, and a few trips on a city car will be sufficient to convince the veriest skeptic of the truth of courtesy's decadence.

Be it said in favor of man, continually on the rack regarding these omissions, that he is by no means the greatest offender. Women who entertain will tell you of scores of invitations to which they have never even received the courtesy of an acknowledgment.

The small courtesies of woman to man are fully as important as those from man to woman, or woman to man.

Coroner's Inquest Over Coins. A short time ago 150 gold coins, dating from the period of the Roman occupation of Britain, were found in a bronze jar about one foot below the surface of the ground three miles from Hexham, England.

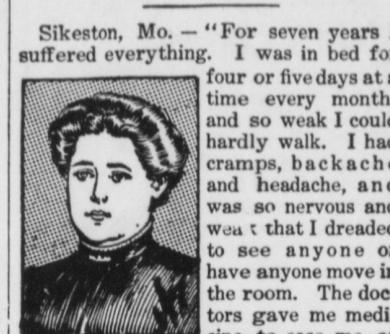
A coroner's inquest has been held to determine their ownership. The jury, however, was unable to agree as to whether the coins were treasure trove or not.

Smallest People in the World. The natives from the Andaman Islands in the Bay of Bengal, the smallest people in the world, average three feet eleven inches in height and less than seventy pounds in weight.

Advertisement for Gest Digestion.

SEVEN YEARS OF MISERY

How Mrs. Bethune was Restored to Health by Lydia E. Pinkham's Vegetable Compound.



Sikeston, Mo.—"For seven years I suffered everything. I was in bed for four or five days at a time every month, and so weak I could hardly walk.

Remember, the remedy which did this was Lydia E. Pinkham's Vegetable Compound.

SAVED HIS RASCALLY SON

How Mansard Came to Construct the Great Hall at Arles Without Central Pillar.

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Farmers' Inn

Mount Joy FRANK E. ...

Bar Well Stocked With All Popular Brands of WINES, LIQUORS & CIGARS.

Accommodations for Man and Beast Also Automobile Parties BUBE'S MOUNT JOY BEER and Piel's Celebrated New York German Lager on Draught.

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



AT ZELLER'S

All Flavors at All Times. Special Prices to Parties, Festivals, Suppers, Etc.

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

Subscribe for the Mt. Joy Bulletin.

W. M. HOLLOWUBUSH

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18 West Main Street, Mt. Joy, Pa.

Days at Lancaster, Monday and Friday at No. 52 North Duke Street

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CHARLES S. FRANK

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MOUNT JOY, PA.

Prompt Attention given to Sales of Real Estate and Personal Property.

Reference: Jonas L. Minnich.

American Plan Rates Moderate

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 Cou

.....

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 Telephone

.....

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.

.....

Plants for Sale

.....

I have a fine lot of cabbage, cauliflower, pepper, tomato, egg plant, red beet and lettuce plants which I offer for sale very reasonable.

.....

E. B. Hostetter

MOUNT JOY, PA.

.....

Shaving Hair Cutting

.....

Joseph B. Hershey

Tonsorial Parlor

East Main St., MOUNT JOY

Three Chairs. NO WAITING

.....

Agent for the Middletown Steam Laundry. Goods called for Tuesday and delivered Friday.

.....

MAKES EATING A PLEASURE

GEST

10c AIDS DIGESTION 25c

.....

Advertise in the Mt. Joy Bulletin.

Subscribe for the Mt. Joy Bulletin

Underwear Underwear

We have gathered from the largest Manufacturers, the cream of this season's production and are offering to the trade values not to be found elsewhere, as to priced quality and particularly as to fit.

As a perfect fitting dress is impossible over poorly fitted undergarments.

- Ladies' "Setsnug" Union Suits at \$1.00
Ladies' "Cumfy" Union Suits at 50c
Ladies' Union Suits at 25c
Ladies' "Cumfy" Vests, can't slip off shoulders, at 12 1/2 and 15c
Ladies' Strap or wing vests, at 10 and 12 1/2c
Ladies' fine gauze, long or short sleeve vests, 25c
Children's Union Suits, 25c
Children's Union Suits of fine combed yarns, all taped, at 50c
Children's Vest and Pants, high neck, long or short sleeves, 10c to 15c
Children's fine gauze vests, strapped, at 10c
Infants Wrappers 10c
Infants Wrappers at 5c

Men's Underwear

The most difficult problem is to secure a garment to retail at 25c on account of the high price of cotton. We believe we have the best to be had in either long or short sleeves, full size, drawers reinforced seat, and no seconds. At 50c we offer the Williams Bros. make fine Egyptian yarn, shirts long or short sleeve, drawers reinforced seat and extension band at waist line.

The Imperial Union suit has come to stay. The most perfect fitting garment on the market. Short sleeve, 3-4 length, drop-seat. We show two qualities, \$1.00 and \$1.50 per suit. Athletic underwear, showing up better each season, made of fine cloth. Not as clinging as the balbriggan and cooler. All sizes, in two qualities, 25 and 50c. Boys' Balbriggan Underwear, short sleeve shirts, knee length drawers, at 25c a garment.

H. E. EBERSOLE, Opposite Post Office, MOUNT JOY, PENNA.

KEEP COOL

We Are Headquarters

For Men's Gause, Paris Knit, B. V. D. Twintex Union Suits and Single piece Underwear Ladie's Famous Stay Up Maline Vests Cumfy Cut Can't Slip, Won't Slip, Never Slip, Keep Cool and the Try-Me extra large Vests for Stout Women. No sleeve and Short Sleeve.

Advertisement for Maline Gauze Vest with image of a woman wearing the vest.

Advertisement for Ladies Home Journal Patterns with image of a woman in a dress.

Advertisement for The New Summer Style Book with image of a woman in a dress.

Special for Friday and Saturday Double Trading Stamps with all Granite Ware and Queensware.

S. B. Bernhart & Co.

East Main St. Mount Joy, Penna.