

Royal Baking Powder
Absolutely Pure
The only Baking Powder made from Royal Grape Cream of Tartar
Adds Healthful Qualities to the Food.

HOME HEALTH CLUB

By Dr. David H. Reeder, Chicago, Ill.

It will perhaps seem rather far fetched to many of our readers when we say that certain foods are a causative factor in disease peculiar to woman, but nevertheless foods are a potent factor.

Some one has said, "Tell me what you eat and I will tell you what you are, we might almost say, "Tell me what you eat, and how and when you eat it and we will tell you what your physical derangements are.

When children are over fed it means over development of certain organs of the body which should have lain dormant until the mind and body were sufficiently developed to handle the added responsibility. The girl who is forced into early maturity by the use of rich, heavy and stimulating foods, and by being forced in school and society for which she is physically unprepared, is laying the foundation for all sorts of future troubles, both physically and mentally.

In a large per cent of all the disease peculiar to woman the foundation is laid and the causative factors in operation before the girl is sixteen years of age as well as

EXECUTOR'S NOTICE

Estate of Dr. Henry F. Breneman, late of East Donegal township, Lancaster county, Pa., deceased.

Letters testamentary on said estate having been granted to the undersigned, all persons indebted thereto are requested to make immediate payment, and those having claims or demands against the same will present them without delay for settlement to the undersigned, residing on R. D. 4, Mount Joy, Pa.

HARRIET H. BRENNEMAN, W. M. Hollowish, Atty. Executrix, Oct 9-12

ADMINISTRATOR'S NOTICE

Estate of Alma Guhl, late of Mount Joy Township, deceased.

Letters of administration on said estate having been granted to the undersigned, all persons indebted thereto are requested to make immediate payment, and those having claims or demands against the same will present them without delay for settlement to the undersigned, residing in Florin, Pa.

JOHN F. GUHL, Administrator, Coyle & Keller, Attorneys.

EXECUTOR'S NOTICE

Estate of Christian Seitz, late of Rapho township, deceased.

Letters testamentary on said estate having been granted to the undersigned, all persons indebted thereto are requested to make immediate payment, and those having claims or demands against the same will present them without delay for settlement to the undersigned, residing at Mount Joy, Pa.

EZRA NEY, Executor, Coyle & Keller, Attorneys.

ADMINISTRATOR'S NOTICE

Estate of Joseph Welby, late of East Donegal Township, Lancaster Co., Pa.

Letters of administration on said estate having been granted to the undersigned, all persons indebted thereto are requested to make immediate payment, and those having claims or demands against the same will present them without delay for settlement to the undersigned.

LILLIE WELFLY, W. U. Hensel, Atty. Administratrix.

young men, whose moral training has been to avoid every act that convention might censure never to do anything that could be criticised by the most prudent but who have been left to the ravages of lascivious imaginations, will suffer functional derangements and ill health.

An impure mind, although without an overt act is injurious to the health. The laws of health are no respectors of person. They place the stamp of disapproval on the debauched mind as well as on the debauched body.

Nervousness:—Who does not know that the nervous people are divided into two classes; namely, those who have irritable nerves and those who have weak nerves. To trace the various causes of this condition would lead us through three channels; namely, heredity, diet, home training and influences. Let us start with the girl who becomes irritable at the correction of parents or teachers, or who shows impatience at trivial differences with her associates, or becomes hysterical at not having her own way, and seek to revenge offences by doing an imprudent act. From this state it is but a little ways to the doing of things that will later lead to regrets.

The Neurasthenic individuals is born, and not made, until just recently neurasthenia was supposed to be an acquired condition, but we know now that it is hereditary. Those who develop into real types of neurasthenia are those born of parents who failed to impart to them a stable nervous system in other words, they are the children of parents who lived a pace that exhausted their nerve energies so that they could not impart to their offspring, a stable, well balanced nervous system. Such children soon use up their small stock of energy and by the time they have finished school, or have a few years in business they are a nervous wreck ready to settle down to a life of invalidism. Look about you, and you will find no difficulty in picking out several girls of your acquaintance who have only a small store of nerve energy and who are using that up as fast as they can. By the time they are old enough to assume the responsibilities of a home they are on the decline and all but ready to break down completely. Is there not treatment for these poor unfortunate? There is. While it would be impossible to give them a new nervous system, the one they have can be strengthened and built up so as to give them many more years of useful life.

Diet without doubt has a marked influence upon the development of any individual. Rich, highly concentrated foods hasten maturity, induces precocity and do not furnish the system with the necessary elements to build a strong, well balanced body. Course, heavy, foods, build a rugged, active body which reaches its zenith early and then subsides. A well known physician and writer says this farmers and their wives die early; there is an appalling waste of life in all branches of society, but no where as great as in the country, due to over work, and improper eating bread, potatoes, meat, pie, cake and preserves. Only in the summer and then for a short time only, do most farmers have green vegetables. The farmer knows the importance of grass for his stock, but his family can live on dry foods the year round. It is well known that country people, who by all rights should be the healthiest, show by far the greater percentage of sickness, than do the city people. Long hours, over work, improper eating, and poorly ventilated homes are the cause.

Home Training and home environment have their influences upon the life of the young girl and determine to a certain degree, her physical and mental and moral make up.

If the mothers of the next generation are to be strong, capable women, the fathers and mothers of this generation must do their part. The farmer does not over work a fine brood mare, but some of them over work the mothers of their children.

A movement is on foot to teach the youth in the public schools the truth about themselves and the functions of their bodies. When this is done by competent men and women, much, very much, will be done toward eliminating diseases pertaining to sex. People everywhere are becoming more enlightened in matters pertaining to health and happiness, and as a result the world is growing better. Health subjects which twenty years ago were unknown, or of known were tabooed, are now being discussed publicly, through the press, from the pulpit every where. The effect for good is remarkable, as manifested by better health, higher moral ideas and ideals, and greater efficiency and attainments.

CLUB NOTES

Dear Doctor:—I am troubled with cold sores on my lips. Have tried camphor, but does not help any. Would be grateful to you if you could tell me of some way to prevent them.

Mrs. B. C. Cold sores occur usually about the lips, though they may appear almost anywhere on the face. They are commonly induced by indigestion and fevers, but are also caused by local irritation of any sort, as from nasal discharge accompanying cold in the head, from which the name is derived. Picking and scratching are very harmful. Spirits of camphor which you have tried is considered a good remedy for and will help in most cases. Bath the affected part with pulverized borax, or distilled tract of witch hazel both are beneficial.

The stomach may be disordered and the bowel's irregular, in which case Compound Cautin should be taken. Let the diet be light for a few days and take frequent baths.

EXCITEMENT NEAR MAYTOWN

Village Residents Are Unable to Solve the Mystery

The entire village of Maytown and vicinity is considerably worked up over the circumstances surrounding a huge hole dug on the Jacob farm, on the road leading from Schock's to Elizabethtown, at a point on the Lochaber road where the road makes a turn in a lonely place. While David Witmer, who boards with Roy Dupes and Jacob Baker, were returning home late at night, they saw an automobile standing at this lonely place, and thinking it had broken down, paid no attention more to it than to take the number by lighting a few matches.

Prior to this four men in an automobile, who reside in this vicinity, passed and noticed a dim light back of the hedge fence, but did not stop to investigate.

Witmer, upon going through his field the next morning, saw the hole and noticed that it was about the size of a grave, six feet long and three feet wide. He became considerably worked up over the affair and telephoned to C. C. Hicks, at Maytown, who with several other men investigated. They dug up the fresh earth, but could find nothing. The number of the machine was given to Hicks and he inquired at State headquarters, learning that the machine was from Philadelphia. A rigid investigation is on.

Later the hole began to sink, and it was dug up again, but nothing was found. The supposition is that a person might have been murdered and buried there for a period of time and now removed, and another that some money might have been buried there, and to throw a person off the trail, the hole was dug like a grave.

Witmer, who is a prominent farmer, is anxious to have the mystery solved. Had the young men only made a rigid investigation when the number of the machine was taken they would have found out the motive of those working there. The huge hole is alongside a huge rock, and the earth very dry.

Accused of Cruelty to Animals J. H. Levenite, of Elizabethtown, has been prosecuted before Alderman Doeblner by the Humane Society on a charge of cruelty to a cow and a calf. The accused man was arrested and gave bail for a hearing.

Read the Bulletin Advertise in the Mt. Joy Bulletin.

Have You Seen The New "DONOVAN SPECIAL" Suits For Men at Unequalled Anywhere For Less Than \$20

"DONOVAN SPECIAL" SUITS FOR MEN are absolutely incomparable at \$15.00. They have gained a remarkable reputation for themselves, and as the season advances they are bound to become more and more popular. Every man who possibly can, should come to see these wonderful Suits; the more familiar you are with Clothing quality, the more you will appreciate these garments, and the more enthusiastic you will be to own one of them. These "Donovan Special" Suits are the result of an agreement between us and one of the leading Clothing manufacturers in the United States; where by we mutually agree to sacrifice almost all profit in order to make this Suit Our Leader, as an advertisement, simply to get Lancaster men acquainted with our newly remodeled Clothing store, one of the best equipped in the state.

75 Very Handsome--Styles and Patterns To Choose From; Materials That Are Never Used In Less Than \$20.00 Suits, Frequently in \$25.00 Suits--And The Brains and Efficiency of Superior Tailors Has Made Them Equally to The Best \$20.00 Suits

THE MATERIALS, THE STYLE, THE FIT, and the finish of the "Donovan Special" Suits are all that the most fastidious dressers could desire. The insides of the suits are as carefully tailored as the outside, and nothing that tailoring skill can suggest is lacking to make them the Greatest \$15. Suit in America. They will appeal to men who want proper style, tailoring and high class materials, at a moderate price \$15. All new colors and new patterns. The line is stronger today than ever because we have included many smart suits selected from the famous "Kuppenheimer" and Style Clothes lines, which will appeal to all good dressers. All sizes.

Every "Donovan Special" Suit Is Absolutely Guaranteed "KUPPENHEIMER" Clothes None Better Made

Strictly hand tailored made by the makers of the best clothing in America, "The House of Kuppenheimer." These Suits are the equal of the best custom tailored garments in every detail, and will appeal to men who are after thorough clothes satisfaction, right style and right quality, at a fair price. There is a wonderful variety here, all colors, all fabrics and all new models. Garments that will retain their graceful shape until they are worn out; collars are hand felled, hand made button holes, unbreakable fronts all hand made throughout, \$15 to \$25

Every garment is absolutely guaranteed, and your money is only on deposit until you are fully satisfied.

<h3>Don't Pay Car Fare</h3> <p>Ride To Lancaster and Back at Our Expense. We pay your round trip Trolley fare from any where in Lancaster County on purchases of \$10. or more. This is "The Ideal Store For Out of Town Folks."</p>	<h3>Our \$2 and \$2.50 Hats are The Best In Town</h3> <p>The reason why our hat business is the largest, is because men know that here they can obtain better "hat quality" than at any other store no matter what they pay.</p> <p>Our \$2. and \$2.50 hats are "winners," and many men claim them the equal of what other stores show at higher prices.</p> <p>Here are the New Derbys with low crown and wide brims, also the more conservative shapes; New Soft Hats in the latest colorings and finishes.</p> <p>Young fellows and older men can find just the hat they want, at almost any price. But don't fail to see our \$2. and \$2.50 styles.</p>	<h3>Men's Shoes Unmatchable Values \$1.98 \$3 & \$4.</h3> <p>Up to the minute styles; every novelty of the season is represented in the variety which is larger than any other in Lancaster.</p> <p>Every shoe is made expressly for The Donovan Company and protected by our liberal guarantee for satisfactory service.</p> <p>At \$1.98 Men's Shoes of Box Calf, Gun Metal, Vici kid and tan calf; button, lace, blucher and congress patterns; a very good shoe at \$1.98; unequalled anywhere.</p> <p>At \$3. Men's Shoes; Gun Metal box calf, patent colt and tan calf; button, lace and blucher cuts; nobly new toes; good year welted soles; all "Union Made."</p> <p>At \$4. Men's Shoes; the new English lasts; made with wide shank, receding toes; hidden eyelets. Patent Colt, gun metal and tan Russian Calf; lace and blucher patterns.</p>	<h3>Men's Furnishings</h3> <p>Especially interesting news that will appeal to men who demand correct fittings; and the greatest possible values, with out an excessive out lay of money.</p> <p>SHIRTS "Emery" shirts lead them all for variety of nobby patterns, perfect fit and general satisfaction. Every one guaranteed. Plain and plaited bosoms; coat cut, cuffs separate or attached \$1. & \$1.50</p> <p>UNDERWEAR Finest quality of wool Underwear; gray; in all sizes. \$2.50, \$2.00 & \$1.50. Wool fleece lined underwear; The cold weather kind; all sizes; \$1. value, an excellent offering at 60c.</p> <p>White, gray or medium weight underwear; all sizes, our special garment at 50c.</p> <p>NECKWEAR All silk knit four in hand ties; plain and fancy knits, all new patterns in the most beautiful colorings 50c.</p>
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The Donovan Company

32 to 38 East King Street, Lancaster, Penna.

<h3>MAYTOWN'S AUTO SERVICE</h3> <p>Big Passenger Truck to Run Between There and Marietta</p> <p>Maytown people are jubilant over the fact that an automobile passenger service will be operated between the town and Marietta in the near future.</p> <p>Willis R. Knox, president of the Intercounty National Bank, announced the formation of a Company to operate the passenger line and also that an automobile capable of carrying 30 persons had been offered and delivery expected in about five weeks.</p> <p>If the passenger service proves successful a truck suitable for hauling freight will be added and a little later a passenger truck to run between Maytown and Elizabethtown. This will be a great convenience to Maytown citizens as it will put them in touch with other towns in only a short time, and at all hours, whereas at the present time they must depend on a stage coach.</p> <p>In consequence of the formation of the transportation company, the citizens predict a boom for the town.</p>	<h3>Cut Your Butter Bill</h3> <p>USE JELKE HIGH-GRADE "GOOD LUCK"</p> <h2>BUTTERINE</h2> <p>ABSOLUTELY PURE</p> <p>Guaranteed Under Government Inspection</p> <p>For Sale on and After</p> <p>Friday, Oct. 11, '12</p> <p>AT</p> <p>104 1/2 E. Main Street MOUNT JOY, PENNA.</p>	<h3>PUBLIC SALE</h3> <p>Saturday, October 19th, 1912 AT</p> <h2>Union Square</h2> <h3>A LOT OF Western Colts</h3> <p>Ranging From 1 to 4 Years</p> <p>Some extra good ones. Subject to register. Some big heavy boned work horses. Will also have a few broken horses.</p> <p>Sale to Commence at 1 o'clock p. m., when conditions will be made known by</p> <p>C. C. Hallman</p> <p>Execution Issued Bernard J. Myers, attorney for the estate of C. S. Stultz, has issued an execution for \$560 against D. F. Hollinger, of East Donegal.</p> <p>Mount Joy and extending in depth of</p>	<p>60 YEARS' EXPERIENCE</p> <h2>PATENTS</h2> <p>TRADE MARKS DESIGNS COPYRIGHTS &c.</p> <p>Anyone sending a sketch and description may quickly ascertain our opinion free whether his invention is probably patentable. Communications strictly confidential. HENNINGSON PATENT FIRM, Oldest Agency for securing patents, sends free, latest agency for securing patents, special notice, without charge, in the</p> <p>Scientific American.</p> <p>A handsomely illustrated weekly. Largest circulation of any scientific journal. Terms, \$3 a year; four months \$1. Sold by all newsdealers.</p> <p>MUNN & Co. 361 Broadway, New York Franklin Bldg. 525 F St., Washington, D. C.</p>
<h3>Bows Catarrh Jelly</h3> <p>Gives Immediate Relief</p> <p>Catarrh, Hay Fever, Asthma, Cold in the Head, Influenza</p> <p>Guaranteed or Money Refunded</p> <p>Price 25c. By Mail only</p> <p>Bows Mfg. Co.</p> <p>500 West 159th Street New York City</p> <p>Pure Food Serial No. 45605</p>			