

# Royal Baking Powder Absolutely Pure

## The Woman Makes the Home

She makes it best who, looking after the culinary department, turns her back resolutely upon unhealthful, or even suspicious, food accessories. She is economical; she knows that true economy does not consist in the use of inferior meat, flour, or baking powder. She is an earnest advocate of home made, home baked food, and has proved the truth of the statements of the experts that the best cooking in the world today is done with Royal Baking Powder.

**HOME HEALTH CLUB**  
By Dr. David H. Reeder, Chicago, Ill.  
After our little talk last week about what typhoid fever is and some of the things responsible for its spread, and how we can do much toward preventing it, you will naturally ask, "What are some of the early symptoms, and what is the best way to manage a case?" There is usually experienced a

general tired worn out feeling, probably accompanied with backache, loss of appetite, constipation, headache, legache, and at first a slight rise in the temperature in the afternoon and early evening.  
Right here we want to give it as our opinion, that if all food is stepped and vigorous elimination obtained by the use of proper purgatives and high colon flushings, continued until the entire system is cleansed, the attack will end

## The New Store

Since taking charge of the Yoblonovitz Shoe store I have added one of the finest lines of



### Men's, Women's and Children's Shoes

At From 98c to \$2.48

to be found in this town. They comprise the best there is in shoes and should be considered when you purchase that next pair of Shoes.

**All Kinds Repairing**  
Having modern machinery I am prepared to do repairing on short notice and at right prices. Give me your next job and let me show you.

**HARRY LASKEMITZ**  
MOUNT JOY, PENNA.

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Now Here  
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### Exchange Hotel

Mount Joy, Pa.  
**J. M. Backenstoe, Prop.**

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, Etc., Etc., are served

**Choice Prime Oysters**  
In Any Style

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

**Good Stabling Accomodation**  
Local and Long Distance Telephone

It's A Cure That's Sure  
-FOR-  
RHEUMATISM, GOUT, SCIATICA, AND LUMBAGO

We have cured Thousands with  
**JONES BREAK-UP**  
AND IT WILL CURE YOU  
Always in stock at

**W. D. CHANDLER CO.**  
DRUGGISTS AND APOTHECARIES  
West Main St., Mount Joy, Pa.  
Sept. 4-3mo.

### Constipation

"For many years I was troubled, in spite of all so-called remedies I used. At last I found quick relief and cure in those mild, yet thorough and really wonderful

**DR. KING'S**  
Pills

Buffalo, N. Y.  
AT ALL DRUGGISTS.

right there. "But," you say, how do you know, if left alone it would or would not have developed into a case of typhoid. We don't. But wouldn't you rather have these symptoms cut short than to let them run just to see if typhoid develop?

But let us suppose that the symptoms have not been checked; the temperature rises a little higher every afternoon and evening, they increase until after a few days to a week, the patient takes to his bed, and we how have a sure enough case of typhoid on our hands. What is the best course to pursue? Get a physician who knows, and let him put a competent trained nurse on the case. "But," you say. This is not always possible for the average family, and the other costs a little too much. Very well, then, let us outline a course of home management that has proved very successful.

The patient is put to bed in the quietest, best ventilated and coolest room in the house.  
Begin the treatment by giving a copious high injection, or enema, of warm water, to cleanse the bowels.

**Food:**—Absolutely no food is to be given until the patient is hungry and asks for it. It is extremely hard to impress this upon the mind of the average person. They believe that a sick person must be fed to keep his strength up. In reference to typhoid, Dr. Neith says: "We tell you plainly may we urge upon you, not to give food in typhoid unless the appetite of the patient calls for food."

Dr. J. Tilden, who has had many years experience in managing typhoid cases, has this to say: "I have the patient given a glassful of hot water every three hours, with ten grains of carbonate of soda; besides the hot water the patient may have all the cold water desired. I never allowed a patient disturbed at night. Everything has to be through with by 9 o'clock in the evening and the lights turned out for the night. I order a tub bath twice a day. The patient is put in warm water, then cold water is turned on, and the warm is to be drawn off until the water in the bath is as cold as it will get. It usually keeps the patient submerged until chilliness comes on from heat extraction." (usually a few minutes to half an hour.) Old Dr. Keith, generally used the cold towel and sheet pack. He wrapped the patient in cold, wet bath towels and over them a wet sheet, and over all a blanket. In course of a few minutes to an hour the patient should perspire freely, after which he is to be washed and rubbed dry one limb at a time to prevent chilling. He said the cold bath was safer for inexperienced attendants.

Again quoting Dr. Tilden: "For the tired aching pain, which all patients complain of, massage is to be given. At least three times a day the abdomen begins to appear the nurse should rub the abdomen gently every three hours; the rubbing must be light, but thorough. This will favor the expulsion of gas, relieve the pain, improve the circulation, and give much comfort. Every night an enema of a half gallon of warm water with a teaspoonful of salt, is used until symptoms of diarrhoea appear, then stop or use every other night. What I recognize as a critical discharge will make its appearance from the seventh to the tenth day; until this discharge will come a decided lowering of the temperature, and puffy abdomen will sink down and become soft; all sensitiveness to touch will disappear. Feeding should begin at this time, and never before.

The diet for the first few days should consist of buttermilk, or lactis culture milk. After three or four days of this baked apples with aweibach may be allowed. Gradually allow fresh ripe fruit, (bananas and tomatoes excluded) fruit jelly and dry toast. After a week or so of this abstemious diet the patient may have a little more of substantial food, remembering that it is always better to under feed than overfeed a typhoid convalescent.

The Above is merely an outline of a very simple, yet effective method of handling typhoid fever. Details may be had of the Home Health Club.

### CLUB NOTES

Dear Doctor:—I am a young man 24 years old, and supposed to be suffering with pulmonary tuberculosis. I was a bookkeeper in an Indiana city for three years. Last February I had a severe attack of La grippe, and the cough stayed with me till spring and summer. My physician told me that I was in the first stages of consumption and advised me to go to a high and dry climate. I seem to do fairly well here, but do not gain in strength as rapidly as I would wish. Any suggestions from you would be gratefully received.

L. S.  
My opinion is that you can be cured, provided you pursue the proper course. You should by all means sleep out of doors. I suppose like ninety nine out of every hundred other consumptives you

are going west, sleeping indoors, paying no attention to your diet; getting out of doors and exercising only when you feel like it; paying no attention to deep breathing exercises, or in other words, just taking life easy and expecting the little sunshine and fresh air that you get to cure you. Health must be earned, get out and get it. Sleep out of doors, work on a farm, not too hard, but do as much as your strength will permit. Practice deep breathing exercises two or three times daily. Get interested in something and work at it, to get results forget yourself.

I should be glad to write you explicitly, if you will give me more details regarding your case. All readers of this publication are at liberty at all times to write for information pertaining to the subject of health. Address all communications to the Home Health Club, 5029 Cottage Grove Ave., Chicago, Ill., with name and address in full and at least four cents in postage.

**The Week in Grain**  
Compiled for the Mount Joy Bulletin, at Mount Joy, Pa., by W. L. Bear & Co., Pennsylvania Building, Philadelphia, Pa., by D. B. Lehman, Manager, Woolworth Building, Lancaster, Penna.  
Phila. Pa., Nov. 13 1912.

In a news way revision in Corn estimates greatly increasing the final yield for that cereal has been the most important. The final announcement of crop exports now placing the crop at more than 3,200,000,000 bu. and a statement from Inglis calling it far in excess of general expectations was followed at the final yield to be 3,169,137,000 against an October estimate of 3,016,000,000. The safe maturity of the largest yield on record naturally worked to the lowering of values for that particular commodity, and with the unusual abundance of fall pasturage, created a soft tone to the grain list generally, and to coarse grains in particular.

Foreign developments, while sufficiently acute to keep foreign prices firm and a shade higher, did not suffice to fully overcome the domestic abundance of actual grain. Such strength as has developed in a price way, has been the reflection of good inquiry for export and liberal sales for that account from day to day. Clearances were large at five and a half millions, but trade sentiment was generally to anticipate some lowering of prices in the face of Corn harvest and first marketings from that crop.

Fair price swings and commission house participation has been the rule, with buying largely for investment account, apparently attracted by the low level of values.

**RHEEMS**  
Mr. and Mrs. Henry Fry and her parents spent several days visiting relatives near York, covering the entire distance by trolley.

Arthur Givens, who returned last week from an extended trip to the West, spent several days in the vicinity of Bachmansville.

Mr. and Mrs. C. J. Swarr and Miss Elizabeth Farmer were the guests of Mr. and Mrs. Hiram Shonk last week one day.

County Superintendent Fleischer passed through West Donegal township last Thursday visiting the schools, accompanied by a majority of the school directors.

Owing to his advanced age Levi Henry, the veteran butcher of this locality, will retire and his grandson, J. B. Henry, will continue the business and guarantee satisfaction.

Rheems has the proper facilities for industries, healthy location for living, a perfect water supply company, butchers, bakers, almost every hour and a place to store your auto.

State of Ohio, city of Toledo, Iss.  
Frank J. Cheney makes oath that he is senior partner of the firm of F. J. Cheney & Co., doing business in the City of Toledo, County and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for each and every case of Catarrh that cannot be cured by the use of HALL'S CATARRH CURE.  
FRANK J. CHENEY.  
Sworn to before me and subscribed in my presence, this 6th day of December, A. D. 1912.  
A. W. GLEASON,  
Notary Public.

Hall's Catarrh Cure is taken internally and acts directly upon the blood and mucous surfaces of the system. Send for testimonials, free.  
F. J. CHENEY & CO., Toledo, O.  
Sold by all Druggists, 25c.  
Take Hall's Family Pills for constipation.

**Birthday Dinner**  
Last Wednesday evening, Chester Armstrong, the bland and popular clerk at Pfeiffer's Cafe Lancaster, very generously entertained a party of his friends from that city at The Farmers' Inn in this place in honor of his birthday anniversary. A sumptuous chicken and waffle and rabbit dinner with many other toothsome delicacies was served in Proprietor Morrett's best style, which was greatly enjoyed by all the guests. Mr. Armstrong was the recipient of a handsome gold watch.

**Many Children are Sickly**  
Feverishness, Headache, Mother Gray's Powders for Children Break up colds in 24 hours, relieve Stomach Troubles, Teething Disorders, and Destroy Worms. At all druggists, 25c. Sample mailed free. Address, Allen S. Olmsted, Le Roy, N. Y.

### PENNSYLVANIA DUTCH.

What Shilkey Bumblecock Has To Say This Week.



Du hushet mich de ledst wuch uff der kup g'shtelt in di zcheidung. Do sellin dime laeva alimny. Ich wore groenk uff lot hen shondlich fun mere g'schhwetzed derwaega. De Sextose Betz hut g'sawt es ware en grose inbroofment uff my looks wile my fees mae menshlich gooka daida we my g'sicht. Ich hob era g'sawt es daid era grawd en farde leeva won se sich uff der kup shtella daid. De Betz Grill hut der Polly fore g'schmissa os won ich net so feel sowfa daid don breicht ich aw net so farrissa glaeder drawga, en de Polly hut era g'sawt os se het nich tsu feel zung un set moll wider em Billy Schnellkeffer si asel rida. Ich shtae aw net ariae uff em kup. Der mensch os en gonse wuch leeked un badreeged un gaed Soon-dawgs in de karrich un bade far em orma sinder shtaed sex awg uff em kup un aver uff da fees. Der mon woo si fraw used we en tramp dorrich era gons laeva un doot derno en fin hoonet dawler monument iver era grawb is usht uff da fees bis era en onery aw g'henked hut, un der mon woo der awrem shof mon nummer bint bis si kinner noch gae missa muss uff em kup in der Himmel, won are any how ni comed. Droom saeshd ot ich bin net ariae os olls ebmohls uff em kup shtaed. Feel leit shtaeana druff un wissa es net, un es daid uft-mohls goot won mae sich druff shtella daida usht far suena we dewelt gooked unna ruff. We ich uff em kup g'shtonna hob hut olls es unnersht ewersht ga gooked grawd we en mon os g'suffa is, maned era ariae ware sober un oll de onera leit wara g'suffa. Far ae mohl inmeim laeva hut der legislature on Harrisbury recht ga gooked. Oll de Senly mennen wore sober un arlich. Yaderer hut garbroover si tzae dawler der dawg fardeena un kenneer hut geld in de ribba g'shteked greeked by da corporations. De runker wore oll rich un de lawyer oll awrem un uff em wake noach em Himmel. De Dem-agrawda hen oll far prohibition vote, un de Publicans hen era offices uff g'schmissa un in ous Washington rooma es we rotta ous ra shire won se om breenna is. De porra hen de seek foll government benner g'hot, un de riggel wake kanich hen's off-ongalium ga breddehed. De karri- rha wora foll un de wartz heiser wora lahr. De welsh hawna hen sh-trowaheet g'wora, un de weipselel hen mae waega der Bevil g'schwetzed os wae ga era nuchera. In fact, es wore olls es unnersht ewersht uns binnersht feddrsh. Ich tzale mich olla vohr a pawr mole uff der fup shtella usht far saena we de weldt gooked on da tzawer enter.

**Big Colt Sale**  
On Friday, Nov. 15 D. B. Kieffer & Co. will sell a carload of fine Virginia colts at public sale at the Farmer's Inn stock yards in this place. C. H. Zeller will call the sale.

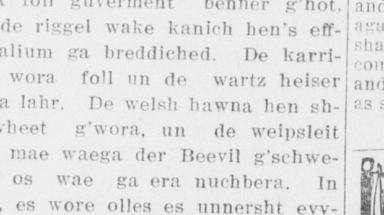
**COURT PROCLAMATION**  
His, President and Hon. Aaron B. Haasler, Associate, Judges of the Court of Common Pleas in and for the County of Lancaster, and Assistant Justices of the Courts of Oyer and Terminer, and General Jail Delivery and Quarter Sessions of the Peace in and for the County of Lancaster, have issued their precept, to me directed requiring me, among other things to make public proclamation thru out my bailiwick, that a Court of Oyer and Terminer and a General Jail Delivery, also a Court of the General Quarter Sessions of the Peace and Jail Delivery, will commence in the Court House in the City of Lancaster, in the Commonwealth of Pennsylvania.

**ON THE THIRD MONDAY IN NOVEMBER (THE 18th) 1912**  
In pursuance of which precept Public Notice is hereby given to the Mayor and Aldermen of the City of Lancaster, in the said county, and all the Justices of the Peace, the Coroners and Constables of said City and County of Lancaster, that they be they and there in their own proper persons with their rolls, records and examinations and mutations, and their other remembrances, to do those things which to their offices appertain in their behalf to be done, and also those who will prosecute against the prisoners who are or shall be, in the jail of the said county of Lancaster, are to be then and there to prosecute against them as shall be just.

MILTON EBY, Sheriff.

Read the Bulletin

**Dry Feet**  
You are sure of keeping your feet warm, dry and comfortable when you wear the famous



**Boots or Arctics**  
We sell them EVERY PAIR GUARANTEED

Also the Ever  
**Reliable Freed Brothers Work Shoes**  
For Men and Boys.

For the ladies the Lintner Shoes can't be beat. Service and satisfaction in every pair. Call and see them.

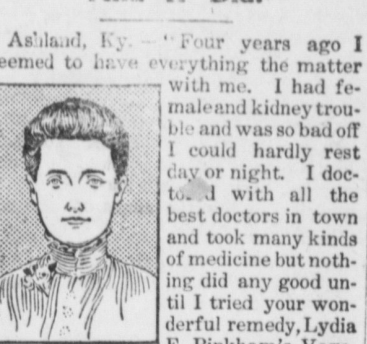
In a Dress Shoe I have the best  
—THE CROSSETT.

**Charles L. Dierolf**  
EAST MAIN ST. MT. JOY PA.

**PARKER'S HAIR BALM**  
Cleanses and beautifies the hair. Promotes a luxuriant growth. Never Falls to Restore Greyness. Hair to its Youthful Color. Prevents hair falling. 25c. and \$1.00 at all Druggists.

### WIFE'S HEALTH RESTORED

Husband Declared Lydia E. Pinkham's Vegetable Compound Would Restore Her Health, And It Did.



Ashtand, Ky. — "Four years ago I seemed to have everything the matter with me. I had female and kidney trouble and was so bad off I could hardly rest day or night. I doctored with all the best doctors in town and took many kinds of medicine but nothing did any good until I tried your wonderful remedy, Lydia E. Pinkham's Vegetable Compound. My husband said it would restore my health and it has." — Mrs. MAY WYATT, Ashtand, Ky.

There are probably hundreds of thousands of women in the United States who have been benefited by this famous old remedy, which was produced from roots and herbs over thirty years ago by a woman to relieve woman's suffering.

**Read What Another Woman says:**  
Camden, N. J. — "I had female trouble and a serious displacement and was tired and discouraged and unable to do any work. My doctors told me I never could be cured without an operation, but thanks to Lydia E. Pinkham's Vegetable Compound I am cured of that affliction and have recommended it to more than one of my friends with the best results." — Mrs. ELLA JOHNSTON, 324 Vine St.

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

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MILTON EBY, Sheriff.

Read the Bulletin

**DYOLA DYES**  
"One Dye for All Goods"  
Dy-O-La Dyes are modern dyes. Any Dy-O-La Dye will dye any kind of goods, whether wool, silk, cotton or mixed goods. The results are certain and always gratifying. We carry all colors and guarantee every package of Dy-O-La. 10c. a package.

Also Putnain FADELESS DYES and the well known DIAMOND DYES

Let us help you make old goods like new. Get them at

**CHANDLER** The Druggist

Sunday Hours 8 to 9—5 to 6.45 p. m.  
WEST MAIN ST. MT. JOY, PA.

**Cut Your Butter Bill**  
USE JELKE HIGH-GRADE "GOOD LUCK"

**BUTTERINE**  
ABSOLUTELY PURE  
Guaranteed Under Government Inspection

For Sale on and After  
**Friday, Oct. 11, '12**

AT  
1/2 E. Main Street  
MOUNT JOY, PA.

**Charles L. Dierolf**  
EAST MAIN ST. MT. JOY PA.

**PARKER'S HAIR BALM**  
Cleanses and beautifies the hair. Promotes a luxuriant growth. Never Falls to Restore Greyness. Hair to its Youthful Color. Prevents hair falling. 25c. and \$1.00 at all Druggists.

### 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.

**FINES' 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.

GO TO  
**W. B. BENDER**

East Main St., Mount Joy, Pa.  
FOR A GOOD SHAVE  
STYLISH HAIR-CUT  
REFRESHING SHAMPOO  
or anything in the Barber Line.

### BROWNIE



FOR CHRISTMAS TIME or Any Time  
**Brownie Cameras**

Picture taking and picture making has the same fascination for children as for "grown up" and the little Brownie makes it all as simple as A. B. C.

Agent for Standard Steam Laundry.

**YOU DON'T NEED PILLS YOU NEED PARK & POLLARD'S GROWING FEED**



Every chicken will live and grow as you never saw chickens grow before if you use the Park & Pollard Critless-Chick and Growing Feed

The vitalizing effect of the shredded codfish in this feed is just what is required. Learn all about this wonderful feed from their Year Book. Worth a dollar to you. We furnish it to you free.

**Brandt & Stehman**  
MOUNT JOY, PENNA.

**GEST**  
FOR YOUR STOMACH

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.

**BONE MEAL**  
for Fertilizer  
Haffleigh & Co.  
Philadelphia