passed through seventeen (more or less rollers and cloth sieves which have taken from it most every thing but the starch. Our' means come from a more or less clean mea\* market, and our fruits and other groceries, we buy by the can at the corner grocery. We sit down to a meal of bread, (usually baker's and and mostly starch), mashed or fried potatoes, (mostly starch), meats and gravy, and probably some aradi factory canned fruits and vegetables for dessert: pie, pudding and cake ream of lanar. (starch and sugar). You see out food is too highly concentrated, too complex, it doesn't contain enough "roughening" or debris to stimulate the bowels to activity. Gases formed in the bowels (by fermentation not digestion) do stimulate to certain degree, but not enough.

Many who live on a farm ge practically the same diet as thoes who live in the city. It is not un common to see baker's bread and bakery made pastries and factor canned foods on the farmer's table If we are contented to subsist or highly concentrated, factory made foods, and live in a manner con sistent with modern ideas and ideals, we should be willing to take the consequences and not whine. Afterall has been said, who would

want to go back to the ways of living in vogue in our grandfather's day? I would not, neither would They you, but we must, if we wish to overcome the habit, yes the habit of

constipation, wake certain radical

a rule your case is different. There

weren't enervated to any great ex-Chicago, III tent, by living in houses that lacked proper ventilation, for their houses changes in our dietory. There are

real whole wheat

flour.

pations-Your had great fireplaces, and usually some articles of food that will prove had to earn enough cracks and crevices to in- affective in any and all cases but as most part by sure good ventilation. nd unusually If any slight illness prevailed in are certain symptoms not like the

No Alum

CLUB

Lime Phosphates

The struggle the family, the ailing one was given ordinary constipation and it is for igerous bodies non-poisonous herb remedies com- the purpose of rendering specific match. Their pounded in the kitchen. If a doctor service to all of the Home Health ild handle al- was called he gave stuff that in Club readers that I write these of grindstones taste and smell defied description, articles. The average case will be diet for the but it was usually non-poisonous. benefited, perhaps cured entirely by d wholesome. Sometimes the results were a pro- eating daily a small dish of raw ery infrequent found dislike for the doctor and his chopped cabbage in which a dressave rich and 'dope" on the part of the patient, ing of two tablespoonfuls of olive then those What do you and I get in the oil, a little vinegar, salt and red

the wife and shape of food? Do we get the pepper has been mixed. Eat it all nd wholesome good wholesome, home prepared, with a spoon. But as I said before orn meal was unsophisticated foods? Well, hard- yours may be dicerent, thats the mill down on ly, unless we make a special effort reason I always say that you are at neir wheat was and then we are not sure of it. Our liberty to write and tell me about the same mill- bread is made from flour that has your case. Perhaps in suggesting a



THE BULLETIN. MOUNT JOY, PA

ALASKA'S "SILENT CITY." S Wonderful Mirage That Is Said to Have Been Photographed.

One of the best stories regarding a mirage is that told in Alaska concerning the appearance of a city in the sky. This "silent city" is said to have actually been photographed, and, taough there are skeptics, enough people claim To Health by Lydia E. Pink-'o have seen it to make the story interesting.

The first account of this "city of silence" was told by a prospector named Willoughby. He was a miner in California and went to Alaska, where he suffering everything from female comsettled in the vicinity of Muir glacier. In fact, it was Willoughby who piloted Professor Muir when he ascended the immense ice field which now bears the scientist's name. Willoughby always told the story of this city which appeared in the sky with much earnestness, and he carried a photograph which he said he took after several visits to the spot whence the vision could be seen.

When Willoughby first went to Alaska natives told him that at certain times of the year when the days were continued its use until I was made well." longest and the atmospheric conditions right they saw suspended in the heavens a town with streets, houses and duty to write and say what Lydia E. many different kinds of buildings. So Pinkham's Vegetable Compound has impressed was he that he engaged the done for me. I suffered from female Indians to take him to the place where weakness and at times felt so miserable the city could be seen, and in their ca-noes traveled to the spot. "After taking Lydia E. Pinkham's es traveled to the spot.

After several attempts Willoughby Vegetable Compound and following your at length saw this "silent city," as the special directions. my trouble is gone. natives called it. He said that the at- Words fail to express my thankfulness. mosphere was so clear that mountains I recommend your medicine to all my many miles away seemed near and friends."- Mrs. G. B. WHITTINGTON. that as he gazed the outlines of a city The above are only two of the thougradually assumed shape, and build- sands of grateful letters which are coning after building came to view. He stantly being received by the Pinkham distinctly saw tall office buildings, Medicine Company of Lynn, Mass., which churches and spires, houses and ev- show clearly what great things Lydia E. indication that the city was in- Pinkham's Vegetable Compound does habited; but, though he saw it several for those who suffer from woman's ills. times, he could never detect a human being. A halo of light seemed to cov. er all. As he gazed the vision faded and gradually receded. So convinced was he that he was looking at the woman and held in strict confidence. times, he could never detect a human mirage of an actual city that he made records to show that he had been on the exact spot whence the picture in

the sky could be seen. Willoughby's photograph was crude, but enough could be discerned to lead persons to assert that it was a view of Bristol, England, many thousand miles away. Willoughby told his story in 1888 or thereabouts. Since then sev eral persons have said that they saw the mirage. In every instance the mirage was surrounded by a halo of light which poured a soft glow on roof and walls .- New York Sun.

Jenny Lind Hated Us. Jenny Lind hated the Americans. She abhorred the very name of Barnum, who, she said. "exhibited me

"But," said I, "you must not forget how you were idolized and appreciated in America. Even as a child I can re-

never forget that."-From "The Courts of Memory," by Mme. Lindenerone.

Wholesale Favors.

"Out with it!"

raise in salary?"

"Well, speak up! Have you come to hand of my ughter or a

ancaster

ANCASTER



reach of all.

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Second-Our perfumes; soaps

BECAUSE

Third-Our prices are within the

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**rn** The

Druggist

MT. JOY, PA.

leaning fountain pen or a

For Fourteen Years. Restored of holiday goods. ham's Vegetable

Compound.

(A)

candies, stationery, Bibles and Elgin, Ill .- "After fourteen years of fountain pens, etc., are useful.

plaints, I am at last restored to health. "I employed the best doctors and even went to the hospital for treatment and was told there was no help for me. But while taking Lydia E. Pinkham's Vegetable Compound I began to improve and ]

-Mrs. HENRY LEISEBERG, 743 Adams St. Kearneysville, W. Va.-"I feel it my

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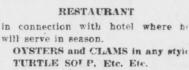
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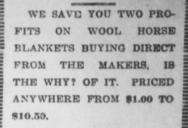
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grow as you never saw chick-

ens grow before if you use the

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The vitalizing effect of the shredded codfish in this feed

il-Farmture that is Furniture constipated. Hall Racks

I think you would get the best results from tincture of black cohash, 10 per cent. Dear Doctor:-I have been a eader of your articles for years, and am sure I have not only saved many dollars, but avoided sickness by following your advise. I want

ou to help out a friend who seems o have inflammation of the stomach oped state of nervousness and very poor digestion and is badly Mrs. L. J. S.

CLUB NOTES

lobelia, and black cohash should be

used to make a liniment?

If you will have your friend write man, and then began to stammer. me giving age, occupation, history and symptoms of her trouble. I ask for the

diet for you I may help many others. Thats what I most want to he did the big giant or any Dear Doctor:-I am a reader of just as other of his monstrosities.' your lectures and I wish you would answer one question through the columns of the Home Health Club. What proportions of mullein,

member how they worshiped Jenny Lind. "Worshiped or not." she answered sharply, "I was nothing more than a show in a showman's hands.

The young man entered the president's office and stood first on one foot and then on the other. He dropped his hat, handkerchief and umbrella Altogether he was in a highly devel-

Well, well!" said the employer "I have come, sir," said the young

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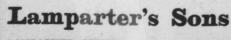
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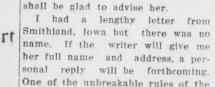
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A Bay Rum Fountain.

Not even Cologne has the perfume that is named for it flowing free. But down on the island of St. Thomas, in the West Indies. there is a fountain that gushes forth the great specialty of the place-bay rum. The fountain is on the balcony of a cafe and would attract more attention were not bay rum the dominant odor of St. Thomas. This town is the great rum market of the world, and everywhere it fairly assails the sense of smell.-New York Press.

## Bright Scholars.

Examination "howlers" are by no means confined to schoolboys, as an "information test" of freshmen at New York university showed. The definitions of "hypothecate" as "a druggist" and "esophagus" as "a tomb in which dead kings were placed" were worthy of lineal descendants of Mrs. Malaprop. while the statement that "Beowulf was a character in Shakespeare's 'Ivan-" rivals the classic account of hoe' Aesop as "a man who wrote fables and traded the copyright for a bottle

of potash."-New York Tribune.

Poultry Show at Lititz Commencing on December 24 and closing on December 28 the eighth annual exhibition of the Lancaster County Poultry, Pigeon and Pet Stock Association will be; held in he gymmasium of Linden Hall Seminary, Lititz. Indications are that the show will be larger than last year, when over 2,000 entries were on show. The judges will be F. G. Bear and James Glasgow and a number of special and

"If you please, sir." stammered the young man, "it's both."-Exchange.

Dead or Alive. Two Irishmen were working on the roof of a building one day when one made a misstep and fell to the ground. The other leaned over and called, "Are yez dead or alive, Mike?"

"Oi'm alive," said Mike feebly. "Sure you're such a liar Oi don't know whether to belave yez or not." "Well, then, Oi must be dead," said Mike, "for yez would never dare to call me a liar if Oi wor aloive."-Philadelphia Record.

Simply a Bad Actor. The Lady-How did you come to be thrown out of employment? The Thesplan-'Tis a sad but soon told tale,' madam. An ape-like audience threw ancient eggs at muh; a mangy and mercenary manger threw mub down a flight of stairs; a dull witted doorman

ty feet. Thus it was, lady .-- Judge. Evolution. "Of course you believe in evolu-

tion?" "Yes," replied Mr. Cumrox. "My own recollections of early days in the west remind me that many a sixty horsepower limousine can trace its financial ancestry back to a 'prairie schooner."- Washington Star.

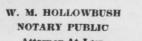
The Main Difference. "What is the real difference between mushrooms and toadstools?" "One is a feast and the other is a funeral."-Baltimore American.

Merely Fiction. Minerva - Isp't it strange, mother, that all the heroines in novels marry poor men? Mater-Yes. my dear, but that is fiction.-Judge.

Every being that can live can do something. This let him do .- Carlyle.

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