HOW TO PRESERVE YOUTH AND BEAUTY.

One great secret of youth and beauty for the young woman or the mother is the proper understanding of her womanly system and well-being. Every woman, young or old, should *know herself* and her physical make up. A good way to arrive at this knowledge is to get a good doctor book, such for instance, as "The People's Common Sense Medical Adviser," by R. V. Pierce, M. D., which can readily be procured by sending thirty-one cents for cloth-bound copy, addressing Dr. Pierce, at Buffalo, N. Y.

The womanly system is a delicate machine which can only be compared to the intricate mechanism of a beautiful watch which will keep in good running order only with good care and the proper oiling at the right time, so that the delicate mechanism may not be *worn out*. Very many times young women get old or *run down* before their time through ignorance and the improper handling of this human mechanism. Mental depression, a confused head, backache, headache, or hot flashes and many symptoms of derangement of the womanly system can be avoided by a proper understanding of what to do, in those trying times that come to all women.

MRS. WILLIAMS.

MRS. G. H. WILLIAMS, of Lynnhaven, Va., wrote: "It is six years since my health gave way. I had female trouble and all the doctors (I employed three) said I would die. I was not able to do my work, had to hire someone all the time. Finally, I read in the papers about Dr. Pierce's Favorite Prescription, and decided to try it. I had not taken but one bottle until I found it had done me good. I took, in all, five bottles of 'Favorite Prescription' and two of 'Golden Medical Discovery,' and now I am able to do all my housework, and have gained fourteen pounds. I advise all women who suffer from female trouble to try your 'Favorite Prescription.' It's the only medicine on earth."

TROLLEY SCHEDULE

Lancaster, Rohrerstown, Landisville, Salunga, Mt. Joy and Elizabethtown Street Railway Co.

WESTWARD

Leave Lancaster—a m. 4.30, 5.15, 6.15, 7.15, 8.15, 9.15, 10.15, 11.15; p. m. 12.15, 1.15, 2.15, 3.15, 4.15, 5.15, 6.15, 7.15, 8.15, 9.15, 11.15.

Leave Rohrerstown—a m, 4.50, 5.35, 6.35, 7.35, 8.35, 9.35, 10.35, 11.35, P m, 12.35, 1.35, 2.35, 3.35, 4.35, 5.35, 6.35, 7.35, 8.35, 9.35, 11.35.

Leave Landisville—A m, 5.12, 5.57, 6.57, 7.57, 8.57, 9.57, 10.57, 11.57, P m, 12.57, 1.57, 2.57, 3.57, 4.57, 5.57, 6.57, 7.57, 8.57, 9.57, 11.57.

Leave Salunga—A m, 5.15, 6.00, 7.00, 8.00, 9.00, 10.00, 11.00, 12.00. P m, 1.00, 2.00, 3.00, 4.00, 5.00, 6.00, 7.00, 8.00, 9.00, 10.00, 12.00.

Leave Mount Joy—A m, 5.30, 6.15, 7.15, 8.15, 9.15, 10.15, 11.15. P m, 12.15, 1.15, 2.15, 3.15, 4.15, 5.15, 6.15, 7.15, 8.15, 9.15, 10.15, 11.15, A m 12.15.

Arrive at Elizabethtown—A m, 6.45, 7.45, 8.45, 9.45, 10.45, 11.45. Pm, 12.45, 1.45, 2.45, 3.45, 4.45, 5.45, 6.45, 7.45, 8.45, 9.45, 10.45. A m. 12.30.

EASTWARD

Leave Elizabethtown—A m, 6.45, 7.45, 8.45, 9.45, 10.45, 11.45. P m, 12.45, 1.45, 2.45, 3.45, 4.45, 5.45, 6.45, 7.45, 8.45, 9.45, 10.45, A m 12.30.

Leave Mount Joy—A m, 5.30x, 7.15, 8.15, 9.15, 10.15, 11.15. P m, 12.15 1.15, 2.15, 3.15, 4.15, 5.15, 6.15, 7.15, 8.15, 9.15, 10.15, 11.15, A m 12.45.

Leave Salunga.—A m, 5.45x, 7.30, 8.30, 9.30, 10.30, 11.30. P m, 12.30, 1.30, 2.30, 3.30, 4.30, 5.30, 6.30, 7.30, 8.30, 9.30, 10.30, 11.30, A m. 1.00.

Leave Landisville—A m, 5.48, 7.33, 8.33, 9.33, 10.33, 11.33. P. m, 12.33, 1.33, 2.33, 3.33, 4.33, 5.33, 6.33, 7.33, 8.33, 9.33, 10.33, 11.33 A m, 1.03.

Leave Rohrerstown—A m, 6.10x, 7.55, 8.55, 9.55, 10.55, 11.55. P m, 12.55, 1.55, 2.55, 3.55, 4.55, 5.55, 6.55, 7.55, 8.55, 9.55, 10.55, 11.55, A m, 1.25.

Arrive at Lancaster—A m, 6.30x, 8.15, 9.15, 10.15, 11.15. P m, 12.15, 1.15, 2.15, 3.15, 4.15, 5.15, 6.15, 7.15, 8.15, 9.15, 10.15, 11.15 A m. 12.15, 1.45.

On Saturdays a car will leave Lancaster at 10.15 p m; Leave Elizabethtown 11.45 p m.

On Saturdays and special occasions cars will be run betwwen Lancaster and Mt. Joy every half hour form 6.15 a. m. to 8.15 p. m.

Sundays, first car leaves Lancaster at 6.15 a. m. Leave Elizabethtown at 7.45 a. m. Car marked (x) connects with

DIGESTINE

FOR Indigestion, Dyspepsia, Flatulency, Sour Stomach, Heart burn, Belching in fact for any stomach disorder, Digestine is one of the most efficient and helpful remedies yet produced. Digestine is composed of Pure Pepsin, Charcoal, Soda Bicarbonate, Nux Vomica, Peppermint etc. These ingredients (each one in itself a splendid remedy) are combined in such proportions as to secure the very best results.

YOUR weakened stomach needs assistance after eating. Digestine renders this assistance. Every Digestine tablet contains enough Pepsin to digest 3,000 grains of food. For that uncomfortable feeling after a full meal nothing is quite so good as Digestine. Its quick action gives almost immediate relief. When troubled with gas in the stomach try Digestine. You will be convinced of its merits.

STOMACH disorders usually cause Headache, Nervousness, Constipation, Biliousness, etc. Use Digestine, keep your stomach in a normal condition, and avoid these complaints. Digestine can be used freely, since no harmful effects need be feared. Ask for Digestine. Insist on getting Digestine. You cannot afford to be without this valuable remedy.

DIGESTINE is sold in the regular size at twenty-five cents. If unable to obtain Digestine from your druggist a package will be promptly forwarded postpaid to your address upon receipt of price in coin or stamps.

AT ALL DRUGGISTS AND AT

CHANDLER'S Drug Store

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

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.

Electric Bitters
Made A New Man Of Him.
"I was suffering from pain in my stomach, head and back," writes H. Alston, Raleigh, N. C., "and my liver and kidneys did not work; but four bo...

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.

KODAK

Winter or Summer, on dull days or bright, indoors or out, you can

Kodaks are simple; a child can operate, so efficient, there is no limit to results—and always ready for use on the instant. That is the Kodak way of it.

Daylight loading and unloading—no dark room needed for any of the work.

Agent for Standard Steam Laundry

EXECUTOR'S NOTICE

Estate of Jacob H. Stauffer, late of Mount Joy Borough, Lancaster county, Pa.

Letters testamentary on said estate having been granted to the undersigned, all persons indebted there to 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.

ANNIE N. STAUFFER, Mt. Joy.
ELIZABETH N. RISSER, Rheems
FANNIE N. SNYDER, Lititz R. 1
B. Frank Kready, Attorney. jan15-6t

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TRADE-MARKS and copyrights obtained or no fee. Send model, sketches or photos and brief description, for FREE SEARCH and report on patentability. 25 years experience.
Send 2-cent stamp for NEW BOOKLET, full of patent information. It will help you to fortune.
READ PAGES 11 and 12 before applying for a patent. Write to-day.
D. SWIFT & CO.
PATENT LAWYERS,
303 Seventh St., Washington, D. C.

Shaving Hair Cutting
Joseph B. Hershey
Tonsorial Parlor
Three Chairs. No Waiting
Agen for the Middletown Steam Laundry. Goods called for Tuesday and delivered Friday.
East Main St., MOUNT JOY

BONE MEAL
for Fertilizer
Hafleigh & Co.
Philadelphia

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.

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

Home Health Club

ARTICLES WRITTEN EXPRESSLY FOR THE BULLETIN BY DR. REEDER

All Readers of This Paper Are at Liberty to Inquire for Any Information Pertaining to the Subject of Health at Any Time Absolutely Free

There is still a superstition among a few physicians that a running of the ear should not be stopped. This erroneous idea dates from the time when Setons, which were open sores, were placed near points of pain supposedly to draw the impurities from the blood. These Setons were often of benefit in relieving pain, although the manner in which they did this was misunderstood. They acted as counterirritants like mustard plasters applied to the body, or as a drop of chloroform does to a sore tooth.

A running ear means that there is an abscess inside and an abscess is due to an infection by germs. Only the foolish and ignorant nowadays believe that an abscess is a good thing for anybody, or that it draws any impurities from the body except those it creates. Much harm and damage has been done by this foolish belief. Many people have neglected to get themselves or their children's ears treated promptly until the destruction of tissues and the loss of hearing became such that great permanent damage was done.

The discharge from the ear is pus, commonly called matter, and pus contains millions of bacteria and these bacteria live on the tissues, hence every day that proper treatment is neglected adds to the damage. Thus pus will eat a little hole through thex drum at first, then it will make it larger and larger, until finally the entire drum is eaten away. But pus, or rather the bacteria in the pus, do not limit themselves to the drum, they attack everything in sight, looking especially for nooks and corners where they can work undisturbed. They will often burrow upwards and after destroying the thin bone that separates the brain, cause death thru meningitis.

After reading so far, one thing must have become clear namely—that the quicker such an abscess is healed, the less damage will result to the person. Not only will the destruction be less, but time, and consequently the cost of treatment will be less, bearing proof of the old saying that "a stitch in time saves nine."

There are various germs which cause abscess and discharge from the ear, and some are more virulent than others, resisting also longer to treatment. Abscesses of this kind are quite apt to occur during or after other diseases, when vitality is lowered. For instance, they come with many cases of scarlet fever, diphtheria, inuenza, measles, pneumonia, typhoid fever and do particularly great damage in the three first named. All diseases of the nose help to bring them on as well as rapid changes in temperature. Cold water entering the ear during diving, produces them frequently. Anything that lowers the vitality and permits the blood to become stagnant opens a field for successful propagation of harmful bacteria in the system, hence the value of a good circulation.

Having settled the harmfulness of ear abscesses and pus bacteria the only next question remaining is how to get rid of them. Here the structure of the ear with its many recesses, running into surrounding bone may offer considerable difficulty, which it takes time to overcome. The more recent the case the less time is usually required for a cure. The treatment should best be carried out under the supervision of a competent physician, or better still, an ear specialist. Also Cleansing the ear frequently with warm (never cold) water, to which a little boracic acid has been added will carry away much of the pus. Plenty of room for the water to get out again should be left. If the water is too hot or if it is forced into the ear without leaving sufficient exit, dizziness or even unconsciousness will follow. If no syringe is handy a fountain syringe to which a medicine dropper is attached, is a very serviceable substitute. Do not use much pressure. Hang the bag about 2 feet above the patient's head and put tip to and not into the ear. A teaspoonful of boracic acid (powdered), to a pint of water is about right. Let the patient lean over a basin, if able, otherwise hold a dish under the ear to catch the water. A towel around the neck will catch drippings. Douching the ear in this manner with warm water makes it sensitive to cold and the patient should not go right out into the cold air, without covering the ear or putting a little cotton in it. Cotton should be frequently changed, otherwise an eczema is apt to form.

In ordinary cases the ear should be cleansed morning, noon and at night, and should be discontinued as soon as [illegible] store [illegible] meddle with the ear when not needed. Blowing in of powders, which was done up to recent times, only clogs up the passage, hinders the pus from coming out and has no value because it does not reach the seat of the trouble like water and other fluids.

The general health usually needs looking after in these cases and the system requires building up. In the majority of cases the nose requires treatment, since the ear is really an extension of the nose and is lined by the same mucous membrane.

OLD DR. THEEL & DR. W. L. THEEL
1719 Spring Garden St., (formerly 535 N. 6th St., Phila., Pa.) Ein Deutscher Arzt, Only German Specialist. The German Treatment, the only Guaranteed Cure for Specific Blood Poison, others can't Cure, all use Mercury & Arsenic, worse than the disease itself, [illegible] a curse of humanity. All [illegible] both sex, Abscess, Weakness, [illegible] Drains, Atrophy, [illegible]

HUSBAND TIRED OF SEEING HER SUFFER

Procured Lydia E. Pinkham's Vegetable Compound, which made His Wife a Well Woman.

Middletown, Pa.—"I had headache, backache and such awful bearing down pains that I could not be on my feet at times and I had organic inflammation so badly that I was not able to do my work. I could not get a good meal for my husband and one child. My neighbors said they thought my suffering was terrible.

"My husband got tired of seeing me suffer and one night went to the drug store and got me a bottle of Lydia E. Pinkham's Vegetable Compound and told me I must take it. I can't tell you all I suffered and I can't tell you all that your medicine has done for me. I was greatly benefited from the first and it has made me a well woman. I can do all my housework and even helped some of my friends as well. I think it is a wonderful help to all suffering women. I have got several to take it after seeing what it has done for me."—Mrs. EMMA ESPENSHADE, 219 East Main St., Middletown, Pa.

The Pinkham record is a proud and honorable one. It is a record of constant victory over the obstinate ills of woman—ills that deal out despair. It is an established fact that Lydia E. Pinkham's Vegetable Compound has restored health to thousands of such suffering women. Why don't you try it if you need such a medicine?

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.

Coffee and Tea

Are you satisfied with your Coffee? If not stop in at Garber's Drug Store and I will show you one of the finest Coffees on the market that sells for 35 cents a pound. I also have fine varieties of the finest Teas on the market. Stop in and examine same. E. W. Garber's Drug Store, Mount Joy Pa., 2t.

All the local news in the Bulletin.

Have you thought of giving your family a surprise by placing some fine bread on the table? You can do it with our "VERIBEST" FLOUR, a flour made from strictly Choice Spring Wheat.

Bakes Better Bread
Bakes Better Biscuits
Bakes Better Cakes
Bakes Better Pastry

Try a bag and convince yourself. Insist that your grocer gives you BRANDT & STEHMAN'S "VERIBEST" FLOUR. If he does not have it, write or phone us, and we will see that you get it. Ask the woman who bakes with it.

Brandt & Stehman
MOUNT JOY, PA.

Garden Theatre
MAIN ST. MOUNT JOY

WEDNESDAY, FEB. 26th
Ventro The Ventriloquist
4 Reels of Feature Pictures 4
Admission 10c

THURSDAY, FEB. 27th
"Wild West in the Days of 1850"
4-Reels of all Western Films-4
With a Cow-Boy Vaudeville Act
Admission 10c

FRIDAY, FEB. 28th
101-Bison 2 Reel Feature
'Massacre of the Santa Fe' Trail'
Admission 5c

SATURDAY, MARCH 1
5--Big FEATURE Reels--5
Thanhouser, Gaumont, Majestic, Kay-Bee, Solax
Don't Miss This Feature Night

Rheems Farmers

(Continued from page 1)

sibilities. The county agent to be employed will visit all sections of the county and secure details of the needs of the farmers. He will apply what the State College provides for the farmers. The agent must be a well rounded man and not a specialist. He must understand things and should not be expected to know more than the farmers themselves about conditions on the farms. The agent will be scientific, but the farmer must be practical. The speaker showed that the business men of the city and county are most enthusiastic over the farm bureau and have contributed heavily. This will no doubt mean a reaction of some kind. Good results will come from the farm bureau. The rudiments of agriculture will come into the work of the public school. Through the agent agricultural inspiration will come into the minds of the boys and girls, thus creating an increased interest in country life. Whether or not the farmers will take hold of the matter is for them to decide. Members of the bureau are expected to pay $1 per year. Farmers should avail themselves of the oportunity of being connected with the bureau. The speaker said that country life in general will be more successful. Boys and girls will take up the work of their parents and remain away from the cities.

A farmer in the audience asked "What is the advantage of growing bigger crops when prices are low for what is grown now?" In reply Mr. Brubaker said that the idea is not so much to increase crops as it is that a higher standard is desired rather than to increase the financial gain.

In reply to another question the speaker stated that the agent would be stationed in Lancaster and will be easily accessible thru telephone. The agent will attend public meetings over the county for the purpose of advising the farmers on different topics. When crops look good the whole country looks good. The farmer is the backbone of the country and his wealth comes from the soil. The farmer can have what legislation he desires if asked for in the proper way. While the agent will be paid about $1,800 per year this is not high, all things considered.

Another question asked the speaker was "Can the agent grow more than the farmer?" In reply Mr. Brubaker said that the agent would conduct seed corn tests and other like acts. He believed that the farmer can be taught to raise better crops. The farmer may also be induced to raise tobacco differently.

In conclusion, Mr. Brubaker read some of the things expected of the agent, as follows: He must submit his plans and where he will be, in the papers, at least one week in advance; make personal calls and to answer questions on agricultural subjects by telephone or in writing; conduct corn shows and other contests; arrange exhibits of agricultural products; give practical demonstrations and instruction in crop situation, soil building, farm management; cooperate with superintendents of city and county schools in teaching and rudiments of agriculture; on request he must prepare a practical schedule of farm practise on the county farm so as to put the farm on a self-sustaining basis; he shall prepare seed plots to breed to the highest efficiency the variety of seed wheat, corn, oats, barley and rye, and be ready to cooperate with existing agencies looking to the improvement of the farmers' conditions.

Mr. Brubaker made a plea for the farm bureau. All depends on the attitude of the farmers. If Lancaster is to remain the "Garden Spot" of the world the farmers must help. Farmers in other counties are pressing for the honor enjoyed by this county.

A pleasing recitation by Miss Rachel Mumma and singing by the chorus, made up of high school girls brought the meeting to a close.

Convention at East Petersburg

A Sunday school convention was held Friday evening in the Reformed church, at East Petersburg. The speakers were Dr. Hull of the Millersville State Normal School, and John Landis, also of Millersville. There was an abundance of good music, as the Salunga chorus and the Ladies' Chorus of Petersburg, sang. The Petersburg male quartet also rendered several selections.

Firemen Attention

The stated meeting of Friendship Fire Company No. 1 will be held at their usual place of meeting on Thursday evening, March 6, 1913, at 7:30, for the transaction of current business. Members will please attend without further notice. By order of the Company.

A Tongue Twister

Bill had a bill board. Bill also had a board bill. The bill bored Bill so Bill sold the bill board to pay his board bill. So after Bill sold his bill board to pay his board bill the board bill

Watt & Shand
Corner Square and E. King Sts.

1878 Anniversary Sale 1913

Another List Of Powerful Price Concessions On The New Season's Immediate Necessities

We told you our reason for these sensational price reductions on the New Spring Merchandise. This is this store's 35th Birthday celebration, and we are bent on making it the most memorable in the mercantile history of the community.

Values soar high, and prices reach the lowest level during this event.

Remember there are no "just as good" substitutes—no seconds—nothing but new, clean, fresh goods of standard quality, offered at prices far below the regular. Buy now, while these opportunities are open to you—nothing like them will ever be duplicated.

Anticipate Your Future Needs
Buy Dinner Ware Now

Here's ax 35th Anniversary Opportunity that ought to appeal to you. A great line of the very best qualities, with the most exquisite decorations you ever saw, marked at prices much below their real worth.

Can be had in sets or open stock, just as you wish.

Note the following, but don't hesitate—values like these have a habit of melting away very rapidly:

American and English porcelain, Three patterns, open stocks; regular $15, $16.50 and $18 patterns; at $10 the set to close out.

107-Piece Dinner Set; regularly $10 set; Anniversary Price $6.35

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-IST
Trunks at Half Price. Great Bargains. On The Square.

Easter Seashore Trip
15 Day Excursion
ATLANTIC CITY
Cape May, Wildwood, Ocean City
Sea Isle City, Stone Harbor
Saturday, Mar. 22, 1913
$3.45 From Mount Joy
Tickets good going on regular trains March 22, and good returning until April 5.
STOP-OVER AT PHILADELPHIA
Full particulars of Ticket Agents, or A. C. Weile, D. P. A., 11 S. 5th St., Reading, Pa.
25c. Additional to Atlantic City via Delaware River Bridge Route
Pennsylvania Railroad

PILES Rudy's Pile Suppository
A cure guaranteed if you use
D. Matt. Thompson, Sup't Graded Schools, Statesville, N. C., writes: "I can say they do all you claim for them." Dr. S. M. Devore, Raven Rock, W. Va., writes: "They give universal satisfaction." Dr. H. D. McGill, Clarksburg, Tenn., writes: "In a practice of 23 years, I have found no remedy to equal yours." Price, 50 Cents. Samples Free. Sold by Druggists. MARTIN RUDY, LANCASTER, PA.

Dry Feet
You are sure of keeping your feet warm, dry and comfortable when you wear the famous
"BALL BAND" (Red) TRADE MARK
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 Lintuer 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.

HOTEL McGINNIS
The undersigned having remodeled the old Mooney 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.
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Prompt Attention given to Sales of Real Estate and Personal Property.

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