

THE SECRET OF LONG LIFE.

Do not sap the springs of life by neglect of the human mechanism, by allowing the accumulation of poisons in the system. An imitation of Nature's method of restoring waste of tissue and impoverishment of the blood and nervous strength is to take an alternative glyceric extract (without alcohol) of Golden Seal and Oregon grape root, Bloodroot, Stone and Mandrake root with Cherrybark. Over 40 years ago Dr. Pierce gave to the public this remedy, which he called Dr. Pierce's Golden Medical Discovery. He found it would help the blood in taking up the proper elements from food, help the liver into activity, thereby throwing out the poisons from the blood and vitalizing the whole system as well as allaying and soothing a cough. No one ever takes cold unless constipated, or exhausted, and having what we call mal-nutrition, which is attended with impoverished blood and exhaustion of nerve force. The "Discovery" is an all-round tonic which restores tone to the blood, nerves and heart by imitating Nature's methods of restoring waste of tissue, and feeding the nerves, heart and lungs on rich red blood. "I suffered from pain under my right shoulder blade also a very severe cough," writes Mrs. W. Dobb, of New Brookland, S. C., to Dr. R. V. Pierce, Buffalo, N. Y. "I had four different doctors and none did me any good. Some said I had consumption, others said I would have to have an operation. I was bedridden, unable to sit up for six months and was nothing but a live skeleton. You advised me to take Dr. Pierce's Golden Medical Discovery and Dr. Pierce's Pleasant Pellets. When I had taken one bottle of the "Discovery" I could sit up for an hour at a time, and when I had taken three bottles I could do my cooking and tend to the children. I took fourteen bottles in all and was then in good health. My weight is now 107 pounds.



KIND READER:—IF YOU'RE IN BUSINESS YOU SHOULD HAVE AN AD IN THIS SPACE. REMEMBER, HUNDREDS BESIDE YOURSELF READ THIS SPACE WEEKLY.

THE KITCHEN CABINET

SOME of your hurts you have cured. And the sharpest you still have survived. But what torments of grief you endured From evils which never arrived.

DISHES TO TRY. Select some of the large-sized onions, peel and take out the centers, leaving them cup-shaped. Boil gently ten minutes, then drain and fill with chopped chicken, seasoned and mixed with bread crumbs; add melted butter, salt and pepper and bake in a deep baking dish until tender. Dot with crumbs and butter, and brown. Serve with a white sauce. Deviled Tomatoes.—Cook two eggs in the shell until hard, mash the yolks, add two tablespoonfuls of butter, a teaspoonful of powdered sugar, a little salt and pinch of mustard, a dash of cayenne, then add a well beaten egg and three tablespoonfuls of vinegar, and cook until smooth. Peel some tomatoes, dip the slices in seasoned flour and fry brown. Put into a hot dish and pour over the sauce. Normandy Tomatoes With Eggs.—Cut small tomatoes in halves crosswise, dip in melted butter and fine crumbs and broil; put them where they will keep hot. Melt three tablespoonfuls of butter, add a few eggs (four or five, according to the family to serve), which have been beaten with a tablespoonful of water for each egg; salt and cayenne. Stir and cook; add a few tablespoonfuls of grated cheese and pour over well toasted bread which has been buttered. Lay on the tomatoes, broiled side up, and serve.

Baked Tomatoes With Peas.—Choose small round tomatoes, but do not peel them; wipe and remove the pulp from the stem end, dust with salt and pepper, and fill with seasoned peas. Put them in a saucepan with bits of butter on top; baste with butter and water, while cooking; and keep covered most of the time. Cheese Tomatoes.—Take some round pieces of toast, and lay on a slice of tomato of equal size, sprinkle with a little minced onion, green pepper, salt and a dash of cayenne, and a thick layer of grated cheese. Put into a shallow pan and set under a gas flame until the cheese melts and browns and the tomato is cooked. Serve at once on a hot dish.

Walnut Croquettes.—Mix together a cup of walnut meats, a cup of cooked rice or hominy, a bit of green pepper chopped, one egg well beaten and seasoning to taste. Milk may be added if needed for moisture. Mold into neat croquettes and fry in deep fat. Almond Cookies.—Mix together a pound of ground almonds and a pound of sugar, add a tablespoonful each of allspice, cloves and cinnamon, a teaspoonful of anise extract, four eggs well beaten, and flour to mix, with two teaspoonfuls of baking powder. Roll out thin, cut in diamonds or rounds, sprinkle with sugar and cinnamon, decorate with three almonds and bake until brown.

There is not any virtue the exaltation of which even momentarily will not impress a new fairness upon the features. — Ruskin.

SUNDAY NIGHT TEA. A dainty and nice little salad to prepare for a night lunch is dates and cottage cheese. The cheese should be well seasoned and arranged on lettuce leaves, with three or four dates carefully stoned and washed and arranged on the cheese. No salad dressing will be needed with such a salad. Figs and nuts ground together in a food chopper and seasoned with a bit of salt and moistened with a tablespoonful of cream makes a fine filling for sandwiches. For a refreshing spring sandwich nothing tastes better than sliced cucumbers with a bit of onion juice and lemon on bread and butter.

Chopped green onions, seasoned with oil, vinegar and salt, make another good sandwich filling. A cup of hot cocoa on a chilly night is most acceptable, and with a salad is enough for a simple meal.

After a late heavy Sunday dinner, a very light lunch is best. For those who are not satisfied with that, a heavier dish, such as sliced roast of beef with Mexican or Spanish sauce, or an escalloped dish of eggs, macaroni and cheese and white sauce will be found quite satisfying enough. Milk toast, made of nicely toasted and buttered bread and a white sauce of rich milk or thin cream, is an especially good supper for little people.

A hot soup on a cold night warms one and is a good beginning for a light supper. For older ones the addition of grated cheese will be pleasing, and they will not find it hard of digestion. Small cakes of many kinds, with a dish of canned fruit, is another good accompaniment with other things for a supper. Spong cakes cut open and filled with sweetened and flavored whipped cream are never refused by old or young; and this is one cake the youngsters like and are not injured by eating.

Sardine and Pinola Sandwiches.—Mix twelve boned and skinned sardines with a tablespoonful of chopped stuffed olives or pinolas, add a tablespoonful of lemon juice and use for filling between buttered slices of white bread.

Man Who is Half Sick. A physician recently remarked that "it was an awful punishment to be only slightly ill and have nothing to do." The man who is only half sick, if he has nothing to occupy his attention, soon grows morbidly introspective and his mind becomes filled with exaggerated ideas of his condition. Disease grows and flourishes under such conditions. Regular employment is conducive to health. Work keeps the blood active and the mind away from the physical condition.—Health.

THE KITCHEN CABINET

WHEN the wild plum blossoms in the lane. 'Tis a time for dulcet laughter and refrain, Time for airy fairy dreamings whispered low. By the woodland piny people as we go, Time to love and make glad among the flowers.— Oh, it is a heartsome place, this world of ours.

NUTS IN COMBINATION. Add a few chopped hazel nuts or filberts to the next custard pie, and see what a delicious combination it makes. Nuts and bread crumbs used for stuffing of peppers, tomatoes or onions will take the place of meat most satisfactorily. Peanuts and Rice.—Take two cups of well salted and cooked rice; while hot stir in a cup of peanut butter, a cup of cracker crumbs, a half cupful of milk, and two eggs well beaten. Shape in a round loaf and dip in a well buttered pan. Bake until a nice brown, and serve hot with parsley. This is a most delicious loaf for children or any one who does not eat meat.

When a candle burns it is not destroyed. What seems like destruction is merely change. Any one can prove this for himself by a very simple experiment. Take a glass tube and fit a cork into each end. Bore some holes in the lower cork, one of them in the middle large enough to hold a candle. Bend a smaller glass tube to U shape, fill it with small pieces of caustic soda and cork one end. Now connect the two cylinders by a small glass tube through the corks. Insert the candle through the lower cork and suspend the whole apparatus from one beam of the chemical balance. Weigh it carefully. Connect the free end of the U tube to an aspirator so as to establish a uniform current of air through the tubes. Remove the candle, light it and instantly relight it. Let it burn down until entirely consumed. Now reweigh the apparatus. You will find that it actually weighs more than it did before the candle was burnt!

What had happened? The carbon and hydrogen of which the candle was composed have been separated, have drawn oxygen from the air and combined with it, forming water and carbon dioxide or carbonic acid gas. The caustic soda has absorbed the carbon dioxide and made sodium carbonate, and has also caught the water. The extra weight is simply that of the oxygen taken out of the air.

This is a practical illustration of the great truth that nothing is ever destroyed. Matter changes, but does not cease to exist. St. Thomas Aquinas taught this in the thirteenth century—thus as in so many other ways anticipating modern scientists—and some of the ancient Greek philosophers understood it. It has only been proved experimentally in recent years.

Executors Sale of REAL ESTATE THURSDAY, SEPTEMBER 18, 1913. Pursuant to the order of the last will and testament of Jonas H. Sheetz, deceased, the undersigned Executor will offer at Public Sale on the premises in Rapho Township, Lancaster County, Pennsylvania, on the road leading from the Mannheim road to Union Square, about two and one-half miles northeast of Mt. Joy and two and one-half miles south of the later place, the following described Real Estate, to wit: No. 1—A tract of gravel land containing 53 acres and 101 perches, adjoining lands of Mr. and Mrs. Nixley, Mrs. George Myers, Isaac Breuneman, and others. The improvements thereon consist of a TWO STORY FRAME DOUBLE HOUSE WITH FRAME KITCHEN, FURNACE HOUSE and WOOD HOUSE attached, LARGE BANK BARN, 50x36 feet with STRAW SHED attached, CORN BARN and TOBACCO SHED 40x32 feet, and 20 feet high, PIG STY and CHICKEN HOUSE, and all the necessary out-buildings, a well of never-failing water near the house with pump therein. Running water near the barn and cattle have access to water in all the fields. Also a choice variety of all kinds of fruit. The land is in a high state of cultivation, under good fences, is convenient to churches, schools, creamery, mills and mechanics of all kinds. No. 2—A tract of wood land containing one acre and 116 perches adjoining No. 1 and lands of B. B. Zug and Isaac Breuneman.

Persons wishing to view the premises prior to day of sale will please call on Emma Sheetz, residing on No. 1. Sale to be held on pursuant No. 1 at 1:30 o'clock P. M. on THURSDAY, SEPTEMBER 18, 1913, when terms will be made known by EMMA SHEETZ.

Executrix of the last will and testament of Jonas H. Sheetz, deceased, CHAS. H. ZELLER, Auctioneer.

Terms Moderate. Bell Telephone CHARLES S. FRANK AUCTIONEER MOUNT JOY, PA. Prompt Attention given to Sales of Real Estate and Personal Property.

BASE BALL NOTES

Stong Gets a Little of His Own Medicine and it Hurts. The Hortings shut Wrightsville out on Saturday 1 to 0. Ephrata got the worst walloping of the season at Boyertown Saturday, when "Jay" Doremus was lambasted for 18 hits, score 16 to 2. Elizabethtown broke even with the Lebanon County Champions on Monday, winning the first and losing the second. Mt. Joy High School Juniors played the Donegal Juniors a double header Wednesday afternoon. Mt. Joy won both games. The score of the first game was 9-4 and of the second 10-2. Manager Stong of Mountville, got a little of his own medicine at Elizabethtown on Saturday and it went down so hard that it took a column of space in Monday night's New Era to tell how bad he was roasted. Now and how only can he realize what it means to be roasted as was Ephrata and Mt. Joy when they played at Mountville.

NOTHING IS EVER DESTROYED

Matter Changes, But Does Not Cease to Exist—Simple Experiment That Proves Proposition.

When a candle burns it is not destroyed. What seems like destruction is merely change. Any one can prove this for himself by a very simple experiment. Take a glass tube and fit a cork into each end. Bore some holes in the lower cork, one of them in the middle large enough to hold a candle. Bend a smaller glass tube to U shape, fill it with small pieces of caustic soda and cork one end. Now connect the two cylinders by a small glass tube through the corks. Insert the candle through the lower cork and suspend the whole apparatus from one beam of the chemical balance. Weigh it carefully. Connect the free end of the U tube to an aspirator so as to establish a uniform current of air through the tubes. Remove the candle, light it and instantly relight it. Let it burn down until entirely consumed. Now reweigh the apparatus. You will find that it actually weighs more than it did before the candle was burnt!

What had happened? The carbon and hydrogen of which the candle was composed have been separated, have drawn oxygen from the air and combined with it, forming water and carbon dioxide or carbonic acid gas. The caustic soda has absorbed the carbon dioxide and made sodium carbonate, and has also caught the water. The extra weight is simply that of the oxygen taken out of the air.

This is a practical illustration of the great truth that nothing is ever destroyed. Matter changes, but does not cease to exist. St. Thomas Aquinas taught this in the thirteenth century—thus as in so many other ways anticipating modern scientists—and some of the ancient Greek philosophers understood it. It has only been proved experimentally in recent years.

May Ward Off Pneumonia. Here is a recipe which a physician gave me several years ago, says a writer, and I have used it in my family ever since. For coughs, colds or any bronchial trouble saturate a flannel cloth and apply to chest; Turpentine Liniment—Take a pint bottle, put in white of one egg, shake well, add four tablespoonfuls turpentine, shake till foamy, then fill with good vinegar; shake well.

Subscribe for the Mt. Joy Bulletin.

Executrix of the last will and testament of Jonas H. Sheetz, deceased, CHAS. H. ZELLER, Auctioneer.

Terms Moderate. Bell Telephone CHARLES S. FRANK AUCTIONEER MOUNT JOY, PA. Prompt Attention given to Sales of Real Estate and Personal Property.

5A Horse Blankets. Will save you money because of their unusual wearing qualities. They fit perfectly, have the right hang, and ensure warmth to the horse. 5A Horse Blankets are made of the strongest, tightest-twisted yarns. Cost You Less Money than you would pay for ordinary blankets, because we make the buckles, straps—everything—complete in our factory, the biggest horse blank factory in the world, and sell direct to your dealer, thereby doing away with jobbers' profits. 5A Horse Blankets are made in large assortment of patterns and styles. Our trade mark, 5A, is on every genuine blanket. Look for it. It means a big saving to you. 5A Storm King Square Blanket is made especially for bitter, stormy weather and the hardest outdoor wear. Woven extra strong, heavy, and exceedingly warm. Outwears several ordinary blankets. Every horseman wants it. Weights 8 lbs. and measures 84 x 90 inches. Medium price. Buy a 5A Square Blanket for street use. Buy a 5A Fine Cloth Blanket for stable use. Buy a 5A Plush Robe for carriage or auto. Write for booklet showing blankets in colors. WM. AYRES & SONS, Philadelphia, Pa.

A CARLOAD OF CRAWFORD AND ASHTABULA COUNTY COLTS AT PUBLIC SALE AT FARMERS INN MOUNT JOY, PA. Saturday, Sep. 13, 1913. A CARLOAD OF FINE CRAWFORD & ASHTABULA CO. COLTS. This lot was purchased by myself and consists of draft and road bred colts, ranging in age of from 2 to 4 years, weighting from 1,000 to 1,400 pounds. This is an exceptionally good lot of colts, all in fine healthy condition and will grow into money. They have the shape, size and color in fact all points for the making of good horses. Special Mentions—Six well bred Driving Colts. Also Three Pairs of well mated draught teams, the right kind. Also a few good Acclimated Horses. You all know the kind I ship. They are easily broke and grow out like a weed. Any of them can be put in harness and will work right off the reel. Here is an opportunity to buy good colts so don't miss this sale at Farmers' Inn, Mount Joy, on Saturday, Sept. 13th. Sale to commence at 1:30 o'clock p. m. when terms will be made known by C. H. ZELLER, Auc. ZELLER BROS., Clks. ED. REAM

DISSOLUTION OF PARTNERSHIP. Notice is hereby given that the partnership heretofore subsisting between Samuel B. Bernhart and Reuben T. Fellenbaum, trading as S. B. Bernhart & Co., and doing a general merchandise business in the Borough of Mount Joy, Pa., was dissolved by mutual consent on September 1, 1913. All accounts due by Samuel B. Bernhart, who will continue the business, and all obligations of the said firm are assumed by and are to be paid by him. SAMUEL B. BERNHART REUBEN T. FELLEBAUM. ASSIGNED ESTATE OF Emory Warfel OF EAST DONEGAL TOWNSHIP, LANCASTER COUNTY, PA. TRUST BOOK 22, PAGE 241. The undersigned Auditor, appointed to pass upon exceptions, and to distribute the balance in the hands of Charles H. Zeller, Assignee, to and among those legally entitled to the same, will sit for those purposes on Tuesday, August 26th, 1913, at ten o'clock, A. M., in Court Room No. 2, in the Court House, in the City of Lancaster, Pa., where all persons interested in said distribution may attend. WILLIAM R. BRINTON, Auditor. W. M. HOLLOWBRUSH NOTARY PUBLIC Attorney-At-Law 48 West Main Street, Mt. Joy, Pa. Days at Lancaster, Monday and Friday at No. 52 North Duke Street. Advertise in the Mt. Joy Bulletin.

BUICK. Would you go to a tailor for a suit of clothes if you knew he bought the goods in Chicago, had the coat made in Lincoln N. B., the vest in St. Louis Mo., and the pants in Springfield, Mass., and that all he had to do was to put in the pockets and sew on the buttons? The motor car company which is going to be in business five years from now is the concern that builds its own product from the ground up. They can build it cheaper and they can build it better. You want a car don't you, that is backed by a company that won't be quitting business about the time you are needing some mechanical replacements? What are acknowledged as the best motor cars on the market? Name them over. Aren't we right? Aren't they the cars built by the concerns that sell them? The Buick Motor Company builds everything from the ground up. We are building a motor car that sells because it is a good car, a powerful car, a durable car, and economical car. What a Buick has done for others, a Buick will do for you. \$975 to \$1,685 F. O. B. Lancaster Roadsters and Touring Cars. Lancaster Automobile Co. Garage Never Closed 230-238 West King St. LANCASTER, PA. The largest and only strictly fire proof garage and repair shop in Lancaster City or county.

J. Y. KLINE All Kinds Concrete Work. BUILDING BLOCKS. All Styles and Colors Porches, Columns and Banisters. Door and Window Sills and Lintels, Chimneys, Etc., Retailer of the Best Grades of Cement. FLORIN, PENNA.