

# FOR SALE

## Good, clean stock of up-to-date General Merchandise

### Including Shoes, No Clothing—The Stock Only Two Years Old

No accumulations, the best location in town, building remodeled and improved—New Elevator installed—

### Good Opportunity For a Hustler

Good Reason For Selling

## H. E. EBERSOLE

Opposite Post Office — Mount Joy, Pa.

## Mr. Man or Woman

Don't throw that pair of good shoes aside because they are slightly torn or the sole has worn thru. Bring them to me and I will make them like new for a very small consideration.

### REPAIR WORK

### A SPECIALTY

If its new shoes you are looking for, whether Men's, seen my line. The prices I know will please you. Boy's, Ladies' or Children's, don't buy until you have first

## Harry Laskewitz

EAST MAIN STREET MOUNT JOY, PENNA.

## FLORA DRABENSTADT MILLINERY

A Beautiful Line of

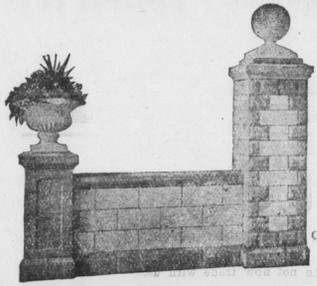
Hats  
Plumes  
Velvets  
Etc.



All the : :  
Latest  
Styles;  
Lowest  
Prices

E. MAIN STREET, MT. JOY, PA.

## 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.

### THE STORE OF LOW PRICES

Large and Favorable Contracts, made in early Summer, enable us to offer exceptional values in Dining Room, Bed Room, Parlor and Library Furniture of the very highest type. In justice to yourself examine these exclusive goods before buying. You will save from 15 to 30 per cent. and have the finest and most comprehensive stock ever assembled from which to select.

THE MOST PARTICULAR CUSTOMER IS NOT MORE EXACTING THAN ARE WE

—nor is he more critical than our buyers when selecting Furniture from the manufacturer, each of whom knows he will not tolerate the slightest deception. Reliable makers of Furniture have their own pride, too, in scoring to put their trade-mark, their seal of sincerity on any Furniture not in keeping with their dignity and reputation.

WESTERNBERGER, MALEY & MYERS  
125-131 East King St. LANCASTER, PA.

### HOME HEALTH CLUB

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

Why do we eat and drink? By Dr. H. Lindahl: At the end of the last article of this series, we answered this question quite fully. Please read it again. We shall now consider separately the various functions of food materials in the economy of the body.

Food and drink furnish the necessary amount of water to the organism.

Water is usually not classified as food. We speak about "food and drink." Yet, water is more essential to life than food. We can do without food for six weeks or more without suffering great distress or incurring serious injury, providing, of course, the mental attitude is fearless; but we cannot go without water for more than a few days without becoming feverish and delirious and experiencing intense physical and mental torture. If absolutely no fluids were taken into the system, death would probably result in less than a week. The four-fifths of the human body consist of water. Yes, and so does your high-priced steak. Lean meat contains from 70 to 75 per cent of water (and unclean water at that, contaminated by all the morbid excreta of the animal body), while grains and the pulses contain only about ten per cent of water, and nuts only about five per cent, with all the feverish and delirious good, solid nourishment in the form of starches, sugars, fats and proteins. If you still entertain the superstitious belief in the high nutritive value of meat and eggs, you are interested in the high cost of living, ponder these facts.

Water all through Nature, is the great solvent. It dissolves and holds in solution the solid elements in the vegetables and in animal and human bodies. Lately it has been discovered that even mineral crystals breathe and have a circulation of watery fluids.

If we examine a bit of flesh under a powerful microscope, we see that it is made up of innumerable minute particles of protoplasm (protein matter), some of which are enclosed in cellulose skins. These tiny organisms have been called cells. This term is rather inappropriate because under "cell" we ordinarily understand a hollow chamber. The cells may or may not have one or more nuclei, darker-colored spots which correspond to the brain and nervous system in Man.

In other writings I have described these cells as follows: They are so minute that we have to magnify them from two hundred to six hundred times before we can see them, yet they are the building blocks of living beings which are born, grow, absorb food and drink, throw off waste matter, propagate themselves, decline, and die just like the big composite cell Man. The health of the body as a whole depends upon the well-being of the individual cell and therefore in all our studies of the problems of health, disease, and cure have to refer to the cell. These little cells are congregated in communities which form the different organs and tissues of the body, and in these communities they carry on the complicated activities of citizens living in a large city. Some are carriers, bringing food materials to the tissues and organs or conveying waste and morbid matter to the excretory channels of the body. Other cells manufacture chemical substances, such as sugar, fats, ferments, etc., for the production of which Man requires complicated factories. Still others act as policemen and soldiers which protect the commonwealth against bacteria, parasites and other hostile invaders.

Thus each one of these little beings exists for a certain purpose and does its own particular useful work in the cell communities of the body, just as the human individual renders to society certain services for which he is best fitted, unless he be a useless criminal parasite, subsisting on the labor of others without giving a just equivalent. In order to insure the prosperity of the community as a whole, every cell must have proper food supply, drainage, nerve connection with the sympathetic and the central nervous system. To establish these is the aim and purpose of natural dietetics and of Nature Cure methods in general. The life of the body is made up of millions and billions of these separate cells, and more of these tiny individual beings living in every human body than there are human beings now existing on this earth.

On further examination through the microscope it will be found that the cell colonies are surrounded and intersected by rivers and rivulets of water fluid, in which the cells appear to float. These tiny rivers are branches of the large blood and lymph streams, some of which collect the elements of nutrition from the lungs and the digestive organs and distribute them through the system, while other parts of the circulatory system, the venous branches gather up the morbid excretions of the cells and convey them to the organs of elimination, the skin, intestines, lungs, and mucous membranes.

Much water is required to wash the waste materials and morbid by-products of metabolism out of the system, and this has to be replaced by the drinking of water and by the fluids contained in the so called "solid" food.

The foregoing explains the importance of water in the vital economy, and why it constitutes three-fourths of the bulk of animal and human bodies.

The Week in Grain  
Compiled for the Mount Joy Bulletin at Mount Joy, Pa., by Wm. L. Bear & Co., Pennsylvania Building, Philadelphia, Pa., by D. B. Lehman, manager, Woolworth Building, Philadelphia, Pa., Oct. 15, 1913.

The Government report on corn was about 22,000,000 larger than was looked for a month ago and there was disposition on the part of the bears to magnify the importance of this. The buying movement that occurred later was on the theory that when the abandoned acreage of corn was published the indicated crop would be in the neighborhood of 2,100,000,000 bushels as estimated by Snow. Imports of Argentine corn again brought the tariff question into prominence, but as a result of a number of times recently the small exportable surplus of that country makes it hard to understand how it could cut a figure in fixing the price of the crop here. Argentine has been shipping from 4 to 6,000,000 bushels of corn abroad every week for a long time and therefore the surplus is about depleted. There were some sharp drivers at corn prices several

times during the week but after the Government figures appeared the buying improved and carried prices well above the low figures.

When inclined to drag lower in the early part of the week but there was a better tone apparent after the report came out showing that Spring wheat had gone back slightly instead of increasing about 20,000,000 as some in the trade thought likely. Total winter and spring production of 753,000,000 bushels, while a record breaker, should not induce little bearish enthusiasm with prices at the present level. Tariff discussion did not enter so largely into the news items on wheat although Corn and Oats were both affected by it at times. Decreasing stocks at Southwestern points gave more confidence to the dull forces and the slight but persistent falling off in northwestern receipts was another development that helped in bringing rallies well time to time. The big increase in the visible supply was not as much of an aid to bearish endeavors as might have been supposed but it is nevertheless true that no protracted rise is likely as long as stuff continues to pile up. From some development recently it appears that we are nearing the end of the short run. If the short interest which is overextended may have to pay considerably higher prices.

The Government figures on Oats showed that the market held well after the first few minutes at the opening the day after the report was made public. With Canadian Oats coming into the United States rather freely it must be conceded that the market has acted extremely well. The fact that the crop is over 100,000,000 bushels less than expected but was in sufficient to support the strength partly obviates the need for about 5 cents from the highest.

Birthday Surprise  
A birthday surprise was given Wm. J. Werner, at his home, near Chesnes church, Russo township, on Saturday evening in honor of his twenty-fourth birthday anniversary. He also received 64 handkerchiefs in a kerchief shower. The evening was spent in playing games, etc., after which refreshments were served, and all had a glorious time. Those present were, Misses Katie Gible, Carrie and Minnie Longenecker, Edith Shoop, Stella Risser, Mary McAllister, Minnie Keener, Mary Greiner, Anna Shenk and Mamie Ruhl, and Messrs. George and Prof. C. Raymond Gell, Hershey Ziegler, Sowers, David Shenk, Walter McAllister, Albert Risser, Morris Greiner, Benjamin Lehman, Ammon Keener, and Mr. and Mrs. Harry O. Numbers. Mr. Werner thanks his many friends for remembering him in such a pleasant way.

Advertise in the Mt. Joy Bulletin

# Women of Middle Age

## From 40 to 50 Woman's Critical Period.

Such warning symptoms as sense of suffocation, hot flashes, severe headaches, melancholia, dread of impending evil, palpitation of the heart, irregularity, constipation and dizziness are promptly treated by intelligent women who are approaching the period of life.

This is the most critical period of woman's life and she who neglects the care of her health at this time invites incurable disease and pain. Why not be guided by the experience of others and take Lydia E. Pinkham's Vegetable Compound? It is an indisputable fact that this grand old remedy has helped thousands of women to pass through this trying period with comfort and safety. Thousands of genuine and honest testimonials support this fact.

From Mrs. HENRY HEAVILIN, Cadiz, Ohio.  
Fort Worth, Texas.—"I have taken Lydia E. Pinkham's Vegetable Compound and derived great benefit from its use. It carried me safely through the Change of Life when I was in bad health. I had that all gone feeling most of the time, and headache constantly. I was very nervous and the hot flashes were very bad. I had tried other remedies and doctors, but did not improve until I began taking Lydia E. Pinkham's Vegetable Compound. It has now been some time since I took the Compound and I have had no return of my old complaints. I always praise your remedies to my women."—Mrs. HENRY HEAVILIN, R. F. D. No. 5, Cadiz, Ohio.

From Mrs. EDWARD B. HILBERT, Fleetwood, Pa.  
Fleetwood, Pa.—"During the Change of Life I was hardly able to be around at all. I always had a headache and I was so dizzy and nervous that I had no rest at night. The flashes of heat were so bad sometimes that I did not know what to do. One day a friend advised me to take Lydia E. Pinkham's Vegetable Compound and it made me a strong, well woman. I am very thankful that I followed my friend's advice, and I shall recommend it as long as I live. Before I took the Compound I was always sickly and now I have not had medicine from a doctor for years. You may publish my letter."—Mrs. EDWARD B. HILBERT, Fleetwood, Pa.

From Mrs. F. P. MULLENDORE, Mumfords, Ala.  
Mumfords, Ala.—"I was so weak and nervous while passing through the Change of Life that I could hardly live. My husband had to nail rubber on all the gates for I could not stand to have a gate slam. I also had backache and a fullness in my stomach. I noticed that Lydia E. Pinkham's Vegetable Compound was advertised for such cases and I sent and got a bottle. It did me so much good that I kept on taking it and found it to be all you claim. I recommend it to all women afflicted as I was."—Mrs. F. P. MULLENDORE, Mumfords, Ala.

Write to LYDIA E. PINKHAM MEDICINE CO., (CONFIDENTIAL) LYNN, MASS., for advice. Your letter will be opened, read and answered by a woman and held in strict confidence.



Our Home Markets

Butter, per lb.	25
Eggs, per doz.	31
Lard, per lb.	12 1/2
Potatoes, per bu.	60
Wheat, per bu.	86
Corn, per bu.	79
Oats, per bu.	45

## Lebanon Valley FARMS

Between Hummelstown and Lebanon for Sale

Following is a partial list:

180 Acre Farm, Limestone Soil.
150 Acre Farm, Limestone Soil.
104 Acre Farm, Limestone Soil.
192 Acre Farm, Limestone Soil.
160 Acre Farm, Limestone Soil.
100 Acre Farm, Limestone Soil.
160 Acre Farm, Limestone Soil.
140 Acre Farm, Limestone Soil.
47 Acre Farm, Limestone Soil.
50 Acre Farm, Limestone Soil.
140 Acre Farm, Limestone Soil.
135 Acre Farm, Gravel Soil.
103 Acre Farm, Gravel Soil.
78 Acre Farm, Gravel Soil.
120 Acre Farm, Gravel Soil.

Prices reasonable. Persons wishing to view these farms will be accommodated by calling on

### J. A. SHRIVER H. M. HARTZ

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PALMYRA, PENNA.

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48 West Main Street, Mt. Joy, Pa.  
Days at Lancaster, Monday and Friday at No. 52 North Duke Street

PARKER'S  
HAIR BALM  
Never known to fail. Restores the hair to its natural growth. Keeps the scalp cool and healthy. Cleanses the scalp and removes dandruff. Sold in Mt. Joy by E. W. Garber and W. P. Chandler & Co.

MADAME DEAN'S FRENCH FEMALE  
PILLS.  
A Safe, Certain Remedy for Suppressed Menstruation. NEVER KNOWN TO FAIL. Restores the system to its normal condition. Cleanses the blood. Relieves all ailments of the female system. Sold in Mt. Joy by E. W. Garber and W. P. Chandler & Co.

# FREE CAR FARE TO LANCASTER & RETURN

## Enjoy The Sensation of Riding FREE

### DONOVAN'S--The Ideal Store For Out of Town Folks

Places Its County Patrons on The Same Plans as City Folks and Gives Them All The Advantages and Every Possible Comfort Extended to Our City Patrons

- Men's Clothing
- Furnishings
- Men's Hats
- Women's Shoes
- Men's Shoes
- Carpets
- Furniture
- Dry Goods
- Fountain
- Books
- Restaurant
- Muslin Wear
- Art Department
- Millinery

WE feel that when you come to town and shop at our store that you should not be put to the extra expense of car fare and we gladly pay your car fare on all \$10 purchases and look upon you as our guests the same as you would do were you entertaining in your own home when you come to Lancaster and shop at this big live store.

The following are some of the other advantages of shopping at Donovan's.

1. Goods delivered Free anywhere in Lancaster County.
2. Telephone orders may be phoned reversing the charges to us.
3. All Merchandise exchangeable within a reasonable time.
4. Cash refunded if desired; promptly and cheerfully.
5. Rest room for women, writing materials, newspapers, telephones. ALL FREE OF CHARGE.
6. 28 live departments all ready to serve you with the best merchandise in Lancaster at lowest possible prices.

- Gloves
- Hosiery
- Knit Underwear
- Neckwear, Veiling
- Notions
- Laces, Patterns, Etc.
- Umbrellas
- Jewelry, Leather Goods
- Corsets, Etc.
- Women's Suits & Coats
- Waists
- Skirts
- Children's
- Furs

A Cheery and Light  
"Tea Room"  
For Out of Town Folks  
Where dainty and appetizing meals may be had during all store hours at a very moderate charge.  
Try our fried Oysters the next time in Lancaster. They're famous throughout the county.

The Ideal Store For Out Of Town Folks  
**The Donovan Company**  
Successors to Williamson's & Foster & Cochran's  
32-38 East King St., Lancaster, Penna.