

ROYAL BAKING POWDER

ABSOLUTELY PURE

Insures the most delicious and healthful food

By the use of Royal Baking Powder a great many more articles of food may be readily made at home, all healthful, delicious, and economical, adding much variety and attractiveness to the menu.

The "Royal Baker and Pastry Cook," containing five hundred practical receipts for all kinds of baking and cookery, free. Address Royal Baking Powder Co., New York.

1776

Farmer at the plough,
Wife milking cow,
Daughter, spinning yarn,
Son threshing in the barn,
All happy to a charm.

1914

Farmer gone to auto show,
Daughter at the piano,
Madam gaily dress'd in satin;
All the boys a learnin' latin,
With a mortgage on the farm.

Advertise in the Mt. Joy Bulletin.
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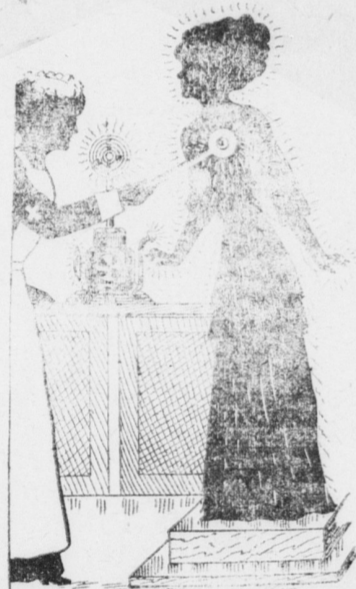
Personal Medical Examination FREE

— AT THE —

Hotel Garrett, Elizabethtown
Friday, February 20th

AND EACH FRIDAY THEREAFTER

Dr. Manship of the Radio Institute, of Lancaster will make his regular weekly visit to Elizabethtown.



We require no advance fees for consultation, advice or examination. We give you the benefit of the best advice without charge and tell you what

RADIO

will do for you and then it is for you to say what will be done. No one is too poor to come to us and learn about the really wonderful merit of RADIO and no one in ill health should neglect to secure valuable free advice. Let us PERSONALLY see you and talk over the matter. Remember that our diagnosis is more than half a cure. The RADIO energy is invariably pleasant and agreeable to patients. The RADIO treatment means a complete restoration of health in the following diseases:

- Deafness and Head Noises.
- Catarrh of the Head and Throat.
- Bronchial Catarrh and Asthma.
- Catarrh of the Stomach.
- Gastritis, Dyspepsia and Indigestion.
- Constipation and Diarrhoea.
- Liver, Kidney and Bladder Troubles.
- Chronic and Acute Lumbago.
- Rheumatism and all Nervous Diseases
- Cancer & Lupus and all skin diseases

A Few of Those Who Have Testified Are

- MRS. E. MUSSELMAN—353 E. New St. Lancaster, Pa.
- MRS. M. URBAN—1003 Clark St. Lancaster, Pa.
- MRS. SADIE DENNIS—620 E. Madison St. Lancaster, Pa.
- MR. H. McAllister—322 1/2 N. Queen St. Lancaster, Pa.
- MRS. ELIZA KELLER—Ephrata, Pa.
- MR. J. RATHMAN—Ephrata, Pa.
- MR. M. ZIMMERMAN—East E. Lancaster Co., Pa.
- MR. R. HORST—R. F. D. No. 2 New Holland, Pa.

LETTERS FROM ABOVE AND MANY OTHERS CAN BE SEEN AT OUR OFFICES.

THE HOME OFFICE OF RADIO INSTITUTE IS 303 FEHL BLD. LANCASTER, PA.

DR. MANSHIP WILL EXAMINE FREE ALL THOSE WHO CALL AT

Hotel Garret, Elizabethtown

FRIDAY, FEB. 20

Hours From 10 A. M. to 7 P. M.

Personal Mention

(Continued from page 1)
home after spending some time at Mastersonville.

Mr. and Mrs. Jos. R. Charles spent from Friday to Sunday in the City of Brotherly Love.

Mr. and Mrs. R. J. Phoin of Mannheim, were guests of friends in the boro on Sunday.

Messrs. F. M. Pennypacker and N. Hall of Columbia, were Thursday visitors to town.

Mrs. Samuel Hummer of Steelton, spent Saturday and Sunday here with relatives and friends.

Miss Pearl Getz of Ephrata, spent from Thursday to Saturday in town, the guest of her brothers.

Mr. J. F. Todd of Lexington, Pa., spent last Wednesday in town with friends and acquaintances.

Miss Alice Klugh of Harrisburg, spent yesterday in town with her parents, Mr. and Mrs. H. E. Klugh.

Mr. and Mrs. J. H. Stoll visited their daughter, Mrs. Jay MacNicholl at Merchantville, N. J., on Sunday.

Messrs. A. A. Luce, J. J. Glin and R. Roberts of the Windy City, were guests of Mr. J. M. Backenstoe Sunday.

Mr. Ralph Sheaffer, formerly a resident of this place but now living at Reading, circulated among friends in town last Thursday.

Mr. Charles Billett returned to his home in Rose Garden, Cumberland Co., after spending a few days here as a guest of Mr. and Mrs. C. S. Longenecker.

Mr. Carson Engle left on Friday for Saginaw, Mich., where he has enrolled as a student in a college of which our former townsman Mr. John E. Engle is at the head.

Mrs. Clara Brubaker will leave tomorrow for Jersey City where she will reside with her daughter, Mrs. Jno. Everett for the present. She will be accompanied by Mrs. Walter Brown. Mrs. Brubaker expects to return and take up her residence here again in the Spring.

Wanted, For Sale, For Rent

For Sale—Single and double seated sleigh, 1 horse wagon, McCall wagon, double set of Yankee harness. Call on John Evans, Mt. Joy, Pa.

\$100 to \$400 per month selling highgrade and general Lubricating Oils, Greases, Paints and exclusive specialties. Salary or Commission. Fairfax Refining Co., Cleveland, Ohio.

FOR SALE CHEAP—A large new gas stove with a double oven. Will sell very reasonable as I live in the country and can't use same. Apply at this office.

\$35 and up earned weekly selling our High Quality Lakeshore Grown Nursery Stock. Best grown in the U. S. Permanent position. Pay weekly. Outfit Free. Write today. Pennsylvania Nursery Co., Girard, Pa. Feb 4-8t

Newtown strain S. C. White Leghorn day old chicks for sale, 10c each. Order now. Also, custom hatching, at 4 cents a chick. Newpher Smeltzer, Mount Joy, Pa.

Insurance is Now Due
The Donegal & Conoy Fire Insurance assessment is now due and payable to J. Willis Freed, Mt. Joy, Pa. If assessments are not paid on or before Feb. 15, 1914, policies will be suspended.

For Sale—A lot of kindling wood, cut ready for stove use; \$1 a load. Wm. Darrenkamp Mt. Joy.

For Sale Cheap—A large gas generator for an automobile in first-class condition complete with bracket. Only \$50.00. Apply at this office.

Telephone from house to barn, tobacco cellar, etc. A set of two private telephones for this purpose can be bought for \$5. They will save you many steps and time. Drop us a card and we will show you how easy you can have this convenience. The Columbia Telephone Co., Columbia, Pa.

Cuekoo Cloeks

\$4.50 & \$7.00

Guaranteed in every Particular

Seven Jewel Watches

Made by the Seth Thomas Watch Company, in heavy silveroid case. \$2.75

Quadruple Silver Plated Bread Trays

\$2.25 & \$3.00

Don W. Gorreicht

(Near Bowman's Store)
MOUNT JOY, PA.

School Question

(Continued from page 1)
Because 'twas such a crooked path.

But still they followed—do not laugh
The first migrations of that calf,
And through this winding woodway
stalked

Because he wobbled when he walked.
This forest path became a lane,
That bent, and turned, and turned
again;

This crooked lane became a road,
Where many a poor horse with his
load

Toiled on beneath the burning sun,
And traveled some three miles in one,
And thus, a century and a half
They trod in the footsteps of that calf.

The years passed on in swiftness
feet;
The road became a village street;
And this before they were aware,
A city's crowded thoroughfare;
And soon the central street was this
Of a renowned metropolis.

And men two centuries and a half
Trod in the footsteps of that calf.

Each day a hundred thousand rout
Followed the zigzag calf about;
And o'er his crooked journey went
The traffic of a continent.

A hundred thousand men were led
By one calf near three centuries dead.
They followed still his crooked way
And lost one hundred years a day;
For such reverence is lent
To well established precedent.

A moral lesson this might teach,
Were I ordained and called to preach,
For men are prone to go it blind
Along the calf paths of the mind,
And work away from sun to sun
To do what other men have done.

They follow in the beaten track;
And in, and out, and forth, and back,
And still their devious course pursue,
To keep the path that others do.
But how the wise old wood gods
laugh

Who saw the first primeval calf!
Ah! many things this tale might
teach,
But I am not ordained to preach.

Yours in favor of a four years' course,
W. D. Chandler.
18 years a director of the Schools of
Strasburg Boro.

Why Boys Leave School

At least half the boys the country
over leave school as soon as the law
allows, which is usually at 14 years
of age. But only a small percentage
leave through any real pressure from
their parents. That is, the great ma-
jority of parents worship education
and are willing to make whatever
sacrifice necessary to continue their
children in school.

On the other hand, the majority of
employers who have work to offer
which is for these boys, do not want
them until fit, they are at least 16
years old, and many not until they
are 18. The amount of money which
boys up to these ages can earn is
certainly not in any degree an equiv-
alent for the education which they
should obtain in the 2 or 4 year
period. The almost universal plea
on the part of children is they hate
school and want to work. What does
this mean? What part of school life
do they hate and what part of shop
life do they crave?

One man I know, who has had
abundant opportunity to investigate
these matters holds that the largest
cause of this defection is a lack of
willingness to think and to take re-
sponsibility. That is, it is a form of
mental laziness. As he views the
situation, a boy feels that he can
dodge responsibility for correct ar-
ithmetic, English and anything else
he is taught in school, by entering a
shop. There, at his age, he is only
allowed to do work which is almost
automatic in its nature, which re-
quires almost no thought and little
attention for its successful comple-
tion. He is only given work which
does require thought and attention
as he shows willingness to do it;
which means that many never rise
at all and the rest comparatively
slowly.

To a boy 10 hours a day in the
shop spells more liberty than five
hours in a school room, because in
the shop he only does what he can
easily do without mental exertion
and without worry. In the school
room he is expected, at least, to be
constantly on the alert and strained
up to concert pitch.

Could we, by inaugurating practi-
cal work, such as is done at the
various trade schools, keep the
young men in school a few years
longer? Yes. This is also true of
the ladies as they quit school and
enter factories and that is about the
height of ambition of the average
young woman who does not become
a benedict.

ONE WHO KNOWS

The pupils of the Maytown High
School are visiting our public schools
this afternoon. They compose a
sleighting party.

If you want Rubber Boots, Shoes,
Arctics or Felt Boots that are extra
good get them at I. D. Beneman's.

Subscribe for the Mt. Joy Bulletin
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Mortuary

(Continued from page 1)
Peter Brady, late of Marietta, died in
the Columbia Hospital. Death was
due to liver trouble, after an illness
of one year. The deceased was in her
sixty-first year, and was a daughter
of the late Frederick Kreiner. With
her husband she lived in Marietta
many years. She is survived by
seven sons, as follows, Daniel, Lewis,
George, John, Peter, Alonzo and
Frederick. The funeral was held Fri-
day.

Mrs. Harriet Brubaker
Mrs. Harriet Brubaker, widow of
the late Benjamin Brubaker, died
yesterday morning at her home, at
Sporting Hill, aged eighty-five years,
death resulting from cancer. One
sister, Mrs. Annie Ely, residing in
Franklin county, survives. The
funeral will be held from her late
home on Friday at 9 a. m. and at
9:30 o'clock at Kreider's Meeting-
house; interment will be made in the
cemetery adjoining.

North M. Hinton
A number of persons from this
section were at Cumber's Heights to
attend the funeral of North M. Hinton,
who was killed at Steelton on
Monday, which was held Thursday
evening at the late home, Rev. James
M. Waggoner of the Church of God,
of which the deceased was a member
officiating. Burial was made at
Elizabethtown on Friday morning.
The young man was born at Maytown
and was a machinist of some ability.
Until recently he lived here, and re-
moved with his family to Cumber's
Heights. He was employed by the
Pennsylvania Steel company, and
while working near a big fan which
was suspended from the floor so that
rollers could be placed under it, the
big apparatus fell and he was caught
by the ropes. His chest was terribly
crushed and he lived only half an
hour after being admitted to the
hospital. He was thirty-two years of
age, and leaves his wife and two
children. He was a member of the
Order United American Mechanics.

HOME HEALTH CLUB
By Dr. David H. Reeder, Chicago, Ill

Nerves:—(Continuation of article
written for Home Health Club by H.
Lindlahr M. D.) Among the country
population of Germany the meaning
of the words "dyspepsia and dentist"
is hardly known. The latter can
make a living only in the larger
cities. These old country people live
closer to nature than our over-fed
but "mineral-starved" Americans. In
Germany, on account of the high cost
of fresh foods, meat is used very
sparingly. White sugar, coffee, and
pastries, are holiday luxuries. Ice
water is not found even in the home
of the wealthiest people nor in the
best hotels. The peasantry and mid-
dle class people in Germany, and in
other northern European countries,
live largely on whole-grain bread, po-
tatoes, vegetables and dairy products.
When they come to this country they
are pictures of health and of robust
strength, but they eagerly adopt
American custom of living, believing
that meat, white bread and coffee
three times a day constitute "high
living." The natural result is that in
a few years most of them lose their
red cheeks and become dyspeptic and
nervous like their new compatriots.

I frequently observed the gradual
lowering of the health standard in
descendants of immigrants. In many
families you will find the grand-
father and grandmother, who come
from the "old sod," hale and hearty
in their old age; the second genera-
tion, at middle-age dyspeptic and
nervous, and the grand-children
anemic, wearing glasses at tender
age, and affected by all sorts of
chronic ailments. Statistics show
that in our largest cities, where sur-
roundings and habits of living are
most unnatural, the fourth "city
bred" generation dies out unless re-
generated by the inflow of fresh
healthy blood of immigrants from
Northern Europe and of the sturdy
young people who crowd in from the
farming communities to be swallow-
ed up by the insatiable maw of the
great city.

We will now somewhat consider
the proper diet for people suffering
from nervous ailments. The belief
prevails that in order to make rich
blood one must eat large amounts
of meat and eggs. The science of
Natural Dietetics however, teaches
us that the richness of the blood de-
pends not so much on sugars, fat and
proteins, as on the positive mineral
elements. Almost any ordinary food
mixture will provide enough of the
"mineral salt."

In order to feed the blood with all
the elements it needs in right pro-
portions, and in that way to main-
tain it in a normal, healthy condition,
one-half of the diet should consist of
fruits and vegetables, and the other
half should be made up of sugars,
starches, fats and proteins. Meat
should be used sparingly. Many
thousands of enthusiastic vegetarians
have proved that it is better to do
without meat altogether. Eggs also
should be used sparingly at an average
not more than one a day. Coffee
and tea must be avoided altogether.
They contain powerful nerve stimu-
lants. I believe that their influence

upon the system, in the long run, is
just as bad as that of weak alcoholic
drinks. One has to smile at the in-
consistency of people, bilious, dys-
peptic and nervous as a result of the
tea and coffee habit, looking down
with virtuous indignation upon the
man who indulges in a glass of beer
or white wine.

Advertise in the Mt. Joy Bulletin.
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Missionary Society Social
The Woman's Missionary Society
of Trinity United Evangelical church
held their annual social at the
home of Mrs. M. B. Eshleman last
Thursday evening, when the losing
side entertained the winning side.

After the regular business was trans-
acted elegant refreshments were
served. The following members and
friends attended: Rev. and Mrs. N.
A. Barr, Mrs. M. B. Eshleman, Mrs.
Joseph Weber, Mrs. Sophia Dowh-
er, Mrs. George Myers, Mrs. J. H.
Gingrich, Mrs. Harry Morton, Mrs.
S. F. Eshleman, Mrs. C. S. Gingrich,
Mrs. Irvin Walters, Mrs. Amos Kay-
lor, Mrs. John Way, Mrs. Simon
Menaugh, Misses Jessie Mishey, Bar-

bara Hemperly, Ella
Jeman, Florence Kay-
Way, Mary and Martha
Anna Myers, May and Blane
Jeman, Edith and Kathryn
and Lottie Eshleman.

LANCASTER JUNCTION
Mr. and Mrs. Jonas Snavely spent
Sunday with John Cassel and wife.
Mrs. Jonas Snavely, sr., and grand-
son Jonas Helsey spent Sunday with
Miss Rosanna Zerby.

Henry Heagy and wife and Misses
Ida, Kathryn and Nellie Ault were
Sunday guests of Miss Stella Weaver.
Isaac Walborn, wife and daughter,
Leona, spent Sunday at Manheim,
guests in the home of Abraham B.
Groff.

Mrs. Isaac Walborn and daughter,
Leona, spent Tuesday with her
brother Harry W. Shearer in Raphe
township.

Mrs. Albert Kling and sons, Harry
A. Barr, Mrs. M. B. Eshleman, Mrs.
Michael Adams and wife and Jacob
Kling and wife at Littlez.

Well, those people who believe in
the ground hog as a weather prophet
have had their day. The weather
has been very cold during the past
week.

Going Out Of Business Sale

Only Three More Weeks

All \$18, \$20, \$22, \$25, \$28

SUITS and OVERCOATS

To be Sold Now at the Final Reduced Price

\$10.95

The Clothing at Big Reduced Prices In Our Window

Shows what splendid values you can buy now at WAY BELOW THE COST PRICE

Our time is limited to three weeks, so this forces us to sell with no consideration of the cost of these Suits and Overcoats.

\$15 & \$16.50 Suits & Overcoats Now \$8.98

\$12 & \$13.50 Suits & Overcoats Now \$6.98

Outlet Clothing Store

24 West King Street, Lancaster.

New Farm and Business Directory of Lancaster County

Our Representatives Wear This Badge



The publishers of the old reliable FARM JOURNAL, of Philadelphia, are preparing to publish the illustrated FARM AND BUSINESS DIRECTORY OF LANCASTER COUNTY, giving the name, post-office, rural route, and telephone connection of every farmer in the county, all arranged under post-offices, and a classified BUSINESS DIRECTORY, including all business houses in the county, arranged under the proper headings.

With the Directory is given a complete ROAD MAP of the county, with each road NUMBERED to show the exact location of each farm, as given in the Directory.

This Directory will contain many interesting PICTURES of fine farms, thoroughbred stock, churches and public institutions, schools and pupils, portraits of prominent people, etc.

The names and necessary information about farmers are being secured by PERSONAL CANVASS of the 10,835 farms in the county. This Directory and Road Map are so useful to farmers that from our experience in other counties we can guarantee that the Directory will go into at least SIX THOUSAND HOMES of Lancaster County, where it will be constantly used by farmers and business men for the next five years.

The Farm Journal Directories give information which makes them indispensable to every farmer and business man in the county. They are an immense improvement over other directories, containing what most publications do not give.

First, they give the names, addresses, telephone connection, and other important information about farmers, secured by PERSONAL CANVASS from the farmer himself. This canvass of country districts is so costly that most directory publishers cannot afford to make it, and therefore lists of farmers published are in nearly all cases copied from the assessor's lists.

The classified BUSINESS DIRECTORY includes every business house in the county, whether in city or country. In other directories the names of houses in the cities and large towns only are usually given.

These features, with the Road Map, make the Farm Journal Directory an indispensable hand-book for every live farmer and business man in the county.

If you are not sure that correct information has been given to one of our canvassers, please send it direct to our main office.

WILMER ATKINSON COMPANY

Publishers of Farm Journal

WASHINGTON SQUARE, PHILADELPHIA