

# One Price to All

# BUICK

## Sold Strictly On It's Merits

Never mind what any dealer promises you, you owe it to yourself to find out what the Factory Guarantee is on the automobile you propose buying and you should insist on this guarantee being made a part of the contract you sign when purchasing an automobile.

Some automobile manufacturers give no guarantee at all. That is one of the reasons why some dealers must offer you special inducements and discounts to sell their cars.

Investigate The BUICK Guarantee

## Lancaster Automobile Co.

230-238 WEST KING STREET, LANCASTER, PENNA.

The largest and only strictly first class fireproof garage and repair shop in Lancaster, City or County.

### Are You Undecided

where to buy your bill of Lumber? If so, all you have to do is look at the prices we are quoting for

### HIGH GRADE LUMBER

as well as everything that is included in building, for interior or exterior work, from the Timber in your foundation to the Shingles on your roof

## E. S. MOORE

Dealer in

### Coal, Lumber, Grain

FEED, HAY, STRAW, SLATE, CEMENT AND FERTILIZER

A large stock of Feed constantly on hand. Highest cash price paid for grain

Estimates of Lumber and Mill Work a Specially

### FLORIN, PENNA.

## GOOD FURNITURE

Is the only kind I sell—Furniture that is Furniture

Rockers Mirrors Hall Racks  
Picture Frames Ladies' Desks  
Extension & Other Tables, Davenport  
China Closets, Kitchen Cabinets

In fact anything in the Furniture Line  
Undertaking and Embalming

## H. C. BRUNNER

MOUNT JOY, PENNA

YOU WILL GET TEN CELEBRATED

### S. & H. Trading Stamps

WITH EVERY DOLLAR'S WORTH OF COAL PURCHASED FOR CASH AT

## F. H. Baker's

Coal and LUMBER YARDS

Mount Joy, Penna.

Sale agent for Congo Roofing. No. 1 Cedar Shingles always on hand. Also Siding, Flooring, Sash, Door, Blinds, Mouldings, Laths, Etc. Agents for Alpha Portland Cement. Also Roofing Slate.

Estimates Quickly and Cheerfully made on all kinds Building Material Telephone No. 833. Opposite Old P. R. R. Depot.

# SUMMER HATS

OUR STOCK OF "STRAWS" HAS EVERY VARIETY TO SUIT EVERY FACE, EVERY TASTE AND EVERY PURSE. IF NOT A STRAW THEN ANY STYLE OF SOFT OR STIFF HAT YOU MAY DESIRE.

## Wingert & Haas

144 North Queen St., Lancaster.

### HOME HEALTH CLUB

By Dr. David H. Reeder, Chicago

**VOLUNTEERS:** In the fight for national honor or any other question vital to the interests of one's country there are always thousands who are ready to volunteer, they are ready to sacrifice home, property, health, loved ones, even life itself for the general good or interest of their country. In times of peace it is difficult to get enough volunteers for the regular or standing army, but just show to any red blooded man a prospect for a lively scrap and he is ready.

A short time ago I called for volunteers to demonstrate the Home Health Club method of combating the insidious advance of disease and old age thru the perfect cure of constipation, not thru the taking of physic or the eating of foods that to some are very repulsive, nor thru the method so extensively advertised as internal bathing, an excellent emergency measure, but a very inconvenient and unnatural method of daily relief.

A portion of this method we use is reserved for those who volunteer and agree to follow the simple method as long as it keeps them free from constipation, which as a matter of fact means freedom from nearly every ailment under the sun and to which mankind is subject. There are a few general rules, however, that will apply to all people as well as to those who have or may hereafter join the ranks of the health volunteers, get well and keep well until over 100 years of age. A few simple rules to follow that will be good for any human being are as follows:

1. Eat until you are hungry. If in the habit of taking meals at certain hours and you go to the table with no appetite, simply don't eat, wait until the next regular meal. Skip a dozen meals if necessary, rather than to take food into the stomach when there is no normal healthy appetite. Chew all of your food until it is thoroughly incorporated with the salivary secretions of the mouth. Then it will not be necessary or desirable to drink while food is in the mouth. The saliva is an alkaline secretion and aids in the digestion of starches and fats. Don't drink any liquid while food is in the mouth. The habit of washing the partly masticated food down with tea, coffee, or any other liquid quickly stops the flow of saliva and in most cases results in excessive accumulation of fat that is not only unsightly but a real burden and danger.


2. Drink plenty of pure water, over 80 per cent of the body is water, and if food does not contain that proportion of it you must supply it direct. If you eat freely of fresh fruits and green vegetables you will not require much water as though you are a hearty meat, bread and butter, potato and cheese eater.

3. Walking and bending are the best exercises for those who are troubled with constipation, but there is more than one method of walking. The best is to push upward with the top of the head all the time. This causes you to carry all of the vital organs well up in the chest and enables the lower portion of the alimentary canal to act freely.

4. The beneficial result is quickly noticed in many ways. The bending exercises are thoroughly illustrated and described in Volume 1 of the Home Health Club books which may be secured in connection with your subscription to this paper, the most of you already have it.

### PENNSYLVANIA DUTCH.

What Shwilleky Bumblecock Has To Say This Week



Yetz mus ich eich amole fertzaia vaich unser fisha drip, usht ve ich fershprocha hop lecht wuch. Mer sin free letshita Dunershdawk morla nous gshartaet, ich un der Tom vaesht. Now ferluss dich druf mer hen en gore bully gute tzeit kot.

Mer hen oil tzway en lote kotta. Ich hop de fishen tackle, de waren, un so soch gadrawga un der Tom huts ess-soch un der shnops kot. Mer hens shnops net mit gnoma fer drinka—usht fer uriva von en shlong em bisa date.

Well mer wara a pore mole gabissa un oilly mole hen se mich gabissa. Der Tom hut sel net recht fershstey kenna ower es war de wubelt. Glymole grots der Tom si bay mitema sock-messer de no sawgt aer, "Shwilleky ich bin gabissa, gep mer de buttel gshwindt." Aer huts fergessa druf riva bekaus aer glawpt net es medislm feel gude wun mers selawake nemt. Aer hut sines gshloot.

Well mer hen en fure koj fom Ream der Edj maenich. Mer hen sella tzwa dawler geva defore, un der kennets glawwa oter net aer war gor nix gaert. Em gowl si bay wara oil so dick ve uffa rohr; aer hut gore ken hore uf en shgontz kotta; si llnk awt aer ferlora im greek; sime aent oer war op gshusa un aer war gons lever shimlich. Ich giawp net des der John ene gshtrigel hut fer en mmet un aer hut usht, grawt gshmocht ve en olter gasebock. Der Henry Garever hut tzawt des aer awernich smoocht hut ve seller limburger sanwich des se eme geva hen em Somshdawk ovet.

Vell enyhow mer sin amole nous ons Meckley's gonga. Mer hen gmaent des es fish dot hova set. Mer hen gfish un gfish un gfish un nix hut gabissa. Glymole griekt der Tom en bise, tzeit awenich tzu hot un ferrist si line un sloekt en botzelbaum hinershich. Now du hehst ene usht haera sella tzu selly fish shwetzta. Sell war aerst des ich gwist hop des der Tom dri lang-uarees shprecha hut kenna. Aer hut English, Deltsech un Profane gshwetzta.

Ich hop my line de no ney gshmissa un hop de same fesht griekt des der Tom kot hut—en otter stinkpot. Well ich hop niver tzuem Meckley nissa en gowl grega fer ene rous tzeega. Wu ich en rous griekt hop tzanich en bullfrog grawt navich mer sitza. Ich hop de no dem bullfrog gfrokt ep ken fish do im griekt sin de no sawgt aer "Gut im himmel nay, der Mikey Fry un der Isaac Kover fonga se oil so gshwindt des se grose ganookn sin fer essa. De no hen mers dot uf geva. Mer sin de no tzeick on em a Keener si dom—vaesht dot vu der Aaron Gipple o's fish.

Dot hen mer besser ons gamocht. In a pore stundt hen mer so oter shimmet tzeega hut kenna. Se hen so shtrick gabissa des ich mix gadu hop des de waren uf de hooke gsh-trengt un der Tom hut se rous gsh-tzeega. Sockermichel ower mer hen fish griekt. Der Dellinger, der Huffmader Henery, der Darenkamp un a help dutzer onera ferkaufa fish oily dawk stier sellen.

Wu mer tzeick kuma sin hen mer oil unser freindt a mess fish geva. Der Tom hut em Hollowbush apore kotzafish geva de no sawgt der "Bily" "Selly vella ich un de Salome esa bekaus mer kenna feel Jenger blawtera, de izite des mer de gnocht rous laessa, net recht Tom."

Mer hen em Jeck Sellers aw a pore geva. Aer hut uns insured ep mer gonga sin un won mer fersuffa wara don hotta se golt ganunk griekt fer uns viter rous fisha.

Em Ream hen mer aw fish geva. Aer hut tzawt mer kenna eme so feel fish geva des mer denka des selly fure vaert war. Ich hop eme en sunna-fish geva about en tzul un dri fatel long un der Tom hut mich gshulta defore—er hut gmaent es war tzu feel.

Es neckst mole des mer gane vella mer niver on der rever—deno fonga mer de grasery fish.

Shwilleky Bumblecock.

### MAYTOWN

Local Residents Are Attending the S. Convention at Williamstown

Miss Rose Shuman of New York has arrived in town.

Mr. Chas. Barnhart of Harrisburg, spent Sunday with his family.

Mrs. David Hollenbaugh will leave on Saturday, May 30th, for Chicago.

Miss Mary Dehoff has returned from a visit to friends in York and Littiz.

Miss Alice Blessing and brother Raymond are visiting friends at Hellam.

Mr. and Mrs. C. C. Keiser and family of Engleside Farm, spent Sunday at Landsville.

Mrs. North Loucks has been very ill the past week with quinsy, but is improving.

Mrs. Billel and daughter Dora of Harrisburg are the guests of Mr. and Mrs. Wm. Frisinger.

Misses Flora and Martha Shaffner of Lancaster are visiting their parents, Mr. and Mrs. Jacob Shaffner.

Mrs. Lottie Roath spent Saturday and Sunday at Lancaster, the guest of her sister, Mrs. Frank Buller.

Mrs. Samuel Klair, a former resident of this place, died at her home in Columbia on Saturday.

Mrs. Foltz of Middletown is the guest of Mr. Jacob Henderson and family.

Mr. and Mrs. Wm. Mayers and family of Rock Hill and Mr. John Myers of Lancaster, spent Sunday with their father.

Master Joe Miller of Marietta is spending some time with his grandparents, Mr. and Mrs. C. G. Longenecker.

Mr. Geo. Rhoads, Mrs. Geo. Glat-tacker and Mrs. Jacob Shaffner, who have been ill for some time, are slowly improving.

Mrs. Chas. Zell, Mrs. J. A. Dehoff and Mrs. Frank Blessing were at Elizabethtown on Tuesday, attending a lecture given by Dr. Cora Price of Lancaster.

A Festival will be held in the Band Hall on Saturday Evening, May 30th. Chicken corn soup, ice cream, strawberries, cakes and candy will be for sale.

Rev. J. D. Krout, Misses Mildred Sload and Viola Johnstn have gone to Williamstown to attend the Sunday School convention of the Harrisburg Conference of the Lutheran Church. Rev. Krout will be one of the speakers at the Convention.

The following persons have been to Lancaster during the past week: Mrs. Harry Newcomer, Mr. J. Frank Johnston, Mrs. J. R. Roath, Mr. Roland Roath, Mrs. Mary E. Hays, Miss Rozella Hays, Mr. and Mrs. C. L. Wiltze, Mr. Geo. M. Huntzinger.

The regular monthly meeting of the Woman's Home and Foreign Missionary Society of St. John's Lutheran Church was held at the home of Mrs. Edw. Fitzkee on Monday evening. Interesting reports were given of the Conference Convention held at Littiz on May 7th by the delegates, Mrs. J. D. Krout and Mrs. J. R. Roath.

Memorial Services will be held on Saturday, May 30th at 5 P. M. The procession, composed of the Sunday Schools, Lodge and Band will form in Center Square, proceed to the Reformed Graveyard, then to the Union Cemetery, where an address will be given by Mr. Mervin Brandt. Returning to the Square the Band will give a Concert.

### SCHOOL NOTES

Of Local Interest as Seen by the In-quiring Man

Principal B. F. Heiges of Manheim exchanges a post worth \$800 per year for one worth \$1250 by accepting the principalship of the Maclay Street school at Harrisburg. He follows G. Herman Goetz, who four years ago gave up the Littiz principalship to accept that post and is now promoted to a principalship in the same city at \$1500 a year. Mr. Heiges has been the Manheim principal 16 years, and filled the Elizabethtown principalship 8 years. Congratulations and good wishes to you, Brother Heiges!

A teacher's institute report of 1876 enumerates among the numbers one W. W. Griest, who is now more widely known than he was then, as teacher of the Mt. Pleasant school in Mt. Joy township. The reports of '77 and '78 mention the same gentleman as teacher of the Lincoln grammar school in East Donegal. In the report of '79 appears the same of one Lizzie P. Smith as assistant in the Marietta high school. The same Lizzie P. Smith later served as assistant in the Strasburg high school, and she still later had her name changed so that today she is known as Mrs. W. W. Griest or, in W. C. T. U. circles especially, as Mrs. Elizabeth P. Griest.

Ex-Senator Cameron at Donegal  
Ex-Senator J. Donald Cameron has arrived at his Donegal estate, from Florida and will spend the summer there, accompanied by his son-in-law, Col. Rogers, and Mrs. Rogers. Mr. Cameron was 82 years of age on Thursday and is in the best of physical health and mental vigor. He goes South in a day or two to spend a week with his friend, ex-Senator Henry Fairfax, of Leesburg, Va.

### TEMPER AND CHILDREN

Little talks on Health & Hygiene by Samuel G. Dixon, M. D., LL. D., Commissioner of Health

"Our bodies are our gardens, to which our wills are gardeners."

Physical, mental and moral health depend upon self control and the cultivation of this in children is of greater importance than any other single virtue.

Who has not observed the disciplinary efforts of parents with a feeling that they could improve upon the methods employed and the results obtained. The casual observer usually decides that parents are more often to blame for the faults of their offspring than the children themselves. Like begets like and the loss of self control by the father and mother is almost certain to be reflected in the child.

With children of a high strung and nervous temperament the display of passion and the loss of self control is to be expected. To teach a child to govern itself and to control these gusts of temper is worthy of the most careful study, persistent and kindly effort.

To permit a child to give way to passion during the early years of its life is apt, when the strain of the real burdens of life are added in later years, to end in a nervous or mental breakdown.

All students of nervous diseases are aware of the possibility of the inheritance of mental defects present in the parents. No one factor is of greater aid in equipping a child to battle with hereditary tendencies of this character than it's education in self control. It is of the greatest aid in the establishment of mental equilibrium and the maintenance of a sane poise. Knowledge, morality and a healthy, temperate physical existence are the fruits derived from the cultivation of this virtue.

### SALE REGISTER

A FREE notice of your sale is inserted here for any length of time, provided we print your sale bills. This is excellent advertising because it is read by so many people and a notice such as the following will surely bring the buyers:

Friday, May 29—At the Washington House stables, Mt. Joy, a carload of fresh cows and springers and 75 head of shoats by C. S. Frank, Minnich, auct.

Friday, June 5—At their stock yards in Mt. Joy, 56 head of Lykens Valley and Lancaster County cows, bulls and shoats by J. E. Keller & Bro. Aldinger, auct.

Wednesday, May 27—At his residence on Manheim street, Mt. Joy, a large lot of household goods by Mr. Frank Shatto, Frank, auct.

Advertise in the Mt. Joy Bulletin.

### WHY MOUNT JOY MER SHOULD ADVERTISE IN BULLETIN

A Guarantee in Every Ad.

There is a guarantee in every advertisement. The man who advertises any article unworthy of the public is but hastening his commodity to a very powerful success by the most direct method known. In this respect, advertising is a merciful doom.

The man who advertises an article worthy of confidence is hastening to magnify his glass.

If your business possesses the essential without which there can be no success, why not magnify it. When you advertise, make up your mind to magnify your business—make up your mind at the same time to use the best magnifying instrument obtainable—the Bulletin. Are you getting your share?

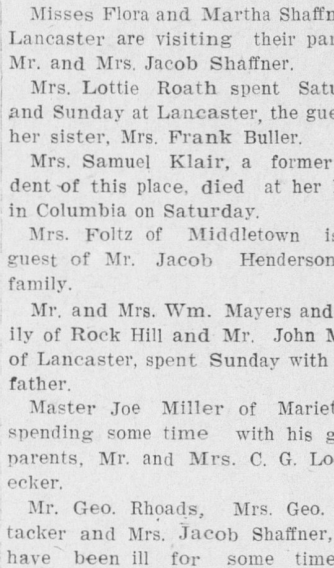
## FEED GROWING FEED

A chicken grows in proportion to the feed it consumes. Successful poultrymen study in every way to increase their chickens' appetites.

The Park & Pollard Growing Feed increases their appetite. The more they eat of it the more they want.

Whenever your chickens are hatched from January to December feed them this ration until they are six months of age.

Our customers that have used it say it is even better than they claim. Your money back if you don't like it.



THE PARK & POLLARD GROWING FEED  
46 STATE STREET, BOSTON, MASS.

We have added to our line of stock, RYDE'S CREAM CALF MEAL. Takes the place of milk at half the price. Put up in 25 and 50 lb. bags.

Protein, 25 per cent; Fat, 5 per cent; Fiber, 6 per cent. Second to none on the market.

FOR SALE BY

## BRANDT & STEHMAN, MT. JOY PENNA.

## Kreckel's May Trunk Sale

Surely! You are going to take advantage of the splendid opportunity which our May Trunk Sale affords.

Your afternoon and dancing gowns, while on your vacation trip or a weedy-end visit, should be kept in order, just as they are at home.

Our wardrobe trunks make this possible. Your gowns are hung up, just like they are in your closet at home. The drawers keep the heavy things from the dainty—the soiled from the clean.

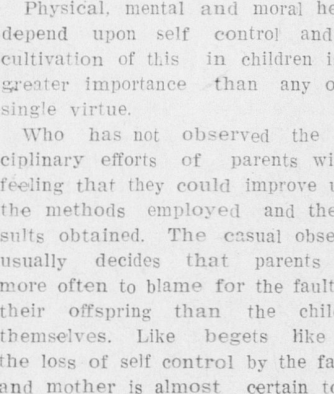
Ask to see our line. The prices will interest you.

We keep all Trunks, sold during this sale, in repair for one year.

DOUBLE "S. & H." STAMPS

## KRECKELS--On The Square

The seasons are all late this year but when they do come they're upon us with a rush. Are you ready when Summer bounces in? Better prepare now by buying your



## SUMMER MILLINERY

Stylish Shapes in Hats For Ladies & Children, Newest Colorings in Ribbons & Flowers

## FLORA DRABENSTADT

East Main Street Mount Joy, Pa.

## Mr. Farmer

Spring Is Here a Wee Bit Late

But we are prepared to take care of all your wants, large or small, in

HEAVY HARNESS, HIND GEARS, FLOW HARNESS, SPRING WAGON HARNESS, CARRIAGE HARNESS, LIGHT DRIVING HARNESS, HORSE COLLARS

We make a specialty of horse collars and guarantee to cure the worst case of sore shoulders if we fit your horse, give us a trial and make us prove what we say.

HORSE COLLARS, \$1.25 \$2.50 \$2.75 \$3.50 \$5.00

## Frank B. Groff

The North Market Street Saddler

Advertise in the Mt. Joy Bulletin. Read the Bulletin. Advertise in the Mt. Joy Bulletin.

### \$100 Reward, \$100

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure now known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials.

Address: F. J. CHENEY & CO., Toledo, Ohio. Sold by all Druggists.

Take Hall's Family Pills for constipation.