

Message Women

of Middle Age Especially.

I have found no remedy for the horrors that during change of life, when through the long day it seems as though your back would break, your head aches constantly, you are nervous, depressed, suffer from those dreadful bearing down pains, forget that Lydia E. Pinkham's Vegetable Compound is the safest and surest remedy, and has carried hundreds of women safely through this critical period.

Read what these three women say:

From Mrs. Hornung, Buffalo, N. Y.

BUFFALO, N. Y.—"I am writing to let you know how much your medicine has done for me. I failed terribly during the last winter and summer and every one remarked about my appearance. I suffered from a female trouble and always had pains in my back, no appetite and at times was very weak."

"I was visiting at a friend's house one day and she thought I needed Lydia E. Pinkham's Vegetable Compound. I took it and have gained eight pounds, have a good appetite and am feeling better every day. Everybody is asking me what I am doing and I recommend Lydia E. Pinkham's Vegetable Compound. You may publish this letter if you wish and I hope others who have the same complaint will see it and get health from your medicine as I did."—Mrs. A. Hornung, 91 Stanton St., Buffalo, N. Y.

Was A Blessing To This Woman.

So. Richmond, Va.—"I was troubled with a bearing down pain and a female weakness and could not stand long on my feet. Of all the medicines I took nothing helped me like Lydia E. Pinkham's Vegetable Compound. I am now regular and am getting along fine. I cannot praise the Compound too much. It has been a blessing to me and I hope it will be to other women."—Mrs. D. Tyler, 23 West Clayton St., South Richmond, Va.

Pains in Side, Could Hardly Stand.

La. Wis.—"I was in a bad condition, suffering from a female trouble, and I had such pains in my sides I could hardly move. I had taken the whole of one bottle of Lydia E. Pinkham's Vegetable Compound I felt better, and now I am well and can do a good day's work. I tell everybody what your medicine has done for me."—Mrs. John Thompson, Lodi, Wisconsin.

For 30 years Lydia E. Pinkham's Vegetable Compound has been the standard remedy for female ills. No one sick with woman's ailments is justice to herself if she does not try this famous medicine made from roots and herbs, it has restored so many suffering women to health.

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.



LANCASTER, PENNA.

THANKSGIVING SALE OF LINENS

Linens That Really Are Linens.

Linens, like diamonds, have to be bought on faith unless you're an expert. The good appearance often comes out in the wash. At Leinbach's you are positively safe, we have taken the stand for honest linens and are sticking to it, that's why we have the largest linen business in Lancaster City.

Hundreds and hundreds of our customers await the announcement of this linen Sale every year. It means so very much to them. It enables housekeepers to obtain "Better Linens" at considerably less cost than any other time of the year. We bought early, when market prices were lower, it's our pleasure to share the benefits of our foresight with YOU.

Examples to Give you an Idea of the Wonderful Values

- Odd table cloths, 3, 2 1/2 and 2 yards long; assorted patterns; were \$4.50 to \$3.00; now \$3.50 to \$2.39
- Hemstitched Linen table cloths size 56x80 inches, elegant quality; assorted patterns; regularly \$1.39 \$1.00
- Ten dozen napkins; of extra fine quality were \$9.00 and \$9.50 a doz; now \$6.00 and..... \$6.75
- Special lot of odd napkins; beautiful designs; regular price, \$3.00; \$3.25 and \$3.50; reduced to... \$2.50
- All linen damask; full bleached; new designs; special values at 75c to \$1.50; Napkins \$2.50 to... \$4.50
- Mercerized Damask; full bleached; splendid grades; very pretty designs; special 25c, 39c and... 50c
- Silver Bleached All linen damask; desirable width; several very handsome patterns; 50c, 59c, 75c to... \$1.50
- Lunch Covers, neatly hemstitched; various sizes, 75c to \$4.50; Tea napkins to match; \$2.00 to... \$6.00
- Tray covers; all linen; to scallop or hemstitch, 25c. Others already hemstitched, 25c to... 75c
- Hemstitched and scalloped sets; all linen; including one dozen napkins to match at \$5.00 to... \$9.50
- Damask sets; 2, 2 1/2 and 3 yard cloths; round or square; with napkins; special, \$5.00 to... 15.75
- sets in linen damask; consisting of 8 1/2-inch dozen napkins; special... \$2.69

Thanksgiving Proclamation

IT HAS long been the honored custom of our people to turn in the fruitful autumn of the year in praise and thanksgiving to Almighty God for His many blessings and mercies to us as a nation. The year that is now drawing to a close since we last observed our day of National Thanksgiving has been, while a year of discipline because of the mighty forces of war and of change which have disturbed the world, also a year of special blessing to us.

It has been vouchsafed for us to remain at peace, with honor, and in some parts to succor the suffering and supply the needs of those who are in want. We have privileged by our own peace and self-control in some degree to steady councils and shape the hopes and purposes of a day of fear and distress. Our people have looked upon their own life as a nation with a deeper comprehension, a deeper realization of their responsibilities as well as of their blessings and a keener sense of the moral and practical significance of what their part among the nations of the world may come to.

The hurtful effects of foreign war in their own industrial and commercial affairs have made them feel the more fully and see the more clearly their mutual dependence upon one another, and have stirred them to a helpful co-operation such as they have seldom practiced before. They have been quickened by a great moral stimulation. Their unmistakable ardor for peace, their earnest pity and disinterested sympathy for those who are suffering, their readiness to help and to think of the needs of others have revealed them to themselves as well as to the world.

Our crops will feed all who need food; the self-possession of our people amid the most serious anxieties and difficulties and the steadiness and resourcefulness of our business men will serve other nations as well as our own.

The business of the country has been supplied with new instrumentalities and the commerce of the world with new channels of trade and intercourse. The Panama Canal has been opened to the commerce of nations. The two continents of America have been bound in closer guise of friendship. New instrumentalities of international trade have been created which will be also new instrumentalities of acquaintance, intercourse and mutual service. Never before have the people of the United States been, so situated for their own advantage or the advantage of their neighbors, or so equipped to serve themselves.

Therefore, I, Woodrow Wilson, President of the United States of America, do hereby designate Thursday, the 26th of November next, as a day of Thanksgiving and prayer and invite the people throughout the land to cease from their wonted occupations and in their several homes and places of worship render thanks to Almighty God.

In witness whereof I have hereunto set my hand and caused the seal of the United States to be affixed.

Done at the city of Washington, this 28th day of October, in the year of Our Lord One Thousand Nine Hundred and Fourteen and the independence of the United States of America the one hundred and thirty ninth.

WOODROW WILSON

HOME HEALTH CLUB

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

Rheumatism:—Once in a while the student of ailments gets quite a jolt and effect are disarranged. The cause of rheumatism has been a question about which there has been more discussion, contradictions and flat denial, I presume than any other ailment and the end is not in sight.

Many years ago I noted the fact that severe cases of Pyorrhea were nearly always followed by more or less rheumatism. Pyorrhea is a disease of the gums or teeth in which pus is secreted and discharges constantly into the mouth. The teeth generally get loose but are not always painful, so they are neglected. The sufferer realizes that his teeth are loose and that his breath is very offensive and some realize that pus is constantly coming out between the tooth and the gum, but as long as there is no pain the neglect continues.

Another thing that I observed many years ago, and other physicians have observed the same thing, people who have frequently suffered with la grippe, seldom if ever have an attack of it after having been operated upon for appendicitis. I have not had the time to personally study the connection between cause and effect further than to find that la grippe does not attack people that never are constipated and neither does appear to stop the attacks of la grippe. It is now commonly admitted by many of the foremost investigators that the cause of rheumatism originates in a secretion of pus at some point from which it gets into the blood, sometimes from Pyorrhea. In other cases it may be from diseased tonsils, from what may be diagnosed as post nasal catarrh or from other sources, but these are the most frequent and most readily located sources of infection as well as the easiest to successfully treat.

Now, if you suffer from rheumatism the wise thing to do is to find out just as quickly as possible and from a reliable source, whether or not any of these conditions exist in your case.

In talking with a physician this morning, one who has been helping me in my office work for a long time, he said that for many years he had been able to trace certain cases of heart trouble back, first through rheumatism and from that to tonsillitis, then back to sore throats and a tendency to take cold on the slightest exposure and from that to constipation. The same powers of digestion, assimilation and elimination do not exist in any two individuals alike, so we see a man and wife or two brothers eating at the same table, of the same food for a period of years. One is quite fleshy, even to the point of Obesity while the other is thin, sometimes to the point of emaciation. One member of the family is constantly afflicted with constipation while another is the reverse.

Each individual will be the eye of the careful and entirely an entirely different set of circumstances, habits, and environment, and the result will be different. The result will be different.

cure for sickness and so long as such simple ailment as constipation and colds in the children are neglected, just so long must the adults suffer the penalty.

FOOT STRAIN

Little Talks on Health & Hygiene by Samuel G. Dixon, M. D., LL. D.

Rudyard Kipling makes one of his characters in a military tale say "A soldier is no better than his feet."

The man or woman whose occupation or duties require them to stand or walk for a greater portion of the day come to a certain extent in the same category, they are no better than their feet.

This is not alone due to their lack of mobility but to the ever present strain on the nervous system when the feet are partially incapacitated. Anyone who has suffered from the breaking down of the arches of the feet can appreciate how extremely painful this is and how serious a handicap. Cases of this sort are of an extreme character.

What people do not appreciate is that worn down heels which throw the weight of the body to one side or other of the foot may cause a continuous strain when walking or standing. Many people are particularly careful in the care of their other extremities.

Our modern shoemakers are turning out better shoes than have ever been made in the history of the world. They are less clumsy and more serviceable. Unfortunately, however, the dictates of fashion have led women and men to wear footwear which distorts the natural shape of the foot.

The Roman sandal which permitted the toes to assume their natural position and allowed each one of the five to bear its portion of the weight and give spring to the step was obviously more sensible than the French heeled pump. The latter throws the weight of the body on the ball of the foot and this causes a strain to keep the body balanced. This may be an unconscious action, but it is nevertheless extremely tiresome. It is possible owing to the craftsmanship of present day shoemakers for both men and women to secure neat, trim looking footwear which is sensible in shape. To be comfortably shod is no small factor in the preparation for one's daily work and will prove a material aid in increasing individual efficiency.

BOX FOR ORPHANS

Gleaners of Elizabethtown, Send Presents to Europe

The Gleaners' class of Christ Reformed Church, Elizabethtown, sent a box containing the following to the orphans in Europe: 88 dresses, 34 petticoats, 29 pieces of woolen underwear, 53 pieces of cotton underwear, 34 pairs of woolen hose, 46 pairs of cotton hose, 14 caps, 5 bloomer suits, 2 sacques, 1 baby's outfit, 5 pieces muslin underwear, 1 woolen waist, 2 dolls, 1 handkerchief, 11 sleeping garments, 1 pair gloves, 1 apron, 1 pair shoes, 4

HOUCK AND WAGNER

Great Pair of Middleweights to Meet in Lancaster November 16th

The Lancaster Athletic club has made a match for the night of Monday, November 16th, which should be worth going much farther than Prince Street hall to see. It will be between Leo Houck of Lancaster and Kid Wagner of Wilkes-Barre. This will be the first appearance of Leo Houck this season, but Wagner has been boxing right along. Every Lancaster lover of the sport knows the record of Houck, but few are acquainted with the career of Wagner, who is a much better boy than any one thinks. Only last week he defeated Peck Miller in Philadelphia, and on Thursday night stopped Jack Blackburn in three rounds at Allentown. He has defeated Battling Lavinsky twice, Jack McCarron, twice, K. O. Brennan, George Ashe, four times, Jack Fitzgerald, Tim O'Neil and others. He has had a ten round draw with Jack Dillon and met Houck once before. None of the middleweights are any too anxious for his game, but they all look alike to Houck.

Those who know all about boxers can appreciate what a good bout this really is and it has been secured at a big cost, so that there will be a slight raise in prices. People, who want seat reservations can leave the names as the patrons of the club who secure tickets at all times will be given the preference because they are entitled to it.

Parable on Boys

Verily in this day and generation the father raiseth up his son on the streets and sidewalks. He layeth around the soda fountains and imbibeth slop and hookworm. He groweth in knowledge of nothing save cigarettes and cuss words.

When he attains the age of sixteen he acquirith a suit of clothes turned up at the bottom two fur-logs above his feet. He displayeth a pair of noisy socks with purple back-ground and violets to the front. He wearith low-cut, tan shoes, also a bright green tie. He looketh like a banana merchant on the streets of Cairo.

The inside of his head resemblith the inside of a pumpkin. He fallith in love with a spindle-shanked girl with pink ribbons in her hair, and craveth for an automobile that he may ride her forth in the spring time. He scattereth his pin money like a cyclone scattereth a rail fence. He sitteth up at night to write poetry and giveth no thought to the multiplication table. His mind turneth to the vanities of life and not to the high cost of corn-bread.

Verily, verily, he needeth a board applied vigorously to the southwest corner of the anatomy.

He thinkith his father a plodder and his mother a back number. He pictureth to himself great riches suddenly acquired. He dreameth of steam yachts and private cars.

Yes, he thinkith himself the real stuff. He butteth in where he is not wanted; he criticiseth his elders; he purchaseth cheap perfume and smellith louder than a billy goat.

When he groweth up he getteth a job as clerk in a store at \$1 a day and swipeth extra change from his boss till he is caught.—Cloverdale (Ind.) Graphic.

WHY MOUNT JOY MERCHANTS SHOULD ADVERTISE IN THE BULLETIN

At this time it may not be out of place to give those contemplating making real estate sales a little advice so here goes.

Remember the first and foremost essential in getting a good price for your property is to thoroughly advertise it. Get a good, neat and attractive sale bill printed, telling of the advantages of your property. In that manner you will get many competitive bidders and good bidders make good sales.

In order to get these bidders you must advertise your property quite extensively.

First, by an attractive and well written sale bill.

Second, by an advertisement in a paper that circulates hundreds and hundreds of papers weekly in the community surrounding your property.

Now that's just where we shine. We can print you a poster second to none because we have the equipment and as to the advertising, we insert a free notice in our register weekly, (provided we print the sale bills). Doesn't that listen interesting?

Our best evidence that we can "deliver the goods" is the good sales in the past, the bills for which were printed at this office.

Dancing at Columbia The Colonial Assembly, under management of Eugene Flanagan, will hold dances every Friday evening in Keystone Hall, and on Thanksgiving a big special dance will be held in Columbia Hall. Krodle's orchestra will furnish the music.

From a Foreign Land. The Gleaners of Elizabethtown, Uncle Sam's arm the year

Diamond RINGS

Pure white stones of good size, mounted in fourteen carat Solid Gold Rings at

\$15.00

A SPECIAL BARGAIN

CLOCKS

Also unusual values in Eight Day Clocks from \$3 up.

Don W. Gorrecht

(Near Bowman's Store)

MOUNT JOY, PA.

American Plan Rates Moderate

Exchange Hotel

Mount Joy, Pa.

Albert Zaepfel, Prop.

Has all modern convenience such as Baths, Hot and Cold Water, Steam Heat, Electric Light, Etc.

Table is Supplied With the Best the Market Affords

Also Lunch Counter

Where Soups, Sandwiches, Cheese, Tripe, Clams, Etc., are served

FINE OYSTERS IN EVERY STYLE

Bar is Stocked With the Best Brands of Beer, Wines, Liquors & Cigars

Good Stabling Accommodation

Local and Long Distance Phones

OYSTERS OYSTERS

If you want to eat oysters, get them where they are good. I serve the finest primes in town in every style. Sold in any quantity at right prices.

When its GOOD ICE CREAM you want, I can supply you.

All Flavors at All Times Special Prices to Parties, Festivals, Suppers, Etc.

Mrs. C. H. Zeller

Marietta Street MOUNT JOY

PROF. FRED W. GESTEWITZ

Author of several Songs and Marches. The German Musician, offers his services to the people in Lancaster Co., teaching on almost any String Instruments, Piano, Organ and Pipe Organ at reasonable prices—tuning pianos and repairing organs and pipe organs a specialty.

Mount Joy, Pa.

WARNING

Some one has been carrying away feed from a farm near Donegal Springs, Berks; your life is in some one's hands.

East Donegal Farmer

A NEW RESTAURANT

I have opened a first-class restaurant at my residence on Fairview street where I serve the best of everything in season. Try my oysters in every style. Clams, etc. JNO. B. GANTZ

Fairview Street Mt. Joy, Pa.

CHARLES S. FRANK AUCTIONEER

MOUNT JOY, PA.

Promptly Real Estate

Have Your

CAR

FARE

Refunded To You

Yes, Ride to Lancaster and return, absolutely FREE !! The outlay for car fare is entirely eliminated when you shop at Donovan's.

All that is necessary is to purchase merchandise amounting to \$10 or more we will then cheerfully refund not only your return fare but the car fare to Lancaster, as well. Could any offer be more liberal. Next time you come to Lancaster, stop in and let us refund your car fare.



The Donovan Company

32-38 E. King Street Lancaster, Penna.