

# One Price to All BUICK

## Sold Strictly On Its 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 to 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, SALT, CEMENT AND FERTILIZER

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

Estimates of Lumber and Mill Work a Specialty

FLORIN, PENNA.

## GOOD FURNITURE

Is the only kind I sell—Furniture that is Furniture

Roekers 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  
CHASED FOR CASH AT



### F. H. Baker's

Coal and LUMBER YARDS

Mount Joy, Penna.

Sole agent for Congo Roofing No. 1 Cedar Shingles always on hand. Also Siding, Flooring, Sash, Door, Blinds, Mouldings, Laths, Etc. Agent for Alpha Portland Cement, Roofing Slate and Sheet Iron. Estimates quickly and cheerfully made on BUILDING MATERIAL and all kinds of CONCRETING WORK. Both phones.

## FALL HATS

ALL THE NATTY SHAPES FOR YOUNG MEN.

ALL THE STAPLE STYLES FOR THE MORE CONSERVATIVE MEN ARE HERE

COME AND TAKE A LOOK

## Wingert & Haas

St. Lancaster.

### HOME HEALTH CLUB

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

Food combinations: Wherever there is functional action there must be supplied a quantity of material to maintain that action, and there will be products of the action itself. Vitality is no exception to the rule of nature. As long as life endures there is activity in every portion of the body, which demands material for its maintenance and results in waste products on account of the work performed.

Foods are substances which, on account of their inherent characteristics, are capable of supplying the material necessary to repair and maintain the integrity of the tissues affected by natural vital action. Vital force can use them to replenish the substances daily lost by secretions and waste. In infancy, childhood, and youth more foods are required than would be at other periods necessary to maintain tissues and compensate for waste; for during those periods of life, the general structure of the body must be enlarged and solidified by normal growth. During adult and advanced life no more food is required than is just sufficient to counterbalance natural waste. It is evident that foods, to be truly such, must contain the elementary substances that are a part of the human organism, and that those substances must be combined in such a manner and in such proportions as to be most easily used by the vital force in the building up of tissues and the compensation of waste.

There are fourteen elementary substances in the human body, combined in various ways. Any substance containing an element not in this list is a direct poison to the body, and cannot enter the stomach without doing damage. But this does not mean that every substance containing any of these elements is a food. Far from it. The availability of elements for food depends altogether upon the manner in which they are combined. One fact stands out pre-eminently. All elementary substances must first be extracted from the earth and combined and organized by the process of vegetation before they can become capable of being utilized by the human organism as foods.

The brain contains phosphorus, the blood iron, muscular structure contain large quantities of nitrogen, but brain substance cannot be built up by eating elementary phosphorus, the blood cannot be improved by taking unorganized iron into the system; pure nitrogen will not increase muscular tissues. But organized compounds, rich in phosphorus or iron, or nitrogen, may be utilized most advantageously. Let it be remembered as an absolute fact, demonstrated by recognized scientific investigations, that no unorganized element can in any way be assimilated by the system and converted into the various tissues and structures of the body.

So carefully adjusted in the body are the various combinations of the 14 elements that it is an absolute necessity for the maintenance of health that each day every one of the 14 elements, in organized combinations, enters into the system. Of course, it often happens that persons exist in apparent health for some time who are deprived of these elements, but their health is only apparent and sooner or later the effects of the deficiencies become manifest. The complete table of foods and their nutritive value is given in full in Vol. 1 of the Home Health Club books, and it is a matter of the greatest importance for us, if we would have perfect health, to understand the composition of various foods, that we may intelligently select such articles as will be most beneficial to the system and reject such as are unnecessary or harmful. But we are not all chemists and we do not all care to become such; and for that reason I am glad to give my readers the conclusions reached by investigators who have devoted their lives to these subjects.

While the fourteen elements mentioned are distributed throughout the organism, yet the proportions vary greatly in different parts of the body. The muscles and labor performing structures contain the largest amount of nitrogenous compounds; the fat and substances consumed in supplying heat to the body contain the largest proportions of phosphorus compounds. These facts being ascertained, foods are correspondingly divided into three great classes:

1. Nitrogenous compounds, called nitrogenous and albuminous foods, or proteins. These are especially adapted to the building up of muscular tissue and the supplying of materials to compensate for the loss occasioned by physical labor or exercise. They are muscle forming foods.
2. Carbon compounds, called carbonaceous foods, starch, and fats. There are adapted to the maintenance of the heat of the body and to the accumulation of fat.
3. Phosphorus compounds, called phosphates, or phosphatic foods. These are adapted to the nourishment of the brain and nervous tissues. They are especially valuable to those who are forced to endure great mental labor.

mean the percentage of substance which can be assimilated in the system and be converted into actual tissue to compensate for the natural waste of the organism. There is no natural food (not manufactured) which is composed entirely of nutritive substances, as a greater or less amount of waste is always present. Sugar for instance contains 95 per cent of nutritive value, all of which is under the head of carbonaceous; there are no nitrogenous or phosphatic materials. For that reason man could not live long upon a diet of sugar.

### PENNSYLVANIA DUTCH.

What Shilkey Bumblebeek Has To Say This Week



Ein Dnershdawk bin ich amole nous gonga de buva tzana foose bolla shepela. Now ferluss dich druf sel is eppas shanes fer tzana. Bol amole gates doe room usht ve in Shpahn un Mexico—se alawwa anich eppas. Se data usht so gute bulla-fechta alawwa es foose bolla.

A dale lite sawga prize-fechta is so marick-vatch shelecht oder nems fon mere es hut gure nix uf fees bolla. Won tzwa kals fechta, is es eva usht selly tzway over won se foose-bolla shepela fechta tzway-un-tzwnschig.

Se shloga enoner room ve hundert. Dale greega de orem otter de bay ferbrucha, un olly gubt griekd ane der hols ferbrucha. A pore dutzet shovtuz un bloya blocka sin arick kommon.

Es aenshich ding es ich net glitche is des de vu shpela net feel ocht nema ve se shprigna otter uf vem es se shrita un de no von mer uf shate hut mer eperim si foose im awk. en ore op grisse, de naws fer-shuna un uf toms ferbrucha, a pore tzay roos shloga un so fot. Mer date usht so leep mitema bull hundert fechta—net recht?

Mer vella oil huffa des de lite bol gshite vara un dena eppas shunshits fer bleeser in blotz fon foose-bolla shepela. Ich ware amole en narr over ich dates niny shepela fer de shensht boverl in Lengeshter Kounty—abotich net so long es de Betz eppas tzu sawga hut.

Shilkey Bumblebeek

### S. S. ANNIVERSARY

The Elizabethtown Lutheran Church Holds Diamond Celebration

Christ Lutheran Sunday School of Elizabethtown, celebrated their 75th anniversary on Thanksgiving evening, by rendering an excellent program in the church. Duets, solos, recitations and dialogues composed the program. An excellent address was delivered by Rev. Dr. C. E. Haupt, pastor of Grace Lutheran Church, of Lancaster. He called it a diamond address and spoke very forcibly.

The superintendent's report contained an account of the work done during the past year. The decorations were in keeping with the day and were beautiful in their simplicity.

### DO IT NOW

Mount Joy People Should Not Wait Until It Is Too Late

The appalling death-rate from kidney disease is due largely to the fact that the little kidney troubles are usually neglected until they become serious. The slight symptoms often give place to chronic disorders and the sufferer may slip gradually into some serious form of kidney complaint.

If you suffer from backache, headaches, dizzy spells; if the kidney secretions are irregular of passage and unnatural in appearance, do not delay. Help the kidneys at once.

Doan's Kidney Pills are especially for kidney disorders—they act where others fail. Over one hundred thousand people have recommended them. Here's a case at home.

Mr. C. J. Gillums, E. Main St., Mt. Joy, Pa., says: "We use Doan's Kidney Pills occasionally in the family and always get the best of results. We always procure Doan's Kidney Pills at Garber's Drug Store and recommend them highly. The statement I gave, praising this remedy some time ago still holds good."

Jacob Brandt's Close Call  
Mr. Jacob Brandt of near Mannheim, had occasion to cross the railroad tracks at the station at Mannheim on Friday with a two-horse wagon. The Lebanon train was about to leave at the time. Brandt saw this and thought he could beat the train, but he was mistaken. Fortunately for him, the train was not moving very rapidly, and simply threw the horses to the ground. The most surprising part is that no damage was done to the horses or wagon, and the driver escaped with a few slight bruises.

Kicked by a Mule  
Amos Shank, of Rowenna, was spraying the hoofs of his mules with disinfectant when one of them handed him a stiff kick on the cheek, tearing a gash about four inches long on his face, and almost broke his jaw and cheek bone.

Commissioners Will Pay Claims  
The County Commissioners will pay the claims of residents of Lancaster county for the killing of noxious animals. The payment of the claims had been held up owing to the fact that the State appropriation was not available.

## 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.

\$1000 IN GOLD looks good to any one. Ask us for almanacs which just arrived and see the particulars. Don't chance to share in this distribution.

## SAVE YOUR CALVES

Raise Them Without Milk

Why throw away money by knocking them in the head selling them for a dollar or two at birth when they can be raised on veal WITHOUT MILK at a fraction of the cost of feeding milk. You profit both ways selling the milk and still have the calves.

The Best Milk Substitute to Use is  
**Ryder's Cream Calf Meal**

the most successful milk substitute on the market—the standard of perfection. Thousands of farmers are using it and cannot say enough for it. It is NOT a stock food—it is a complete food that long experience has proved to be right for rearing calves. It contains all the nutrition of milk prepared in the most digestible form and is sold on a money back guarantee to give results.

100 lbs. equal to 100 gallons milk—Try it on your calves.

## Brandt & Stehman, Mount Joy

## Fall and Winter Footwear

This is the time to give your footwear some consideration. In shoes and rubbers. I have footwear for every member of your family that will give you good returns for your money. Just try a pair and see for yourself.

## Old Shoes Made New

Does that old pair of shoes of yours need repairing? If they are going bad don't throw them away; but bring them around and let me repair them. The cost will only be trifling and they will give you months of service. Store open evenings.

## Harry Laskewitz

EAST MAIN STREET MOUNT JOY, PENNA.

## Harry E. Smith's, West End Cafe

MOUNT JOY, PA.

## The Best Prime Oysters

SPECIALS FOR CHRISTMAS  
FINE AND FRESH LOOSE AND BOXED CANDIES ORANGES, LEMONS, NUTS, ETC.  
CONFECTIONERIES, CIGARS AND TOBACCO  
IND. PHONE 842 B.

## Stove Time is Here

We presume you will be giving the stove, range or heater question some consideration these cool Autumn days. When it comes to furnishing heat, that's just where we can help you. We have the finest line of

## Othello and Sunshine Ranges

Ever shown in this town. Call at our store and let us tell you of their many advantages. Last, yet most noteworthy, the very moderate prices. Drop in and see us.

BROWN BROTHERS  
Successors to J. H. Büchl  
West Main Street, Mount Joy, Penna.

## Advertise In