

WOMEN FROM 45 to 55 TESTIFY

To the Merit of Lydia E. Pinkham's Vegetable Compound during Change of Life.

Westbrook, Me. — "I was passing through the Change of Life and had pains in my back and loins until I could not stand. I also had night-sweats so that the sheets would be wet. I tried other medicine but got no relief. After taking one bottle of Lydia E. Pinkham's Vegetable Compound I began to improve and I continued its use for six months. The pains left me, the night-sweats and hot flashes grew less, and in one year I was a different woman. I know I have to thank you for my continued good health ever since." — Mrs. M. J. BROWNELL, Manston, Wis.

Marston, Wis. — "At the Change of Life I suffered with pains in my back and loins until I could not stand. I also had night-sweats so that the sheets would be wet. I tried other medicine but got no relief. After taking one bottle of Lydia E. Pinkham's Vegetable Compound I began to improve and I continued its use for six months. The pains left me, the night-sweats and hot flashes grew less, and in one year I was a different woman. I know I have to thank you for my continued good health ever since." — Mrs. M. J. BROWNELL, Manston, Wis.

The success of Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, is unparalleled in such cases. If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman, and held in strict confidence.

Home Health Club

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

How Disease Travels: The following article taken from the well known Little magazine, "Our Tubercular Children," is the position taken by nearly all medical men that have been through medical colleges in recent years, but in time the entire profession will teach the fact that without there is a suitable soil in the person, no germ can ever live or propagate and for that reason we are alive. Undoubtedly the germs are in food, fingers and flies, but if we keep clean there won't be so many of them and they can do us no harm. Safety lies in temperance, sunshine and pure air.

There are three principal ways in which disease germs are carried from person to person; and these ways may be easily remembered by three catch words—Food, Fingers and Flies.

The most important foods which carry disease are those which are eaten raw, since thorough cooking destroys disease germs and most cooked foods are only dangerous when they have been infected in the kitchen after cooking. Among raw foods, too many, like oranges, are safe because they are peeled before eating. Of all foods the most dangerous are water and milk because they are often polluted (by sewage in the case of water, by human contact in the case of milk) because they are drunk promptly without time for the disease germs to die out, and because, usually in the case of water, and often in the case of milk, they are not cooked.

The second way in which disease germs are commonly spread is by means of contact between people themselves. Fingers in our catch word stands not only for the fingers themselves, but for all sorts of ways in which human excretions may be exchanged. In measles and whooping cough and scarlet fever and diphtheria and tuberculosis and many other diseases, the germs are present in the nose and throat and are spread from person to person by the fingers, which go too often to the mouth and nose, by drinking cups and spoons, and other things which too often are used in common, and by the fine spray thrown out from the mouth in coughing and sneezing. In typhoid fever and diarrhoea and similar diseases the germs are found in the intestinal discharges, and here, too, soiled fingers play an important part in the transmission of the disease.

The third common way in which disease germs are spread is by means of insects. Flies are, perhaps, the most important insect germ carriers in our State. They often pick up infected material on their legs and bodies and carry it to food, and where there is no good system of sewage disposal they may play a part in the spread of such diseases as typhoid fever. A certain kind of mosquito carries malaria, and this, too, is important in certain districts. In tropical countries a whole host of diseases is carried by insects.

Appointed County Controller Governor Brumbaugh sent to the Senate on Tuesday, the nomination of Enos E. Mowrer as Controller of Lancaster county, to fill the vacancy caused by the death of N. Franklin Hall, Esq., namely, until next January. A Controller for the full four-year term will be chosen at the election next November.

Bring Results—Try It for the Mt. Joy Bulletin.

TRAFFIC ON THE DEAD SEA.

One Small Sailing Boat Carries Most of the Passengers and Freight. "Many false and foolish reports about the Dead Sea—that strange and interesting lake—have been circulated," said Abraham S. Abrahams, of Jerusalem and London, who is on a tour of the United States.

"Much has appeared from time to time in papers and periodicals about steamboats navigating the Dead Sea," continued the banker. "This too is a fabrication. The only boat on the Dead Sea is a small sailing boat about twenty feet long.

"This vessel makes trips as the wind allows from the north end of the sea to the bay on the eastern side of the tongue that divides the water near the middle. At this terminus some Jews are located. The whole concern is, in fact, in the hands of Jews, who, at a low rate, buy wheat and barley from the Arabs to be delivered on the seashore. From there it is shipped to the Jericho side and carried on donkeys to Jerusalem, where it finds ready sale at a good price.

"When adverse winds blow the little craft is in danger of being swamped, for the so-called Dead Sea becomes a living mass of waves. No longer ago I spent four nights such as never will be forgotten on these waters, and the smartness of the old man at the helm and his boy with the sails saved us from being wrecked again and again. A charge of one mejele, which is about 80 cents a trip, is made for each passenger, and for a unique voyage it is not exorbitant.

There is some talk about a small steam tug being put on the sea, but the authorities are loath to grant permission. It will be a great boon when it does arrive, as it will bring the east and west sides of Jordan nearer to each other for communication and trading purposes."

ELECTRICITY AND FIRES.

Electricity Not So Dangerous As Is Generally Thought.

Simply because Benjamin Franklin associated electricity with lightning, and that most people are more or less afraid of lightning, electricity is believed to be a dangerous factor in fire hazards. This is not true, for it has been proven time and again that electricity causes less fires than a number of other things about the house or office.

Last year nearly five thousand fires were reported in the city of Chicago. A careful record was kept of the origin of these fires and the result showed that only about one per cent. could be laid to electricity. Only one fire was caused by lightning and thirty-seven by electric wires. Of course, the causes of most of these fires were unknown, but the careless use of matches caused 164 fires in 135 days; stoves, chimneys and flues caused over three hundred; fifty-two were incendiary; spontaneous combustion caused 51; gasoline, 46; thawing waterpipes, 43; explosion of gas, 38; gas jets, 35; oil lamps, 35.

WOMAN LAWYER'S LARGE FEE.

Sets New Mark for Women Lawyers of the United States.

The largest fee ever given to a woman attorney was won by Miss Mary E. Miller, a Chicago attorney, when a jury in Judge Gibbon's court gave her a verdict for \$22,500. The verdict was against the heirs of the late John Bross, former lieutenant-governor of Illinois, whom Miss Miller represented in a will litigation. To make her victory all the more complete Miss Miller conducted her own case, examining witnesses and making her own argument to the jury. While Miss Miller's fee does not come near equaling in amount the enormous sums paid at different times to her brother members of the bar in Cook county and country at large, it establishes a new mark for women lawyers of the United States.

A Woman's Crowning Glory.

Good hair will often atone for a want of grace or classical outline. In one's mind's eye one can see the cloud of soft golden hair which frames a thin, white face or features that are too mishapen for orthodox beauty, or the masses of rich black hair that make one forget a dull skin, a stern mouth or a big-boned, lanky figure. Red hair is now much admired; and its ruddy tints bring pardon for many flaws, such as no eye-brows, a sharp chin, a flat nose—even freckles. And a woman's looks can be saved from ruin by a lovely complexion.

An Illinois man has invented a tool for cement workers with which the top and sides of a curb can be formed at a single operation.

Petroleum and iron have been found in Syria in sufficient quantities to warrant their exploitation by a native company.

Sea weeds do not obtain nourishment from the soil at the bottom of the sea, but from the matter contained in sea water.

A book dated 1795 contains a description and illustration of a fountain pen.

God is a discovery, not an invention.

The keynote of Christianity is woe, not words.

China cannot be expected to show any appreciation of Japan's willingness to step in and assist in the establishment of a new form of Government.

It will be fortunate if the negotiations for altered geographical lines, after the war is over, do not lead to fresh dissensions.

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Big Fire at White Oak

Upper End Hamlet Almost Wiped Out Lose \$15,000

The little hamlet of White Oak, nestled snugly in the hills of Penn mill, which is owned by Morris Holtzmann, was Monday afternoon visited by the most destructive fire in its history, which threatened to wipe out the entire place. The loss will probably reach \$15,000. At a late hour last night, the ruins of five buildings were still smouldering. No one was injured.

The properties destroyed were Hollinger's grist mill, saw mill and stable; the village's electric light plant, and William Greeny's tobacco shed, formerly an ice house, large barn and pig sty. All the live stock was saved.

The burning out of the electric light plant, which was on the Hollinger property, plunged White Oak into darkness during the night. The fire was discovered shortly after 1 o'clock in the afternoon, burning fiercely on the roof of Hollinger's saw mill, which is supposed to have been started by sparks from a steam engine which was being operated alongside the Hollinger mill.

The home of Elias Gaibrecht, more than a quarter mile distant from the scene of destruction, caught fire, but the watchfulness of its occupants saved the building. A few buckets of water put out the blaze, which started on the roof, where large glowing embers had been carried by the wind. If the wind would have veered, the entire village of White Oak would have been razed to the ground.

All the buildings and their contents, destroyed by the fire were partly insured. The Hollinger mill, where the fire originated, was burned just 70 years ago. All night, a vigilance guard watched the ruins, to prevent another possible outbreak.

Chicago women split "Votes." Always want to do the same as the men, whatever happens.

In future dime novels, the submarine will doubtless be referred to as a lowdown rakish craft.

Now the Uruguayan treaty has been signed, universal psychological peace is practically a cinch.

Italy seems bent on a revival of the old fashioned game of "Lemon, lemon, who gets the lemon?"

Roger Sullivan may not so much desire to be the power behind the throne as the power behind the overthrown.

War food orders probably account for the large amount of starch that goes to the making of official war bulletins.

Judging by the claims of the recent campaign managers, Chicago must have a population of about 20,000,000.

The Sheriff of New York County, New York, gets fees aggregating over \$42,000 a year. Them was the happy days.

As hostile fleets approach the Dardanelles, Ab Hamid at least has the melancholy privilege of saying, "I told you so."

Little encouragement has been found as yet for the idea of establishing a peace zone that will include Mexico.

Even if President Wilson has alienated the "high society" vote, he probably won't notice it when the returns come in.

Mexim Gorky is at last at peace with Russia, which seems to be soberer in mind after passing up the cup that cheers.

Universities are collecting books on the present great war. But have the universities room enough for this large enterprise?

An extra session is always regarded as an effort to give the people who pay congressional salaries too much for their money.

Bad Mexican currency in circulation is due to the well-known financial law that a peso cannot rise higher than its source.

Men and women should engage in a friendly contest to see which sex can cast the greater number of votes at the primaries.

Some of the Haitians regard the importance of their disturbances as slighted if marines do not put in an appearance occasionally.

Old fashioned bosses who formerly made up the slate in the back room of a refreshment parlor now have to get out and hustle.

A number of Chinese statesmen are now sharing the views of Representative Hobson concerning the Japanese as a perfidious proposition.

This is one of the years when the possibilities that 4th of March weather may develop do not have to be reckoned with as a serious national problem.

When Russia decided to prohibit the use of vodka, it put enough authority behind the idea to demonstrate that a pledge is not necessarily a mere "scrap of paper."

Prosperity at Conewago Building operations have been "boomed" at Conewago, by the placing in operation of another big stone crusher. Fifty additional men went to work, last week. New houses are being built for their accommodation.

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