

A NEW STOCK OF  
**Thermod Brake Lining**  
 THE BEST ON THE MARKET  
**ALUMINUM RAYBESTOS**  
**BRAZING AND WELDING**  
 OF ALL METALS BY THE OXY-ACETYLENE PROCESS.  
 ALWAYS CARRY COMPLETE ASSORTMENT OF SIZES IN  
**Michler and Goodyear Tires**  
 JUST RECEIVED A LOT OF BICYCLES

**Barr's Garage & Repair Shop**  
 H. A. Barr, Mount Joy, Penna.  
 BOTH PHONES AUTO HIRING

**GOOD FURNITURE**  
 Is the only kind I sell—Furniture that is Furniture

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

In Fact Anything in the Furniture  
 Line

**UNDERTAKING  
 AND EMBALMING**

**H. C. BRUNER MOUNT JOY, PA.**

**F. H. BAKER**  
**Lumber & Coal**  
 Both Phones  
 MOUNT JOY, PENNA.

Sole Agent for Congo Roofing. No. 1 Cedar Shingles always on hand. Also Siding, Flooring, Sash, Doors, Blinds, Mouldings, Laths, Etc. Agent for Lehigh Portland Cement, Roofing Slate and Sheet Iron.

Estimates quickly and cheerfully made on Building Material and all kinds of Concreting work.

**Furniture**

I will continue the furniture business on the second floor of the Engle Building, with a complete and up-to-date line of all kinds of furniture. Prices are very reasonable. When in need of furniture call and see me.

Repairing and Painting a Specialty

Special Attention Given to REMODLING ANTIQUE FURNITURE

**D. H. ENGLE, West Main St., MOUNT JOY, PA.**

**Kodak & Kodak Supplies**

GET A KODAK WITHOUT LETTING YOUR POCKET KNOW IT

Ask for a Kodak Bank and see how easy it is to get a real camera with spare dimes.

**W. B. BENDER**  
 MOUNT JOY, PA.

**FURNITURE OF QUALITY**

WE WILL SHOW YOU HOW TO SECURE SPLENDID QUALITIES AND HANDSOME STYLES AT SAVINGS WELL WORTH YOUR WHILE

A number of the newest and finest things are now being put on exhibition for the first time. Our collection of Bed-Room Furniture, showing Period styles, in all the different kinds of wood, is well worth seeing. The same is true of the Dining-Room, Living-Room and Library.

OUR INEXPENSIVE LOCATION and our facilities for handling Furniture, enable us to offer exceptionally low prices at this time.

**Westenberger, Maley & Myers**  
 51 East King Street  
 LANCASTER, PA.

**ONE-THIRD AGENTS PRICES**

Trout, Bass, Flounder, etc. Guaranteed, shipped on approval. Your money saved. Complete guide. Write today. One name on a postcard. Write today.

**MAN, 13 RIVER ST., DANVILLE, N. Y.**

**CLIMBED STAIRS ON HER HANDS**

**Too Ill to Walk Upright. Operation Advised. Saved by Lydia E. Pinkham's Vegetable Compound.**

This woman now raises chickens and does manual labor. Read her story: Richmond, Ind.—“For two years I was so sick and weak with troubles from my age that when going up stairs I had to go very slowly with my hands on the steps, then sit down at the top to rest. The doctor said he thought I should have an operation, and my friends thought I would not live to move into our new house. My daughter asked me to try Lydia E. Pinkham's Vegetable Compound as she had taken it with good results. I did so, my weakness disappeared, I gained in strength, moved into our new home, did all kinds of garden work, shoveled dirt, did building and cement work, and raised hundreds of chickens and ducks. I cannot say enough in praise of Lydia E. Pinkham's Vegetable Compound and if these facts are useful you may publish them for the benefit of other women.”—Mrs. M. O. JOHNSTON, Route D, Box 190, Richmond, Ind.



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**THE BANANA AS A FOOD**  
 Little Talks on Health and Hygiene by Samuel G. Dixon, M.D.

The banana is a tropical fruit. In its natural state it grows in great abundance and the cost is comparatively little in labor to sustain the trees. Its flavor is generally liked by man. It is nourishing as it contains one and three-tenths per cent. proteins, six-tenths per cent. fats, and twenty-two per cent carbohydrates, with a full value of four hundred and forty-seven calories per pound.

In Rio de Janeiro, South America, the forests of these tall dignified trees present an attractive sight. The leaves are not as beautiful as those of the hard-wood trees of our colder climates which shed their foliage in the Fall of the year and sleep until the warm sun starts the sap circulating, somewhat as the blood circulates through man's vascular system. Foliage of tropical vegetation that is exposed the entire year around to winds, hot suns, etc., is thereby faded and damaged until it is not comparable to our fresh, Spring growths.

In the tropics the fruit is left on the banana tree until thoroughly ripe, and the natives are particular to cook it before eating, as it is otherwise hard to digest. But in order to allow of shipping, it is picked green. Then it is sent all over the civilized world to a people who, even to this day, do not know how to handle it.

The beautiful yellow fruit is attractive and therefore is placed on our tables to be eaten raw. This is often injurious, as it causes indigestion. The fruit, when fit to eat, has many black spots on the skin and sometimes, even, the whole skin becomes black. This indicates that it has ripened. Even in this state, however, it is not as easily digestible as it causes indigestion. The fruit, when fit to eat, has many black spots on the skin and sometimes, even, the whole skin becomes black. This indicates that it has ripened. Even in this state, however, it is not as easily digestible as when cooked.

The small dealers purchase the fruit green and, to hasten the ripening of some to sell at once so as to get their money back quickly, resort to different methods. One is to put it in their beds so that the heat of the body will make it marketable sooner. This is a dirty, dangerous habit. Once we had a typhoid fever epidemic at Lynn, Mass., as a result of this custom. One of the occupants of the bed had the fever. Always treat the skin as a dirty, infected part of the banana, which should be washed or destroyed. Our children are often made sick by eating the raw fruit and are not infrequently poisoned by the dirt they get off the skins. The banana, however, intelligently handled, is of vital importance to our economy and should be eaten even more generally than it is in these times of conservation of food value.

**SUIT FOR 1 AMAGES**  
 Excessively Oiled Pike at Landisville Caused Fatality, 'Tis Said

An automobile disaster at Landisville last Summer has caused six suits at law. The defendants are the Lancaster and Harrisburg turnpike owners and Houser & Coho of Lancaster.

On August 18, Henry Budd of Philadelphia, his wife and son were on the road to their farm in Dauphin county, in their own auto. The turnpike was heavily oiled, the auto skidded and upset. Mr. Budd was instantly killed, his wife had a shoulder blade broken, and the son a leg broken.

The allegation is that the turnpike was too heavily oiled and that Houser & Coho, who did the oiling, used an excessive quantity of oil; that there were no guards put up along the turnpike, and no notices posted of the oiling of the turnpike.

Mr. Budd was 43 years old and a salesman for the Henderson Hardware Company of Philadelphia. The amount of damages asked for his death has not yet been decided upon, but it will be a large amount. Mrs. Budd sues for the damages to herself and also for the injuries sustained by her son.

**Good Roads Meeting**  
 The Lancaster County Good Roads Association will hold a meeting at Denver on Thursday evening. Among the speakers will be Chas. W. Eaby, W. F. Gorrecht, J. F. Seldomridge, C. A. B. Zook and H. M. Myers. The discussion will be led by H. Imhoff of Denver. Among the subjects presented will be “The Abolition of Toll Roads” and “Will the Abolition of the Toll Roads Increase Taxation?”

**Warra Cra Mowl Holda**  
 The average price of peaches in the State was ninety-two cents for half-bushel baskets. This price was made high by the lack of crops in the northern section, the average in the peach belt running about fifty-five cents.

**need you too!**

**Woman's National Army for Food Conservation**  
**HAVE YOU ENLISTED?**

Recruiting of the Woman's National Army for Food Conservation—mobilization of housekeepers under Food Administrator Hoover, by which women are to do their “bit” in winning the war—is being stimulated by the striking poster which is here reproduced.

Thousands of these posters have been distributed by the Food Supply Department of the Committee of Public Safety. Hundreds of thousands of “enlistment” cards have also been distributed.

They put this question up to every housekeeper: Will the women of Pennsylvania display patriotism equal to that shown by the men of Pennsylvania in registering for war-time service?

If you have not received an “enlistment” card you may enroll by signing the attached form and forwarding it to the local Committee of Public Safety or to the Food Supply Department, 1426 South Penn Square, Philadelphia.

“Enlist” today and you will be helping to win the war.

**TO THE FOOD ADMINISTRATOR,**  
 WASHINGTON, D. C.

I AM GLAD TO JOIN YOU IN THE SERVICE OF FOOD CONSERVATION FOR OUR NATION AND I HEREBY ACCEPT MEMBERSHIP IN THE UNITED STATES FOOD ADMINISTRATION, PLEDGING MYSELF TO CARRY OUT THE DIRECTIONS AND ADVICE OF THE FOOD ADMINISTRATOR IN THE CONDUCT OF MY HOUSEHOLD, IN SO FAR AS MY CIRCUMSTANCES PERMIT.

Name.....  
 Address.....

Number in Household..... Do you employ a cook?.....  
 Occupation of Breadwinner.....

Will you take part in authorized neighborhood movements for food conservation?.....

There are no fees or dues to be paid. The Food Administration wishes to have as many members all of those actually handling food in the home.

**DIRECTIONS**  
 Deliver or mail this pledge to your local Committee of Public Safety or Food Supply Department, South Penn Square, Philadelphia, and you will receive FREE your first instructions and a household tag hung in your window.

**PENNSYLVANIA DUTCH**  
 What Shilwey Bumblesock Has To Say This Week



Yets hen se don nuch om end de oldt Beckie Shtitsel noach em orma-house g'shicked. De oldt Beckie wore anes fun da arshata om barrick, un wore anes fun da beshta householder un schmardshta wiver im gonsa lond. Se is de mudder fun sex kinner. Era mon, der John Shtitsel, is shun tzwonsich yohr dote. Are wore en hardt schofflicher mon un se hen era lond gaglored fun hondt, un de oldt Beckie hut feel fum grubbes selver gadoo. Fin fun da sex kinner laeva nuch—so wide os se wissa. Der aend, der Bill, es schwartz shofe fun da familia, hut es yohr eb der oldt mon g'stharva is anes fun da nuchbra era gile g'laned un is fart. Are hut der gowl nuch net tzurick gabrueched un se glowva are is aw dote. We der oldt mon g'stharva is hut are hen villa g'hot, un de oldt Beckie hut da kinner arlawbt de tzwonsich dawsend dawler bowerie farkawfa woe era dower in cash g'numma uns gawd nows ga-daled tzu da kinner in gleicha sheer. De kinner hen fetsprucha se tzu holdta far de indressa fun geld.

tzuae weipslite, un de oldt m hut fart missa. Se hut tzuh g'shriwa in der west far se i Are hut tzurick g'shriwa os de shoft ware tzu kold far so en fraw. Derno hut se tzu der g'hriwa. Se wooned tzwonsich sudda fum Mike. Se hut g'shriwa, de lendshoft-is tzu v far eich. De Sus hut g'sawt fraw ken de yocht net shoten era feela kinner, un der Sus g'sawt si house ware gons tzu De oldt fraw wore om ebendle un endlich is se ob iv hivvel noach em orma-house. Ich hob se g'frotg wos des ol Se hut mere de shtory gevva dere doh g'hriwa hob un de se g'sawt:

“Gottlieb, des is der don hob. Ich bin now sivatsich yooftoosich fun mine yohra tzu gabruecht sorya far me. We uff hov ich se shlofa g' in der shilla nocht woe ne mere wore os der leeb Gud. oldte hend sin grum un schmartzta os ich mere aw-g'on sorya far se. Des is der ver des is der hardst fun g' Ich hob era noach ga-g'era kap ivyer der hivv tzu wore, underno bin ich g'schwara gadunka.

**NO DIFFERENCE**  
 The Proof is Here the Same Everywhere

For those who seek relief from kidney backache, weak kidneys, Doan's Kidney Pills are the only hope of relief and the proof is in Mount Joy, the same everywhere. Mount Joy people know Doan's and Mount Joy people know Doan's, the kidney pills in America for fifty years.

Why run the risk of kidney ills-fatal Bright's Here's Mount Joy proof. Mrs. G. W. Shickley of street, says: “I was so bad my back at one time that had to take my hands and arms in a sitting position when I bed. I couldn't bend or lift great pain and my back toothache. I heard of Doan's Pills and got some. They quickly straightened out my back and gave me more help. I ever had.”

Price 60c, at all dealers. Simply ask for a kidney remedy. Doan's Kidney Pills—the only kidney pills. F. C. Doan & Co., Props., Buffalo, N. Y.

**Was This a Cotton**  
 Harry Smith, of Lititz, shot a rabbit which, lititz ing, could not be classed as a tail. To his amazement, he picked up the rabbit, it was off, but no such mark of evidence, and the cloth failed to show even an appendage. It was a fact it was born that way or accident in its tender days.

Northern tier counties crossed acreage in wheat grain crop will be tried where it was cut before.

Secretary of Agriculture E. Patton is urging a doubling the usual amount this year.