and the Great Grop Will be

Lost if Not Eaten Now.

This remarkable article about

potatoes, what they contain as

nourishment and how to use them,

was contributed by Miriam Moses,

one of the foremost students of

food value in the United States. Howard Heinz, Chairman of the

Food Supply Department of the

State Committee of Public Safety,

Indorses the opinion of Miss Moses

and recommends her recipes to the

WILL YOU JOIN THE FOOD

By Mirlam Moses

A statement of the many millions

housewives of the State.

and our war associates?

and save your bit of wheat?

ing as well.

teresting.

A further utilization of potatoes

will also help in the conservation of

meat. One clever method is to pre-

dishes to complete a balanced diet,

Contrary to popular belief, conser-

pleased at the splendid results.

11/4 cups mashed potato.

14 yeast cake, softened in.

the salt and the softened

and about one-fourth cup of

et rise again until it has increased 21/2 times in bulk, then bake.

Scalloped Potatoes With Cheese.

3 tablespoons butter substitute.

Melt the fat; add the flour or

1/2 tablespoons cornstarch

Cold diced potatoes.

1 teaspoon salt. 1 cup milk. 1 cup water.

1 cup grated cheese.

2 cups bread crumbs.

antil the crumbs are brown.

2 eggs.

Paprika.

1-8 cup milk.

easpoon salt.

1/2 leaspoon pepper

1 cup mashed potato.

1/2 cup ground peanuts

mekins or baking dishes, set the a pan of hot water, and half in a

Beat the eggs. add the other in-

gredients in the order given, and mix thoroughly. Place the mixture in ra-

FACTORY SITES

Potato Nut Loaf.

1 tablespoons cooking off.

3 tablespoons four or

11/2 teaspoons salt.

21/4 cups flour.

en may be needed.

Potate Bread.

would a plague.

PUBLIC SALE

AN EXPRESS LOAD OF OHIO

Horses, Colts & Mules At My Sale and Exchange Stables MOUNT JOY, PENNA.

ON SATURDAY, MARCH 2, 1918



weigh from 1,000 to 1,600 lbs. This lot consists of general purpose and extra good road horses, both trotters and pacers. Also some good, big, thin feeders. Also a few fat horses. Some good 3 and 4 year old mules. Don't fail to come and look this lot come. over. I can show you horses with bone, muscle, size, quality and good disposition. Just the kind that will develop into money makers. This is an exceptionally good load, and any one having a Spring sale should come and buy as there is every indication that the horse market will be high

next Spring.
Also a lot of acclimated horses, among them are some extra good leaders.

Sale to commence at 1:30 p. m., on Saturday, March 2nd, 1918, when terms will be made known by C. S. Frank, Auct. PT J. H. Zeller, Clk.

PUBLIC SALE OF REAL ESTATE

ON TUESDAY, MARCH 19th, 1918 The undersigned administrator by virtue of an order of the Orphans' Court, will sell at public sale at the Bulletin Office, East Main Street, Mount Joy, Pa., the following de-scribed real estate to wit:

A LOT OF GROUND Fronting twenty-seven (27) feet on the south side of West Main street, in the borough of Mount Joy, and extending in depth along Comfort Alley two hundred and three (203) feet. The improvements thereon erected of a 2½ STORY DWELLING

HOUSE and necessary out-buildings. This property is very desirably located, in the business section of the town and will make a fine residence and a good business stand. It is within a square of the trolley line. Any person wishing to view same prior to day of sale will please call on the under-

Tuesday, March 19, 1918, when terms C. S. Frank, Auct. Coyle & Keller, Attys.

H. N. NISSLY, Admr. of J. R. Missemer, Dec.

Read the Bulletin. Get the Mt. Joy Bulletin.

PUBLIC SALE DESIRABLE REAL ESTATE

On Saturday Afternoon, March 16, 1918 at 3 o'clock the undersigned will offer at public sale at their office in the Main Laboratory Building on Wasp street, just outside the borough limits of Marietta, Pa., the property located on the north side of Market street in the borough of Marietta known as "THE PINES" formerly the Paymer Hemotrad on block the Bowman Homestead, one block west of Centre Square.

This property is substantially built of brick, covered with weatherboarding and is very attractive in appearance.

It is a two and one-half story building with slate roof and stands in the centre of a double lot measuring 100 feet front and 206 feet in No. 29 Four lots on Fairview. This property is substantially built

ing 100 feet front and 206 feet in depth, with a large front yard and a number of shade trees. It also has electric lights and hot water heat,

No. 29—Four lots on Fairview St., Mount Joy. Tract contains 1½ acres.

No. 32—Two Lots in Florin, each

Terms—\$500.00 cash upon signing agreement of sale at time of purchase; balance of purchase price payable upon delivery of deed with full possession April 1, 1918. J. L. Minnich, Auct.

ADMINISTRATOR'S NOTICE

Estate of Aaron M. Becker, late of Rapho township, Lancaster County, Pa., Deceased.

Letters of Administration on said estate having been granted to the undersigned, all persons indebted thereto are requested to make immediate payment, and those having claims or demands against the same will present them without delay for settlement to the undersigned, FRANK K. BECKER, R. D. No. 2 Mt. Joy, Pa.

Robinstrator's NOTICE

Estate of Aaron M. Becker, late of Ramilies on East Main Street, Mount Joy.

No. 2—A double house in Florin, the C. A. Wiley property.

No. 21—A brick dwelling in Florin the D. E. Wolgemuth property.

No. 44—A large brick house, good repair in Florin, the Mrs. Fanny Hambright property.

No. 5—A row of six newly built brick houses on Hazel St., Lancaster.

No. 50—A row of six newly built brick houses on Hazel St., Lancaster.

No. 51—A large frame house in

Wm. M. Hollowbush, Attorney.

No. 58-A frame nouse on Account feb. 27-6t. Market St., Mount Joy, the former



ATTORNEY AT LAW 48 NORTH DUKE ST., LANCASTER, PA.

No newspaper can succeed with out advartising, therefore we solicit the patronage of our readers \$1,800. for those who by their advertising help to make the paper possible.

INTERNATIONAL 8-16 Operates on Kerosene

When you are using a good tractor the biggest single item of expense is the fuel bill. While it is true that a gasoline tractor works cheaper than horses, this International 8-16 does its work at

less than half the fuel cost of a gasoline tractor. The saving in fuel alone is enough to pay for the tractor during its life time.

The International 8-16 has a four cylinder, vertical, watercooled, valve in head engine with all working parts completely enclosed, yet easy to get at for adjustment. It has a throttle governor that regulates the amount of fuel used exactly in proportion to
the load, doing away with all fuel waste.

This tractor costs less to buy and less to run than any tractor equal quality and capacity that we know of. You ought to come

S. Newcomer, Mount Joy

Poultry Warriors Will Help

Feed Nation and

Profit the Producer

The United States Department of Agriculture wishes every farmer understand the importance of doubling our Poultry Produc-

tion next year. It is a vital part of the General Food Production

RYDES AT

Estate I have for sale. If interested in any of these properties, please call, phone or drop me a card and I will cheerfully furnish particulars in

BUILDING LOTS

a number of shade trees. It also has electric lights and hot water heat, plumbing, heating and lighting are all modern throughout. All bath tubs and basins are white enamel or marble.

There are seventeen rooms, three bath rooms and two stationary washstands.

There is also a stable and coal house on the premises.

The entire property may be inspected on Saturday, March 16th at 1 p. m., or any Tuesday or Friday prior thereto by appointment. Persons interested in looking through the property or desiring additional information, are referred to Dr. E. L. Cornman, Marietta, Pa.

Terms—\$500.00 cash upon signing the property desirable building to the court of the co

No. 4—The J. Harry Miller property on Columbia Avenue, Mt. Joy.
No. 5—A 16-room apartmen

will present them without delay settlement to the undersigned, FRANK K. BECKER, R. D. No. 2 Mt. Joy, Pa. Administrator.

Administrator.

Attorney.

No. 50—A row of the settlement to the undersigned, brick houses on Hazel St., Lancaster. No. 51—A large frame house in Florin, the S. S. Stacks property. No. 58—A frame house on North St. Mount Joy, the former

DeLong property.
No. 59—A fine frame residence
and business stand on West Main St., the John Keener property.

No. 60—A very beautiful and modern brick dwelling on West Main St., Mount Joy, up to the minute in every detail, the H. E. Ebersole

property.
No. 64—A lot of ground fronting 27 ft. on West Main St., Mt. Joy, next to Brunner's Furniture Ware-rooms, with a frame house. Lot is

rooms, with a frame house. Lot is 205 ft. deep and price low. No. 68—The property of John H. Zerphey on West Donegal street, Mount Joy.

No. 75—One square in Florin contains an acre, 5 lots in all, good 6-room frame house, stable, etc. Only

76-A fine 6-room house, No. 76—A fine 6-room house, stable, etc., midway between Mount Joy and Florin, the Mrs. C. Shatz

Joy and Florin, the Mrs. C. Shatz-house. Price right.
No. 78—A fine 9-room house on West Main St., Mt. Joy in best of condition. Only \$2,000.
No. 79—A 2½-story frame double house on New St. Mt. Joy, only built 8 years ago. For a quick sale. \$2,150.
No. 80—Lot 80x200 ft. in Mt. Joy, contiful buff brick mansion and beautiful buff brick mansion and modern in every way. Could not be

replaced for near the sale price.

No. 81—A 3-story brick mansion

Maytown, excellent location, has all improvements—a real home. Has large store room and would be fine or business and dwelling combined.

No. 83—A frame house and business stand on E. Main st., Mt. Joy, n business center. All improvements.

No. 84—A frame house adjoining of the change all improvements.

No. 83; fine shape, all improvements. Will sell one or both. No. 86—A 2½-story 11 room modern mansion on E. Main st., Mt. Joy, with heat, bath, electric lights, Immediate possession.
. 87—A 9-room brick residence

on E. Main st., has hot water, heat and in splendid shape.

No. 88—A 9-room frame house in may be needed. Florin, at trolley, large stable, lot is 80x200. A fine home.

BUSINESS STANDS No. 30—A store property, dwelling and large warehouse at Lancaster Junction, very reasonable.

No. 38—A lot of ground in Mount Joy with frame house and old established coach works stand of Geo.

W. Shickley. Price right.

No. 43—A good hotel property in

Mount Joy enjoying an excellent
patronage. Ample shedding and will

patronage. Ample shedding and will sell worth the money.

No. 27—Lot 100x150 ft., on West Main St., Mount Joy, lot fronts on P. R. R. siding. Established coach works stand. Good large frame building spitchle for industry or present ing suitable for industry or present

business.

No. 56—A tract of 15 acres in Rapho township, near Sporting Hill, the H. K. Dillinger steam flour mill, the H. K. Dillinger steam flour mill, 24 bbl. capacity, fine residence, barn and outbuildings. Here's a snap. No. 62—An old and well established store stand doing a \$40,000 dry goods and grocery business in Mount Joy. Only reason for selling, want to close an estate. Low rent and price right

and price right.

No. 63—The entire concrete block manufacturing plant of J. Y. Kline at Florin, together with all stock, machinery, buildings, contracts, etc. Price very low.

TRUCK FARMS

No. 54—A 14-acre truck and poultry farm in Rapho township, 2 miles from Mastersonville. Soil nestone and sand. Cheapest tract

I have.

No. 67—A small 7-acre truck farm in East Donegal near Iron Bridge; good buildings only \$2,500.

No. 82—A 1-acre tract 2 miles north of Mt. Joy, with frame house, stable, etc., \$900.

No. 85—One acre of land in Rapho, 2 miles north of Mount Joy, frame house, stable, etc. Only \$2,000.

LARGE FARMS No. 42—An 85-acre tract of farm timber and pasture land in West Donegal township, tract adjoins Masonic Homes ground on two sides. Donegal township, trace sonic Homes ground on two sides. Price very low.

No. 55—A 52-acre farm, the John Krady farm 2 miles east of Mount Joy, brick house, barn, tobacco shed, etc. No finer home in this section. Good limestone land.

No. 73—A 126-acre farm of sand and iron stone land, brick house, good barn, etc., on state road near Lawn. Only \$90 per acre.

No. 10—A tract fronting 107 ft. on the P. R. R. siding in Mount Joy has many advantages and centrally located. One of the best in the town. I also have a number of properties that owners do not care to have advertised. If you don't find what you want in this list, call and see me. I have it.



Mount Joy High Wins Mount Joy High School walloped the Olivet five of Manheim, at Mount They Save Wheat, They're Cheap the Olivet five of Manheim, at Mount Joy on Saturday night, by a score of 55 to 15. The winners completely outclassed their visiting rivals, got away to an early lead and held it throughout, making a decidedly one-sided game. DeLong, for the winners, scored almost as many field goals as the visitors did points, and he and C. Eshleman each tallied enough points to defeat the visitors without any

assistance. DeLong was the big scorer of the of 12 fouls, while C. Eshleman netted six and R. Eshleman five from the floor. For the Olivets, Miller was the high scorer with 7 out of 20 field goals, while F. Fry led from the floor with a pair of two pointers. The linewith a pair of two-pointers. The line

Mount Joy High Manheim Olivets DeLong forward ... F. Fry C. Eshleman ... forward ... Hahn ARMY AND SAVE YOUR BIT? Garber guard R. Eshleman centre Dearbeck guard Rhoads
Field goals: DeLong 11, C. Eshleman 6, R. Eshleman 5, Dearbeck 2,
F. Fry 2, Hahn, R. Fry. Foul goals:
DeLong 7 out of 12; Miller 7 out of
20. Referee, O'Neill. Time of halves, What can the people of this country do to utilize potatoes and in so doing conserve foods which are vitally need. by our government for our armies

of bushels of potatoes which we have Lost at Parkesburg on hand ready for use, would not in-Parkesburg High School defeated the Mount Joy High School cage terest many, and certainly would not rouse them to action, for men and quintet in a close game at the former women alike, shun statistics as they place by a score of 29 to 19. Mount Joy outscored the home team from How then are we to make an appeal the floor, but the foul shooting ability that will reach the people and cause of the Parkesburg players carried such concentrated action that it will them through to the win. The score: be materially felt in this matter of Mt. Joy DeLong forward ... the conservation of food? The first Paxso ... McCarty Eshleman ..centre.... Garber guard

attack should be made, having as its objective, the saving of wheat. This might be done by making a practice Dearbeck guard Glief Field goals: DeLong 3, Myers 2 Dearbeck, McCarty 2, Newlin, Glief 2. Foul goals: DeLong 6 ont of 11 of not serving bread-or at any rate. bread containing wheat flour-at the same meal at which potatoes are served. Since serving potatoes at dinner Myers 1 out of 3; Eshleman 0 out of is a custom practiced in virtually 1; Garber 0 out of 3; Dearbeck 0 out every home in the United States, one of 5; Paxson 4 out of 9; McCarty out of 3; Newlin 4 out of 8; Murphy out of 2; Glick 1 out of 3. Referee of pounds of flour could be saved daily. Will you join the Food Army

Wanted, Sale, Rent, &c.

Typist. Apply to the Grey Iron Cast-ing Company, Mount Joy. feb.27-1t

that they become a substitute for meat. Combined with cheese, and WANTED-\$3,000 on First Mort gage on valuable real estate centrally located in Mount Joy, Pa., on or about April 1. Bell Phone 67-R3. such a meal will prove not only attractive and appetizing, but nourish-Henry G. Carpenter, Mount Joy, Pa. feb.27-1t vation of meals can be made even

more appetizing and attractive than WANTED—Women and Girls. Apply at once to J. Harry Miller, at the Grey Iron Works, Mt. Joy. feb.27-2t the meals whose menus lack individuality which makes them most unin-FOR SALE CHEAP-A jennylind and an organ. Call or phone 33-W Landisville or Jac. M Kreider, Sather the use of potatoes. Any recipe

calling for the flour of still be used, supported flour for the wheat flour. FOR SALE-Ten-day-old White Leghorn Chicks. Orders must be placed before March 15. Delivery Try this suggestion with your favorite cake recipe, and be surprised and made April 18 by Henry F. Mount Joy, Route 3. Bell

> FOR SALE-A 21/2 Story Fram House, containing 8 rooms on Main street in Florin, call on Mrs. Katie Dellinger, Florin, Pa. feb.27-ti

G. MOYER sells letter plates and

well, cover and let rise acres with or without land, 2½ miles from Mt. Joy. Apply to Ezra Wolgemuth, R. D., Mount Joy. Bell Phone dough should be very stiff.

FOR SALE—A Steam Boiler for a heating plant. Flue type and just the thing for a small house or a fair se again until it has increased sized garage. Will sell complete with In measuring the potato, it should office. will sell complete with piping, etc. Price low. Call at this

be packed solidly in the cup. More or less than the amount of flour giv-house in Mount Joy. For particulars apply to D. S. Shonk, Mt. Joy.

Mashed sweet potato cooked cereal or squash may be used instead o FOR RENT—One of the oldest established coal yards in Mount Joy, known as the Cling Yards. Ample storage room and all coal can be dumped from cars. Possession given April 1st, 1918. Apply to Simon R. Snyder, Mount Joy. jan. 2-tf. white potato in the above recipe. In using any substitute which has a marked flavor it is better to try the bread first with less than the amount given for potato, and more liquid.

FOR SALE—I have a buggy to give away. Apply to H. Roy Nissly, Florin, Pa. dec.12-tf.

FOR SALE—A large spark plus tire pump with gauge, hose, etc. Cost \$12.50. Will sell for \$6.00. Call

FOR SALE CHEAP-A new bug gy manufactured by William Schutte Apply to William Schutte or Dr. I. A. MacDannald. aug. 15-tf Fill a pudding dish with the pota-

cornstarch, salt and pepper, and stir until well blended; add the hot liquids and cook, stirring constantly until at this office.

CHEAP—A large size Presto Tank for sale. No further use for it. Call at this office.

Sept12-tf

thick; then add the cheese. Pour over the potatoes, cover with the crumbs and bake in a moderate oven crumbs. Pour thick; then add the cheese. Pour thick; then add the cheese thick; t

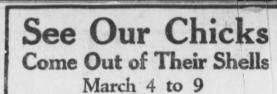
Columbia, Pa. FOR SALE CHEAP—One counter 2x12 ft., 2 show cases, 1x3 ft. and 1x4 ft., two Micrometer scales, 10 and 20 lbs. capacity, good as new and none better. Also white pine shelving and drawers. Morton & Myers, Mt. Joy, Pa.

So the People

May Know

that you are in business, come in and let us show what we can do for you in the way of attractive cards and letter heads. Good printing of all kinds is our specialty and if we cannot satisfy you we don't

want your business. That's Fair, Isn't It?



We want to prove to you that Buckeye Incubators really do hatch more chicks and better chicks than any other incubator, so we are inviting you to come and see them do it right in our store all

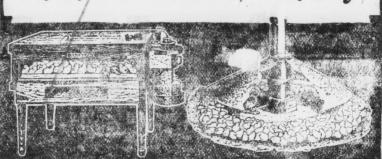
BUCKEYE DISPLAY WEEK

March 4 to 9 Every person who is interested in the slightest in hatching chicks is invited to come any day that week to our store and see the chicks in the actual process of hatching. We sell Buckeye Incubators under an absolute guarantee to hatch

every hatchable egg. SEEING IS BELIEVING

Come and see how it is done. We will also have a Standard Colony Brooder to show you. This is the brooder that raises three chicks where one grew before. With these two, chicken raising is no longer a gamble—it is a certainty. Be sure to come-and bring the whole family.

H. S. Newcomer, Mt. Joy



Break a Gold

In a Few Hours

First dose of Chandler's Cold Compound relieves all grippe

Don't stay stuffed-up! Quit blowing and snuffing. A dose of Chandler's Cold Tablets taken every two house until three or four doses are taken will end grippe misery and break up a severe cold either in the head, chest, body or limbs. It promptly opens cloggedup nostrils and air passages. Stops nasty discharge or nose running, relieves sick headache, duilness, feverishness, sore throat, sneezing, soreness and stiffness. Chandler's Cold Tablets are the quickest and surest relief known and costs only 25c. It acts without assistance and causes no inconvenience. Don't accept a substi-

CHANDLER'S Drug Store

West Main Street

Mount Joy, Pa



B. BUSSER Sales Agent For

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Rapho and Penn Townships Garage and Salesroom Manheim, Pa.

Old Shoes Made New

That isn't the only surprise you'll get sonable. OPEN EVENINGS.



BOOK YOUR ORDED NOW FOR

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W. Mummau, jr.

