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BOTH PHONES

AUTO HIRING

**"EAT NO BEEF,"
HEINZ URGES**

If You Must Have It Confine
Yourself to 1 1-4 Pounds
Per Week.

RESTAURANT RULES STRICT

Boiled Beef Twice a Week, Beefsteak
and Roast Beef Only Once on
Menu.

BEEF SAVING RULES

IN THE HOME
Eat no beef whatever, if possible.
Allow yourself, as an absolute maximum, not more than 1 1/4 lbs. of clear beef per week, if you must have it.

IN RESTAURANTS AND HOTELS
Restaurants must not serve boiled beef at more than two meals per week.
Beefsteak at not more than one meal per week.
Roast beef at not more than one meal per week.

"Eat no beef, if you can get along without it."
"One and one-quarter pounds of beef per person per week, or one and one-half pounds, counting the weight of the bone, if you need it and must have it."

These are the rules for patriotic Pennsylvanians, as announced by Howard Heinz, U. S. Food Administrator for Pennsylvania. They will continue in force until further notice. Mr. Heinz makes clear the reason for the new order in the following statement:

"The rapidly decreasing supply of beef in France, coupled with the demands of our constantly growing army in Europe and those of our Allies for beef, causes increased drains on the available supply. If we are going to do our duty by our boys in arms and our Allies, we must conserve the beef here at home, in order that they may have sufficient food. This can be done and will be done; and it will entail no serious hardship on our people. There is a plentiful supply, if pork and a reasonable quantity of other meat is used. Nobody need suffer for the want of fresh foods. Following his usual practice, Mr. Hoover asks that the American people shall voluntarily refrain from the consumption of beef during the coming months and suggests as the absolute maximum not more than 1 1/4 pounds of clear beef and 1/4 pounds of beef with the bone in it per person per week.

"Of course, many people, realizing the present great need for beef to feed our soldiers and the troops of our Allies, will refrain entirely from its consumption, but in addition and shipyard workers and others who have heavy physical work to perform may feel the need of this maximum quantity of 1 1/4 pounds per week.

"Hotels and restaurants are instructed not to place on their menus or serve boiled beef at more than two meals weekly and to serve beefsteak and roast beef at only one meal weekly, at most.

"There is plenty of pork for all of us and we may satisfy our appetite for meat with fresh pork, bacon, ham, sausage, etc., as well as by the occasional use of mutton, lamb, fish and poultry.

"It may seem a little strange that we are asking for conservation of beef at this time and a slightly more liberal use of pork, in view of just the opposite having been the case last winter, but the reason is easily understood.

"The stock feeders in order to save the soft corn that was left in the country upon the early advent of winter last year, fed it to the hogs in more plentiful than normal quantities and this resulted in a premature ripening of hogs and the consequent early marketing. This soft corn is not of a nature that can be used for food for humans and this step was taken by the hog raisers in order to help the corn growers and as a result we find ourselves with a sufficient quantity of pork to care for all our needs if used intelligently.

"There are so many elements entering into the feeding of the nation, our soldiers and the allies, such as the changes in conditions of production, transportation facilities, available shipping space, troop movement, etc., that we must all realize there will be constantly changing conditions that will have to be met. We must expect frequent changes and even reverses in the requests for conservation in some commodities and a more normal consumption of others.

"This is a time for the fullest measure of co-operation on the part of all of us."

If you boil your vegetables, never throw away the water in which they were cooked. It contains valuable material. Use it as the basis of a soup.

Radishes, red or white, when a little too old to be eaten raw, may be cooked like potatoes and served with butter.

BIDS WANTED

Bids are asked for the erection of seven (7) U. S. Mail collection boxes at the following points: E. Main and Jacob streets, E. Main and Barbara streets, N. Main and Manheim streets, N. Market and Old Market streets, Marietta and Delta streets, W. Donegal and New Haven streets and Marietta street and Pinkerton Road. Made bids for both brick and concrete pavements, and mail them to the postmaster.

J. WILLIS FREED, Postmaster, June 13-11.

Chronic Constipation

Perhaps you have never thought of it, but this disorder is due to a lack of moisture in the residual matter of the food. If you will drink an abundance of water, get raw fruits and take lots of outdoor exercise, you may be able eventually to overcome it entirely. If the meantime use the most mild and gentle laxatives—Strong and Marsh cathartics take too much water out of the system and make a bad matter worse. Chamberlain's Tablets are easy and pleasant to take, and most agreeable in effect. Give them a trial.

June 5-4t.

**WHY YOU SHOULD
"HOOVERIZE"**

Following the orders of the Food Administration, in letter and in spirit, is one of the greatest services you can render to your country. This program means international food sharing. Food will defeat Germany's intention to use starvation as a force to compel submission of the Allies. Plenty of food also makes possible an aggressive Allied war policy.

SAVE THE BAGS

Farmers' Representative Issues an Appeal For New Economy. C. J. Tyson, representative of the farmers in the U. S. Food Administration for Pennsylvania, urges upon the attention of the agriculturalists of this state the necessity for the greatest care in the matter of their use of bagging, especially burlap bags.

"There is," he says, "an extreme shortage in the supply of burlap from which burlap is made. This product is imported from India and the shortage of ships has interfered materially with the supply while the demands of the army for these bags which are used in trench warfare is further depleting the supply.

"Fertilizer and other products used by farmers are customarily shipped in bags made of burlap."

Mr. Tyson makes the practical suggestion that the patriotic farmer will have every pound of fertilizer shipped in 200-pound bags, if possible. It is estimated that the monetary saving in the handling of the three million tons of fertilizer now shipped in smaller bags will amount to four million dollars annually if the product were shipped in 200-pound bags.

As an example of the difficulties arising from the shortage of burlap it is noted that manufacturers of linoleum who use just cloth in the packing of their product are finding great difficulty in obtaining sufficient supplies and that they are experimenting with cotton fabrics, in the hope of finding a satisfactory substitute for burlap.

The French like peas cooked in lettuce leaves in the top of a double boiler or laid in lettuce leaves in the top of a strainer. Sometimes, too, they add a parsley leaf or a mint leaf to peas in the cooking to give them flavor, but the plain flavor of well-cooked green peas is very pleasing without any additions.

Soak celery and cabbage 15 or 20 minutes before using so that any insects or worms will come out.

Potatoes, too, may well be cooked in their jackets.

**"LOOKING AHEAD"
IN WHEAT CRISIS**

**Food Administration Will Follow
Example of Joseph and
Provide For Future.**

Joseph interpreted the dream of Pharaoh and said: "Behold, there come seven years of great plenty throughout all the land. And there shall arise after them seven years of famine: and they shall devour all the fruit of the land which they have reaped in the seven years of plenty." "And let them gather all the food of those good years that come and lay up corn for themselves and let them keep food in the cities." "And let them keep that food against the seven years of famine."

It is no dream which Mr. Heinz interprets when he warns the people of Pennsylvania against waste and calls upon them to conserve to the utmost this year's abundant crops. The prospect of a bumper wheat yield this year, he says, is no reason for changing the measures already in effect to save wheat against future needs.

"For many years past," he explains, "we have never come to the beginning of any harvest without a surplus stock of wheat held over from the previous year and unconsumed. This surplus was the insurance against the future; it was the saving factor in case of a crop failure, which is apt to occur at any time. This year was an exception. Our surplus from 1916 was small. The 1917 crop was very small. Now, just before the 1918 harvest, we find our wheat bins swept clean, with the demands upon us greater than ever before.

"We must, therefore, follow the time-honored and oft-tested precedent established by Joseph and gather the food of the good years that come, for store against the years of famine. We must accumulate a new surplus to take the place of that which has been swept away. It is more than prudence to do so; it is a vital necessity. This year's wheat crop will be large; next year's crop may be a failure—no one can predict. But out of this year's supply it is entirely possible for us to accumulate a surplus which would avert disaster which a crop failure in 1919 would surely bring.

"I urge the people of Pennsylvania to have this in mind. 'Eternal vigilance is the price of safety.' Let us exercise it in full measure in the matter of our wheat supply."

Try steaming green vegetables instead of boiling them.

Soak wilted vegetables in cold water until they are crisp and fresh.

**"AMERICAN FARMER
HAS FED ALLIES
Producer and Consumer Work-
ing Together Has Achieved
Victory For Democracy.**

The American people have achieved a victory for democracy. They have proved they can govern themselves. Through all sorts of agencies the United States Food Administration has endeavored to bring home to the nation the vital necessity for sending wheat, meat, fats and sugar "over there."

What has been the response?

Before the war we used to spend across about \$5 million pounds of pork products every month. In 1916, before we were really "in it," there was a great demand, and so we began to send more. We even got up to 121,000,000 pounds a month. But our herds of hogs decreased in doing this, for we were increasing our own consumption to a great extent. That meant that there had to be a big change somewhere and so, in the latter half of 1917, even with all our conservation, we got up only to 74 million pounds a month.

Now comes the startling part of the story. Today, with practically the same herd of hogs in relation to the population that we had before the war, we are exporting about 285 million pounds every month that is more than three times as much as in peace times.

As for beef, before the war we used to send over 17,000,000 pounds a month, while today we are shipping 70,000,000 pounds a month.

Perhaps wheat has been our biggest problem. We have realized how very important it is to give the Allies wheat. To them, the "staff of life," the "daily bread" of their prayers, is the wheat loaf. Our wheat crop of 1917 was larger than the 1916 crop, but it was more than one hundred and fifty-five million bushels less than the average production for the years 1911 to 1915. If we had eaten as much as we usually do, we would have had only twenty million bushels to send abroad.

We realized then, and we are still realizing, that we must not eat as much as usual. We have sent one hundred and twenty million bushels and by September 1 we will have increased this total amount by many millions.

Let the German militarists still argue that "democracy is a failure." They do not know the democracy of America!

**SUGAR RULES
MORE STRINGENT
Destruction of Ships Calls For
Increased Measures of
Conservation.**

New and increased measures for sugar saving have been announced by Howard Heinz, Food Administrator for Pennsylvania. His statement follows repeated warning to the public from Mr. Hoover regarding the seriousness of the situation. More rigid conservation than ever has now been forced upon the nation suddenly by the recent sinking of ships by German submarines off the American coast, and the interruption of steady shipments.

In view of this condition, therefore, the previous ruling has been restored regarding the purchase of sugar for domestic purposes; namely, not more than two pounds to one purchaser in cities and towns and not to exceed 5 pounds in the rural districts. This ruling does not affect the orders regarding canning requirements during the canning season. If absolutely necessary, the total quantity that can be purchased by housewives may have some limitation placed upon it.

Sugar for less essential purposes will undoubtedly be greatly reduced and manufacturers of non-essentials will be curtailed in their use of sugar after the first of July.

It is the desire of Mr. Heinz to avoid, if possible, the issuance of sugar rationing cards, but unless there is a general curtailment in the table use of sugar and for pies and cakes, sugar cards are not an impossibility in the near future.

Information was brought to the attention of the Administration within the past few days, showing that in a number of cafes and restaurants the open sugar bowl on the table is still retained. Ample notice has now been given of the illegality of this practice. Investigators are gathering names and evidence in such cases.

**SALES STRICTLY LIMITED
Merchants May Sell Only Two Pounds
at One Time in City and Five in
Country.**

Merchants may sell only two pounds at one time in city and five in country.

**Cool Summer Suits
That Cost Little
But Wear Long**

The smeltering hot days of July and August made far more comfortable—
The Wool Suit you are wearing will be saved a deal of wear and tear—
And your pocketbook will not mind the extra expense a bit—
IF YOU BUY one of these Cool Summer Suits Palm Beach, Mohair and Kool Kloth.

They cost but a minimum of \$6.50 or a maximum of \$15, and there's at least two seasons' wear in them; many men have told us they have worn them even longer.

At the same time you are doing your honest share toward conserving the wool supply of the country for when the Fall or next Spring rolls around you will be saved the necessity of buying a new Suit if you have saved your present garment in this way.

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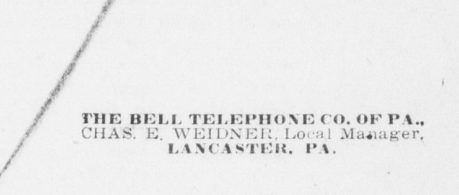
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**The "Busy Hours"
of the Telephone**

The past months have been busy ones in telephone service—and busier months are in store. The volume of telephone calling has increased in an unparalleled way, reflecting the great industrial activities of the times.

Studies of the hourly volumes of telephone calling, made at our central office switchboards, show that the "busy hours" are from 9 to 11 in the morning and from 2 to 4 in the afternoon. If we may flatten the "traffic peaks" that characterize these busy hours, we may provide better service and care for more calls as the requirements increase.

We ask this co-operation on the part of all users of our service: that they distribute their telephone calls throughout the day; that they make only the necessary telephone calls during the busy hours; that they make those calls that must be made as brief as possible. War-time conditions make this request necessary; we feel that we may count on your help.



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Rockers, Mirrors, Hall Racks,
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In Fact Anything in the Furniture
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A FULL LINE OF KODAKS AND KODAK SUPPLIES FOR SALE.

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What To Do With Holiday Books

There is scarcely a home but what has felt the effect of the annual overflow of books which usually happens about Christmas time.
If they are worth protecting at all let them have the best protection possible—such as is afforded by a GLOBE WERNICKE "ELASTIC" BOOKCASE. Price per unit (sufficient to hold about twenty books) from \$2.75 up.

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MAYTOWN, PA.

Opened For Business March 31, 1914

Condition at End of 4th Year, Mar. 30, 1918
Capital and Surplus \$115,000.00
Deposits 650,805.38
Responsibility of Partners \$2,000,000.00

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White Washable Leathers, White Nubuck and White Fabrics. Some with Rubber Soles and Heels—just right for an Outing, or for any sort of Summer Sport.

MEN'S SHOES OR OXFORDS
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WOMEN'S SHOES, OXFORDS OR PUMPS
\$1.75, \$2.50, \$3.00, \$3.50 to \$7.00

Remember, Please, that the Market is flooded with all sorts of creations in White Footwear and many of them—the "Bargain Sort"—are entirely worthless!

Any Advertised Price Stands for but very little until you see the quality of the Shoes attached to the Prices! Quality Not Price tells the Story!

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