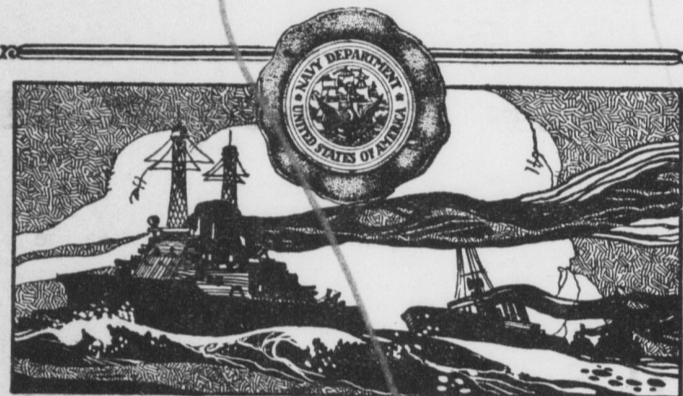


**TELL** your dealer you want to see a Fisk Tire beside any other he offers you. He has it in stock or can get it. See for yourself what the Fisk Tire has to offer in extra size and strength, how its resiliency compares when you flex the tire under your hand, how the depth of the non-skid tread looks beside other treads. This is the way to buy tires!

There's a Fisk Tire of extra value in every size, for car, truck or speed wagon



**FISK TIRES**



**THE LONG ARM OF THE NATION**

The strength of every nation is measured by its sea power. In war the navy is the deciding factor. In peace it is the most powerful insurance against future war. Little-known facts of intense interest concerning our navy are told in one of the series of stories about Our Government which we are sending out each month.

To receive with our compliments this story and all those issued before, merely send us your name and address.

**First National Bank**  
Mount Joy, Pa.

**REFRIGERATOR TIME!**  
A Good Refrigerator

**WILL PAY FOR ITSELF IN A FEW SUMMERS**  
You should not consider a Refrigerator in the light of an expense. On the other hand, a good refrigerator will prove to be one of the best investments you could possibly make. It will pay you dividends for years in definite savings of actual cash in preserving food that would otherwise spoil. You will find here about forty different sizes and styles to select from, ranging in price from \$129.00 to \$175.00. We also have in stock for immediate delivery, the celebrated "WHITE FROST" refrigerators, price \$75.00; with water cooler attached, \$90.00. Before deciding on a refrigerator, be sure to look over this assortment.

**Westenberger, Maley & Myers**  
128-131 East King Street LANCASTER, PA.

**LOSE YOUR HEADACHE QUICK**  
USE THE DEPENDABLE **LIQUID REMEDY**  
(EASY TO TAKE—SPEEDY RELIEF)  
**CAPUDINE**  
GOOD FOR GRIPPE AND BACKACHES, TOO  
NO DOPE—NO ACETANILIDE  
Bottles

**ENGLANDER**  
WIT-EDGE SPRING  
Sold everywhere by furniture dealers and department stores  
**ENGLANDER**  
Write for illustrated booklet  
ENGLANDER SPRING BED CO.  
New York—Brooklyn—Chicago

Better Than a Mustard Plaster  
**MUSTEROLE**  
WILL NOT BLISTER  
For Coughs and Colds, Headache, Neuralgia, Rheumatism and All Aches and Pains  
ALL DRUGGISTS  
35c and 65c, jars and tubes  
Hospital size, \$3.00

**8,000 HIKING CLUBS IN GREATER NEW YORK**

They Swing Along Highways and Through Woods in Groups of Varying Size.

New York.—One must walk nowadays to be in the swim. Statistics gleaned from the outdoor departments of the newspapers, from the Boy Scout and Campfire Girls' organizations, from the Y. M. C. A. branches and kindred bodies, from scores of amateur athletic clubs and from the leading dealers in sporting goods, indicate that



"Best Walkers Make Best Citizens," Says Mayor of New York.

today there are no less than 8,000 hiking clubs in Greater New York, with a total membership of more than a quarter of a million men and women, who are keeping themselves in the pink of condition and experiencing the real joy of living by getting regularly out into the open country with no other means of locomotion than their God-given legs.

The city of New York has taken official notice of the movement. On three occasions recently Mayor Hylan has congratulated the boys and girls of the public schools upon their enthusiasm in taking up the new sport of hiking. In his dedication of the great new public playground in the Bronx the other day Mayor Hylan extolled the athletic tendencies of the boys and girls and impressed upon them that there was no better or more profitable way in which they could pass their vacations and utilize their holidays than by the excursions into field and forest of their walking clubs. He gave the same message to the Amateur Athletic Union of Brooklyn a few days later, and when a club of East Side boys and girls visited him at city hall preparatory to a hike to the tomb of Roosevelt at Oyster Bay he assured them that the best walkers among them would make the best citizens.

**Walk and Be Well**

No less enthusiastic a champion of the walking game is Dr. Royal S. Copeland, city health commissioner. "The benefit to health and the safeguard to morals to be found in long walks," said Dr. Copeland in an interview, "are too apparent to speak of them. If one takes long walks alone it is well, for he walks the road of health, but if he takes long walks in company it is better for he adds the tonic of companionship to his exercise. Walking is the one form of exercise in which there is the minimum risk of overdoing it. In short, I consider walking the most beneficial of all exercises and it is never out of season." "Never in my life-time," said Edward R. Wilbur, manager of a nationally known sporting goods store, "have I known such a demand now for outdoor garments and shoes and stockings and appliances for the tourist's luncheon box. The rapid spread and tremendous popularity of the walking-club idea has no parallel in our experience."

"The hiker can make his requisite just what he feels like spending. Really, there are no demands of these articles. Indispensable to hiking—thick walking shoes that allow lots of room, thick woolen socks and clothing that will give freedom of limb. He should have a canvas or leather musette bag, such as the soldiers used in France."

**The Cow in the Knapsack**  
"To get the real benefit and joy out of hiking luncheon should be carried and prepared and eaten in the open. Bread and cheese, a few slices of bacon, some coffee and a can of condensed milk, and a cake of chocolate furnish high-powered fuel for the hiker and are readily and happily assimilated even by those who in their pre-hiking days were afflicted with digestive apparatus so feeble as to balk at crackers and milk. Fortunately for the hiker, he can replenish his staple knapsack at any cross-roads store and provide himself with the most nutritious and appetizing food in a form that can be conveniently carried."

"No single development in the problem of food transportation for the hunter, fisherman, soldier and all lovers of the out-of-doors can compare with the gift bestowed by the man who first found the way to make condensed milk, thereby putting a dairy in every man's knapsack. Before long there will be a national association of hikers, and Gail Bowen will be its patron saint. Such an association could do much to encourage the spread of the most beneficial and universal of all outdoor pastimes, map out interesting routes, secure the establishment of shelters, rest-stations, and camp sites at suitable locations, and insure the rights of pedestrians on country roads."

**A Wonderful Bargain**  
Undoubtedly the best bargain I have had in several years. A double lot, corner, good residential section, with 3-story brick house, modern in every respect, new heating plant, electric lights, bath, garage. Replacement cost today, \$20,000. Will take \$7,500 and give possession any time. Now don't think too long but act. Call or phone Jno. E. Schroll, Mount Joy, Pa.

**Something to Think About**

By F. A. WALKER

**FORWARD, BACKWARD**

EVERYTHING in nature is moving toward a great purpose. There is no inactivity in the atoms or in the spheres; no turning backward, no indecision, but a constant movement in a forward direction, carrying us away from the yesterdays to new dawnings and new days.

The winds, the tides, the spinning of the earth in its prescribed orbit, the rising and the setting of the sun, the coming and the going of the seasons, the blooming and the fading of verdure and flowers, all bear evidence of progress, and eternal life.

Being a minute part of nature, performing your little role in the great scheme of creation, rectify your lines, do you ever pause to ask yourself whether you are moving forward or backward?

In spite of any thought you may entertain in the matter, you are going ahead or drifting behind, just as surely as the roses bloom in summer and the snows blanket the ground in winter.

You are better equipped for your life-work today than you were yesterday, or less efficient.

Your mental and physical forces have undergone an imperceptible change and you have changed with them.

You are a trifle more dexterous in your work or slightly more clumsy.

In the last 24 hours you have not remained in a quiescent state, for the laws of motion have been silently at work, carrying you a step or two forward or backward, setting you down at the threshold of a new day a slightly changed being for better or worse, which you may or may not observe as you take hold of today's duties.

Before night, however, you may become conscious of a new-born power, or a lack of it, and wonder what the transformation means.

Its significance is clear. You are going forward or backward, keeping in accord with the eternal motion of things of which you are a part.

If you would move forward, keep step with the men and women who are laboring and achieving in the great purpose, you must watch your every thought, impulse and act, and ask yourself at the beginning of each day whether you are pressing toward victory or turning toward defeat.

"Forward or backward?" ought to be your initial question at dawn, and your final query at night. Let this self-examination become a habit, and in a little while you will be glad that you acquired it.

(Copyright)

**Mother's Cook Book**

"A house is never perfectly furnished for enjoyment unless there is a child rising three years old and a kitten rising three weeks."

**MORE GOOD THINGS**

**AS STALE** bread will accumulate, a little care is needed to keep ahead of the growth. If dry bread is put through the meat chopper it may then be used for croquettes, meat balls and any number of dishes. Keep the crumbs in a glass jar, sealed from the air.

**Tip-Top Omelet.**

Boll one-half cupful of milk, add one tablespoonful of butter and one cupful of bread crumbs, seasoning to taste. Beat the yolks of three eggs and add them, then stir in the stiffly beaten whites. Pour into a buttered omelet pan and cook until well browned.

**Ham Patties.**

Take two cupfuls of ham chopped fine, three cupfuls of bread crumbs, three eggs and enough sweet milk to make a soft batter. Mix well, drop into gem pans, drop a piece of butter in each and bake until brown.

**Brown Bread.**

Take two cupfuls of stale bread crumbs, one and one-half pints of cold water, mix and soak over night, then rub through a sieve one and one-fourth cupfuls of molasses, one and one-half cupfuls each of graham flour, cornmeal and rye meal, two teaspoonfuls of salt, three and one-half teaspoonfuls of soda and one and three-fourths cupfuls of cold water. Mix well and steam three hours.

**Stuffed Apples for Tea.**

Take five large apples, core and fill with one-half cupful each of bread crumbs and chopped roast beef, one tablespoonful of melted butter, one teaspoonful of onion juice, one-quarter teaspoonful of celery salt, half teaspoonful of salt, one tablespoonful of parsley chopped and a dash of red pepper. Mix well and press into the apples. Bake in a little hot water from half to three-quarters of an hour.

**Fruit Betty.**

Put a layer of crumbs in a well buttered baking dish, cover with blueberries, canned or fresh, then add another layer of bread with a bit of butter and sugar if needed. Bake until well heated through. Serve with cream and sugar.

**Nellie Maxwell**  
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**Let Me List It**

The fall season will soon be here and any person having real estate to dispose of should notify me by phone or card. I will list it free, advertise same and if not sold this work costs you nothing. What could be fairer? No matter where you're located, call phone or write. Jno. E. Schroll, Realtor, Mt. Joy.

If your business gets slack, advertise in the Bulletin. It pays.



QUALITY FOODS

ECONOMY PRICES

**Where Your Money Goes the Farthest**

**MOUNT JOY, PENNA.**

REGULAR 14c N. B. C. SODA CRACKERS Cut to Nice and crisp. Baked especially for this sale.	<b>11c</b>	REGULAR 23c RICH CREAMY CHEESE Cut to Makes a very nourishing and economical meat service.	<b>21c</b>
<b>Test It In the Cup</b>		"ASCO" CORN FLAKES Package Big, crisp flakes. You'll like them better than any you have ever tasted.	<b>6c</b>
"Asco" <b>COFFEE</b> 29c lb		REGULAR 12c CAN CHOICE STRING BEANS Cut to Can New crop tender beans, with strings removed and packed in sanitary cans.	<b>10c</b>

<b>SOAPS AND CLEANSERS</b>	<b>THE BEST TEAS AT ANY PRICE</b>	<b>WHAT DO YOU PAY?</b>
Lifebuoy Soap... 3 bars 20c Star Naptha Powder pkg 6 1/2c Fairy Soap ..... bar 6c	"ASCO" TEAS 1/4 Pound Package <b>12c</b> 1/2 lb pkg. 23c; 1 lb pkg 45c Five quality blends—Orange Pekoe, Old Country Style, India Ceylon, Plain Black, Mixed. Which do you prefer?	"Asco" Bread Crumbs pkg 10c "Asco" Cider Vinegar bot 16c "Asco" White Dist. Vinegar 12c "ASCO" GINGER ALE . . 10c Libbys Corned Beef big can 23c Fly Swatters ..... each 8c California Prunes 1b 12 1/2c, 19c
IVORY SOAP 3 bars for 20c Fels Soap ..... bar 5 1/2c Sunbrite Cleanser... can 4 1/2c Young's Borax Soap . bar 6 1/2c		

<b>VICTOR BREAD</b> 6c Big Loaf Made as you would make it in your own kitchen. The biggest bread value sold today.	<b>GOLD SEAL FLOUR</b> 55c Twelve Pound Bag Milled from the choicest wheat. Guaranteed to give entire satisfaction, or your money gladly refunded.
"ASCO" EVAPORATED MILK Tall Can <b>9c</b>	REGULAR 9c TUMBLER "ASCO" PEANUT BUTTER Cut to 3 for None better made. With that "real nutty" flavor. <b>25c</b>
SNOWDRIFT VEGETABLE SHORTENING Can <b>17c</b>	REGULAR 23c BOTTLE "ASCO" CRAPE JUICE Cut to Just the pure juice from luscious Concord Grapes. <b>19c</b>
BEST PINK SALMON Can <b>12c</b>	"ASCO" SLICED DRIED BEEF Cut to Selected tender beef, trimmed of all waste, sliced thin and packed in sanitary containers. <b>12c</b> Pkg.
FANCY ASSORTED CHOCOLATES Pound Box <b>49c</b>	
GOLD SEAL MACARONI Package <b>9c</b>	
SUN-MAID SEEDED RAISINS Big Package <b>15c</b>	

**BEST ICE at the BEST PRICE**  
**45 cents a hundred**

Forty-five cent price effective at once. 1000 tons of clear thick spring water ice stored in Mount Joy and Florin.

**Mount Joy Ice Company**  
HALLGREN & HEILIG, Proprietors.  
Ice for sale at all times on Columbia Avenue

Get the same milk with fewer cows



The Ready Ration for Dairy Cows

A lot of dairymen in this section say they are getting all the milk they can sell. We say, why not cut the cost of that milk? Get rid of the low producers. Feed Larro to the good cows. You'll get the same quantity of milk from fewer cows. You'll save hay, silage, labor and trouble. Larro is a blend of best obtainable ingredients. It is succulent, palatable and easily digested. Contains no filler or off-grade ingredients. We invite you to try 2 bags at our risk today.

**E. H. Zercher, Mt. Joy**

...TRY...  
**RUSS BROTHERS VELVET ICE CREAM**

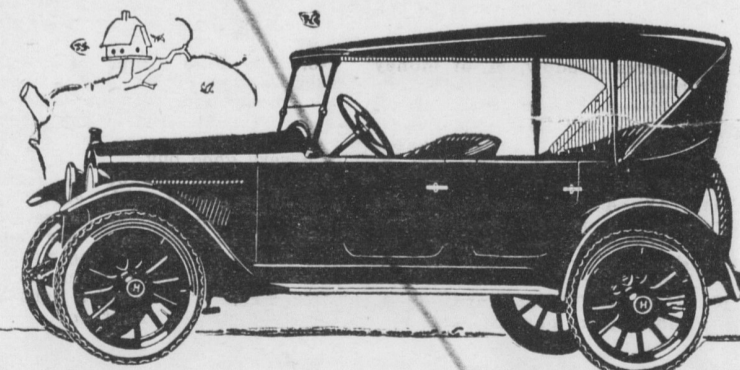
**BRANDT BROTHERS**  
128 Mt. Joy St. MT. JOY, PA

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**Florin Inn Garage**  
Florin, Penna.

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We Handle All Kinds Of **Auto Accessories, Tires, Oil, Etc.**

Delicious! Appetizing  
**KRAFT CHEESE**  
IN TINS IN LOAVES  
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