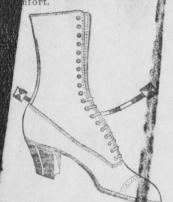
OMEN FO

n fail to give intelligent o other parts of ey take Turkish massage, they pr d system of bodil have facial treats ep their hair in nd look well to and look well hands, while ir feet and permit uncomfortable, to much unhappiness, that mfort and unhappiness are eflected in their face and in graceful walk.

that the Cantilever them at the foundation and mental fitness by them of all foot strain ort.



Intiliver A notable feature of oes is the flexible arch. he arch of the human for gaments exercise normally and naturally with every step. Thi strengthens the muscles the feet young and suppl exercise

Cantilevers have alway natural sole line, the crounded toe and the sen mfortable ble walkshion now proclaims the style.

Cantilever Shoes come in black and brown kid, tan call and white linen. Buy a pair tomorow and let them mean happiness for you. Widths AAAA to E.

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attom Prices KOCK E on all Material Fixtures, Electrical lies, Etc.

HOUSE WIRING A SPECIALTY BIG REDUCTIONS ON OUR FINE LINE OF SHADES FIXTURES

Agent Fo ise Electric Ranges Full Automa Before Buying Elsewhere

PUBLIC SALE

FRIDAY, MARCH 9, 1923 The undersigned will sell at public sale in East Donegal township, 1-4 mile south of Kraybill's church and 1-4 file north of Nissley's Mill the following personal proper-ty to wit. tv to wit:

1 PAIR OF TULES coming 6 years old, the one an extra good single line leader.

THREE HEAD OF HORSES No. 1, heavy bay horse, a single line leader, broke single and double.
No. 2, grey horse used for driving and an extra good off side horse.
No. 3, mare, broke single and double, coming 5 years.
20 HEAD OF HOLSTEIN AND DURHAM MILK COWS

with calves their side, other y be fresh b day of sale. Durham.

Seed Hog, Chester White, o brood sows, which are so six bigs about 12 weeks

LEGHORN CHICKENS FARMING IMPLEMENTS MISSOURI GRAIN DRILL ractor will develop 12-25
ree gang plows for tractor,
hopping imil, Papec ensilage
with distributing pipe.
was four ton wagon with Columbian
closed flats, in good condition; Swab

closed flats, in good condition; Swab 2-horse wagon, low down wagon in good shape, spring wagon, good as new; market wagon, 4-horse spring harrow, Massy Harris make; roller harrow, disc harrow, land roller, Root cultivator, double row International cultivator, single row cultivator, iron age walking cultivator, hay loader, side rake, dump rake, Osborne binder, Deering mower, Emerson manure spreader, in good condition; Black Hawk corn planter, bob sled spike harrow, ma ket sleigh, single seated sleigh, 6 sets plow gears, driving harness, saddle, team whip, breech band harness, blacksmith tools, forge, anvil, vice, tonguess wood saw, 1 ½ anvil, vice, tongues wood saw, 1 ½
H. P. gasoline engine, milk cans, A.
B. L. K. milking machine in working rder, will demonstrate any time beore sale to anyone interested. HOUSEHOLD GOODS

wing, extension table, ½ doz-to South Market S w Capella range, wo iron ket-pe bed, couch, creks and glass enging lamp, goes feathers any other articles to numerous

No Public Dinner o commence at 12 o'clock ms and conditions will be NORMAN M. NESLEY

Martin, clks.

vernment Underwear pieces New Governmen wear purchased by us to lic direct at 75 cen al retail value \$2.50 Shirts 34 to 46 4. Send correc ry, will refund upon rewest. De PILGRIM WOOL-coadway, New York nov. 15-41



RADIO RALF AND HIS FRIENDS---

HURRAH! THIS IS OUR VAUDEVILLE HOUR !!!

FORTUNE MUST I'AVE I THOUGHT SO ONCE KNOCKED AT YOUR BUT FOUND IT WAS HIS DAUGHTER DOOR SOMETIME OR OTHER MY MAN MISS FORTUNE! BLUM GLOOM

By JACK WILSON Copyright 1922 by the McClure Newspaper Syndicate THIS WINTER WE WILL SING "WHERE HE GAVE TWO KIDS TWENTY HAS THE COAL BIN? ANOTHER SONG FIVE CENTS - SO! SO! WHAT WILL BE -" HE WAS AN EARLY BIRD TIME WAS IT? OH! A BUT ALL HE GOT WAS UP." QUARTER TO TWO! THAT CONCLUDES VAUDEVILLE TILLIE TALKER TEN STORIES.

M. T. DOME By J. M. Baer EMPTY, I AM A FIRM BELIEVER! YOU CLAIM, THEN PROFESSOR THAT IN THE DARWINIAN THEORY! YOU ARE A SON OF AN APE! WHO SAID I WAS THAT'S WHAT YOU'RE A SON OF AN APE TRYING TO PROVE, ISN'T IT

GOT a cold? MENTHOLATUM clears it out and makes breathing casy.

Magic Brooders THE WORLD'S BEST"

Self it relating and positively ga proof broader. The Ma c Brooder is a coal burning brooter lower automate with an upper and check draft, a coal magazine and has a device which makes it positively gas proof.

We also have number of second hand Brooder toves, consisting of Newtowns candards, and Prairie State Brooder.

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One or two and the pain stops Have you tried Dr. Miles' No Ask your Draggi

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Martin's Sanitary Dairy West Donegal St.
MOUNT JOY PENNA

"My, how it can sweep!"

says every woman who has every sed the New Fuller Broom made of tough, durable Aztec Fibre (patented). Won't break off, like broom - corn. Makes sweeping easier, faster and cleaner. Watch for the "Feller Man" or telephone for him to come any day you wish.

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ve all sizes pipe, beams, rails channel rods, etc., for sale

ISSAC NLLER SON Prince and LANCASTER,

Chy Shoe Repairing Company OLD SHOES MADE TO LOOK LIKE NEW ONES Lancaster P.

PENNSYLVANIA DUTCH What Shwilkey Bumblesock Has To Say This Week



Wei schier Jedermann wees, hot der Parre Harbaugh en wunnerschones Gedicht gemacht uwer das "Alt Schulhaus an der Krick." Reimemache muss gelernt sei un is net Jedermann's Bisness, sunst daht ich en gut Reim mache uwer das "Alt Schulhaus in der Stadt." Do is en Bild vum alte reormirte Schulhaus in Reading. Es hot gestanne an der Eck vun der Siebente un der Europe. The family is now spending a vacation in Atlanta, Ga., and Waschington Stross bis 1892, wann es abgerisses worre is for Platz zu will return to their station in Warmache or en Cigar Faktery. Mer weess net exaktly wann das Schulhaus bebaut worre is, awer es werd geglahbt, dass es in 1776 war, dem haus an der Krick gebaut worre is. capital, says Col. William B. Gree Es war en Backesteh Haus un hatt ley, Chief of the Forest Service noch viel Johr steh konne eb es United States Department of Agriz zamme gefalle war wege Altersch-

ihre A B C un annere Sache gelernt supplies turned the tide.
Es war en Gemee Schul. Viel Johr "We are still living mainly on Parre Schneck en Schuler; so war needs we are not merely draining der Franz Roland, der Spater for the insufficient reservoir of remain

zahlt. Die Gemee hot en wennig than three years and Unnerstutzung kriegt vun dem Geld, prices temporarily skyward, so fast that public attention was sharply das der Parre Michael Schlatter in that public attention was sharply Europa kollekt hot for Schule in drawn to the situation and an in-Amerika. So hot sie in 1759 \$15 quiry ordered."

hot die Schul mit Gebet ahgefange. growth." Sie hen ah der Katechism gelernt.

Alleweil derf an viel Platz die Bie- Good roads were carried to a hig werre un die mehnste Schulmehster state of perfection by the

hot der Schulmeehsteh oft die Kerch halte un en Preddig aus eme Buch ablese musse. Er war alsfort der nachst Mann zum Parre. Alleweil werd net gefrogt, ob en Schulmeh ster in die Gemee Schul oft besucht un dernoch gesehne, dass die Kinner eppes gelernt hen. In wennigsten Hinsicht ware die Gem Schule un die Kinner sin christlich Die Schul in dem obige Haus is fortgehalte worree lang nochdem die Freischule eigefurt worre sin.

bete nergeds. Der Schlmehster hot

en guter, frommer Mann sei musse

Wann der Parre krank war oder

wann ken Parre um der Weg war,

Endlich is es in 1850 vun der Gemee verkahft worre un sitter seller Zeit bis 1897 war es en Wohnhaus. Die Lutherische hen ah en Gemee

Schul hatt. Thr Schlhaus hot an der Eck vun der Sechste un Wasching ton Stross gestanne un war aus Steh gebaut. Nau steht en Cigar Stohr un en Lawyer Office am Platz.



Das TWO YEAR OLD HAS BEEN IN Hunters are required to turn in as EVERY EUROPEAN COUNTRY Mary Ann Baker, daughter of

saw, Poland, in the near future. Our Timber Growth In the course of about 75 year namliche Johr wu unser Land das most of our enormous natural wealth Englisch Joch abgeschuttelt hot. in virgin timber has been consumed Sell war viel, viel Johr eb das Schul- or converted into other forms of ach.

In dem Klechne Schulhaus hen ber increased until a few years ago viel vun dee erste Leut der Sttadt advancing prices and depletion of

lang hot es ken annere Schule gewe our forest capital, says Colonel dere Schul war der bekannte Greeley, "and to meet our current bout fufzig Johr en Hutstohr ge- ing mature timber, but also draw halte hot. Er is in 1897 gestorwe.

Die erst reformirt Gemee hot die
Schul ufgehalte un die Koste beThe accident of a sudden crisis less

"The crisis passed, but the in-Das Schulhaus war of kohrs arg quiry made clear that the Nation chfachc. Die Kinner hen uf klehne has experienced a brief preliminary quiry made clear that the Nation Bank gehockt anstatt uf Stuhl wie symptom of the economic stringency ietz in de Stadt. Sie hen net so which must come as the full conservict gelernt un sin ah net so gescheid forre wie die Kinner heutzedag, of accurate information is essential worre wie die tehnste Kinner jetz. Sellmols hen sie alle Dag im Testa-ment gelese, un der Schulmeshter tween timber used and timber

She Took Lydia E. Jinkham's Vege table Compound and Escaped the Operation Dodor Advised



all the time now, also weight. I will tell a e that you ED. BOEHNLEIN, 1130 Ssh St., Louis

ache, nervousnes painful times aptoms of male troubles irregularity, tired an ings, are symptoms of Lydia E. Pinkham's pound should be taken is reason to fear such thubles. It contains nothing that can if ure, and tends to tone up and strength in the organs concerned, so that they may work in a healthy, normal manner. Let it hely you as it has thousands of others. Lyding you are the strength of the strength enever ther you as it has thousands of E. Pinkham's Vegetable now selling almost all over the world.

SKINS OF PREDATORY ANIMALS YIELD REVENUE TO GOVERNMENT

During the past year an average of 266 hunters, trappers, and poisoners were employed under the supervision of the Biological Survey, United States Department of Agriculture, and many thousands of stockmen participated in the distribution of poisoned baits during the how to use it. organized drives against predatory nimals. Part of the men employ- acute. ed were paid by the Federal Government and part by the States and other cooperating agencies, which contributed \$196,405 to the work. evidence the skins or scalps of animals killed when found in suitable condition. Such positive eveidence was obtained during the year in the case of 30,986 predatory animals, of which 687 were large gray wolves, 27,185 coyotes, 2,2827 bobcats and Canada lynxes, 173 mountain lions, and 114 bears. Bears are generally regarded as game animals and are protected by some State laws. No effort is made to take any except individuals known to be destructive to stock. In adlition to the dead animals secured, it is estimated that not less than

50,000 coyotes were killed in connection with extended poisoning operations, but their carcasses were The killing of about 80,000 prodatory animals represents a saving of live stock and game for the year nting to over \$4,000,000. Skins sold during this period yielded \$34,-202.75, of which \$22.375 was de rived from skins taken during the ame year.

Good E. Donegal Farm If anyone wants a real good East Depegal township farm, along the Donegal creek, with the best of lime stone soil, here's your chance. 107 acres, seven acres of which is good meadow. Farm divided into 6 fields ammer house, shedding for 10 nero of tobacco, running water at harm and house. Buildings in exceptional hape, farm is convenient to market s an excellent producer and can be ought at \$180 an acre. If interest d call, phone or write Ino. E. Schroll Realter. Mount Joy.

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HOME HEALTH CLUB

WEEKLY LETTER WRITTEN EX-PRESSLY FOR THE BULLETIN BY DR. DAVID H. REEDER

CHRONIC APPENDICITIS: The article which follows was written and appeared in my regular contributions over a year ago, but I have had so many requests to repeat it and there are so many new subscribers that I am forced to repeat it at this time.

Even after many years of educational work, there are still many peo-ple who do not know that chronic appendicitis means chronic constipation.

Why? For the simple reason that appendicitis, whether acute or chronic, is caused by constipation, and con-

stipation only.

Now perhaps you have observed that the first thing the doctor does in cases of appendicitis is to try to empty the colon. Perhaps also you may have noticed that he does not use pills for this purpose but something that causes rapid peristaltic

action That is the action which forces the fecal matter on toward the out-

Castor oil is best for this purpose, that is to get quick action. Now if you know the cause of any condition why not remove that cause, nature always takes care of the condition, effects a cure if you re-

nove the cause. "But," you say, "I am always constipated and my doctor has given me barrels of medicine and I have taken pills and pills and more oills. but still suffer."

"Well, didn't I just get through telling you that pills are not for the kind of constination that causes appendicitis. It is quite probable that your doctor also told you about some of the things you eat and are so fond of, but your quickly forget that, because you wanted to forget it. He probably told you o drink more water and you forgot that also.

Well now, you won't forget this. If you have chronic appendicitis its your own fault, and if you get a sudden chill sometime when you are real tired and you collapse utterly and they send for the doctor post haste, he will probably mutter to himself, and some of the words he will seem to say may have the sound of "d" at the start and the next word may sound as though it

started with "f" Then he will drive nest another doctors office and he will calle his

tools and the other doct Now of course you ma all right and then friends may say, "How looks", and they may wonder if he had enor to cover the morte

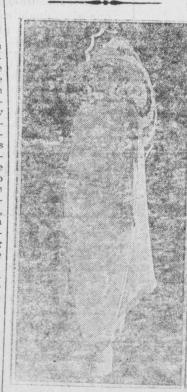
Now if you have caused by chrunic don't vou believe the doctor is tified in calling you that kind of a fool if you don't go at it with practical common sense to remove the

Nothing is in your body that did not go through your mouth. Your whole active life is made up from the things you eat and drink. Food is fuel, and the nature of the mixture determines the power you can

develope.

Isn't it, therefore, common sense to believe that you can change the activities of your body at will by indicious changes in your food and

drink. Appendicitis, whether acute or chronic, is now quickly and safely cured without surgery by autorenous therapy, but the trouble is that when it becomes acute, you may of he able to secure the services of a physician who knows Therefore remove the cause and it will not become



FOR BALMY SUMMER AFTER-NOONS

A chaming afternoon frock of silk crepe with accordean pleated waist. The skirt is draped softly to the top of the shoulder; cross grain ribbon generously applied lends ad-ditional charm to the costume.

A Beautiful Home I have one of the finest and best

built residences in this town for sale. A brick house, modern in every respect, in the residential section. Everything is right, all modern conveniences, garage, etc. and good reasons for selling. J. E. Schroll, Realtor, Mt. Joy.

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