







Avoid harsh cathadics and physics, They give but temporary relief. They often aggravate he real trouble

## FIG L

Come in tablet form, taste and are noted leasant to the or their easy, ie bowels. soothing action upon the bowels.

They don't purge, cause nausea nor the inconveniences attendant upon the use of purgatives. Their action is pleasant. They help relieve constipation, and also overcome its cause and to make unnecessar use of laxatives. endant upon Their action me its cause use of laxtone and atives. They serve strengthen the nerves

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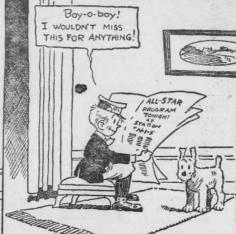
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so we baura, hondwaerksleit un dawg lainer tzurick shtae missa, un os de greshta rascals uvva druf cooma, un maucha de laws so os de shmartshta deeb ols de feddershta gentleleit acta kenna. Un now is's aw so. Es is d meia feshions, un der hochmoot, un de feela sorta falsha profaita un pre tenders, un de heichler, un party bossa os yusht ni gane for sich selwer un humbugga de orma karls os net besser wissa-selly sort kenna leega, shtaila un bateega, un de orma norra shticka tzu ena ols de beshta un shmartshta gentlemen-

PENNSYLVANIA DUTCH

Say This Week

Ich hob'm porra Harback si nawma gamentioned. Ar is der mon os 's ivver ous goot Pennsylvania Deitsh shtick g'shrivva hut fum "School House on der Creek." Wann der same goot olt Harback noch om laiva dinkt's mich ar kent aw 'n ordlich goots shtick shreiva fun weaga de nei fashionda gentle leit. Weil ar swer dode is will ich proweera tzu act ols si substitute un si mainung gevva if der subject so gov os ichi con. Un now doh gaits:

tzeita, Os unser anes 's noch arlaiva mus, N yeader bauer's bu mus carriage

Un'd bauer's maid de shteppa rumm

Un nemond nemmt om dumma shtuls ferdruss

'N shpreier gowl un g'sharr mit silver mounting druff Un pletny geld im sock, doh is kae

shteddle tzu Unshtella dort om beshta waerts house uf.

der fineshta fashion sin se uf gadress'd Un haiva era kep so shteif un hoch Gook, we se in de nei shtyle renna con se nimmy fun de dooda

kenna, maucha ol'a hochmoots waiga brood. noch.

Der darwdy denkt: Wass hob ich shmarta sehna. De mommy sawgt: My maid, cooma rous!

mer con vo laina. Sell gait a wile, om end waersht

is nimmy so, mer notified b'sheist de editors.

Ar aig'nt nix-de fraw huts all in hond.

Un gait in 'd kusht by siner fraw!

front office selwer accepta mus.

## HOME HEALTH CLUB

What Shwilkey Bumblesock Has To WEEKLY LETTER WRITTEN EX-PRESSLY FOR THE BULLETIN BY DR. DAVID H. For a pawr yohr tzurick hut der REEDER olt porra Harback contend os de tzeit coom'd wann de commona leit,

SANITATION: In these days of ever. By the term personal problem could see any profit in keeping them. in this connection I mean that each Put the totals of your figures on the individual must do his share in order to conserve the whole. Right living take another. has its own personal and individual rewards, but its a difficult matter to live right and secure the proper results from a sanitary method of living when your neighbor across the road will do nothing to protect you from the results of his disregard.

For example: one man in a community has equipped all of his farm buildings with modern and sanitary devices. If every farm in the community were similarly equipped there would be no flies to annoy his horses or cattle. There need be no mosquitoes, no rats, no mice, no hog or chicken cholera and on tubercular cattle.

There would be little, if any, contagious diseases in the community. Now why should not that one man be able to compel all the rest to properly safeguard his premises from Denk yusht 'mohl drau, wass sin des the causes of disease and destruction which their unsanitary methods propogate. When a man maintains a nuisance, a condition which is a menace to the life and health of his neighbors as well as to his own, the law compells him to abate the nuisance.

One open pile of manure in eighborhood will breed enough ty-N stylish buggy hut'n yearderbauer's phoid flies to indirectly infect the whole community. To compell the careless one to keep the manure in a concrete pit that has been properly covered and screened, would not only conserve the value of the manure Om Somshdawg gain so karls 'm as a fertilizer but would prevent the flies from breeding in it.

One open rain barrel in the shade at the corner of a house will during a single summer breed enough mosquitoes to pester the entire communty because the breeding will not stop at the rain barrel. Each new crop of buzzing hungry pests finds a new puddle, pond or other place to lay a lot of eggs and multiply the

A few cents worth of crude petroleum judiciously scattered throughout ponds and pulldes of the community with the rain barrels and other breeding places destroyed would pre-Awer, des kusht geld. Yaw, well, the mosquites would soon cease to MOUNT JOY LOSES vent the larva from devloping and annoy or breed malaria, yellow fever

or other diseases. To feed one rat for a year will b'sheist de editors.

Mer het gaclosed, for comuounda mit de creditors,
Waer so batreegt dar is now'n gentlemon.

We laib'd ar awer now? Ar gebt um nemond nix,
Ar laibt yusht we tzufore—des fix'd de law,

Cents and you can make your buildings rat proof for less than it is costing you to feed the rats. Here is the way to do it: From any drug store or paint shop get 25 cents if you think you have 100 rats. If not over 25 rats get 10 cents worth. To each 2 tablespoonsful of the plaster of paris add 4 tablespoonsfuls of Schatz

Cents and you can make your buildings rat proof for less than it is costing you to feed the rats. Here is the way to do it: From any drug store or paint shop get 25 cents thugh LG. M. Patton Dobson LG. Leslie if you think you have 100 rats. If not over 25 rats get 10 cents worth. To each 2 tablespoonsful of the plaster of paris add 4 tablespoonsfuls of Schatz

RE. Neitz ter of paris add 4 tablespoonsfuls of Schatz ...... R E...... Neitz cornmeal and a teaspoonful of sugar, Ellis .....Q B..... mix well and put in a dish where Neiss ..... L H B..... H. Supplee Ar is eer agent, managed 's geld un the rats can get to it, but out of the Wagner . . . . R H B. . . Lioingood way of pigs. Place near it a pan Germer ......F B...... Now, Mister Drooker, for widder a rat on the place. To prevent their return put cement floors in Touchdowns: Schatz, Kl de goota olta tzeita tzurick bringa, every barn, poultry house or other sal 2, Leslie. Points after touch fees for the eight weeks need not exun de nei fashionda gentlemenner os building around the place and pick down, Showalter (2) dropkicks, Patbei era weiver in de kusht gane, un up the o'd pile of loose lumber, ton (dropkick.) for de orma leit all independent un boards, rails or other rubbish and reich maucha, missa mer ahead gae pile it up a foot from the ground. mit unser neia bobbalisht party. Ich Under all the buildings you put up ward yusht uf der Peffer-eb ar from now on put solid concrete foun-STEADY EMP DYMENT AND willens is tzu runna for Vice Presidations. Its the cheapest in the long dent wann se druf insista os ich de run any way. The same thing that destroys the rats will also destroy the mice. When rate are killed with football eleven defeated the Eliza-

cost of feeding the cats and rats at keen competition and high efficiency \$1.00 per annum and the mice. Oh, the survival of the fittest is becoming well you guess, I don't know how more of a personal problem than much they eat and destroy. I never rat proposition to one side and lets

The agricultural department has tested and proven the fertilizing val- quire them. ue of the manure from one cow for one year when that manure is properly protected and used, to be \$28. If it is thrown out in the rain where \$14. Estimating an average of ten in a clean and sanitary manner than head of stock and we save \$140 on to live under the old disagreeable each farm every year by having a dangerous methods of our ancestors. rat proof, fly proof manure pit. Now

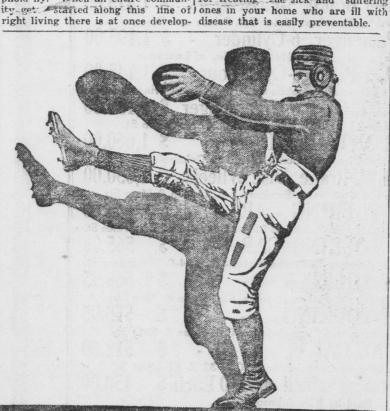
sance of dead rats about the place. ed a public spirit that will keep Now just sit down and figure it all out from a cash standpoint. How many farm homes are there in your to which to live than the city.

I am going to venture the pho township? How many people? Now phesy that within a much shorter true are feeding. Then figure the time than can be conceived by most make an estimate of the number of people, the aristocrats of this country will be living on the farms. Modern plumbing, electric lights, moving picture shows, telephones, street cars, automobiles and flying machines are rapidly revolutionizing

the social life of the entire world. Rudyard Kipling has prophesied that it would not be many years until our great seaports would be valueless. The flying ships will not re-

Its up to the farmer to make the country a more desirable place in which to live than in the city, and when you go at it from the right the flies can breed in abundance it standpoint it is cheaper and vastly will lose fully one half its value, or more comfortable to live right and

Which is the best for you to add to that the comfort of your spend, \$500, if so much is needed in horses and cows by being free from making your home modern and san-flies and I think you will join forces itary and be able to live right and with your neighbors and do away enjoy good health, or to pay the famwith the breeding places of the ty- ily physician \$50 or \$100 per year phoid fly. When an entire commun- for treating the sick and suffering



TO HONEYBROOK TEAM

Honeybrook, by a final period ral-

. Piersal 7-14 6 13-19

Touchdowns: Schatz, Klugh, Pier-

Umpire Alexander. Referee, George Schneider. Linesman, F. Schneider jr. Periods 10 and 12 minutes.

Columbia Legion Wins The Columbia American Legion Tourists spent \$45,500,000 in the plaster of paris they bury themselves, state of Co'orado during the 1923 going as deeply into the earth as they season.

mice. When rate are killed with bethtown combination at Columbia Saturday in a we'l played game, the can get and you will have no nui-

COLLEGE SHORT COURSE IS FARM BOY'S OPPORTUNITY

Persons who are intending to take

Persons who are intending to take

Irons, Heaters, Waffle Irons, etc.

Nov. 7-2t Der dawdy gait der bungert fence cost a farmer at a conservative es- ly Saturday nosed out the local the winter courses in agriculture cost a farmer at a conservative estimate, one dollar. If you are feeding ten rats it is costing you the in-For olters war es ols 'n sind un should Mai shulda maucha os mer btzawla to say nothing about the things they to say nothing about the things they destroy. One hundred rats can be destroyed at a cost of less than 25 to Mount lev in the final period. cents and you can make your build- for Mount Joy in the final period. courses open on January 3 and con-

.R. G. .... Welch stock judging, animal diseases and 47 Stiegel St., course aims to fit the student for practical work in a creamery, cheese factory or ice cream plant, includes such subjects as butter and cheese making, ice cram making, bacteriology, bookkeeping and testing dairy products.

ceed \$100 according to the college authorities. Any boy of 16 years or older is elegible to take the course regardless of his previous education. Graduates of this course nov number into the thousands and include many of the best farmers in Pennsylvania. The course was established more than 30 years ago.

Interest on its bonds is costing the state of Michigan \$6.25 a minute

—because the back of the glass covered with licksilver, which does not absort light. Hence the light rays which form an image are thrown back in reflection. Clean and bright he home where

## Purelest

No. 6 Disinfectant drives off distant disease. Certain death to go by pests that infest house, cellary stable. house, centary states. Excellent for younds, toilet use and sick room. Sen times more powerful than carladic acid. Safe, quick,

inexpensive. One of 200 P ene. Every item the

### produce. W. Garber

The Rewall Drug Siore



Should Worry" said ttle Billy, the Bad

Mamma said she was going to send him to bedon bread and milk Everyone knows that's a fast if the bread's good and the milk's Martin's. Eh?

THE MARTIN ANITARY DAIRY A.R. MARTIN, PROP. Your Milkman" W.DONEGAL ST BOTH PHONES

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