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PASTEURIZED MILK

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habit at our house.

THE MARTIN ANITARY DAIRY

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-because, when they used to wear armor, they thought it safe to remove the helmet when talking with a friend. This action, a compliment, passed into our custom of raising the hat. Customers compliment us on

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Absolutely true aspirin, tablets so skillfully made that their beneficial action begins in 15 seconds. Highest purity, never irritate or burn. One of 200 Puretest preparations. Every item the best that skill and

conscience can produce E. W. GARBER

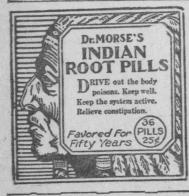
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HOME HEALTH CLUB

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

PRUNES

Many times I have recommended Prunes as an article of diet. I consider them most excellent and at the same time they are agreeable to most people are fairly economical. In the last issue of "Successful Farming", I found some very excellent recipes for preparing Prunes and I am going to give you some of the best of these.

I am going to suggest that these various dishes will be much better and much more wholesome if honey is used instead of sugar, whenever sugar is specified.

"Prunes are very wholesome, nu-Holiday Goods tritious article of diet, and when properly prepared are as delicious as they are wholesome. They contain a high percentage of sugar, and often are served without any additional sweetening."

"Prunes should be soaked until plump, overnight if possible, before First wash well to thor-Candies at Reduced oughly cleanse them, and soak in about three times their quantity of warm water. Cook them in water in which they have soaked, as this Grapes 20c Pound simmering rather than boiling them

Following are good ways to serve

Quick Prune Sandwich Bread "Two cupfuls of graham flour, 1-2 cupful of cornmeal, 1 1-2 cupfuls of flour, 1-2 cupful of brown sugar, 2 teaspoonfuls of baking powder, 1 teaspoon of soda, 1 teaspoon of salt, 2 cupfuls of prunes cooked and stoned, 1-2 cupful of molasses, 1-2 cupful of walnut meats 2 cupfuls of sour milk. Sift all dry ingredients . Add molasses, milk prunes and nuts. Mix well and pour into two greased bread pans and let stand fifteen minutes before baking. Before placing your order Bake forty-five minutes in a moderate oven. This is excellent for the children's luncheons."

Prune Coffee Cake "Two eggs well beaten, 1cup su-J. N. STAUFFER & BRO. gar, 1-2 cup milk, 1-3 cup melted shortening, 2 cups sifted flour, 2 teaspoons baking powder, 1 teaspoon vanilla extract. Beat eggs, add sugar, sift flour and baking powder Add to mixture gradually with milk beat until smooth, then add the melted shortening and extract. Pour

moderate oven.'

"One cup scalded milk, 1 teaspoon the United States which have accept- County road engineers build more of shortening, 2 tablespoons sugar, ed a Newspaper Association mem-flexibly every year. prunes. Put shortening, sugar, and to its members. salt in hot milk, let stand until lukewarm, then add the yeast. Add
flour gradually, beating until too
stiff to stir. Put on the molding
board and knead in flour until

The map must be seen to appreto detour traffic the cost in extra
fuel over a comparatively short
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Quick repairability is now much
space of the pavement. Famous Chincoteague smooth. Place in greased bowl, half of which are so progressive brush dough with melted shortening and so interested in the transporta-Ice Cream, Groceries and cover and let rise in warm place un- tion problem which affects in one til twice its bulk. Then turn on board, add prunes by kneading, and readers, that they contribute of Place in bread their valuable space to the cause of shape into loaves. pans and let rise until light; bake in good roads everywhere. Mount Joy Street, Mount Joy, Pa.

Prune and Orange Jam "Take large prunes, wash, and cut more widely scattered and newspafrom the stones, then run through pers are fewer. Certain parts of the the food chopper. Grate the peel West, however, notably the immedifrom half of the oranges used-the ate vicinity of San Francisco, Los yellow rind only—then peel and cut Angeles, and Portland and Seattle MEN and 20 GIRLS the orange pulp in small pieces.
Use equal amount of prunes and cut oranges. Add a large tablespoon of Visitors to the National Highways STEADY EMPLOYMENT AND oranges. Add a large tablespoon of PLEASANT WORKING CONDIoct. 24-tf to small jars or glasses.

HIGHYMAYS

the position which highway con-

struction and use is to take in this

country. Here, under one roof are gathered together such an educa-

tional exhibit of all that pertains to

highway making as the world has

never seen. Road builders from all

over the country are attending; road buyers have sent their representa-

tives to see what progress has been

made in the art; road users come

to see whether or not their own roads are up to the best standard, and if the money their communities

nothing to gain except the spread of

Roads, Department of Agriculture,

administration of the Federal aid

National Government should build

own, control, and forever maintain

system of National Highways to

which States would build feeder

roads, which in turn would be served

by county and township roads.

MAP SHOWS NEWSPAPERS

tional roads.

The Bureau of Public

Tells of Mrs. Vogel's Terrible Suffering and How She Was Restored to Health by Lydia E. Pinkham's great exposition of road Vegetable Compound building material, methods, and ma-chinery which now is in progress in Chicago emphasizes as never before

Detroit, Michigan. — "My troubles were severe pains in my back and ter-rible bearing-down pains in my right side, also headaches and sleepless nights. I first began having troubles when I was 15, and they have in-creased as I grew older. A little bock-let was left at my door, and I read what Lydia E.Pink-ham's Vegetable

for women and decided to try it. After and if the money their communities are spending is being wisely spent.

Attracting a major amount of the attention of the visitors are the two exhibits which have nothing to sellonghing to gain event the control of the sellonghing to gain event the sellonghing the sellonghing to gain event the sellonghing to gain event the sellonghing the but I never had any faith in an opera-tion. Since the Vegetable Compound tion. Since the Vegetable Compound has started helping me I do not suffer the severe pains, feel stronger, and am able to do my own work. I am more than glad to tell my friends that it helps where other medicines have failed."—Mrs. Gus Vogel, 6608 Pelouze Street, Detroit. Michigan. has a highly educational exhibit, showing the work of the bureau, the

road acts, and the right way to build roads. The National Highways Association, occupying a great space across the end of the gallery, shows very large and elaborate maps,illus-

rating the idea back of the associafound to be represented upon th ion. It shows, with literature and map.

other exhibits, its educational work ooking to the creation of national STREET SPECIFICATIONS entiment for the theory that the

FOR SUBURBAN ROADS Better city streets have taught ve

hicle users to demand better suburban roads. The requirements for the country road are not as drast as for the street in the municipality ng to the Coliseum are but an indiation of interest we, as a people, were ten or fifteen years ago.

For fast moving traffic city pave ake in the highway transportation ment must be smooth, not only to problem, and the absolute necessity permit the rapid and comfortable of this Government taking the next movement of vehicles but to constep in its solution, which is, of serve fuel and tires. A slight savcourse, the creation of a National ing in the operating cost per vehicle Highway Commissioner to locate reaches a large aggregate when the and build the first of the truly navast number of motor cars is considered which justifies a considerable outlay to obtain smoothness. This factor gets bigger every year,

INTERESTED IN ROADS in county road specifications Impact attracts the attention of In the National Highways exhibit engineers to an increasing degree at the great road exposition at the A wheel with a drop of 1 inch when into two greased layer cake pans, and cover the entire top with un- great map of the United States, in to six times the dead weight. City cooked pitted prunes. Bake in which 7,452 red-headed pins have engineers, therefore, attach increasbeen driven, indicating the location ing importance to the resiliency of of that number of newspapers of the pavements to take up the shock of 13,388 daily and weekly papers of impact.

1 teaspoon salt, 1-2 cake yeast dis- bership in the National Highways It is now almost impossible to solved in 1-4 cup of luke warm wa- Association and are in receipt of, close an important street to traffic ter, about 3 or 3 1-2 cups flour and and publishing from time to time, for any time. The engineer must 1 cup of cooked, stoned and cut the roads news the association sends therefore, select his type with ready repairs in mind. Even when possible

considered in county-road design.

"Stew half a pound of prunes, rub through a sieve, and to the pulp add four tablespoons of sugar and pans and let rise until light; bake in oven forty-five minutes for a medium-sized loaf."

As it is natural, the pins in the Then fold in the stiffly-whipped whites of six eggs, turn at once into and Middle Eastern States' and thin- a buttered dish, dust the top with est in the far West, where towns are powdered sugar and bake in a quick oven five or six minutes. Serve immediately in the dish in which it

An Old Fashioned Mother

That's the title of a play that will be given in Mount Joy Hall on sugar to each cup of orange and a Association exhibit in the Coliseum Wednesday evening, January 23, by half cup of water to two cups of express themselves as amazed at the the Catholic Dramatic Club, of St. Nissly Swiss Choc. Co. Inc.

FLORIN, PA.

oct. 24-tf to small jars or glasses.

Nix all together, cover, amount of effort being put into the cause by the newpapers, as well as the stove for several hours. Put intheir own particular home paper is admission is 35 cents.

TH' OLE GROUCH

By JACK WILSON

YOU MEASLY TIGHTWAD, DOLIN' OUT NICKELS T' YER WIFE ON TH' STREET LIKE SHE WUZ A POOR RELATION, WHEN SHE'S DONE AS MUCH T' EARN THAT MONEY AS YOU HAVE! IF YA WANT T' SEE TH' MEANEST MAN IN TH' WORLD, LOOK IN TH' GLASS!



Good E. Donegai Farm If anyone wants a real good Ea Donegal township farm, along the Donegal creek, with the best of lime stone soil, here's your chance. 10 acres, seven acres of which is good meadow. Farm divided into 6 fields needow. Farm divided into 6 fields
New barn, 40x90, 8-room brick house
summer house, shedding for 10 acres
of tobacco, running water at barn
and house. Buildings in exceptional
shape, farm is convenient to markets. s an excellent producer and can be bought at \$180 an acre. If interest

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ed call, phone or write Jno. E Schroll, Realtor, Mount Joy. tf 429 N. Queen St., LANCASTER, PA.

REMEMBER, going through the moult is like going through a long spell of sickness. To force out the old quills and grow new feathers saps a hen's vitality.

If you expect your hens to be fall producers and winter layers, then feed them Poultry Pan-a-ce-a during and after the moult.

Dr.Hess Poultry Pan a ce a

will start your pullets and moulted hens to laying

It contains Tonics that put your moulted hens in fine condition—Tonics that tone up the dormant egg organs—Iron that gives a moulted, run-down hen rich, red blood and a red comb. It contains internal antiseptics that destroy disease germs that may be lurking in the system. No disease where Pan-a-ce-a is fed. It pays to feed Pan-a-ce-a regularly.

It brings back the singing—it brings back the scratching -it brings back the cackle. That's when you get eggs; and it's eggs you want-fall eggs, winter eggs-when

> CHANDLER'S DRUG West Main St., MOUNT JOY, PA.

> > Tell us how many hens you have. We'll tell you how much

Dr. Hess Instant Louse Killer Kills Lice