

MICKIE, THE PRINTER'S DEVIL

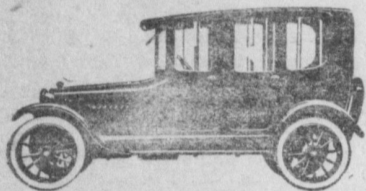


By Charles Sughro
© Western Newspaper Union

Yes, the Doctor Will Get on

JITNEY SERVICE

Local and Long Distance



CLOSED CARS

Reasonable Prices

Day and Night Service

H. Smith

MOUNT JOY PENNA.

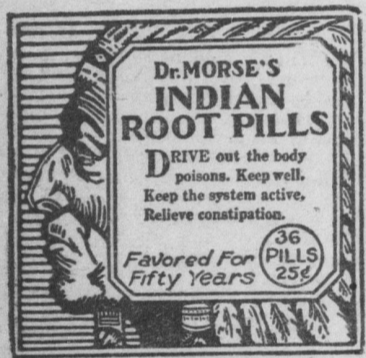
Krall's Meat Market



I always have on hand anything in the line of SMOKED MEATS, HAM, DRIED BEEF, BOLOGNA, LARD, ETC. Also Fresh Beef, Veal, Pork, Mutton

H. H. KRALL

West Main St., MOUNT JOY.



Special For Saturday

March 1st

Clam Soup

by the Plate or Quart

Strawberry Shortcake

Tables for Ladies

Stumpf's Restaurant

MOUNT JOY, PA.

Feb. 6-17

Girls Wanted

IDEAL WORKING CONDITIONS STEADY WORK, GOOD PAY

THE LeBLANC COMPANY Formerly The Herrmann Aukam & Company Factory

sept. 26-17

HAVE YOUR SHOES NEATLY REPAIRED AT THE

City Shoe

Repairing Company

S. QUEEN & VINE STS. LANCASTER, PA

Don. W. Gorrecht

37 WEST MAIN STREET

Jeweler

Watchmaker—Engraver

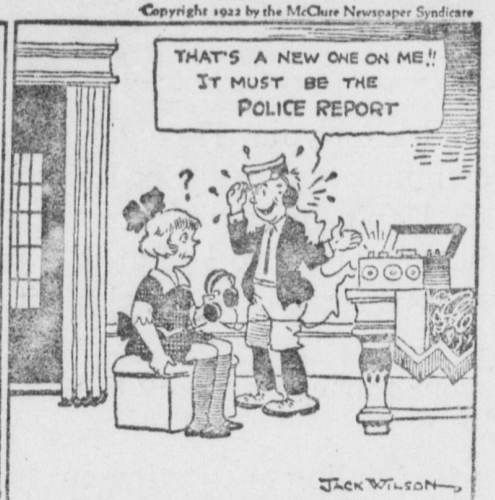
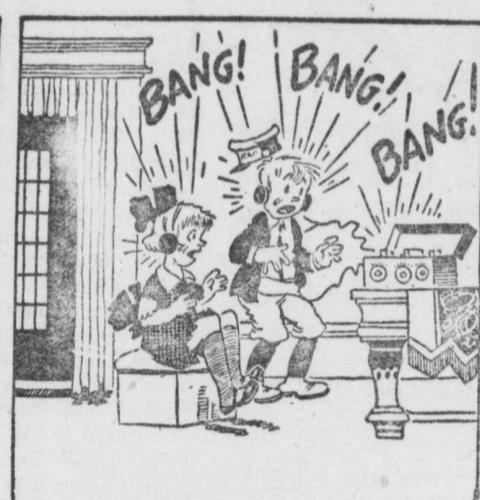
Hours: 7 to 9 P. M. and by Appointment

Bell Phone 76R2 Resident Calls

J. S. KUHN D.C.

High & Mt. Joy Sts., Mt. Joy, Pa.

RADIO RALF



By JACK WILSON

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JACK WILSON

50 GOOD CIGARETTES 10¢



GENUINE "BULL" DURHAM TOBACCO

We Are Buying

FURS

At The Highest Market Prices

Witmer Eberle

102 E. Donegal St., Mount Joy, Pa.

A man's appearance depends upon the way he has his HAIR CUT. We cut hair to suit the customers, and not ourselves. Two Barbers for your service.

C. K. WEAVER

Two Doors East of Bennett's Meat Market

STONE

Before placing your order elsewhere see us.

We have cut prices to pre-war prices.

J. N. STAUFFER & BRO.

MOUNT JOY, PA.

S. HESS HERSHEY

Investments

Real Estate

Insurance

MOUNT JOY, PA.

Bell Phone 75R2

OYSTERS

Famous Chincoteague Salt Oysters

Ice Cream, Groceries and Confections

BRANDT BROS.

Mount Joy Street, Mount Joy, Pa.

WANTED

20 MEN and 20 GIRLS

STEADY EMPLOYMENT AND PLEASANT WORKING CONDITIONS. APPLY

Nissly Swiss Choc. Co. Inc.

FLORIN, PA.

Oct. 24-17

HOME HEALTH CLUB

WEEKLY LETTER WRITTEN EXPRESSLY FOR THE BULLETIN BY DR. DAVID H. REEDER

FASTING: I have never had a great deal to say about the fasting cure in my articles of health instructions because it is not wise for the majority of people to undertake fasts, especially prolonged fasts, except under the advice of a physician who has a practical knowledge of how it should be done.

For short fasts, say one day or even two or three days, harm is not at all likely to follow, no matter what the ailment, but for longer fasts a careful examination should first be made by a skilled dietitian before it is undertaken.

There is an unusually good article upon the subject in a recent issue of the Catepath, by Dr. Eugene F. Pellette and I think you will profit by reading a portion of it.

"Although fasting is one of the greatest aids in the cure of mofers fevers and diseases due to autotoxemia, it is not a popular method of procedure with most people, nor with most doctors.

"The reason is obvious. Most people live to eat. Very few people govern their appetites. Nearly everyone eats about when he wants, what he wants and all he wants.

People don't want to think that any self denial on their part is necessary for the cure of a disease. People who are ill will give up their money (those who have it) far quicker than they will give up any of the pleasures of eating.

"Then when you come to consider the teachings of most orthodox medical schools, the writings of certain medical doctors, who, in order to be popular, cater to what the people want to believe, and the advice of many physicians, all of which teach people to eat plenty of good nutritious foods during sickness and advise against fasting, and which advise the people consider authority, it is no wonder that a great many intelligent people are led to believe that fasting is a fad only advocated by cranks.

"However, people are becoming more enlightened along this line than they were a few years ago and a great many of our best physicians in both the medical and osteopathic professions are using the fast to aid in the cure of disease.

"Most physicians treat their acute cases without fasting; and since people usually get over acute illness, no matter what kind of treatment they receive, it would seem unnecessary to fast, and even detrimental, if, as some people believe, one needed food for strength to fight the disease.

It all depends on how you look at disease. If you consider most acute "Most physicians treat their acute sickness as an effort to nature to eliminate the poisons causing that disease, or in other words a process of getting well, and that almost all disease is really a food-poisoned condition, then you know that food cannot strengthen the patient, but only feed the disease.

I have experimented scores of times on patients with fevers and other acute symptoms, feeding them, ever so lightly, and their symptoms have always been aggravated and made worse, while symptoms were much more easily controlled when they went without food.

afterwards, than before they took sick.

Food should always be withheld from a patient having acute high fever, because digestion and assimilation are suspended during an acute fever, from any cause whatever. In fever below 100, a patient may digest certain light foods such as fresh fruit juices.

In a chronic fever such as comes in chronic tuberculosis, it would be folly to fast the patient, because such a fever will usually last over a period of several months or years, in spite of any fast or other treatment that may be given.

THE ANNUAL REPORT OF THE BELL TELEPHONE CO.

A total of 163,780 telephones connected, which with 84,152 disconnections and 11,135 acquired by the purchase of the Pittsburgh & Allegheny Company leaves a net growth of 73,493 telephones in the state was the outstanding accomplishment of The Bell Telephone Company of Pennsylvania during the year 1923, according to the report of its President, Leonard H. Kinnard, submitted to the Board of Directors in Philadelphia last Tuesday.

"The local service rendered during the year has been a good service," continues the report. "Errors are inevitable in a volume of over three and a half million calls a day. Some are due to unavoidable failure of the very delicate mechanism used in completing even the most ordinary connection; others are mere human errors on the part of the operating force, made despite their very earnest effort to avoid them; and still others are attributable to the inaccuracies on the users in placing the calls.

The company spent \$5,756,863 for land and buildings, and \$11,314,191 for central office equipment during the year. There were 492 operator's positions added to switch boards. Outside of the central offices there were 466,965 miles of wire placed in service bringing the total amount of wire in the Bell System in Pennsylvania at the end of the year up to 2,862,029 miles.

The company now has in service in this state 14,007 miles of exchange pole line, 5,211 miles of toll pole line, and 6,373 miles of underground duct. The gross expenditures for all additions to the company's plant during the year were \$32,485,512.

"The heavy demand for new and additional service continues to tax the facilities of the organization," the report says, "and this despite the great expansion of telephone plant and the constant effort that is made to anticipate that demand to the fullest possible extent.

"Further additional plant is being secured and installed with maximum speed, and the facilities of the organization will be expanded to whatever degree is necessary to meet the demand for service."

Mr. Kinnard estimates that during the five years of 1924-1928 there will be a further gain of 440,000 telephones in this state. These increases, together with replacement requirements will necessitate the expenditure of approximately \$173,000,000 for construction during that period.

The Bell Company on December 31, last, had 851,085 telephones in service in Pennsylvania. In addition its toll lines reach the offices of 206 connecting companies having a total of 83,458 telephones, and 1423 rural lines, serving 14,186 telephones.

"No Kidding," Says Mary, "Corsets Make the Woman"



MARY EATON IN TRIMNESS. At the waist is indispensable not only to a dancer's attractive figure, but to womanly beauty generally, according to Mary Eaton, little Dresden China doll dancer.

When Florens Ziegfeld selected her to be featured with Eddie Cantor in his latest musical piece, "Kid Boots" at Earl Carroll's Theatre in New York, he considered not only her ability as a singer and dancer, but her beauty of face and form.

Miss Eaton has her own ideas about how women may achieve beauty. She says: "I find it unnecessary to use cosmetics since my complexion is endowed with a wealth of natural coloring. Of course I use a little makeup in 'Kid Boots' but that is only to offset the effects of the glaring lights. My form, as seen on the stage, I will confess, gets wonderful aid from my corset. In dancing I find the corset aids me greatly by acting as a support. When not dancing I find it does much to give me trimness at the waist line—a slender girl should cultivate trimness.

"The big-waisted woman is apt to become sloppy. Therefore, I say, wear a corset. It is the foundation of all feminine attractiveness in form and gracefulness."

FRANKLIN SHOWED WHAT REAL SAVING WILL DO

What compound interest will do to a dollar is shown by the following:

In 1791 Benjamin Franklin bequeathed \$5,000.00 to the Commonwealth of Massachusetts and the city of Boston with the provision that it should be put out at 5 per cent interest for a hundred years. He further stipulated that at the expiration of that period, 31-131 of the fund accumulated should be again put out at the same interest for another hundred years. At the end of the second period, one-fourth of the total fund is to be given to Boston and three-fourths to the state of Massachusetts.

At the end of the first hundred years, the original \$5,000.00 had become \$431,383. 2. As provided in the will, \$102,083.14 was re-invested.

The last figures we saw stated that this second investment then represented \$267,805.15 and had seventy-three years yet to go. At this rate of increase the comparatively small sum given by the first great American teacher of thrift will enable the beneficiaries to divide something over six million dollars in 1991.

Franklin made the bequest to show his gratitude for the action of the State of Massachusetts in making him Agent in England.

Send Us Your Dates. If you contemplate making sale this Spring, it would be well for you to advertise your sale date in the Bulletin. Our large circulation makes a most excellent advertising medium and remember if we print your posters we advertise your sale in our register FREE. Phone us your date and get the bills printed any time.

Subscribe for the Mt. Joy Bulletin

BEFORE BABIES WERE BORN

Mrs. Oswald Benefited by Taking Lydia E. Pinkham's Vegetable Compound



Girardville, Pa.—"I took Lydia E. Pinkham's Vegetable Compound before my last two babies came. It keeps me in perfect health and I am on my feet getting meals and doing all my housework until an hour before the baby is born. A friend told me to take it and I have used ten bottles since I heard about it. I recommend the Vegetable Compound whenever I can. Just yesterday a friend was telling me how miserable she felt, and I said, 'If you start taking Lydia E. Pinkham's you will feel fine. Now she is taking it.'—Mrs. P. J. OSWALD, JR., 406 W. Ogden St., Girardville, Pa.

Mrs. Nicola Paluzzi Says. Mishawaka, Indiana.—"I took Lydia E. Pinkham's Vegetable Compound for weakness before my babies were born. I was weak and tired out all the time and it helped me. When I had inward inflammation the doctor treated me, but it did not help me, so I tried Lydia E. Pinkham's Sanative Wash and it helped me right away. I will always have your medicines."—Mrs. NICOLA PALUZZI, 415 E. Broadway, Mishawaka, Indiana.

TH' OLE GROUCH

SO YOU'RE TH' OLE BUSHBOODY THAT'S BEEN SPREADIN' TH' DIRT ABOUT OUR BOYS' N' GALS, HEN? WELL, ALL I GOT T' SAY, MADAM, IS THAT TH' DUCKIN' STOOL WUZ ABOLISHED TOO SOON!



STUDIES COLLEGE RADIO COURSE ON SHIPBOARD

The home study course in radio reception and transmission offered by the engineering extension department of the Pennsylvania State College now has students enrolled in all parts of the country, and in Canada and Cuba.

The long distance study record for this course is held by a sailor who received his first lesson while at Vancouver, B. C., and his second at a Florida port. Between the two ports he had plenty of time to study his first assignments.

Ordering Lime

Now is the time to order lime for your spring crops. Don't wait until the last minute and expect to get it on time. Experiments at the Pennsylvania State College show that medium applications of any form of lime once during each rotation are more economical than a heavier application at long intervals.

It pays to advertise in the Bulletin

Advertisement for THE MARTIN SANITARY DAIRY PASTEURIZED MILK, featuring a baby and a woman.

Advertisement for THE Wingert & Haas Hat Store, featuring a hat.

Advertisement for JNO. H. DIETZ, featuring a house and electrical fixtures.

Advertisement for Groceries & Notions, featuring a barrel of fresh syrup.

Advertisement for PHILADELPHIA, featuring a round trip Sunday excursion.

Advertisement for Electric Cleaner, featuring a cleaning machine.