because architects of the Middle

Russian Type a higher standard than that which

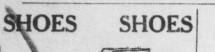
churches have steeples?













I have a large lot of my Fall and Winter Shoes, Rubbers, Etc. in stock and will be pleased to show them. The prices are very reasonable. If the children need Shoes for School, bring them around. This store's many years in business is my best evidence of Good Footwear at Right Prices.

Mrs. Mina Dierolf MOUNT JOY, PA. mar. 26-tf

Krall's Meat Market

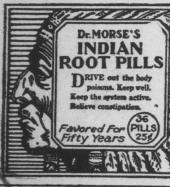


f always have on hand anything the line of SMOKED MEATS, HAM, DRIED BEEF, BOLOGNA, LARD, ETC. Also Fresh Beef, Veal, Perk, Mutton H. H. KRALL

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H. S. MUSSEDMAN

HOME HEALTH CLUB

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

Actual Economy: Sickness is one of the most expensive as well as the ost useless things we buy. Yes I mean it. We buy our sick

days and pay much more for them han we pay for the well days, and then we must pay the doctor and lose valuable time in order to get back to the well days.

It costs much more for a diet that makes us sick than for a diet that will keep us well.

DURHAM

For Sale at

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USED CARS

hevrolet Coupe 1923.

1-Chevrolet Touring 1921.

E. B. ROHRER.

Chevrolet Sales and Service

MOUNT JOY, P.

HERSHEY'S

BARBER SHOP

3 BARBERS. GOOD SERVICE

Children and Ladies'

HAIR BOBBING A SPECIALTY

1-Ford Sedan 1921.

-Ford Coupe 1918

1-Saxon T

evrolet Touring 1928

I do not believe that any one can uccessfully show where any real enefit is to be gained by being sick, but any one can give most excellent reasons as to the disadvantages, so why be sick?

It has been shown by carefully Gardeners ompiled statistics that the average number of sick days per person in he United States is eight, and as the average family consists of five persons the average number of sick Pulverized and sterilized days per family is forty.

sheep Manure can be applied in many ways as a fertilizer.

It will promote thrift to any lose forty days time for the sick person but also another forty

The sheep Manure can be applied in many ways as a fertilizer.

Now if it is necessary to have a doctor forty times each year, and not only lose forty days time for the sick person but also another forty

WHEAT IS ON THE INCREASE growing crop in field or garden, lawn, or to your most del- for the sick, then we certainly do durum wheat is falling off and the doicate house plants. We have have an enormous loss.

practical common sense methods of market. It appears that almost half prevention.

tatement of a very famous physical contained over 10 per cent of wheat can who does me the honor of addressing me as "Dear Friend" when mixed wheat. Firms engaged in the milling of durum wheat find it difficult number of the chinese elm some years ago of the Chinese elm some years ago he gave to a wealthy patient that wheat of high quality. had been treated previously by many | Certain durum wheats, chief asanitariums and hospitals.

Now you, perhaps, would not 1-Maxwell Touring, \$100. Runbig eater. Most of the doctors had make. 1—Brand New Ford Coupe 1924, cautioned him against over eating run less than thirty-five miles; will nd told him that a restricted diet careful consideration should be giv-

etter. He promised to obey orders sistant to rust, of good milling qualand his promise was faithfully kept. days, nothing but water but lots of

he juice of half a lemon in a tumbler of cold water, no sugar. One our later one glass of orange juice, nothing more. At noon a double

ad a clear mind. His wife had earned to like the raw fruits and egetables. They discharged the ook and saved enough on food in hree months to pay the doctor. They oth are strong, healthy and much pappier than for years.

No, they won't starve, they will be better nourished in a year than pefore this change and they will be free from the disease matter, known s excess fat.

COLLEGE DAIRY ANIMAL AWARDED SILVER MEDAL

Penstates Pogis Hattie, a three-ear-old Jersey in the dairy herd at he Pennsylvania State College, has completed a year's record of nilk production that places her as he fourth highest cow in her class Pennsylvania. In the 365 days, produced 10,611 pounds of milk nd 614.79 pounds of fat.

In recognition of the achievement of this dairy animal, the dairy department at the college has received a silver medal from the American Jersey Cattle Club. Pogis Hattie automobile Uphol. was born and raised on the college farm and is a purebred carrying the best blood lines of the Jersey breed.

Read the Bulletin. If you want to succeed-Advertise

YESSIR, I'M GONNA HAVE THIS SPOTLIGHT PUT OU MY CAR AN' TH' NEXT GUY WHO PASSES ME AT NIGHT WITHOUT DIMMIN' HIS LIGHTS IS GONNA GIT

TH' OLE GROUCH



of the durum wheat offered on the I have before me the personal market during 1912, 1920, and 1921

amous physicians and in many great mong which is the Pentad or red that the species is fairly established First, he refused to do a thing unquite extensively, and while absorbed mises to become a popular and valless the patient would positively a on the foreign market should be disgree to do just as he was told to do, continued and replaced with varie- For it is a single feature of this eat what he was told to eat and ties suited to domestic milling for plant, whose native home is in northmacaroni manufacture. Two varieties of amber durum, the Acme and nterested in the disease itself or the Monad, also are not desired by the ther methods of treatment, but in domestic trade because of the grayring, \$75. Running the diet. This was a large man, a ish color of macaroni which they

was necessary, but aside from prohi- en the choice of varieties to be used. iting a few articles of food there The Kubanka is the best-adapted had never been a specific diet used variety for all the varying conditions n hom, so he continued to be sick in the durum-wheat sections. It is a he schools, churches, and civic ornd was getting worse instead of high-yielding wheat, considerably re-First, an absolute fast of three ture of macaroni, the principal use ity, and well liked for the manufacof durum flour. The new Nodak ley, vegetable extension specialist at hat. An enema of warm water variety recently developed in North tate College, who is one of the ra-Dakota as a selection from Kubanka io speakers for the week. "Seven-On the morning of the fourth day, is a distinct pure strain of that var- y-five per cent of the living for the iety, which is equal or superior to it farm family can be produced right in yield, rust-resistance, and macar- n the farm.' oni-making qualities. Other durum handful of watercress, nothing more, ductive than Kubanka in certain secvarieties have been found more pro logan "a garden for every family variety of durum in Minnesota. It "house" and a "home" by saying This diet and nothing else was is about as resistant to rust as Ku-that a "house" is not a "home" unontinued for ten days and then a banka and makes macaroni of ex-less it has a garden. nother ten days. Very little change the best-yielding variety in the highcellent light yellow color. Peliss is as made for the third ten days, but er and drier sections of Montana and e was well, strong, vigorous and Wyoming, where rust does not occur. It also gives a good color in macar-

growers should obtain and maintain purer and better seed and replace the Pental, Acme, and Monad vartice the Pental, Acme, and Monad vartice the Pental obtains and bladder disorders, will read with gratification this encouraging statement by a Mount Joy man. Ask the Pental, Acme, and Monad vartice the Pental obtains and bladder disorders, will read with gratification this encouraging statement by a Mount Joy man. Ask the Pental obtains and maintain gratification this encouraging statement by a Mount Joy man. Ask

Agriculture, in which the records of 384 grade daughters of pure-bred dairy bulls were compared with the records of thier dams. The average yearly butterfat production of the dams was 309 pounds, and that of the daughters 313 pounds. The daughters excelled the dams with a daughters excelled the dams with a daughters excelled the dams with a margin of only 4 pounds of butterfat a year, but the fact that they exa year, but the fact that they ex-celled such high-producing dams at Bulletin is a salesman, visiting many, all speaks very well for the class of purebred dairy bulls that is being business for every advertiser in its used in the cow-testing association columns? herds from which these records came. In this connection, estimates show that the average butterfat production of milk cows in the United last week.

States is only 160 pounds annually. The records of the dams were arranged in five groups according to production of buterfat. These five groups averaged 100, 200, 300, 400 and 500 pounds, respectively. The daughters of the first or 100-pound group produced 74 pounds more butterfat than their dams. The daughters of the second group produced 55 pounds more butterfat than their dams. The daughters of the third group produced 9 pounds more butterfat than their dams. The daughters of the fourth group produced 26 pounds less butterfat than their dams. The laughters of the fifth or last group produced 86 pounds less

butterfat than their dams. From these figures we may conclude that good purebred bulls are needed for every dairy herd and that purebred bulls, selected from very high producing ancestry are required when the production records of the dams are above 300 pounds of butterfat a year. As the average production of herds advance, better and still better bulls are needed to ncrease production.

SOUTHWESTERN TOWN TRIES ELMS INTRODUCED BY U. S.

One of the benefits from the inroduction of plants from all parts of the world by the United States Department of Agriculture is emphasizmestic demand is on the increase, newspaper of Carlsbad, N. Mex. ed in an article published in a local MOUNT JOY. | just received a car of the Old Reliable Sheep Head Brand | It is admitted by even the most onservative physicians that one half the sick days could be well days if to modify their durum-wheat productive physicians that one half to modify their durum-wheat productive physicians that one half the sick days could be well days if to modify their durum-wheat productive physicians that one half the sick days could be well days if the domestic like the paper, "is deeply indebted to the Bureau of Plant Industry for the the people would live right and use tion to fit the needs of the domestic interest and assistance which that bureau has shown in helping this section of the 'treeless' southwest in tatement of a very famous physi- contained over 10 per cent of wheat providing quantities of shade trees."

ment he tells me of the diet which cult to obtain sufficient pure durum and has distributed many trees throughout the country. As a result succeeds equally well in the arid southwest, the Eastern States, and the northern Great Plains region.

GARDEN WEEK OBSERVED FROM APRIL 20 TO 26

National Garden Week, April 20 o 26, will be observed in Pennsylanizations, and through radio talks. "Farmers as well as city people should give more attention to their ome garden," declares W. B. Niss-

He urges everybody to adopt the

MT. JOY MAN'S LUCKY FIND Will interest readers of the Bul-

oni manufacture.

In order to meet the requirements of the domestic market, durum-wheat growers should obtain and maintain

the Pental, Acme, and Monad varieties as soon as possible. For this purpose the Nodak appears the most promising new variety at this time.

D. S. Shork, prop. blacksmith shop, 126 W. Donegal street, says: "Doing a lot of heavy, straining work put my kidneys out of shape. The kidney secretions were so frequent in passage I was bothered every little while. There were other than the passage I was bothered every little while. COW-TEST RECORDS SHOW

VALUE OF PUREBRED BULLS

A tabulation has just been completed by the Bureau of Animal Industry, United States Department of Agriculture, in which the records of 384 grade daughters of pure-bred and after I had used a couple of and after I had used a couple of

Ever Think Of It? Mr. Business Man did you ever

Columbia had quite a time getting rid of a band of gypsies one day

Ages topped their churches with lof-ty spires to suggest a lifting-up of the spirit. Modern science lifts Purclest Mineral Oil

Gives Credit to Lydia E. Pinkham's Vegetable Compound. Hopes

lown. One day when I was reading the paper I saw the Lydia E. Pinkham's Vege-table Compound adertisement and saw what it did for other to men, so I thought would try it. I ave taken three

You have just read how Lydia E. Pink-ham's Vegetable Compound helped Mrs. Richardson. She gave it a trial after she saw what it had done for other wo-

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Rotarex Washers, Irones Kook-Rite the New Elect That can be attached to a lie

Heaters, Waffle Irons,

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C. K. WEAVER

have taken three bottles, and cannot begin to tell you what it has already done for me. I do all my work now and keep up the whole day long without lying down. I have no more headaches nor tired feelings. I hope every woman who takes the Vegetable Compound will get as much benefit out of it at I have."—Mrs. Percy W. RICHARDSON, R.F.D. No. 2. Skowhegan, Maine. No. 2, Skowhegan, Maine.

men. For nearly fifty years Lydia E. Pinkham's Vegetable Compound has been thus praised by women. For sale by druggists everywhere.

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is recommended by the Government. Purest, Mineral Oil is odorless, colorless, tasteless—the icen lubricant in cases of faulty elimination. It quickly softens the food waste and is thorough and complete in ac-Skowhegap, Me.—"I was sick most of the time and could not get around to being all tired out so

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