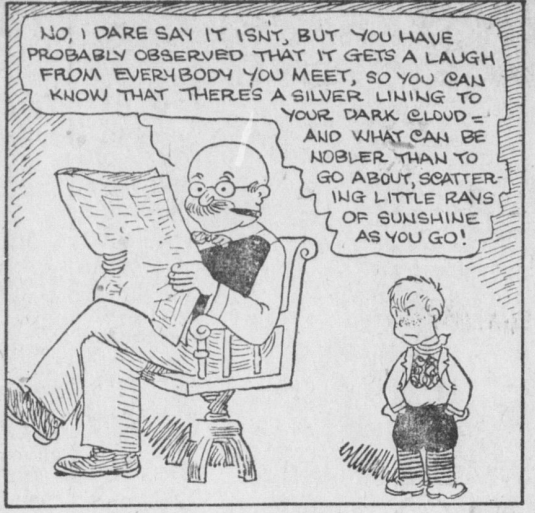
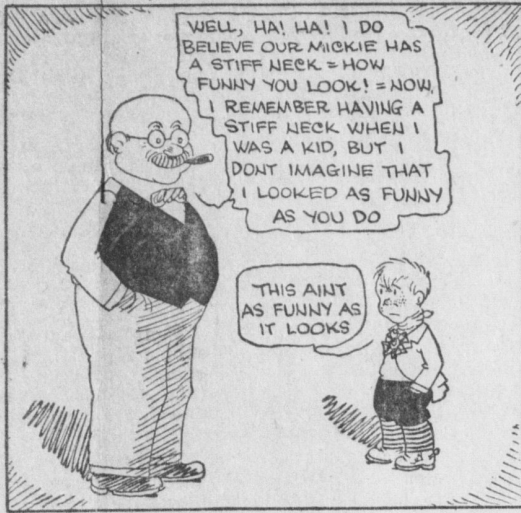


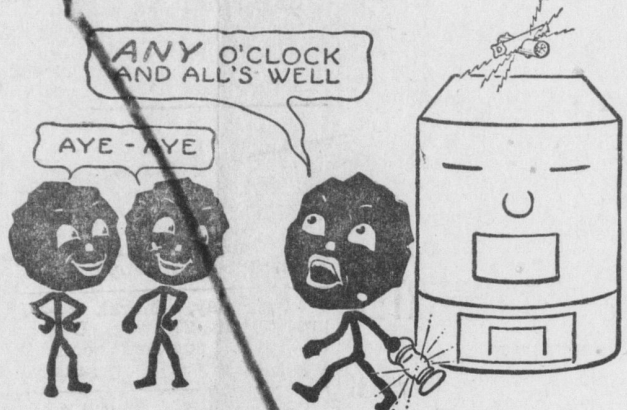
MICKIE, THE PRINTER'S DEVIL

By Charles Sughroes



**THE OLDEST HAT STORE IN LANCASTER**  
**Wingert & Haas Hat Store**  
 Hats, Caps & Gloves  
 So many kinds and styles that you will not have any trouble in being suited.  
 JNO. A. HAAS, Propr.  
 144 N. Queen Lancaster, Pa.

THE FLORIN HEAT FOLKS



WHAT if the party does last quite late! You have peace-of-mind, for the Heat Folks won't let your fire go out. These sentries bold can stand long shifts. They are the original unspoiled children. They need no pampering. They burn by the honor system and you can go out knowing that they won't play possum because you're gone. If you want a winter vacation and like it warm, bank the difference.

For Good, Clean Coal  
**Daniel M. Wolgemuth**  
 FLORIN, PENNA.  
 Phone 151R4 Mt. Joy Exchange

Buy The Best!

I will sell you extra fancy Clover Seed at \$20.00. Every farmer knows the high grade Seed I have been handling for the past 40 years. This is the finest seed that grows. I defy comparison on this Clover Seed, Alsike and Alfalfa. Your patronage, as in former years, is solicited.

G. MOYER

Donegal Street MOUNT JOY, PA.

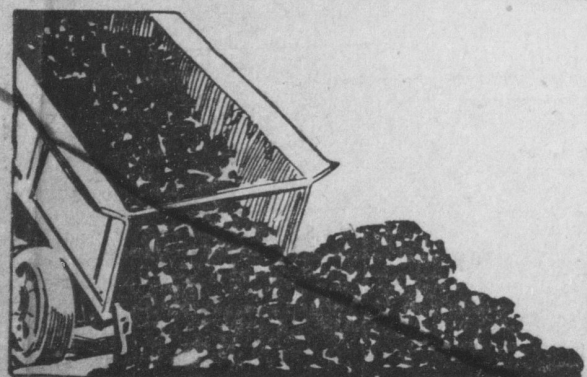
A Haircut Every 10 Days

a formula for good looks

LADIES' AND CHILDREN'S HAIR BOBBING

Agent for Manhattan Laundry.

Hershey's Barber Shop MOUNT JOY, PENNA.



The Best Heating COAL

Pound for pound, Baker's Coal will give you more heat, whether burned in furnace, stove or grate, than any other coal you can buy. A trial will prove the truth of our statement.

F. H. BAKER, Mount Joy, Pa.

Home Health Club

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

**INDIGESTION:** "Billy" Way, a brilliant pianist and vocalist, whose calling for the most part is giving drawing-room entertainments in a swell society, has a song of his own, entitled, "He Never Blamed The Booze." In this he tells of a chap who went through all sorts of horrors and afflictions from drink but "he never blamed the booze."

"At last he had a funeral and the boys all had the blues. Then they wrote for him an epitaph: "He never blamed the booze."

Many people write to me of their afflictions that I am almost certain, from the start, came from indigestion. But, strangely enough, when inquiry is made as to that, they sing the praises of their stomach, appetite, and all that; they "can eat anything" and doubtless they do. They have indigestion, but they "never blame" that. Because they are big and fat, they think their digestion is fine, when the chances are that their very fleshiness is caused by indigestion, for it is more often the cause of obesity than of leanness.

They complain of bad taste—"a dark brown taste"—in the mouth; they have a white, furry, brown-coated, cracked tongue with deep lines in it; they have rheumatism, sometimes gout, they have backaches and heartaches. It would be difficult to name all the miseries that dyspepsia brings on, but they "can eat anything," have splendid appetites, etc. They "never blame" indigestion, and yet that is the source of all their troubles.

Quit bolting your food as if you never expected to get any more. Don't eat things that you know are not good for you. Cut out the coffee and tea and leave off breakfast once in a while—also supper. For supper, now and then take a quart of pure water, heat it to the boiling point, add the juice of a lemon and a teaspoonful of salt. Sip this with a teaspoon, taking it slowly. Take it all, if it takes 30 minutes. Go to bed and you will have a good sleep. You will not miss your supper but you will feel so much better the next day that you will wish to try the wet supper again. It will clean the alimentary canal and then by judicious eating, you will have made a good start towards chasing away all your ills—among them your groaches—for by this process you will cure the indigestion, which is really what is the matter with you, though you "never blame" that.

The ability to feel well all day, and do your work willingly, beats boiled lobster, beer, booze, and a high old time at night, from the starting point to the home stretch. All readers of this publication are at liberty to write for information upon any subject pertaining to health. Address all such communications to Dr. David H. Reeder, 3131 Main street, Kansas City, Missouri, giving full name and address and at least six cents in postage.

**CHROME THERAPY:** The subject of sunshine, clothes and light from the health standpoint has proven of such great interest that I think I can not give you anything of greater interest or value. Chrome, or color therapy, has been recognized, in recent years, by all schools of practice of the healing art when the possible exception of the mental or religious methods of treatment and they should give it a much more prominent place than is given by any other system.

A thorough, or even a superficial knowledge of vibrations, tells the story of colors. We know scientifically that light is a certain rate of vibration. Sound is also vibration of a different rate and each color has a different rate of vibration. Having these few basic principles to work with, we go on and find that everything, animate or inanimate, has its own specific rate of vibration. We also find that disease of the human body is no exception to this rule.

After years of patient research work, it has been definitely proven by careful tests, that by a combination of certain colors, all disease vibrations can be duplicated.

This wonderful discovery by Dr. Geo. Starr White enables those who understand the technique to tell instantly just what disease or combination of diseases are troubling the sick person.

In making the diagnosis, the trained physician or nurse uses the three vibrations, light, sound and color, in connection with the receiver nervous system of the patient. The result of the use of these forces makes the diagnosis of disease just as accurate as the needle and carries the mariner astray. So also with the diagnosis of disease, certain factors may

DIRECTORIES REQUIRE CAREFUL PREPARATION

So says Telephone Magazine of Bell Company

Thirty-eight different telephone directories are printed and distributed by the Bell Telephone Company of Pennsylvania and Associated Companies annually, according to a recent article in the Telephone News. The largest of these directories is the Philadelphia book with 400,000 listings. Pittsburgh's directory ranks second with 200,000 listings. The Towanda directory, serving Towanda and surrounding places, is the smallest, with 5,000 listings. The compilation of these directories requires an enormous amount of care and attention to insure the accuracy of the listings, says the article. This fact is forcibly illustrated by the fact that the Philadelphia directory contains 1971 Smiths, 1364 Millers, and 1188 Browns. When Wm. H. Smith moves his place of residence or for some other reason changes his telephone number, the Telephone Company must pick out the proper Smith from the other 174 Wm. Smiths and the 19 other Wm. H. Smiths listed in the directory, and make corresponding changes in the directory.

NEW PRESIDENT



A. L. Salt, new President of the Graybar Electric Company, a distributing company for electrical supplies recently formed from the Western Electric Company. The latter organization will continue as the Western and its plant is to be used in the manufacture of telephone equipment for the Bell System. Mr. Salt was formerly a Vice-President of the Western Electric Company.

Veterans of the "Line"



George M. Thompson, of Philadelphia, has just completed thirty years of service with the Bell Telephone Company of Pennsylvania.

cause an error but it is not the fault of the method but of the operator which causes the mistakes. I have personally used that method for nearly ten years and I frequently find patients that can easily make their own diagnosis while I am securing the correct vibrations or reflexes. Most people are very much surprised when they learn that the various pains and aches, which they have suffered and for the suppression of which they had received so many kinds of treatments, where only symptoms and that the real cause of the sickness is still present and untouched.

They are more pleasantly surprised when the cause is removed and the symptoms disappear. The same colors that tell the kind of disease are frequently used for successfully treating the diseased condition, but it would take more than a column to tell of the use of various colors in treating the sick. In order that you can prove the idea, you can try silk lamp shades as follows:

Cover the light so that all light must come through colored silk. Red will stimulate and irritate. Blue soothes, quiets and depresses. Yellow stimulates without irritation. Green builds and strengthens. If you are depressed, turn on the red lights or put on a red dress and if excited or irritated, turn on the blue lights, go into a blue room, or put on the blue clothes.

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He's Got a Stiff Neck



BOOTH'S DEPARTMENT STORE

E. Main and Marietta Sts.

Easter Around the Corner and BOOTH'S Here Now

We are ready with the finest line of Merchandise ever gathered for our patrons. New Goods, fresh from the mills, and moderately priced, too! We do not hold out "bait" to draw your trade, but we do give you better values from which to select.

We have an Excellent Line of Fast Color Prints at 49c Yard



Every woman appreciates a cloth that can be washed. There is no end of their use and they are always fresh and look like new when washed.

Window Shades 65c

Light or Dark Green; 2 yards long. Complete with fixtures.

Genuine Peter Pan Gingham 50c Yd.



Stands the Rub-of-the-Tub! Eight new shades. Yard wide.

We have a very complete line of this high grade Linoleum; let us quote you prices. Quality, Service and Satisfaction always!



Men's White Broadcloth Shirts \$2.50

All fresh, crisp, new Shirts for Spring and Easter. Wear well, made of lustrous Broadcloth.

New Gloves Arrive for Spring!

Soft Suede and Silks in the weights desired for milder weather, and in the new shades. \$1.25 and \$1.50.

\$3.50 Krinkled Spread to Embroider \$2.25

A novel way to heighten the beauty of a bed room is to use a hand-embroidered spread. These are entirely new—and so is the price.

Visit our Art Goods department and see our fine display of other art needle work.

Clean-Up Time Suggests These!

- Good Brooms, 60c value ..... 49c
- 12-qt. Galvanized Pail, 28c value ..... 23c
- 20c Scrub Brushes ..... 15c
- P. and C. Soap, 6 bars ..... 25c
- Ocedar on Liquid Veneer, bottle ..... 30c
- Qt. bottle Miller Polish, bottle ..... 50c
- Linoleum Varnish, quart ..... 50c

OUR PURE FOOD GROCERY DEPARTMENT OFFERS BIG OPPORTUNITIES TO BUY THE BEST TO EAT AT THE MOST REASONABLE PRICES!

- Best Whole Grain Rice, 3 lbs ... 25c
- Extra Fine Prunes, 2 lbs ..... 35c
- Delicious Yellow Cling Peaches, can ..... 25c
- Big Slices Hawaiian Pineapple, can ..... 20c
- Extra Tender French Peas, can ..... 35c
- Sweet June Peas, can ..... 15c
- Early June Peas, can ..... 12c

- Fine Cut Coconut, pound ..... 22c
- Franklin XXXX Sugar, pound ..... 8c
- Coating Chocolate, pound ..... 35c
- Parowax, pound ..... 10c

- Conestoga Coffee, lb ..... 44c
- Vacuum Sealed Boscul Coffee, lb ..... 52c
- Broken Pretzels, lb ..... 12c
- Palm Oil Soap, 6 bars ..... 25c
- Turkey Brand Table Syrup, large can ..... 18c
- Royal Gelatine Desserts, 2 packs ..... 25c
- Red Ripe Tomatoes, 2 large cans ..... 25c

**Coconut Cream Eggs lb. 25c**  
 We have a big line of Adam's and Mellinger's Easter Candies. Come in to-day and pick what you need while the assortment is still complete.



Booth's Department Store MOUNT JOY, PENNA.