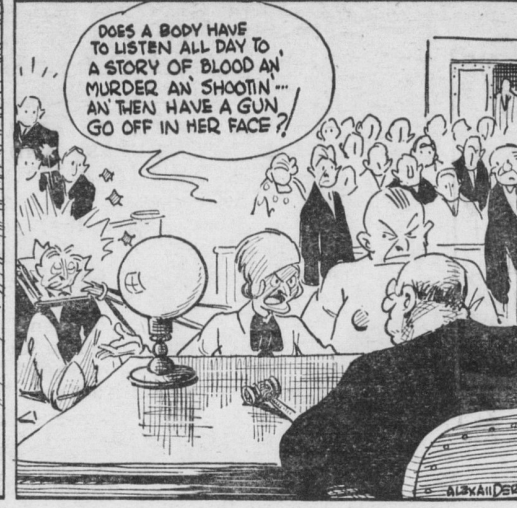
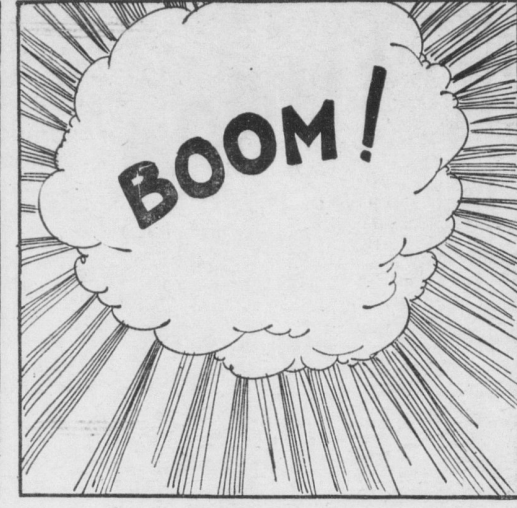
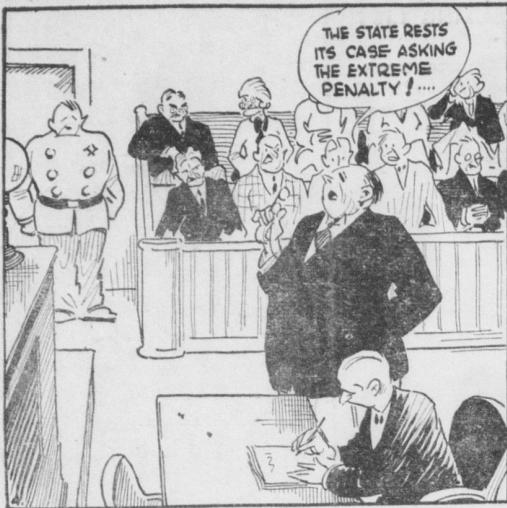


FINNEY OF THE FORCE

By F. O. Alexander



Us Girls Has Got Nerves



THE OLDEST HAT STORE IN LANCASTER Wingert & Haas Hat Store Straw Hats Stiff and Soft Hats Have Arrived in Various Colors and Shapes PLAIN HATS A SPECIALTY JNO. A. HAAS, Propr. 144 N. Queen Lancaster, Pa.

You WILL Feel Much Safer Start An Account Now First National Bank and Trust Company OF MOUNT JOY Capital \$125,000 Surplus and Profits \$255,000

EDUCATING THE MOTORING PUBLIC

VALUABLE INFORMATION FOR MOTORISTS FURNISHED THE BULLETIN BY LANCASTER AUTOMOBILE CLUB

This year marks the twenty-fifth anniversary of the Lancaster Automobile Club and in celebration of the event the Club's annual picnic will take the form of a silver jubilee.

The Lancaster Automobile Club was organized in July, 1904, with a small membership. Today it is the second largest in Pennsylvania, with a membership of nearly 11,000, and is one of the best and strongest of the great American Automobile Association chain of 1065 clubs scattered throughout the United States and Canada.

The annual picnic of the Club always is one of the outstanding events of the summer in this section and is looked forward to by young and old alike. Last year it was attended by nearly 20,000 members and friends of the Lancaster and Harrisburg Clubs.

As in previous years, the picnic will start early in the morning and continue throughout the day and evening. There will be band concerts, sports events, dancing and other features, plans for which now are being made by the general committee.

A Little Secret for the Bride

All Items of Meal Finished Together If Cooked Under Pressure.

The bride's complaint—who has not heard it dozens of times?—is always: "I can cook separate things all right but how does one ever learn when to put the different parts of a dinner on or ready at the right time?"

In fact many women keep house for years and never really get the knack of having everything ready at just the right time. As a result, the food is cold or some of the dishes are underdone and others overcooked, and the family keeps right on suffering, without perhaps even knowing why.

Happy the bride, then, who early learns about cooking under pressure instead of the old-fashioned open-kettle method. With the pressure cooker, the entire meal is cooked at one and the same time and everything is automatically ready together. And



(© National School of Pressure Cooking.) A Complete Meal Cooked at Once.

Health Talk

WRITTEN BY DR. THEODORE B. APPEL, SECRETARY OF HEALTH

"At this time of year when outdoor sports are of general interest, a note of warning needs to be sounded to those of middle age or over," said Dr. Theodore B. Appel, Secretary of Health.

"The business man who is fat and forty, or at least forty, suddenly develops a logical enthusiasm for tennis, golf and baseball at this outdoor season. And while such an inclination should be indulged to a reasonable limit, there is such a thing as permitting one's affection for a sport to get the better of one's judgment—then something happens.

"For instance, at a recent opening of some new tennis courts 'father' who happened to weigh 175 pounds and was forty-seven years old, boastfully took his racket in hand to 'lick the kid' who was twenty and a college tennis 'flash.' Well he didn't do it, but in his attempt he so injured his heart which was entirely unaccustomed to such strenuous demands that he is now flat on his back, broken body and spirit and, as a matter of fact, lucky to be alive.

"The business of imagining at forty or fifty years of age that one is just as young as ever is a mighty poor proposition if one deliberately sets out to prove it after a winter's physical lassitude, by way of suddenly over-exercising or indulging violently in outdoor sports.

"Sunshine and exercise are among the cardinal necessities for all—young and old alike. But sudden exertion, or even protracted exertion that is not so sudden cannot be indulged in safely by the middle-aged who are unaccustomed to it. It is not even good for the college man. This fact is recognized by all trainers who regulate and step-up athletic activities.

"Play golf and other outdoor games if you like them. You should even adopt one, if you don't have a particular fancy. But don't go in for this just-as-young-as-I-used-to-be performance. It can cripple, and sometimes kill."

Dyers Making Use of Tree Once Condemned

Every country or section of a country as it grows casts about for more and more resources that can be converted into marketable finished products. The American Southwest has taken the common hedge apple tree otherwise known as the Osage orange, the box wood or the bois d'arc tree.

In the old days its roots were smoked by boys to whom tobacco was forbidden. Otherwise, the hedge tree, with its manifold fruit of large green balls, was unpopular. Farmers condemned it because, when used as a fence, it would not hold their cows and hogs. Motorists cursed it because it shut off their view at cross-roads, the hedge tree appeared to be of little use. A few factories bought it to make wagon spokes and felloes.

A new day, however, is dawning for the hedge apple tree. It is being turned into the hoppers of some of the country's large dye factories. This is developing into a real industry in Texas and Oklahoma.

The hedge apple tree is also excellent material for telephone cross-arms and insulator pins. What is left of the tree is utilized in the making of fertilizer. Long ago the Indian made bowls of this wood.

Gentility Left Off

Mrs. Goldman had recently engaged a new maid. She was a thoroughly good girl, truthful, honest, very willing and obliging, but she lacked tact. One evening, when her mistress was going out to dinner and the theater afterwards, the maid noticed that a rope of pearls was missing.

"Oh, madam," she cried, "where are your lovely pearls tonight?" "I'm not wearing them, Winnie," replied Mrs. Goldman. "I don't fancy them tonight."

"Oh, what a pity, ma'am!" exclaimed the new maid wistfully. "An' they make you look so like a real lady!"

ARRANGING TO CONCRETE ROAD FAR AS MIDDLETOWN

Following completion of the survey between Middletown and High-spire, State Highway engineers have turned to the task of preparing for paving of the Lancaster pike between Middletown square and the Conewago bridge. The work may be started during the summer. Later it is planned to concrete other gaps, so that eventually an all concrete road will run from Harrisburg to Lancaster.

ADVERTISING

Advertising and not competition is now the life of trade, according to the advertising experts who met to attend the International Advertising Association convention. The delegates at this meeting heard a number of interesting things. Among these was the statement by Charles Stelzle, New York expert, to the effect that if churches do not advertise their "ware"—spiritual upbuilding and moral betterment for both the individual and humanity—they cannot hope to arouse interest among the masses and fulfill the obligations placed upon them as parties to the general spiritual movement.

Another speaker declared that "advertising is greater than any single moral force we know of today. Advertising brings about changes for the betterment of life itself, changes which fuse into the social and political life of the nation."

It is now generally admitted by economic forces everywhere that advertising is the most important development of modern business. And it is also coming to be realized that newspaper advertising is the best kind of paid publicity. In the convention just mentioned the delegates who were advertising experts, agreed that newspaper advertising affords the best publicity medium for the churches and all church activities.

Advertising is no longer a theory. It is a science. And it pays.

BUY A HOUSE--PAY AS RENT

Instead of throwing rent money away, as that is practically what the renter does as he never has anything to show for money spent, let it apply on the purchase price of a home.

I Have a 6-ROOM HOUSE AT FLORIN ALL MODERN CONVENIENCES WILL SELL AT ACTUAL COST

Will accept very small down payment and balance in monthly installments, same as rent.

If interested, call or phone

Jno. E. Schroll MOUNT JOY, PA.

Read The Bulletin

PLUMBING and HEATING

Also All Kinds Repair Work PROMPT SERVICE PRICES REASONABLE

JOSEPH L. HEISEY Phone-179R5 FLORIN, PENNA.

Smokers Attention!

We have several numbers of 5 CENT CIGARS that are closing out at \$1.25 PER BOX and they are right, only neglect in advertising and holding them up.

WE ROAST PEANUTS EVERY DAY

TOBACCO, CIGARS and CIGARETTES All Leading Varieties at Reduced Prices

CHIQUES ROCK SOFT DRINKS ON ICE 12 different numbers, including that new drink, Pepsi Cola, 5c Per Bottle, Ice Cold.

H. A. DARRENKAMP

3 Doors East of Post Office MOUNT JOY, PA.

CLARENCE SCHOCK MOUNT JOY, PA. WE ASK PATRONAGE WE GIVE SERVICE LUMBER-COAL

OUR OPTICAL SERVICE

Prompt and Accurate PRACTICAL EXAMINATION Skilled Repairs and Lens Replacements. We have up-to-date opticians Surfacing and Grinding our lenses. We know they are optically Correct.

APPEL & WEI Optometrists and Opticians 40-42 N. Lancaster, Pa. Phone 2413. Make your eye glasses to us.

Knockout Ended Duel Between Rival Hares

An English naturalist describes a duel which he witnessed in the moonlight between two hares, the cause of their dissension being a third, which was a female that went on nibbling grass during the encounter without paying the least attention to the contest. The battles were fought each other in a real fighting attitude, their forepaws held in front looking like human fists. Standing on their hind-legs these two fighters went all out. They boxed in fine style, their little "bits" darting in and out like flashes. Some blows were cleverly parried, others went well home, and as they fought footwork was not absent for they circled round, but always faced each other. One lost his balance and sprang feebly aside, to be instantly followed up, and the punching was renewed. Apart from the soft noise of the blows going home there was no sound. The end came quickly. It was almost a knockout, but I am afraid our rules would have put it down as a foul. One hare slipped down, landing on all four feet, and quick as lightning his opponent turned and gave him a kick that landed him many yards away.

Black Cats and Evil Linked in All Ages

That verdict rendered against a Lynn (Mass.) woman charged, among other things, with having undertaken by her formulas "to still crying babies and fighting cats with equal ease," calls up a chapter in the lore of popular beliefs to which every age contributes new material. And for sheer interest it is the pagilistic felines, not the lachrymose infants, which take the cake. That black cats portend evil is a delusion that goes back to the most ancient times; so, white or black, they have everywhere been the material for all sorts of superstitions. In the Orient cats have knowledge of the future ascribed to them, along with a sensitiveness which can penetrate into things dark for the eye of man. When the cat tears at cushions or carpets it is believed to be raising the wind. There is sure to be changing weather if it sneezes, and a frost may be looked for when the animal sits with its back to the fire.

Provide Shelter for Chicks

A simple outdoor shelter for chicks will relieve crowded conditions in the brooder house. It will also provide ample ventilation and cool roosting quarters during the summer months. A sanitary range shelter should be provided.

Consistent and NOT spasmodic advertising always pays best. Each time you stop advertising, the public thinks you quit business.

making up the men--what fun it is!

First she decides what is to be the main course of the meal and finds out in the cookbook how long this will take in the pressure cooker. Then she selects her vegetables and dessert, and behold! the meal is planned. If, to balance the food values properly, a salad is required, that can be prepared while the pressure cooker is doing its job and the worker has nothing to stir or to worry about, and it is then put back on the ice for chilling.

When the time is up, everything is perfectly cooked and ready for the table. The dessert can be left in the cooker, if it is meant to be served hot, or placed outside to cool.

This, of course, is only a short chapter in the story—one almost says the romance—of pressure cooking. There are the economy of time and fuel, the ability to use cheaper cuts of meats, the retention of the full flavor of vegetables and of all those precious vitamins we have been warned to save, fewer pots to wash. With all these wonderful features, isn't it surprising that the bride doesn't have as many pressure cookers displayed on her gift table as she has cut-glass vases and silver candlesticks?

Severe Tests Prove Cricket Hard to Kill

Dr. Frank E. Lutz, curator of insects at the American Museum of Natural History, and Alfred L. Loomis, a physicist, put a cricket through a series of physical experiments that would have killed most creatures, but the little fellow survived the tests and seemed to chirp for more, the New York World tells us.

Its first experience was in a jar from which the air was rapidly exhausted until the pressure was equal to an altitude of ten miles above sea level. At first the insect was quiet, but in a few minutes it began to clean its hind legs. Then the tube to the jar was cut, permitting an instantaneous drop to the pressure of the outside air.

"The cricket," says Doctor Lutz, "merely gave a little twitch as though some one had frightened it a bit."

The insect's next adventure was with compressed air. It was put in to a tank analogous to caissons used in tunnel building. The pressure was quickly raised and then as suddenly reduced, a procedure no human being could have survived. But the valiant cricket paid less attention to these adventures than to the previous ones.

The following day Gryllus, as scientists call the cricket, was treated to a merry-go-round ride in a centrifuge that whirled at 1,200 revolutions a minute for ten minutes. When the machine stopped the cricket shook itself and chirped as if in thanks for the buggy ride.