

### Hitt and Runt—The Situation Is Not Only Threatening to the Papers but to Hitt As Well!



## Another Doctor Endorses Flaxolyn



DR. CHARLES LESLIE LEWIS

### "I Tried Flaxolyn Myself. Its Power to Do the Body Good Really Surprised Me!"

Following is a letter from Dr. Lewis of Pittsburgh to Dr. Harris H. Luntz (M. D., D. O.), the discoverer of Herbal Flaxolyn:

"Dear Dr. Luntz: When your Flaxolyn was first brought to my attention I must confess that I was mighty skeptical about the claims which were made for it by many of my friends who said they had taken it. One man was so enthusiastic about Flaxolyn and told me how wonderfully it had helped him, that, somehow or another, he convinced me that it might have merit.

"Being rather run down myself at the time, and recognizing the symptoms of auto-intoxication, I decided to try Flaxolyn myself. I felt that if it didn't do me any good, at least it couldn't do me any harm.

"I want to tell you now that I am well satisfied that Flaxolyn has genuine merit—it acts upon the stomach, liver and the intestinal tract in a natural and efficient way.

"As a rule I do not endorse any internal preparation, but I am so well satisfied that Flaxolyn can do an immense amount of good for the people here, that I am perfectly willing to allow my name and picture to be used in an open endorsement of Flaxolyn.

"I am not sufficiently versed in pharmaceutical circles to know what it is in Flaxolyn that makes it superior to any other preparation it has been my fortune to come in contact with, but I do know that I can sincerely recommend it as a remarkable aid to health."

### You Need Not Be Sick to Receive Flaxolyn's Great Benefits

Flaxolyn is not only for sick people. The man or woman who feels 100 per cent fit at all times is rare. If you ARE sick, or generally ailing or rundown and tired out, you certainly should try Flaxolyn. In fact, it is a duty to yourself and to your family that you give this proven, meritorious prescription a fair trial.

If, however, you are not really sick, but feel that you could use greater strength and greater energy; if your friends tell you that you are not looking your best and

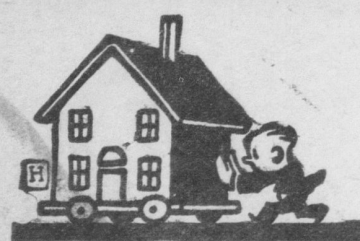
you want that wonderful, natural good color that comes from a healthier condition, it would be a mighty good thing for you to get yourself a large, economical bottle of Flaxolyn and try it out for a while. See how it helps to bring a new sense of physical fitness. It drives out those intestinal toxic poisons which are so common even with people who think they are healthy. It activates the bile flow from the liver and stimulates the digestive fluids, so that you get more benefit from the food you eat.

### GUARANTEE

Flaxolyn must bring a satisfactory health improvement by the sixth pleasant spoonful, or return the partly-used bottle to the drug store and get your money back.

Don't delay taking Flaxolyn. This pleasant-tasting, health product cannot hurt you and it may do you a tremendous amount of good. There are any number of folks right here who tell how the new Flaxolyn has put new pep in their step, new keenness in their appetite, new brightness in their faces, and new zest in their lives. Druggists can now supply you with new Herbal Flaxolyn.

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your new neighbors will be curious to find out all about you. So you'll want window shades—and want them quick. Come to us. Won't take you a minute to find just the color you want in our complete line of Columbia toned-color shades.

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You'll like the unusual beauty, of these window shades—you'll like the efficient way we hang 'em—you'll like our price. See the New Washable Shades. Your choice of a wide range of colors.

**JOHN M. BOOTH, Dept. Store**

### HEALTH TALK

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

"The other day a certain community was shocked to learn of a fatal automobile accident. The victim being a beautiful and popular young woman merely emphasized the fact that one does not need to be driving at a sixty-mile-an-hour pace in a motor car to be subjected to real risks from this ubiquitous invention," said Dr. Theodore B. Appel, Secretary of Health.

"As a matter of fact, this unfortunate girl was walking to work and was knocked over and crushed by a large truck as it was rounding a street corner. Moreover, an investigation of the automobile fatalities since January 1st in the city referred to developed the unexpected information that every victim had been a pedestrian.

"This fact is mentioned not so much to point out the necessity of applying the Stop, Look and Listen rule when crossing street intersections, essential as that rule is, but rather to indicate that the possibilities of bodily injury are by no means limited to riding in high speed motor cars, airplanes and express trains.

"In this connection, consider accidents in the home. Four million of them were reported in the United States during 1929, of which 24,000 proved fatal—a number which is but 14,000 short of the American fatalities of the World War!

"The study of the National Safety Council on this matter is most illuminating. Forty per cent of a total of 28,429 cases investigated were attributed to falls—on floors, ice, over objects, off ladders, chairs, tables, benches and nearly 500 in bath tubs. Thousands of others were hurt by sharp instruments. Many others collided with the inanimate objects. Burns took another huge toll. Explosives of gasoline and fireworks were the cause of another large casualty group. And hundreds of others were asphyxiated.

"Thus it appears that dangers are quite conveniently to be found at home. Therefore, it might be well to remember the following injunctions:

- "1. Do not start a fire with gasoline or coal oil.
- "2. Do not attempt gymnasium stunts in the home, such as standing on ladders, chairs and window sills, unless you have a firm foundation or are otherwise protected from falling.
- "3. Keep your medicine chest inaccessible to children and never take any medicine yourself from a bottle in the dark.
- "4. Do not start your automobile in a closed garage.
- "5. Do not point a gun at anyone, even though you are sure it isn't loaded.
- "6. And finally, use reasonable care and caution in performing your daily chores or duties.

"Thoughtlessness kills and injures too many people in Pennsylvania at the present time. Thoughtfulness will materially remove the present deplorable rate of preventable injuries and accidental deaths. Stay out of the 4,000,000 class this year. The exercise of ordinary care will accomplish this much to be desired result."

### 600 GET CHECKS DAILY FROM FUND

(From Page One)  
loss as provided by the Workmen's Compensation Act.

The daily disbursements of the Insurance Fund to beneficiaries averages \$8,500, or an average to each individual of \$14. In addition to that sum there is disbursed, in the treatment of these injured persons an average of \$2,600 a day.

Attention is called to the fact that "there are sixty-eight field men engaged in this work who are so located throughout the State that prompt service may be given to all employees, thereby making it possible that the least delay occur in the payment of compensation to injured persons. Where it is found possible to assist the claimant in regaining this health and to rehabilitate him to the extent that he may again earn a livelihood, considerable personal attention is given on the part of the State adjusters thus assisting in the general work for the public welfare."

**Reduce Grain Slowly**  
Even though pleasant weather is approaching do not reduce too suddenly the amount of scratch grain fed to the flock each day, poultry specialists of the Pennsylvania State College remind.

### ASKS DOG OWNERS TO PROTECT GAME

Dog owners throughout the State today were urged by officers of the Game Commission to keep their charges tied or under control during the coming breeding season for game birds and animals.

Game protectors are instructed each spring to make a special effort to round up all dogs with game propensities.

Dogs without collars caught chasing game may be killed on sight by the game wardens or land owners. The owners of dogs with collars that are caught annoying or killing game are liable to prosecution.

### THIEVES STOLE 80 CHICKENS

(From page 1)

west of Elizabethtown on the Harrisburg highway, more than 50 chickens were stolen. Here the robbers were unable to force the locked door to the hen house, and entered by a window after cutting the wire netting with an ax taken from the tool box in the barn. Traces of blood and scattered feathers indicated that the fowls were killed here also. Frederick Page is tenant on the farm.

Pupils at the Rockville school near Elizabethtown were handicapped by lack of writing materials Thursday morning, and were forced to use the blackboards for most of their work. When Miss Pauline Anderson, the teacher, arrived she found that thieves had taken the entire stock of pencils, pens and writing tablets. A quantity of coal was also missing. Miss Anderson's desk had been rifled of \$3 in coins, collected by her from the sale of garden seeds to pupils.

Deep ruts in the mud in front of the school, with torn muddy burlap bags scattered about, gave mute evidence that the robbers' automobile had become stuck there when they were ready to depart. The bags, it was found were stolen from the barn on the farm of Joseph Goodman, on the other side of the Harrisburg highway from the schoolhouse.

### DISABLED VETERANS SHOULD APPLY NOW

World War veterans with disabilities must apply for compensation or treatment (other than hospitalization) before April 6, 1930. Under the present law, the United States Veterans' Bureau may receive applications for compensation or treatment in support of claims before April 6, 1930. On and after that date, under present law, new applications are void.

Applications should be forwarded to the U. S. Veterans Bureau, Federal Bldg., Harrisburg, Pa.

### FIX APRIL 14 FOR CLEAN-UP PERIOD

The Departments of Health, Welfare, Forests and Waters and the bureau of fire protection of the State Police, have fixed the week beginning April 14 as the time for the annual Clean-Up activities in the State.

Instructions in bulletin form are being forwarded to health officers, fire wardens, institutions, Chambers of Commerce and city and borough officials relative to this annual event.

### Have Too Many Dairy Cows

Dairymen face a period of readjustment. According to the 1930 agricultural outlook report, an annual increase of about one per cent in milk cow numbers is necessary to meet the consumption demands. In 1929 the number increased three per cent and there are six per cent more heifers than a year ago.

### Fight Plant Pests

Seed treatment, planting disease free or resistant strains and varieties, seedbed treatment, eradication of host weeds, spraying, and sometimes dusting are ways the plant doctors and insect eradicators use to save fruit and vegetable crops from disease and insect pests.

### 800 Beaver Colonies

A survey made recently indicates 800 beaver colonies in various parts of the State, officers of the Game Commission today reported. The beaver was introduced in the State in 1919. Killing a beaver or disturbing a beaver house carries a \$100 fine.

### Make Ornamental Lamps

Artistic table lamps can be made from jars and vases and the shades can be made to match the furnishings by any homemaker with a taste of such work.

There is no better way to boost your business than by local newspaper advertising.

### HOME HEALTH CLUB

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

TIME: Do you know that the thing we call "time" and speak of as "passing swiftly by" or as being "on leaden wings," is the only thing in our ken that stands absolutely still? The world moves, and for every revolution it makes we say that a day of time has passed, and we divide that day up into hours and moments. We rush around trying to save time. We buy an automobile because we can save time by going quickly from one place to another. As a matter of fact, no time is saved by speed, simply greater movements made, more energy used, while time stands still. All efforts in whatever direction, to make machinery that will save human drudgery is commendable, but those who have visited in the homes, the foul, insanitary homes of the peasantry in ancient foreign countries, where all labor is done in the most primitive manner by hand, find the people quite as happy and much more contented than are our own people of modern civilization.

Moreover, their health appears to be about on a par with ours, and their ages about the same. In fact, they have more people who pass the 100 year mark than we have.

The reason: Well, according to my observations the sum total of reasons could be given in two words for our failure, with all our advantage, to live longer and be happier—envy, worry. Mrs. Jones sees Mrs. Smith wearing a new suit and she knows that Mrs. Smith's suit cost \$50, while all she can afford is a suit that cost \$25; she is envious about it, she nags her husband and spurs him on to make more money so she can get a suit that costs more than Mrs. Smith's. Mr. Jones sees Mr. Smith with a new automobile and he is envious. He worries about it and scolds his wife for being so extravagant and they both worry. Meantime, Mr. and Mrs. Smith are watching Mr. and Mrs. Brown and are envious of their new house and piano, and they worry about it.

In most of the peasant homes all women dress alike, all homes are nearly alike, and envy and worry, the two great destroyers of health and happiness, do not so largely enter into life's problems. Your job is to do something for somebody, try to make some one else happy. The person who seeks constantly for happiness for himself is always full of worry and envy and always unhappy.

Many of the letters I receive are from people who are distressed by a large family, others because they have no children. History tells us that in 1570 Mne. Frescobaldi of Florence had fifty-two children, that David Wilson of Indiana as late as 1850 had forty-seven children and the Rev. Dr. Erskine of Scotland in 1760 had thirty-three children. Fidor Vassiloff of Moscow in 1782 had eighty-three children living when pensioned by the Czar. He had sixty-nine by his first wife at twenty-seven births and nineteen born to his second wife in eight births. I wonder if any one was envious of him and how much he worried about his large family. When Lucas Saez returned to Spain from the United States in 1883 he took all of his family and the records show that he had thirty-seven children, seventy-nine grand children and eighty-one great grandchildren, in all 107 males and 90 females. His eldest son was 70 years of age. Was he rich or poor? Did he worry about it? The jolliest, happiest, healthiest old couple that I know have raised sixteen children and have a comfortable little home, possibly worth \$2,000 with a small pension as their sole income.

### Filling Station Blues

This one comes for water, That one comes for air, This one wants directions—I'm no millionaire!

### That one wants the rest room,

This one wants a stamp, That one seeks a pleasant Spot where he can camp.

### All the local idlers

Decorate my stools; All the local grafters Utilize my tools.

### Many cars go speeding

Over the road like glass— Maybe some day some one Will drive in for gas!

### Garden Provides Liberally

The farm garden makes liberal contributions to the family larder if it is well-planned, properly planted, and correctly cultivated. Utilize the space to produce a continuous supply of fresh vegetables and a sufficient amount for canning, drying, and storing.



## Pay-Day Every Day

When do you feel strongest and most confident of yourself? On pay day, when you have money in your pocket.

You will feel all the time as you do now on pay day by saving part of your earnings and banking them here.

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