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from here will mean much more

Deep sentiment demands the beauty of Jewelry for expression. And nowhere will you see jewels that so perfectly symbolize your tender thoughts.

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Electric Range  
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and other Servants of the Switch

"Ask the Women of Leisure"  
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ANY LOCAL DEALER


**Pennsylvania Power & Light Company**

We thank you for your patronage in our short period of business, and we wish to the people of Mount Joy and vicinity

**A Merry Christmas and A Happy and Prosperous New Year**

**Gladfelter's Bakery**  
MOUNT JOY, PA.

**Stehman Bros., Salunga,**  
Your Nearest Ford Dealer

SALES  SERVICE

We carry a Complete Line of Parts, Our Shop Has all Modern Equipment and we pride ourselves in our Service.

**We Would Appreciate Your Patronage**

**Stehman Bros., Salunga, Pa.**



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

"There are a great many persons in Pennsylvania who come within the definition of habit-slaves. While of course everyone's daily actions are controlled by habits, a distinction must be drawn between those associated with natural and healthy existence and those that do bodily and mental harm. It is the addiction to the latter type that makes slaves of persons," states Doctor Theodore B. Appel, Secretary of Health.

"The peculiar thing connected with this situation is that by far the great majority of slaves are unwilling to admit that they are such. Moreover, not a few of them are quite unaware of the fact that they are really in that class. Outstanding members in this latter category are the men and women who rely upon any type of stimulant to deliver the pep that is normally associated with a vigorous constitution. These people do not appear to realize that the consistent employment of stimulants to achieve temporary vitality will eventually, if not sooner, do damage to the physiological fabric. This harm may manifest itself in the snapping of nerves, in a reduced vigor, in lowered resistance to disease organisms, or in a definite disease manifestation.

"It should be understood that nature has fast though easy rules which must be strictly obeyed if she is to be expected to give a hundred percent response. Mere man-made inclinations and habits, if against her basic principles, can not be successfully superimposed on her will.

"Too many people refuse to recognize this unalterable principle. And no better example of this fact can be found than in the widespread, habitual use of drugs to stimulate alimentary action which should be a natural process. This type of person is a slave in the strictest sense. And his number is legion.

"Perhaps the largest class of serfs in the United States are the food slaves who, chained to the unrestrained desires of the palate, habitually overeat—with some type of a backfire on nature's part as an inevitable consequence.

"It would therefore pay every person to take a conscientious inventory of his habits and conclusively eliminate all those that are definitely beyond the natural laws. Some sacrifices will have to be made undoubtedly; even professional advice may be required.

"However, nature is prodigal in her returns for kind treatment. And one's business in life is, or should be, to get the most out of nature that she is willing to give. Vital, vibrant life will not be satisfied with less."

"The spirit of good will that characterizes Christmas is a beautiful thing. This desire to help others and make them happy is an earnest of mankind's fundamental goodness. Nevertheless there are actually thousands of persons who bend to the breaking point in trying to spread good cheer and weal, who overlook the significant fact that this sort of thing logically begins at home," states Doctor Theodore B. Appel, Secretary of Health.

"For example, a gentleman of my acquaintance known for his extreme solicitation for the welfare of his family, friends and the public generally, which solicitation was always beautifully and generously intensified at Christmas, died a few days ago at the age of fifty-seven because this spirit of helpfulness was sadly lacking where he himself was concerned. A victim of devitalizing habits and of an absolute disregard for his own physical condition, he was forever looking out for the other fellow but never for himself. And the inevitable happened.

"While undoubtedly this is an extreme example, it serves to emphasize the fact that every person owes a square deal to his body. Moreover, that fine as an unselfish spirit may be, it will not neutralize the bad effects of improper living and a neglect for the fundamental demands of nature. There is no better time to realize this fact than at the Christmas season.

"In desiring to express the Yuletide spirit one should not overlook the possibilities that are presented to one's self. This may take the form of a gift containing the following: An annual physical examination. Plenty of fresh air day and night. A walk of at least two miles daily. Eating with the brain as well as the teeth by balancing the diet and keeping it within bounds. Intelligent attention to the alimentary system. The consumption of plenty of water daily. Working and playing wisely. Obtaining sufficient sleep each night. And not worrying needlessly.

"This is not an expensive gift, to be sure, but one that will add years to life and make those years happy, vigorous and vibrant. Why not bestow it, and thus become a real Santa Claus to yourself?"

Lewisburg—Construction of Federal penitentiary progressing.

Elizabeth—Meeting held recently to discuss possibilities of moving Neon light factory to this city.

**OWL-LAFFS**



A young man here was being examined for life insurance and he was asked what his father died of. He said: "I don't remember but it wasn't anything serious."

Up at the Shoe Factory one of the men was boasting about the good blood in his family when an outsider butted in by saying: "How much did you pay for the transfusions?"

A man from Newtown asked me if I thought that a doctor could cure his wife. I asked what was wrong and he said: "She talks in MY sleep."

Back at Hartman's restaurant the other evening a fellow said to another: "Did you turn your car in for a new one this year?"  
Reply: "No, I turned it in on an old balance due."

I asked one of our West Main street ladies if clever women make good wives.  
She said: "Clever women don't become wives."

The other evening a lady pianist said to a little girl: "Would you like to be able to sing and play like I do?"  
Reply: "No, I wouldn't want people to say such horrid things about me."

A certain doctor in conversation with a grave-digger, said: "Aren't you ashamed of yourself stealing those flowers from that grave?"  
Reply: "Aw, be a good sport and shut up about it. I've covered up many a mistake of yours."

I heard a Salunga man say to a fellow here: "Is your mother-in-law living still?"  
Reply: "Yes, she's living all right but she's anything but still."

A chap here got in dutch recently for obeying his wife. They were at Lancaster and she told him to drive straight home without stopping. He did and was pinched for crossing an intersection on a red light.

"I hope you found the novel I loaned you interesting," said a Florin man.  
"I did, but not near so interesting as the letter someone left in it as a bookmark," said the chap from town.

At a certain business place here Monday I heard the boss say: "Are you going to settle up your account?"  
"Not just yet," said the customer.  
"Well, if you don't I'll tell all your other creditors that you paid me," said the merchant.

Santa Claus came mighty near missing a certain home at Florin as far as a tree is concerned. A father and son came to Mount Joy and bought a tree, while on their way home they lost it and had to return and buy a second one.

I am so glad people do foolish things or we would have a deluge of a time filling this column each week.

It's pretty hard to give a successful man advice but I do want to make a suggestion to Mike Rollman. If he could invent a scheme whereby folks could raise poultry with as many legs as centipedes, so many of us wouldn't always have to eat necks and wings.

That just reminds me that George Mumper said he was fourteen years old before he knew that chickens had anything else but wings, necks and other boney parts.

At a certain apartment house the landlady said: "When you discovered there was no heat in the radiators, did you call the janitor?"  
"Yes, indeed—every name I could think of," came the reply.

Back at the station the other day a lady inquired: "Are you sure this is the train for Harrisburg?"  
The brakeman said: "Well, madam, if it ain't the railroad company, the station man, the engineer, the conductor and myself must all be cuckoo."

Here's one just leaked out: "A certain candidate here claims our election system is simply rotten. He said he paid for a certain number of votes in

**Educating the Motoring Public**

**PRESIDENT GABLE URGES MOTORISTS TO DO THEIR FULL SHARE IN MOVE TO REDUCE SCHOOL CHILDREN TOLL**

Attention of motorists is called by the Lancaster Automobile Club to the two compulsory motor vehicle inspection campaigns to be conducted by the State next year. The first period will begin New Year's Day and continue until March 31. The second will be from July 1 to September 30.

In the December issue of Lancaster Motorist, the monthly magazine of the Automobile Club, details of the inspection plans are given. Attention particularly is directed to the two arrest periods provided for by law. "These are periods in which those motor vehicle owners who have failed to submit their cars for inspection, or who have failed to make the adjustments or corrections found necessary by the official inspection stations will be liable to arrest," the Lancaster Motorist points out. "Each arrest period begins immediately after the close of each inspection period and will run for three months. Thus it will be that as soon as the one arrest period closes, the next inspection begins."

A check on the following equipment will be made:—Registration plates, horn, windshield wiper, steering, mirror, brakes and lights. The condition of tires under the classifications "poor, fair or good" also will be noted, but correction of tire faults is not mandatory in order to secure one of the "inspected and approved" stickers.

Each owner will be required to have his motor vehicle inspected between January 1 and March 31 and, if repairs or adjustments are necessary, these will have to be taken care of before the official sticker is affixed. The sticker for the first 1932 inspection period is keystone-shaped, and quite similar to that used in 1930 except for color. The new stickers are salmon-colored, with black letters. No vehicle will be permitted on the highway after March 31 without one of the new stickers. Only official inspection stations will be permitted to approve cars and issue stickers. There will be about 75 such stations in the county.

Centerville—Cornerstone of Methodist Protestant Church edifice laid.

Kennett Square—New Ahrens Fox pumper housed by local fire company with appropriate ceremonies.

Milton—160 employees of Pennsylvania Power & Light Co. changing over mains from artificial to natural gas.

Seneca—Seneca Water Co. seek permit to supply city with water.

Montgomery—New home of Montgomery Post No. 15 of American Legion dedicated.

Thusville—Plans progressing for construction of new grandstand at Carter field.

Greensburg—Plans progressing for construction of Children's Home on 440-acre Georges station farm, three miles east of here.

Muncy—16,000 Brook trout planted recently in Muncy Creek and South Creek.

Hamburg—Northmont Avenue cleaned and widened.

Monongahela—Route No. 247 opened between Monongahela Country Club and this place.

Rockville—Plans underway to build one and one-half miles road towards Squirrel Hill.

Lewisstown—New A. & P. Food Market at 117 Main Street opened.

Work progressing rapidly on Phillipsburg-Port Matilda highway job.

The East Ward and when the returns were tallied he was 22 short of what he paid for.

A lady in town says she's been married a year now and they haven't had a quarrel yet.

I said: "How come?"  
She replied: "If a difference of opinion arises and I am right, hubby always gives in immediately."  
I said: "And if he is right?"  
She said: "Oh that hasn't happened so far."

A certain man and his wife have adopted the budget system. She manages everything. They pool their earnings and divide on a fifty-fifty basis.

The plan works wonderfully. She went shopping yesterday and bought a fur coat for herself for \$50 and a tie for Henry for 50 cents.

A young chap near here asked a man for his daughter's hand in marriage and the old gent, in sort of a nonchalant way, said: "Young man, have you considered her family in this matter?"  
Lad replied: "Yes, I have, but I love your daughter so much I'd be willing to put up with almost anything."

Just the same, folks, don't forget to hang your socks near the fire place tomorrow night. Of all times, this is the one we don't mind our big feet.

**WHERE THERE IS SO MUCH SMOKE . . .**



**Golden Fritters**



**TIME is money. Don't fritter it away.** But you can coin time into pure gold by devoting it to making fritters out of golden Hawaiian pineapple by either of the two following recipes:

**Louisiana "Beignets" (Fritters):** Beat two egg yolks thoroughly, add one-half cup milk and two tablespoons pineapple syrup. Sift together one cup flour, one-fourth teaspoon salt and one teaspoon baking powder, and beat in with one tablespoon melted butter. Fold in two stiffly-beaten egg whites. Drain the slices from a No. 2½ can of Hawaiian pineapple and dip in batter, covering thoroughly; then fry in deep fat, 370°. The slices may be cut in two, if desired, and two fritters served to a person. This makes eight whole-slice fritters. Serve with the following  
**Sauce:** Beat two egg yolks, add one-fourth cup sugar and one-half cup thin cream, and cook in double boiler until creamy. Add one-half cup pineapple syrup which has been brought to boiling, and cook again until creamy. Flavor with a few grains of nutmeg.

**Wholewheat Pineapple Fritters:** Beat one egg well, add one-half cup milk, then the following dry ingredients, sifted together: one cup wholewheat flour, one teaspoon baking powder, one-fourth teaspoon salt and one tablespoon sugar. Drain one ounce can of Hawaiian pineapple tidbits, and stir into the batter. Fry in deep fat, 370°, taking up two tidbits with each spoonful of batter. Makes twelve fritters. Serve with the following  
**Sauce:** Simmer gently together the syrup from the can of tidbits, two tablespoons sugar and four tablespoons currant jelly until the jelly is all melted and the mixture the consistency of syrup.\*

**Just A Few More Days Left For You To Do Your Christmas Shopping**

Why not stop in and select some of your items from my list of Christmas gifts?  
We have a big supply for you to select from.  
The doll costest is going fine. Would you like to see your favorite young lady win? If so, help her by buying your needs at my store.  
The balance of the 10 days left before Christmas I am going to offer 4 votes for each one cent spent on the following goods:  
Ice Cream—Pint, Quart or Gallon; Artstyle and Whitman Candles, Electrical Goods, Shari and Cara Nome Toilet Goods, all Rexall Medicines and Fancy Toilet Articles.  
At your

**Rexall Pharmacy**  
E. W. GARBER  
91 East Main St. MOUNT JOY, PA.

All the children in the Doll Contest are requested to come to Garber's Drug Store Christmas morning at 10 o'clock.

**Read—The Bulletin**