

Lost 20 Lbs. of Fat In Just 4 Weeks

Mrs. Mae West of St. Louis, Mo., writes: "I'm only 28 yrs. old and weighed 170 lbs. until taking one box of your Kruschen Salts just 4 weeks ago. I now weigh 150 lbs. I also have more energy and furthermore I've never had a hungry moment."

Fat folks should take one half teaspoonful of Kruschen Salts in a glass of hot water in the morning before breakfast—it's the SAFE, harmless way to reduce as tens of thousands of men and women know.

For your health's sake ask for and get Kruschen at any drugstore—the cost for a bottle that lasts 4 weeks is but a trifle and if after the first bottle you are not joyfully satisfied with results—money back.

"O, Gee! Grandma's Walking Downstairs"



Sold by Druggists Use WELDONA Tablets Write for FREE, fully illustrated 24-page book, "History of RHEUMATISM," with chapter discussing terms of Rheumatism, to WELDONA CORPORATION Desk 7, Atlantic City, N. J.

I'll Tell You Free How to Heal Bad Legs

Simply anoint the swollen veins and sores with Emerald Oil, and bandage your leg. Use a bandage three inches wide and long enough to give the necessary support, winding it upward from the ankle to the knee, the way the blood flows in the veins. No more broken veins. No more ulcers nor open sores. No more crippling pain. Just follow directions and you are sure to be helped. Your druggist won't keep your money unless you are.

The whole World prefers

NEW Gillette BLADES

FOUND!

LOST ARTICLES ARE USUALLY FOUND & A WANT AD in our Classified Columns

WANT LOCATE THE PERSONS WHO WANT TO RECOVER LOST ARTICLES—The results will surprise you. Use Our WANT AD & COPY SERVICE TO LOCATE PERSONS

WE HAVE QUALITY MEATS

Krall's Meat Market
West Main St., MOUNT JOY

Famous Chincoteague Salt Oysters

Ice Cream, Groceries and Confections

BRANDT BROS.
Mount Joy Street Mount Joy, Pa.

ALL KINDS OF CABINETMAKING DONE TO ORDER FURNITURE REPAIRING PICTURE FRAMING

JOHN S. BUFFENMYER
Phone 9134 FLORIN, PA. Oct. 5-4t

HOW ARE YOUR SHOES? DON'T WAIT TOO LONG BRING THEM IN CITY SHOE REPAIRING CO.



O. W. L. (Ow With Laughts)

It doesn't appear to me that times are really as hard as most people think. Just a few days ago I saw an ad in an exchange which read: "Money For Sale—5 lb. Pail, \$1.25."

That also reminds me that under the head of Musical Instruments I saw advertised 3 Hunting Dogs and 25 Pigs.

Of course newspapers do print some real funny items. I saw in one of the county weeklies that Millersville girls enjoyed a party and in the same item it read that Miss So and So breaks her arm.

Another news item read that a certain cafe had been awarded the concrete for feeding the folks at the meeting.

Then at the same I was wondering just how many items appear in the Bulletin that sound just as funny?

Frank Shatto recently remarked that "he who laughs last laughs best."

One of the barber shop loungers replied: "Yeah, but he soon gets a reputation for being dumb."

I just learned that at a certain milk station not a million miles from Mount Joy, a cat fell into a can of milk and one of the workmen said he rescued kitty from her watery grave.

The very latest type of a motor horn much resembles the music of a harp and its big mistake. Instead of people getting excited and jumping out of the way, they hesitate, listen to the sweet music, get soaked and then hear the angels sing—provided they led that kind of a life.

Enos Rohrer tells me that in order to locate a golf ball when it goes into the rough some fellows soak it with a solution which attracts butterflies.

Roy Sheetz says a much better idea would be to rub it in limburger cheese—that would attract the buzzards.

Doc Longenecker has a better idea still. He suggests soaking the ball with accuracy.

Here's one happened up at Florin recently: "Sorry old man, that my hen got out and scratched up your garden."

"That's all right, my dog ate your hen."

"Fine! I just ran over your dog and killed him."

HEALTH TALK

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

"The present visitation of infantile paralysis in certain sections of Pennsylvania justifies emphasis upon the immediate aftercare of the victims. Many of the dire and permanent consequences which have marked that malady as one of the most damaging, in numerous instances can be decidedly minimized if proper care is applied during the convalescent period," states Dr. Theodore B. Appel, Secretary of Health.

"Indeed, many cases which at the outset appear to be quite hopeless make spectacular improvement through so-called 'supportive treatment' and 'muscle re-education.'

"To obtain a maximum benefit the following rules should be conscientiously applied. Needless to add, all of them demand the direct supervision of a physician. 1. The patient requires complete rest; 2. Under no circumstances should the subject be permitted out of bed until all pain and tenderness have left the affected muscles; 3. Treatment must be moderately applied, otherwise irreparable damage may be done; 4. There should be no application of electrical treatment while pain and tenderness exists; 5. Affected parts should be properly supported and kept warm. In this connection, when the muscle involvement is marked and decided discomfort exists, plaster bandages may be required.

"When walking is finally permitted the patient, under no circumstances must the affected part be fatigued. Proper supports of all weakened muscles must be supplied. And finally, professionally supervised, graded exercises both active and passive, as well as massage, should be introduced approximately twenty-one days after the complete disappearance of tenderness. It seems to be the consensus of opinion that electrical treatments, except in exceptional cases, are of little reconstructive value.

"It is thus observed that the secret of a successful rehabilitation lies in continuance professional guidance and large doses of patience. To become a victim of this dread condition is unfortunate to say the least, but not to apply the scientific information leading to comparative or ultimate cure is to be nothing short of pathetically careless."

Y. M. C. A. AT LANCASTER CONDUCTS NIGHT COURSES

The Y. M. C. A. will again conduct night courses in co-operation with Pennsylvania State College Engineering Extension Department, with classes beginning at 7:30 P. M. each week-night except Saturday. The school will open week of October 17th, while enrollment will be taken care of during week of October 10th.

Mr. Jesse Jones, manager of the Lancaster air-port will conduct classes in theory of aeronautics and theory of airplanes and engines.

J. Luke Stauffer, electrical engineer, will teach classes in direct current and alternating electricity. Mechanical engineering, with classes in heat and thermodynamics and mechanics, will be instructed by Ernest W. Drescher, local engineer. The mathematics in connection with these courses will be taught by Paul Trout.

First and second year accounting will be taught by J. E. Ulrich, while two courses in advertising will be given by E. Bagby Pollard, one featuring fundamentals of advertising and the second concerning advertising copy-writing.

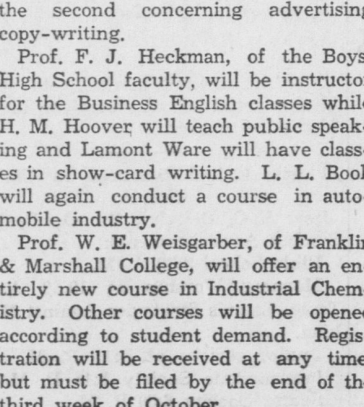
Prof. F. J. Heckman, of the Boys' High School faculty, will be instructor for the Business English classes while H. M. Hoover will teach public speaking and Lamont Ware will have classes in show-card writing. L. L. Book will again conduct a course in automobile industry.

Prof. W. E. Weisgarber, of Franklin & Marshall College, will offer an entirely new course in Industrial Chemistry. Other courses will be opened according to student demand. Registration will be received at any time, but must be filed by the end of the third week of October.

Pygmy Tribesmen Form Order of Lion Hunters

Lions abound in the greatest numbers in the central part of Africa, which country is shared by a tribe of pygmies. These little people are compelled to protect themselves against the raids of the lions, and for this purpose the tribesmen who have been tried and who have proven their valor, are organized into a group, always ready for the call to duty. These men live apart from the others, and when one of the animals makes its appearance the lion hunters prepare for the fray by dressing themselves for the occasion. They don a headress of ostrich feathers and a sort of a cape of the same, and with shield and spear they go out to meet the lion. When located they form a circle about the lion and then move in, gradually closing up until the animal is closely surrounded. There is no escape, and the animal is forced to start the fighting, which is fast and furious. The king of beasts is finally overcome, and then a noisy demonstration takes place in the shape of a wild dance. It generally happens that several of the hunters are wounded, and not infrequently one or more may be killed. The scars which are accumulated in these hunts are badges of honor. The lions exist entirely upon a meat diet, and the inroads made upon the other animals is considerable, for a lion must make a "kill" every two days to appease its hunger.

A Lobster Lyric



In a recent editorial in the New York Herald-Tribune, the writer grievedly laments the loss of the lobsters of Maine.

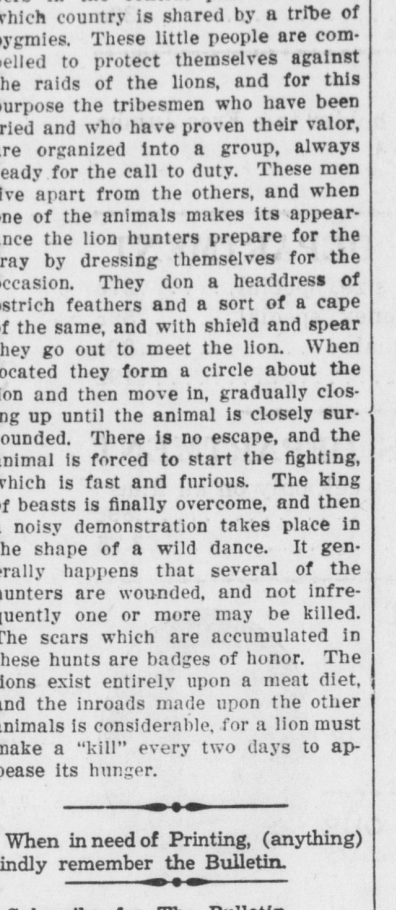
"What the racy shad is to the Delaware," he wrote, "and the rich roe-sturgeon to the Caspian, the best lobsters in the world are to the icy waters fished by 12,000 hardy lobstermen of the Pine Tree State. . . The specific terms of the protective legislation need not be left to Maine authorities, but the general movement is of interest throughout the country wherever good eating is practiced. Maine produces three-fifths of the lobster catch of all the north Atlantic states, and its crustaceans are rated by table amateurs as second to none in all the waters of the world."

With such encouragement as this it seems imperative to give

A Lobster Recipe

Remove tendons from the contents of a 6-ounce can of lobster, and shred. Add one cup of potatoes, sliced small, one and one-half cups boiling water and one-half teaspoon salt, and boil until the potatoes are tender. Scald one quart milk with one sliced onion and two tablespoons butter, and season to taste with salt and pepper. Break up six Boston crackers and lay on top of the lobster and potatoes in a soup tureen. Strain the onion out of the milk and pour over. Serves four to five.

"THAT LITTLE GAME"



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FILLING?



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Milk — Condensed or Evaporated



Do you know the difference in these two good forms of milk? You use them so generally and you buy them in such quantities to supplement or substitute for bottled milk, it will be interesting to know just how they differ in the process of making. The U. S. Department of Agriculture gives this interesting explanation in a booklet "Milk and Its Uses in the Home": "Commercial sweetened condensed milk is usually made by adding cane sugar to fresh milk, heating the milk to dissolve the sugar, and then evaporating the whole until its bulk is a little less than one-half of fresh milk. "Evaporated milk, as known in the trade, is whole milk that has been condensed in a vacuum pan to about one-half of its original volume without the addition of sugar. After it is drawn from the vacuum pan, it is put through a homogenizer to break up the fat globules, so that they will not separate on standing. The milk is then placed in sealed cans and exposed to steam under pressure. The temperature must be sufficiently high and the exposure long enough to destroy all bacteria in the milk. In this process a soft curd is usually formed, and, after the milk has cooled, the cans are shaken vigorously to break up this curd and give the milk a creamy consistency." Due to the added sugar in sweetened condensed milk, it is not necessary to sterilize the product after it is filled into cans.

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10c

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Read—The Bulletin