Ho-Ho-

THATS

A GOOD

WAY TO

KEEP THE

HAUNTED

### QUIVERING NERVES

When you are just on edge ; , when you can't stand the children's noise ... when everything you do is a burden ... when you are irritable and blue . . . try Lydia E. Pink-ham's Vegetable Compound, 98 out of 100 women report benefit. It will give you just the extra en-

ergy you need. Life will seem worth living again.

Don't endure another day without

the help this medicine can give. Get a bottle from your druggist today.

Lydia E. Pinkham's VEGETABLE COMPOUND

## TONE

Before placing your order elsewhere see us. Crushed Stone. Also manufac turers of Concrete Blocks Sills and Lintels.

J. N. Stauffer & Bro. MOUNT JOY, PA.

FOR RENT-Two Large Rooms on second and third floors for storage purposes. Rent very reasonable. See Jno. E. Schroll, Mount Joy. oct29-tf

EXPERT WATCH and CLOCK REPAIRING

Phone 211J

MOUNT JOY, PA

Swiss Watches and Small Wrist Watches Repaired

> Prompt Service and Prices Reasonable

DON W. GORRECHT MOUNT JOY, PA.



I'll Tell You Free How to Heal

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 BULLETIN MOUNT JOY

## Does Anybody Want A Going **Business?**

If You Do, Here It Is

SODA FOUNTAIN CONFECTIONERY ICE CREAM **TOBACCO & CIGARS** ENTIRE EQUIPMENT

of a dandy little place of business in one of Lancaster County's leading boros, along its main street, near center of town. Possession at any time, but please don't bother unless you can finance. Building not included but can be leased as desired.

Jno. E. Schroll

### 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.





WE HAVE QUALITY

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

HENRY G. CARPENIER INSURANCE - MOUNT JOY PA.

ALL KINDS CABINETMAKING REMODELED FURNITURE REPAIRING PICTURE FRAMING

ALSO CANE SEATING

FLORIN, PA. YOU can shave your face BUT you can't shave the back of your vell GROOMED man is admired

W. F. CONRAD MT. JOY, PA

Hitt and Runn-Twas a Hard Effort to Outflank the Enemy but it Ended in Ketreat:



BY HITT PENNIES PHIATED MENT TELLME YOU GUTTONMAYE YOU FORGOTTEN THAT THE
MAYE YOU FORGOTTEN THAT THE
MAYE TO STILL IN CIRCULATION?

## OWL-LAFFS



Some one remarked to me yes terday how remarkably well a certain woman here keeps her age. I said: "Yes, she hasn't changed it for the last ten years."

They tell me we have a young chap in town who has adopted a new profession—he's a lip stick taster.

A man from town, I think he

married?" "Sure." "Of course you have."

At a certain restaurant a patron simple, reason. said to the waiter: "See here. I

A certain man here said to his wife: "From the first glimpse I her. There sure is all to be otherwise. "To be the otherwise of the contract of nearly a week."

The wife: "Right you are. She's gone already."

In an argument in front of the post office the other evening a fela Democrat."

A fellow standing nearby said: it has caused death itself." "You poor fish, have you no ambi-

An enterprising youngster here has started a new business. His printed card gives the following

Mr. J- E-Personal Escorter Tots and Kiddies took to school and returned, prompt in perfect cond-dishin—if received that Military discipline. Rates 25c a week. Refined conversashin. No extra charge for nose wipin. All I ast is a trial.

Sledge Hammer Poetry Here's a sign I saw on a black smith shop in a nearby village: 'Work did hear with litnin speed Satisfackshun garanteed, Horshoin two is in my line, That will stand the ware and tare of time."

yesterday our reporter remarked to a woman there: "That your neighbor singing? She sure has a singular voice. Reply: "Yes and I'm blamed glad

The keeper at our county jail

sked me what I thought of athleics for prisoners. I told him it would be well to have them indulge in all kinds of sports except crosscountry running.

Fellows, here's a tip and a mighty easy way to get rid of hitch hikers. Keep a little sign handy in your car and whenever leave a town, display it. "TAXI."

A Motorist's Luck

Several days ago a motorist said to me: "Drive down town alone and it's very seldom you see a girl waiting on a corner but drive down town with your wife and you'll see one on every corner."

I said to a man down town: "Did John S. Buffenmyer

your wife have you on the carpet for getting in so late last night?
"Well, it may have been the carpet the end of its name."

should I feel worried. Every shrimp I ever saw has that same thing on the end of its name. she had me on, but it felt more like a red-hot stove to me."

A boy came home from school the other day with a lot of low marks on his report card and was "called" by his mother.

He said: "Aw, mom, you know yourself things are always marked down after the holiday."

"I don't know how to fill out this question," said a West Donegal

### **HEALTH TALK**

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

"Fashion is a supreme dictator. No earthly ruler seems to have the iron-bound hold upon the public imagination as does this imperialist. And throughout the ages an incalculable advance has been of Health.

which even yet are practiced in the fashion's name in the Australian Bush are no part of civilization's conception of this tyrant, there is a large amount of relative foolishness connected with the recognition of his power.

"Consider, for example, the over coat. Fur coats especially are likely to be worn in this latitude when temperatures very definitely contra indicate it. A spring-temperatured A man from town, I think he day, even though the calendar says lives up town some where, went to it is December, most certainly does Lancaster and said to a lawyer: "I not justify its use. Yet thousands want to know if I have grounds for of women, in face of a high thermometer, deliberately wear it 'be-The lawyer inquired: "Are you cause it is stylish to do so.' And by the same token, thousands of men will deliberately perspire in similar garments or heavy woolen ones for the same simple, very

just found a collar button in my physicians well know, that many sylvania Railroad here, discussed at times the start of the serious res-Waiter: "Thanks a lot. I have piratory diseases in the winter can Brookville—Two local bridges may modeled and improved funeral parlor, been hunting the dern thing for be directly traced to an illogical be rebuilt.

her. There sure is plenty of go it would be exceedingly good business for large numbers of people to consult an outside temperature before donning the extra-heavy wraps in winter time.

"Remember, that the Arctic sea son in Pennsylvania does not neclow said: "I was born a Democrat, essarily mean Arctic weather. To raised a Democrat and I hope I die forget this rather apparent fact may result in serious illness. Often ket Street.

## INDUSTRIAL

The following record of industrial activity lists items showing investment of capital, employment of labor and business activities and opportunities. Information from which the paragraphs are prepared is from local papers, usually of towns mentioned, and may be considered generally correct. Red Hill-\$33,000 Junior High School opened for inspection.

St. Marys-Mrs. Barbara Vogel purchased Candy Kitchen property on Erie Avenue.

View graded and filled. Oil City-Harry McSparren opening grocery and meat market at 111 State Street.

More then 800 men of Juniata Counways.-Lewistown, The Sentinel.

Middletown-Borough Council plans community hall, etc. Bainbridge-Effort being made to se

your mother before she was married and I didn't have a mother before she was married."

said to me: But they didn't have to be. They

Here's one just leaked out. A gang from town were fishing at Bowers' Beach. Two of them got into an argument and one pushed the other overboard. The chap in the water cried: "Drop me a line." The fellow who pushed him overboard yelled: "Oh yes, dear, and you write me some time, too."

"Is this the train to Harrisburg?" said a lady to the brake-man at the station here. He said: Well, lady, the station agent, the engineer, the fireman, the conductor and the chap in the diner say it is and that is all I know."

I read in an exchange that "Baies developed from the bite of a dog last October." A WISE OWL

DURING THEIR

was ever thus. While undoubtedly made in the types of raiment and ornaments now worn compared to former days, the sad fact remains that fashion still takes its toll in the form of physical discomfort, illness and even death," states Doctor Theodore B. Appel, Secretary "While the physical barbarities

Middletown-Athletic field at Grand

ty recently employed on state high-While gathering news at Florin purchasing Hosiery mill building for

> cure construction of bridge across Susstreet lad. "It says: Who was

One of our old residenters here "Maybe the girls weren't quite so attractive looking in the good old days when they wore cotton hose.

A guy downtown boasts about having M. P. to his name but why

YOU SEE, SAM, BEN AND THE GANG HAD BEEN TELL HARRY

"THAT LITTLE GAME"

### SCARING 'EM AWAY

ABOUT THE ONE THAT SAM AND BENNY AND THE GANG PULLED ON THEIR WIVES VACATION AT THE LAKE.

UP A WEEK WHEN I GOT THERE , THEY DISAPPEARED RIGHT AFTER SUPPER ON MY FIRST DAY, SO I WENT DOWN TO THE LAKE AND ALL THEIR WIVES WERE ON THE BOCK, SO I HIRED A SKIFF AND INVITED A FEW OF 'EM TO A BOAT RIDE, THEY ASKED ME HOW FAR I WAS GOING AND I POINTED TO AN ISLAND WITH A LONESOME SHACK ON IT. SKIRTS FROM GETTIN' HEP. GEE! THOSE WOMEN SHUDDERED AND SHRIEKED SUMPIN' FIERCE, AND THEN THEY TOLD ME THAT THEY WOULDN'T GO THERE FOR LOVE NOR MONEY, AND THAT SAM AND BEN AND THE REST OF THE BOYS HAD TOLD 'EM THE SHACK WAS HAUNTED.

HAR-HAR-DEAD MAN'S SO I ROWED OVER ALONE AND TOOK HAND" A LOOK IN THE SHACK AND THERE BONES" SAT SAM AND BEN RATTLIN'. AND THE BOYS HO-HO PLAYIN' POKER. HAW -HAW THANKS C. H. PUTNAM

quehanna River here.

"Public health officials and all Highway where it passes under Penn- Wrightsville. recent meeting of Business Men's Club.

for new bridge over Summer Creek

near here. Elrama-Volunteer Fire Department ormed here.

ing mausoleum next spring. Blairsville-Wholesale firm of A. Borough toward Elwood City. Lamantia opened retail store on Mar-

formally opened at corner West Mar- tween Kennersville and Forrestville.

ket and Wayne streets.

Knox-Knox Theatre opened.

Springfield-M. F. Williams re-33 West Baltimore Avenue, Clifton building.

Avenue to be built entire length with Butler, opened offices at 2201 First Nacounty relief aid. Farris Engineering Company, Pitts-Wellsboro-A. H. Austin plans erect- burgh, received \$24,425 contract for formerly H. A. Long's opened recently. one-half mile paving from Zelienpole

Suburban Construction Company, rebuilding section of Route No. 1 be- traffic.

ing to reconstruct three sections of Troy-Proposed change of Roosevelt Lincoln Highway, between York and Lomirka market, Pennsylvania Avenue to make room for installation of equipment for handling frozen foods.

> moved to new location in Snyder New Castle—Pittsburg & Lake Erie

Clearfield — Helmbold & Stewart

West Conshohocken - Moorehead sel firm of Morgan, Underwood and

tional Bank building. Muncy-New Nation Wide Grocery, Mercersburg-Repair work on theatre

progressing rapidly. Lykens-New bridge west of here, Devon, received \$99,459 contract for spanning Wiconisco Creek, opened to

Wagontown-Work started on build-Jamestown-Work on Pymathning ing old King's Highway from Compass

# Messengers of Good Will



and national debts. After all, leave our shores, these are largely a matter of And to our sho

Palace, puts into his famous dishes choice foods from "tins," as cans are termed in England; the Arab peasant in soft blue robes, gathering into his woven basket those heaps of golden fruits from the groves of orange and olive trees, looks forward to the end of his day's labor and a can of salmon for supper; the grarled Spanish rosality and salmon for supper; the salmon for supper salmon for supper; the salmon for supper salmon the end of his day's labor and a can of salmon for supper; the shared Spanish woman, out on the road from Seville, who fries bunelos in pots of sizzling fat to sell to the passersby, will perhaps feast on canned California peaches, as the pièce de résistance for her Sunday dinner.

baked beans after the manner of New England.

There are many canned foods which are difficult to serve in a way more delicious than we serve them in this country. Here are a few of them:

We Recommend

baked beans after the manner of New England.

There are many canned foods which are difficult to serve in a way more delicious than we serve them in this country. Here are a few of them:

We Recommend

well and wrap a thin strip of

feast on canned California peaches, as the pièce de résistance for her Sunday dinner.

Every capital . Turope, as well as places that you are aware of culv when you refer to your atlas —Helsingfors, Addis Ababa, Khar
them in this country. Here are a few of them:

We Recommend

Country Pumpkin Pie: Smooth one-half cup of cottage cheese, or pass it through a sieve and then mix with one and one-third cups of culv when you refer to your atlas mix with one and one-third cups of culv when you refer to your atlas mix with one and one-third cups of culv when you refer to your atlas mix with one and one-third cups of culture and the prune Garnish: Roast Lamb with Bacon and Prune Garnish: Roast the lamb as usual. Drain a can of prunes well, and wrap a thin strip of bacon around each prune. Fasten with a toothpick. Broil until the bacon is crisp. Serve as a garnish around the roast lamb.\*

And to our shores, also, come which side of the fence—or the delicacies from other lands, safely ocean—you live on. which side of the fence—or the ocean—you live on.
But all nations agree on one tainers. From the sunny fields thing which they advocate—good food. The United States, because pineapple—better pineapple than

American ways of serving American foods are also in grow-ing demand. Just as we like to

T is difficult for all nations to toum, Cospicua—are regular ports of canned pumpkin. Add two-agree on the question of tariffs for the cargoes of tin cans which and national debts. After all, leave our shores. teaspoon ginger, two-thirds tea teaspoon nutmeg. Then add two supply this good food to all nations, and so our tin cans go out as messengers of good will to the furthest corners of the world.

In Palace and Peasant Hut

The royal chef who prepares he holiday feast in Bratians and two canning the horticulturists of kings ever learned to grow; from Russia, the oven hot—450 degrees—for the first ten minutes, then reduce at feasts of the Czar; mackerel from the icy waters of Norway, put up in wine sauce; pimientos from Spain, bisquits from Holland; crabmeat from the complex of the first ten minutes, then reduce to 325 degrees for the remaining time—about thirty minutes or until a knife, when the complex of the complex of the first ten minutes, then reduce to 325 degrees for the remaining time—about thirty minutes or until a knife, when the complex of the