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How One Woman Lost 20 Lbs. of Fat

Lost Her Prominent Hips - Double Chin - Sluggishness Gained Physical Vigor - A Shapely Figure.

If you're fat—first remove the cause! Take one half teaspoonful of Kruschen Salts in a glass of hot water in the morning—in 3 weeks get on the scales and note how many pounds of fat have vanished. Notice also that you have gained in energy—your skin is clearer—you feel younger in body—Kruschen will give any fat person a joyous surprise. Get a bottle of Kruschen Salts from any leading druggist anywhere in America (lasts 4 weeks) and the cost is but little. If this first bottle doesn't convince you this is the easiest, SAFEST and surest way to lose fat—your money gladly returned.



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BULLETIN MOUNT JOY Phone 41J

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EXPERT

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ONLY \$3,750 A SIDE—That's all I ask for a Dandy Double House, with Double Garage. House has modern heat, baths, light, gas, etc., and is nicely located on Delta St., Mt. Joy. It's a good investment. See Jno. E. Schroll, Mt. Joy, Jan 7-12

NEW HOUSE CHEAP—I have a 6-room House along the trolley at Florin that I want to sell before April 1st. Has all conveniences and will sell for only \$3,650 for a quick sale. This is No. 371 in my list. Jno. E. Schroll, Realtor, Mt. Joy.

Hitt and Rynn—When It Comes to Nerve Bull Isn't In It With This Fellow!



OWL LAFFS Mount'n Laurel Is State Flower



BY A WISE OWL

I see by the papers that out in South Bend, Ind., a man caught a robin in a mouse trap. Of course that's easy but I'd like to see him catch wasps and bumble bees in them like George Mumper at Florin.

A golfer in an adjoining state hit a ball so hard it struck a gray squirrel and killed it. I'll gamble that's more than he could have done with a shot gun.

A fellow on Mount Joy street says: "When a man's throat has become accustomed to 100 proof wood alcohol, it is difficult to get him interested in decimal point beer."

Somehow or other we can't picture the old-fashioned farmer who works from sun-up until sun-down, getting very enthusiastic over the thirty-hour week.

One way to find contentment is to realize that you don't need half the things you thought you needed back in 1929.

The price of automobile tires has just been increased for the first time in eight years. Naturally the pneumatic tire is the first thing to respond to inflation.

A certain preacher delivered a wonderful sermon on extravagance. I couldn't for the life of me, see how a fellow could get all worked up about such a subject until I saw the Reverend's wife sitting there wearing a new dress and hat.

At the meeting of a local society the other evening everybody was making more or less noise when the president yelled: "Order, order." A chap present yelled: "Sandwich and a glass of beer."

A woman on Marietta street, in tears, remarked to her husband: "You have broken the promise you made me." He said: "Well quit crying; I'll make you another."

A woman on East Main street went to the postoffice here and complained because she didn't get the box of candy her husband promised to send her.

A young fellow here tells me that instead of his married life being one sweet song as his wife predicted, it is one grand refrain.

She insists that he refrain from cards, refrain from smoking, refrain from clubs, refrain from attending ball games, refrain from going hunting, fishing, etc.

A man in town asked me if I ever heard of the awful fright he got on his wedding day?

Knowing his wife as I do, I don't see how he can talk about her like that.

A woman on East Main street asked her son why he and sister are continually spitting.

He said: "Mother I think it is because I take after Daddy and sister takes after you."

A woman in town went to Krall's meat wagon and asked if they had any slumps. Jim inquired what they were.

She said: "My husband is always talking about slumps in the market, so I thought I'd try one."

"Say, why don't you go back to your old home town and settle down?" "I drove away in a fine new 8-cylinder car. I can't go back in an old 15-horse four-cylinder flivver, can I?"

(From page one) the honor upon the Honeysuckle. Governor Pinchot decided in favor of the Laurel, signed, that bill and vetoed the other.

There will be none to quarrel with him over his decision; the Mountain Laurel is a beautiful flower and singularly appropriate to this state, where it is to be found in abundance. Pennsylvania, in this respect, has followed most of the states. It is appropriate, for instance, that the orange blossom is the choice of Florida; the peach blossom of Delaware; the pine cone of Maine; the sage brush of Nevada; and the golden poppy of California, and Mississippi. Alaska's preference for the yucca of New Mexico is easily understood, as is the Indian point brand of Wyoming.

The apple blossom is not adopted by Virginia, as might be presumed, but it is the preference of Arkansas and Michigan; Virginia claiming the dogwood, while West Virginia selects the stately and brilliant rhododendron.

The violet holds first honor, being the choice of four commonwealths, namely Illinois, New Jersey, Rhode Island and Wisconsin, while the golden rod rates second, being the choice of Alabama, Kentucky and Nebraska. Strange to say, the universal favorite, trailing arbutus, has but one claimant, Massachusetts, and the mountain laurel, found in great profusion in Pennsylvania, is plucked by Connecticut. Colorado chooses the graceful columbine, South Carolina the yellow jasmine, and Missouri displays a distinct taste in the hawthorn. Vermont joins the parade with the red clover, Georgia with the Cherokee rose, New York with the rose—variety designated—and Maryland adopts the black-eyed Susan. Of course none would have the effrontery to deprive Kansas of a whit of her glory in the sunflower nor Oregon of the Oregon grape.

The Lancaster Auto Club

The Lancaster Automobile Club will carry its activities into the southern part of the county this month, holding its regular meeting in the social hall of the Methodist church at Quarryville on Friday evening, May 26. Because of the Pennsylvania Motor Federation annual convention, being held at Altoona May 18 and 19, the Auto Club meeting this month is the fourth Friday, not the third, as is customary.

Arrangements are being made to accommodate a large crowd at the Quarryville meeting. Nearly eight hundred attended the Club meeting at Elizabethtown last month, which officially opened the Club's 1933 activities, and efforts are being made to have a banner attendance at Quarryville. The meeting will start at 7:30 o'clock, Standard Time, and 8:30 o'clock daylight time.

The Lancaster Club will be represented by fifteen delegates at the State convention in Altoona and reports from this session will be given at the Quarryville meeting. In addition there will be entertainment, discussions and other features. Admission to the meeting is free without card or ticket, and the people of this section are cordially invited to attend.

Cut lemon dipped in table salt and rubbed on stained ivory knife handles etc., will remove the stains.

Cold potatoes used instead of soap will clean the hands and make the skin soft and smooth.

talking to her uncle Silas, she heard the low, mournful note of a cow. "Just listen to that poor cow," said the girl—"mewing for her little colt!"

Daughter—"Isn't the world wonderful, Dad! Everything is so beautiful and there is so much to be thankful for!" Dad—"Who is it this time?"

The colored fellows may like watermelon but they have nothing on Curley Hendrix.

The other day some fellow at the Grey Iron asked Curley if he knew how they get the water in watermelons.

Curley said: "Sure. They plant them in the Spring."

"THAT LITTLE GAME" Inter-nat'l Cartoon Co., N.Y.—By B. Lin!



It'll Be Tuff On Motorists

(From page 1)

that the market has diminished to a great extent. Five bills have been introduced in Congress to compel the blending of alcohol with gasoline, and four western states—Iowa, South Dakota, Illinois and Minnesota—have similar bills pending. These measures could hardly be taken seriously were it not for the fact that Secretary of Agriculture is reported as supporting the standpoint, there are two strong and sufficient objections to such legislation. First, the cost of gasoline would be increased to the consumer from 1 cent to 4 cents per gallon, depending upon the price of corn. Second, the efficiency of the blended gasoline would be reduced.

The cost of purchasing the raw material, manufacturing it and transporting the finished alcohol to the refinery would be such that one gallon of alcohol made from corn would cost more at the refinery than the nine gallons of gasoline with which it would be blended. Nearly all commercial alcohol, today, is manufactured by a simple process from Cuban molasses. Two additional steps, first, crushing, and then chemically processing to eliminate the starches, would be necessary before the corn would be ready for the final process of fermentation. A necessary feature of the proposed legislation, therefore, if it is to aid the farmer, is the prohibition of the importation of molasses.

The efficiency of the gasoline would be greatly reduced by the blend, due to the tendency of the alcohol to separate from the gasoline and go to the bottom of the bulk. This part of the fuel supply would be the first to reach the carburetor of the car. The result would be difficulty in starting, and the lessening of essential smoothness of operation. To require the use of such a fuel in airplanes would be nothing short of criminal.

Some European countries, having no native petroleum supply, require a blending of alcohol with gasoline for purpose of supporting local industry, but they recognize the relative inefficiency of such fuel as compared with gasoline such as we use, by providing that their ambulances and fire equipment may use straight gasoline because of its superior starting ability and its capacity to operate a vehicle smoothly.

If the congressional measures are pressed for passage, the real victims—the 23,000,000 motorists of America—are certain to be heard from in a most emphatic way.

SALE REGISTER

If you want a notice of your sale inserted in this register weekly from now until day of sale. ABSOLUTELY FREE, send or phone us your sale date and when you are ready, let us print your bills. That's the cheapest advertising you can get Saturday, May 20—On the premises No. 10 Lumber Street, Mount Joy, household goods by Henry G. Carpenter and Ralph J. Cramer, Executors of Mrs. Mary Cramer, dec'd. Frank, auct. Saturday, May 27—On the premises at 219 East Street, Mount Joy, household goods by Ed. Brown, Frank, auct.

IF YOU WANT GOOD TEETH—By DR. J. M. WISAN

Chairman, Council on Mouth Hygiene, New Jersey State Dental Society

TEN RULES FOR THE CARE OF THE TEETH

IN the last three or four months I have discussed many phases of the problem of mouth health in this column. Responses from readers have been gratifying, showing as they do that there is a lively interest in this problem. One of the most common requests is for a set of rules giving in tabular form the essential practices which aid in forming healthy teeth. Such a set of rules is the following:

1. Remember the teeth are living tissues—affected by systemic health and in turn affecting body conditions.
2. Provide proper foods—paying particular attention to milk, fruits and vegetables. This advice applies especially to expectant mothers and children, but should be followed by everyone desiring a healthy mouth.
3. Practice health-giving habits. Consult a physician for frequent checkup on physical condition.
4. Take children to dentist at early age. The most effective method of decreasing dental diseases is by giving the children the benefit of early and regular dental treatment.
5. When teeth are crooked, have them straightened. Much decay in later life, dental diseases such as pyorrhea, and many disfigurements of the face can be prevented by following this rule.
6. Keep mouth clean. Learn to brush the teeth carefully and thoughtfully before retiring and after every meal if possible. See to it that all sides of all teeth are properly cleaned.
7. Do not depend on mouth washes and tooth pastes to prevent mouth disease. Research workers have proved that their value lies only in keeping the mouth clean.
8. Attend to dental defects during the interim stages. If this advice is followed, many teeth will be saved that would otherwise be lost. This is best accomplished by making the visit to the dental office a regular habit. The more susceptible your teeth are to decay the more frequently you should obtain dental treatment.
9. If teeth are lost be sure to replace them. If this is not done the other teeth move, cause irregularities in their arrangement, spaces will form between the teeth and in some cases the teeth will actually become loosened.
10. Have teeth X-rayed every year. This will help the dentist discover defects before they assume serious proportions. X-rays will likewise enable him to find any inflamed teeth before they cause some systemic disorder.



Better Breakfasts

"A HALF-BREAKFASTED MAN," says one of Galsworthy's characters, "is no good." And he might even have included women in this statement—with all due respect to get-thin diets.

Chilled Orange Juice Cereal
Broiled Bacon with Fried Apple Rings
Breakfast Muffins
Blackberry Preserves Coffee

Here is a menu which will leave one "half-breakfasted," for one really does need a fairly substantial meal in the morning to "get going," even if one has the habit of a "wake-up" cup of coffee—and it's a rather nice habit. But some time before the morning is well along, a breakfast that is dainty and appetizing, and also nourishing, does something for your day.

Breakfast Muffins: Beat one egg, and add one tablespoon sugar and one-half cup milk. Add the contents of one 8-ounce can of drained lima beans pressed through a sieve. Add three-fourths cup sifted with two teaspoons baking powder and one-fourth teaspoon salt. Add two tablespoons melted butter, pour into buttered muffin pans and bake in a 375-degree oven for about twenty-five minutes. This makes six to eight muffins. (The dry ingredients may be measured through a sieve the night before, to save time in the morning.)