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PENNSYLVANIA POWER & LIGHT COMPANY

Advertisement for 'Some Bus!' featuring a cartoon character and the text 'WE BOUGHT IT THROUGH THE WANT ADS IN THIS NEWSPAPER.'

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THE BULLETIN MOUNT JOY, PA.

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BELSER'S TIN SHOP

W. Main Street, MOUNT JOY

Three Complete Meals Daily Is School Child's Requirement

Dr. Ireland Says Society, In Compelling Child to Attend School, Obligates Itself to Protect Health

By Dr. Allen G. Ireland Director, Physical and Health Education, New Jersey State Department of Public Instruction

HERE is a thought of importance that is being given, but of special interest on Child Health Day.

No growing child will thrive properly on two meals and a "paper bag" luncheon daily. His real allotment, his need, if you would have him develop normally in mind and body, is three full meals, and in many instances an additional mid-morning or mid-afternoon luncheon of milk and crackers is needed.

The school lunch has come to be regarded as a regular feature of the school organization. It is an obligation and a necessity. Along with good roads and buses, it is a factor in bringing better educational facilities to host of children.

Going Home For Lunch When a child is compelled to go to school, does not society obligate itself to provide the essentials of healthful living? Nothing less than the essentials can be justified. In the case of food, this point becomes peculiarly significant, because if we expect results—a full return on money invested in education—some provision must be made whereby the energy-fuel necessary to mental activity is insured.

What Teachers Say Teachers are in a position to know. And this is what they say about the school lunch: that pupils are made physically and mentally alert by the warm luncheon; that behavior problems decrease while

genuine interest in school activities grows; that a more wholesome social atmosphere prevails. Even the simplest type of school lunch, where warm milk and one hot dish are prepared to supplement the cold food brought from home, is said to be an immeasurably valuable aid to good teaching.

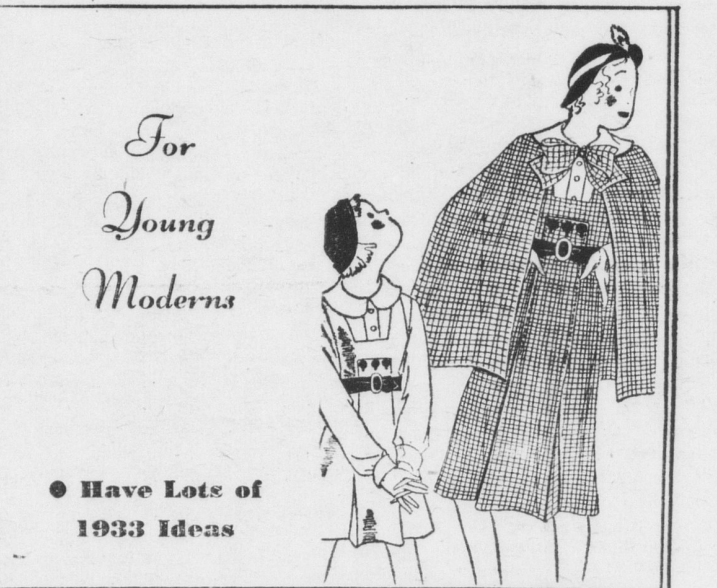
The Needed Foods It is wise for parents to be interested in what foods are served at the school lunch. One thinks of children, the foods that are most nutritious, the appeal to the appetite of children, and economy. Moreover, foods must be selected which can be readily and easily prepared.

Other Requirements After these essentials, a well planned lunch will include a main dish of creamed vegetables, macaroni and cheese, creamed eggs, oatmeal, rice with raisins, stewed fruit, creamed salmon, or cornmeal or hominy. Sandwiches of all kinds are good, and better when made with whole wheat bread. Soups are good when simple and properly cooked, and are especially valuable on cold days. Sweets should be given sparingly.

If you want more information about school lunches, write to the Director of Physical and Health Education, New Jersey State Department of Public Instruction, Trenton Trust Company Building, Trenton, New Jersey, for the booklet "Child Health and Nutrition." A copy will be sent you free. If you are a teacher, write for a free copy of "The School Lunch."

In another article of this series Dr. Ireland will discuss packing the school lunch basket.

New Cape Outfits



For Young Moderns Have Lots of 1933 Ideas IF you can think of a more practical, smarter outfit for a miss between the ages of six and fourteen than the cape ensemble sketched (McCall 7355), snap it up right this minute. For our part, we don't believe there is a nicer outfit. For one thing, it has three wearable parts—the cape, a jumper and a blouse—and they can all be worn with other outfits. In addition, the lines are young and stimulating for Mother to reproduce at home. Cotton tweed is an excellent fabric for it; and it might have a blouse of white broadcloth. You'll find that many of the newest costumes for juniors show evidence of careful plotting on the part of designers to create something practical as well as good looking. Jacket and capesuits seem to be prime favorites; no doubt because of this flair for parts that interchange with other costumes. (By courtesy of The McCall Company).

Date and Nut Bread



HERE'S a new canned product. If you have ever lived, or visited in Maryland—you have eaten good food. And, no doubt, among many delicious dishes which come from that state, you have eaten that very delicious bread which they call Date and Nut Fruit Loaf, for it is one of those century-old dishes, the recipe for which is handed down from mother to daughter with family pride.

Now Available in Cans It will be good news to you, then, if you know what real Maryland date and nut bread is, to know that it is now obtainable in cans. It is packed and baked in vacuum tins, insuring sealed-in flavor, so that when the cans

open the bread is as fresh and delicious as if it had just come from the Maryland oven, and it can even be kept in the refrigerator for a period of ten days. Would you like to know some of the good things which go into this loaf? They are the ingredients which the century-old recipe calls for—Persian black sugar dates, molasses, pure strained honey, cashew nuts, spices and flavor.

It is a delicious bread to use for sandwiches with cream cheese, marmalades, chicken salad, and various other sandwich fillers, and it is also nice as a dessert, steamed for an hour and served with hard sauce. For refreshments on the porch, one of these warm summer evenings, try serving a sparkling lime and lemon drink that boasts a cherry, and tiny sandwiches of this bread.

One of the beauties of the American system is that if you can't pass the civil service examination for unskilled labor you can run for congress.

Salesman Tuttle

By JANE OSBORN

© by McClure Newspaper Syndicate, WNU Service

THERE was hardly a situation in his life to which Howard Tuttle did not apply some one or another of his several principles of salesmanship, and usually with perfectly satisfactory results.

One day when the name of Dora Scott came up between himself and Dora's cousin, Fred Yates, in the locker room of the Country club—and Fred Yates remarked that there wasn't a man in Crofton or anywhere else thereabouts who had a ghost of a chance with Dora—Howard simply said: "Oh, is that so?" and having looked away his golf bag and sweater went off whistling.

The truth was that Howard had definitely made up his mind to ask Dora to be his wife.

Thinking of Dora, Howard had a deep desire simply to fall on his knees before her, tell her of his consuming love for her, mumble something about his unworthiness and implore her pity. But that, as Howard reflected, would be the worst sort of salesmanship.

So, instead of going directly to see Dora that afternoon as he had thought of doing, he drove slowly along a secluded road that led out beyond the golf course and figured the situation out. He had told Dora he would arrive at four. Time enough would be half-past. It frequently worked to keep a prospect waiting.

As Howard had figured it out there were some six sorts of prospects. With some the best salesmanship consisted of rather noisy enthusiasm concerning the goods to be sold. With others the best procedure was to create the impression that something was to be had for practically nothing. Others had to be put into a good mood—an expensive lunch and a show usually did the trick. Howard tried to think of Dora simply as a prospect. Finally he cubyned her in the last of his six classifications—the sort of people who never want a thing unless they feel that it is almost impossible to get.

Dora was waiting for Howard on the shady veranda of her father's house when he drove up. He sat down beside her and paid her an off-hand compliment or two—nothing too personal, of course. Then he talked about golf, about the weather, about the last dance, about some of the other girls in Crofton.

"The thing I like about you—or one of the things, I should say—" remarked Howard, "is that you so obviously have no idea of marrying. It seems to cramp a girl's style if she is always considering the men she knows as possible husbands."

"I don't see why it should," said Dora rather resentfully. "Only, of course, I can't imagine considering any man as a possible husband. Most men are impossible—but when a girl meets the man she feels she—she really likes—I don't see why she shouldn't think of him seriously."

"But then you never could think of me seriously," said Howard, looking off through the honeysuckle vines that shielded the veranda from the lawn beyond. "And perhaps it's just as well that you couldn't. You see, I don't suppose I shall ever marry—at least none of the sort of girls I meet here in Crofton."

"No?" said Dora; and Howard listening with what he thought was perfect conceited indifference did not know whether she was really indifferent or only wanted to appear so.

"You see I have to consider my family. I'd have to be sure the girl I married would be congenial—and the girls here wouldn't. My people are very strict—old-time Yankees. So if I ever marry, I'll have to find some prim little school m'am who doesn't smoke or dance or drive a fast car."

"Well, I don't smoke," said Dora. "I don't dance, either. I don't drive a fast car, either."

"You're a very charming girl but you are about as far removed from my mother's ideas of a daughter-in-law as any girl could be; so it's just as well you wouldn't have me anyway."

Dora was laughing to herself softly. "You'll have to think of some other excuse," she said. "Because I know your mother and she likes me. You see last summer when I was staying in New England I knew some people who knew your people and well, I went to see your mother. I asked her not to tell you about it. She approves of me perfectly. I even write to her and I keep her posted about what you are doing. She said she hoped you'd marry—"

Dora turned her head and said so low that Howard could hardly hear, "she said she hoped you'd marry me."

"But of course, you wouldn't think of me that way," said Howard, forgetting his salesmanship completely. "Of course, I would, silly," said Dora. "If I hadn't been thinking of you that way almost from the first time I ever met you why do you think I made an excuse to go to New England and to look up your mother and everything? But from the way you've been talking this afternoon I think I have made a mistake."

By this time Howard really was on his knees before Dora—asking her hands in his and looking entreatingly into her pretty face.

"Dora, dear," he said, "I know I have nothing to offer—it's a bad bargain for you—but will you—won't you marry me?"

Grade Eggs for Market Eggs should be graded according to size, exterior appearance and interior quality. Each poultryman will exercise good judgment in grading his eggs according to the demands of his market.

Men generally do things in a bigger way than women, says a psychologist. Like jumping off bigger buildings.

MASTERTONVILLE

RHEEMS

A prohibition emergency campaign committee for Manheim boro and Rapho and Penn townships, was organized at a mass meeting in the Evangelical Congregational church at Manheim Thursday night. A. P. Geib, Rapho twp. named president; Harry B. Shearer, Manheim, treasurer. Vice president, who will convene voters against repeal in their respective districts, are Emerson Rohrer and H. P. Wisegarber, Rapho township; A. Y. Keath, Penryn Penn township; and Roy Baker, Geo Heiges and Charles Collins, of Manheim.

Dr. H. K. Ober, of Elizabethtown, was the principal speaker. He urged his audience to get people to the polls in November, declaring that the repeal question is not political, but moral.

Rev. E. F. Yoder, of Lancaster, also spoke briefly, explaining the plan of campaign adopted by the state emergency committee.

Paul Singer, of Manheim, president, and Rev. I. E. Johnson, pastor of the church, conducted devotions.

Mr. and Mrs. Abram Hoover and children, Thelma, Agnes, Sylvester; Wilbur and Martha of near Deodote called at the home of Mr. and Mrs. Frank Sweigart on Wednesday.

Mr. and Mrs. Clarence B. Risser entertained members of the gunning club and their families on Sunday. Those present were: Mr. and Mrs. Earl S. Hummer, William C. Hummer, Mr. and Mrs. William W. Greiner and children, Stanley, Rhoda, Martha, Kathryn and David Gene Greiner, Mr. and Mrs. Walter Bradley, Mae Bradley, Mr. and Mrs. Paul Diehm, Hiram Graybill, Paul Shreiner, Lloyd Shreiner, Leo Bahm, Paul Longenecker, Wilbur Charles, Clyde Shelly, Vere Gorman, Warren Snavely and Lloyd Weidman.

On Sunday Mr. and Mrs. Joseph Meashey entertained Mr. and Mrs. John Heisey and children, Verna, Arlene and Stanley of this place, and Mr. and Mrs. Titus Hess of Bareville.

Sunday visitors in the home of Mr. and Mrs. Morris B. Ginder were Mr. and Mrs. Eli Shenk, of Mount Joy.

Mr. and Mrs. Frank Sweigart were children, Marnie, Frank, George and Lester motored to Gap Saturday.

Miss Grace Heisey was a Sunday guest of Miss Theora Ginder.

Sunday visitors in the home of Mr. and Mrs. Frank Sweigart were Mrs. Edward Charleston and son, Vere, of Newville; Mr. and Mrs. G. Sweigart, Mr and Mrs John Shenk and children of this vicinity.

Use Tasty Vegetables Greens, including lettuce, Swiss chard, and spinach, grow rapidly. They should be harvested when young and tender. Otherwise they will become too large and tough or will go to seed. Beets and carrots taste best when they are young and small. Peas lose their flavor and sweetness rapidly in hot weather if not cooked soon after picking.

When in need of Printing, (anything) kindly remember the Bulletin.

Marietta Theatre MARIETTA, PA. Bus Service to your Favorite Theatre Friday and Saturday July 7th and 8th JOE E. BROWN Screen's Widest Mouthed Funny -Man in His Latest Comedy

ELMER THE GREAT Added Attractions CLANCY OF THE MOUNTED Noble Sissle and Band in "THAT'S THE SPIRIT" BOSKO THE SHEEP HERDER (Looney-Tune) LITTLE WHITE LIES

State Theatre The Show Place of Lancaster County COLUMBIA, PA. Wednesday and Thursday July 5th and 6th Mary Astor and Edward G. Robinson "THE LITTLE GIANT" Friday and Saturday July 7th and 8th You Haven't Really Laughed Until You've Seen "INTERNATIONAL HOUSE" A Paramount Picture With Rudy Vallee, Stuart Erwin Burns and Allen Cob Calloway

Monday and Tuesday July 10th and 11th "THE ELEVENTH COMMENT" Featuring Marion Marsh and Theodore Von Eltz

OUR PRINTING PRICES are LOWEST THE BULLETIN MOUNT JOY

Pastures Cut Costs Plentiful pasture furnishes dairy cows with a good, cheap feed.

Thin Fruit for Quality Thinning the fruit on trees which have set too heavily is often one of the most profitable orchard practices. Increased size of the remaining fruits largely if not entirely makes up for the loss in fruits removed. Coloring and quality are improved. Apples generally are thinned to 6 to 10 inches apart and peaches 4 to 8 inches, depending up on the size and vigor of the tree. This is a good time to start the work.

Matinee Saturdays and Holidays 2 P. M. Standard Time

Moose Theatre ELIZABETHTOWN Evenings 2 Shows 7 and 9 P. M. Standard Time

THURSDAY, JULY 6th—TWO FEATURES ZANE GREY'S "SUNSET PASS" and "DEATH KISS" with BELA LUGOSI

FRIDAY and SATURDAY, JULY 7th and 8th "INTERNATIONAL HOUSE" Peggy Hopkins Joyce, Rudy Vallee, George Burns Grace Allen, Baby Rose Marie and many others

Monday, July 10th Jack Oakie in "Sailor Be Good" Tuesday, July 11th Katherine Hepburn in "Christopher Strong"

WEDNESDAY, JULY 12th James Dunn, Sally Eilers in "HOLD ME TIGHT"

THURSDAY, JULY 13—NO SHOW—UNION PICNIC