PAGE SIX

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



Betore placing your order elsewhere, see us. Crushed Stone. Also manufacturers of Concrete Blocks. Sills and Lintels.

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

### How One Woman Lost 20 Lbs. of Fat

Lost Her Prominent Hips Double Chin - Sluggishness

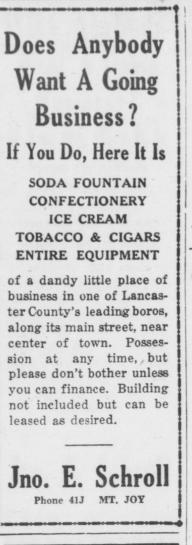
### Gained Physical Vigor-A Shapely Figure.

If you're fat-first remove the 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.



## **PERFECT!**

WE invite you to inspect bundreds of samples of our printed matter to give you an



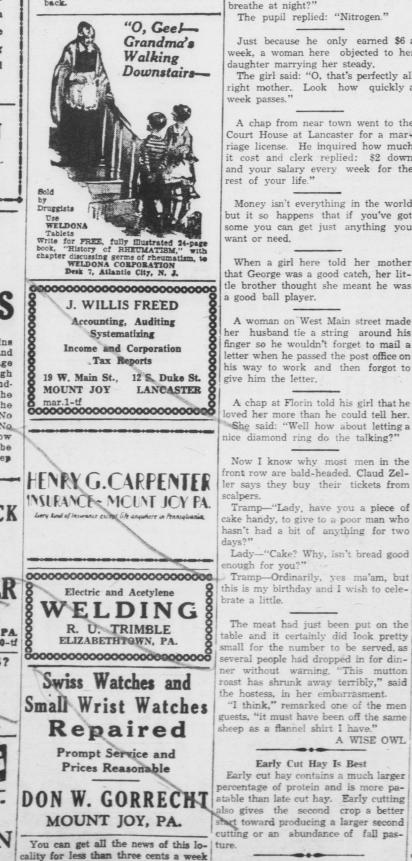


Swiftest and Best RHEUMATIC

# PRESCRIPTION **85 Cents**

### Pain-Agony Starts to Leave in 24 Hours

Just ask for Allenru-Within 24 hours after you start to take this safe yet powerful medicine excess uric acid and other circulating poisons start to leave your body. In 48 hours pain, agony and swell-ing are usually gone-The Allenru prescription is guaranteed—if one bottle doesn't do as stated—money back



### THE MOUNT JOY BULLETIN, MOUNT JOY, LANCASTER CO., PA.

WEDNESDAY, JULY 12th, 1933



rides and to souvenirs. These tickets, dark green color indicate a phosphorus one for each child under 12 years in shortage, resulting in de



They tell me that a chap from town ure him for 1000 bucks.

A

be as good as yours.

first out in the evening.

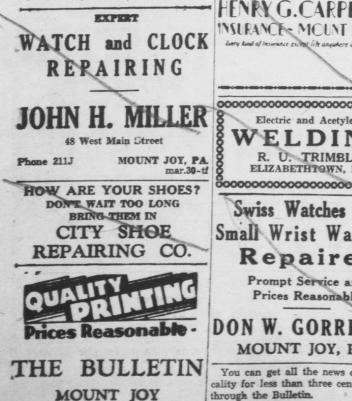
turn out in our Job Printing Department. We know you'll like the quality.



I'll Tell You Free How to Heal

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.



Just because he only earned \$6 a the family of a Club member, will be turity and frost danger. week, a woman here objected to her

available at the club offices, 10 and 12 Properly fertilized tobacco is much The girl said: "O, that's perfectly all South Prince street, Lancaster, ten less susceptible to mosaic and other right mother. Look how quickly a days prior to the picnic, or at the park tobacco plant diseases, as proven by on picnic day. the research of the Kentucky Agricul-One of the special features of the tural Experiment Station, who state in

A chap from near town went to the picnic this year will be awarding of their Bulletin No. 328, "A proper balprizes by the club to motorists driv- ance of the necessary nutrients must Court House at Lancaster for a marriage license. He inquired how much ing the oldest cars to the picnic. This be maintained in the soil throughou is expected to arouse considerable in- the growth period of the tobacco plant, and your salary every week for the treest, as it doubtless will bring out a to obtain normal development. Lack number of machines of former days, of sufficient curvation of sufficient curvations o These will be on exhibition at the pic- pounds may result in leaf spots and

Money isn't everything in the world nic grounds, where they will be in- various other types of deficiency, or but it so happens that if you've got spected by the judges and the prizes malnutrition diseases, or in slow some you can get just anything you awarded. There will be three prizes, growth and late maturity of the crop. one for the oldest, one for the second

oldest and one for the third oldest ma-**GOOD BUSINESS RULES** 

chines. When a girl here told her mother The routes to Hershey Park will be that George was a good catch, her lit-A man who has a large number the brother thought she meant he was plainly marked and special road of employees under him, says Bindemergency service for Club members ery Talk, has posted up in the varwill be maintained throughout the day. jous departments of his establish-

A woman on West Main street made Special police will be on duty at the ment cards which bear the above her husband tie a string around his park throughout the day and evening. caption and the following rules: finger so he wouldn't forget to mail a Ample parking space will be provided. .S. Edward Gable, president of the and yours. I'm sure to catch you in letter when he passed the post office on Club, announces that everybody is the end, and that's the wrong end. cordially invited to attend the picnic 2. Watch your work, not the clock his way to work and then forgot to cordially invited to attend the picnic and join with members of the Club A long day's work makes a long

and their friends in this gala day.

## The Wood Pewee

A Bird Neighbor

ront row are bald-headed. Claud Zel-The Wood Pewee is a rather common er says they buy their tickets from bird in the woods arriving about May

Tramp-"Lady, have you a piece of first and departing for the south about cake handy, to give to a poor man who the time of the equinox. The note of hasn't had a bit of anything for two the bird is a peculiar, plaintive pe-a-

Lady-"Cake? Why, isn't bread good bered. nough for you?" This active little songster is about six

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Early Cut Hay Is Best

his is my birthday and I wish to cele- with light yellowish breast and may be ployee who is willing to steal for along the edge of woods or about or-

The meat had just been put on the chards. able and it certainly did look pretty The Wood Pewee does one thing not affects what you do the next day mall for the number to be served, as done by any other bird; the male bird and you do half as much as I ex. everal people had dropped in for din- will start to sing and go on with about pect you'll last half as long as you ner without warning. "This mutton roast has shrunk away terribly," said ruptly in the middle of a measure 9.

the hostess, in her embarrasment. when the female, some distance away, "I think," remarked one of the men will start in the middle of the measure will start in the middle of the measure but I need one for my dollars. uests, "it must have been off the same and carry the song on to its complesheep as a flannel shirt I have." A WISE OWL

This Pewee builds a neat nest siddied upon a horizontal limb ten to time cutting specks out of rotten twenty feet from the ground. The apples. outside of the nest is covered with

creentage of protein and is more pa- lichens, held in place by cobwebs. The table than late cut hay. Early cutting eggs, four in number are white with a James, between electricity and light so gives the second crop a better ring of brown and lac spots around ning? the larger end.

You can get all the news of this lo-

Subscribe for The Bulletin through the Bulletin. 1. Don't lie; it wastes my time

day short, and a short day's work makes my face long.

3. Give me more than I expect and I'll pay you more than you ex-pect. I can afford to increase your pay if you increase my profits.

4. You owe so much to yourself that you can't afford to owe anybody else. Keep out of debt or out of my shops. 5 Dishonesty is never an accident

Good men, like good women, can't see temptation when they meet it. wee which once heard will be remem- time you'll have a business of your own to mind

7. Don't do anything here which Tramp-Ordinarily, yes ma'am, but inches long, olive brown on the back hurts your self-respect. The em found catching insects on the wing me is capable of stealing from me. 8. It is none of my business what you do at night. But if dissipation

> 9. Don't tell me what I'd like to hear but what I ought to hear. I

10. Don't kick if I kick. If you are worth while correcting you're

Teacher-What is the difference,

James-You don't have to pay for lightning.

cality for less than three cents a week Stimulate your business by advertising in the Bulletin.

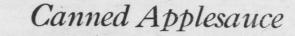
Foods Safely Left in Cans

COODS are safe left in the is opened. In fact the can is often opened can—safer probably the most convenient container in than in a dish. You have which to keep the food. Food heard this before, and yet you spoils no faster and no slower in may feel uncertain, because for the open can than in any other so long a time we heard the old container. You can leave food in warning "remove the contents as the can just as safely as you can soon as the can is opened." If leave it in a dish. But of course the label on the can advises re- you have to use the same care to moving the contents as soon as the can is opened, it is because Foods which stand in a warm canners think that an open can,

canners think that an open can, partly filled with food, is not at-the ice supply is low are, of course, not safe in either a dish or an opened can.

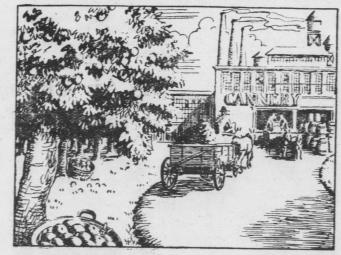
The Department of Agriculture goes on to explain that some acid

A recent release from the U.S. foods like fruit and tomatoes, Department of Agriculture says: when stored in an open can, do "Food is perfectly safe if left tend to dissolve iron. This may standing in a can under proper give the food a slightly metallic conditions of storage after the can taste that is not harmful.\*



tractive in appearance.

Authority Speaks



A PPLESAUCE, like eggs, is either good or it isn't good-there is no middle course. It is either tart, sweet and tasty -a very delicious dish-or it is tasteless and not worth eating. Have you ever spent time peelapplesauce you make at home. There are many delicious ways to ing, cutting, and cooking apples, only to find that you might as well have saved yourself the merely a sauce. serve apple sauce other than as

well have saved yourself the bother because your applesance has turned out a very uninterest-ing dish? Don't blame yourself —blame the apples. For some ap-ples were made to cook and retain their delicious flavor while others either had no flavor to begin either had no flavor to begin with, or lost it in the cooking. Canners know this, and they tents of one 8-ounce can of applee more fortunate than the sauce and one cup of cold isewife in that they can select Freeze only slightly hard.\* sauce and one cup of cold cider

You can get all the news of this Keep Hogs Cool Water and shade contribute to the locality for less than three cents a week thru the Bulletin. comfort of swine during hot weather.