

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. Pinkham's Vegetable Compound. 98 out of 100 women report benefit.

It will give you just the extra energy 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

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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 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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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.

EXPERT

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JOHN H. MILLER
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MOUNT JOY, PA.
Phone 211J

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

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THE BULLETIN
MOUNT JOY

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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.

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Pain—Agony Starts to Leave in 24 Hours

Just ask for Allenu—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 swelling are usually gone—The Allenu prescription is guaranteed—if one bottle doesn't do as stated—money back.



"O, Gee!—Grandma's Walking Downstairs—"

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INSURANCE—MOUNT JOY, PA.
Largest kind of insurance carried. Life anywhere in Pennsylvania.

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Swiss Watches and Small Wrist Watches Repaired
Prompt Service and Prices Reasonable

DON W. GORRECHT
MOUNT JOY, PA.

You can get all the news of this locality for less than three cents a week through the Bulletin.

HITP AND RUNN—The Poor Little Shrimp Wasn't Invited But He Doesn't Care One Bit and—There's a Reason!



BY HITT

OWL LAFFS



BY A WISE OWL

They tell me that a chap from town went to Lancaster and consulted a nerve specialist who claimed he could cure him for 1000 bucks.

The fellow said: "You have the job provided you will guarantee my nerve to be as good as yours."

One of our business men went to Philadelphia recently and after he was gone it began to rain. His good wife went to the telephone office and wanted to send him an umbrella by telegraph.

When refused she couldn't understand how you could send money that way and not an umbrella.

A man at Landisville declares that minority rules when there's a new baby in the house. Believe me, he ought to know and if I know my vegetables, they have that kind of rule around his home frequently.

A young chap here was being bawled out for being late in the morning and first out in the evening.

He said: "Well you wouldn't want me late twice in one day, would you?"

One of our local school teachers told me that near the end of the term she asked a pupil this question: "Every day we breathe oxygen. What do we breathe at night?"

The pupil replied: "Nitrogen."

Just because he only earned \$6 a week, a woman here objected to her daughter marrying her steady.

The girl said: "O, that's perfectly all right mother. Look how quickly a week passes."

A chap from near town went to the Court House at Lancaster for a marriage license. He inquired how much it cost and clerk replied: \$2 down and your salary every week for the rest of your life."

Money isn't everything in the world but it so happens that if you've got some you can get just anything you want or need.

When a girl here told her mother that George was a good catch, her little brother thought she meant he was a good ball player.

A woman on West Main street made her husband tie a string around his finger so he wouldn't forget to mail a letter when he passed the post office on his way to work and then forgot to give him the letter.

A chap at Florin told his girl that he loved her more than he could tell her. She said: "Well how about letting a nice diamond ring do the talking?"

Now I know why most men in the front row are bald-headed. Claud Zeller says they buy their tickets from scalpers.

Tramp—"Lady, have you a piece of cake handy, to give to a poor man who hasn't had a bit of anything for two days?"

Lady—"Cake? Why, isn't bread good enough for you?"

Tramp—Ordinarily, yes ma'am, but this is my birthday and I wish to celebrate a little.

The meat had just been put on the table and it certainly did look pretty small for the number to be served, as several people had dropped in for dinner without warning. "This mutton roast has shrunk away terribly," said the hostess, in her embarrassment.

"I think," remarked one of the men guests, "it must have been off the same sheep as a flannel shirt I have."

A WISE OWL
Early Cut Hay Is Best
Early cut hay contains a much larger percentage of protein and is more palatable than late cut hay. Early cutting also gives the second crop a better start toward producing a larger second cutting or an abundance of fall pasture.

Subscribe for The Bulletin

Reunion Is Held By Morton Clan

(From page one)

and the oldest members present, Mr. and Mrs. William Morton, Mr. and Mrs. Percy Wagner and daughters, Marian and Phyllis, Mr. and Mrs. Paul Morton of York; Mr. and Mrs. Otto C. Wolff, Mr. and Mrs. Richard Schreiner and daughter; Peggy of Philadelphia; Robert Morton, Miss Mary Morton, Mr. and Mrs. Walter Keckofer, Harrisburg; Mrs. Mabel Houseal, Mr. and Mrs. Charles Houseal, and son, Charles, Mr. and Mrs. Frank Houseal and children, Helen, Jim, Dick, Russel, George Houseal, Mr. and Mrs. Edgar Houseal and children Betty Jane, Harold and Doris, Mr. and Mrs. Robert Houseal and son Jay, Mr. and Mrs. Walter Houseal, Carl Houseal, Norman Houseal and Catherine Houseal, all of Maytown.

Mr. and Mrs. Roy E. Morton, Mr. John Zeone, of York; Eli Hoffman, Russel Tressler, Lewis Hartman and Charles King, Miss Minerva Arnold, Pauline Haines, all of Maytown; Misses Sylvia Murphy and Eleanor Sponseller, of Harrisburg. At the close of the day group singing was led by Mr. Morton Larine.

BIG PROGRAM IS PLANNED FOR AUTO CLUB'S PICNIC

The Lancaster Automobile Club is making plans for what promises to be the most successful annual picnic in its history. It will be held at Hershey Park, Thursday, July 27, and the public is cordially invited to attend.

A day filled with entertainment for young and old will be provided. Among the attractions will be band concerts morning and afternoon a baseball game, bathing, boating, electrical fountain display, free souvenirs and rides for the children, a get-together meeting at which officials of the American Automobile Association, the Pennsylvania Motor Federation and visiting motor club officials will speak, and many other features.

To members of the Lancaster Automobile Club who register at the park opportunity will be given to win one of the 125 prizes to be awarded by the Club. For the kiddies there will be free strips of tickets entitling them to rides and to souvenirs. These tickets, one for each child under 12 years in the family of a Club member, will be available at the club offices, 10 and 12 South Prince street, Lancaster, ten days prior to the picnic, or at the park on picnic day.

One of the special features of the picnic this year will be awarding of prizes by the club to motorists moving the oldest cars to the picnic. This is expected to arouse considerable interest, as it doubtless will bring out a number of machines of former days. These will be on exhibition at the picnic grounds, where they will be inspected by the judges and the prizes awarded. There will be three prizes, one for the oldest, one for the second oldest and one for the third oldest machines.

The routes to Hershey Park will be plainly marked and special road emergency service for Club members will be maintained throughout the day. Special police will be on duty at the park throughout the day and evening. Ample parking space will be provided.

A Bird Neighbor

The Wood Pewee

The Wood Pewee is a rather common bird in the woods arriving about May first and departing for the south about the time of the equinox. The note of the bird is a peculiar, plaintive peewee which once heard will be remembered.

This active little songster is about six inches long, olive brown on the back with light yellowish breast and may be found catching insects on the wing along the edge of woods or about orchards.

The Wood Pewee does one thing not done by any other bird; the male bird will start to sing and go on with about half its normal song, then stop abruptly in the middle of a measure when the female, some distance away, will start in the middle of the measure and carry the song on to its completion.

This Pewee builds a neat nest sited upon a horizontal limb ten to twenty feet from the ground. The outside of the nest is covered with lichens, held in place by cobwebs. The eggs, four in number are white with a ring of brown and lac spots around the larger end.

You can get all the news of this locality for less than three cents a week through the Bulletin.

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



Development of Tobacco Crop

(From page 1)

period of rapid growth the tobacco crop must have large amounts of available plant food in the form of a properly balanced fertilizer to produce a high-quality leaf.

Plant-food deficiencies are readily noticeable in the growing tobacco plant. A nitrogen deficiency is indicated by slow-growing leaves of light green which, during dry periods, turn yellow because of nitrogen starvation. Stunted, slow-growing plants of dark green color indicate a phosphorus shortage, resulting in delaying maturity and frost danger.

Properly fertilized tobacco is much less susceptible to mosaic and other tobacco plant diseases, as proven by the research of the Kentucky Agricultural Experiment Station, who state in their Bulletin No. 328, "A proper balance of the necessary nutrients must be maintained in the soil throughout the growth period of the tobacco plant, to obtain normal development. Lack of sufficient quantities of certain compounds may result in leaf spots and various other types of deficiency, or malnutrition diseases, or in slow growth and late maturity of the crop."

GOOD BUSINESS RULES

A man who has a large number of employees under him, says Bindery Talk, has posted up in the various departments of his establishment cards which bear the above caption and the following rules:

1. Don't lie; it wastes my time and yours. I'm sure to catch you in the end, and that's the wrong end.
2. Watch your work, not the clock. A long day's work makes a long 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 expect. 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 shop.
5. Dishonesty is never an accident. Good men, like good women, can't see temptation when they meet it.
6. Mind your own business and in time you'll have a business of your own to mind.
7. Don't do anything here which hurts your self-respect. The employee who is willing to steal for me is capable of stealing from me.
8. It is none of my business what you do at night. But if dissipation affects what you do the next day, and you do half as much as I expect you'll last half as long as you hope.
9. Don't tell me what I'd like to hear but what I ought to hear. I don't want a valet to my vanity, but I need one for my dollars.
10. Don't kick if I kick. If you are worth while correcting you're worth while keeping. I don't waste time cutting specks out of rotten apples.

Teacher—What is the difference, James, between electricity and lightning?

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

Stimulate your business by advertising in the Bulletin.

Development of Tobacco Crop



Foods Safely Left in Cans

FOODS are safe left in the opened can—safer probably than in a dish. You have heard this before, and yet you may feel uncertain because for so long a time we heard the old warning "remove the contents as soon as the can is opened." If the label on the can advises removing the contents as soon as the can is opened, it is because canners think that an open can, partly filled with food, is not attractive in appearance.

The Department of Agriculture goes on to explain that some acid foods like fruit and tomatoes, when stored in an open can, do tend to dissolve iron. This may give the food a slightly metallic taste that is not harmful.

Authority Speaks

A recent release from the U. S. Department of Agriculture says: "Food is perfectly safe if left standing in a can under proper conditions of storage after the can

is opened. In fact the can is often the most convenient container in which to keep the food. Food spoils no faster and no slower in the open can than in any other container. You can leave food in the can just as safely as you can leave it in a dish. But of course you have to use the same care to keep it cool and covered."

Foods which stand in a warm place or in a refrigerator where the ice supply is low are, of course, not safe in either a dish or an opened can.

Canned Applesauce



APPLESAUCE, 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 peeling, cutting, and cooking apples, only to find that you might as well have saved yourself the bother because your applesauce has turned out a very uninteresting dish? Don't blame yourself—blame the apples. For some apples were made to cook and retain their delicious flavor while others either had no flavor to begin with, or lost it in the cooking.

Canners know this, and they're more fortunate than the housewife in that they can select

the seed, the soil, the climate—everything that goes into the growing of the apples which will go into the sauce. That is why a good brand of canned applesauce is so often superior to the applesauce you make at home. There are many delicious ways to serve apple sauce other than as merely a sauce.

A Tested Recipe
Frozen Applesauce and Cider is a delicious condiment to roast meats—especially with duck. Dissolve one-fourth package of Jime-gelatin in one-half cup boiling cider and add one and one-half tablespoons sugar. Add the contents of one 8-ounce can of applesauce and one cup of cold cider. Freeze only slightly hard.

Keep Hogs Cool
Water and shade contribute to the comfort of swine during hot weather.

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