

"Time and tide wait for no man."

Nor are the low prices of today and the turn of the tide toward higher prices going to wait for those who haven't the vision, courage and foresight to buy when prices are at the lowest ebb in 15 years.

And this changing of the tide as applied to prices is more than a mere simile . . . it's a certainty . . . price tides change as surely as ocean tides.

Today's prices on food, clothing, furniture, furs, cars and other things are from 40% to 100% lower than they have been in years and lower than they will be before the turn of another season.

Don't be caught off your guard when it's so important that your savings be guarded.

# THE BULLETIN

MOUNT JOY, PENNA.

For This Locality's Complete News Service Read—The Bulletin



# Have You, The "Can't Afford It" Habit?

THE use of that phase does not suggest the inability to buy so much as the desire to practice rigid economy . . . to save . . . to deny yourself needed and necessary

But Man, oh Man, and you, too Madam, how better and more effectively can you practice economy and thrift than to buy when prices are at their lowest ebb in years?

How more certainly can you insure economy than to replace worn or out-of-date furniture than when new is selling for one-third of what it sold for 15 years ago? Or to stock up on food products when they are 40% less than at any time since the war? Or clothing when \$53 today will buy you what you paid \$100 for in 1912?

What you really cannot afford to do is not buy because you cannot afford to miss today's low levels . . . prices that are an actual boon to reduced incomes . . . to the practice of sensible, far-sighted economy.

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### SUGGESTIONS

Low Cost Dinner Pan-broiled Chopped Steak

Medium Cost Dinner Cold Chicken

Very Special Dinner

Butter

### Keeping Down the Waistline - - - With Myrtle Miller



Keeping the waistline slim and trim involves but a few minutes work each morning as demonstrated by Miss Myrtle Miller, formerly a featured dancer with the Ziegfeld Follies and dancing star of many Broadway successes.

BY EMILY BANKS Worcester Salt Institute

tiously every morning, your figure will retain its slim youthfulness, and physically you will feel "in

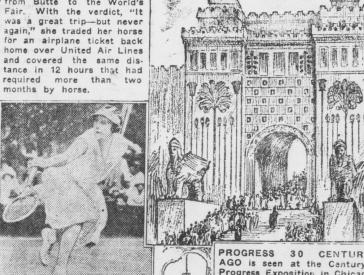
I the pink of good health.' Be sure to follow the exercises with a brisk rub-down with your favorite table salt and a refreshing The three exercises pictured above are not difficult and should form a regular habit upon arising, just as important as washing your face or brushing your shower in order to obtain the utmost of exhilarating tonic value.











A. M. ANDREWS, NEW York capitalist, makes hreat to match in ng device called ektrolite. Flameless, wickless and without

lints, lighter provides MRS. HELEN WILLS MOODY intense heat when winning one of her matches at merely exposed to air. Wimbledon.

PROGRESS 30 CENTURIES Progress Exposition in Chicago-The authentic reproduction of the marvelous Temple of Solomon, created by Dr. John W. Kelchner of New York after 35 years of scientific study, is a great fav-orite for Fair visitors of every aith and creed.



THE COOLEST PLACE AT CHICAGO'S WORLD'S FAIR-The new and magnificent Pabst Casino, girting a lagoon over which delightfully cool breezes from' Lake Michigan are wafted to the patrons of the Casino's al fresco terrace as they sit and drink Pabst Blue Ribbon Beer and listen to the sparkling tunes of the "Old Maestro," Ben Bernie and all of his lads.

## SUNDAY DINNER By ANN PAGE

CODAY may I present to you the Summer or ready-to-eat branch of the sausage family. This family to-gether with your own cold cooked meats is more than willing and able to help you plan quick and easy meals for hot days. Cook your roasts on cool days and be ready for the sure to follow hot ones. In the ready-to-eat sausage family are the various ham, beef and tongue bolognas, liverwurst. beef and tongue bolognas, liverwurst, luncheon specialties and the dry sausages, cervelat (with no garlic) and salami (with garlic). Other wellknown members of the family are head cheese and blood sausage. Boiled, baked and spiced sliced ham are also economical ready-to-eat

meats.

Jellies and preserves are delicious with cold plates. Use them and peanut butter for the children's sandwiches.

Peaches and cantaloupes are good, plentiful and reasonable this week as are also green peas.
The Quaker Maid Kitchen presents

Prepared Spaghetti Buttered Beets
Bread and Butter
Blanc Mange with Raspberry Preserves
Tea or Coffee

Vegetable Salad Pickled Beets Bread and Butter Floating Island Coffee (hot or iced)

Stuffed Celery
Roast Beef Pan-browned Potatoe
Peas in Cream Tomato Salad

Iced Watermelon Coffee (hot or iced)

# All BUNDLES Must Be Left at the DOOR ..

STRANGE ruling! Yet a ruling that is adhered to strictly by every church. The bundles in question are WORRY, CARE. They must be left at the door when you enter your Church. And when you come out again, the bundles will be gone! No matter how heavy your burdens, no matter how long or far you have carried them, they will be lifted from you as you enter. Remember that! When things are darkest, and you are weary, and the hill ahead looks too steep, and you feel that you cannot take another step, remember your

## Leave Worry and Care at Home

Your Church offers you strength, rest, courage. Let your Church help you. Come Let you Church help you. Come often. Come in sorrow, but come, too, in joy. For though the Church can make your sorrow less bitter it can also make your joy more sweet. Come to Church next Sunday and leave WORRY and CARE at the door

#### COME TO CHURCH SUNDAY

SAINT MARY'S CHAPEL DONEGAL PRESBYTERIAN CHURCH CHURCH OF THE BRETHREN KRAYBILL'S MENNONITE CHURCH PRESBYTERIAN CHURCH MT. JOY MENNONITE CHURCH ST. LUKE'S EPISCOPAL CHURCH CHURCH OF GOD TRINITY LUTHERAN CHURCH FLORIN UNITED BRETHREN CHURCH METHODIST EPISCOPAL CHURCH TRINITY EVANGELICAL CONGREGA-TIONAL CHURCH ST. MARK'S U. B. CHURCH

