

Quick!



Catch
Current
Prices

Before The Tide Turns

"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

"Tight buttoned"

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

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

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How more certainly can you insure economy than to replace worn or out-of-date furniture than when new is selling for one-third of what it sold for 15 years ago?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.

THE BULLETIN
MOUNT JOY, PENNA.

THINK OF IT!

Understand now collects 2 taxes on each gallon of gasoline!

1¢ for the Budget
1/2¢ for the Industrial Recovery Act

Revenue from AUTOMOTIVE FREIGHT pays the railroads' entire TAX BILL!

On June 1, 1933 - average gasoline tax was 1/2 as much as cost of the fuel itself!

Average State & Federal Tax: 5.15 CENTS
Average Price of Gasoline: 10.53 CENTS

The REVENUE from the FEDERAL GASOLINE TAX could build 10 roads across the continent EVERY YEAR!

Blending 40% ETHYL ALCOHOL with GASOLINE would cost motorists \$600,000,000 additional A YEAR!
Added cost of fuel: \$100,000,000
Increase in consumption: \$140,000,000

SUNDAY DINNER SUGGESTIONS

By ANN PAGE

TODAY may I present to you the summer or ready-to-eat branch of the sausage family. This family together 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, luncheon specialties and the dry sausages, corvial (with no garlic) and salami (with garlic). Other well-known 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 the following menus:

Low Cost Dinner
Pan-broiled Chopped Steak
Prepared Spaghetti Buttered Beets
Bread and Butter
Blanc Mange with Raspberry Preserves
Tea or Coffee Milk

Medium Cost Dinner
Cold Chicken Vegetable Salad
Currant Jelly Pickled Beets
Bread and Butter
Floating Island
Coffee (hot or iced) Milk

Very Special Dinner
Stuffed Celery
Roast Beef Pan-browned Potatoes
Peas in Cream
Tomato Salad
Rolls Butter
Iced Watermelon Milk
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 Church.

Leave Worry and Care at Home

Your Church offers you strength, rest, courage. Let your Church help you. Come Let your 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 CONGREGATIONAL CHURCH
- ST. MARK'S U. B. CHURCH



Keeping Down the Waistline - - - With Myrtle Miller

Exercise 1. Prone position, legs extended. Elevate knees. Extend legs to prone position. Raise body, bending over towards feet. Repeat 10 times.

Exercise 2. Sitting position. Draw up left leg close to body. Roll entire body sideways to right until right shoulder touches floor. Regain sitting position. Repeat with right leg, rolling to left. Do exercise 5 times with each leg.

Exercise 3. Bicycling. Extend both legs vertically in air. Lower left leg and raise slowly trying to achieve rotary motion as right leg is lowered. Repeat 10 times.

Finally a brisk rub-down with double handful of salt and shower bath.

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 Zigfeld Follies and dancing star of many Broadway successes. 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 teeth. By doing them conscientiously every morning, your figure will retain its slim youthfulness, and physically you will feel "in the pink of good health."

Be sure to follow the exercises with a brisk rub-down with your favorite table salt and a refreshing shower in order to obtain the utmost of exhilarating, tonic value.

BY EMILY BANKS
Worcester Salt Institute

THE Camirror

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TRADES HORSES FOR AIR PLANE RIDE—Jean Barnes, bronzed Montana cowgirl arrived in Chicago after a sixty-eight day horseback ride from Butte to the World's Fair. With the verdict, "it was a great trip—but never traded her horse for an airplane ticket back home over United Air Lines and covered the same distance in 12 hours that had required more than two months by horse.

MAROOINED 24 hours on this jetty, 10 men, trapped by storm, were rescued by Coast Guardsmen at Sandusky, Ohio.

PHILLIES' STAR — Chick Fullis, first major league player to make 100 hits, also ranks third in National-League batting.

PROGRESS 30 CENTURIES AGO is seen at the Century of 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 favorite for Fair visitors of every faith and creed.

MRS. HELEN WILLS MOODY winning one of her matches at Wimbledon.

A. M. ANDREWS, New York capitalist, makes heat to match industry with new lighting device called "ektrolite." Flameless, wickless and without lint, lighter provides intense heat when merely exposed to air.

THE COOLEST PLACE AT CHICAGO'S WORLD'S FAIR—The new and magnificent Pabst Casino, girding 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.