

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

STONE

Before 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 — Doubled 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

I'll Tell You Free How to Heal

Bad 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 or 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.

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



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Every kind of insurance except life available in Pennsylvania.

MY SALE WAS A REAL KNOCKOUT



HE USED OUR WNU CLUTS IN HIS ADS. Furnished by THIS NEWSPAPER

BULL RUN—It Will Now Cost Bull Just Two Bits to Get That Shirt and Collar Laundered—Economy???

BY CARL ED



OWL LAFFS



BY **A WISE OWL**

While I was over at Silver Springs the other evening I met a girl who swears she's never been kissed. You could hardly blame a girl for swearing under such circumstances.

I heard a doctor tell a patient that the best thing for bad nerves is to bury yourself in your work.

Wonder whether that goes for concrete mixers, too?

A man in the east end of town gave his daughter to understand with a certain young fellow there was to be no petting.

I suppose he thinks a fellow would drive a girl out into the country, park on a lonesome road in some dark spot and then try and figure out just how the two could help Roosevelt bring back prosperity.

Two Mount Joy street women had this conversation: "When my husband snores, he never knows what I go through." "Mine never misses his small change either."

A crowd of local folks were down at Bowers Beach on a fishing trip and when out on the bay one of the women remarked: "Oh, Captain, I'm getting so sea sick I don't know what to do." The Captain said: "Don't worry, madam; you'll do it."

A colored fellow stopped at Mel Weavers Sunday and was having his tank filled with gas when Mel said: "How's your oil?" The man replied: "We's just fine. How's yu' all?"

I have an idea that no one could be more completely incapacitated than a hitch hiker if he lost a thumb.

Down at Hershey's barber shop the boys had a real argument the other day. They wrote the word "New" on a slate and Joe [Detwiler still argues that if you put a "k" in front of it, it's canoe.

I asked one of our town's wimmin how her golf was and she said: "Am going around in less and less every week."

If she keeps that up a while we're sure gonna see some real sites on our streets before long.

Two Florin girls: "What do you mean by telling your boy friend that I am deaf and dumb?" Other said: "I didn't say deaf."

She, just back from a shopping trip to Lancaster when husband remarked: "You call that a hat. I shall never stop laughing." She: "Oh, yes you will. Wait until the bill gets here tomorrow."

Down at the cotton mill one fellow said to another: "Old chap, if you always told your wife the truth you'd get somewhere." Reply: "Oh, yeah. I'd get there in an ambulance."

A man at Florin claims that the only reason Congress doesn't put a tax on brains is because the revenue wouldn't be worth while.

The Congressman's wife sat up in bed, a startled look on her face. "Jim," she whispered, "there's a robber in the house." "Impossible," was her husband's sleepy reply. "In the Senate, yes, but in the House, never."

They walked in the lane together. The sky was covered with stars; they reached the gate in silence. He lifted down the bars. She neither smiled nor thanked him because she knew not how; For he was just a farmer's boy. And she—a Jersey cow.

HEALTH TALK

WRITTEN BY DR. THEODORE B. APPEL, SECRETARY OF HEALTH

"Some weeks ago a group of Americans while on an European automobile trip paused in a narrow pass beside the Rhone glacier in the Swiss Alps. A young German lad, with a walking stick, approached the car. Brown as a bun and hard as nails, he informed the party that his entire vacation had been set aside for a walking trip. 'You see,' he remarked, 'I want to get in fine physical trim for my next year's work at the University, and I knew of no better way to do it than by walking,' and indeed, if appearance were an indication of the efficacy of his prescription, he was reaping incalculable benefit from his long ambulatory excursion," states Dr. Theodore B. Appel, today.

"It is refreshing, not to say unique, in this day of high speed and ever-lasting rush, to discover wise individuals who fully realize that legs were made long before automobiles, and who therefore consequently use them extensively.

"One of course could hardly wish for those primitive days when the motor car was yet unknown, but officials interested in the vital subject of prolonging life can well deplore the employment by many of this fascinating method of transportation to the practical exclusion of leg-power.

"Time was, and not so many years ago at that, when an evening's stroll or a walking trip along country lanes or even in city streets, was a very popular pastime—not to mention the daily journey to the office and back again, even though a measurable distance were involved. But now, with the telephone at one's elbow, and the trolley or automobile at one's service all the time, and the clock prodding us on, leg motion for many has been patently reduced. Life is not made any happier nor healthier on account of the situation. Indeed it may be said that some joy and physical well-being are lost in consequence.

"The plain fact of the matter is that walking is one of the best forms of exercise devised by nature. And in depriving the body of this intended method of exertion one is really slapping nature full in the face.

"True, it is much easier to take exercise by the mild jolting to which the anatomy is subjected while seated in an automobile, but there is less health in such a program. "Therefore, don't let gasoline and rubber tires get the better of you. Bring out your legs from their comparative inactivity and put them to the daily use for which they were intended.

"Give me four miles a day more or less," they say, "and I will make a new man or woman of you, everything else being equal." And the strange thing about it is that they will do it if they are given a chance. Most decidedly, it is worth while to try the experiment."

A BIRD NEIGHBOR

The Warbler
Among all of our native birds the family of Wood Warblers has the largest number of different species. They are found in the commonwealth as regular residents, migrants or occasional visitors, about forty different varieties. They are all small birds, very active, insectivorous in their diet and are nearly all very beautiful in color.

Perhaps the one warbler best known, is the Yellow Warbler, which may be found in the trees in town close around the habitations of man, building its cup shaped nest high up in the branches of trees. The Red Start, so named from its brilliant red markings, and its rapid movements through the green leaves, is the most common in woods or clumps of trees. Among the most beautiful members of the warbler family may be noted the Parula, The Myrtle, The Blackburnian, The Chestnut Sided and the Bay Breasted.

All these birds migrate in winter to southern points. When arriving in the Spring, about May 1st, the males usually come in advance of the females, flying high in the air and at night. During the day they stop to feed and rest.

The Fall migration occurs about the time of the equinox and at that time one may hear, on a quiet night, countless Warblers flying overhead and chirping as they fly. "What is the difference between electricity and lightning?" the teacher asked. "You don't have to pay for lightning," came the prompt reply from a bright pupil.

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



HISTORICAL

Sunday, August 13
Felix Adler, educator, was born in 1851.
Gen. Meritt took Manila 1898.
Monday, August 14
Ernest T. Seton, naturalist, was born 1860.
U. S. troops enter Pekin 1900.
Tuesday, August 15
Edhel Barrymore, actress, was born 1879.
Panama Canal opened 1914.
Wednesday, August 16
Alonso A. Stagg, athletic coach, born 1882.
Battle of Bennington 1777.
Thursday, August 17
First practical steamboat 1807.
Julia Marlow, actress, was born 1870.
Friday, August 18
Emperor Francis Joseph, Austrian, was born 1830.
First iron smelted by electricity 1909.
Saturday, August 19
Colleen Moore, actress, was born 1902.
Battle Constitution and Guerriere 1812.

BIRTHSTONES

For laundresses, the soapstone;
For architects, the cornerstone;
For cooks the puddingstone;
For soldiers, the bloodstone;
For politicians, the blarneystone;
For borrowers the touchstone;
For policemen the pavingstone;
For stock brokers, the curbstone;
For shoemakers, the cobblestone;
For tourists, the Yellowstone;
For beauties, the peachstone;
For motorists, the milestone;
For lovers, the moonstone;
For morticians, the tombstone.
For editors, the grindstone.

SUNDAY DINNER SUGGESTIONS

By ANN PAGE
EACH week seems to bring some outstanding food feature and this week apples have bid for first place. These summer apples make delicious tart apple sauce, pie and baked apples. Spiced apple sauce, molded with gelatin and served with whipped cream, or whipped evaporated milk makes a delicious dessert. The recent hot weather has unfavorably affected much of the garden produce but there are still many excellent choices especially among salad vegetables. For garnishing the cold plate and salads green and stuffed olives take first place.
The Quaker Maid Kitchen supplies the following menus:
Low Cost Dinner
Veal Shoulder Chops
Mashed Potatoes
Creamed Onions
Bread and Butter
Peach Shortcake
With Whipped Evaporated Milk
Tea or Coffee
Medium Cost Dinner
Baked Ham
Mashed Potatoes
Green Corn
Sliced Tomatoes
Bread and Butter
Apple Pie
Coffee (hot or iced)
Milk
Very Special Dinner
Jellied Bouillon
Celery
Olive
Baked Lamb Chops
Scraped Potatoes
Green Peas with Mint
Rolls and Butter
Jellied Apple Sauce
Whipped Cream.
Coffee (hot or iced)
Milk

Vacation Days Are Here Again!

By EMILY BANKS
Worcester Salt Institute
VACATION days! In a thousand homes a thousand people are, at this very moment perhaps, taking down dusty suitcases with the thrill of going places. The farther away, the more out of the way, the place you are going, the greater the sense of adventure, but the greater also the need for packing carefully. In your vacation mood you might scorn such efficient procedure as the making of a list, but it really is not a bad idea. The "little essentials" such as tooth brush, your favorite brand of toothpaste, shaving cream or face powder, which



ever you use, sunburn and hand lotion, manuring requisites, may not be carried by the stores at your destination, and you may be quite uncomfortable and quite unhappy without them. Then, too, travel, with all its adventures, is trying and tiring. Freshening up is ever so necessary whether you travel by rail, water, air or motor, and it's important to have the "little essentials" packed so that they will be easily accessible. Salt is famous for its quality of freshening, soothing, healing. And now that there is a salt toothpaste on the market it is very convenient for traveling. It is surprising how much brushing your teeth with this new salt toothpaste, recently introduced by the Worcester Salt Company, will do toward making you feel fresh and fit again. It has not been on the market long enough to be on hand everywhere, so you better get several tubes and pack them. It is a nuisance any way to have to go on a shopping tour once you're on your way. Cold cream, plenty of cleansing tissues, cotton, and a skin treacher are other "little essentials" that take on a great importance when overlooked in packing. Make your list, be sure all of these "little essentials" are on it, and you will be set for a carefree, happy vacation!

Tips on hearing the Stars

"VAS YOU DERE, SHARLIE?"

AS A SCHOOLBOY, JACK HELPED AN OLD GERMAN BOOKSELLER NAMED SCHULTZ. THAT'S HOW HE GOT HIS ACCENT. BECAME A SONG AND ACT PLUS GER. VAUDEVILLE LED TO A HEADLINER PART WITH ZIEGFELD. STARRING IN "PARDON MY ENGLISH." THE LARON ALWAYS APPEARS BEFORE THE MICROPHONE COSTUMED TO SUIT THE SUBJECT OF HIS DARING EXPERIENCES.

JACK PEARL
(Baron Munchausen to you)

PLACE YOUR RADIO SET SO THAT AERIAL AND GROUND LEADS ARE AS SHORT AS POSSIBLE—REPLACE WORN OUT TUBES WITH NEW RCA RADIOTRONS.