QUIVERING NERVES

When you are just on edge . . when you can't stand the children't noise ... when everything you do is a burden ... when you are irriham's Vegetable Compound. 98 out of 100 women report benefit.

It will give you just the extra eaergy 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. Tydia 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 -Double Chin - Sluggishness

Gained Physical Vigor-A Shapely Figure.

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 rest in is clearer—you rest pounger in body—Kruschen will give any fat person a joyous surprise.

Get a bottle of Kruschen Salts from any leading druggist anywhere America (lasts 4 weeks) and the st is but little. If this first bottle ean't convince you this is the siest, SAFEST and surest way to se fat—your money gladly returned. een't convince you this is the siest, SAFEST and surest way to se fat—your money gladly returned.



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hundreds of samples of our printed matter to give you an Department. We know you'll like the quality.

BULLETIN MOUNT JOY

Phone 41J

I'll Tell You Free How to Heal

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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HOW ARE YOUR SHOES? DON'T WAIT TOO LONG

BRING THEM IN CITY SHOE REPAIRING CO.



THE BULLETIN

MOUNT JOY

MARKETING

By T. J. Delohery

DIRECT MARKETS ARE POSSIBLE ANYWHERE

tion of the farm is no drawback.

Jim Smith of Farmington, Ark., which is little more than a post office, thought fruit growing a poor job because of low prices; but his bridewife, who came from Texas, told him that dried apples shipped to communities which produced no fruit would pay well. A partnership was arranged, Mrs. Smith to do the selling.

Relatives and friends in other states were contacted and advertising was placed in various small town papers. Before long it was necessary to hire several people to help prepare the fruit and get it off to customers and agents who were attracted by the advertising.

"Rye wasn't much in demand and the price was down," said A. G. Hultquist of Wisconsin, "so I brought what I had to the mill and had it ground into flour. Put up in neat, white 50-pound sacks, on which I painted 'Rye Flour,' I had no trouble getting retailers to pay me twice as much as the whole grain would have

Ray Garrett of Franklin county, Ohlo, sold his dressed calves to a country buyer until he got hold of an eastern newspaper. Turning to the market section his eye caught quotations on veal. His calves, worth 10 cents in Ohio, were bringing 26 cents a pound in New York. He connected with a commission firm and started shipping. By asking questions of his market representative he received information which belped him prepare his calves so he got the high dollar.

herself in Easter hats and other clothes with money she derives from the sale of lilacs to a Chicago florist. Like many families in small towns, Wiley Hariston of Warren, Ark., kept a cow. What milk, cream and butter wasn't needed at home, was sold to neighbors. The income was about \$10 a month. Mrs. Hariston became so proficient as a butter maker that she was awarded the championship of Arkansas, Tennessee and Mississippi in a tri-state contest. So, when Hariston quit clerking in the general store to go on a patch of land he had bought, the butter from the milk produced by their several cows was sold direct to people in town. Then they began to ask for milk, and Hariston added more cattle, going into pure-Business grew; so did the herd, and neighbors reasoning that his cattle were good producers began to

Mrs. Mary L. Ballew never plants auch garden truck during the regular



Finds Profit in Dried Apples.

tween 'Los and the Lake'" is the reputation Norman Shurtliff of Overton. Nev., has won with the dollar boxes of fresh vegetables which he sends out by mail, and from the truck loads you is black in the face." of fruit, vegetables and honey he peddles through mining towns. Upward of 3,000 of the "Family Assortment" packages have been sent out in one These boxes contain several heads of lettuce, bunches of radishes, green onions, spinach or beet greens, asparagus, carrots, garden cress or parsley, with a decorative touch in the form of a rose or a bunch of sweet peas. The mailing season starts late February and continues through May, and most of the packages go within two mailing zones. Each box contains a slip titled "Our Policy" which says "Like that of any modern, uccessful business, our policy is that deal is complete until our client is fully satisfied, and sure of having received his money's worth and more. We guarantee everything we ship Your money refunded if not satisfied."
©. 1933. Western Newspaper Union.

Lights Help Pullets buse may help considerably in the asymmetric thing that's convenient about a clay though the stooming or entirely avoiding a pipe, when you drop it you never have that shoe?" The prisoner answered: Proper use of lights in the laying ouse may help considerably in the all molt in the pullet flock. Water and feed should be available for the

ROADSIDE

FIFTEEN years given to studying the methods of hundreds of farmers and farm women who are retailing and wholesaling farm products has convinced me that there are but few farms on which some sort of produce which consumers or retailers will buy cannot be grown or processed. Moreover, I have found that the loca-

brought.

Hats don't grow on bushes, but Mrs. L. Spiller of Cobden, Ill., has kept



season. She plants so as to have her crops before or after her small home town market is supplied. Thus she is able to get the higher prices which prevail when things are not

be the main difference between markets, George Pullen of Berrien Springs, Mich., found he could get a 50 per cent higher price if he trucked his grapes to South Bend, 25 miles away, nstead of hauling them to Benton Harbor which is only 11 miles distant. The "Best Farmer Salesman Be-

birds when the lights are on.

When in need of Printing, (anything) kindly remember the Bulletin

Advertise in The Bulletin.

HITT AND RUNN-Gus Has Been Sat On Many Times but This Is the First Time His "Topper" Has Got It! T SEEMED & QUEER SOUND -JUST LIKE THE GOING OFF









OWL LAFFS HEALTH TALK

WISE OWL

A certain husband on Donegal Street said: "My wife is like a stable full of "While it must be admitted that decrepit horses." I ask: "yeah? How's the deaths attributed to heart ailthat?" He answered. "Nag, nag, nag." ments are increasing, the fact re-

When some big PRUNE, The son of a NUT, Marries a LEMON, And the PEAR Have a PEACH for a daughter With CHERRY lips, And ROSES in her cheeks How in the deuce Can you believe in heredity?

Modern woman wants the floor-but doesn't want to scrub it.

a knapsack.

First Patient-"I hear you have ade-Second Patient-"Yes, but don't

speak of it." First Patient-"Why not?" Second Patient-"Adenoids me."

Fun is like insurance—the older you living. get the more it costs you

"I'm the cats!" said the mouse when he saw he was cornered. Any old day is Thanksgiving day to

the old maid who gets married. One of our young married couples

the clerks they wanted a baby's crib at least six feet high. The amazed clerk die from some other cause. said: "But why must the crib be so high?" And the Mother promptly answered: "So we can hear the baby drop when he falls out."-Poor baby.

A lady reformer said: "My man, don't you know that whisky kills more men than bullets?" The slightly tight gentleman answered: "Yesh-h-h, madam, I know that but wouldn't you While freight rates are supposed to rather be full of whis-s-sky than of bullets?"

If four are a quartet, why aren't two

black hafe youah eyes." The second State highway motor patrol, to enlittle colored fellow said: "Shut up force speed limits and other motor theah, nigguh, afore ah choke you 'til vehicle laws. The following resolu-

Here's the way one of our Junior High school boys, who doesn't like school, recites the poem of the months. Dirty days hath September April. June and November.

From January, up to May The rain, it raineth every day, All the rest have thirty-one Without a blessed gleam of sun,

And if any of them have two and thirty, They be as wet and twice as dirty.

boy friends dancing reminds her of a laws to the letter. "If every Chinese opium den. I ask: "How would observe the golden rule of the full of hops."

ham is ham that's boiled in cold water. of pedestrians, are jeopardized by George Carpenter says there's one The hangman said: "Say, hurry up!

I was visiting a penitentiary not so long ago and was allowed to witness a cider and putta da soda into da cid-hanging that was about to take place. The prisoner was rather slow in getting to the gallows and to take time he kept fumbling with the laces of his shoes.

to pick it up.

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

'The very logical increase in popular literature on heart no doubt has been beneficial to many. Because of the information thus conveyed many have sought professional advice when the slightest disturbance manifested itself in that region, who otherwise might not have done so. Perhaps there have been additional thousands who have subjected themselves to a physical examination in spite of their apparent healthan excellent annual practice. But in the wake of this information are to be found many persons who quite unfortunately have developed heart-complex. Physicians, particu-larly heart specialists, see this type of patient every day," states Theodora B. Appel, Secretary of the Health.

mains that when a person complains of his heart, organic disease infrequently exists.

"So-called functional heart disease is usually traced to these sources, namely, nervousness, infections from another part of the body such as teeth or tonsils, to a disturbed function of the hyroid gland, to influenza and so on; and to the effects of the excessive use of tobacco, cof-

fee or tea. "In cases where there is a disturb ed heart action due to local infection the source of which is located, the small minority of careless, irrespon-A fellow ask a girl this question: infective cause when possible is re"Will you a—FORD me the pleasure of moved, as in case of diseased tonwill you a—FORD me the pleasure of moved, as in case of diseased tonwill you a—FORD me the pleasure of moved, as in case of diseased tonwill you a—FORD me the pleasure of moved, as in case of diseased tonwill you a—FORD me the pleasure of moved, as in case of diseased tonwill you a—FORD me the pleasure of moved, as in case of diseased tonwill you a—FORD me the pleasure of moved, as in case of diseased tonwill you a—FORD me the pleasure of moved, as in case of diseased tonwill you a—FORD me the pleasure of moved, as in case of diseased tonwill you a—FORD me the pleasure of moved, as in case of diseased tonwill you a—FORD me the pleasure of moved, as in case of diseased tonwill you a—FORD me the pleasure of moved, as in case of diseased tonwill you a—FORD me the pleasure of moved, as in case of diseased tonwill you a—FORD me the pleasure of moved, as in case of diseased tonwill you a—FORD me the pleasure of moved, as in case of diseased tonwill you a—FORD me the pleasure of moved, as in case of diseased tonwill you a—FORD me the pleasure of moved will you have been pleasured to the pleasure of moved will you have been pleasured to the pleasure of moved will you have been pleasured to the pleas taking a ride in my BUICK?" She ansing remarkable recuperative ability, rigid enforcement of the law, and wered: "It I did I'd find out how a concern the poisoning agent is definitely that is what we are asking the police eliminated, in time becomes nor- to do.

mal once again. And now there's a little chap from other hand, causes shortness of the with the idea of protecting the mothe fourth grade who wants to know breath, swelling of hands and feet torist and pedestrian, and if they if a sleeping bag is the same thing as and a cough. Usually these signs are enforced fairly, with no playing do not convey to the patient's mind of favorites, the solution of the even the suggestion that he has the problem of how to avert accidents heart disease.

"The point to be emphasized, however, is that in the functional type found. We need and ask for the co- hicles, as speaker at its monthly of heart trouble the cause can fresuently be located and eliminated And with an organic ailment professional advice will add very much in both the comfort and safety of

are decided hindrances. The worry caused by them is prone to disturb the appetite, upset the digestion and rob one of sleep with a impairment of general health.

"Heart complexes, in any

"Good professional advice and a strict heeding of it are the only things to worry about either in the functional or organic heart disease. from town went to Lancaster to buy a It is a well established fact that the crib for their new arrival. They told great number of those who know they have a heart condition usually

"Heart complexes viewed from any angle are bad investments, indeed.

The Lancaster Auto Club

As the result of a series of accidents that during the past two weeks has taken toll of eight lives in Lancaster Automobile Club has launched a campaign to make our streets and highways safer. To this end the Club has called upon the law enforce-Heard to little black boys having a ment officers of this and the other mouth fight and here's what was said: boroughs of the county, as well as "Cullud boy, I'se goin' take you and the Lancaster city police and the tion was passed by the board of directors of the Club at their October meeting

The Board of Directors of the Lancaster Automobile Club, believing that the best possible way for the prevention of accidents and securing greater safety on our streets and the highway lies in law enforcement, hereby calls upon the law enforcement officers of our city and boros as well as the State Motor Patrol to strictly enforce the motor vehicle

The Club calls on all motorists to aid by driving carefully at all times A nice girl uptown told me that her and by observing the motor vehicle And the girl answered: "It's road-'Drive as you would have the others drive'-there would be far fewer deaths and accidents," said S. One of our young wives on Mount
Joy street wants to know if cold boiled

Edward Gable, president of the same form of the lives are fully but their lives and the lives are fully but their lives are fully but their lives are fully but their lives and the lives are fully but their lives are fully but the linest are fully but the lives are fully but the lives are fully bu

> "Nearly the rest of my life." Marie: " you fill da barrel wit da

Tony-"Why fora da soda?" Marie-"Soda cider will keep." A WISE OWL



"The speed limits and other provi-"Organic heart disease, on the sions of the motor code were enacted and secure safer streets and highways and Lancaster county will be for the State Bureau of Motor Ve-

ant campaign.

new motor vehicle liability act that what the law requires. goes into effect in Pennsylvania on next January 1. While this law does members of the Club or not, are innot compel every motorist to carry vited to attend this meeting. nsurance, the provisions affect directly or indirectly every owner and

driver of a car. In order that all can be better ac- week thru the Bulletin. quainted with the law the Lancaster Automobile Club has obtained the service of William Reiter, solicitor

operation of everyone in this impor- meeting to be held in Emanuel Luth eran Church, Brickerville on Friday All automobile owners and drivers evening, October 20, at 8:00 o'clock. n this section are interested in the Mr. Reiter will explain in detail

> You can get all the news of this locality for less than three cents a

All who are interested, whether

When in need of Printing, (anything) kindly remember the Bulletin.

Patronize Bulletin Advertisers







IT'S A GIFT-Six millionth visitor at factory and exhibition building, at of Progress," Mrs. L. O. Gravely, Fla., gets set of five high speed tir Hartz, racing ace, was chose sentation, as he is winner of the with his Firestone equipped

straight years at the Indianapolis open Glassic.

EVOLVING GROCERY STORE-Leota Fawks es shopping at Los Angeles, Cal., in a new type grecery store, the Rotoserve. Customers seat emselves in front of a revolving series of shelves of select their purchases as the foodstuffs pass beore them. They can view the entire stock of the lore in nine minutes. Reduction in overhead and bor costs are claimed by the promoters of the ne.