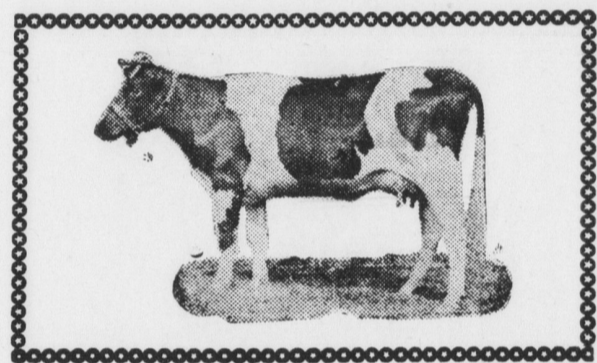


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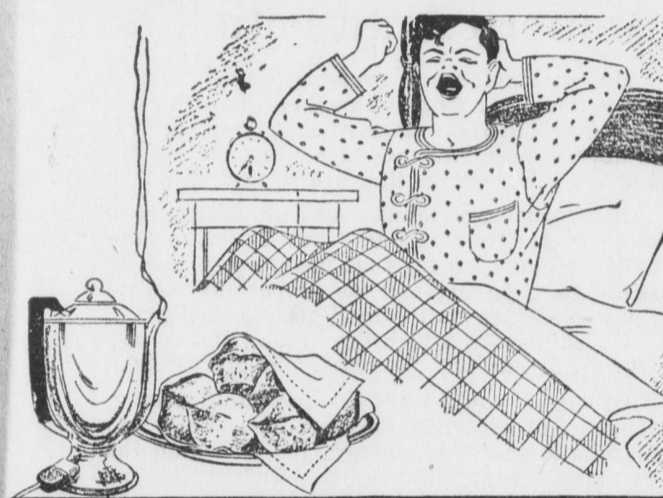


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THE BULLETIN MOUNT JOY, PA.

Better Breakfasts



ISAAC WALTON, who in the year 1673 told the world about a fisherman's joys in an imitable little book called "The Compleat Angler," speaks of enjoying a "good, honest, wholesome, hungry breakfast." Try saying these words to yourself in your first waking moments. There's an enticing kind of magic about them, isn't there?

"A Good Honest Wholesome Hungry Breakfast"

But words aren't necessary to plant the promise of breakfast in your half-conscious head. Muffins growing golden brown in the oven have a way of sending out a fragrant invitation that reaches the sleepiest brain. And who could fail to heed the urgent R.S.V.P. of coffee? Its rich comforting odor is the best alarm clock of all, especially since vacuum packing now brings it to your coffee pot as fresh as the hour it was roasted.

Here's a modern version of just the kind of breakfast Isaac Walton preferred:

**iced Pineapple Juice
Cold Cereal with Cream
French Lamb Chops
New Potatoes in Cream
Whole Wheat Prune Muffins
Coffee**

Whole Wheat Prune Muffins: Beat one egg, add half a can of evaporated milk and half a cup of prune juice. Add one and a third cups of whole wheat flour and two-thirds of a cup of sifted white flour, four teaspoons of baking powder, two tablespoons of sugar, and three-quarters of a teaspoon of salt. Add two tablespoons of butter and two-thirds of a cup of chopped stewed prunes. Bake for about twenty minutes in a 400 degree oven. This makes twelve muffins.

POULTRY FACTS

CONTROL DISEASE OF YOUNG CHICKS

Proper Handling Important in Fighting Diarrhea.

The exercise of strict care in handling young chicks is highly important in eradicating bacillary white diarrhea, states H. C. T. Gauger of the North Carolina State College poultry department.

Persons walking into brooder houses, rodents and other wild creatures, contaminated food, manure from diseased birds, and unsanitary houses all are responsible for spreading the disease germs. Another source of infection is in diseased eggs, which always hatch out diseased chicks.

"To wipe out the diarrhea, all diseased chicks should be killed and burned or buried," says Gauger. "All brooder houses should be cleaned every day until the chicks are seven days old and then once every four days thereafter. All birds and animals which might spread the germs should be kept away from the chicks."

At least one square foot of floor space should be provided for each chick. A good disinfectant should be placed in their drinking water, and a well-balanced mash should be included in their diet so as to build up their resistance to disease.

To prevent the chicks from eating food that has fallen to the floor where germs may be lurking, the feeding pans should be placed upon wire frames at least one and one-half feet square and an inch and one-half above the floor. The wire should be small mesh. Or size 1/4 hardware cloth will also serve satisfactorily. The frames should be cleaned daily.

Gauger states that a most important step is to secure eggs or chicks from hatcheries whose flocks have been found free of the diarrhea after being given the blood tests, or at least make sure that the eggs came from blood-tested birds.

Vitamins Destroyed by Cooking Poultry Rations

Cooking poultry rations destroys vitamins B and G and may result in illness or death of many young chicks, advises a writer in Successful Farming. This is the conclusion reached by nutrition specialists at the University of Wisconsin after careful tests with cooked and raw feeds.

A ration made up of natural feeds and fed raw resulted in excellent growth of the chicks. But when a similar group of chicks was fed the same ration after it had been heated for hours at 230 degrees Fahrenheit, it developed polyneuritis. This indicated that vitamin B had been destroyed.

Other tests showed that chicks de-

veloped pellagra when fed the same ration after it had been heated to 212 degrees Fahrenheit for 144 hours. Then this group of chicks was fed yeast which had been heated enough to destroy vitamin B but not enough to injure vitamin G. They recovered. This indicated that cooking the ration had destroyed vitamin G as well as B. It is thought that only the vitamins were injured by the cooking.

In the Poultry Yard

Food hoppers should be kept perfectly dry at all times.

All grit or shell hoppers should be about one foot from the floor.

It is well known that geese live to an old age, especially in pairs and trios.

Merely a maintenance ration is insufficient to obtain a well-filled egg basket.

The turkey, an American bird, was carried to Europe in 1519 by a Spanish explorer.

Ducks, chickens and other poultry preserved by quick freezing and held in cold storage six months or more are scarcely to be distinguished from fresh killed birds in both appearance and taste.

The total annual value of the products of poultry in the United States is about \$848,000,000.

Nearly 2,000,000,000 dozen eggs are sold in a year, with a value of \$580,000,000. Exclusive of baby chicks, 284,000,000 birds are sold, with a value of \$262,000,000.

Fowl paralysis did not respond to feeding treatment at the Iowa State agricultural experiment station. Neither the cause nor the cure for this chicken disease is known.

Out of a million eggs handled last year by dock workers at Brisbane, Australia, only one was broken.

African geese are popular because they grow large in two months' time. They are feathered in dark and light gray.

A 14-hour day of daylight and artificial light combined will keep the pullets thrifty by lengthening the daily feeding period. Morning or evening lights, or low-powered all-night lights are satisfactory.

Start Garden Indoors

Even if old man winter is still raging in your neck of the woods you don't have to wait until late spring comes to start at least part of your garden, whether it be flowers or vegetables, or both. There are many common vegetables which can be started indoors in pots or boxes and transplanted to the outdoor plot later on. Among them you should include tomatoes, cabbage, lettuce, beets, carrots, cauliflower (if you like it), peppers sweet potatoes, etc.

HEALTH TALK

WRITTEN BY DR. THEODORE B APPEL, SECRETARY OF HEALTH

"The rapid rise in the diseases of the heart, blood vessels and kidneys calls for the personal cooperation in combating them. Unfortunately, they cannot be controlled by statutes or health regulations. Right living rules and the employment of the annual physical examination, with a consequent appreciation of danger signals, if discovered, must be depended upon as the real weapons against these insidious and powerful killers," states Dr. Theodore B. Appel, Secretary of Health.

"High blood pressure, occasionally low blood pressure, thickening of the arteries and traces of albumin are definite danger signals. None of these conditions are likely to be discovered without a professional examination. Hence the importance of the periodic check-up.

"To suggest rules for the avoidance of the so-called degenerative diseases is quite difficult. Generally speaking, however, a reasonable appreciation of moderation in all the things, including eating, drinking, working and playing will be of decided advantage.

"Many of the chronic degenerative diseases of adult life can be traced to bacterial infection. This type of poisoning is usually insidious. The devastating micro-organisms are to be found in diseased teeth and gums, tonsils and nasal cavities. A sluggish alimentary system frequently is also a breeding spot for poison-generating bacteria.

"It should be appreciated that the so-called localized infections are prone to enter the blood stream directly; consequently they and their poisons invade the blood stream and frequently attack the tissues of vital organs such as kidneys, heart, gall bladder, stomach and appendix. This fact again suggests the necessity for the middle-age or older person to submit annually to a thorough examination.

"With the removal of sources of infection that may be in this manner discovered, and the reasonable regulation of one's living habits to conditions, the chances are good for a continued and pleasant life for many years to come.

"Unfortunately, the utter indifference of most adults to this effective method of investigation and disease prevention is perhaps the largest single element in the ever-increasing slaying power of the degenerative diseases. It is not too much to say that it is high time for the average citizen to wake up to this significant, important and vital fact."

Select Good Seed

Vegetable growers find that it pays to select strains that are true to the type, uniformly high in quality, free from disease and impurities, and sufficiently alive so that the seeds will germinate and get an early start.



Golden Corn

If you're worth your weight in gold, your avoirdupois is fluctuating quite a bit these days. Like people who watch their weight very carefully, blame it on the scale. In this case you are perfectly correct in doing so. It's not you who are changing. It's gold, wavering in value because of uncertain economic conditions. Every day, the world's business waits until each nation informs world markets how much it considers gold worth for that day. Everywhere, there's constant talk of the gold standard and whether to stay on it or go off it.

The Gold Standard of Health

"Gold is measured in carats," a little boy once wrote on his examination paper. If we think of good health as gold, he was right. Foods golden in color and golden in nourishment value should often be seen on our tables. All your life, you can stick to the gold standard, dietetically speaking, if you eat plenty of corn. Golden corn is a favorite with almost everybody, when served alone or in one of these delicious combinations:

Paked Mexican Succotash: Drain a No. 2 can whole grain corn and two cans red kidney beans, and put them in alternate layers in a baking dish, sprinkling them with salt and pepper. Pour over them one cup milk, and dot with two tablespoons butter. Bake for twenty minutes in a moderate oven. This serves eight to ten people.

Corn and Cheese Pudding: Combine a No. 2 can corn, half a cup chopped green peppers, two tablespoons chopped pimiento, two tablespoons chopped onion, one cup grated cheese, and one teaspoon salt. Add two beaten eggs, and pour into a buttered baking dish. Bake in a slow oven—325 degrees—for thirty to fifty minutes. This serves eight.

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THE BULLETIN
MOUNT JOY

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Jno. E. Schroll

REALTOR MOUNT JOY, PA.