

See Me FOR Baby Chicks



Any day in the week, all breeds. Phone 8813 Elizabethtown, Pa., or Route No. 2, at Wagner's Park, Beverly. Also fruit, dry goods, butcher hogs. Auction every Thursday night, at 7 o'clock. Don't miss any of these sales. Always bargains for some one. mar.28-31-p G. K. WAGNER

Success of a Russian surgeon in transferring the cornea of the eye of a corpse to that of a living woman resulting in her regaining her sight after several years of blindness was reported from Moscow recently.

Excavations at the city of Jericho, 15 miles from Jerusalem, indicate that four different cities have occupied the site.

Of course your wife has poor judgment, think whom she married.

Advertise in The Bulletin

Hitt and Runn—Evidently This Cheese Was Made Long Before Washington Crossed the Delaware!

BY HITT



42.88

LISTEN TO THE MINNEAPOLIS SYMPHONY ORCHESTRA. Columbia Broadcasting System Broadcast by GRUNOW ELECTRIC REFRIGERATOR CO. Every Tuesday Night at 9:30 P. M.

Grunow Electric Refrigerators NOW ON DISPLAY AT ROHRER'S GARAGE Sold by

LESTER E. ROBERTS Telephone 227 283 W. Marietta Street, MOUNT JOY, PA.

Also—Atwater-Kent and Philco Radios Dexter Washing Machines

OWL LAFFS



BY A WISE OWL

HEALTH TALK

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

"Just at the moment the so-called balanced diet occupies the center of the stage. Some while ago it was calories; this as followed by vitamins. You will note in all the literature and conversation on those various subjects little if anything's said about the joy of eating. It is all a question of health. But even health has its limitations," states Dr. Theodore B. Appel, Secretary of Health.

"In making this statement there is no desire to treat the subject of over-weight with undue levity. Physicians are in accord that a moderate degree of over-weight is easily handled before the age of thirty-five; and that after that age definite over-weight is associated with an increased death rate. Moreover, after middle age in many cases it represents a real menace to health both because of excess fat and the habits of living that are responsible for the fat in the first instance.

"But it is one thing to become fanatical on some diet fad and quite another to approach the subject of food intake with a proper degree of wisdom. The fact is that while vitamins and calories and balanced diets all have their proper places in science and in disease manifestations, much of the individual concern devoted to these subjects by thousands of reasonably healthy persons is largely a matter of waste effort.

"Of course, extreme over-weight calls for a diet to be prescribed by a physician who has made a study of the individual case. However, when there is merely a tendency to over-weight a modification of the average normal diet usually is all that is required. This will involve eating lightly of the fuel foods such as fats, starches and sugars, but by no means eliminating them; and concentrating somewhat on the bulky foods. This procedure, it will be noted, is not at all involved, nor even spartan.

"The average person can let the balanced diet features, the vitamins and the calories to the eminent scientists who make proper use of them, to the doctors in cases of individual over-weight, and to the false health propagandists who play them up for what they can get out of them in dollars and cents.

"The wide variety of foods available to the average Pennsylvanian is sufficiently balanced to please the most exacting scientists and contains all the vitamins that even a fanatical laboratory man would insist upon.

"In short, eating is one of the great joys. Barring illness or downright over-weight it need not become what it has become in many homes, namely, a painful rite. Be balanced on diet and in other food fads also."

"THAT LITTLE GAME" — A Four-Flusher



You Can Depend On The Man Who Advertises

NINE times out of ten you will find that the man who advertises is the man who most willingly returns your money if you are not satisfied.

He has too much at stake to risk losing your trade or your confidence. You can depend on him.

He is not in business for today or tomorrow only—but for next year and ten years from next year. He knows the value of good will.

You get better merchandise at a fairer price than he could ever hope to sell it if he did not have the larger volume of business that comes from legitimate advertising and goods that bear out the promise of the printed word.

Don't miss the advertisements. This very day they call your attention to values that tomorrow you will be sorry you overlooked.

While standing up at the Post Office Monday night Busy Mateer hollered to a passing motorist: "Hey, mister, your back wheel's going forward." The motorist called back: "That's all right, buddy, I'm on my return trip."

Johnny Charles says he don't believe in spending so much money on his girl. Instead of buying her violets every day he sent her a pack of seeds and she can raise them herself.

Our local Dumb Dora thinks that refined sugar is used only by the Four Hundred.

I was talking to Stuffy Klugh, who weighs about 220 pounds and has a very ruddy complexion. In the course of the conversation he said: "I may not look it, but I suffer said, 'I may not look it, but I suffer continuously from T. B.'" "T. B.," I replied, "you certainly don't look as though you had T. B." He answered "I have though, Two Bellies."

Last week Abe Faus, from out at Sharps Corner, found one of his chickens in a knot hole in the partition separating the nests. "Abe" didn't hesitate a minute but immediately started and tore down the whole chicken house in order to free the poor hen.

A certain spinster from town told me she always wears awfully tight shoes and when I ask her why she replied, "It's the only chance I have to be squeezed."

A well known man from Florin said, "Don't divorce your wife. Give her an automobile. The shock will kill her, and you can use the machine for the funeral."

I won't tell you who this was but they live near Florin. A little boy was being very naughty and his Mother scolded him saying, "If your Grandmother saw you doing that she'd turn over in her grave." The little fellow replied, "Oh, well, she needs the exercise."

Red Metzler asked, "What's your new girl's name?"

Mikey Weaver answered, "Mar-celle."

Red replied, "Do you think she'll be PERMANENT?"

A very tired man from Elizabethtown said to his wife, "Rachel, I'm half dead!"

Rachel replied, "now I can collect half of your life insurance."

Speaking of insurance. On Monday a man went into "Bud" Carpenter's office and asked, "Is this a fire-insurance office?"

"Yes," said Bud, "can we write you some insurance."

"Perhaps you can," replied the man. "You see my boss threatens to fire me next Saturday and I'd like to get some protection."

Edgar Hagenberger told me that yesterday afternoon a Scotman came into Darrenkamp's store and when he opened his pocketbook and took out a penny to pay him the Indian blinked from the light.

A little boy was being scolded by his Mamma and she said, "Johnny, I wish you'd be a good little boy." Johnny said, "I'll be good for a nickel."

The ideal" replied his Mamma. "Why can't you be like your father, good for nothing?"

"I've been married five years," a man told me, "and I've got a bushel of children."

"How's that?" I asked.

He replied, "My name is Peck. I've got four children. Don't four pecks make a bushel?"

Woman was made before mirrors—and she has kept in front of them ever since.

"My mother sent me down to the butcher's today to see if the butcher had frogs legs. I came back and told her I couldn't see his legs, as

Library Service In Lancaster County

Do you know what Lancaster County's present library service is? The A. Herr Smith Public Library on N. Duke Street, in Lancaster, is carrying on a limited service to the county; in Columbia, Marietta and Elizabethtown there are branch libraries, run by the generous efforts of volunteers; in 43 other locations in the county there are "deposit stations"—that is, schools, stores, etc., where books are brought for local distribution. At first reading this sounds fine, but the system creaks and groans under its burden of inadequacy. The distribution and collection of books is entirely a haphazard affair, with no definite time of distributing and collecting, and no person definitely responsible. At present, Miss Critchfield, head librarian of A. Herr Smith does what she can on county library service; now and then an interested person connected with a deposit station brings in books for exchange; but Lancaster County covers a great many miles, and regular, adequate library service under these conditions is impossible. It is the usual, rather than the exceptional case for books to be stranded the better part of a year in the same deposit station.

One of the most important services of a public library is helping the children with books that supplement school work; what of the rural child under a county system as meager as ours? Lancaster County School System is not a standardized one—system township may have an entirely different set of text books from its neighboring township; some schools are favored with adequate school libraries, others have none. It is lamentable that the school still using text books published in 1903 is the one with no library of its own. The scarcity of school books may keenly affect the rural child, yet no library is within reach.

This is the actual county picture—what would be the idea? The goal towards which we should work is that of a county book truck, a miniature library on wheels, travelling thru the county on schedule, a trained librarian in charge, distributing and collecting books. Collections would be placed in every village in the county, in every crossroads store. Books would be within easy reach of everyone, young or old—books of all kinds—stories, histories, handicrafts, biographies. The librarian would travel about keeping in constant touch with each community, shifting books from one place to another, keeping the collections fresh and attractive.


This is not an imaginative dream—in a number of progressive states the book truck is a reality. 32 of our 48 states take care of county library service thru taxation, a certain small percentage of tax money being designated for library use. Pennsylvania, one of the wealthiest states, stands last on the list of state library appropriation, hence Lancaster's county library service is as poor as it is. This is not the best time to mention increasing taxes, yet an adequate library tax would cost the average family less than the price of one good book a year.

What can we do to help make the dream a reality? Spread the idea of county book service—talk to your county commissioners about it—get your neighbors to talk about it, and tell them to tell your county commissioners they want county book service.

If you want to know more about county library service, write to: State Library, Library Extension Division, Harrisburg, Pa.

You can get all the news of this locality for less than three cents a week thru the Bulletin.

He Writes Stories of the Sea



BURR COOK

BURR COOK, pictured above, was born an inlander but deep in him from childhood was a love of the sea. As a newspaper man in the Atlantic coast cities, he made friends with waterfront characters, retired masters, Bedford moss-back and hardened bully-boys of steel and steam. His imagination fired by the stories he heard, he did some sailing on his own account. Then the war claimed him and after his return from France, he began writing sea stories for radio. He has been writing them now for more than four years. They form the Cape Diamond Light program, heard every Thursday night over an NBC chain. The major portion of Burr Cook's yarns are based on fact.

Far Cheaper Than You Can Build

VERY MODERN HOME

On an 80-foot front lot, house has 8-rooms and bath, slate roof, large porch, hot water heat, oil burner, hot and cold cellar, all cemented, possession any time. This is one of the best built homes in Mount Joy. Only reason for selling, but one person in the family. I will cheerfully show this property. No. 442.

Modern 7-Room House

On a 60-foot lot, corner, bath, oil burner, slate roof; house recently painted and papered. 2-Car Garage, poultry house, fruit, etc. Come and inspect.

JNO. E. SCHROLL, Realtor MOUNT JOY, PENNA.

CLARENCE SCHÖCK MOUNT JOY, PA.

WE ASK PATRONAGE WE GIVE SERVICE

LUMBER-COAL

Announcing

AN IMPORTANT NEW NOTE IN FORMAL DINNER FROCKS

WE'VE been treated to a goodly number of original creations this season but none quite so new as the formal frock which covers one's shoulders, and either features an extremely low back décolletage, or else demurely covers one up. These frocks may be worn to afternoon social gatherings and also for an evening date of more formal proportions. A tiny hat is always ensemble with the dinner gown... and a bit of veils adds a welcome touch.

Satin or velvet is usually chosen for these long, graceful gowns... with the mermaid silhouette as shown in the frock illustrated. A slenderizing silhouette, one that lends grace and charm to its wearer, it is receiving its full share of popular approval. The width at the shoulders is much softer this year than in previous seasons and much more wearable. (McCall 7602). (By courtesy of The McCall Company).