



— and from there we went to Japan —

Talk about adventures! Men in the Navy come home with the kind of experiences that most chaps read of only in the books.

Here's your chance! Uncle Sam has, as you know, a big Navy and gives red-blooded young fellows like you an opportunity to step aboard and "shove off".

What will you get out of it? Just this: A chance to rub elbows with foreign folks in strange parts of the world.

The chance for good honest work on shipboard—the kind of work that teaches you something real: the kind of work that puts

beef on your shoulders and hair on your chest. You will get 30 care-free vacation days a year, not counting shore leave in home or foreign ports.

You will have the kind of comradeship in travel that sailors know. You will have regular pay over and above your meals, lodging and your first uniform outfit—good stuff all of it.

You can join for two years. When you get through you'll be physically and mentally "tuned up" for the rest of your life. You'll be ready through and through for SUCCESS.

There's a Recruiting Station right near you. If you don't know where it is, your Postmaster will be glad to tell you.

To any Father and Mother:— In the Navy your boy's food, health, work and play, and moral welfare are looked after by responsible experts.

# Shove off! - Join the U. S. Navy

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WHY

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**CAN YOU DANCE?**

LESSONS IN MODERNIZED DANCING EVERY THURSDAY EVENING, 8:30 TO 11, IN

**Mount Joy Hall**

OF FOUR LESSONS BEGINNING OCTOBER 9

EA. Lessons 50cts. each, including War Tax

Monday  
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## OUR DEPARTMENT OF AGRICULTURE

### Watch for Slack-Filled Cans

Federal food inspectors have been instructed to watch for interstate shipments of canned foods which have been slack-filled; that is, which contain too much water and too little solid food. Officials of the Bureau of Chemistry, United States Department of Agriculture, who are charged with the enforcement of the Federal Food and Drugs Act, say that action under the law will be taken against violators.

The practice of slack-filling food cans, in the opinion of the officials, is demoralizing to the trade and unfair to the consumer. To put a full can in competition with a slack-filled can places the honest canner at a disadvantage. The consumer almost invariably receives more for his money when buying a full can than when buying a slack-filled can even though he pays a higher price for the full can. In some instances, however, when the canner sells his slack-filled cans to the trade at prices lower than the market price for a full can, the consumer is charged as much for the slack-filled can as for the full can. In such cases both the canner and the dealer share in unfair profits at the expense of the consumer.

Putting excess liquid in cans adds unnecessary expense in canning, storing, and shipping, since the excess liquid requires more cans and increases freight and storage all along the line—through the hands of the canner, broker, the wholesaler and the retail grocer. Since this additional and useless expense is borne invariably by the consumer, it adds its part to the high cost of living.

The Bureau of Chemistry has conducted investigations to determine the exact amount of solid food of various fruits and vegetables that can be placed most economically and efficiently in the standard-sized cans in order that the fill of can may be standardized. Standardization of canned goods, with reference to both quality and quantity, tends to stabilize values. The results of these investigations have been distributed widely among canners. Federal inspectors have visited as many canneries as practicable during the canning season to supplement the written reports with personal instructions.

It is the intention, say the officials, to invoke the full power of the Food and Drugs Act to stop the shipment into interstate and foreign commerce of slack-filled cans. The Federal Food and Drugs Act, however, does not apply to canned foods consumed within the State where canned. Such canned goods are controlled entirely by State laws. The food officials are of the opinion that there is no excuse whatever for any canner to continue the unscrupulous and unfair practice of slack-filling cans.

### Distributing Good Sires

A system of county farmers' exchanges in live stock, feed and seed has been developed in Iowa during the past year, forces of the State Agricultural College and of the United States Department of Agriculture working in co-operation. One of the principal activities of the exchange is in the distribution of purebred live stock. The breeders send a list of the animals they have for sale to the office of the county agricultural agent. He makes up lists of these animals and distributes them throughout the county, frequently advertising in the local papers. If any animals are not disposed of in the county, a list of them is sent to the extension department of the State Agricultural College, where lists are made up for the entire State and sent to every county and to adjoining States. In this way many farmers who otherwise would not have the opportunity of locating purebred sires are able to get exactly what they want. Through the exchanges many carloads of purebred stock have been sold to buyers from other States.

### Wood for Winter Fuel

Many farms have available large quantities of timber, fallen and otherwise, which the farmer can profitably convert into fuel for the coming winter if he will provide himself with the necessary power-operated equipment. A large amount of labor required in preparing firewood has kept many farmers from using wood for fuel, but with the high prices for coal it behooves the thrifty farmer to consider the advantage of investing in a wood-saving machine which will make it possible to utilize much timber on his land at a relatively small expenditure of labor. A great many farmers already have gasoline engines suitable for driving such a machine. The latter is comparatively inexpensive. One outfit can do the work for several farmers each year and the purchase of a complete outfit, including an engine, to furnish power may be profitable for a group of farmers or for one who is in a position to do a certain amount of work for his neighbors. The United States Department of Agriculture offers free detailed information on this subject.

### Feeding the Undernourished Child

Children require a foundation of good health made by adequate nourishment, but many of them in this country are not laying this foundation. The United States Department of Agriculture is assisting the various agencies working to correct this condition. Undernourishment is not confined to the slums. Many a little Tony or Pietro, with his bowl of thick soup and hunk of dry bread, topped off with an apple or an orange, is better fed than numbers of children in well-to-do families. The latter are too often allowed to choose what they will or will not eat, and to select food badly suited to a child's stomach or that is lacking in nourishment. When this happens they are being starved, just as much as if their parents, because

of poverty, were obliged to give them too scanty a ration. Soggy breads, fried meats, fried potatoes, and heavy pie are responsible for many underfed children.

Milk is absolutely necessary to keep the growing child in health. It contains growth-producing substances not found in any other food. The Dairy Division of the Department of Agriculture is endeavoring to drive this lesson home to the people in every State by means of charts, lectures and exhibits. The home demonstration agents, supervised by the Department of Agriculture and State colleges, are also teaching the value of milk in a child's diet and how to select a proper meal for a growing boy or girl. Children who have been given even 1 pint of milk every school day for two months have made remarkable gains in every instance.

### Care in Planning Earth Roads

In view of the present widespread activity in every form of road building, and since nearly all public roads are laid out originally as earth roads, the Bureau of Public Roads of the United States Department of Agriculture emphasizes the fact that the location and design of dirt roads have on future highway improvement. In locating and designing public roads the following considerations should be borne in mind: Sharp curves should be avoided because they are a menace to traffic. It is better to make a wide, straight road which can be widened and straightened later than to make a narrow, winding road which will have to be widened and straightened later.

If a road ever becomes of any considerable importance, its users probably will demand that all the steeper grades be reduced to the lowest maximum that would conform to the general topography of the region which the road traverses.

Let the road planners remember that aside from the advantages of a short route, each mile of additional road involves a considerable extra yearly expense for maintenance, and this alone may warrant the extra expense of shortening the route when the road is constructed, provided that the decrease in distance does not materially increase the steepness of the grades.

Land lines should be regarded only in so far as this may be done without decreasing the usefulness of the road or increasing its ultimate cost. The pleasing features of the route should not be overlooked. Remember that a large part of the travel on most country roads is for pleasure.

At the necessity for subsequent changes in location. Such changes nearly always work to the disadvantage of those who have built homes along the original highway.

### Home Bureaus Would Federate

In New York State a movement is on foot to make the State Federation of farm bureaus representative of the women's interests as well as those of the men. The women who now have representation in the county organizations, which are known as the joint farm and home bureaus, have asked that the form of the State Federation be altered to give them similar representation in the larger association.

### Bred Heifers for Club Boys

Many junior dairy clubs favor the maintenance of bred heifers by their members, because these animals are relatively easy to handle with their young owner girls' experience in feeding and caring for the young females before they calve. Subsequently he learns how to handle the calf, which constantly is increasing in value. Where mature cows are distributed among the junior dairy club members more risk is involved, as many of the youngsters are not experienced sufficiently to handle them properly.

The advantage of distributing calves among the next generation of stock breeders, according to United States Department of Agriculture specialists, is the low initial cost of the animal and the fact that its keeping involves less expense and care on the part of the attendant.

On the other hand, it requires three years to complete the project. This may be considered undesirable, as interest of the club members will likely become lessened. In both the case of the bred heifer and the calf it is difficult to select the best animals which will prove to be profitable producers, while in the case of the cow, she demonstrates her worth if proper records of production and expenses are kept. The junior dairy club work develops potential breeders who will mature from full-grown owners of extensive and quality herds.

### Six in Family Do Club Work

A Tennessee father who needed no convincing of the value of club work to his children lives in White County. He has six children in club work and manages to find a place for any project they wish to take up. One daughter has a flock of chickens in one barn, and the second has a flock in another. The third has the use of the poultry house and yard. A fourth daughter has geese. The two older boys each have their sheep and hogs. The boys and girls give their father a per cent. in return for the feed and housing that he furnishes. The four girls keep accurate records of their poultry work, and all the children are boosters for the club work supervised by the United States Department of Agriculture and the State colleges.

### Better Roads for United States

Maine, by an overwhelming vote, recently endorsed the proposal to issue the bonded indebtedness of State highways from \$2,000,000 to \$10,000,000, giving an additional \$8,000,000 to be spent on the State road system. This is one of the instances showing a country-wide movement for better highways, as reported to the United States Department of Agriculture, which administers the Federal Aid Road Act.

### Study Boll Weevil Poisoning

Poisoning the cotton boll weevil with dry powdered calcium arsenate promises to be perhaps the most effective control measure yet discovered for this tremendously

destructive pest. The United States Department of Agriculture has been experimenting for six years in weevil poisoning. The results of these experiments are shortly to be published in Department Circular 64, "Poisoning the Cotton Boll Weevil." Its publication at this time of year is, perhaps, fortunate. The cotton-growing season is over. For some months the cotton farmer will not be harassed and apprehensive. He will have some leisure in which to lay his plans for another year. If he gets the circular as soon as it is issued—and it is to be had free by writing to the Department of Agriculture at Washington—he will have time and opportunity to study it thoroughly and be prepared to poison intelligently and effectively next year.

One of the principal short-comings of poisoning work during the past season was that many farmers undertook it without any definite idea of how it was to be done. Many of them bought poison without having arranged for machinery with which to apply it. Others who bought both poison and dusting machinery had failed to inform themselves as to the proper time and method of applying it in order to get the best results.

The Department of Agriculture does not claim that it has yet learned all that should be known about poisoning the cotton boll weevil, but it has established a number of important facts which are clearly set forth in the circular. Knowledge on the subject, however, will be progressive. More will be known next year than is known now. Methods vary, more or less, with local conditions, and all the information as to these varieties could not be included in any publication that farmers generally would have time to read. However, the department maintains what is known as the Delta Laboratory, at Tallulah, La. The experts in charge there are prepared to give the individual farmer the most specific advice possible and to aid him by making tests of poisons and in other ways. In addition to getting the circular and reading it, therefore, the department urges all farmers who plan to poison next year to communicate with the Delta Laboratory, describing their local conditions as accurately as possible. The farmer who does these two things should be in possession of a large measure to save his cotton from boll weevil injury.

### IT'S SURPRISING

That So Many Mt. Joy People Fail to Recognize Kidney Weakness

Are you a bad back victim? Suffer twinges; headaches, dizzy spells? Go to bed tired—get up tired? It's surprising how few suspect the kidneys.

It's surprising how few know what to do. Kidney trouble needs kidney treatment. Don't let kidney pills be for the kidneys only.

Have convinced Mount Joy people of their merit. My own "wobbles" here's a Mount Joy case; Mount Joy testimony.

Kidney sufferers headaches should read it. Mrs. Erin Goldstein, W. Main St., Mount Joy, says: "Don't let your kidneys get weak and ailed. My kidneys became weak and ailed and I was in that account. I used Don's Kidney Pills and certainly can say without a doubt that this medicine is the best I have of. Don's Kidney Pills mean permanent results as I know I had to use them in a long time." Price 50c. at all dealers. Don't simply get for a kidney remedy—get Don's Kidney Pills—the name that Mrs. Goldstein had. Post-Office Milburn Co., Mfgs., Buffalo, N. Y.

### A Business Opportunity

I have an excellent dwelling, store room and brick workshop in a good country town that I will sell right to a quick buyer. House has steam heat, hot water, bath and is right. Store stand is old established and a good one. A rare opportunity for a hustler to do a fine business. Call, phone or write Jno. E. Schroll, Mt. Joy, Pa.

### COURT PROCLAMATION

Whereas, the Hon. Charles L. Landis, President, and Honorable Aaron B. Hassler, Associate Law Judge of the County of Lancaster, Pleas in and for the county of Lancaster and Assistant Justices of the Courts of Oyer and Terminer and General Jail Delivery and Quarter Sessions of the Peace and for the County of Lancaster, have issued their precept to me directed, requiring me, among other things, to make public proclamation throughout my bailiwick, that a Court of Oyer and Terminer and General Jail Delivery, also a Court of General Quarter Sessions of the Peace and Jail Delivery, will commence in the Court House, in the City of Lancaster, in the Commonwealth of Pennsylvania,

ON THE THIRD MONDAY IN NOVEMBER (the 17th), 1919 in pursuance of which precept public notice is hereby given to the Mayor and Aldermen of the City of Lancaster, in said county, and all the Justices of the Peace, the Coroner and Constables of the said City and County of Lancaster, that they be then and there, in their own proper persons, with their records and examinations, and inquisitions, and their other remembrances, to do those things which to their offices appertain in the behalf to be done; and to all those who will prosecute against the prisoners who are or then shall be, in the jail of the said County of Lancaster, are to be then and there to prosecute against them as shall be just.

Dated at Lancaster, Pa., the 14th day of October, A. D. 1919.

C. G. GARBNER, Sheriff.

## PEOPLES BANK OF MAYTOWN, Maytown, Penna.

STARTED BUSINESS—MARCH 31st, 1914

CONDITION OF BUSINESS—JULY 21st, 1919

Capital, Surplus and Undivided Profits	\$126,487.95
Deposits	680,805.58
	\$807,293.53

RESPONSIBILITY OF PARTNERS \$2,000,000.00

SECURITY FOR DEPOSITS

5% INTEREST PAID ON TIME DEPOSITS

THIS STRONG BANK WANTS YOU AS A CUSTOMER

M. R. HOFFMAN President N. F. ARNTZ Cashier

## Pianos--Player Pianos--Organs

Tuned--Repaired--Refinished

TUNING PIANOS \$2.50

### John R. Gramm

MARIETTA, PENNA.

My Method Protects Your Instrument From Effects of Moth, Mice, Metal, Rust

No Extra Charges For This Service

## THE WINGERT & HAAS HAT STORE

# New Fall Hats


We are the acknowledged headquarters for Hats, Caps and Gloves. We have all kinds at all prices.

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144 North Queen Street LANCASTER, PENNA.

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## HENS LAY MORE EGGS WHEN FED CRUSHED OYSTER SHELLS

All Grades As To Size

1.25 PER 100 LBS

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The Cigar Supreme

At the price FLOR DE MELBA is better, bigger and more pleasing than any mild Havana cigar

If your dealer can supply you, write us

1 LEWIS CIGAR MFG. CO. Newark, N. J.

Largest Independent Cigar Factory in the World



CORONA OR SELECTOS SIZE 10c Straight OTHER SIZES DIFFERENT PRICES

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## CHICHESTER'S PILLS

THE DIAMOND BRAND

Indigestion, Constipation, Biliousness, Headache, Stomach Trouble, Nervousness, Sleeplessness, etc.

Always get CHICHESTER'S PILLS the Diamond Brand

SOLD BY DRUGGISTS EVERYWHERE.