

SAFEGUARD YOUR STARTING & LIGHTING SYSTEM



with an "Exide" BATTERY

PREPAREDNESS is a big word—a word of importance to every motorist. Don't wait until your car is stalled to think about the battery that furnishes power for your starting system.

Now is the time to equip your car with an "Exide" Battery.

Years of service have proved the absolute dependability of the "Exide" Battery. It is the original "Unit-Seal" battery—no bulky sealing compound, maximum power, easy to care for, easy to inspect and repair.

Let us show you the "Exide" and explain its many exclusive features. Remember an "Exide" means "A Sure Start Assured." Find out the condition of your battery. We inspect all makes of batteries free of charge.

E. B. ROHRER
MOUNT JOY PA.

HEALTH SCHOOL

Pennsylvania State Department of Health.

Questions.

1. What is the first food that you should buy for children?
2. Why should you give children plenty of vegetables?
3. Why should children eat nothing between meals?

THE MARKET BASKET

"Everything's so high," complained Mrs. Thompson, "and my four never seem to get enough. They're as skinny as rails, too—well ET's fat enough but Mr. Thompson says he hasn't muscle and he's sick half the time." Mrs. Harris' bright eyes travelled to her neighbor's market basket.

"Maybe the children aren't getting the right kind of food," she suggested, as they left the market.

"I always buy the best there is," returned Mrs. Thompson in slightly injured tones. But Mrs. Harris was determined to get a square deal for the hungry little Thompsons, if she could.

"Well," she continued, "I've found that children have to have certain kinds of food or they don't thrive. There's milk—"

"Eighteen cents a quart for something to drink?"

"But it's the most important food in the world for children. It has more of the different kinds of things that they need than any other food. A quart of milk has the same food value as a pound of meat or nine eggs, and think of the cost of those!"

"Mine don't care for it. They like tea and coffee better."

"And it's so bad for them! Why don't you try coloring their milk with a little cocoa? And, of course, you can give it to them in soups and puddings and on cereals and toast. Each of mine gets at least a pint a day in some form."

"What else do you give them?" Mrs. Thompson was getting interested.

"Well, I make a point of having a green vegetable every day," Mrs. Thompson's basket contained nothing green.

"Spinach?"

"Spinach is fine. All the leafy vegetables are—spinach, chard, cabbage, beet greens, lettuce. But all green vegetables have minerals which are good for the blood and help make good teeth and bones. Onions, beets, are splendid and are usually rather cheap. Besides there are beets, carrots and string beans. Celery and asparagus are all right, but they contain less nourishment than the others and are usually expensive anyway."

"What about potatoes?"

"Children ought to have them. They are a starchy food, like bread and cereals, and even better for children than bread. I bake them in order to save their mineral. I have a cooked cereal every morning, too—a package of oat meal costs less and has about eight times as much nourishment as the same sized package of dry cereal, besides having iron in it."

Mrs. Thompson looked guiltily at her two packages of ready-to-eat cereal.

"Don't you give them any meat?"

"Yes, a little. Either meat or fish or eggs—they are all growth foods, like milk. Meat wouldn't be necessary if they drank more milk, and it would be cheaper to get the milk for them, but we have meat on the table and the children like it, so give them some. I don't let them have fried meat or sausage or pork—they're too indigestible."

"Children always want sweet things, and I suppose that's bad for them."

"Oh, no, a little does no harm if given at the end of a meal. I make custards and rice puddings for them, or we have stewed or fresh fruit or a few pieces of candy for dessert. Ice cream is all right, and, of course, a treat. I don't have pies or rich cake, and I don't let them eat sweet things, anything else, between meals. It spoils their appetite for wholesome food at the table."

"Maybe that's why my children are never hungry when they sit down at the table. But don't you ever give them an apple or an orange or a banana?"

"Yes indeed, at meals. The baby has his fruit juice or stewed apples or prune pulp. The others have all kinds of cooked fruit, and oranges and apples and peaches when they're ripe. I'm careful to see that they have some fruit every day. I don't give them bananas, though, unless they're very ripe," noticing Mrs. Thompson's bunch of pale yellow ones. "The brown skinned ones are more digestible and cheaper, too."

"Your children do look so healthy, and I don't believe it costs a bit more."

"It doesn't, if you buy carefully. I don't buy fancy package goods. I buy in bulk whenever I can, and I make sure of the things that are necessary."

"It's hard to make children eat what's good for them."

"Yes, but they're hungrier at meal time if they're not full up on between meals. Maybe you could get them interested, too, in watching their weight go up."

"I'm going to try," said Mrs. Thompson, as they reached her front door "I may be over for another lesson."

"Any time," laughed her friend.

"Mr. Harris says that I'll get everybody down on me if I don't stop telling them what they ought to eat. But we've been so much better and happier ourselves since we had a sensible diet that I want everybody to try it."

How's This?

We offer \$100.00 for any case of catarrh that cannot be cured by HALL'S CATARRH MEDICINE.

HALL'S CATARRH MEDICINE is based on internally and acts through the blood on the mucous surfaces of the system. Sold by druggists for over forty years. Price 50c. Testimonials free.

F. J. Cheney & Co., Toledo, Ohio.

Execution For \$270.77

Q. P. Bricker, attorney for M. Ludwick, has issued an execution for \$270.77 against J. H. Levenick of Elizabethtown.

MAKING WAR ON DISEASE MENACE

American Red Cross Announces Budget of \$48,200,000 For Current Year.

NEW DISASTER RELIEF PLAN

Continuance of Heavy Work Abroad Deemed Necessary to Protect United States—\$21,000,000 Less Than Last Year.

A program of relief and service to ward which appropriations of \$48,200,000 have been made has been outlined for the American Red Cross for the fiscal year, July 1, 1920, to July 1, 1921, according to official announcement by national headquarters of the organization at Washington. The figures for 1920-21 are \$21,000,000 below those of 1919-20, in which \$69,400,000 was spent.

Important among the items of the budget for the present year is the appropriation of \$31,500,000 for relief in foreign lands, which includes \$11,000,000 in purchased supplies on hand and not distributed.

Must Protect United States.

This will enable the American Red Cross to continue its humanitarian effort to aid stricken peoples to re-establish themselves, to fight the disease epidemics which threaten many countries, and to efface largely the remaining traces of the blight left by the World War. It is regarded as social as well as physical sanitation on a large scale that will have a direct bearing on future conditions in America.

Central Europe, the chief sufferer from the conflict, today is facing another winter of famine, pestilence and ruin. Typhus decreased much during the summer months where last winter it had its greatest stronghold, but physicians who investigated the situation at the behest of the League of Red Cross Societies have given their unqualified opinion that this coming winter will see a recurrence on an unprecedented scale. The Red Cross feels it must continue preventive measures abroad to keep this and other deadly maladies from the United States.

Millions for Work at Home.

When the disease was sweeping Central Europe last winter the American Red Cross, with the aid of the governments of afflicted nations, undertook the fight against it. Hospitals were established wherever possible and food and clothing were distributed to the undernourished populations, who by reason of their undernourishment were easy prey to the epidemics. Where disorganization contributed last year to the great inroads made by the disease, by virtue of its knowledge of the disease and the presence of well established hospital centers, the American Red Cross this year will undertake the work with a budget of \$11,000,000. Including the total of \$11,000,000 in supplies left from the last fiscal year, the \$31,500,000 is \$21,000,000 less than the expenditures for 1919-20.

Appropriations for domestic activities total \$16,700,000.

The largest item of this "home" budget is \$7,500,000 for civilian relief work. This includes service and assistance for families of soldiers, sailors and marines, and work incidental to disaster. Of the total appropriation for civilian relief, \$5,000,000 is held in reserve for the carrying out of actual disaster relief.

Reduced Overhead Expense.

The Red Cross invariably is the first thought of a community visited by calamity. With this in mind, it was determined by the Executive Committee in preparing the budget of 1919-20 to have a fixed reserve fund from which to draw in these instances.

For assistance to soldiers, sailors and marines in hospitals and in camps this year \$1,900,000 has been set aside. Four million two hundred thousand dollars has been appropriated for improvement of health and prevention of disease throughout the United States during the current twelve months. The Red Cross is co-operating fully with the United States Health Service in this work and through its Junior Red Cross is doing much to spread among children the principles of sanitation. An appropriation of \$1,000,000 has been made for developing the peace time program of the Red Cross by service to its chapters in all regions.

The appropriation of \$48,200,000 is exclusive of the local expenditures of the 3,000 or more chapters.

Administration expenses this year will be \$1,800,000. Last year they were \$2,300,000.

Don't Wait

For workers to come and ask you for a renewal of your membership. Send in your dollar to the nearest local chapter of the American Red Cross. Welcome the opportunity and privilege of replying your fellowship by promptly answering the

Fourth Roll Call

November 11-25, 1920

Stole Farmer's Shoes

Isaac Eshleman, a farmer of East Donegal township, residing along the Marietta and Maytown turnpike, is out a new pair of working shoes. Mr. Eshleman with his family went to York county to buy some apples, and left his working shoes stand on the back porch. Some one visited the place, stole the shoes, some tomatoes that were also on the porch, and perhaps other things not yet discovered. Mr. Eshleman says the apples cost more than they were worth as he had to spend five dollars for another pair.

No sir-ee, bob!

No premiums with Camels—all quality!

CAMELS quality plus Camels expert blend of choice Turkish and choice Domestic tobaccos pass out the most wonderful cigarette smoke you ever drew into your mouth!

And, the way to prove that statement is to compare Camels puff-by-puff with any cigarette in the world!

Camels have a mild mellowness that is as new to you as it is delightful. Yet, that desirable "body" is all there! They are always refreshing—they never tire your taste.

Camels leave no unpleasant cigarette odor! Your say-so about Camels will be:

"My, but that's a great cigarette!"

Camels are sold everywhere in scientifically sealed packages of 20 cigarettes; or ten packages (200 cigarettes) in a glassine-paper-covered carton. We strongly recommend this carton for the home or office supply or when you travel.

R. J. REYNOLDS TOBACCO CO.
Winston-Salem, N. C.



Camel

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For a Limited Time

SELECT YOUR CHRISTMAS PHONOGRAPH AND GET \$25 WORTH OF NEW RECORDS FREE!

THERE'S no string to this offer; no joker in it—\$25 worth of Pathe or Actuelle records free, if you buy a Pathe Phonograph (except the small models 3 and 6, which are not included).

No matter if you pay cash or extend the terms on easy payments—the \$25 worth of records will be delivered with the instrument as quickly as you make your selection.

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(Except Nos. 3 and 6)

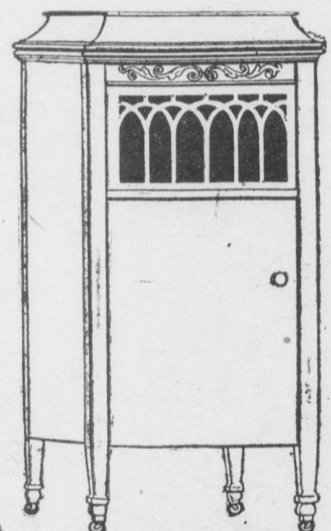
and you pick them out yourself!

Yes—and you

suggest the terms



Costs no more than the ordinary Phonograph



H. E. Hauer, Mt. Joy

GOOD FURNITURE

Is the only kind I sell—Furniture that is Furniture



Rockers, Mirrors, Hall Racks, Picture Frames, Ladies' Desks, Extension and Other Tables, Devenports, China Closets, Kitchen Cabinets.

In Fact Anything in the Furniture Line

UNDERTAKING AND EMBALMING

H. C. BRUNNER MOUNT JOY, PA.

Lead On Your Stomach

That heavy, distressing feeling after meals that takes all the joy out of life never annoys the persons who take Dill's Digesters. No more indigestion, heartburn, biliousness, sour stomach—Dill's Digesters correct them all. All druggists sell them in vest-pocket bottles.

DILL'S Digesters

The Dill Company, Norristown, Pa. Makers of Dill's Balm of Life



To The Public

I have leased the entire blacksmith establishment from Walter S. Welfly, west of Florin and will continue the business there.

HORSE-SHOEING A SPECIALTY

REPAIRING AUTOMOBILE SPRINGS

GENERAL REPAIR WORK

Manufacturer of the FAMOUS ACME TOBACCO SHEARS

All Work Guaranteed Charges Very Reasonable I solicit a share of your patronage

Joseph W. Broadnax FLORIN, PA. aug.25-17

Don. W. Gorrecht

37 WEST MAIN STREET

Jeweler Watchmaker—Engraver

SERVICE QUALITY



Fresh and Smoked Meats

Also Brookfield Butter

Chas. J. Bennett

Peddling Days—Tuesday, Thursday and Saturday

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I have opened a Tailor Shop at 17 East Main St., Mount Joy where I am prepared to

ALTER, CLEAN, PRESS AND REPAIR LADIES' AND GENTS' CLOTHING

Work Guaranteed and Prices Are Right I solicit your patronage

W. H. DISHONG 17 E. Main St. Mount Joy, Pa. oct.6-17

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I always have on hand anything in the line of SMOKED MEATS, HAM, BOLOGNA DRIED BEEF, LARD, ETC. Also Fresh Beef, Veal, Pork, Mutton

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