



Another Big 25c Sale!

The items listed below appeal without argument. They need no introduction and the prices speak for themselves. Check over the following items and buy liberally of these many unusual specials while this sale prevails.

Your Money always goes Furthest Where Quality Counts!

P. & G. White Soap 6 cakes 25c

Nationally known and specially priced for this week.
Reg. 10c Sweet Reg. 10c Tender

Sugar Corn 3 cans 25c | **Early June Peas 3 cans 25c**

Reg. 7 1/2c ASCO Tomato Soup 4 cans 25c

Our Own Make. Guaranteed to give entire satisfaction.

ASCO Cooked | ASCO Whole Grain | Reg. 10c

Pumpkin 3 Big Cans 25c | **Corn Starch 4 pkgs 25c** | **Rice 3 1-lb Pkgs 25c**

Look What 25c Will Buy!

- Reg. 15c Golden State Apricots 2 cans 25c
- Reg. 15c Taste Tells India Relish 2 bots 25c
- Reg. 8c Skidoo Creamy Cleanser 4 cans 25c
- Reg. 10c Heinz Cooked Spaghetti 3 cans 25c
- Reg. 10c California Peaches 3 cans 25c
- Reg. 10c California Apricots 3 cans 25c
- Reg. 10c California Bartlett Peas 3 cans 25c
- Reg. 8c Young's Hand Soap 4 cans 25c
- Reg. 10c Peroxide of Hydrogen 3 bots 25c
- Reg. 10c High Grade Cold Cream 3 jars 25c
- Reg. 10c Fancy Queen Olives 3 bots 25c
- Pimento Stuffed Olives 2 bots 25c
- Gold Seal Macaroni 3 pkgs 25c
- ASCO Beans with Pork 3 cans 25c
- Red Ripe Tomatoes 3 cans 25c
- Candied Lemon or Orange Peel 1 lb 25c

Reg. 10c ASCO Peanut Butter 3 tumblers 25c

A very wholesome spread. With that real "Nuttty" flavor.

Reg. 15c ASCO Tomato Catsup 2 big bots 25c

The equal of the best Home-made. Buy and save.

Reg. 10c Cooked PRUNES 3 cans 25c

25c Candy Values!
Chocolate Fudge Bar 1 lb 25c
Borden's Chocolate Caramels 1 lb 25c
Assorted Gum Drops 1 lb 25c
Peanut Bar 1 lb 25c
Hard Mixed Candy 1 lb 25c

Bread Supreme, big wrapped loaf 10c

Richest and Purest Ingredients.
Victor Bread pan loaf 7c

Where Quality Counts!
Teas of The Better Kind!

Plain Black or Mixed
ASCO TEAS
1-4 lb pkg 14c : lb 55c

Orange Pekoe, India Ceylon, Old Country Style
1-4 lb pkg 17c : lb 65c

Pride of Killarney Tea 1-4 lb pkg 19c : lb tin 75c

Rich, Creamy Cheese lb 33c

ASCO Butterine lb 25c

Coffee of Similar Quality Would Cost You 50c or More Elsewhere!

ASCO COFFEE lb 42c

The proof that ASCO Blend is wonderfully superior is in the cup. You'll Taste the Difference!

Your Quarters Buy More in our Stores—Where Quality Counts!

These Prices Effective in Our MOUNT JOY Store

CLARENCE SCHOCK
MOUNT JOY, PA.

WE ASK PATRONAGE WE GIVE SERVICE

LUMBER-COAL

A Haircut Every 10 Days
a formula for good looks

LADIES' AND CHILDREN'S HAIR BOBBING

Agent for Manhattan Laundry.

Hershey's Barber Shop
MOUNT JOY, PENNA.

Home Health Club

WEEKLY LETTER WRITTEN EXPRESSLY FOR THE BULLETIN BY DR. DAVID H. REEDER

COLD IN THE HEAD: Place the patient on his back on a table or if a child, crosswise on the bed with his head toward you.

Place both your hands on his chest with the heel of your hand just below the collar bone; fingers spread out so as to cover as much surface of the chest as possible. Have the patient take in a long breath. All he can possibly get into his lungs. Then tell him to exhale as rapidly and forcibly as possible and as the breath goes out of his lungs you are to help by pushing downward, both toward his back-bone and toward his feet at the same time. Just make it a squeezing motion as tho you were squeezing water out of a sponge.

As a matter of fact that it is practically the thing you are doing except that it is the spongy lungs and lymph glands that you are pumping the water out of.

Keep repeating the pressure with each outgoing breath, eight or ten times, then let the patient rest a few seconds and repeat. Keep up the treatment about eight minutes and then have the patient stand and practice the following.

Fill the lungs as full of air as possible. Hold it while performing all of the following exercise.

Throw the head back so that you are looking at the ceiling. Keep the head in that position while you sink downward by bending your knees.

The movement is to be done slowly and easily. Don't go down very far, just far enough so you can straighten up easily. Still holding the breath and keeping the eyes on the ceiling repeat the down and up movement four times and then bring your head back to the normal position and let the breath out slowly through the nose. Be very sure about letting all the air out slowly and through the nose.

It has taken some time to tell all this but the exercise itself takes but a very brief period. I explain in detail so you will understand all the details before you start. After the first trial breath a few seconds normally and then repeat. Continue to repeat for five to ten times. Each time just as you did the first time. Deep breath, head back, sink down and up four times, head normal position and breath out slowly through nose.

The above combination chest or squeezing with the exercise afterwards will cure most head colds in about ten minutes and in many cases of catarrh, the effect is simply marvelous.

Some cases of chronic bronchitis, asthma and hay fever are also cured by this practical method of self or home help treatment and entirely disappear.

All readers of this publication are at liberty to write for information upon any subject pertaining to health. Address all communications to Dr. David H. Reeder, 3131 Main Street, Kansas City, Missouri, giving full name and address and at least six cents in postage.

VEGETABLES THAT LOOK OUT FOR THEMSELVES

Varieties of vegetables that are resistant to certain diseases, and also adapted to market demands are being developed in certain instances, thus doing away with the necessity for many usual methods of control. While it is not possible to reach this goal promptly, if at all, for all vegetables, nevertheless considerable progress has already been made in this direction. A few outstanding achievements along this line are indicative of what may be expected in future years.

Asparagus growers in the United States have for many years suffered serious losses from the presence of rust on their asparagus. Breeding work inaugurated in 1916 by the U. S. Department of Agriculture in cooperation with the Massachusetts Agricultural Experiment Station and the Mass. Asparagus Growers Association resulted in the production of the Washington strains of asparagus known as the Washington, the Martha Washington, and the Mary Washington, all of which are highly resistant to rust, and at the same time of superior market quality. These strains have been distributed and are now being planted largely by the asparagus growers, especially in the eastern United States.

Other outstanding examples include the development of a variety of bean known as Well's Red Kidney which resulted from work by Cornell University and a New York grower and which is highly resistant to the anthracnose disease. The Robust variety of pea bean, which is immune to mosaic was developed at the Michigan Agricultural College. Varieties of cabbage resistant to cabbage yellows, a widespread and destructive disease of that crop, have been developed by the U. S. Department of Agriculture and the Wisconsin Experiment Station. Varieties of tomatoes of superior commercial quality and highly resistant to the wilt disease, which is serious in the Central and Southern States, have been bred by the U. S. Department of Agriculture this work being supplemented by the State experiment stations of the South.

Records Tell Story
Bookkeeping helps grow hogs profitably, it has been found by Pennsylvania farmers. Records tell the story of costs, gains, profits or losses. If some other part of the farm operations is supporting the hog-raising, end, or vice versa, then you want to know about it.

The Produce and Live Stock Market

CORRECT INFORMATION FURNISHED WEEKLY BY THE PENNA. BUREAU OF MARKETS FOR THE BULLETIN

Potato Market Dull
Potato supplies were heavy in Philadelphia today with 114 cars on track. Trading was slow and the market was dull with ordinary stock slightly weaker. Pennsylvania round whites ranged from \$4.00 to \$4.35 per 150 pound sack, while Maine Green Mountains brought \$1.25 to \$4.65. Long Island stock topped the market at \$5.15 to \$5.25, according to the Pennsylvania and Federal Bureau of Markets.

Apples were slow with practically no sales. Pennsylvania wired celery ranged from 10c-18c per bunch while bunches of a dozen stalks brought 15c to 75c. Parsnips were steady at 60c to \$1.00 per % basket while beets brought 50c to 75c. Mushrooms were weaker selling at 25c to 90c per 3 pound basket while spinach dropped to 25c to 60c per bushel. Rutabagas moved slowly at 50c to 65c per % basket and carrots sold at 50c to 90c. Savoy cabbage was in light supply and brought 25c to 35c per % basket.

Range Of Prices

STEERS	
Choice	\$8.75-9.50
Good	8.25-8.75
Medium	7.50-8.25
Common	6.50-7.50
BULLS	
Good to choice	6.75-7.75
Fair to good	6.00-6.75
Medium to fair	5.50-6.00
Common	\$4.75-5.50
HEIFERS	
Choice	8.50-9.00
Good	7.75-8.50
Medium	6.25-7.75
Common	5.00-6.25
COWS	
Choice	6.00-7.00
Good	5.00-6.00
Medium	4.50-5.00
Common	\$4.00-4.50
Canners & Cutters	\$2.75-4.00

STOCKER FEEDERS

Steers	
Choice	\$8.00-8.75
Good	\$7.00-8.00
Medium	6.00-7.00
Common	5.00-6.00
CALVES	
Choice	12.50-15.00
Medium	10.50-12.50
Common	\$4.50-10.50

HOGS

Heavyweights	\$13.00-13.50
Mediumweights	13.25-13.75
Lightweights	\$12.75-13.50
Rough Stock	\$10.00-12.75

Lancaster Grain and Feed Market

Wheat	\$1.30 bu.
Corn	77c bu.
HAY (baled)	
Timothy	\$18.00-19.00 ton
Straw	10.00-11.00 ton

Selling Price of Feeds

Bran	\$37.50-38.50
Shorts	38.50-39.50
Hominy	39.00-40.00
Middlings	43.00-44.00
Linseed	53.50-54.50 ton
Gluten	\$39.00-40.00 ton
Ground Oats	\$40.50-41.50 ton

(Cash at Warehouse)

Cottonseed 4 1/2 %	\$38.00-39.00 ton
Dairy Feed 16 %	\$32.00-33.00 ton
Dairy Feed 18 %	36.00-37.00 ton
Dairy Feed 20 %	39.00-40.00 ton
Dairy Feed 24 %	\$42.00-43.00 ton
Dairy Feed 25 %	45.00-46.00 ton
Horse Feed 85 %	\$41.00-42.00 ton

HOG CHOLERA SITUATION IS NORMAL IN PENNA.

The hog cholera situation is entirely normal in Pennsylvania in spite of a general epidemic in the middle west during the past two months, according to Dr. T. E. Munce, director, Bureau of Animal Industry, State Department of Agriculture.

There is always a slight increase in the number of hog cholera cases reported during the fall and early winter months over other months. Dr. Munce says, but the number reported so far this fall has not been any greater than the number reported a year ago.

The Bureau has an adequate supply of officially tested and potent anti-hog cholera serum and hog cholera virus on hand to distribute to practicing veterinarians for vaccinating their clients' hogs against cholera.

Prevent Seed Corn Freezing

Many farmers in Pennsylvania already have suffered a distinct loss in seed corn through freezing, according to reports received at the Pennsylvania State College. Only careful storing will prevent others losing their seed corn supply or at least having the viability of the seed considerably reduced by frost damage. A little heat in the seed room will help save the seed which will be so valuable next spring.

How Much For Clothing

How much does your family spend on clothing a year? The only way to find out is to have each one keep a record. If possible a record extending over two or three years is even better because some garments such as overcoats last more than one season. When you have a sufficiently complete record, make a spending plan for the year to come, and stick to it.

Yucatan has a law compelling employers in rural districts to open schools for the children of their employes.

A large pocket of beach sand, unlike any in the vicinity, was recently found in a solid block of marble at Middlebury, Vermont.

Turkeys Turkeys

Have a Lot of Choice **FAT TURKEYS FOR SALE**

P. E. Getz
Phone 74R3 MOUNT JOY, PA. Nov 24-1f

Kaylor's Garage
General Auto **REPAIRING**
CAR GREASING A SPECIALTY
All Kinds of Tires and Accessories
Phone 119R3
Marietta St., Adjoining Groff Bldg.

WILHELM RAHN
East Main Street
MOUNT JOY, PA.

WATCHES & CLOCKS
Repaired and for Sale

Special Attention Given to Repairing all Kinds of **SPEEDOMETERS**

Victrolas Repaired
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Kessler's Green Grocery
Fresh Fruit and Vegetables in Season

Also Fish, Oysters and Clams
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MOUNT JOY
Try Kessler for Service

SAVE WITH SAFETY at your Rexall DRUG STORE

Everybody Uses Good Stationery

MAJOR STATIONERY

A paper that appeals to the youthful.
Up-to-the-minute style, size and finish. Your choice of white or tints.

E. W. GARBER
The Rexall Store
MOUNT JOY, PENNA.