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- lb **35c** **2 big cans 25c**
- CHRISTMAS CANDIES!**
- Leave Your Order Today
- Holiday French Mixtures . . . 5 lb gift box **\$1.15**
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- Sweet Home Assorted Chocolates . . . lb box **39c**
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The Produce and Live Stock Market

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

Owing to lighter supplies the mushroom market was slightly stronger in Philadelphia and 3-lb. baskets ranged from .40 to .90, with a few extra fancy whites selling at \$1.00 per basket. The market for mushrooms held about steady in New York City and 3-lb. baskets of fancy whites ranged from .75 to \$1.00; browns and creams brought .60 to .75; and buttons sold at .50 to .75. Flats and opens sold as low as .25 per basket in both Philadelphia and New York, according to the Federal and Pennsylvania Bureau of Markets.

Wired celery moved slowly in Philadelphia and most sales ranged from .05 to .10, with extra fancy reported at .12 to .15 per bunch. Beets sold at .01 1/2 to .02 1/2 per bunch and bunched carrots brought the same prices while topped carrots sold slowly at .35 to .50 per 5/8 basket. Leeks were dull at .02 to .03 per bunch.

Cabbage was low and sold mostly at .20 to .25 per 5/8 basket. Sweet potatoes were in light demand and 5/8 baskets of yellows ranged from .50 to .75, with fancy house sweets selling at .90 to \$1.00 per basket. Red sweets ranged from .65 to .90, with fancy house sweets as high as \$1.15 per basket.

Nearly spinach was scarce and sold mostly at \$1.00 per bushel. Potatoes were in light demand and 5/8 of redskins ranged from .45 to .55 per basket while 120-lb. sack of round whites sold at \$2.25 to \$2.40, with fancy at \$2.50 per sack.

The apple market was firm and nearby truck receipts brought \$1.10 to \$1.25 for Staymen and \$1.10 to \$1.15 for No. 1 Romas in 5-8 baskets. Delicious sold mostly around \$1.65 per baskets Yorks, Winesaps and Paragons sold mostly at \$1.00 to \$1.25 and No. 2's sold at .65 to .80 per basket.

MARKET: Beef steers and other killing classes met a slow draggy market thru out week. Beef steers closing steady, most sales \$11.25-\$12.25, some held above \$15.00, 100 head including prize winners from Toronto, Canada show, here for special auction sale Monday. Bulls, she stock and all cutters practically unchanged for week, bulk bulls \$7.25-\$8.25, butcher cows \$6.00-\$7.00, cutters \$4.75-\$6.00, stockers and feeders steady to strong, some sales 25c higher, bulk \$9.00-\$10.00, liberal holover of late arrivals for Mondays market, calves steady, top vealers \$16.50 few select \$17.00, hogs steady.

RECEIPTS: For today's market, cattle 21 cars, 11 Canada; 7 Chicago; 1 St. Paul; 1 Pa; 1 N. Y.; containing 591 head, 54 trucked in, total cattle 645 head, 11 calves, 163 hogs. Receipts for week ending Dec. 3, 127, cattle 138 cars, 58 Canada; 26 St. Paul; 17 Chicago; 14 Va; 4 Buffalo; 3 N. Y.; 2 Md; 1 St. Louis; 1 St. Joseph; containing 3913 head, 291 trucked in, total cattle 4204 head, 312 calves, 1072 hogs, 265 sheep. Receipts for corresponding week last year, cattle 168 cars, 34 Va; 34 Chicago; 25 St. Louis; 22 St. Paul; 14 Canada; 11 Pa; 6 W. Va; 5 Tenn; 4 Ky; 4 Md; 3 N. Y.; 3 Buffalo; 1 Kansas City; 1 Ind.; 1 Mo; containing 4523 head, 161 trucked in, total cattle 4684 head, 1469 hogs, 135 calves, 34 sheep.

Range of Prices

STEERS

Choice	\$14.25-15.50
Good	12.75-14.50
Good	11.75-14.50
Good	11.25-14.25
Medium	10.50-12.75
Common	\$8.00-10.50

HEIFERS

Choice	\$10.25-11.50
Good	\$9.00-10.25
Medium	\$7.50-9.00
Common	6.20-7.50

COWS

Choice	7.75-9.00
Good	6.50-7.75
Common & Medium	4.50-6.50
Low cutter & cutter	\$3.00-\$4.50

BULLS

Good and choice	\$7.50-8.75
Cutters, common, medium	5.50-7.50

Feeder and Stocker Cattle

Good and Choice	9.00-11.50
Common & medium	6.50-9.00
Good and Choice	8.75-11.00
Common & medium	6.25-8.75

VEALERS

Good and choice	\$14.50-16.50
Medium	12.00-14.50
Cull and common	\$6.00-12.00

HUGS

Heavyweights	\$10.00-10.50
Mediumweights	10.00-10.50
Lightweights	9.75-10.25
Rough Stock	8.00-9.75

Lancaster Grain and Feed Market

Wheat	\$1.25 bu.
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HAY (baled)

Timothy	\$ 12.00-15.00 ton
Straw	\$10.00-11.00 ton

Selling Price of Feeds

Bran	\$42.00-43.00 ton
Shorts	42.00-43.00 ton
Hominy	48.00-49.00 ton
Middlings	47.00-48.00 ton
Linseed	56.00-57.00 ton
Gluten	47.00-48.00 ton
Ground oats	47.00-48.00 ton
Alfalfa (Regular)	\$40.00-41.00 ton
Cottonseed 41%	53.00-54.00 ton
Dairy Feed 16%	\$40.00-41.00 ton
Dairy Feed 18%	\$43.00-44.00 ton
Dairy Feed 20%	\$47.00-48.00 ton
Dairy Feed 24%	\$51.00-52.00 ton
Dairy Feed 25%	\$54.50-55.50 ton
Horse feed 85%	48.50-49.00 ton
Alfalfa (reground)	44.00-45.00 ton

PENNSYLVANIA DUTCH



What Shwilkey Bumblesock Has To Say This Week

Ware Sull De Priscilla Hira
 Liever Boonastell: Du husht em
 Heinerich Hullerbeck so bully gooter
 advice gevva waega sime u-benich
 boo os ich mer net helia con
 dich aw umrode froga. Ich hob en
 ducher, Prescilla, os boll uff eld is,
 un de will hira, awver se will net
 hira ware ich hovva will. Mer
 breicha se aw notewennich da
 hame un ich mane se set nuch so
 socha sich oser em kup shloga.
 Kunsht du mere rode gevva we se
 derfun tsu holdta.

DANNY MAISLICH

Well, Danny, my arshet froke is, wid du hira odder di ducher? Won's dich is don sedsh du di agener willa hovva, awver won di ducher, Prescilla, hira will don set se de waul hovva ware se hovva will far en mon. Ich sawg des wile du sawsht in dime brief os se boll uff eld is, un ich bahawb os won en maddel net era fersh-tund hut on seler aId don greeked se kener. Won se nuch in era kelver-eeb ware don daid ich dere by shate, awver se is old ganuk far selver picka un de noddure sawgt era tzmlich naixt ware se net gleicha con.

Luss mich dere sawga, Danny, en odder mon yunga leit era leeb picka is en missliche bisniss, un se hira mancha ware se net wella is orrick g'farlich. Es is ken house-holding os net ols ebmohls glaena shtrawatts hut, un won es dreeb wasser net grawd hell wardt don socha se far en uresoch, un won der fodder de match ga-mauehd hut don blama se ene far era drogvel, un es naixt os du haersht sw-ga se, "My dawdy hut my fraw ga-picked un era nawk aw now by era laeva." Is sell net wor? Waisht du net fun house-holding? os grawd sella wake uff ga brucha sin?"

Uff der onera hond won tsuae mit eram agena willa sich farmar-ed hen don is es era agener bariga, un se shicka generally dertsoo so long os meeklich. De gadonka os shtride ga-bruffatzeid is warra by era freind we se g'hired hen is os we der crack funera whip iver era ken, un se sharta widder nei mid frisher mood far brovera annoner widder recht tsu gleicha. Dohere set en fodder orrick ochtome si we weit os era gait in sella socha. Es set ends mit gooter rode un en farnsherrick protest—awver by freedra, ken g'wold. Are doot's baria mit biddery draina.

Du sawsgt aw de Prescilla set nnt hira wile dere se nuch dahere breicht. Yaw, un we elder os dere wardt we mae notewennich os dere se breicht. En harlicher hiraerawd is en grosse g'nawd. De chance sin net blendy, un es con nemond aff-ordna ager tsu farleera. Won du de Prescilla moll nimmy wid don will aw nemond shunsh se mae. Nix is mae important in weldliche socha os we en fraw odder en mon soocha—un luss mich dere sawga, Danny, recht hira hut gor shtrams feel tsu do mit der naixt weldt. Es is nix shurer far en mon tsu'm div-el driva os en schlechte fraw. Won dr mon schlecht ous draid don doot de garecht fraw farw ika we en dulla-bawn un gait generally yung ins grabw. Won de fraw schlecht is don doot der mon's generally shtanda far awile, awver by de-grees draid are in en sow un far-recked so.

Now, Danny, ich hob dere net g'sawt wo du do sulsh, awver du consht di ageny conclusion tzeega was ich mane.

"Sanitary" Pigs Win Prizes

Four pigs raised by a Georgia farmer cooperating with the United States Department of Agriculture in a parasite-control experiment won first, second, and third prizes and also the championship of their breed at the Southwest Georgia Fair held recently. The pigs were raised under a system of sanitation designed to control parasite worms which are a troublesome parasite on hog lots.

These pigs, according to a report of Dr. E. M. Nighbert, in charge of the experiment, were the first animals exhibited by their owner and were shown in good competition. They were 6 months and 12 days old and averaged 202 1-2 pounds.

An accompanying exhibit on swine sanitation showed the manner in which the pigs had been raised, and attracted much favorable attention and comment. Many swine owners who were impressed by the practical benefits of parasite control returned later bringing their friends.

Home Health Club

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

Fat folks: (This article is an encore) A regular reader of my Health articles, writes me about her weight. Her husband is thin and she is fat, wants to know what the trouble is, as near as she can tell they both like and eat the same things. A bit of information on the subject.

"When you were normal weight, about 120, did you ever try to convey 70 pounds of flour, sugar or a chunk of a boy up a long stairs?"

"Why no, I could not possibly carry 70 pounds across the room, let alone up a stairs."

"Well that is just what you are doing every day, carrying around 70 pounds of disease matter" in the form of fat and it gives you no strength whatever, instead, prevents your muscles from doing their work with the greatest ease."

"But what makes me so fat, doctor, I don't eat nearly so much as my husband and he is thin as a rail?"

"What did you eat for breakfast?"

"A small dish of breakfast food, two pieces of toast and a cup of coffee. My husband ate a couple of eggs, two pieces of toast, the breakfast food, a cup of coffee and a half a cantaloup."

"Your husband secretes enormous quantities of saliva, I happened to know that he drinks his coffee after he has finished eating. He digests starches perfectly. He doesn't eat candy and uses little sugar. His muscles are as hard as iron and his elimination is good. He always eats something raw at each meal so he is quite likely to keep well for many years."

"You, on the contrary, do not secrete much saliva, which is an alkaline secretion and you make it worse by drinking your coffee and several glasses of water in order to wash down your food. You do not chew your food properly and you cannot digest starch. Nearly everything you eat is starch, sugar or fat. You eat cream and sugar in your coffee. Lots of butter on your bread and you eat lost of candy, jams, jellies, cake and pies and you are fond of fat meats, soups and gravies. You are constipated and on account of the sweets and mushy starchy foods without the natural mineral salts your teeth are decayed and there is absorption from them, so on the whole you are a mass of diseased fat."

"Well what can I do doctor, I simply can't live without good home baked bread. I take the premium every year at the fair for the finest and whitest looking loaf and the taste is so good."

"I think you not only can live without the white bread, but you will enjoy life much more, just try laying off that 75 pounds of white starch or flour that you have been carrying around in the form of fat and see how much more abundantly you can live."

I received a letter from a fat woman this morning, no excuse me, a woman who was fat six months ago and is now proud of herself that she sent me two photographs to prove the difference and in her letter she says that she feels so light and strong, he cannot resist taking long walks and can climb the steepest hills with ease. Now isn't that worth while?"

I know a man and wife who put themselves to normal health and weight over 30 years ago and neither of them has gained or lost in weight since that time. The greatest variation has not at any time exceeded two pounds and when they started out to eat right the man was skin and bones and supposed to be dying of cancer while the woman was called a rollypoly.

Four years ago I had a patient that weighed 225 pounds and was only 5 feet 6 inches tall. He was forced to use two canes and even then it was hard for him to get about. He ate candy and with ingredients, not drugs, that would cause rapid elimination. He ate and lost 50 pounds in three months. He is still active and healthy. My mother would call that, "Whipping the devil with his own whip."

It is hard for people who have not the will power, to change their habits of eating but anyone can who will. The one thing against which I must caution all fat folks, is drugs. Do not under any circumstances, take any form of so-called anti-fat medicine. Eat right and eliminate waste and your weight will be normal.

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

A 6-pound hen laying 144 eggs in a year produces about 3 times her own body weight, and one laying 240 eggs a year produces about 5 times her own weight. For such hard work a hen must be vigorous and in the best of health.

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