WEDNELDAY, DEC

MRS. R. P. McGANN Nee Jennie Wharvell to announce that she will receive a limited number of Piano is at her studio. A thorough and complete eory, Harmony, and Technique, will be taught. of Piano pupil course in Theo Special attention to beginners. Application for enroll an be made by mail or in

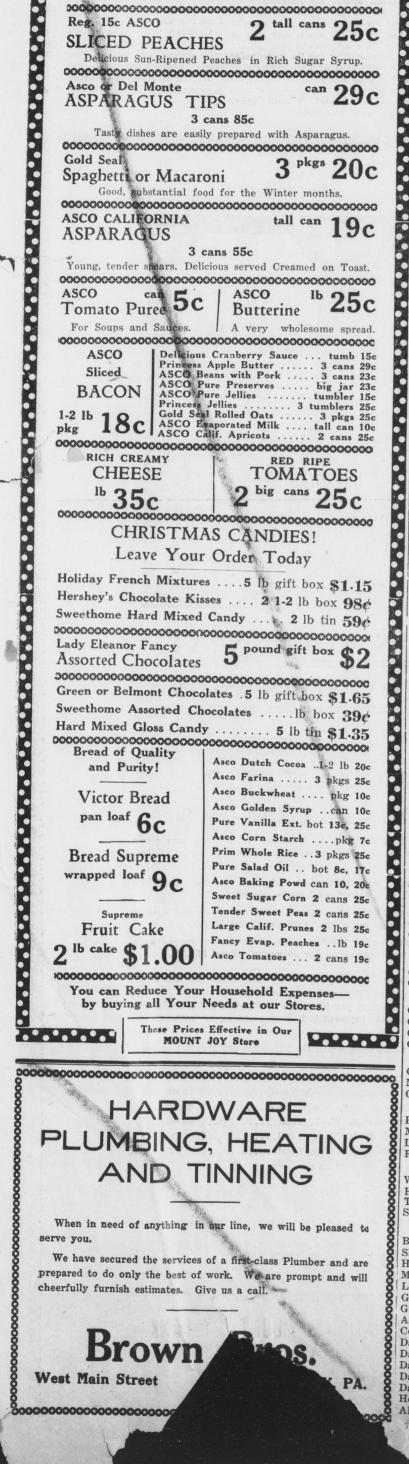
Studio, 40 W. Donegal Street

9.3m ..... •••••• The Door of Opportunity!

The large and ever-growing family of ASCO Shoppers who pass through the doors of Our Stores daily, are continu-ally benefiting by the many opportunities presented to save on their Food and Household Needs.

These big, bright, well-stocked Stores are continually making it possible for Thousands upon Thousands of families to live better for Less Money. Opportunities await you when you enter the door of your Neighborhood ASCO Store. In the Stores Where Quality Counts,

Your Money Goes Furthest!



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THE MOUNT JOY BULLETIN, MOUNT JOY, LANCASTER CO., PA.

PENNSYLVANIA DUTCH

What Shwilkey Bumblesock Has To

## Home Health Club

WEEKLY LETTER WRITTEN EX-PRESSLY 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 con-vey 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 76 pounds of disease matter in the form of fat and it gives you no nicha boo os ich mer net helfa con strength whatever, instead, pre-dich aw umrode froga. Ich hob en vents your muscles from doing breicha se aw notewennich da-hame un ich mane se set nuch so rail?"

"What did you eat for break

"A small dish of breakfast food DANNY MAISLICH 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.

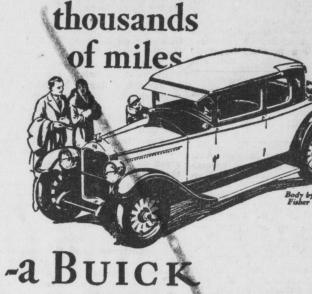
"You, on the contrary, do not secrete much saliva, which is an alkaline secretion and you make

it worse by drinking your coffee and several glasses of water in order to hira maucha ware se net wella is chew your food properly and you wash down your food. You do not your coffee. Lots of butter on your socha se far en uresoch, un won bread and you eat lost of candy, mass of diseased fat."

"Well what can I do doctor, I simply can't live withaut 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

woman this morning, no excuse me, a woman who was fat six months



Make this

Christmas

last for

## for Christmas

Make someone supremely happy this Christmas. Givea Buickfor 1928. Delivery will be made, if you wish, at your home Christmas morning.

The liberal G. M. A. C. time payment plan is available if desired. S. F. ULRICH







Ware Sull De Priscilla Hira

to .75. Flats and opens sold as low as .25 per basket in both Philadel-Heinerich Hullerbuck so bully gootphia and New York, according to er advice gevva waega sime u-benthe Federal and Pennsylvania Bur-Wired celery moved slowly in duchter, Prescilla, os boll uff eld is, their work with the greatest ease. Philadelphia and most sales ranged un de will hira, awver se will net un de will hira, awver se will net hira ware ich hovva will. Mer doctor, I don't eat nearly so much from .05 to .10, with extra fancy reported at .12 to .15 per bunch. Beets sold at .01½ to .02 1/2 per breicha se aw notewennich dabunch and bunched carrots brought socha sich ous em kup shloga. the same prices while topped car-Kunsht du mere rode gevva we se fast?"

rots sold slowly at .35 to .50 per 5/8 basket. Leeks were dull at .02 derfun tsu holdta. Well, Danny, my arshte froke is, wid du hira odder di duchter? Cabbage was low and sold mostly at .20 to .25 per 5/8 basket. Sweet Won's dich is don sedsht du di

potatoes were in light demand and agener willa hovva, awver won di /8 baskets of yellows ranged from .50 to .75, with fancy house sweets selling at .90 to \$1.00 per basket. duchter, Prescilla, hira will don set se de waul hovva ware se hovva will far en mon. Ich sawg des wile du sawsght in dime brief os se boll uff eld is, un ich bahawb os won en maidel net era fershtond hut on selera eld don greeked se kenner. Won se nuch in era

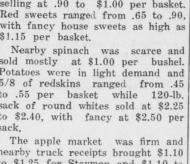
kelverl-eeb ware don daid ich dere by shtae, awver se is oldt ganunk o .55 per basket while 120-lb. ack of round whites sold at \$2.25 far selver picka un de noddure sawgt era tzimlich naixt ware se o \$2.40, with fancy at \$2.50 per

net gleicha con. Luss mich dere sawga, Danny, The apple market was firm and Luss mich dere sawga, Danny, earby truck receipts brought \$1.10 en oldter mon yunga leit era leeb \$1.25 for Staymen and \$1.10 to picka is en missliche bisniss, un se st.15 for No. 1 Romes in 5-8 bask-ets. 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

MARKET: Beef steers and other der fodder de match ga-mauched jams, jellies, cake and pies and you eat lost of candy, jams, jellies, cake and pies and you cilling classes met a slow draggy hut don blama se ene far era drov- are fond of fat meats, soups and Rilling classes met a slow draggy nut don blana se ene far era drov are fond of fat meats, soups and market thru out week. Beef steers closing steady, most sales \$11.25-\$12.25, some held above \$15.00, 100 head including prize winners era laeva." Is sell net wore? Waisht mineral salts your teeth are decayfrom Toronto, Canada show, here for special auction sale Monday. Bulls, she stock and alll cutters sin?" sin?" Uff der onera hond won tswae

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 25 bicher 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 ivver era RECEIPTS: For todays market, frisher mood far broveera annoner ken, un se shtarta widder nei mid attle 21 cars, 11 Canada; 7 Chicwilder recht tsu gleicha. Dohare been carrying around in the form ago; 1 St. Paul; 1 Pa; 1 N. Y; conset en fodder orrick ochtsome si of fat and see how much more abaining 591 head, 54 trucked in, we weit os are gait in sella socha. undantly you can live." otal cattle 645 head, 11 calves, 163 logs. Receipts for week ending Dec. we weit os are gait in sella socha. Es set ends mit gooter rode un en I received a letter from a fat farshennicher protest-awver by 127, cattle 138 cars, 58 Canada; 26 St. Paul; 17 Chicago; 14 Va; 4 freeda, ken g'wold. Are doot's ba-Buffalo; 3 N. Y; 2Md; 1 St. Louis; ria mit biddery draina. Buffalo; 3 N. Y; 2Md; 1 St. Louis; ria mit biddery draina. St. Joseph; containing 3913 head, Du sawgsht aw de Prescilla set in that she sent me too photographs 191 trucked in, total cattle 4204 nnt hira wile dere se nuch dahame to prove the difference and in her head, 312 calves, 1072 hogs, 265 breicht. Yaw, un we elder os dere letter she says that she feels so sheep. Receipts for corresponding wardt we mae notewennich os dere light and strong, he cannot resist week last year, cattle 168 cars, 34 se breicht. En harlicher hirerawd taking long walks and can climb the Va; 34 Chicaga; 25 St. Louis; 22 is en grosse g'nawd. De chanca sin St. Paul; 14 Canada; 11 Pa; 6 W. net blendy, un es con nemond afsteepest hills with ease. Now isn't that worth while?" Va; 5 Tenn; 4 Ky; 4 Md; 3 N. Y; forda aney tsu farleera. Won du I know a man and wife who put 3 Buffalo; 1 Kansas City; 1 Ind.; 1 de Prescilla moll nimmy wid don themselves to normal health and Mo; containing 4523 head, 161 will aw nemond shunsht se mae. trucked in, total cattle 4684 head, Nix is mae important in weldliche weight over 30 years ago and neither of them has gained or lost in 1469 hogs, 135 calves, 34 sheep. weight since that time. The greatsocha os we en fraw odder en mon est variation has not at any time soocha—un luss mich dere sawga, Range Of Prices exceeded two pounds and when Danny, recht hira hut gor shtarns they started out to eat right the STEERS feel tsu do mit der naixt weldt. Es man was skin and bones and sup-Choice \$14.25-15.50 is nix shurer far en mon tsu'm divposed to be dieing of cancer while Good \$1.2.75-14.50 el driva os en schlechte fraw. Won the woman was called a rolypoly. Good \$17.77.14.50 dr mon schlecht ous draid don doot Four years ago I had a patient lood \$12.2.1425 de garecht fraw farw ika we en that weighed 225 pounds and was Medium \$10.50-12.75 dulla-bawn un gait generally yung only 5 feet 6 inches tall. He was \$8.00-10.50 ins grawb. Won de fraw schlecht forced to use two canes and even Common HEIFERS is don doot der mon's generally then it was hard for him to get Choice \$10.25-11 50 shtanda far awile, awver by deabout. He ate candy and with in-Good \$9.00-10.25 grees draid are in en sow un fargridents, not drugs, that would Medium \$7.50-9.00 recked so. cause rapid elimination. He ate it Common Now, Danny, ich hob dere net 6.20-7.50 and lost 50 pounds in three months. g'sawt wos du do sulsht, awver du He is still active and healthy. My COWS Choice mother would call that, "Whipping 7.75-9.00 consht di ageny cinclusion tzeega the devil with his own whip." Good 6.50-7.75 wos ich mane. Common & Metium 4.50-6.50 It is hard for people who have Low cutter & cutter not the will power, to change their \$3.00-\$4.50 "Sanitary" Pigs Win Prizes habits of eating but anyone can Four pigs raised by a Georgia BULLS Good and choice farmer cooperating with the Unitwho will. The one thing against \$7.50-8.75 ed States Department of Agriculwhich I must caution all fat folks, Cutters, common, medium 5.50-7.50 is drugs. Do not under any circumture in a parasite-control experi-Feeder and Stocker Cattle ment won first, second, and third stances, take any form of so-called Good and Choice 9.00-11.50 anti-fat medicine. Eat right and prizes and also the championship 6.50-9.00 Common & medium eliminate waste and your weight of their breed at the Southwest Good and Choice 8.75-11.00 will be normal. Georgia Fair held recently. The Common & medium 6.25-8.75 All readers of this publication pigs were raised under a system of are at liberty to write for inform-VEALERS sanitation designed to control para-Good and choice ation pertaining to health. Address \$14.50-16.50 sitic worms which are a trouble-Medium 12.00-14.50 some parasite on hog lots. all communications to Dr. David Cull and common H. Reeder, 3131 Main Street, Kan-These pigs, according to a report \$6.00-12.00 of Dr. E. M. Nighbert, in charge sas City, Mo., giving full name and HUGS \$10.00-10.50 of the experiment, were the first 10.00-10.50 animals exhibited by their owner address and at least six cents in Heavyweights postage. Mediumweights 9.75-10.25 and were shown in good competi-Lightweights 8.00-9.75 tion. They were 6 months and 12 A 6-pound hen laying 144 eggs Rough Stock in a year produces about 3 times. days old and averaged 202 1-2 Lancaster Grain and Feed Market pounds. her own body weight, and one lay-\$1.25 bu. An accompanying exhibit on ing 240 eggs a year produces ab-HAY (baled) swine sanitation showed the man- out 5 times her own weight. For \$ 12.00-15.00 ton Timothy such hard work a hen must be vigner in which the pigs had been Straw \$10.00-11.00 ton raised, and attracted much favororous and in the best of health, Selling Price of Feeds able attention and comment. Many Bran \$42.00 43.00 ton swine owners who were impressed 42.00-43.00 ton by the practical benefits of parasite Shorts Hominy 48.00-49.00 ton control returned later bringing Middlings 47.00-48.00 ton their friends. Linseed 56.00-57.00 ton Gluten 47.00-48.00 ton In view of the advancing values Ground oats 47.00-48.00 ton of standing timber and prices now \$40.00-41.00 ton prevailing in the older Alfalfa (Regular) reg 53.00-54.00 ton ions, Thornton Cottonseed 41% Dairy Feed 16% \$40.00-41.00 ton Forest Service Raisto \$43.00-44.00 ton ment of Agricu Dairy Feed 18% Dairy Feed 20% \$47.00-48.00 ton sonable to expe The Whole Whe Dairy Feed 24% \$51.00-52.00 ton the next crop Dairy Feed 25% \$54.50-55.50 ton merchantable Horse feed \$5% 48.50-49.00 on may be Alfalfa (reground) 44.00-45 



The Produce and

Live Stock Market

CORRECT INFORMATION FUR-

NISHED WEEKLY BY THE

PENNA. BUREAU OF

MARKETS FOR THE

BULLETIN

Owing to lighter supplies the

ushroom 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

eau of Markets.

to .03 per bunch.

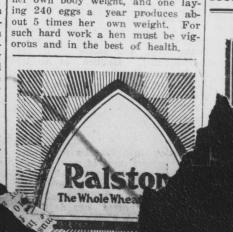
\$1.15 for No. 1 Romes in 5-8 bask-80 per basket.

practically unchanged for week,

bulk \$9.00-\$10.00, liberal holdover of late arrivials for Mondays market, calves steady, top vealers \$16.50 ew select \$17.00, hogs steady.



Liever Boonasteil: Du 'husht em



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Specials at Darrenkamp's

Cinco Londres, Havana Ribbon Londres, Bolds Perfecto, Rocky Ford, Henrietta Juniors, Summans, Wenesta, Shissler's Merchant, Pure Stock, Home Comforts, Wm. Penn, Square Deal, Noble Knight, Lew Morris. 6 for 25. Any of these, 50 in box for \$2.00.

All 2 for 15c Cigars, 4 for 25c; all 10c Cigars, 3 for 25. Special price on box lots,

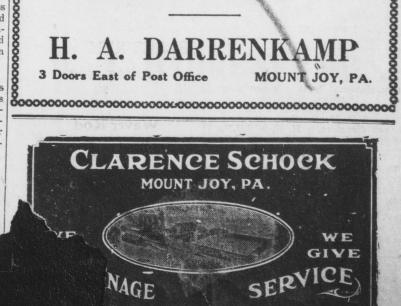
Camels, Piedmonts, Chesterfields and Lucky Strikes, two 15c packs for 25c.

We have a fine assortment of Pipes. Ask to see them.

All 10c Tobaccos, 3 packs for 25c. All 15c Tobaccos, such as Red Man, Red Horse, Bag Pipe, Beechnut, etc., 2 packs 25c. Prince Albert, 2 cans 25c.

All Fruits in Season.

We also carry a complete line of penny Candy. All flavors of Chiques Rock Soft Drinks on ice, 5.



MBER-COAL