

# AMERICAN STORES CO. AMERICAN

## CANNED PEAS

We offer our patrons this week the finest Peas canned; at a reduction from our regular prices. There are several varieties to suit every "Purse" and "Palate". It is good economy to buy by the dozen.

Where Quality Counts Your Money Goes Furthest!

Reg. 23c ASCO Extra Fancy Small

Sifted Peas can 19c doz \$2.25

Sifted Peas can 15c doz \$1.75

Teddy Bear can 12 1/2c : dozen \$1.40 PEAS

Reg. 9c Dona CASTILE SOAP 3 cakes 20c

Tomatoes: Peas and Corn 2 cans 25c

Buy a dozen assorted cans for \$1.40.

### Daily Table Reminders!

- Reg. 5c Size Gold Dust Powder 2 pkgs 6c
- Reg. 18c Princess Cocoa lb can 15c
- Select Evaporated Milk 3 cans 28c
- Asco Dutch Cocoa 1/2 lb can 20c
- Asco Tomato Catsup bot 15c
- Asco Chili Sauce bot 25c
- Asco Preserves big jar 23c
- Pure Vanilla Extract bot 13c, 25c
- Asco Corn Starch pkg 7c
- Asco Gelatine Desserts 3 pkgs 25c
- Asco Tomato Soup 2 cans 15c
- Asco Prepared Mustard jar 12c
- Rich Creamy Cheese lb 35c

The Nearest to the Best Home-Made!

Bread Supreme big wrapped loaf 9c Richest and Purest Ingredients.

Victor Bread pan loaf 6c Quality and Quantity.

Geisha Crab Meat can 35c 3 cans \$1.00

Decidedly Different—A cup convinces!

Asco Coffee lb 37c Easily 45c to 50c Value!

Victor Blend Coffee lb 31c

ASCO Teas

Orange Pekoe 1-4 lb 17c

India Ceylon

Old Country Style

The above list just represents a few of the many big values awaiting you at your nearest ASCO Store.

These Prices Effective in Our MOUNT JOY STORE

## GOODRICH TIRES

Prest-O-Lite Batteries Gas, Oil and Accessories

## TIRE AND BATTERY REPAIRING

JOHN W. DILLINGER MOUNT JOY, PA.

208 E. Main St.

## FARQUHAR DAIRY BOILER

will help you produce certified milk. Farmers and Dairywomen have found this Boiler most convenient, easily and quickly steamed and by virtue of its interior arrangement, it is most economical. Just the Boiler for sterilizing, heating water, cooking feeds, heating molasses for mixing sweet feeds, etc.

Built in full accord with the American Society of Mechanical Engineers' Code and meets every requirement of the state of New York, New Jersey, Delaware, Pennsylvania and Maryland. A great time and labor saver. Helps to get that higher price for milk. Write for complete specifications and rock bottom price.

A. B. FARQUHAR CO., Limited

Box 467, York, Pa.

## CLARENCE SCHOCK MOUNT JOY, PA.

WE ASK PATRONAGE WE GIVE SERVICE LUMBER-COAL

## The Produce and Live Stock Market

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

MARKET: Trading was handicapped at the yards this morning by the heavy snowfall. Beef steers held steady, yearlings showing action, one load 1150 pound weights \$14.25, several sales 1140-1190 pound averages \$13.65-14.00, bulk of sales \$11.75-13.00. Bulls, she stock and all cutters slow, about steady. Stockers and feeders inactive. Calves steady top vealers \$117.00.

HOGS: Tending steady, little action early.

RECEIPTS: For today's market, cattle 4 cars, 1 Penna; 1 Va; 1 Chicago; 1 St. Joe; containing 102 head, 255 head trucked in from local feed lots, total cattle 357 head 35 calves, 670 hogs. Receipts for week ending January 28, 1928, cattle 44 cars, 14 Penna; 13 Chicago; 3 Va; 3 St. Louis; 2 St. Paul; 1 Canada; 1 Buffalo; 1 Ohio; 1 St. Joseph; containing 1127 head, 584 trucked in, total cattle 1711 head, 1889 hogs, 484 calves, 101 sheep. Receipts for corresponding week last year, cattle 56 cars, 14 Chicago; 13 Va; 11 Pa; 7 St. Paul; 5 St. Louis; 4 Canada; 1 Tenn; 1 Ind; containing 1469 head, 497 trucked in, total cattle 1966, 1457 hogs, 60 calves, 74 sheep.

Apple Prices Firm The apple market was firm but trading continued rather slow. Truck receipts of Pennsylvania and New Jersey totaled at \$2.25 to \$2.50 per bushel with fancy stock packed in filled paper bringing \$2.50 to \$2.75. Stayman brought \$2.00 to \$2.40 with fancy lots as high as \$2.75, according to the Pennsylvania and Federal Bureau of Markets.

Pennsylvania mushrooms advanced due to a better demand and moderate receipts. Prices ranged from 75c to \$1.25 with poor stock as low as 50c per 3 pound basket. Celery continued firm and sold at 10c to 20c a wired bunch with extra fancy stock bringing 25c. Savory cabbage was steady and sold at 40c to \$1.00 per bushel hamper.

Root crops were dull and draggy. Beets brought 30c to 65c per 5-8 basket, carrots 25c to 55c, parsnips 25c to 55c, parsnips 25c to 65c, and white turnips 25c to 40c. Sweet potatoes were about steady with yellow varieties bringing 65c to \$1 per 5-8 basket. Rutabagas moved slowly at 25c to 65c per 5-8 basket.

Eastern potato markets were generally steady but the demand was limited. Supplies were moderate and track holdings in the seven large consuming markets have shown a decline during the week. Today's holdings totaled 670 cars compared with 808 on Monday. Pennsylvania root whites sold at \$2.50 to \$2.65 per 120 pound sack in Philadelphia, at \$3.00 to \$3.15 per 150 pound sack in Pittsburgh and at \$1.90 to \$2.10 per 100 pound sack in Baltimore. Maine shipping points were weak with Green Mountains selling at \$2.45 to \$2.60 per 150 pound sack f. o. b. Shipments for the entire country totaled 824 cars, of which Maine shipped 219, Pennsylvania 14, New York 11 and Idaho 111.

Range Of Prices

STEERS	
Choice	\$14.50-15.25
Good	13.25-14.50
Medium	12.75-14.25
Common	11.00-13.25
HEIFERS	
Choice	10.50-11.50
Good	9.50-10.50
Medium	8.00-9.50
Common	6.75-8.00

COWS	
Choice	8.50-9.50
Good	7.50-8.50
Common & medium	5.00-7.50
Low cutter & common	3.25-5.00

BULLS	
Good & Choice	8.50-10.00
Cutters, common & med.	5.75-8.50

Feeder and Stocker Cattle

Good & choice	9.00-11.25
Common & medium	6.50-9.00
Good and Choice	8.75-11.00
Common & medium	6.25-8.75

VEALERS

Good & choice	15.00-17.00
Medium	12.50-15.00
Hull & common	6.00-12.50

HOGS

Heavyweights	\$9.50-10.00
Mediumweights	9.25-10.00
Lightweights	9.00-9.75
Rough stock	7.50-9.00

Lancaster Grain and Feed Market

Wheat	\$1.35 bu.
HAY (baled)	
Timothy	\$12.00-16.00 ton
Straw	\$10.00-12.00 ton

Selling Price of Feeds

Bran	\$4.00-45.00 ton
Shorts	43.00-44.00 ton
Hominy	47.00-48.00 ton
Middlings	47.00-48.00 ton
Linseed	58.00-59.00 ton
Gluten	50.00-51.00 ton
Ground oats	48.00-49.00 ton
Alfalfa (Regular)	\$40.00-41.00 ton
Cottonseed 41%	47.00-48.00 ton
Dairy feed 16%	41.50-42.50 ton
Dairy feed 18%	44.50-45.00 ton
Dairy feed 20%	49.00-50.00 ton
Dairy feed 24%	53.00-54.00 ton
Dairy feed 25%	55.00-56.00 ton
Horse Feed 65%	48.00-49.00 ton
Alfalfa (reground)	44.00-45.00 ton

Start Farm Accounts If you have neglected to get your farm accounts started do it now, say farm management specialists of the Pennsylvania State College. Do not delay.

## PENNSYLVANIA DUTCH

What Shilkey Bumblebeek Has To Say This Week



Mer hen widder shtride in der householding. De Polly hut mich fardt ga-yawked far unser karrasern aweck gevva, un ich hob shunt aw-shprooch greeked fun edelicha weipsleit far tsu ena cooma, anes fun denna wore de Betz Grill, woo sella mohls der Billy Schnellkeffer hira hut wella, un ich will be-chudes lever farfreera os mit era uff nemma. Du waishet se hut sich sella mohls en shtick tzoong ob ga-biss we se fun asel g'folla is un se sawga mere sell wore widder oll noach ga-woxa un se kent ma Karl Hail Columby widder gevva in rechter ord. Se wore mere gons em sin g'folla we ich ga-aderfist hob far en bed-feller, un ich hob aw net draw ga-denked os se uff nemma daid mit mere. Ich het mere tzvae weipsleit ous holdta sella, un sell wore de Betz Grill un de Sixfoos Betz. Ich was os de Sixfoos Betz mich farrivla daid won mere ousfolla daida, far hut se mich net sella mohls ivver em housetzta in gorda room g'shienkered his se sheer oll my blowma bame farbrucha hut g'hot? De Betz Grill is net so g'farlich awver se is so sobberments weesht. Se waerd en bar-riek, hut en glosch awk, en naws os we en blook-shawer un usht nuch tzvae tzae. Era mowl gooked os we en karrich-hofe in der nocht won der moon shined. Sell is aw net oll. Se hut en foos os we en hinner shoorka funera tzvae honered poon sow un graetava draw we en ous-galeffede walniss. Se hut bae os we en growd shtomper mid da waunda 'sunnersht-versht draw. Es mecht dich farleht woenera we ich sell ous g'funna hob, awver sell gaid nemond nix aw.

Ich bin gawiss ivvel ob, un ich ware garn widder tzurick far fun der Polly era goote booch-waetzta koocha essa. Mee wase net wos wasser waerd is bis der brunna drooka is, un sidder os de Polly nich fardt ga-yawked hut fin ich usht ous wos en goote haemet os ich g'hot hob. Ich hob era der onner dawg en brief g'shriva un hob g'sawt wile mere don net agre a kenta don wetta mere draw gae un unser shooka fardaila, en schaed-a-brief greega, un uns widder farnira. Se hut mere wardt g'shicked dorrich der 'Shquire Lawback os es soch ware shunt long fardailed un der ansich wake os ich het far tzurick cooma ware anes fun General Grant sina "unconditional surrender" macha. Now, eb ich uff my knees gae far ma unneruck fress ich hoy we en ux. Woc ich g'sawt hob waega unserem karrasera is wore. De Polly wase es, awver se wills net admitta. Mere wora grawd we feel onera yunga leite heitza dawgs woo on anonner room shlovera os we tzvae kelver won se dickey millich ous ma kivel sowfa. De oldta maid maega de nause nuff draya, awver won se en chance now hetta far en mon karrasera don daida se uff eme room shlovera os we en gowl won are farraeged glaya hoy g'fressa hut. De socha saena mer oll won se farby sin, awver 'sis gor ken use os mer de wore heit farlaegled.

Ich board now widder by em Billy Bixler, awver ich denk net os ich long mae bleib. Der Billy is en onner ketzer, grawd we ich selver, awver are hut en grose hartz un gleiche mere net ous-beeda. Won de Polly net era mind wexeled don gane ich uff der wake un nem em oldta Abe Lacy si blutz. So hod-ya. Ich luss ich dich hara fun mere.

## Home Health Club

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

Bread, I presume I caution more people about the free use of bread than any other article of food. It is on account of the starch that I must do this. It is true that the kernel of wheat comes nearest to supplying the various chemical elements and various salts and vitamins required by the body of any food product known and generally used but we do not, as a rule, use the whole kernel of wheat, nothing but the starch. Now while it has been demonstrated by experiment that a greater percentage of fine white flour can be digested than of whole wheat flour, that does not prove that a larger percentage of nutriment has been secured.

There are many other kinds of cereal out of which bread is made besides wheat and it is wise to study and try them all. The time is surely coming when wheat cannot be supplied for the increasing number of hungry mouths that demand food. Starches are not the natural food of man. Only a limited amount of starchy food should be used and those who confine their diet to fine white flour, bread, butter, cakes, pies potatoes, beans, peas, and bananas are rapidly digging their graves with their teeth.

Fruit, nuts, berries and herbs or vegetables are man's natural diet and cover after thousands of years upon a mixed diet of starches, meats and vegetables he must frequently return to nature in order to drive disease out of his system. Bread, however, has become the prominent and supposedly indispensable article of food for civilized humans and therefore to secure the greatest benefit and the least hurt from its use must be the task of those who seek the best good of their fellows.

My advice to all who can do so, is to buy a small hand mill and grind your own whole wheat or other flour. Just before the war I purchased for \$6.00 from a mail order house a small mill used mostly for grinding chicken feed.

After it became impossible to purchase flour or flour bread I secured a couple of bushels of wheat and a bushel of shelled corn. The boys had lots of fun and some hard work grinding our whole wheat flour and our corn meal, but we found the product far better than anything we could buy.

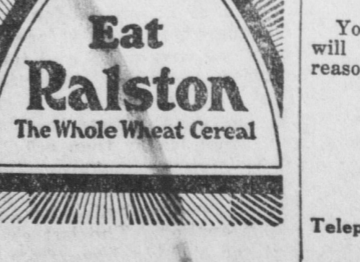
We also found that we could make a very fine flour which we sifted some getting bran for the chickens, but the boys seemed to think the chickens were getting the best of us. There are few people who ever stop to figure the real cost of the things they buy ready for use. In nearly all parts of this country I have found baker's bread, prepared cereals and canned goods upon the tables of farmers who grow and could prepare all of these things for themselves.

It would not take long to figure out how much you are paying the baker for making your bread when you know that it does not take near a pound of flour to make a pound loaf, and as a barrel of flour must contain 640 pound, there must be in it over 700 loaves of bread, which at .10 per loaf, amounts to seventy dollars, therefore for the eight bushels of wheat that you sold for less than \$16, you pay the miller, the miller, the baker and the profiters a total of 50% to make to make it into bread which has been denatured, robbed of its vitalizing elements.

When you have eaten starch foods in excess for a number of years you begin to suffer with acidosis or hyper-acidity. The starches ferment instead of digesting and you suffer with gas. You go to the doctor, and he gives you bicarbonate of soda, which you could as well have taken your own baking soda, only it would cost so much. You have relief for a few days but as the doctor said nothing about the cause you soon go for another treatment and then later to another doctor who may give you the same thing in a different form, but he likewise does not tell you to stop the starches and eat raw fruits and vegetables or go on a milk diet.

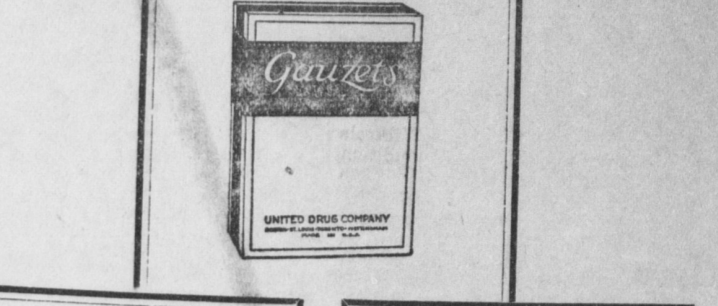
All readers of this publication are at liberty to write for information upon any subject pertaining to health. Address all communications to Dr. David H. Reeder, 3181 Main Street, Kansas City, Mo., giving full name and address and at least six cents in postage.

Order Vegetable Seeds Vegetable growers, whether home garden or commercial, should consider carefully the source, quality, and variety of seed to be planted. If you have located a good source, endeavor to get seed of identical parentage for use this year. Send for catalogs of several seedsmen, but do not shop around too much. Extravagant vague statements regarding varieties should be disregarded, but much authentic information may be obtained from reliable seed catalogs.



## Gauzets 3 dozen for 95c

The Perfect Sanitary Napkin A Money-Saving Price



## GAUZETS

The Perfect Sanitary Napkin

Soft edges prevent irritation

39c Box of one doz.

3 Boxes for 95c

Highest Quality-Lowest Price

## The Rexall Store

E. W. GARBER, Mount Joy

## 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, 5c.

## H. A. DARRENKAMP

3 Doors East of Post Office MOUNT JOY, PA.

## HARDWARE PLUMBING, HEATING AND TINNING

When in need of anything in our line, we will be pleased to serve you. We have secured the services of a first-class Plumber and are prepared to do only the best of work. We are prompt and will cheerfully furnish estimates. Give us a call.

## Brown Bros.

West Main Street MOUNT JOY, PA.



## FOR GOOD, CLEAN COAL

You want coal that burns and is free from stone, clinkers, etc. A trial will readily convince you that it pays to buy good coal. Prices very reasonable.

HARRY LEEDOM MOUNT JOY, PENNA. Telephone 5R5