

**AMERICAN STORES CO. AMERICAN**

## Your Shopping

Becomes a Pleasure When Dealing in the

# ASCOS Stores

AND YOU SAVE MONEY

Use This Attractive List for a Shopping Guide  
"IT PAYS TO BUY WHERE QUALITY COUNTS"

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Special—Reg. Price 32c

**Horseshoe Red**

**Salmon tail can**

The "Pick of the Catch."  
This brand needs no introduction

**29c**

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Gold Seal Long Stem Macaroni

**2 pkgs 15c**  
Rg. 9c per pkg

Sweet Treats!  
Shotwell's Marshmallows

**Pound 32c**

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### High Art COFFEE

Blended by Experts. Has an Exquisite Flavor and Aroma Perfection

Reg. Price 49c : Special Price lb tin **45c**

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PRESERVING NEEDS!

Mason Qt. Jars doz **85c**

Mason Pt. Jars doz **75c**

Jar Tops .....doz **39c**

Jar Rubbers .....doz **7c**

Parowax .... pkg **10c**

Asco Pure Spices pg **7c**

Jelly Glasses .....doz **39c**

Certo ..... bot **29c**

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The Finest Butter in America

## Louella Butter lb 55c

## Richland ..... lb 53c

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Hot Weather Foods Easily Prepared!

Calif. Sardines 2 cans **25c**

Cooked Corned Beef can **25c**

Tasty Potted Meats can **5c 9c**

Asco Spinach big can **19c**

Farmdale Stringless Beans .....can **17c**

Early June Peas .....can **10c**

Asco Wet Shrimp can **19c**

Gold Seal Spaghetti 2pks **15c**

Asco Elbow Macaroni .....2 pks **15c**

Prudence Corn Beef Hash, tin ..... **29c**

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### Choice Salmon tall can 17c, 3 cans Pink 50c

A tasty substitute for meat in Hot Weather

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COOLING, REFRESHING

\*Rob Roy Pale Dry Ginger Ale ..... 2 bots **25c**

\*ASCOS Sparkling Ginger Ale ..... bot **10c**

Pale Moon (The New Drink) ..... 3 bots **50c**

\*ASCOS Root Beer and Sarsaparilla ..... bot **10c**

\*Hi-Ho Ginger Ale ..... bot **6c**

Canada Dry Pale Ginger Ale ..... pt bot **23c**

ASCOS Grape Juice ..... pt bot **23c**

\*Puritan Cereal Beverage ..... 3 bots **25c**

No charge for bottles—empties redeemed \*1c each; \*\*2c ea.

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Either One of Our Five Delectable Blends Make Delicious Iced Tea!

ASCO TEAS

1-4lb pkg **12c to 15c 45**

ASCO TEAS

1-4lb pkg **17c to 18c 65**

Orange Pekoe, India Ceylon, Old Country Style

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## Selected New Onions 2 lbs 5c

These Prices Effective in Our MOUNT JOY STORE

## The Produce and Live Stock Market

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

Better quality and improved demand caused sugar corn prices to advance on the Philadelphia market today. Sacks holding round 74 ears sold at \$2.00 and Yellow Bantam brought \$3.00. Receipts of tomatoes were lighter and prices ranged from 50c to \$1.00 per 5-8 basket with fancy Marglobes bringing \$1.25 to \$1.75, according to the Pa., and Federal Bureau of Markets.

Peppers were in heavy supply and brought 25c to 50c per 5-8 basket while egg plant held steady at \$1.95 to \$1.50. Lima beans were more plentiful and the market showed a weaker tendency. Prices ranged from \$1.00 to \$1.50 per 5-8 basket. There was a good demand for fancy string beans although poor stock continued dull. Green beans brought 40c to 75c per 5-8 basket and there were some fancy wax beans that sold as high as \$1.00.

Beets brought 1c to 2-1-2 per bunch and carrots 2c to 3-1-2c. Cucumbers sold at 30c to 50c per 5-8 basket and pickles at 75c. Cabbage sold at 15c to 30c per 5-8 basket, white squash 20c to 30c and green 30c to 50c. Nearby potatoes were in heavy supply and prices ranged from 20c to 40c per 5-8 basket while 100 pound sacks brought 75c to 90c.

Apples continued to meet a slow demand at practically unchanged prices. Transparent brought 25c to 50c per 5-8 basket with fancy at 60c to 65c. Starr brought 25c to 50c per 5-8 basket and Red Astrachan 25c to 50c. Peaches were dull and brought 15c to 30c per 5-8 basket while plums sold at 50c per half bushel. Blackberries sold at \$2.50 to \$3.50 per 32 quart crate, huckleberries at \$2.50 to \$6.00 and raspberries at 7c to 10c per pint.

Tomato prices advanced sharply on the Philadelphia market today due to a lighter supply and also to the fact that canners were buying large quantities of the lower priced stock. Most sales ranged from 40c to 65c per 5-8 basket with fancy Marglobes bringing 75c to \$1.25, according to the Pennsylvania and Federal Bureau of Markets.

Fancy string beans were rather scarce and met a good demand at higher prices. Most sales ranged from 40c to 75c per 5-8 basket while lima beans were weaker and brought \$1.00 to \$1.50. Large quantities of lima beans are coming from Maryland and Delaware by motor truck and are selling at \$1.00 to \$2.00 per bushel.

The potato market continued weak and nearby stock brought 30c to 40c per 5-8 basket with poor stock as low as 15c. The carlot potato market showed a slight improvement and Eastern Shore of Virginia Cobblers brought \$1.35 to \$1.75 per barrel. Sugar corn was slightly stronger with Yellow Bantam topping the market at \$1.35 to \$1.50 per 5-8 basket. White sugar corn brought 75c to \$1.00.

Carrots sold at 2c to 3c per bunch and beets at 1c to 2c. Cucumbers sold at 30c to 50c per 5-8 basket, egg plant \$1.35 to \$1.50, peppers 30c to 50c, white squash at 25c to 35c and green at 25c to 50c. Onions were dull and sold slowly at 35c to 45c per 5-8 basket while cabbage brought 20c to 30c. Apples continued to sell slowly. Transparent brought 25c to 65c per 5-8 basket, Starr 20c to 65c and Red Astrachan 25c to 50c. Raspberries showed a wide range in quality and condition and sold at 4c to 8c per pint. Blackberries met a fair demand at \$2.00 to \$3.00 per 32 quart crate. Huckleberries were in liberal supply and the market was weaker. Pennsylvania stock sold at \$3.00 to \$6.00 per crate.

Choice	15.25-16.00
Good	14.25-15.25
Good	14.00-15.25
Good	14.00-15.00
Medium	12.50-14.00
Common	9.50-12.50

Choice	11.27-12.75
Good	10.00-11.25
Medium	8.75-10.00
Common	7.50-8.75

Choice	8.00-10.00
Good	7.00-8.00
Common & med.	6.00-7.00
Low cutter & cutter	4.00-6.00

Good and choice (beef)	10.00-12.00
Cutter, common & med.	7.00-10.00

Good and choice	15.50-17.00
Medium	13.50-15.50
Cull & common	7.50-13.50

## A SERIOUS QUESTION TO CONSIDER

The proposed law prohibiting American arms manufacturers from selling weapons to countries at war is a question of the utmost importance. Recent developments of the arms industry in a number of foreign countries indicate that such a law would only lead foreign powers to buy all their equipment elsewhere, instead of part of it in the United States.

We are a peaceful nation, not desirous of war. But unbiased parties realize that unsettled world conditions make such a contingency possible. Our own means of protection must be considered. When we embarked in the World War it was American manufacturers who provided our soldiers with their fine equipment. Obviously the arms industry, to stay in business and maintain plants suitable for quantity production, must have other than local markets for its products. The law now under consideration would to a great extent reduce American gun manufacture, with the result that, in case of necessity, we might be faced with a dangerous shortage of arms manufacturing plants.

If this law would be of material assistance in doing away with war it would be justified. But there seems to be little basis for such a belief. Guns can be bought from many leading nations. The present unwritten understanding between our government and the small arms manufacturers, by which the latter refrain from selling weapons to warring countries when our government so requests, has been respected by manufacturers even though valuable business has been lost.

To abolish war would be a great thing, or to make armed hostilities more difficult. But the law as proposed would seem to endanger our means of national defense without securing compensating benefits.

## A SOUND VIEWPOINT

Commissioner of Insurance John R. Dumont, of Nebraska, recently presented some sound views on state interference with the insurance business. He said that state regulation of rates and state monopoly of certain branches of casualty insurance, such as workmen's compensation, are nothing more than government interference with private business, and added:

"Do you ask your grocer, butcher, baker, tailor, automobile manufacturer, druggist, doctor, lawyer or any other person, what it costs him to supply you with necessities and service? No, you do not. If you feel that you are getting a value received you are satisfied to let the other fellow make a legitimate profit, and you know positively that he will not stay in business long if he is gouging you and his other customers.

"There is no great secret about insurance, it is no different from other business. It is no longer a gamble, but it is a competitive financial business that is entitled to a fair profit.

"Proper government supervision of the insurance business is necessary and helpful to both the company and the public."

Commissioner Dumont concluded by saying that he hoped the insurance department of Nebraska will always be kept on the basis of a supervision department instead of infringing on the judicial and legislative functions of government.

These are sound views and they come out of the West.

## Wonderful Opportunity

A young man started a garage in 1923. He was quite successful and today has a concrete building 40x75 including a 5-car show room, work shop, office, etc., with complete and modern equipment and accessories. Also a private garage, 2 1/2 story brick dwelling with all modern improvements on same lot. Business includes Chevrolet agency. Entire proposition will be sold and possession given within 15 days. Owner will walk out and new man in. Price very reasonable and good reason for selling. If you want a paying business here's a snap. Call, phone or write Jno. E. Schroll, 41R2 Mount Joy, sept 14-15.

## Prepare for Alfalfa

Where early potatoes, canning peas, or oats and Canadian field peas for hay are harvested early enough, an excellent seedbed can be prepared for August seeding of alfalfa. Such crops leave the soil comparatively clean, loose, and fairly moist. Use a disc or spring tooth harrow to work up the soil. Sow 20 pounds to the acre.

Lindbergh's check was refused by a restaurant owner at North Platte, Neb., when the famous aviator tried to pay for coffee and rolls out of a \$4 check. That's one case where Lindbergh could have made use of the letter of introduction given him by Theodore Roosevelt, just before starting the flight for Paris.

Wealthy parties receiving mysterious warnings to leave a certain package under a designated boulder at midnight are doubtless not victims of the black hand but are merely being solicited for campaign funds.

The advertising experts have met in Detroit to tell the world that, when ideas fail, there is always the picture of a girl in a bathing suit.

## Home Health Club

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

Acidity: There are few conditions that send so many people to the doctor's office as auto-intoxication. I believe that the time will come when it will not be necessary to ask the sick many questions but that the doctor who really knows how to diagnose a case will at once seek the source of infection.

Sometimes the auto-intoxemia originates in faulty elimination, not only sometimes in this the case, but most frequently. In other cases an abscessed tooth, a crypt in the tonsils, a tear or ulcer in the womb, an injury to the prostate, a discharge from diseased ears, fear, anger, worry, or hate. In fact the doctor must first and remove the source of the poison and then nature will do the curing.

One of the most common conditions to be found in such cases is acidity. An analysis of the urine shows acidity in excess and if a piece of blue litmus paper is laid upon the tongue of the patient it will turn red instantly. Examination of the tongue will usually show it to be full of cracks and seams along the center. The cracks are sometimes so deep that there is constant smarting or burning of the tongue and sometimes the teeth are so to speak "set on edge," as though the sufferer had been eating sour grapes or unripe plums. In many cases also, there will be a smarting or burning when the urine is passed.

Many years ago, when there was no effort made to learn the cause, a cure was effected when the symptoms were relieved, when the symptoms returned the treatment was repeated until it no longer overcame the trouble and then something else was tried.

During acute attacks of acidity almost immediate relief may be obtained for the mouth symptoms by chewing continuously, red elm. The mucilaginous piece of this bark should be swallowed but not the pulp. As soon as the juice is all extracted the pulp should be thrown away and another piece taken. The juice passing into the stomach aids in counteracting the effect of the acid there also and as it is likewise laxative in its nature it really does wonders toward curing a bad condition by eliminating poisonous waste matter and thus reducing the auto-intoxemia.

In some cases I recommend breaking up the dried slippery elm bark into small pieces and put one ounce of these into a pint of cold water and let stand for twelve hours or overnight and drink a teacup full daily, making more of it each time. I think that you now fully understand that while I have told you about a means of treatment for relief, I have not called it a cure. To effect a cure you must remove the cause and to do this you must first find the cause.

I have in mind a case in which I was called less than a year ago. I had to travel twenty-eight hours in a fast train to get to the patient. Half a dozen doctors had examined her but all had overlooked one simple source of infection. The patient had not called their attention to it and did not mention it to me, but less than five minutes was required to locate the trouble and prevent the surgical operation which had been advised. The patient was soon in normal health and is today.

If you want to get well and keep well you must find the cause, remove it and let nature do the curing you can assist nature by the use of her remedies, and non-poisonous herbs and proper foods.

## Fly Time Is Here

Spray the cows daily for greater milk production. When cows are fighting flies, standing in streams or running through brush they are not filling up on pasture or chewing their cud contentedly and making milk. A light thin blanket thrown over the cow's back while milking also saves a few whacks around the head from the cow's tail.

## To Make Whitewash

Weatherproof whitewash can be made by slaking 62 pounds of quicklime in 12 gallons of hot water. Dissolve two pounds of common table salt and one pound of zinc sulphate in two gallons of boiling water and add to the lime mixture. Then add two gallons of skim milk and stir thoroughly.

## Take Care of Calves

Calves on pasture should be visited frequently, and if the feed gets short they should receive grain or some other supplemental feed, say State College dairy specialists. A check in growth always is expensive because it dwarfs the animal and delays the time that the heifers should come to milk.

## Kill Weeds Now

Weeds must be annihilated without mercy even if the weather is too hot for comfort. If no weeds are permitted to go to seed in the lawn or garden, there will be fewer to fight next year.

## Keep Up Milk Flow

Efficient dairy cows will return a profit on grain fed even when the pasture is good. A small quantity of summer grain keeps up the milk flow and builds up the cow for winter.

## Pick Good Exhibits

Points to consider in picking out specimens for vegetable exhibits are: general appearance, market conditions, uniformity, and truthness to type. Remember the largest specimen seldom wins.

## CAN I AFFORD OIL HEAT?

BUY AN A. B. C. OIL HEATER AND BE CONVINCED.

12 REASONS WHY YOU'LL WANT A. B. C. IN YOUR HOME.

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- Less Oil Required.
- Longer Boiler Life.
- Burns Low Priced Oil.
- Odorless.
- Adds a Room.
- Simple.
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- Automatic.
- Converts Coal Boiler to Oil Boiler.
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## H. S. Newcomer & Son

MOUNT JOY, PENNA.

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Every year billions of dollars of new wealth are gathered from the farms, the mines and forests of the U. S.

Your part of this new wealth is what you save from your annual income.

A savings account and a money barrel are real helps toward thrift

Capital \$125,000 Surplus \$229,000

### First National Bank

Mount Joy, Pa.

### Modern Furniture Needs

The importance of correct furniture and furnishing in the modern home cannot be over emphasized, if you wish to entertain your friends in a manner that will do yourself and your husband credit. The best way to insure proper furniture is to come here to make your selections.

## H. C. BRUNNER

West Main Street, MOUNT JOY, PENNA.

## CLARENCE SCHOCK

MOUNT JOY, PA.

WE ASK PATRONAGE WE GIVE SERVICE

### LUMBER-COAL

THE COUNTRY NEWSPAPER OF GREAT VALUE ACCORDING TO STATEMENT OF NOTED EDITORIAL WRITER—PROVEN BY FACTS

Arthur Brisbane, one of the best minds of the time, says:

"H. Z. Mitchell's 'Sentinel,' published at Bermidjii, Minn., wins the prize as best weekly in the National Editorial Contest. This is a good time to remind the public in general, and national advertisers in particular, that country weekly newspapers are the most important organs of public opinion and protectors of public welfare.

"And, their advertising per mill line, is not excelled by any publication, of any kind.

"The reader of a country weekly buys everything from shingles on the roof to cement in the cellar floor, and every advertiser has in him a possible customer."

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