



Your Duties

of Housekeeping are considerably lightened when you do your Marketing in an ASCO Store. A wide selection of Wholesome Foods cater to each particular taste.

BIG CANNED FRUIT SALE!

Libby's De Luxe ASCO Del Monte Peaches big can **18c**
Halves and slices of this delicious California Fruit.

Royal Anne Cherries tall can **19c** : big can **29c**

Paradise Island ASCO Del Monte Hawaiian Pineapple Big Can **25c**

Reg. 23c ASCO Fruit Salad tall can **19c** | Asco or DEL MONTE Apricots tall can **15c** : can **25c**

Reg. 29c New Crop ASCO or Del Monte Asparagus Tips Squ re can **25c**

ASCO New Made Delicious Mince Meat lb 19c

ASCO SPICES pkg 7c | Gold Seal FLOUR 5 lb 25c | ASCO Pure VANILLA bot 25c

Asco Buckwheat and Pancake FLOUR 3 pkgs 25c | 10c can Corn 10c can Peas Med can Tomatoes All 3 28c

Seedless Calif. Raisins 2 pkgs 15c | New Orleans Molasses can 17c 32c | ASCO Gelatine pkg 15c | Farmdale Evap. Milk 3 tall cans 29c | Asco White Dist. Vinegar 2 bots 25c | Princess Jellies 3 tumblers 25c | Sunrise Catsup 3 bots 25c | ASCO Corn Flakes 3 pks 20c | Gold Seal Oats 3 pkgs 25c | Ritter's Cooked Spaghetti 3 cans 25c | Fresh Pack Succotash can 15c | Hershey Milk Chocolate 1-2 lb cake 19c

BREAD SUPREME Big wrapped loaf 8c | ASCO COFFEE lb 39c | Victor plain loaf 5c | Victor COFFEE lb 35c

Asco or Ritter's Pork & Beans 3 cans 25c

BEVERAGES AND CAKE SPECIALS!

Schmidt's Puritan Cereal Beverage 3 bots 25c | ASCO Grape Juice pint bot 23c | ASCO Ginger Ale big bot 10c | Rob Roy Pale Ginger Ale 2 bots 25c | Clicquot Ginger Ale bot 16c | Sunshine Short Cake 1-2 pound 16c | Macaroon Snaps pound 24c

Cranberry SAUCE tumb 15c | Big Boy CEREAL pkg 15c | Joan of Arc Kidney Beans can 10c

Fine White ONIONS per lb 6c | New Crop CRANBERRIES per lb 19c

Chipso and Quick Nap Soap Chips big pkg 21c

Fairy Soap Toilet Soap 5 cakes 21c | DUZ Big pkg 19c 2 small pkgs. 15c

These Prices Effective in Our MOUNT JOY STORE

HEADACHES and NERVOUSNESS

The majority of headaches are caused by Defects of Vision. They readily yield when the Eyes have proper Optometric help.

Have Our Optometrist Examine Your Eyes Phone 2413 Office Hours: 8.30 A. M. to 5 P. M.
L. WEBER & SON
DR. NEILSON W. PINKERTON, Optometrist
40-42 N. Queen St. LANCASTER, PA. nov-14

For a Good Clean SHAVE and HAIR CUT at a right price go to "Williams"

Main St., MOUNT JOY, PA. Ladies' and Children's Hair Cutting a Specialty. Advertise in The Bulletin.

We Have on Hand at All Times a Supply of Fresh Dressed Chickens

Krall's Meat Market West Main St., MOUNT JOY. Subscribe for The Bulletin.

The Produce and Live Stock Market

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

Draggy, beef steers and yearlings steady, no choice kinds here, top \$13.00, average weight 1290 lbs, numerous sales medium weights 12.50-12.75. Bulls, she stock and all cutters practically unchanged for week, bulk sausage bulls 8.75-10.00, butcher heifers 10.75-12.00, cows 8.00-9.00, cutters 5.00-6.00. Stockers and feeders steady under light country demand, one load choice 790 pound Angus steers \$12.50, most sales 9.75-11.50, yards show good clearance. Calves fully steady, top vealers 17.50.

RECEIPTS: For todays market, cattle 18 cars, 8 Canada; 3 St. Paul; 2 Chicago; 2 Va; 1 Pa; 1 St. Louis; 1 Md; containing 595 head, 90 head trucked in, total cattle 685 head, 23 calves, 176 hogs. Receipts for week ending Nov. 10, 1928, cattle 221 cars, 52 Va; 42 St. Paul; 34 Canada; 30 Chicago; 22 W. Va; 12 Tenn; 7 Pa; 4 Omaha; 2 Iowa; 2 Indiana; 1 St. Louis; 1 Buffalo; 1 N. Y; 1 Texas; containing 6849 head, 271 trucked in, total cattle 7120 head, 298 calves, 1128 hogs, 360 sheep. Receipts for corresponding week last year, cattle 180 cars, 47 Canada; 40 Ohio; 34 Va; 28 St. Paul; 9 W. Va; 8 Pa; 6 Buffalo; 3 Md; 2 Ky; 1 Ind; 1 Ohio; 1 N. Y; containing 3656 head, 280 trucked in, total cattle 5936 head, 1469 hogs, 138 calves, 200 sheep.

Range Of Prices

STEERS 12.75-14.00
Good 12.75-14.00
Good 12.75-14.00
Medium 11.25-12.75
Common \$9.00-11.25

HEIFERS \$11.50-12.50
Choice 10.25-11.50
Medium 9.00-10.25
Common 7.50-9.00

COWS \$8.00-10.00
Choice 6.50-8.00
Common & medium 5.75-6.50
Low cutter & cutter 4.00-5.75

BULLS 9.50-11.50
Good and choice 9.50-11.50
Cutter, common & med. 7.00-9.50

FEEDERS AND STOCKERS \$10.75-13.00
Good and choice 10.75-13.00
Common & medium 7.75-10.75
Good and choice 10.50-12.75
Common & medium 7.50-10.50

VEALERS 15.00-17.50
Good and choice 15.00-17.50
Medium 12.50-15.00
Cull and common 7.50-12.50

HOGS 10.00-11.00
Heavyweights 10.00-11.00
Mediumweights 10.25-11.00
Lightweights 10.00-10.75
Packing sows (rough & smooth) 7.75-10.00

Lancaster Grain and Feed Market

Selling Price of Feeds
Bran 41.00-42.00 ton
Shorts 42.00-43.00 ton
Hominy 42.50-43.50 ton
Middlings 49.00-50.00 ton
Linseed 67.00-68.00 ton
Gluten 51.00-52.00 ton
Ground oats 40.00-41.00 ton
Soy bean meal 58.00-59.00 ton
Cottonseed 41% 57.00-58.00 ton
Dairy feed 16% 39.00-40.00 ton
Dairy feed 18% 42.00-43.00 ton
Dairy feed 20% 48.00-49.00 ton
Dairy feed 24% 53.50-54.50 ton
Dairy feed 25% 56.00-57.00 ton
Horse Feed 85% 44.00-45.00 ton
Alfalfa (Regular) 43.00-44.00 ton
Alfalfa (Reground) 46.00-47.00 ton

AUTUMN Oh! melancholy Autumn, The leaves you have painted brown And when the storm comes sighing You rudely cast them down.

The chestnut burrs you're shaking loose, Their treasures we behold. The chip-monk's busy storing; For days are growing cold.

The birds you sent away down south, To live in warmer skies And round the citrus blossoms They are catching butterflies.

Oh! melancholy Autumn We'll make the best of you, For the leaves you have painted red: So sparkle in the dew.

Then golden apples in the bin No better can be had. Now when we think you over right You are really not so bad.

MANY DIE TOO YOUNG, HEALTH STUDY SHOWS

Checking the ages of those who died in the past year from heart disease has convinced officials of the State Department of Health that many of the deaths would have been preventable. During the year 20,495 persons were reported as having died from heart disease. The percentage of young persons was entirely too large, a study of the statistics reveals.

Officials of the department said that an annual health examination, especially during youth, and following the advice of a competent physician should raise the present expectation of life from 57 or 58 years to 65 years. By subscribing for the Mount Joy Bulletin you can get all the local news for less than three cents a week.

FARM WOODLOTS ARE GOOD TIMBER SOURCE; LITTLE FIRE DAMAGE

Farm woodlots include the most productive forest lands in Pennsylvania and have suffered least of all forests from fire, according to a statement issued today by State Forester Joseph S. Illick, of the Pennsylvania Department of Forests and Water. They occupy 4,000,000 acres, or approximately one-third of the forest area of the State, and have almost two-thirds of all the standing timber.

That the farmers of Pennsylvania believe in forest tree planting is shown by the fact that two-thirds of the 65,000,000 forest tree seedlings distributed by the Pennsylvania Department of Forests and Water for reforestation purposes have been planted on wasteland or sparsely stocked areas by the farmers of Pennsylvania.

State Forester Illick pointed out that the farmers need not wait for young planted forests to mature before they can engage in improved methods of harvesting wood crops. To increase the rate of wood production it is necessary to remove selected trees throughout the forests from time to time, a practice which is known as "thinning." By such means the farmer is enabled to secure a continuous timber crop from his forest and not remove the entire stand, as commonly practiced by lumbermen and can always keep a forest cover and a reserve stand of trees developing to maturity.

Fuelwood is in continual demand on the farm, and the farmer finds it profitable to remove crooked and defective trees and undesirable species, thus constantly making way for improved growth conditions, Illick said. While he is taking out firewood he can also cut supplies of posts, mine materials, ties, and poles, for which there is usually a ready market, or these may be held after cutting until favorable market conditions develop. All of these products may be cut in the winter time, so the farm woodlot provides work during the slack period, when other parts of the farm are idle, and affords a source of income. A great majority of farm woodlots of the State are well located for the marketing of forest products, and in this respect have an advantage over the forests in the more remote and the mountainous sections of the state.

SMALL GAME SEASON TIME WHEN ACCIDENTS OCCUR

The small game season is the danger period for hunters and the time, when, because of the large number of nimrods in the woods, every precaution should be taken in the handling of firearms, John B. Truman, executive secretary of the Game Commission, said today. Truman pointed out that of the sixty-five fatal accidents during the 1927 season, forty-nine of them occurred during small game season. Out of the 279 non-fatal accidents reported, only twenty-four happened during the season for the big game.

Truman also said that the careless hunter very frequently pays a heavy penalty for his acts. Thirty-seven of the fatal accidents last year were self-inflicted. Of the non-fatal accidents, sixty eight were self-inflicted and 211 were due to the carelessness of other hunters.

Carrying loaded guns in conveyances caused four deaths and injuries to ten others. This practice, Truman asserted, is one of the "most deadly and most useless," of which hunters are guilty.

A NEW RECORD IN HIGHWAY BUILDING

The United States this year is spending a record sum for highways. The 12 months' total will reach \$1,360,026,000.

This is 21 per cent more than last year and five per cent more than in 1926, when the former high mark was established.

The movement toward building good roads is a product of this century. The perfection of the automobile and the social and business necessities of improved transportation arteries all contributed to the result. America in a few brief years has developed the finest highway system in the world, and every year is witnessing still greater progress.

Highways and prosperity move together. Every dollar spent in good roads building is a dollar that is a sound-dividend-returning investment. It has been said that Rome was only as great as her highways and the same is again true of any modern nation today.

State College Radio

Daily agricultural talks and timely farm and garden hints are to be broadcast from the Pennsylvania State College radio station WPSC, beginning Monday, November 12. Each day, except Saturday and Sunday, farm programs will be started at 12:45 P. M. It is probable that a weather report will be given at the beginning and end of each program. The station will operate on 1230 kilocycles or 243.8 meters wave length.

Save Soil for Plants

Leaf mold or other rich soil should be placed in a box and stored in the cellar before the ground freezes. This will come in handy for repotting plants during the winter.

Home Health Club

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

I have recently had a number of inquiries regarding a cure for "night sweats," and have promised that I would give a lecture on the subject.

In taking up what some might call such a simple subject I have found by experience that it is a part of wisdom to go into the fullest details in a simple plain way in regard to the cause of such conditions, as well as the reasons for the method of cure which I recommend.

It is true that there are many people who prefer to shut their eyes and open their mouths, prepared to swallow whatever their doctor may see fit to prescribe. Such people will not stop to read these lectures. The faces of the majority of family physicians grow serious and alarm will show itself in spite of what he may say, when he is told that a certain member of the family has been troubled with night sweats for some time, and he inquires how long since the trouble began, and if he is a very conscientious family physician, he will also secure a drop or two of the blood from the unfortunate victim and examine it.

It is one of the most common symptoms of weakness in the vital system, and by allowing the leakage to continue the weakness steadily increases. Leakage is a good word to use in this connection. About 80% of the human body is composed of water, all of which is held under the wonderful skin, the most wonderful fact of which is that it is liberally perforated over its entire surface with holes or pores, very similar in character to the large opening we call mouth. This large opening or mouth is under the control of the voluntary muscles, and therefore opens and closes at will, but the small mouths or pores of the skin are not under the control of the will and therefore no conscious thought upon our part can cause the nerves and muscles to act or affect them.

Now, if 80% of the body is water, then He who created this wonderful structure or case called the skin, knew that so much water was necessary to the proper life and health of the being in folded within that skin, and it was so constructed that when a certain degree of heat exists outside of the body the nerves controlling the involuntary muscles surrounding the pores of the skin would cause them to open, and a portion of the water is allowed to come out and cool the surface. When the body is placed in a certain degree of cold the nerves controlling these openings causes the muscles to contract, and the moisture is retained. You can readily understand why great activity which causes the fires within the body to burn more rapidly will at the same time start the sweat out all over the body, but it does not explain why a man or woman in great mental or physical agony will sweat drops of water when standing or lying perfectly still and in the cold. All of this I could explain to you, but time and space will not permit.

When the system has been weakened no matter whether it is by the dreaded disease of consumption by worry, overwork, or any other cause, the matter in hand now is to cure the night sweats. It can be done in a very direct and inexpensive way. Take a teaspoonful of cayenne pepper, a pint of good white wine (or cider vinegar), mix these together and pour on it a half pint of boiling water. Let it boil down one-half, strain out the pepper, and with this liquid sponge the patient at bedtime all over the body from head to foot, as gently as possible, but so the liquid gets really through the sweatiness and affects the skin. A small sponge or bit of rag can be used for the purpose.

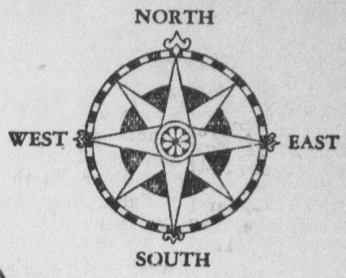
I have seen the night sweats disappear on a single application, but it is well to continue it for three or four evenings, or even repeat five or six times if the relaxation of the skin is not sooner removed. Even if the case is one of greatest weakness this application will greatly refresh, and if at all carefully done cause not the slightest inconvenience.

PUPILS STRIVE FOR ATTENDANCE RECORD

Joseph B. Gabrio, Hazleton, superintendent of the Hazle township public schools, has reported an interesting increase in the number of perfect attendance awards issued during the past seven years.

In 1921-22 the State Department of Public Instruction began to issue perfect attendance certificates. These certificates are distributed by county and district superintendents in districts under their supervision. During the first year that these certificates were issued 178 were awarded to pupils in Hazle township. During the last term 240 were awarded to pupils in this district, an increase of 34.8 per cent. Eighty-three of the pupils who received awards at the close of the school term had been perfect in attendance during some preceding year.

The Mt. Joy Bulletin costs only \$1.50 per year.



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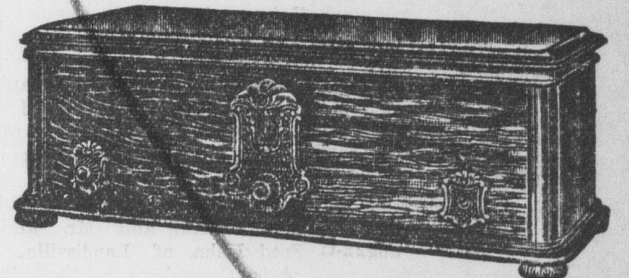
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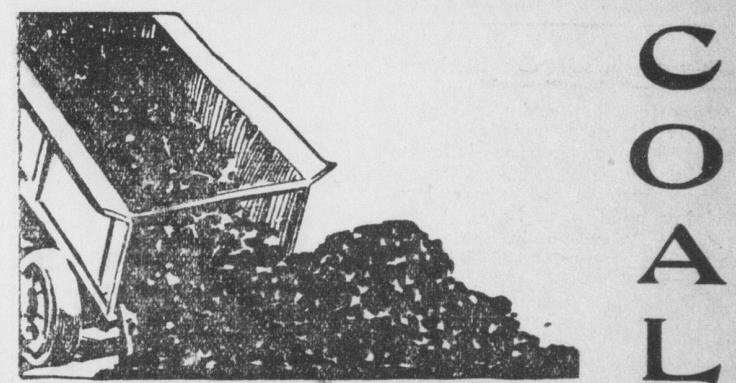
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