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You positively cannot equal this set at its price of \$37.50 with seven A. C. Tubes. Its tone quality will surpass many sets costing much more.

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**RICHARD M. ZOOK**

346 Donegal Springs Road  
Phone 44 MOUNT JOY, PA.

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### About The Future

MAKE IT A RULE of pay day that you will deposit something to the credit of your savings account with us. That's a rule that has made many men rich. You can not possibly keep on adding even small amounts to your credit without showing big results. It is astonishing how these steady, regular additions mount up when interest is added to them.

If You Haven't An Account With Us  
Start One Now

**First National Bank**

Mount Joy, Pa.

Capital \$125,000

Surplus \$229,000

**WRITE NOW!**

For Information Concerning Our Winter Class

**WORK'S DRESSMAKING SCHOOL**

Woolworth Bldg. Lancaster, Penna.

## The Produce and Live Stock Market

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

The Eastern potato markets were dull with a slow demand. Pennsylvania round whites sold at \$1.50 to \$1.75 per 150 pound sack in Pittsburgh, \$1.85 to \$2.00 in Washington, D. C., and at \$1.60 to \$1.65 in Baltimore. Pennsylvania stock brought \$1.10 to \$1.30 per 120 pound sack in Philadelphia with bulk stock bringing \$1.85 to \$2.00 per 180 pounds in New York City. The market at Maine shipping points was steady with Green Mountains quoted at \$1.12 to \$1.22 per 150 pound sack f. o. b. Shipments for the entire country totaled 621, of which Pennsylvania shipped 20 cars, Long Island 43, Maine 106 and Idaho 110, according to the Pennsylvania and Federal Bureau.

Pennsylvania mushrooms met a good demand on the Philadelphia market today and prices ranged from 50c to \$1.50 per 3 pound basket. Sweet potatoes held steady with a slow demand for ordinary stock. Yellow varieties sold at 85c to \$1.00 per 5-8 basket and reds at 85c to \$1.15. Beets sold at 2c to 6c per bunch and carrots at 2c to 4c. Pennsylvania wired celery was steady and sold at 10c to 15c per bunch with a few lots up to 20c.

Parsnips sold at 65c to 85c per 5-8 basket, purple top turnips at 25c to 50c and cabbage at 25c to 50c. The apple market was steady with a good demand for fancy fruit. Delicious sold at 65c to \$1.10 per 5-8 basket, Stayman at 50c to \$1. Paragon at 50c to 90c, Rome at 65c to \$1.00 and Ben Davis at 35c to 50c.

The Philadelphia turkey market was weak. Dealers were forced to make concessions in order to clean up stock on hand. Limited receipts of fancy nearby turkeys sold at 50c per pound, but to move these readily a price of 48c was necessary. Sales of poor quality stock from all sections were reported as low as 30c. Live turkeys showed better clearance than dressed and sold at 40c to 42c.

Fair action on slaughter stock, beef steers and yearlings fully steady with early week's 50c-75c advance, top yearlings \$14. Paid for 104 head 900 lb choice Herefords, numerous sales medium and heavy weights \$12.75-13.00, bulk of sales \$11.25-12.50. Bulls and heifers steady with week's advance. Butcher cows showing better action strong to 25c higher, cutters fully steady, bulk heifers \$10.25-11.50. Bulls \$9.00-10.25, butcher cows \$8-9, cutters \$5-6. Stockers and feeders showing little action, few sales on steady basis, bulk \$9.50-11.25. Calves steady, top vealers \$17.50.

HOGS: Inactive, tending steady.

RECEIPTS: For today's market, cattle 44 cars, 16 Chicago; 9 Canada; 8 Va.; 5 W. Va.; 3 St. Louis; 2 St. Paul; 1 N. Y., containing 11-82 head, 180 trucked in, total cattle 1362 head, 25 calves, 427 hogs, 36 sheep. Receipts for week ending Dec. 1, 1928, cattle 152 cars, 38 Chicago; 29 Va.; 25 St. Paul; 22 Canada; 11 St. Louis; 6 W. Va. 6 Penna.; 5 Buffalo; 3 Kan. City; 3 N. Y.; 2 Iowa; 1 Tenn.; 1 Ind.; 1 Pittsburgh; containing 4217 head, 374 trucked in, total cattle 4591 head, 269 calves, 1519 hogs, 352 sheep. Receipts for corresponding week last year, cattle 138 cars, 58 Canada; 26 St. Paul; 17 Chicago; 14 Va.; 8 Penna.; 4 W. 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, 266 sheep.

Range Of Prices	
STEERS	
Good	\$13.00-14.00
Good	\$13.00-14.00
Good	\$12.75-14.00
Medium	\$11.50-12.75
Common	\$ 9.00-11.50
HEIFERS	
Choice	\$11.50-12.25
Good	\$10.50-11.50
Medium	\$ 9.25-10.50
Common	\$ 7.50-9.25
COWS	
Choice	\$8.00-9.75
Good	\$6.75-8.00
Common & medium	\$5.50-6.75
Low cutter & cutter	\$4.00-5.50
BULKS	
Good and choice (beef)	\$9.75-11.50
Cutter, com. & med.	\$7.25-9.75
FEEDERS AND STOCKERS	
Good and choice	\$10.75-13.00
Common & medium	\$ 7.50-10.75
Good and choice	\$10.50-12.75
Common & medium	\$ 7.25-10.50
VEALERS	
Good and choice	\$15.00-17.50
Medium	\$12.50-15.00
Cull and common	\$ 7.50-12.50
HOGS	
Heavyweights	9.50-10.00
Mediumweights	9.50-10.00
Lightweights	9.25-9.75
Packing sows (rough & smooth)	7.50-9.25
Lancaster Grain and Feed Market	
Selling Price of Feeds	
Barley	\$45.50-46.50 ton
Shorts	45.50-46.50 ton
Hominy	47.00-48.00 ton
Middlings	49.50-50.50 ton

## The Christmas Seal



MULTUM IN PARVO

A Christmas Seal is but a mite When view'd as only one, But as an army it can fight With triumphs match'd by none. Combining with its million mates They utilize their wealth To open wide a thousand gates That lead thro' Hope to Health. Enlisting also in their aid, All help that Science knows, The Great White Plague is met and stay'd, Conclusive record shows. As you exchange your cash for Seals, So they, when promptly sold, Transmute our annual appeals To gifts worth more than gold!

JAMES D. LAW,

The Scottish-American poet-laureate, "Clovenook," Roxborough, Pa.

## USE SEALS TO SAVE CHILDREN URGES STATE SCHOOL HEAD

Dr. John A. H. Keith, Superintendent of Public Instruction in Pennsylvania, has a very deep interest in the health of the children of the state. Concerning the part of the Christmas Seal, in this effort, Dr. Keith says:

"The efforts of the Pennsylvania Tuberculosis Society to stamp out the dreaded White Plague deserve the commendation of every Pennsylvania citizen, and the Christmas Seal sale should receive every possible encouragement."

"This annual campaign means more than the raising of funds. It serves to draw attention to the terrible dangers of tuberculosis and the necessity for the schools and people generally to co-operate in the attempt to eradicate the disease."

"Any campaign for its prevention should begin with children. Not only during the sale of Seals, but throughout the year parents and teachers should urge children to avoid common drinking vessels, unpasteurized milk and companionship with those afflicted with the disease. Sunshine and fresh air are the best preventive agencies. Children should be encouraged to work, play, sleep and rest in the open air as much as possible."

Tuberculosis day in the schools will be observed on Friday, December 14.

## Priceless Cargo

The Pennsylvania Tuberculosis Society and its one hundred affiliated organizations throughout the state sell the Christmas Seals each year to secure funds for their health work. The greater percentage of the funds raised remain in the counties or districts where the Seals are sold.

When looking at one bright little Seal, it is difficult to realize all of the plans and labor that have been put into the production. The first step is the selecting of a design, which is no easy matter. It is drawn to scale and then reduced. This year's argosy of health was the work of John W. Evans, of Brooklyn, a noted artist and woodcut engraver. The colors must be carefully chosen and experimented with in order to produce an attractive looking Seal on such a small piece of paper. After printing the Seals must be perforated, cut, assorted, packed and shipped during July and August in order to provide time for proper distribution.

Many millions of these health ships are going out on the sea of life and they carry a priceless cargo—HEALTH.

## Old Seals Valuable

Former issues of Christmas Seals which originally sold for one cent each are now valued as high as \$10 each. Even the 1927 Seal is quoted at five cents, according to stamp authorities.

The first Seal issued in 1907 is worth \$5 if it is inscribed "Merry Christmas" only, and \$7.50 if it reads "Merry Christmas and Happy New Year."

So far as known there are in Pennsylvania only a couple complete collections of the issues of the Christmas Seal.

## A Health Ship

The Christmas Seal for 1928 shows a Roman galley similar to that used by the early mariners of the Mediterranean Sea in the hunt for gold, gems and other valuables for Rome, Athens, Tyre and Phoenicia. Caesar transported his legions in ships like this.

The Christmas Seal, however, has another mission, for the money is used to prevent the spread of disease and to promote good health.

Her cargo full of countless wealth Of joy and hope and human health.

Linseed	68.50-69.50 ton
Gluten	51.00-52.00 ton
Ground oats	42.00-43.00 ton
Soy bean meal	62.00-63.00 ton
Cottonseed 41%	\$58.50-59.50 ton
Dairy feed 16%	38.50-39.50 ton
Dairy feed 18%	41.50-42.50 ton
Dairy feed 20%	49.00-50.00 ton
Dairy feed 24%	54.50-55.50 ton
Dairy feed 25%	57.00-58.00 ton
Horse Feed 85%	45.00-46.00 ton
Alfalfa (Regular)	43.00-44.00 ton
Alfalfa (Reground)	46.00-47.00 ton

## Home Health Club

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

ANEMIA: I will now continue the instructions for the home treatment of single anemia at the point where we left off last week.

It is unnecessary to say that the blood is not all water but I desire to impress you with the fact that 60 per cent of it is. This fact is encouraging, for water is encouraging, for water is certainly cheap, abundant, and not difficult or disagreeable to take. The method which has proven the most efficient in curing anemia cases is simple—so simple in fact, that only honest family physician will use it; those who love to "look wise and talk doubtful" making out that it is their profound knowledge of Latin and Greek terms and their ability to write a prescription so that even the druggist cannot read it and is therefore forced to put up a harmless preparation of sugar and water—these I say will not use it. They would get no credit for so simple a cure, is their method of reasoning. I think differently. I find the most gratitude in the hearts of those patients to whom the method of cure is explained, and they themselves enabled to help in bringing about the desired results. Therefore, when I explain that fully 70 per cent of the entire body is water, and that 80 per cent of the blood is water, I know that my patient can intelligently apply the following treatment:

Get a supply of pure water and heat it to the same degree as the blood, about 98 degrees or even one or two degrees hotter. This is to be taken in dessert spoonfuls every five minutes by the bloodless patient. Is this plain? You are to take just one dessert spoonful every five minutes; no more, no less. What is the result? Why is the result? Why this water passes slowly but surely into the circulating system. Now this water is largely composed of oxygen and this oxygen is coming into the blood that needs it to give vital force to the failing system. In fact, you might say that the oxygen of this water, so introduced is life itself infused into the poor failing blood. The pure water at this temperature and in such small quantities parts readily with its oxygen and makes the blood take on its living color. No iron is needed, no quinine, no arsenic, nor any other dead inert mineral chemical. But there is something else needed that will continue the good work started in this simple yet scientific manner, and we turn now to two other essential elements—food and air. That the latter must be taken in liberal quantities and of a pure character is patent to all. The breathing should be full and deep at all times especially so while sipping the water, which may be continued for an hour or a day unless the patient is nauseated, and if it should be found agreeable, may be kept up almost indefinitely. The judgment of the patient must be used as to when to begin again.

The food upon which the oxygen of the air and the water is to act must not overburden the stomach, but must be supplied in such quantities and of such materials as to sweeten milk, mixed with an equal strength and not obstruct. Fresh quantity of hot water, and given in tablespoonfuls at intervals of fifteen minutes or half hour, will be sufficient at first, although the quantity may be increased and the time "between meals" lengthened in proportion if desired. And as the patient grows stronger the amount and quantity of food taken may be increased, but the idea is to furnish just enough for the present, to enable the oxygen of the water and the air to act upon it and start the fires of life burning a little more vigorously. This is an easily understood process, and shows us a proportion of really good blood is supplied. By the ingestion of the small supply at sufficient intervals of time to enable the blood to absorb it, the enriching process is carried forward slowly but surely, the patient gradually regains the bright color of health and all through that remarkable and natural remedy, a proper supply of the simple elements required by nature to do her work.

## Pruning Important To Tree

There are two purposes for which the pruning shears and saw are used in the orchard; the first, both in time and importance, is to train the tree to the desired type of framework; the second to maintain that framework in condition to produce the maximum amount of good quality fruit.

## Good Care Necessary

Good feed and plenty of exercise this winter will aid the ewes to produce good lambs next spring.

In order that a public sale, festival, supper, musical or any like event be a success, it must be thoroughly advertised. Try the Bulletin.

Mrs. Jane Mandeville, of Port Crane, N. Y., cast her first vote on her 99th birthday, thereby laying claim to being the oldest new voter in the country.

Consistent and NOT spasmodic advertising always pays best. Each time you stop advertising, the public thinks you quit business.

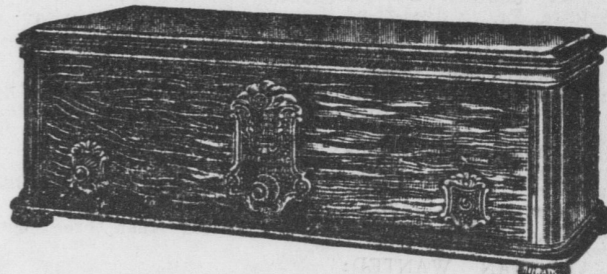
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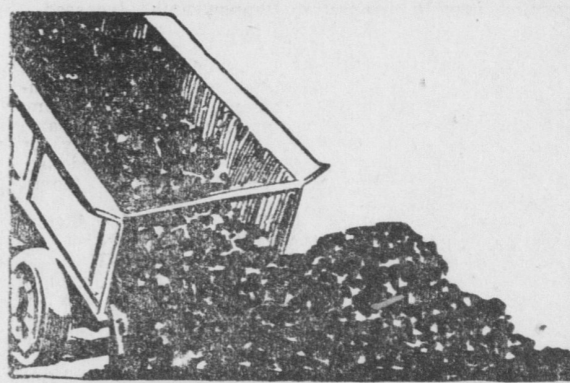


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