

AMERICAN STORES CO. AMERICAN

In the Nearest ASCO Store

You find Tasty Suggestions for your requirements at all Seasons of the year. Particularly at the present time when items applicable to Lent are recommended for your attention.

ASCO or DEL MONTE CALIF. tall can 15c
APRICOTS
Just as delicious as day they were picked.

Gold Seal SPAGHETTI
OR
ASCO Elbow MACARONI
3 Packages 17c

SEASONABLE REMINDERS

- ASCO Fruit Salad tall can 20c
- California Evap. Apricots lb 29c
- Hon-de-Lite Mayonnaise jar 20c
- Gorton's Fresh Mackerel can 23c
- Fancy Norway Mackerel ea. 10c 15c
- Small Imported Sardines can 15c
- Deep Sea Crabmeat can 35c
- ASCO Meatless Sandwich Spread jar 20c
- Broad or Narrow Noodles big pkg 9c
- ASCO Buckwheat 3 pkgs 25c
- ASCO Pancake Flour 3 pkgs 25c
- ASCO Golden Syrup can 10c

HAWAIIAN SLICED tall can 15c
PINEAPPLE
Makes excellent salad.

LIBBY'S ROSE-DALE 3 big cans 50c
PEACHES
Large golden halves.

The presence of our special representatives at the Louella Creameries and other constant supervision has resulted in this Butter being in such tremendous demand —It's regularly excellent.

Louella Butter

The Finest Butter in America

The flavor that delights
Multitudes of particular
Coffee tastes.

Quality and economy are
surely combined in this
generous loaf

ASCO Coffee lb 39c Bread Supreme 8c

Victor Bread Pan Loaf 5c

Santa Clara Prunes 2 lbs. 25c

Big Boy Wheat pkg. 15c Reg 29c Red PITTED can 27c
Cereal For making delicious Cherry Pie.

Swift's Quick Naptha Soap Chips pkg 21c
Chips large pkg 21c; 3 small pkgs 25c
Lifebuoy Health Soap 3 cakes 23c

These Prices Effective in Our MOUNT JOY STORE



Chinese Foods In Cans

It used to be that only dwellers in cities with a Chinese population could enjoy Chinese food. But today anyone can explore the strangely delicious food which the Chinese have perfected during their thousands of years of civilization.

Bamboo shoots, water chestnuts, chow mein noodles, bean sprouts can all be bought in cans. And with a bottle of soy sauce and such other foods as are present in any market, real Chinese foods can be made anywhere.

How to Make Them

Here is the most approved method for making pork chop suey. One-half pound lean pork in strips and add to two table-spoons oil and two table-spoons soy sauce, and sauté gently in minutes in a skillet. Cut celery in narrow strips and chop up onions in thin slices.

Remove the bean sprouts from a can of Sub Kum and set aside to add at the last. Remove the bamboo shoots and water chestnuts from this can and cut in thin slices, then in narrow strips. Add celery, onions, bamboo shoots, water chestnuts and a small piece of ginger root to the skillet together with the juice from the can and two cups soup stock. Cover and cook until celery and onions are tender. Add one tablespoon flour moistened with a little water, cook until slightly thickened, add one tablespoon brown sauce and more soy sauce, if desired. Add the bean sprouts and heat a few minutes. Serve with hot rice. Any other meat can be used instead of pork.

To convert this recipe into chow mein, open a can of chow mein noodles onto a pie pan and put it in the oven to crisp. Arrange the noodles on plates, place the chop suey over and there is chow mein!

The Produce and Live Stock Market

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

The apple market continued dull with prices holding steady. The best fruit met a moderate demand but average offerings moved slowly. Penna. and New Jersey Romes, Stayman, Paragon an Delicious sold mostly at \$1.00 to \$1.75 per bushel while some fancy lots of Delicious and Stayman sold at \$1.85 to \$2.00. Yorks brought \$1.00 to \$1.50 per bushel, according to the Pennsylvania and Federal Bureaus.

The potato market was quiet and the demand was generally slow. Pennsylvania round whites sold at \$1.40 to \$1.50 per 120 pound sack with a few sales at \$1.55. Poter stock sold slowly at \$1.25. Maine Green Mountains sold at \$1.35 per 100 lb. sack. New Jersey red skin white potatoes brought .50 to .50 per 5-8 basket.

The sweet potato market was quiet and the demand was limited. Yellow varieties sold at \$1.00 to \$1.25 per 5-8 basket and reds at \$1.10 to \$1.35. There were a few fancy reds that sold at somewhat higher prices. Nearby rutabagas were steady and sold at \$2.00 to \$2.50 per 100 pound sack. Nearby Savoy cabbage sold at .30 to .85 per bushel.

Beets were steady and fancy stock met a fairly active demand. Prices ranged from .50 to \$1.00 per 6-c basket while carrots sold at \$1.00 to \$1.50. Parsnips sold at .75 to \$1.25 and purple top turnips .20 to .50. The mushroom market was weaker on account of the liberal supply. Most sales ranged from .40 to \$1.00 per 3 pound basket.

MARKET: Beef steers and yearlings showing little action, mid-weeks firmness lost, closing about steady with Mondays market, \$12.50 paid for heavies, top medium weights \$12.25, bulk of sales \$10.50-11.25. Butcher cows active, firm. Bulls, heifers and all cutters steady. Stockers and feeders practically off market. Bulk butcher heifers \$9.50-10.25, sausage bulls \$9.25-10.00, butcher cows \$7.50-8.50, cutters \$4.50-6.00. Calves steady at weeks advance, top vealers \$17.50.

HOGS: Firm, demand light.

RECEIPTS: For todays market, cattle 1 car from Penna; containing 25 head, 348 head trucked in, total cattle 373 head, 42 calves, 190 hogs. Receipts for week ending February 23, 1929, cattle 24 cars, 7 Va; 5 Pa; 3 Chicago; 3 W. Va; 3 Tenn; 2 Md; 1 Mich; containing 582 head, 164 trucked in, total cattle 1546 head, 459 calves, 1789 hogs, 85 sheep. Receipts for corresponding week last year, cattle 25 cars, 9 Pa; 7 Chicago; 3 Va; 2 St. Paul; 1 W. Va; 1 Ind; 1 Md; 1 St. Joe; containing 654 head, 589 trucked in, total cattle 1243 head, 413 calves, 1013 hogs, 107 sheep.

Range of Prices

STEERS	
Good	11.00-12.50
Good	11.00-12.50
Medium	10.00-11.00
Common	8.50-10.00

HEIFERS	
Choice	10.50-11.25
Good	10.00-10.50
Medium	9.25-10.00
Common	7.50-9.25

COWS	
Choice	8.25-9.50
Good	7.00-8.25
Common & medium	6.00-7.00
Low cutter and cutter	3.75-6.00

BULLS	
Good and choice (beef)	9.75-11.00
Cutter, common and med.	7.50-9.75

FEEDERS AND STOCKERS	
Good and Choice	10.00-11.50
Common and med.	7.50-10.00
Good and choice	10.00-11.25
Common and med.	7.25-10.00

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

HOGS	
Heavyweights	11.25-12.00
Mediumweights	11.50-12.00
Lightweights	11.25-12.00
Packing sows (rough and smooth)	8.00-11.25

Lancaster Grain and Feed Market

Selling Price of Feeds	
Bran	41.50-42.50 ton
Shorts	41.50-42.50 ton
Hominy	47.00-48.00 ton
Middlings	45.50-46.50 ton
Linseed	67.00-68.00 ton
Gluten	Not Quoted
Ground oats	46.00-47.00 ton
Soy bean meal	62.00-63.00 ton
Cottonseed 41%	57.00-58.00 ton
Dairy feed 16%	40.00-41.00 ton
Dairy feed 18%	44.00-45.00 ton
Dairy feed 20%	50.00-51.00 ton
Dairy feed 24%	55.00-56.50 ton
Dairy feed 25%	57.00-58.00 ton
Horse feed 85%	49.50-50.50 ton
Alfalfa (regular)	46.50-47.50 ton
Alfalfa (reground)	49.50-50.50 ton

Increase Woodlot Value

To secure the greatest returns, the woodlot must be protected from fire and grazing animals, and a sound system of improvement cutting adopted. Cutting is the only practical method for the stimulation of growth of this type of crop. When the proper practices are put into effect, the timbered part of the farm becomes an asset.

By subscribing for the Mount Joy Bulletin you can get all the local news for less than three cents a week.

When it's job printing you need, anything from a card to a book, we are at your service.

She Was Hunting a Hero

By AD SCHUSTER

(Copyright.)

"I HAVE no objection to your being athletic and independent," Caroline's mother spoke slowly, "but doesn't it strike you that you are intolerant of those who have other tastes?"

"Maybe so," the girl answered lightly. "But this I know. I am going West to the mountains. I am going to see big strong men who fear nothing and who are of a different breed than those I have known. I am going to escape from the sissies and the highbrows and when I come back I—well, maybe I will have entirely reformed."

Caroline, in the mountain cabin, waited for the hero of the open spaces and the first man she saw, other than old Abe Potter, who with his wife owned the retreat, was Leroy Boone. Boone was tall and slender. He wore nose glasses and spoke in a low voice. Except for his woodsman's clothes he looked like a college man. Caroline was disappointed and yet Leroy was the only man within sight.

"I have been waiting to meet a man of the West," she said, giving him one of her best smiles. "I want to learn all about the customs and people."

"It is probable you will find us much like the men of any other place," he was amused at her enthusiasm. "You don't understand. I come from a little town in the East. I am vigorous and independent, in a place where girls are quiet and ladylike and men are studious and timid. I wish to forget books and science, and live with the trees and the hills. When I meet a man I want him to be a miner, hunter, or even a stage robber. Can't you see?"

"The man of the West removed his spectacles, drew out a handkerchief and cleaned the lenses with deliberation.

"They don't rob stages out here any more," he said, "and most of the cowboys have gone in the movies." After a moment of deliberation he added, "Maybe, by hunting long enough, I could scare you up a man whose father had been a cattle-rustler?"

"I see," Caroline was offended. "You do not understand. But if life is so unexciting here why are you in the mountains?"

"I might be a tourist like yourself but I'm not. You see I work for the biological survey."

"Mercy that's a queer thing to have in the hills! It means college education and books; that you are a student and not a real wild westerner after all. I didn't think," she caught herself before confessing she did not think his appearance was promising and continued, "I didn't think it would be so difficult to meet the kind of men I've read about."

When Leroy Boone came by again he brought her a rare flower he had found on the trail and again he smiled oddly when he saw she was not pleased.

"Your western man," he said, "the one you have pictured, would not have picked a flower and carried it so carefully. No—I think he would have been shooting the lights out of a saloon or rescuing a leather-skirted girl from the hands of the villainous foreman of a rival ranch. It's too bad there isn't a motion picture house up here." He went his way, walking leisurely as a man with plenty of time.

"He's angry because I didn't thank him for his flower," Caroline decided. "Well, as soon as he understands I do not wish biological surveyors bringing me posies, I will be better satisfied. I can see plenty of men like him at home." And when she returned to the cabin she said nothing to the Potters of the man who had no place in her picture or scheme.

Several times more the girl met him and at last she admitted to herself there was something in his quiet, almost tolerant manner that attracted her even while it exasperated. But she would not surrender. She had taken the superior attitude and until he proved himself a hero, worthy of his environment, she would continue disdainful. By the time she came to leave they were as well acquainted as the peculiarly strained situation would allow.

"I am sorry you are going," he said, "sorry because I will miss you and because you should stay long enough to get the real values of our West."

Was the man going to propose? And what would she say? Caroline felt suddenly her values had changed and that she was going to miss him. Then came that tantalizing smile and the banter which enraged her.

"If I were the sort you have been looking for I would kidnap you, throw you over a horse and take you to the parson. But as it is, I can only say—"

"Say good-by," finished Caroline and she hastened to the cabin vowing she would be glad to forget this man who had no right to pretend to be of her West.

As Abe Potter drove her over to the station he mentioned Boone. "He works for the biological survey," he said, drawing the words out importantly. "They hires him to hunt mountain lions. Last week he got five in one day!"

For five minutes Caroline was silent. Then timidly she said, "Mr. Potter, turn around and drive me back. I'm going to stay another week."

Sanitation Lowers Mortality

Reports from 117 farmers who brooded 79,000 chicks under a definite sanitation program last year showed an average low loss of 15 per cent through out the growing season. This program included the following clean practices: clean chicks, clean brooder boxes, clean litter, clean brooder boxes, clean ment, and clean College poultry

Home Health Club

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

Canker: The general medical works are silent on the subject of canker, even some of the best encyclopedias do not even mention the trouble, but go at once into the subject of either cancer or ulcers.

Now, I consider the little canker sores which appear frequently in the mouth after a slight cold or even before one knows that a cold has been taken, are something of great importance and should be treated carefully. Of course in itself the canker sores require little if any attention. It is the trouble which causes the canker that must receive attention.

Many years ago a great student and physician who always sought for the cause of sickness, came to the conclusion that canker was the forerunner of cancer and that the predisposing cause was cold. He said that heat was life and cold was death to the living animal. That is a self-evident fact but we don't all look at it the way he did. The fever which is always manifest when one takes cold is simply the reaction, an effort on the part of nature to re-establish normal conditions. The fever should not be subdued by drugs that will decrease the action of the heart, but by the natural means of which I have so fully told you in the Home Health Club Books. First try to secure an even temperature of the entire body and then seek by all possible means to produce perspiration. Foods and herbs that act as a diffusive, throwing the heat to the surface, will more quickly relieve a cold than any other remedy and do it without harm to the system or circulation. You have often noticed the chilly sensation, even when in a very warm room and when the clinical thermometer would tell you that your temperature was one or two degrees above the normal. Well, that is the first stage of a severe cold. When the heat is congested in the center of the body a good big cup full of hot ginger tea or a thorough hot blanket fomentation will open the pores of the skin and throw the heat outward, together with the poisons that have been accumulating, and the cold is at once broken up. Now, however, you must be careful not to get chilled in the cooling process or your next condition is liable to be worse than the first.

About cankers. Well if you will break up the colds promptly the cankers and the fever sores will not appear. One thing I have observed. People who are quite subject to colds, canker, fever sores and hay fever are nearly always fond of salt. They like all their food highly seasoned and put salt on almost every thing they eat. When I put such a patient on a milk and fresh fruit diet, allowing no salted or seasoned foods, they improve rapidly and soon cease to have colds, hay fever or any other ailments. When I cannot induce them to give up the salty foods, I then recommended highly attenuated doses of salt in sugar of milk tablets, called Natrum Muraticum 6X, and the canker sores and the fever sores disappear. They come again along with the hay fever but are readily conquered by the same means. Get at the first cause, reduce the salt, cure the congestion and the cold, canker and other symptoms will not trouble you.

C. S. FRANK'S SALE LIST For 1929

Thursday, February 28 — Near Columbia, stock and implements by B. E. Forrey.

Friday, March 1—Near Hossler's Church, Reuben Nissley.

Saturday, March 2—At 7.30 P. M. Bulletin Office, real estate by Jacob Brown estate.

Saturday, March 2—Near Salunga, live stock and implements. Fred Daugh.

Monday, March 4—Near Hossler's Church, stock, implements and real estate by Stephen Heisey.

Tuesday, March 5—Near Sporting Hill, stock and implements by Barbara Nissley estate.

Wednesday, March 6—Near Marietta, stock and implements by Geo. Barkley.

Thursday, March 7—Near Florin stock and implements by John Newcomer.

Saturday, March 9—Near Marietta stock and implements by Marvin S. Arnold.

Monday, March 11—Near Donegal Springs, stock and implements by Frank Reapsome.

Tuesday, March 12—Near Union School, stock and implements by Charles Beaton.

Wednesday, March 13—Near Salunga, stock and implements by Reuben Shearer.

Thursday, March 14—Near Newtown, stock and implements by Clinton Eby.

Friday, March 15—Near Marietta, stock and implements by B. F. Helstead estate.

Saturday, March 16—Near Columbia, stock and implements by Wesley Miller.

Thursday, March 21—Near Newtown, stock and implements by Albert Greenawalt.

Saturday, March 23—Near Florin stock and implements by John Eshleman.

Friday, March 29—Near Mt. Joy Community Sale by C. S. Frank & Bro.

PENNSYLVANIA HAS ARMY OF GUM CHEWERS

Pennsylvania spends \$8,730,000 yearly for chewing gum, according to figures compiled here.

If all the sticks consumed during a year's time were laid end to end, they would make a strip more than 11,335 miles long.

OUR SERVICE

Organized for the Service of the People--

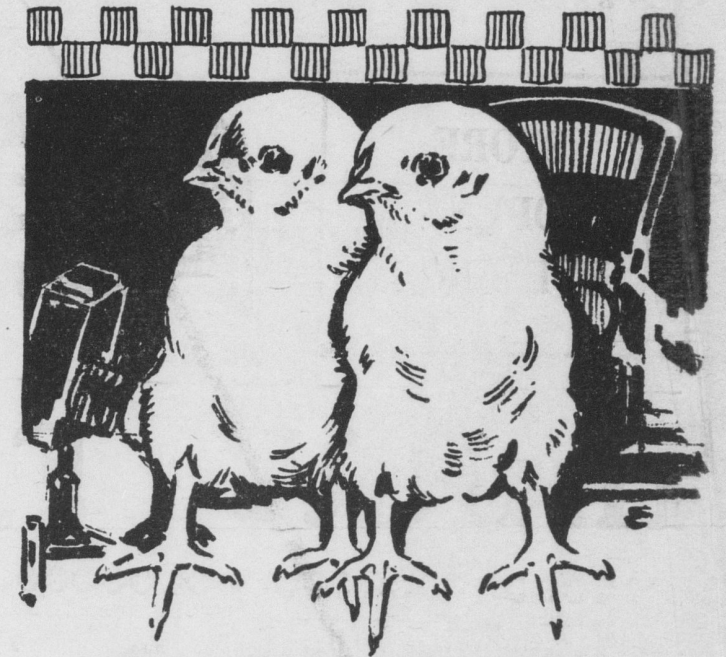
This bank takes pride in its record of helpfulness to individuals and business concerns, and continues to extend to all a cordial invitation to let us work with them in the up-building of this community and the furtherance of the prosperity of our people.

"No Account Too Large-- None Too Small"

First National Bank

Mount Joy, Pa.

Capital \$125,000 Surplus and Profits \$255,000



Ready to Grow!

WHEN you feed your chicks Purina Chick Startena expect them to live... expect 15 to 20% greater growth than ever before... expect them to reach maturity earlier... at a lower cost per chick.

Purina has the chemists and biological laboratory to test and prove what's good for chicks. Purina has the experimental farm to test Poultry Chows practically. Purina has the machinery to mix Poultry Chows uniformly. Purina has 35 years of feed manufacturing experience.

That's why we join more than 2,500 hatcheries in saying, "Start your chicks on Purina... keep them on Purina all the way through." They'll live... they'll grow... and lay early. Get your Purina today.



Coal and Other Purina Feeds

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MOUNT JOY, PENNA.

CLARENCE SCHOCK MOUNT JOY, PA.

WE ASK PATRONAGE WE GIVE SERVICE
LUMBER-COAL

Garden Spot Tea Room

HARRY THOMAS, Propr.

Every Thursday Evening there will be a competent instructor present to instruct all who want to learn to dance.

REGULAR DANCING EVERY FRIDAY EVENING

Music by a Good Orchestra

We Invite You to Attend