



Excellent Quality Consistent Savings!

You are sure of getting both when you trade in your nearest ASCO Store. And you have the added advantage of Satisfaction or money back with ASCO as your service.

It Pays to Shop Where Quality Counts and Your Money Goes Furthest!

Reg. 17c Best Pink Salmon 2 tall cans 29c For Salads, Sandwiches, Croquettes.

ASCO Finest Crushed Country Gentleman or Golden Bantam SUGAR CORN 2 cans 29c

With that "Fresh from Cob" Flavor.

ASCO Buckwheat or Pancake Flour 2 pkgs 15c Hot cakes in a jiffy!

ASCO Table Syrup can 9c

ASCO Tuberculin Tested EVAP. MILK can 5c 10c Improves the flavor of Tea, Coffee, etc



ASCO COFFEE lb 29c The secret of a successful meal! Try it!

Victor Blend Coffee lb 25c A mild blend—preferred by many.

Acme Brand Coffee lb tin 35c A heavier bodied, exquisite flavor, blend!

Timely Needs at Right Prices!

- ASCO Tiny June Peas can 23c
- Campbell's Beans with Pork 3 cans 25c
- ASCO Mixed Vegetables can 10c
- ASCO Finest Maryland Tomatoes . . big can 20c
- Farmdale Evaporated Milk 3 tall cans 25c
- ASCO Corn Flakes 3 pkgs 20c

- Reg. 25c Fancy Calif. Evap. PEACHES 2 lbs. 45c Big fruit, fine flavor
- Reg. 19c Gold Seal jar 15c Salad Dressing
- Reg. 14c 2 cans 25c Bab-O
- Reg. 5c Gold Dust 3 pkgs 10c POWDER

- Reg. 5c Babbitt's 3 cans 10c CLEANSER
- F & G Naphtha 4 cakes 17c SOAP
- IVORY big pkg 23c Soap Flakes
- Reg. 18c Vandyk's Pitted DATES pkg 15c
- Victor Bread Big Pan Loaf 5c

Reg. 18c Vandyk's Pitted DATES pkg 15c

You are always welcome in the Stores Where Quality Counts Come in, look around, whether you wish to purchase or not.

These Prices Effective in Our MOUNT JOY STORE

MOLASSES FEED MIXING

WE HAVE RECENTLY INSTALLED A MIRACLE PROCESS MOLASSES MIXING MACHINE. NOW WE CAN MIX ANY FORMULA YOU WANT AND ADD MOLASSES TO IT. GIVE US A TRIAL.

WE ARE ALSO IN A POSITION TO SELL MOLASSES IN ANY QUANTITY.

WOLGEMUTH BROS., FLORIN, PA.

Phones: 151R4 and 57R6

July 31st

CLARENCE SCHOCK MOUNT JOY, PA.

WE ASK PATRONAGE WE GIVE SERVICE

LUMBER-COAL

PRODUCE & LIVE STOCK MARKET

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

Market: Slow, beef steers and hogs to 25c lower than week ago, better grades showing a maximum decline, top \$12.60, average weight 1300 pounds, bulk of sales \$11.00-11.75. Bulls, she stock and cutters unchanged, bulk beef bulls \$9.50-10.50, fat heifers \$10.50-11.25, butcher cows \$7.75-8.50, cutters \$4.50-6.00. Stockers and feeders scarce, steady, most sales \$9.50-10.25. Calves strong to 50c higher, top vealers \$18.00.

Hogs: Strong to 25c higher, top 160-200 lbs. weights \$11.75. Receipts: For today's market, cattle 4 cars, 2 Md.; 1 Tenn.; 1 Mich.; containing 99 head, 20 head trucked in, total cattle 419 head, 52 calves, 360 hogs, 25 sheep. Receipts for week ending January 25, 1930: Cattle 51 cars, 18 Va.; 14 Chicago; 4 Penna. 4 St. Paul; 3 Md.; 2 Texas; 2 Mich.; 1 W. Va.; 1 Canada; 1 Tenn.; 1 Omaha; containing 1198 head, 849 head trucked in, total cattle 2047 head, 603 calves, 1843 hogs, 32 sheep. Receipts for corresponding week last year, cattle 33 cars, 10 Virginia; 9 Chicago; 6 Penna.; 2 Kansas City; 1 St. Paul; 1 W. Virginia; 1 Tenn.; 1 Indiana; 1 Michigan; 1 Illinois; containing 839 head, 572 trucked in, total cattle 1411 head, 383 calves, 1507 hogs, 107 sheep.

Range of Prices

STEERS	
Good	\$12.00-13.00
Good	12.00-13.00
Medium	11.25-12.00
Common	8.50-11.25

HEIFERS	
Choice	10.50-11.50
Good	9.75-10.50
Medium	8.75-9.75
Common	7.75-8.75

COWS	
Choice	8.50-9.50
Good	7.50-8.50
Common & medium	6.50-7.50
Low cutter and cutter	4.00-6.50

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

FEEDERS AND STOCKERS	
Good and choice	\$9.75-11.75
Common and medium	7.25-9.75
Good and choice	9.50-11.50
Common and medium	7.00-9.50

VEALERS	
Good and choice	15.50-18.00
Medium	13.00-15.50
Cull and common	8.00-13.00

HOGS	
Heavyweights	\$11.00-11.50
Mediumweights	11.25-11.75
Lightweights	11.25-11.75
Packing sows (rough and smooth)	8.00-11.00

Lancaster Grain and Feed Market

Selling Price of Feeds	
Bran	\$39.00-40.00 ton
Shorts	39.00-40.00 ton
Hominy	42.00-43.00 ton
Middlings	44.00-45.00 ton
Linseed	62.00-63.00 ton
Gluten	47.50-48.50 ton
Ground Oats	42.00-43.00 ton
Soy Bean Meal	47.00-48.00 ton
Hog Meal	49.00-50.00 ton
Cottonseed 41%	\$48.00-49.00 ton
Dairy Feed 16%	41.00-42.00 ton
Dairy Feed 18%	43.00-44.00 ton
Dairy Feed 20%	46.50-47.50 ton
Horse Feed 85%	46.50-47.50 ton
Dairy Feed 24%	49.50-50.50 ton
Horse Feed 85%	51.00-52.00 ton
Alfalfa (Regular)	42.00-43.00 ton
Alfalfa (Reground)	45.00-46.00 ton

Livestock badly infested with ear ticks may die in late winter or early spring if not treated now. The best remedy is a mixture of 2 parts pine tar and 1 part cottonseed oil, applied with a syringe. No more should be applied than will stay in the ear. If the ear passage contains hard masses of ticks and ear wax, they should be scraped out before treatment. Usually one application of the pine tar and cottonseed oil is enough, if the stock are kept away from places infested with ear ticks. These parasites not only cause wounds in the ears, but suck the animals' blood, causing lowered vitality, loss of weight, unthriftiness, and, in dairy cows, lessening of the milk flow.

Pick Good Garden Site A well planned and conveniently located home garden will insure a good start, at least, toward providing the family with an adequate supply of different kinds of vegetables during the entire year. In choosing the location, pick a well-drained soil, mellow and loamy in texture.

Force Early Flowers Cut branches of any early flowering shrubs, such as pussy willow, golden bell, witch hazel, and early honeysuckle, will flower if placed in jars of water in a warm room. Later, cherry and apple can be forced.

The low tariff advocate's idea of helping the farmer is to lower the rates, close the American factories and so decrease the buying power of the best paid people in the world

The best relief a farmer can have is three or four husky sons who are willing to stay on the farm.

Don't miss Dollar Day at Mount Joy, Friday, Jan. 31.

HEALTH TALK

WRITTEN BY DR. THEODORE B. APPEL, SECRETARY OF HEALTH

"Everyone is familiar with the old adage, 'The early bird catches the worm.' And everyone is equally familiar with the famous dialogue which makes light of the worm in the humorous words of 'who wants the worm anyway?' But in this connection humor is one thing and cold fact quite another," said Dr. Theodore B. Appel, Secretary of Health.

"Despite the laugh provoking slur on the early bird, he plays an important part in the life of man. And he could play a vastly more useful one if his characteristics were more generally emulated."

"People for some odd reason fail to appreciate that diseases have beginnings like everything else. Consequently, they wait until afflictions are noticeably present before doing anything about them—which frequently is too late to stop their devastating work. It should be realized that the early bird attitude regarding human ailments is just as effective in obtaining results—and incidentally just as hard on the worm as in the actual case of the early bird and the worm. However, this attitude to be effective must be put into practice diligently."

"For example, the best way to defeat typhoid fever is not to have it. The consistent use of pasteurized milk or raw milk from tuberculin tested cows, as well as the consumption of water from approved supplies only, catches the worm of typhoid before it gets into the system. Cancer of every type, to cite another instance, is always small before it is large, is local before it is general, is nearly always operable before it is inoperable. Consequently if the diagnosis of cancer is made early one gets the worm—and so far as this particular malady is concerned, the early bird lives to a ripe old age instead of dying an early and painful death."

"Again, the heart—the most long-suffering organ in the body—will continue to function without conscious difficulty long after it has become impaired. The early bird who takes his heart to the doctor for an annual examination will catch the worm of insidious disease, eliminate the causes of its growth, and in many instances arrest the condition, thus making possible happy, long life."

"Indeed, the entire health problem, so far as the individual is concerned, involves the development of the early bird attitude toward disease. Medical science has reached such a stage of diagnostic achievement that it can locate conditions that eventually will cause illness, pain and death long before the individual has the slightest inkling that trouble exists. But medical science must be given a chance, which chance it frequently does not get."

"It is a wrong idea to imagine that because you have no conscious symptoms you are free from disease. In many instances such a conclusion will be correct, but in others, amounting to the hundreds of thousands in the aggregate, the opposite will be the fact."

"It follows therefore that in this, the early part of 1930, it behooves everyone to develop and practice the early bird attitude. Get the worm before the worm gets you. It is one of the outstanding secrets of healthy, happy and lengthy life."

"Many people are very susceptible to fads. They do not appear to be happy unless they are personally indulging in the new ideas of the moment. And this, no matter whether it be a philosophy of life, style of dress or an ultra-modern social custom. This type of person is of course an extremist. But there are many others who, while not indulging generally in fads, single out a particular one and ride it to death. One of the most popular of these hobbies relates to food," said Dr. Theodore B. Appel, Secretary of Health.

"A recent investigation indicates that literally hundreds of thousands of men and women for no reason at all have adopted one of the many 'specialties' offered by food 'experts' in the belief that a particular diet or type of food will develop or maintain health and produce longevity, no matter how healthy they may have been before their attention was called to it."

"These people forget that we are living in a highly productive age, that the producers and retailers of food commodities by way of high powered advertisements naturally emphasize every factor that will aid in a sale, and that the advantage-to-health appeal has been invoked with telling commercial success."

"And while undoubtedly there is truth in all the claims, it must be remembered that no food or type of food has a corner on the health market. Moreover, the average man or woman enjoying good health does not require any specialization. The human system needs, or at least utilizes to its benefit, all provender safe for use, extracting therefrom the essential requirements to continue life."

"Speaking generally, unless one is ill, quite overweight or markedly underweight, the necessity of special foods and diets is not indicated. To become a faddist because advertisement total the life and health giving qualities of this and

PENNSYLVANIA DUTCH

What Shilkey Bumblebeek Has To Say This Week



Ees doot mere gons fun hartza laid tsu mention desmohl os my gooter freind, der Johnny Honnaberger, orick in droovel is ollawell. Si fraw is g'shtarva em ledshita Somsdhawg, un de leicht wore em Moondawg, un shier oll de leit doh om Barrick hen gattend. Se wore gronk yusht a pawr dawg. Der Porra Mohler hut de leicht bredlich gadoo, un der Sam Schritzler wore der fore-singer un es leitshet leedly os z'g'bunga hen wore, won ich net lets bin, os

"Olla menscha missa shtarva, Un olla uxa fressa hoy." Ich bin net sure eb des de exacta wordita sin, awver es wore anyhow ebbes waega hoy, derwawe we der porra es ous gevva hut.

Awver wore ich sawga will is des os se anes fun da beshta un shmartshita wiver wore om gonsa barrick, far se wore olsfart bissy, un hut ganunk geld fardeened mit hardt shoffa os se de gons familia enaered hut. Se hut de wesch awert g'shuffed far silva odder ocht familia. Shier olla morga hut se ols wesch g'someled un hut se dahame ga-wesha, un sella waik hut se aw g'weet aucht gevva kenna uff de kinner un oll de house arawert shoffa derby. Der Johnny hut mer uftmohls g'sawt os se olla wuch ols fun dri his fier dawler fardeened hut. Awver era dote is now harot uff der Johnny. Ich hob geshter owvet mit eme gswetzted un are hut mere g'sawt are wist now net woss tsu do wile are nemond het far one un si familia tsu enara, un wos eme bong is is os are now nuch g' selver shoffa muss un geld fardeena Ich hob eme g'sawt art set broveera de kinner nows tsu do unner fremme leit, far es sin yusht dri—de Sally, shunt farzae yohr oldt un shmart ganunk far era laeva tsu fadeena, un der Billy is elf yohr oldt un con aw shunt nine yohr oldt, un wile se so en fines maidly is hut es leit ganunk os willins sin se tsu nemma un se uff tzeega. "Yaw," hut der Johnny g'sawt, "awver kwe is es mit mere selver? Om end muss ich now selver ons shoffa gae, anyhow ganunk os my kusht un glaider fardeena." Un are hut aw g'hind os won es mere aw so happena daid os de Polly shtarava daid don ware es aw ordlich hardt uff mich. Sell is aw so, won ich es aw selver sawga muss.

Es hut wiver blendy iverall, un mer con dri wiver greeda eb ae maud, awver eelly os shmartit ganunk sin ame si laeva fardeena, der waag we em Johnny si fraw gadoo hut un we de Polly doot far mich, sin ordlich rore heitza dawgs. Ich will anyhow net hauffa os es mere gait we em Johnny, anyhow net bis ich un der Bixler unner bully A No. 1 First National Bank im gong hen de Betz Grill hut awver ebbes g'sawt os mich net suit. So hut mer anyhow der Bill Biffemeyer g'sawt. Se hut g'sawt os de aurem dote fraw now feel besser ob is os se wore, wile se de gons tzeit fowlensler der Johnny Honnaberger, enara hut missa, usht exactly we de Polly seller farusfa Gottlieb Boonastiel enared. Un now geb ich aw notice os es arshet mohl os ich widder in de shdott gae roof ich aw beim lawyer un do en sasherashers rows nemma un do de Betz reshta lussa beim shreef un no muss se es broofa os ich en farsuffner loadle bin. Ich con's broofa mit em Hullerheck os sell en leek is, wile ich tsu sawga nee nix shtarickers drink os keffer-bree ous der schwartzta budde, mitout ich bin in coombany odder by mer selver.

Astronomers during the past several nights have been on the lookout for falling stars and shooting stars. We would think that the best place for this would be in the vicinity of Hollywood.

The way of the transgressor is one way, but there are other ways.

Dollar Day at Mount Joy, Friday, Jan. 31.

It's a poor rule that refuses to work either way.

that, is an altogether unnecessary performance."

"On the other hand, it is a wise thing to give serious attention to the food question from other angles. A well balanced diet of meat, vegetables, milk in some form and roughage, plus a regulation of the quantity eaten, is much more important to health and happiness than becoming specialized on a certain exploited commodity."

"With sufficient exercise each day, with due attention and proper regard for mid-meal appetite wreckers and a general use of all types of food the body, unless ill, will respond magnificently and will do its job better and longer than if treated with unrequired specialization. Therefore, separate your stomach from fads."



- 2—1929 FORD TUDOR SEDANS Like New
- 1929 FORD ROADSTER With or Without Rumble Seat
- 1928 TUDOR FORD SEDAN
- 1928 FORD PHAETON
- 1926 TUDORS AND COUPES
- 1927 AND 1926 FORD ROADSTERS With or Without Slipon Bodies
- 1924 AND 1925 COUPES & TUDOR SEDANS
- 1926 STUDEBAKER SEDAN Good Condition
- 1924 BUICK TOURING
- 1924 GARDENER SEDAN, CHEAP
- 1927 CHEVROLET COACH Very Good
- MAXWELL COACH, CHEAP
- OVERLAND TOURING, CHEAP
- FORD TOURINGS, ROADSTERS & COUPES

Clarence S. Newcomer Phone 200 MOUNT JOY, PA.

YOUNG'S TIRE SHOP

East Main Street MOUNT JOY, PENNA.

County Distributor for

Dayton Tires

Also Dealer In

Sparton, Zenith and Temple Radios

SPECIALS FOR THIS WEEK

A One-lb. Jar of PRINCE ALBERT SMOKING TOBACCO This Week \$1.00, Fresh Stock

2 Lbs. Best Grade BIRD EGGS 25c

Best Grade COCOANUT CREAM EGGS 20c Lb.

FRESH PEANUT AND RAISIN CLUSTERS 29c per Pound

2 Pounds CHOCOLATE CREAM DROPS 25c

TOM THUMB MIXTURE, Special at 20c Pound

Many Other Candies Reduced to make room for Easter Goods

H. A. DARRENKAMP 3 Doors East of Post Office MOUNT JOY, PA.

SPECIAL \$1.00

Venetian Style Wall Mirrors

DON W. GORRECHT—JEWELER

PLUMBING and HEATING

Also All Kinds Repair Work PROMPT SERVICE PRICES REASONABLE

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