

Hitt and Runn—Like Most of Us Hitt Had His Opportunities—However, Something Happened! —BY HITT



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HOME HEALTH CLUB

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

Periodical Examinations:— At least once every year all good business men make an inventory of all of their merchandise and other assets and thus they go carefully over their accounts, so they may know what part of their business has been profitable and had a healthy growth, and what part of it was weak, sickly and unprofitable. Now you may say that all business men do not do this, but simply continue from year to year and never think of an inventory. I still maintain that I am right in saying "all good business men." There are men that conduct stores and are in other kinds of business, but their methods and ultimate failure proves that they are not good business men because they do not observe the practical laws of business and the result is failure.

The most successful business men know at the close of each day just what their receipts and disbursements have been and a complete balance of their books is made daily, weekly or monthly according to the nature of their business. A little trouble, it is true, some expense also, but always prepared for changing market conditions are such men and they at once can cast out or discontinue any item that shows a steady loss and they can increase those departments that show the greatest gain.

Profits, gold, property; more than enough are the incentives that lead men to toil early and late, to take risks, even of life itself and to expose the body to almost unbelievable hardships and yet in the ultimate analysis of their efforts is the care of their body. Of this, however, they seem to lose sight. The gold or property becomes the object sought and yet it is without value when the body is destroyed in attaining. The power to enjoy wealth is lost with the loss of health. The only object of wealth is to afford pleasure to its possessor, but so many people destroy their capacity for pleasure in their mad efforts to secure wealth, while the sensible or real business plan is to enjoy to the fullest possible extent each passing moment. Today, right now, is the only time that you have on earth in this physical body, yesterday is gone forever, you can through memory recall and again enjoy its happiness, its troubles and sufferings are forgotten by sensible humans. Of tomorrow you know nothing, it never comes. It is always today and the sensible person with wise business instincts will take stock of his physical assets today.

For many years the Home Health Club has advised its readers to consult a reliable physician and have an analysis of their urine made every three months. The honest family physician has the same relative position to the condition of your health that the expert bookkeeper has to the financial condition of the business man. If the bookkeeper is not allowed to keep his accounts balanced up frequently, he will have a long hard job to complete his trial balance at the end of the year, then he may find the losses so great that bankruptcy is inevitable. The family physician who is not allowed to examine his patients until they are sick may find a job that will take weeks or months of hard work on his part and much suffering and expense for his patient to restore him to health and it may be too late. An analysis of the urine quarterly or semi-annually may enable the doctor to give you timely warning that may save you weeks of sickness, suffering and expense.

I recall the case of a retired merchant in a small Western town. His family doctor was quite old and did not believe in "these new-fangled notions" and made no analysis of urine and as the business man was a member of the Home Health Club and proposed to keep well and enjoy the wealth he had accumulated, he sent a sample of urine to me every three months with a statement of his condition. He was alright for a couple of years and then I found sugar in the urine. Of course I sent at once for another sample as a single test proves nothing. Again I found sugar and then I sent post haste for the man himself and after a long and careful examination, I found the cause and removed it. Then I directed a careful course of diet and he was soon in normal condition. Had the sugar not been found for another three months or six months it might be a different story.

I have found many a poor business woman, or rather women, trying to carry on the business of

DISCOVERED LARGEST STILL EVER FOUND IN PENNA.

Federal prohibition agents say the huge alcohol manufacturing plant seized in Bern Township near Reading was the largest capture of an illegal distillery ever made in Eastern Pennsylvania.

The agents confiscated three 75,000 gallon stills, eight 12,000 gallon vats filled with mash and thousands of dollars worth of liquor and other manufacturing equipment. The seizure was made in a barn near Van Reed's paper mill.

The records taken in the raids, prohibition officials said, revealed the plant turned out 900 gallons of alcohol daily. Approximately 2,000 gallons of pure grain alcohol was seized in an underground storehouse near the barn. A skirmish with the attendants took place before the raid during which several shots were fired but no one was wounded.

Clean Seed on the Land

Clean seed sown on clean land is the best way to control the nematode disease of wheat and rye. Clean seed should be secured from some farm on which the disease has not occurred. This disease may be recognized in threshed grain by the hard galls each of which contains thousands of the nematodes. These dark colored galls are often mistaken for weed seeds or other impurities, says the U. S. Department of Agriculture. The chief way of spreading the disease is by the galls in seed grain. The salt brine method is not to be recommended except in certain cases. Neither is the hot water treatment always practical for the average farmer. The main point to be emphasized is clean seed on clean land. Usually clean seed is more easily secured by purchase than by any method of treating the infested seed. Land that has produced a crop of infested grain should be sown to crops other than wheat, rye, emmer, or spelt for at least a year, which is long enough to starve the nematodes in the soil. Though the nematode disease has been reported from only six States—Maryland, Virginia, West Virginia, North Carolina, South Carolina and Georgia—it is gradually spreading and is probably present elsewhere in the United States. Every precaution should be taken to prevent its spread, says the Department of Agriculture.

Plow under The Bollworms

Of the various means that have been tried in combating the cotton bollworm, plowing in late fall or winter is the most important. The worms overwinter as pupae from 4 to 6 inches below the surface of the ground. It has been found that breaking up the cells in which the insects are spending the winter results in the destruction of practically every pupa. Aside from destroying the bollworm, fall and winter plowing is a good cultural practice. The bollworm, which is known by various names and which attacks corn, tomatoes, tobacco, and other crops as well as cotton, should not be confused with the pink bollworm of cotton. More information on the bollworm as a cotton pest can be found in Farmers' Bulletin 1595-F, The Bollworm or Corn Ear Worm as a Cotton Pest. This publication can be obtained from the U. S. Department of Agriculture, Washington, D. C.

FARM CALENDAR

Buy Seed Carefully
Owing to the good crop of red clover seed produced in the country last year, prices are lower than usual. Farmers are urged, however, to buy from reliable seedsmen or to have a good-sized sample of the prospective purchase analyzed for impurities and tested for germination by the State Department of Agriculture before buying.

Plan for Next State Show

With the 1930 State Farm Products Show now passed into history, many farm groups already are planning for participation in the 1931 event which will be held in the new building now being erected by the State. Larger premium lists are under consideration to fit the expected increased size of the show.

Five airplanes are operated by the Swedish Red Cross for transporting physicians and medicines to remote points.

Managing a home who would save \$2 by doing a big family washing and then just as regularly, pay the doctor \$3 to help them get over the effects. Wouldn't it be better to pay the laundry man \$2 or even \$4 and keep well than to pay the doctor to help you get well?

Let me help you to keep well.

TWO WOMEN, EACH 100 YEARS OLD

(From page 1)

fortably and as easily as women 40 years their junior, and each is able to see well without glasses. The hearing of both women is impaired slightly, but otherwise one would scarcely suspect that they had seen a century come and go.

One has never married but has cared for the children of hundreds of persons in school work that covered more than a half century of her life, while the other married at the age of 16 in her native Poland, gave birth to 12 children and reared 10 of them.

Saw Three Wars in Europe

One heard the canonading at Antietam and Gettysburg, and lived through the stirring days of the Mexican and world wars, while the other saw the cruelties of three great wars that swept Poland before she followed her sons to America in 1890.

Mrs. Wademan's husband and oldest son fought six years in the Turkish war, and because of the suffering she knew they endured, she helped her younger sons to slip out of their country to stow away for America, where no compulsory military service was required.

One of First Women Teachers

Miss Harn has given much time to fighting for public causes such as suffrage, prohibition and better educational advantages for women and children.

Neither has had any critical illness.

Miss Harn was born in Barbara Fritchie's home country, Frederick county, Maryland, in a home made poor by losses suffered in the war of 1812. She was educated in a girls' seminary at Mount Joy, Pa., and she taught there for two years before she was granted the privilege of teaching in the public schools, one of the first women teachers in free schools in this country.

She was a member of the original teaching force in the public schools of Minneapolis when that town was four years old and had a population of less than four thousand.

Taught in Six States

She taught in six different states—Pennsylvania, Maryland, West Virginia, Ohio, Minnesota and Nebraska—teaching in this state for a number of years in and near the town of Kenesaw.

Ellen Harn's step is still brisk and springy, and her mind is active and alert. Her eyes are bright and they miss little that is going on about her either in their immediate vicinity or in the world around. She can talk equally well on current subjects and on the things that happened in her youth, and it is seldom that the most minute detail varies in her stories.

Mrs. Wademan was born in Warsaw, October 15, 1829, one of six children. She was married when sixteen.

With her husband and four of their children, Mrs. Wademan came to America in 1890 and settled in Webster county about seven miles southwest of Blue Hill, where they resided until Mr. Wademan's death in 1914. They had been married 69 years, and he was 89 years old. Her oldest living child is 82 years old now.

To See First Movie

For the past six years, Mrs. Wademan has resided with her son, Ferdinand, and his family, three and a half miles southwest of Blue Hill.

She will attend her first movie on her birthday next Tuesday when the manager of a theatre in Blue Hill will give a party in her honor.

Mrs. Wademan's life has taught her stoicism and courage. Her second youngest son, Louis, 56, died in California a month ago following an accident, and the family refrained from telling her for fear the shock would be too great for her years.

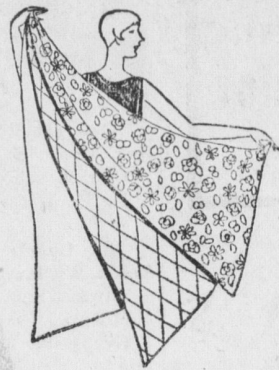
Takes News Without Tears

Finally, when they did break the news to her, after she had spoken repeatedly of missing his letters, she sat in thought, her head bowed for a little while, and then as though she had communed with the Great Comforter, said: "He is better off than we." Her eyes remained dry. She had not seen him for 14 years.

Mrs. Wademan has six of her 12 children, left—Mrs. Pauline Kirsch, 82, Blue Hill; David, 73, Blue Hill; William, 67, Luseland, Sask., Canada; Mrs. Minnie Comontofski, 64, Long Branch, Cal.; Ferdinand, 59, Blue Hill, and Fred, 50, Long Beach, Cal.

Mrs. Comontofski and Fred are with their mother to help her celebrate her anniversary.

In addition to the children, she has 72 grandchildren and 41 great-grandchildren.



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