



### Enjoy the Advantages

which will be yours when you trade regularly at your neighborhood ASCO Store. Think of being able to purchase Highest Quality Foods and Table Needs in Season, at prices which show consistent savings!

**IT PAYS TO TRADE WHERE QUALITY COUNTS**

**ASCO Tuberculin Tested Evap. Milk 3 tall cans 25c : 6 small cans 25c**  
Rich Milk from Tuberculin Tested Cows.

**Salada Tea 1-4 lb pkg 24c**

**Octagon Laundry Soap 3 med. cakes 10c**  
Save the coupons.

**Reg. 25c ASCO Pure Vanilla Extract bottle 19c**

**Snider's Sliced Red Beets glass jar 17c**

**Refreshing! Weekly Specials**

\*Reg. 5c Lord Baltimore **BEVERAGES 3 bots 10c**

\*ASCO **Ginger Ale 3 pt. bots. 25c**

\*Rob Roy Pale Dry **Ginger Ale 3 bots 25c**

ASCO Pure **Grape Juice pt. bot. 19c**  
\* Plus bottle deposit.

**4 cakes Sweetheart Soap and 1 pkg Blue Streak Steel Wool } Both For 25c**

Best Quality and Biggest Value for your money  
**Bread Supreme Large Wrapped Loaf 8c**

**Victor Bread Big Pan Loaf 5c**

**Handi-roll Steel Wool 2 pkgs 15c**

**Reg. Majestic Horse Radish MUSTARD 2 jars 25c**

**Reg. 5c Babbitt's or Kansas CLEANSER 3 cans 10c**

**N. B. C. Fandango Cakes lb 25c**

**Princess Jellies 3 tumblers 25c**

Save Twelve Cents!  
**One 25c Pkg Campfire Marshmallows and One 10c Can Mal-O-Whip } Both For 23c**

Where else but in an ASCO Store can you find such High Quality Foods and Table Needs at such modest prices? Take note of your savings on your regular ASCO purchases.

These Prices Effective in Our MOUNT JOY STORE

### PRODUCE & LIVE STOCK MARKET

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

Strawberries were in light supply and under a good demand. The market was stronger especially on fancy stock. New Jersey stock sold at 2.50-6.50 according to quality for 32 qt. crate, while most Penna. Stock brought 4.00-6.50 with some exceptional lots as high as 9.50 according to the Pennsylvania Bureau of Markets and the U. S. Market News Service.

New Jersey sour cherries sold at 1.75-2.00 per 12 qt. basket while Raspberries brought 12-18c per pint. Nearby beets sold at 1c-2 1/2c per bunch while carrots brought 3-4c per bunch. New Jersey scallions sold at 75-1.25 per hundred bunches while crates brought 50-1.00.

New Jersey cabbage was about steady and 5/8 baskets brought 65-75c while half barrel hampers sold at 1.00-1.25. Spinach was in lighter supply and the market was steady with nearby bushel selling at 50-75c with a few extra fancy selling higher. Kale was dull and sold slowly at 20-30c per bushel.

Penna. hot house tomatoes met a slow demand and the market was weaker and sold at 10-18c per pound according to quality and the demand was slow and the market very dull. New Jersey crates big Boston sold at 10-50c while Iceberg brought 75-1.00, a few fancy 1.25 with poorer 35c per 2 dozen head crates. Penna. and New Jersey bushels Iceberg sold at 20-50c according to quality while Big Boston brought 10-25c.

Market: Slow, beef steers and yearlings closing barely steady with Monday's down turn, compared with week ago 25c-50c lower, bulk today's offerings to sell \$10.50 down to \$9.75, none quotable above \$11.50. Bulls weak; she stock and cutters about steady with week's 25c to 50c decline, bulk fat heifers \$9-25-10.00, beef bulls \$8.25-9.00, butcher cows \$7.25-8.00, cutters \$4-4.75. Stockers and feeders scarce, about steady, bulk \$8.50-10. Calves 25c to 50c lower than week ago, top vealers \$12.50.

HOGS: About steady under light demand. RECEIPTS: For today's market, cattle 10 cars, 3 St. Louis; 3 Ky.; 2 St. Paul; 1 Canada; 1 Okla.; containing 322 head, 539 head trucked in, total cattle 861 head, 100 calves 283 hogs, 21 sheep. Receipts for week ending June 14, 1930, cattle 25 cars, 7 St. Paul; 5 St. Louis; 4 Pittsburgh; 3 Ky.; 2 Chicago; 2 Pa.; 1 Canada. 1 Okla.; containing 781 head, 1780 trucked in, total cattle 2561 head, 763 calves, 1242 hogs, 536 sheep. Receipts for corresponding week last year, cattle 31 cars, containing 790 head, 2177 head trucked in, total cattle 2967 head, 986 calves, 986 hogs, 322 sheep.

Note: Due to large number of entries to the Lancaster Fat Cattle Show, the time for starting sale has been advanced one hour to 8:00 A. M. E. S. T. Thursday, June 19, 1930. Approximately 2500 animals will be shown and sold.

Range of Prices  
**STEERS**  
Good \$10.50-12.25  
Good \$10.50-12.25  
Good \$10.50-12.25  
Medium \$9.00-10.50  
Common 7.75-9.00

**HEIFERS**  
Choice 9.25-10.25  
Good 8.25-9.25  
Medium 7.75-8.25  
Common 7.00-7.75

**COWS**  
Choice 7.00-8.50  
Good 6.00-7.00  
Common & med. 5.00-6.00  
Low cutter & cutter 4.00-5.00

**BULLS**  
Good and choice 8.75-10.00  
Cutter, common & med. 7.25-8.75

**FEEDERS AND STOCKERS**  
Good and choice 9.50-11.50  
Common & medium 7.25-9.50  
Good and choice 9.25-11.25  
Common and medium 7.00-9.25

**VEALERS**  
Good and choice 11.00-12.50  
Medium 9.25-11.00  
Cull and common 7.50-9.25

**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 \$35.50-36.50 ton  
Shorts 35.00-36.00 ton  
Hominy 38.00-39.00 ton  
Middlings 40.50-41.50 ton  
Linseed 53.50-54.50 ton  
Gluten 42.50-43.50 ton  
Soy Bean Meal 47.00-48.00 ton  
Ground Oats 40.00-41.00 ton  
Hog Meal 46.50-47.50 ton  
Cottonseed 41% \$50.00-51.00 ton  
Dairy Feed \*18% 39.00-39.00 ton  
Dairy Feed \*13% 40.50-41.50 ton  
Dairy Feed \*20% 44.50-45.50 ton  
Dairy Feed 24% 48.50-49.50 ton  
Dairy Feed 25% 50.00-51.00 ton  
Horse Feed 85% 44.00-45.00 ton  
Alfalfa (Regular) 38.00-39.00 ton  
Alfalfa (Reground) 41.00-42.00 ton

\*Dairy feeds containing smaller percentage of "Mill by-Products" considerably higher.  
In order that a public sale, festival, supper, musical or any like event be a success, it must be thoroughly advertised. Try the Bulletin.

### PENNSYLVANIA DUTCH

What Shwilkey Bumblesock Has To Say This Week



De onner nocht hov ich en ride g'hot us ich awwer in mein laiva net fargess. Ich wore nummer noch em Eila Shtetle uff awenich bolitix bisniss un hob mich farsinn. Ich hob ols naixt dart g'wooned un hob de leit ols goot gaket. De leit hen mich aw gaket un sell is de shult os ich fart gatzooa bin. Ae mon in baticleker hov ich ols ga-glichas—es wore der Mike Belsinger, unser black-shmit. Are hut mein gowl en monich eisa uff g'shloga un olla mohl os ich nuch der shmidt bin sin mer boomerawish foll warra mit nonner. Well, den mon hov ich wider aw-gadruffa om oldta blutz un es naixt os ich g'wist hob hut are mich in sime keller g'hot om sider drinka. Ich hob der Polly farsprucha g'hot sober hame cooma, awver fun keller sin mer ins wartz house un we ich dort ni cooma bin don hov ich olles fargessa waega bolidix un der Polly. Em wardt si fraw wore en oldt madel fun mina os ich ols g'karraseerd hob eb ich g'hired wore un mer sin gli gor wonner-bawr confidential warra. Der wardt hut galocht un "yaw" g'sawd tsu olles, un es arshet os ich g'wist hob hov ich nix g'wist. De soon wore unner un dreewa wolka sin uff g'shtiga gaega owet. Ich hob g'saena os en gwidder raega uff coomed un ich bin nows un uff em oldta Sammy Sensaweg... oldte shimmel marr g'agrodled woo ich g'lained hob g'hot. Ich hob mich net recht balanca kenna es arshet awer tza mon hen mich druff g'hova un der onner hut der marr anes ivver de shoona ni g'hocked mit ma globboard un woopsh, is es obgonga, naiva on da fense shtawka nows os der shmoke g'hoga is.

Ich hob tzae mile hame g'hot un dorrich en doonker weeshter wake. Ich bin am beltz farby woo amohl en Yudda peddler dote g'manched is warra. Ich hob de idea gor net gaglich awwer ich hob en karicha leedla gapiffa far my spunk uff holda. Es naixt bin ich om blutz farby woo der Bill Michelroyer sich g'henked hut. Es wore en wisser shtae in fense-ek g'laega un ich hob amohl en notion g'hot room draya un net farby gae. My hore hen my hoot so uff g'shova os are mere nimmy uff em kup gablivva is un ich hob en in de hond g'nunma. Gh huts awfonga dunnera un eis loga. Yaw, es wore so doonkel os in ma sock un olla moht os es g'weerdelaicht hut hov ich g'maned ich daid on gons lot geisht saena. Uff-ae mohl bin ich un en eck room cooma in en doonker bush. In der mit fun dem hov ich en grosse fire g'saena. Now, en soberer mon ware gor net naixt, awver ich hob shpuk g'fossed un bin der-gaega garidda. Gli hov ich g'saena os leit um's fire room donsa. Des wedderlaeche hut mich so farbiend os ich net saena hob kenna wos un ware es is. Endlich hov ich g'saena os es oil weipsleit sin un de wora holver noekich. Ich bin de course grawd onna garidda so we evva en g'hireder mon daid. Es wore en heck-push grawd far mer un se hen mich net saena kenna. In ame eck wore ebber g'hucked un de gike g'shepeled. Ich hob g'saena os are harner uff em kup hut, glowa on da feese, un en longer schwontz mitera govvel draw. Uff ma dish in der mit fun da donser wore en mensha kup galaega, un shtrick woo en mon mit g'henked is warra, en blootich messer un en lawd. Wos oil des maned hov ich net wissa kenna. Uff ae mohl draid anes fun da weipsleit room un ich hob g'saena os es de oldt Sis Shlegel is woo se g'henked hen gar leit fer hexa. Es wore so farhottich en hexa donse un der delvel hut g'agkied!

Bong? Well my hore hen nows g'shtonna os we keshta-egla, my tzae hen uff annonner gaglebbert un my hartz hut gaboomt os ich bong wore se daida es haera. Ich ob de marr om tziggel greeked far room draya. De minnut os se sic farreged hut don, woopsh! wor's licht ous. Derno hedsh't's awver haera sulla dunnera! Dowsend millune glebber masheena! Se sin ous em doonkla cooma os we eema ous ma koshta. De oldt marr hut sich ni g'lust far era beshtes. Oh, doo leever tsu shtond! Het ich usht uff de Polly g'harriched! De hexa sht' ols naixter un naixter uff cooma. Ich hob de marr tsu g'shpurra, for ich hob g'wist os mer boll onera brich sin un os hexa net ivver en wasser gaena. Endlich hov ich's wasser g'saena un de naixt minnut hen de blonka unich der oldta marr era feese gaglebbere. Ich wore nuch lavendich, Gud si donk, awver my hore wora mere oil fun kup g'senked un ich hob nuch shweffel garucha far a pawr dawg.

Es brauch mere nemond nix mae ous-redda waega hexa, un wile ich anyhow en hexa ducte bin mawksht ud des drooka far de benefit fun der cause. Du mawksht nuch unna draw shtata os my terms sin "Flint

### HOME HEALTH CLUB

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

**SWEATING FEET:** I have recently had a number of letters from people living in the northern states asking for information upon the subject of sweating feet. This will perhaps be deemed a somewhat trifling subject by many of the club members. But such is not the case. It is one of very great importance which will readily be seen if a few instances of the trouble are cited.

To illustrate: here is a foot which sweats so profusely as to threaten life itself. The limb is a lame one, and has previously received improper treatment for some ailment. The lameness is so severe as to be a bar to locomotion. This would be born patiently, as the sufferer has long abandoned all hope of its restoration to normal. But addition of sweating of feet is more than can be long endured, as its effect is very weakening. It is almost as weakening, in fact as though a stream of blood, instead of perspiration were escaping and the general health is thus slowly being undermined.

It matters not if the foot is dried very carefully, and dressed in fresh stockings, for they are soon thoroughly saturated by the constant and profuse flow of perspiration. Thus, you see, this is not a trifling matter. Another example: Here is an old gentleman troubled with asthma. Remedies which have seldom failed to effect cures in either cases are useless in this one. Investigation may prove that the trouble which has resisted the cures for the asthma may be readily located. To begin with the shoes are removed. It seems the examination has not continued long enough until it is discontinued, the feet are found to be cold and clammy. As soon as this condition is found, water bottle, hot flat irons, hot cloth, etc. They are chagrined to find that these only increase the perspiration without affording the heat they are expected to give. All remedies are commonly successful in similar cases but failed in this one. It has now proved itself to be a very serious case, indeed. It has utterly refused to yield in the least to any of the remedies usually employed.

There are various causes for profuse perspiration. All anatomists know that the severing of certain organic nerves causes sweating which would not otherwise exist. The reason for this is that nerves which have heretofore been controlling the action of the pores located in this particular portion of the skin, due to being severed, is deprived of its ability longer to exert that control. Relaxation of these pores is the natural consequence and the excessive perspiration follows.

There are two natural causes for the pores relaxing temporarily and permitting perspiration to flow in the grosser form of sweat. These two are well known to all, being exertion and heat. Of course, virtually these are identical, as the exertion merely creates the heat, in the body which causes the perspiration. But the trouble comes when the pores lose their tension and permit this action to continue without either exertion or heat. In sweating feet there is a loss of vitality in the nerve centers that supply the skin of the feet. This must be restored. The question is, how can this be done?

I will now give directions for compounding a solution which is invaluable in treatment for this trouble. Take a tablespoonful of table salt, a tablespoonful of cayenne pepper, a half pint of good vinegar, mix these well and add a pint of boiling water. After this has stood for a few minutes, strain out the pepper.

But this solution unadded is not sufficient. Therefore, let us see if there is not something which can be done in conjunction with this which will add enough power to it to make it capable of performing the difficult task required of it.

Place the feet in a hot bath. Be very careful to give this bath correctly, so as not to increase the temperature too rapidly. Leave them in the water for 30 minutes. As soon as they are removed from this bath apply the preparation above described. Rub this in well and the desired will soon be manifest. After the feet and limbs have been well rubbed with this, hot olive oil is applied well up to the knees. Continue as long as it is comfortable. There are few cases which are so stubborn as to require more than one application of this.

Owing to the length of the lecture the club notes have been omitted. Readers of this publication are at liberty to write for information pertaining to the subject of the health. Address Dr. David H. Reeder, Mainway Bldg., 31st and Main St., Kansas City, Mo. with 6c postage.

**Thin Orchard Fruits**  
Apples and early peaches should be thinned to six to eight inches apart, say State College fruit specialists. Late peaches can be spaced three or four inches apart. Better color, larger size, and fewer injured fruits will result.

**Lengthen Flower Period**  
If old, withered blossoms are removed the flowering period of ornamentals will be prolonged.

dawler de hex. "Payment in advance. Satisfaction guaranteed or money refunded." Of course, du farshtaesht de "refunding" bismias.

### Our Bulletin

All Leading 5-Cent Cigars remain 6 for 25c or \$2.00 for 50.

Off Brands as low as 90c box of 50.

All 15 Cent Cigarettes 2 pks 25c.

All 15c Chewing or Smoking Tobacco 2 pks 25c

All 10 Cent Size 3 pks 25c

We have a nice line of weight goods in Candy at reduced prices.

1 Lb. Box ANGELUS MARSHMALLOWS 25c

Just Received a Fresh Line of Schrafft's Candies

Soft Drinks and Fresh Roasted Peanuts

**H. A. DARRENKAMP**

3 Doors East of Post Office MOUNT JOY, PA.

### YOUNG'S TIRE SHOP

East Main Street MOUNT JOY, PENNA.

County Distributor for  
**Dayton Tires**  
Also Dealer in  
**Spartan and Temple Radios**

dec18-1f

### USED CARS

ROHRER'S WEEKLY SPECIAL

58 CHRYSLER TOURING \$125.00

- 1928 ESSEX COACH
- 1928 CHRYSLER COUPE
- 1927 ESSEX COACH
- 1927 HUDSON SEDAN
- 1927 HUDSON COACH
- 1926 ESSEX COACH
- 1926 ESSEX LIGHT DELIVERY
- 1924 HUDSON SPECIAL ROADSTER

Does your motor heat? We guarantee to clean clogged radiators.

### E. B. R MOUNT

MY SALE WAS A REAL KNOCKOUT

HE USED OUR WNU CUTS IN HIS ADS FURNISHED BY THIS NEWSPAPER

### NO EXCUSE FOR A "SPLITTING HEAD"

There's no need for an aching head to spoil your day. At the first warning throbs take Dillard's Aspergam. Chew it a few minutes. Almost before you realize it, you have chewed the pain away. It's as simple as that—no trouble, and harmless—for Dillard's Aspergam is the new and easier way to take aspirin.

Dillard's Aspergam is the finest aspirin in delicious chewing gum form. You can take it any time—any place. You need no water to gulp it down. There is no unpleasant taste—no choking.

Because you chew Dillard's Aspergam the aspirin mixes thoroughly with the saliva so that all its soothing qualities are effective quickly, continuously.

Keep a package of Aspergam on hand for quick, harmless relief from the pain of headache, neuritis, etc. It helps break up a cold, and soothes irritated throats, even severe cases as follow: **tonal operations.** If your druggist does not have Dillard's Aspergam, send for free sample to Health Products Corporation, Dept. A, 113 North 15th Street, Newark, N. J.

**HOW ARE YOUR SHOES? DON'T WAIT TOO LONG BRING THEM IN CITY SHOE REPAIRING CO.**

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### The BULLETIN

MOUNT JOY, PA.