

PENINGS ON

FROM THE M-LANDIS-VINS

Wagner

Muehleisen 10,

and Miller.

by pitcher-By

enabled the Eighth Ward Old Timers to defeat the Rheems Whippets by a score of 7 to 6 on the latters field, Sunday afternoon. Floyd s s

Ruhl 1 b Fogie c Weaver 3 b Kready p Myers c f Totals 8th Ward

ogt r f

ie, Ruhl, Floyd, Miller. Double fact.

Weaver to Snyder: Styer "The marked progress in the -Weaver to Snyder; Styer and Sheaffer.

SHOE F! YORY TEAM LOSES AT LANDISVILLE

ing. The locals outhit their team custom of hasty eating. light of the game.

ion Grounds.

Hipple, If

Herr, cf 1 1 1 0 Poff, rf 0 0 0 0

0 1 0 0 0 4 x-5 x-Batted for Kraybill 7th. Two base hits-Showalter, Shetter, and Shenk. Three base hits-Strobel. by-Derr 1, Trayer 6.

Kinderhook Wins

Rohrerstown E. Starr 1 f Beach p Davis 1 b M'M'len s s... M'ling r f xR. Starr Kinderhook

R. B'mer 1 b Helfrich c Zeamer 3 b Thum'r 2 b Gibson s s Conrad r

KINDERHOOK 200 000 120-5 ROHRERSTOWN 020 000 002-4 Three base hits-Beach. Home run-P. Broomer. Double plays-McMullen to Snavely to Davis, pitcher—Broomer. Losing pitcher Beach. Umpire—Weidle. Time of

game-2:30.

Diamond Dust Marietta handed Bainbridge good lacing Saturday 11 to 1. Bainbridge won a good game from Middletown Sunday 5 to 1.

they don't give the militarists the material, idea of a more lively cannon ball "oil," Twenty miles of guard fence

HEALTH TALK

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

"The term 'seven minute eater' is becoming more and more familiar. It represents that ever-growing class of noon-day restaurant and lunch counter patrons who have permitted the hurly-burly of life to impose upon their digestive apparatus. Apparently not satisfied with forcing their automobiles up to the limit, they insist upon forcing down their food to the limit. And 0 in both cases, as a frequent result, 1 a smash occurs," said Doctor Theo-0 dore B. Appel, Secretary of Health.
"While the rapidity of consum-0 ing provender at the midday meal 1 in itself can shorten life, if it is 1 consistently indulged in, the great-0 est objection to the practice lies in the establishment of the bolting Otals 7 10 26 5 4 habit' at all of the three meals.

—Out by bunting third strike. And it is fairly safe to say that DTIMERS 100 100 203—7 the persistent bolter scarcely reach-021 100 110-6 es extreme old age, which indeed wo-base hits-Poole, R. Myers, is a very significant and sorrowful

Bransby to Wagner. Struck out nutritional field is one of the pre-Kready 4; Styer, 12. Um- sent-day boasts; and quite rightly Instead of the extenuated ourse dinners which daily challenged the stomach's capacity, the shorter meal with salad and lighter foods is now socially accepted and consequently popular. much of the ground that has been The Shoe Factory team and Langained by the establishment of a lisville played a very interesting more rational menu is being lost game at Landisville Monday even-through the more or less general

13 to 6 but were well scattered. "Many parents, for example, Landisville bunched their hits in who are quite interested regarding the 6th inning and scored 4 runs, the nutritional requirements of winning the game. "Chick" Derr, their youngsters, apparently forget hitting and pitching, was the high- that the same fundamental laws apply to themselves as well. Their These two teams will play Friday attention to food and feeding evening at 6 o'clock on the Recrea- methods is limited to the children, with perhaps the exception of wailing about excess fat and the 0 1 1 0 0 application of misdirected attempts

to remove it. "Therefore, the crimes against the assimilative organs are many. 3 0 1 0 And as a result thousands of per-...... 1 1 12 0 1 sons acquire a premature old age and other disorders which quite Pennell, ss 0 1 2 3 0 effectively clip off years of life. Kraybill, 3b 0 1 0 4 0 And of all the offenses against the Shetter, rf 0 1 1 0 0 stomach, that of bolting food is x Smith 0 0 0 0 0 exceedingly and painfully high on the list.

"It should not be forgotten that e self-restraint and discipline are Shenk, 3b ... 2 1 2 0 1 social activities. To permit the Strobel, 1b ... 1 1 5 0 0 imagined demands of present-day is to become a victim rather than a conqueror. Allow nature and her rules alone to dictate the affairs of the stomach. There will be no bolting then. But there will be longer

DIVIDE STATE FOR MILK LAW CONTROL

Ralph E. Irwin, chief of the bureau of milk control, announced Base on balls—Trayer 2. Struck out that nine milk districts have now been established in Pennsylvania. for the purpose of adopting proper control methods in conformity with Kinderhook won a corking good the milk law passed at the last game from Rohrerstown Sunday by General Assembly. These districts with a resident inspector are as follows: Harrisburg, Norristown, Forty-fort, Pittsburg, Ebensburg, 0 Lewisburg, Towanda, Meadville, and Indiana. In addition, there are three supervising inspectors working from the central office in Harrisburg.

"The object of these resident inspectors," Irwin said is to assure clean, safe milk to Pennsylvania's population. These men will assist the milk distributors in complying with the law by handling applications, making surveys and holding examinations for approved inspec-

STATE-OWNED COWS

LEAD AS PRODUCERS The dairy herds of five State institutions average more than 1000 pounds of milk per cow, which is cited as an unusual record, by R. Bruce Dunlap, agriculturist of the State Department of Welfare, in a report to Mrs. E. S. H. McCauley, State Secretary of Welfare.

The institutions with their average productions per cow are: Allentown State Hospital, 1202 McMullen to Snavely to Bays, Rudisill to Snavely. Base on balls —Off Beach 1. Struck out—By Beach 10, Brown 6. Winning pitcher pounds; Danville State Hospital, 1131 pounds; Muncy State Industrial Home For Women, 1137 pounds; Polk State School, 1300 Home For Women, 1137 . Rockview Penitentiary, pounds; 1262 pounds.

Push Road Work

Maintenance forces of the Penn-sylvania Department of Highways have completed more than ten miles of new highway surfacing. Surface treatment of existing macadam roads was completed on We won't object to the more lively baseballs and golf balls if 449,216 gallons of bituminous commonly known as centy miles of guard fence was erected during the past month.

OUR SERVICE

Like all commercial institutions, this one to succeed well must SERVE well.

The better its service, the greater its success. This is just as true of a bank or trust company as it is of a bootblack or a railroad.

This organization was formed and its business is conducted with that truth always in view.

> We give to all alike the best we have

First National Bank & Trust Company

OF MOUNT JOY

Advertising and not competition is now the life of trade, according to the advertising experts who met to attend the International Advertising Association convention. The delegates at this meeting heard a number of interesting things. Among these was the statement by Charles Stelzle, New York expert, to the effect that if churches do not advertise their "ware"spiritual upbuilding and moral betterment for both the individual and humanity-they cannot hope to arouse interest among the masses and fulfill the obligations placed upon them as parties to the general spiritual movement.

Another speaker declared that "advertising is greater than any single moral force we know of today. Advertising brings about changes for the betterment of life itself, changes which fuse into the social and political life of the na-

It is now generally admitted by economic forces everywhere that advertising is the most important development of modern business. And it is also coming to be realized that newspaper advertising is the best kind of paid publicity. In the convention just mentioned the delegates who were advertising experts, agreed that newspaper advertising affords the best publicity medium for the churches and all church activities.

Advertising is no longer a theory. It is a science. And it pays.

To Motorists

Bring us your car to be drained and refilled at the Special Low Price of 20c per Quart for the highest grade Lubricants of Penna. Crude. This offer is for the months of August and September.

Why not get the Best at the Least Cost?

Enterline's Garage RHEEMS, PENNA.



Tonite For pyorrhea

For prevention against gum infec-tions, use Zonite, the new powerful antiseptic. Also guards against colds, coughs and more serious diseases of nose and throat.



HENRY G. CARPENTER INSURANCE - MOUNT JOY PA.

WATERMAN IDEAL **FOUNTAIN PENS**

DON W. GORRECHT **JEWELER**

> HOUSE PAINTS ALL COLORS \$2.45 GAL.

ROOF COATING Asbestos Liquid Cement Drums \$.45 Gal. One Gal. Cans65 Gal. Five Gal. Cans .. .55 Gal. Red Roof Paint .. \$1.25 Gal.

THE COLDREN ROOFING CO. LANCASTER, PA.

Time of game-Beer Florin Germer, 1 f S'walter s s An'son 2 b And is Ice Cold at All Times Miller c J. Smith c f Coble 1 b Wagner r f

It's Sold in Large Steins

Come Into

AUNT SALLY'S

KINOHDN

you use our whu

Cut & Copy Service

We but this service for our local advertisers.
Use it—it is free

RETAIL BUSINESS

Bladder Irritation

CUTS FOR

MENS WEAR

LADIES WEAR

FVERY LINE of

Meckley, 1 b Kitch r f M'eisen 1 f Brown 2 b

O M'ley p FLORIN 000 111 000-3 GREENWOOD 101 001 203—8 Two-base hits-Miller, Witch. Double plays—Kraybill, Anderson. Base on balls—Off H. Smith, 1; O. Meckley, 0. Struck out—By H. Smith, 5; O. Meckley, 10.

LANDISVILLE WALLOPS EPHRATA CUBS, 15 TO 8

The Landisville A. A. pounded out seven runs in the ninth inning to wallop the Ephrata Cubs by a score of 15 to 8 on the Murrell diamond, Sunday afternoon. Ephrata Cubs W'mer 3 b .. Shiffer 1 f Kil'ner s s R. K'ner 1 b W. Reich c f Kyle 2 b

Lutz r f Landisville If functional Bladder Irritation disturbs your sleep, or causes Burning or Itching Sensation, Backache, Hoffman c Leg Pains, or muscular aches, mak- Shenck 3 bing you feel tired, depressed, and Strobel, 1 bins iscouraged, why not try the Cystex 18 Hour Test? Don't give up. Get Cystex today. Put it to the test. See for yourself how quickly it works and what it does. Money back it decen't bring quick improved.

Strobel, 1

Strobel, 1

Strobel, 1

Shultz 1 f

Herr c f

Nissley p

C. Dyer s s

K. Dyer r K. Dyer r f if it doesn't bring quick improvement, and satisfy you complete y. Try Cystex today. Only 60c. W. D. Chandler, W. Main St., Mt. Jo.

15 14 27 6 5 ANDISVILLE 001 021 047 —15 010 000 0520—8 Two base hits Shenk, 2; W. eich, 1; Hoffman, 1; Herr, 1; E. Reich, 2. Three base hits-Reich Base on balls-of: Martin 1, Nissley 1. Struck out, by Morten 11, Nissley 4. Hit by pitcher, by Martin, Trayer. Winning pitcher Nissley, losing pitcher Martin. Umpires Hoffman and Diffenderfer. Time of game 2:30.

IN NINTH, 7 TO 6

Three runs in the ninth inning to speed up the war game.