



ASCO Is Your Guarantee!

What a satisfaction it is to the Busy Homekeeper, to know that she can depend absolutely on ASCO Service! The Finest of Foods and Table Needs at remarkably modest prices, give thousands of ASCO Customers assurance—they KNOW ASCO is dependable always!

It Pays to Trade Where Quality Counts—

Reg 17c Best Dried Lima Beans 2 lbs 29c

Reg. 10c Asco Prepared Mustard, jar 8c
Princess Mustard, jar 5c
French's Mustard, 2 jars 25c

Regular 9c Lord Baltimore Beverages 3 big bots 20c	Asco Sparkling GINGER ALE 3 pt bots 25c ASCO SARSAPARILLA 3 pt. bots 25c Rob Roy Pale Dry GINGER ALE 3 bots 25c
Regular 5c Lord Baltimore Beverages 6 bots 25c	Golden GINGER ALE bot 14c Clicquot Club Pale Dry GINGER ALE bot 14c ASCO Pure pt bot. 17c Grape Juice 3 for 50c Plus bottle deposit

Preserving Helps!

Mason Pint Jars, doz	75c
Mason Quart Jars, doz	85c
Mason Half-gallon Jars, doz	\$1.25
Jelly Glasses, doz	39c
Best Jar Rubbers, 3 doz	19c
Porcelain-lined Jar Tops, doz	25c
Morton's Salt Free Running Iodized, . . . 2 pkgs	15c
ASCO Ground Spices, can	7c
Asco Ground Black Pepper, 1/4 lb can	15c

Ice or Hot—Our Teas will please!



ASCO Teas
1-4 lb pkg 17c ; 1-2 lb pkg 33c
India Ceylon, Old Country Style, Orange Pekoe

Plain Black 1-4 lb pkg 10c; 1-2 lb pkg 19c
or Mixed

Salada Orange-Pekoe Tea 1-4 lb pkg 24c
Lipton's Tea 1-4 lb pkg 24c

Libby's Potted Meats, 2 cans 13c
Asco Pure Fruit Preserves, jar 21c
G. S. Macaroni or Spaghetti, 3 pkgs. 17c
Reg. 40c Ovaltine, can 33c
DeLuxe Crys. Gum Drops, lb 25c

Post Toasties, 3 pkgs 25c
N. B. C. Bolivar Molasses Cookies, lb 20c
Diplomat Boned Chicken, can 49c
Joan of Arc Kidney Beans, can 12c
ASCO Pork and Beans, 3 cans 25c
Franco-American Spaghetti, can 10c

Baked in Our Own Bakeries

Bread Supreme Large Wrapped Loaf 8c
Victor Bread, Big Pan Loaf 5c

Depend on ASCO Service, and you will be assured the Finest Food and Table Needs the World can produce, at prices which will save you money.

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

PLUMBING and HEATING

Also All Kinds Repair Work
PROMPT SERVICE PRICES REASONABLE

JOSEPH L. HEISEY

Phone—179R5 FLORIN, PENNA.

PRODUCE & LIVE STOCK MARKET

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

The demand for potatoes was much stronger and the supplies remained limited on the Philadelphia Produce Market this morning. The quality was mostly fair and prices ranged from 50c to 75c per five eighth basket. Green Beans showed a heavier demand bringing from \$1.00 to \$1.25 and Wax \$1.75 to \$2.00 per five eighth basket. Quotations on Lima Beans were also higher ranging from \$1.75 to \$2.25 per five eighth basket.

The Tomato market was weaker and early varieties were scarce. Marglobes brought from 50c to \$1.00 per five eighth basket. Beets brought from 1c to 2c per bunch. Carrots 1c to 2c and Celery Hearts 2 1/2c to 3c per bunch. Supplies of Green Corn were moderate and the market held steady with prices ranging from 25c to 75c per five eighth basket. Peaches 75c to \$1.00. Cucumbers 25c to 75c. Pickles 50c to \$1.00. Yellow Onions 50c to 65c. Cabbage 25c to 40c and Peppers 40c to 60c per five eighth basket.

The quality of Peaches and Apples show a wide variation in size. Medium to large Peaches sold from 75c to \$1.00 and small sizes selling at 35c to 60c per five eighth basket. Early varieties of Apples brought from 35c to 50c. Williams Reds 65c to 85c. Starrs 75c, and Wealthies 75c to \$1.00 per five eighth basket. Blackberries sold at \$2.75 to \$3.00 per 32 quart crate. 100 pound sacks of potatoes brought from \$1.40 to \$1.60.

MARKET: Slow, beef steers weak to unevenly lower, early weeks advance on grass steers practically eliminated, fed steers showing less decline, none quotable above \$8.50, bulk to sell \$6.75-7.50. Bulls steady; she stock and cutters weak, bidding lower, bulk fat heifers \$6.50-7.25; beef bulls \$6.25-7.00; butcher cows \$5.50-6.25; cutters \$2.75-3.50. Reactor dairy cows plentiful, mostly on cutter order, bulk \$2.50-3.50. Stockers and feeders scarce, about steady, most sales \$5.50-6.50. Calves Steady at weeks 25c to 50c advance, top vealers \$12.00.

HOGS: Nominally steady.

RECEIPTS: For today's markets: cattle 18 cars, 9 Virginia; 2 St. Paul; 2 Kansas City; 2 Tennessee; 2 Kentucky; 1 West Virginia; containing 449 head, 261 head trucked in, total cattle 710 head, 211 calves, 426 hogs, 106 sheep. Receipts for week ending August 9, 1930, cattle 98 cars, 59 Virginia; 16 West Virginia; 8 St. Paul; 4 Kentucky; 3 Penna.; 2 Kansas City; 2 Tennessee; 1 Buffalo; 1 New York; 1 Pittsburg; 1 Oklahoma; containing 2450 head, 1188 head trucked in, total cattle 3638 head, 816 calves, 1075 hogs, 568 sheep. Receipts for corresponding week last year, cattle 184 cars, 47 St. Paul; 36 Virginia; 17 Chicago; 16 Canada; 13 St. Louis; 10 New York; 9 W. Va.; 6 Maryland; 5 Kansas City; 5 Penna.; 5 Buffalo; 5 Pittsburg; 4 Kentucky; 3 Tennessee; 2 Ohio; 1 Oklahoma; containing 5346 head, 299 head trucked in from nearby, total cattle 5645 head, 583 calves, 1015 hogs, 303 sheep.

Range of Prices

STEERS	
Good	\$8.25-9.00
Medium	7.00-8.25
Common	8.25-9.00
Medium	7.25-8.25
Good	8.00-9.00

HEIFERS

Choice	7.50-8.50
Good	6.75-7.50
Medium	6.00-6.75
Common	5.25-6.00

COWS

Choice	6.00-7.50
Good	4.75-6.00
Common and medium	3.75-4.75
Low cutter and cutter	2.50-3.75

BULLS

Goo and choice (beef)	7.75-8.75
Cutter, common & med.	5.75-7.75
(yrags, excluded)	

VEALERS

Good and choice	10.25-11.50
Medium	9.00-10.25
Cull and common	6.50-9.00

FEEDERS AND STOCKERS

Good and choice	7.00-9.00
Common & medium	4.75-7.00
Good and choice	7.25-9.25
Common & medium	5.00-7.25

HOGS

Lightweight	\$10.50-11.00
Lightweight	\$10.50-11.00
Mediumweight	10.50-11.00
Mediumweight	10.25-11.00
Heavyweight	10.00-10.50
Heavyweight	10.00-10.50
Pkg. sows, medium and good	7.50-10.00

Mulch The Rose Bed

An application of peat moss, grass clippings, or buckwheat hulls, to a depth of one-half to one inch should be given the rose bed for a mulch during the summer months.

Gifford Pinchot, while out on his campaign tour the other day, was stung by a hornet. Well it's better for a candidate to get stung in May than it is in November.

In Boston applicants for drivers' permits must state the color of hair on their applications. Does this mean that a bald headed man can't get a permit to drive an automobile?

PENNSYLVANIA DUTCH

What Shwilkey Bumblebeek Has To Say This Week



Em Soondawg morgan hen ich un de Polly unner beshte glaidler aw gadoo un hin niver noach der camp-meeting. Es wora feend leit dard. Dale hen Grishdendum g'sooched, onera blesseer, un de ivericha sin coom era glaidler weisa. Ich glawb awwer os de ledst lot de menshta wora. Es wora leit fun olla sarta; grossa un glaena, longa un dicka, shaena un weeshta. Un wos wora se ga-dressed! Whew! De maid hen weisa dresses aw g'hot un shep-gadradena shoe, fancija bouch-garta un grosse bustles. Se hen, denk ich, nuch net ous g'foona os de Queen Victoria der Mrs. Cleveland noach g'maunched hut un der bustle ob g'schnollod. De olde Vic is so fet, se hen hen bustle mae os wos noddereich is, un sell is tsu feel far noddewennich. Hinnerg'scharr is all recht uff gile far misht fora, awwer uff weips-leit is es we en schwortz—mae ornamental os useful. De boova wora aw ordlich uff gadoo. Dale fun ena hen kit henschung aw g'hot far era hend sata. Ich will dere sawga es is hardt uff hend so en gonsor Soondawg room lawfa un nix shoffa won mer en gonsue wuch hover binned oona henschung. Se hen grosse busgy, whippa g'hot, un se un era maid hen grundniss g'fressa os der shtawb eena tsu da ora rows g'flooga. Ich will dere sawga, ich un de Polly wora aw amohl young un wot mae blesseer im Himmel is os we en shae maidel om downa room feera on der camp-meeting don do mich nunner far en kondadawt far en glaener enge wara. Schwetza waega engel g'mawnd mich on de bred-dich. Es wore en boomerawliche bred-dich. Der porra hut wider fertzedal fun woldfish woo der Jonah g'shlooked hut, un fun Moses we are shlonga g'fonga hut in der wilderness. Derno hut are si dis-course uff de orna oldta Yutta g'graid un hut se dach gor sobberments g'shtrigled. Ich gleich de porra oills hara far de oldta Yutta gae woo shunt fier dowsend yohr diote sin. Es coomed ena goot. Se hen ken freind in dara nuchershoft, un won so bred-dicha nix dot hon shots nix, we der oldt bower g'sawt hut we are de gronk sow ga grosdod hut mit ma walshkarn grootsa. Es hut no en brooder, ga-bade. Es wore's same ga-bade os ich ene hara hob ob robbla far de ledshita fartzich yohr. Un ich hob usht gadenkend won are net mae headway g'maunched hut noach em Himmel in denna fartzich yohr os are imbroofed hut in sine ga-bade don gebts nuch meede bae. Ich hob amohl en oldter karp in der West ga-lobed uff si ga-bade, don hut are mit aw g'zookod un hut g'sawt. "Oh! Golly, hill, Boonastiel, du hetsht mich hara salla bada we ich jung wore. Ich hob oills wuonerhaur bada kenna, awwer stidder os ich de raitla g'not hob will's nimmy recht gae.

Ich un de Polly sin hame eb de karrich ous wore. Mer hen feel socha g'sana os se geuva hut un ich denk es hut feel socha geuva os mere net g'sana hen, awwer selly socha doona sich oills selver bakont maucha won de recht tzeit coomed. Ich hob anyhow g'wuonered well os beed—de goota odder de schlechta socha, awwer we mere fardt sin hut der deitel es long end fun bendel g'hot un wore ols om uff wickla.

Builders of Casa Grande

People of Pueblo Type? Casa Grande is a ruined structure of prehistoric origin in the valley of the Gila river near Florence, Ariz. It may have been seen by white men connected with the Coronado expedition 1540; it was certainly discovered by Padre Kino in 1694, and was revisited by him in 1697. In 1889 congress provided for the protection of the ruin as a monument of antiquity, and in 1892 the structure and the adjacent grounds were set apart as a public reservation in care of a custodian. It is of adobe or pisé construction, that is, adobe or mud, molded in place, in walls three to five feet thick at the ground, thinning upward. The surfaces were plastered with a slip of adobe clay. There are five rooms in the ground plan; portions of three stories remain, and there may have been a fourth in part of the structure. Recent exploration has shown that the main structure described above is only a small part of the ruin. The buildings are assembled in great walled rectangles called compounds, of which four exist at this ruin. The Casa Grande ruin is almost in a class by itself, but in pottery, etc., it shows very strong affiliations with the Pueblo ruins, of which it may perhaps be considered a frontier example. It may have been built by the ancestors of the modern Pima who inhabit the country today, but it seems more likely that its builders were other people of a more distinct Pueblo type.

Pedant Ridiculed

Sir James Mackintosh (1765-1832), eminent statesman and historian, had such a pedantic outlook on things that Sydney Smith (1771-1845), contemporary divine and wit, said that a Mackintosh dissertation on pepper would probably run after this fashion: "Pepper may philosophically be described as a dusty and highly pulverized seed of an oriental fruit, an article rather of condiment than diet, which, dispersed lightly over the surface of food, with no other rule than the caprice of the consumer, communicates pleasure rather than affords nutrition, and by adding a tropical flavor to the gross and succulent viands of the North, approximates the different regions of the earth, explains the objects of commerce, and justifies the industry of man."—Exchange.

Feed Wheat to Livestock

Cheap wheat is an economical feed for dairy cattle, swine, and poultry, say State College specialists. Best results are obtained by grinding or cracking the wheat and feeding it in combination with other grains. Wheat is a palatable and nutritious feed.

Big Fields Plow Best

Large, rectangular fields are the easiest to plow, for less time is lost on the turns and in plowing the headlands.

The combination of courage and intelligence is unbeatable.

HOME HEALTH CLUB

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

SLEEP: When persons who do not otherwise appear to be ill suffer from continued wakefulness this is a pretty sure sign of mental exhaustion, sometimes brought about by worry over trifles. When any part of the body is specially excited the blood flows in increased quantities back to that part. So when there is any stress laid on the brain the head becomes surcharged with blood, as is shown by the flushing of the face. If the condition is long continued the blood vessels lose the power of contracting. Then the blood remains in an excited state even when the mind has no longer any desire to work and it cannot take its proper rest in sleep. In order to enjoy refreshing sleep it is necessary that the blood be not concentrated in the head but be diffused equally through all parts of the body. This is the reason why the warm, not hot, bath just before going to sleep is so conducive to a good night's rest. It is, however, the best way not to allow the mind to get excited near the hour of rest but to let it run down gradually like a clock in the evening. There has been some wonderful cases of sleeplessness caused by undue mental exertion. Boerhave, the Dutch philosopher, tells us that at one time he was so absorbed in a particular study that he did not close his eyes in sleep for 6 weeks. This seems incredible. A French general asserted that for a whole year while engaged in active warfare, he slept but one hour in twenty-four. These and similar cases are probably exaggerated. We all know how often people are unwilling to admit that they have slept when they have really had a sound nap.

The persons mentioned could possibly have survived such prolonged wakefulness without great injury. I have personally worked five days and nights without stopping to rest or sleep. An attendant of the Emperor Louis Napoleon whose nervous system had become deranged died simply from inability to sleep. I know a professor of astrology whom I should judge to be about 65 years old and who has a most excellent reputation. Without any possible advantage to be gained thru a misstatement he assured me that he had not slept at all for over 16 years. He claims to work 23 hours of the 24, aside from the time of meals, baths, exercise, dressing, etc., and rest one hour, lying flat upon his back while practicing scientific deep breathing according to a method peculiarly his own. I cite these cases merely to show that the need of so many hours of sleep as some think they ought to have is not absolute. Some people require a great deal and some very little. In many cases of wakefulness the trouble may be entirely overcome by using no hearty foods for the evening meal, which should not be eaten later than 6 o'clock. Just before retiring at ten, take a large cupful of very hot milk, not boiled, but simply heated to the boiling point. Add just a little, say two tablespoonfuls, of boiling water and sip slowly with a teaspoon. Not only will this cure many cases of wakefulness, but the general health will be benefited and the nerves soothed and strengthened. The blood which was in the head is drawn to the stomach and the circulation is then benefited. Milk taken in this way will not cause constipation.

Rose Always Figures in Ceremonies and Feasts. In ancient times as now the rose was the adornment chosen for great occasions, religious, secular or simple and social. When Cleopatra gave her great banquet for Mark Antony roses were spread on the floors three feet thick. The most pretentious banquet the Roman Nero gave was a feast of roses, though the flowers had to be sent from Egypt in winter. On the Campagna the Roman people celebrated a rose festival; in the Middle ages there was observed in Byzantium the "Dies Rosarium," and at Ephesus was kept another rose festival called "Rozalia." In times all but forgotten the "Days of the Violets" were observed to honor spring, but the "Days of Roses," held in the month of June, bespoke the coming of summer.

THE UNION NATIONAL MOUNT JOY BANK MOUNT JOY, PA. Capital, Surplus and Profits, \$502,000.00

Can Serve You as Executor, Administrator, Assignee, Receiver, Guardian, Registrar of Stocks and Bonds, Trustee, etc.

June 12th

.. RHEN'S .. Fruit & Vegetables

23 E. Main St., MOUNT JOY, PA.



SPECIAL BANANAS BANANAS

ORANGES	CANTALOUPE
LEMONS	CABBAGE
PINEAPPLES	LETTUCE
PLUMS	CELERY
PEACHES	POTATOES
GRAPES	TOMATOES
PEARS	EGG PLANTS
HONEYDEW MELONS	

Welcome

We are here to give advice as well as to handle funds.
No Obligation

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June 12th

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Wonderful Location—Long Term Heat Included—Beautiful Frontery Way—For Particulars See

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