

AMERICAN STORES CO. AMERICAN



Your ASCO Store Offers You Christmas Needs!

Your nearest ASCO Store is abundantly stocked with Foods and Table Needs for the Holidays—and you are sure of fair dealing and Highest Quality at lowest Possible Prices.

CHRISTMAS CHEER BASKETS \$1: \$2: \$3

REG. 19c ASCO FINEST California Peaches 2 big cans 35c

ASCO big can 33c ASCO big can 25c
FRUIT SALAD Bartlett Pears

Glenwood Apple Butter big can 23c

Tender Crad can 10c | Asco Shoe Peg can 17c
CORN CORN

Honey Drop Wax Beans can 15c

Pea Beans 2 lbs 15c

CALIF. DRIED LIMA BEANS 2 lbs 25c



You will be delighted with the Quality and the Price.
ASCO COFFEE lb 27c
37c-27c=10c Saved!
Victor Blend Coffee lb 23c
The Choice of Thousands.
Acme Brand Coffee lb tin 33c
Especially adapted to Percolator use.
Maxwell House Coffee lb tin 41c

Electric Lamps each 20c
20-30-40-50-60 W. 6 for \$1.08

Doing Any Baking?

- California Seeded Raisins pkg 10c
- Imported Cleaned Currants pkg 12c
- Glace Citron Peel 1-2 lb 19c
- Glace Orange and Lemon Peel 1-2 lb 13c
- Lemon or Vanilla Extract bot 13c
- Brer Rabbit Molasses can 17c
- Baker's Shredded Coconut pkg 7c
- Baker's Southern Style Coconut can 16c
- Baker's Baking Chocolate 1-2 lb cake 22c
- Delicious Red Cherries bot 10c
- Heinz Mince Meat can 39c

Asco Finest lb 19c | Asco Cooked 2 Big 19c
Mince Meat Cans Pumpkin

Asco Seedless 2 p 25c | Fancy Ck'd 2 cans 25c
RAISINS Sweet Potatoes

Rubettes jar 12 1/2c

ASCO Gelatine Desserts pkg 5c

Paper Shell Almonds lb 21c

Fancy California Walnuts lb 32c

POST 2 for 15c | Kellogg's 2 for 15c
TOASTIES Corn Flakes

Makes Wonderful "Filling" for the Bird

Bread Supreme Now 7c

Victor Bread big pan loaf 5c

For the Children

Express WAGONS each \$2.95 | Toy BROOMS each 20c

Christmas Candies—Big Values!

- Lucille Finest Asstd Chocolates lb 50c; 2 lbs 95c
- Lucille Finest Assorted Chocolates 5 lb box \$2.25
- Poinsettia Assorted Chocolates 5 lb box \$1.29
- Hard and Filled Candies lb 25c; 5 lb can \$1.19
- Asstd Mixtures (Chocolates and Bonbons) lb 25c
- Sweethome Assorted Chocolates lb 39c
- Sleigh Girl Asstd Chocolates .5 lb gift box \$1.69

Finest Fresh Produce

Large Size Grape Fruit 3 for 23c
Whole Coconuts 10c
Sweet Juicy Oranges dozen 23c

ASCO Meat Markets are "Headquarters" for Turkeys, Chickens, Ducks, etc. May we have your order?

These Prices Effective in Our MOUNT JOY STORE

Advertise in the "Bulletin"

SIMON P. NISSLEY

Funeral Director

18 Poplar Street MOUNT JOY, PA.

Bell Telephone 210

nov19-tf

PRODUCE & LIVE STOCK MARKET

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

Market—Beef steers and yearlings slow, about steady, compared with week ago common and medium grades all weights 25c lower, better grades scarce, about steady, load choice yearlings \$12.00, best medium weights \$9.50, bulk of the sales \$8.00-8.75. Bulls, she stock and cutters sharing decline, bulk of fat heifers \$7.00-7.50, beef bulks \$5.75-6.50, butcher cows \$5.00-5.50, cutters \$2.50-3.25. Stockers and feeders held steady thruout week with good country inquiry for better grades, one load outstanding 780 pound weights \$12.90, no others above \$8.50, bulk \$6.75-7.75. Calves 25c to 50c lower, or 50c to \$1.00 lower than week ago, top vealers \$12.50.

Hogs—Closing about steady with week's 25c decline. Receipts—For today's market, cattle 15 cars, 7 Chicago, 2 St. Paul 2 St. Louis; 1 Virginia; 1 Omaha; 1 Penna.; 1 Indiana; containing 370 head, 69 head trucked in, total cattle 439 head, 132 calves, 364 hogs, 233 sheep.

Receipts for week ending Dec. 13, 1930, cattle 92 cars, 21 Chicago 16 St. Paul; 15 Virginia; 10 Saint Louis; 6 Tennessee; 5 Kentucky; 5 Ohio; 5 Michigan; 3 Pa.; 2 Omaha 3 Indiana; 1 West Virginia; 1 Md.; containing 2616 head, 736 trucked in, total cattle 3352 head, 739 calves, 2617 hogs, 707 sheep. Receipts for corresponding week last year, cattle 132 cars, 29 St. Paul; 29 Chicago; 17 Va.; 15 Canada, 10 Maryland; 8 Mich.; 8 St. Louis; 5 Kansas City; 3 Pa.; 2 Tenn.; 2 N. Y.; 1 W. Va.; 1 Omaha; 1 Buffalo. 1 Ind., containing 3713 head, 391 trucked in, total cattle 4104 head, 690 calves, 2421 hogs, 494 sheep.

Range of Prices

STEERS
Good 9.50-10.50
Medium 8.25-9.50
Common 6.00-8.25

HEIFERS
Choice 7.75-8.50
Good 6.75-7.75
Medium 6.00-6.75
Common 5.00-6.00

COWS
Choice 5.75-6.50
Good 4.85-5.75
Common & medium 3.50-4.75
Low cutter & cutter 2.00-3.50

BULLS
Good and choice (beef) 6.50-8.00
Cutter, common & med. 5.00-6.50
(yrlgs, excluded)

VEALERS
Good and choice 11.25-12.50
Medium 10.00-11.25
Cull and Common 7.00-10.00

FEDERS AND STOCKERS
Good and choice 7.50-9.00
Common & medium 5.25-7.50
Good and choice 7.75-9.25
Common & medium 5.50-7.75

HOGS
Lightweight \$9.00-9.50
Mediumweight 9.25-9.75
Heavyweight 9.00-9.50
Packing sows 7.25-9.00

Lancaster Grain and Feed Market

Selling Price of Feeds
Bran \$31.00-32.00 ton
Shorts 30.00-31.00 ton
Hominy 39.00-40.00 ton
Middings 36.00-37.00 ton
Linseed 46.00-47.00 ton
Ground 39.50-40.50 ton
Gluten 38.00-39.00 ton
Soy Bean Meal 47.00-48.00 ton
Hog Meal 40.00-41.00 ton
Cottonseed 41% \$41.50-42.50 ton
Dairy Feed 16% 32.00-33.00 ton
Dairy Feed 18% 34.00-35.00 ton
Dairy Feed 20% 38.50-39.50 ton
Dairy Feed 24% 43.00-44.00 ton
Dairy Feed 25% 44.00-45.00 ton
Horse Feed 85% 41.00-42.00 ton
Alfalfa (Regular) 40.00-41.00 ton
Alfalfa (Reground) 42.00-43.00 ton

Along the Open Road

It is the prime secret of the Open Road that you are to pass nothing, despite nothing upon this earth. As you travel, many things, both great and small, will come to your attention; you are to regard all with open eyes and a heart of simplicity. Believe that everything belongs somewhere; each thing has its fitting and luminous place within this mosaic of human life. The Road is not open to those who withdraw the skirts of intolerance or lift the chin of pride. Reflecting the least of those who are called common or unclean, it is (curiously) you yourself, that you reflect. David Grayson, in "The Friendly Road."

Old-Time Phrases

The phrase "to put on airs" is old, having been used as early as 1832. "Angel cake" came into use in the early 1890s, and "ante" was a common poker term in 1853.

"Anti-saloon" was introduced in temperance pamphlets in 1888, and "backwoods" appeared as early as 1738.

Going Into the Pot

The expression "to go to pot" is probably of oriental origin. A tailor in Samarkand, who lived near a burial ground, kept count of the deaths by dropping a stone into a pot for every funeral that passed. When he died some one remarked that he had gone into the pot himself.

In order that a public sale, festival, supper, musical or any like event be a success, it must be thoroughly advertised. Try the Bulletin

DRY AIR DAMAGES SKIN AND HAIR

Increased Need for Pomades During Winter Due to Super-Dry Indoor Air.

Mildred would find many of her beauty and health problems more easy of solution were she to give consideration to the necessity for a suitable proportion of moisture in the home air during the long winter heating season, points out the Holland Institute of Thermology of Holland, Michigan.

During the summer months we spend most of our time in air that is adequately humidified by Mother Nature, but during the winter heating season we coop ourselves indoors where, according to the Institute, the air contains only about one-third of the moisture it should have.

The dry indoor air extracts an abnormal amount of moisture from the skin, with the result that it becomes too dry, harsh, and easily chapped. The abnormally dry indoor air also extracts the natural moisture from the scalp, with the result that the hair loses its natural luster and becomes dry and brittle.

These effects, so detrimental to personal beauty and charm, can in large degree be obviated, says the Institute, by automatically injecting into the home atmosphere sufficient water va-



The Water Pan in Old Style Heating Plants Holds a Gallon of Water, More or Less, and Usually is Dry. Six to Eight Gallons of Water Should Be Evaporated Daily in the Average Size Home During the Winter Season.

por to raise the relative humidity to a desirable percentage. In homes heated with the old style systems, the air contains less than half the amount of moisture required for health, comfort at moderate temperatures of 70 or 72 degrees and conserving natural ly beautiful skin and hair.

With modern warm-air heating systems of the vapor-air type, however, sufficient water vapor is constantly injected into the home-air to maintain a comparatively uniform relative humidity of 40 to 50 per cent, according to heat temperature. One effect is a soft, balmy atmosphere comparable to that of a fine spring day, which will conserve the beauty of fine complexion and lustrous hair.

Of further importance is the fact that adequately humidified indoor-air is regarded by leading health authorities and physiologists as a vital factor in preventing colds and other respiratory diseases which usually become epidemic with the advance of the winter heating season. Where indoor air contains a suitable proportion of moisture, dry-air conditions conducive to irritation of the health-conserving mucous membranes in the respiratory tract are eliminated.

Air Motion Is Vital to Ideal Home Heating

Few persons realize to what extent the fan has contributed to American industrial efficiency and to every-day indoor comfort, declares the Holland Institute of Thermology of Holland, Michigan.

From time immemorial the fan in one form or another has been utilized to give comfort to human beings. The electrically operated fan units used today make it possible to maintain healthful and comfortable air conditions in our mountainlike buildings which otherwise would be unlivable because of lack of proper ventilation.

Fans give us control of indoor temperature and make possible the maintenance of indoor conditions that may thing has its fitting and luminous place within this mosaic of human life. The Road is not open to those who withdraw the skirts of intolerance or lift the chin of pride. Reflecting the least of those who are called common or unclean, it is (curiously) you yourself, that you reflect. David Grayson, in "The Friendly Road."

History of the Carpet
Perhaps the oldest pieces of carpet are certain fragments excavated by Sir Aurel Stein in Turkestan. These are attributed to about the beginning of the Christian era, but their exact date and significance are not established. A western wall hanging, resembling a carpet, made at Quedinburg about the end of the Twelfth century, suggests strongly that oriental carpets were not unknown in Europe at that date, and that the technique of one had been copied by the Quedinburg weavers. It is not quite out of the question that the art may have been independently invented, especially as a modified form of the oriental technique is adopted. Three carpets in the mosque of Alaud-Din, at Konla, are attributed with some certainty to the early Thirteenth century.

Attend Winter Courses
Short courses in agriculture and dairy manufacturing will begin at the Pennsylvania State College January 5. These courses are designed for those who cannot spend a longer period at the college but who desire to become familiar with the very latest agricultural information and practices. Write to the Dean of the School of Agriculture, State College, Pa., for a catalog.

HOME HEALTH CLUB

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

The subject of food seems to be a very interesting one, and I have received a number of letters this week from club members asking for a little more information on the subject.

As I stated in a previous lecture, it is of great importance that food should be relished, that there be genuine gustatory enjoyment, and in order to secure that desirable result, a variety of food materials is best. I once received a patient who for a number of weeks had been at a noted sanitarium, under careful dietetic supervision. His daily allowance had been restricted to a very few articles of rather an unpalatable nature. As he was, previous to his admission to that institution, extremely emaciated and weak, such a diet was almost intolerable, and he rapidly grew worse.

When he arrived at the home, which I then operated, he was completely exhausted and could hardly get to a room. When asked to come to dinner, he refused, saying he did not feel hungry, and he was afraid the food might injure him. I humored him until the next meal, when I insisted upon a reasonable amount of good wholesome food. He appeared greatly surprised that I should allow him to eat of any dish upon the table, with the restriction of complete mastication only. No harm resulted, but a good night's sleep followed. I watched the case closely for several days, and noticed that no liquid of any kind was partaken of at any time. I also found the vital organs were carried much lower than they should be; the carriages of the entire upper portion of the body was very bad. I therefore first ordered a cupful of hot water, thirty minutes before each meal. After a few days I supplemented this by ordering six tumblerfuls of water daily at various times between meals, and increase this amount to three quarts of water daily. I also, at the same time, instructed the patient in the exercises given in Volume 1 of the Home Health Club books for developing the muscles, which assisted in maintaining a correct carriage, developing the chest and abdominal muscles.

No medicines of any kind were administered, and in two weeks the patient began to gain flesh, in four weeks he was gaining at the rate of three pounds per week, and at the end of two months still kept up that rate, becoming gradually stronger and robust by the simple methods just prescribed. I have no doubt but he would, within a year, have had a complete collapse and perhaps have died a victim to errors in dietetic habits and a lack of knowledge of the simplicity of the methods of cure practiced by the Home Health Club.

His case had been pronounced consumption of the wasting variety, and I have no doubt he would have died of that disease, so called, if left to his own resources or in the hands of those who confined the diet of their patients to the particular cereal or vegetarian foods manufactured by their managers.

All readers of this publication are at liberty at all times to write for information pertaining to the subject of health. Address: Dr. David H. Reeder, 3 E. 31st St., Kansas City, Mo., with at least 6 cents postage.

Backgammon Played in Practically All Lands

Caesar's legions, sweeping Europe, carried backgammon to every country they touched—and left it there, after the barbarian hordes had swept Rome's empire into dust.

Down through the centuries it came essentially a game of the aristocrats—it's known that Madame de Minton, just before the French revolution, entertained at backgammon, practically as wealthy Detroiters, New Yorkers, Bostonians are entertaining today.

"Aristos," waiting debonairly for the "honor roll" that carried them to the guillotine from the prisons of France, played backgammon.

It has a different name in nearly every country. France, for example, calls it "Tric Trac." The origin of the English name is in doubt. Some say it came from the Welsh words, "bach" meaning "little," and "camminu," meaning "bottle," and others assert it came from the Saxon, "baec" meaning "back," and "zamen" meaning "game"—or a game in which the men were set back.—Detroit News

History of the Carpet

Perhaps the oldest pieces of carpet are certain fragments excavated by Sir Aurel Stein in Turkestan. These are attributed to about the beginning of the Christian era, but their exact date and significance are not established. A western wall hanging, resembling a carpet, made at Quedinburg about the end of the Twelfth century, suggests strongly that oriental carpets were not unknown in Europe at that date, and that the technique of one had been copied by the Quedinburg weavers. It is not quite out of the question that the art may have been independently invented, especially as a modified form of the oriental technique is adopted. Three carpets in the mosque of Alaud-Din, at Konla, are attributed with some certainty to the early Thirteenth century.

There is no better way to boost your business than by local newspaper advertising.

Welcome

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

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.

Jan 12/31

THE LONG THE SHORT OF IT IS—
CUTS
IN ADS
ATTRACT ATTENTION!
Advertisers may use our WNU CUTS at all times—NO EXTRA COST

THE COUNTRY NEWSPAPER OF GREAT VALUE ACCORDING TO STATEMENT OF NOTED EDITORIAL WRITER—PROVEN BY FACTS

Arthur Brisbane, one of the best minds of the time, says:

"H. Z. Mitchell's 'Sentinel,' published at Bemidji, Minn., wins the prize as best weekly in the National Editorial Contest. This is a good time to remind the public in general, and national advertisers in particular, that country weekly newspapers are the most important organs of public opinion and protectors of public welfare.

"And, their advertising per mill line, is not excelled by any publication, of any kind.

"The reader of a country weekly buys everything from shingles on the roof to cement in the cellar floor, and every advertiser has in him a possible customer."

Prompt Holiday Optical Service

Christmas trade in our Diamond, Watch, Jewelry and Silverware Departments will not interfere with our Optical Department.

APPEL and WEBER

Phone 2413

40-42 N. Queen St.

LANCASTER, PA.

CLARENCE SCHOEK

Y, PA.

WE GIVE SERVICE COAL