

Good for Children



THIS "good for children" line is probably looked askance upon by all good children. "But is it good?" asks the youngster who is beginning to have his doubts about foods which have to be eaten because "they are good for you."

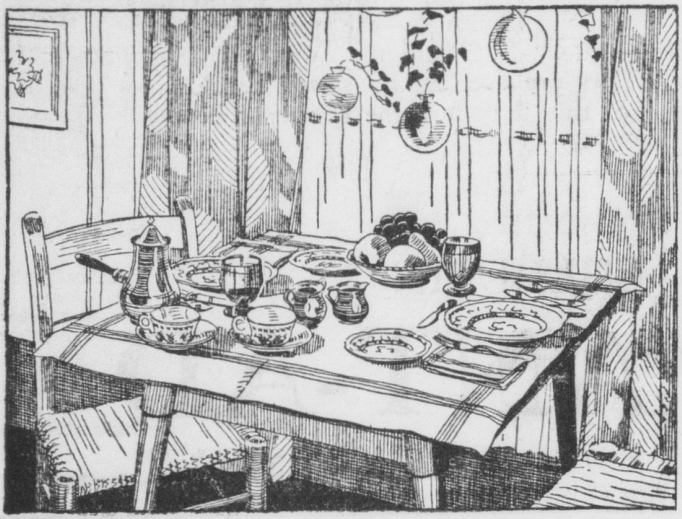
Good—and good for you, should be the qualifications if foods are good enough for children, because there are so many ways to make healthful foods good. Canned salmon is one of the "good for you" foods which is good to taste—and children like it—pink and appetizing as it comes from the can, or combined with other good things which make it even more tempting.

Canned salmon is recommended particularly for children by Dr. C. D. Tolle, of the nutrition laboratory of the Department of Fisheries, because it contains that

bone-building substance—Vitamin D. Egg yolks and butter are set down by this food expert, as important items in the diet of growing boys and girls, so it would be to combine butter and eggs with your salmon dishes. Here is a tested recipe:

Good—And Good for You

Salmon Cutlets with Egg Sauce:
Heat the contents of one 15-ounce can of salmon cutlets (oval can) by immersing the can in boiling water for fifteen to twenty minutes. Open the can and remove the fish carefully in one large piece, if possible, to a hot platter. Garnish with lemon slices and parsley. Serve with egg sauce made by chopping three hard-cooked eggs fine, adding three tablespoons melted butter, salt, pepper and lemon juice to taste. This serves six persons.*



Better Breakfasts

Honeyballs Filled with Raspberries
Ready-to-Eat Cereal with Cream
Creamy Scrambled Eggs with Mushrooms
Jelly Muffins

YOUNG Romance visualizes breakfast upon a balcony somewhere, overlooking a garden or something, and foods waited up somehow—an altogether delightful something. No eggs to fry, dear no! Nor pots and pans to wash!

Why ever wake up? Why not breakfast in some delightful window of your home, overlooking the garden or the window box, and feast on honeyballs filled with raspberries, say, creamy eggs with mushrooms and golden little jelly muffins—foods so simple to prepare that they are verily "waited up?"

Creamy Scrambled Eggs with Mushrooms: Make a white sauce of two tablespoons of butter, one tablespoon flour, one cup of milk, and salt and pepper to taste. Cut the contents of one 4-ounce can of mushrooms in slices, and sauté for a few minutes in a little butter, then add to the hot sauce. When hot, break in six eggs and combine gently with a fork, cooking at a low temperature until the eggs are done but not hard, and the whole mixture is creamy. This serves five to six persons.*

A Capacious Can



Do you remember the story of the magic pot, which danced into the old woman's cottage, and cooked magic meals? The more the old woman and her husband ate, the more the pot cooked.

The nearest thing we know to this sort of a housewife's millennium is a No. 2 can of fruits for salad which can be extended and extended. It can serve four persons, six persons, eight persons, depending on how many fresh fruits in season, you add to it. If yours is a family of four persons, just chill the can, serve contents on crisp lettuce hearts with creamy mayonnaise. If guests increase your number to six, add bananas to the already delightful variety of fruits. If two more guests drop in, add apples and bananas—and your salad is even more delicious and healthful with minerals and vitamins.

Try this extension of the magic can:

Molded Cream Cheese and Fruit Salad: Soak one-half tablespoon gelatin in one tablespoon cold water, then dissolve in two tablespoons hot milk. Add two well-mashed cream cheeses, one-half teaspoon salt and one-eighth teaspoon paprika. Fold in one cup heavy cream, whipped, and pour into a ring mold. Set away to harden. Open a No. 2 can of fruits for salad, add two sliced bananas, drain well and set away to chill. When ready to serve unmold the cheese ring on a large, round serving plate. Fill the center cavity with the fruit and pour over a French dressing with chopped fresh mint leaves. Garnish edges with small cup-shaped lettuce leaves, each holding a spoonful of mint jelly. This serves eight persons.*

CASHVILLE

Phares H. Hoffer and family visited Mrs. Hoffer's parents, who are staying with Edwin Henery's.

Frank S. Swanger and wife and Cyrus Ruhl were to Stoverdale Camp-meeting on Sunday.

Elmer Heisey and son of Mount Joy, are patching the plastering at Hoesler's School House.

On Saturday, Aug. 20th the Hoesler Reunion will be held at Hoesler's Church. A very interesting program

IRONVILLE

Last evening Roy Fornoff damaged his Chrysler while going to work at the Columbia Silk Mill. The car skidded on the Ironville pike crashing into a cement wall along the Reading Railroad near the Twin Oaks swimming pool. Charles Fornoff and Wilbur Rettew who was riding with Roy Fornoff received a number of cuts and bruises. After receiving medical attention they proceeded to work.

Mr. and Mrs. George Rettew are quietly observing their 40th wedding anniversary.

Mr. and Mrs. Joseph Berntheisel motored to Washington D. C.

Mr. Earl Albright, Wilbur, Jean and Hazel Fornoff are visiting relatives at Harrisburg, Pa.

Fred Nicholas and family are camping at the old Cordelia furnace. Mr. Nicholas manufactures baskets and repairs chair seats while enjoying his camp life.

Richard Garber injured his left leg while trying to jump across a large gutter. He fell cutting it on a large stone.

John A. Fox sold two guernsey heifers to Mr. John Kennedy of Perry county.

Over the weekend the Ironville ball team was defeated in both games. At Lancaster by the Lancaster Athletics by a score of 6 to 2. H. Diffenderfer pitched for the Ironville boys and the Columbia black ox defeated them on the Chestnut Hill diamond by a score of 10 to 7. This game was pitched by Shultz for the Ironville boys.

Sunday school at Ironville on Sunday at 9:30 A. M. DST and C. E. at 7:00 P. M. DST. This meeting will be addressed by Melvin Miller of Columbia. There will be a number of musical numbers on the program.

Heartiest Congratulations From The Bulletin

We want to congratulate each of the following for having reached another birthday:

Sunday, August 14
Mrs. John Hertzler, of town.
Mrs. Elmer Longenecker of Rheems.

Monday, August 15
Daniel Gohn, grandson of Mrs. Annie Barnhart, on David street, one year old.
Louise Garlin, on West Main street.
Mrs. Samuel Henry on North Barbara street.
Mrs. Alice Hoffman on North Barbara street.
Elsie Mae Longenecker daughter of Mr. and Mrs. John Longenecker of Elmer B. Newcomer, Salunga.
Mrs. Enos Weidman, of near town.
James Hostetter, son of Mr. and Mrs. Eli Hostetter.
Mrs. Wm. Beamesderfer, on Columbia Avenue.

Monday, Aug. 15
Charles Roth, barber.

Tuesday, August 16
Mary N. Hertzler, of town.
Wednesday, August 17
Mrs. Fannie Zeager.
Mrs. Wm. Beamesderfer.

Thursday, August 18
Mildred Rye, on West Main street.
Mr. Hiram Nissly on North Barbara street.
Miss Maude Gibbons, on West Donagel street.

Thursday, August 18
Beatrice Newcomer, on East Main street.

Friday, August 19
Mrs. Frank Shank, Landisville.
J. Arthur Swarr, Landisville.
Mrs. Lehman Kraybill, of Florin.
Mr. B. F. Brubaker celebrated his 70th birthday.

Saturday, August 20
Mrs. Warren Bentzel, on West Donagel street.
Vera Nissly, near town.

MARIETTA THEATRE REOPENING GALA AFFAIR

Amid the cheerful sound of pleasant music, the flashing and varied beauty of new and expensive draperies and fixtures, the wit and sparkle of brief talks by prominent people, and the presentation of an intensely thrilling melodrama of the automobile speedways, the new and wonderful Marietta theatre opened its doors to an anxiously waiting public Monday evening, brightening the entire community of Marietta with some thing resembling the return of prosperity.

Members of the audience, large, to put it mildly, mingled surprise and delight upon their first entrance into the auditorium, when they beheld the delicious beauty of the orange and gold draperies decking the walls, the rich, mellow carpets covering the floors and the shining, glittering curtains gracing the stage. The lobby, too, clean and neat besides being beautiful, beckoned invitingly, and made every single guest of the Marietta feel immediately at home.

From the very first moment the doors were opened, light, pleasant music radiated from the hidden speakers throughout the auditorium, while the audience waited in expectant anticipation. After the strains of the music, talks were given by Henry S. Rich, Marietta financier, S. A. Aciri, former manager of the theatre and Marcus Benn, of Benn Theatres, Inc., Philadelphia. Finally the lights were dimmed to a shadowy blue glow, the stage curtain swung open and the motion picture presentation began.

Take Squeaks Out of Stairs

Squeaking stairs are an annoyance, but if the underside is accessible you may remove the squeak, which occurs between the tread and the riser, by driving glue-dipped wedges into the joints. If you can't reach the underside drive long screws through the tread into the riser. Countersink and paint or stain to match the steps.

Patronize Bulletin Advertisers

Local Mortuary Record for a Week

(From page 1)

He is survived by his wife, who was Lizzie Brandt before marriage, and two children, Frank at home and Samuel, Manheim R. D. 5. Also two brothers, Ephraim, of Manheim and Philip, Manheim R. D. 3.

Services were held on Sunday at his home and later at the Fairview Church of the Brethren, Interment in the adjoining cemetery.

John W. Kreiner
John W. Kreiner, sixty, died at 3 p. m., Saturday at his home, 235 East Walnut street, Lancaster, of complications.

He was born June 25, 1872, in Mt. Joy, and was a son of Mrs. Sarah E. Bookman Kreiner and the late Harrison Kreiner. He was a member of the Woodman of the World, Lancaster, of the Red Men, Mount Joy, and of the Aerie of Eagles, Lancaster. He had been employed for some years by the Armstrong Linoleum company.

In addition to his mother, Mr. Kreiner is survived by his wife, who before marriage was Frances Stauffer; one son, Charles, of Philadelphia; one step-son, Horace Stauffer, Newark, N. J.; two brothers, Walter S. and Harry H. Kreiner, both of Lancaster, and five grandchildren.

Services were held from the home, Tuesday with burial in the Eberle cemetery, in this borough.

Martin N. Brubaker
Martin N. Brubaker, the oldest resident of our borough and one of the oldest in Lancaster county, died at his home on East Main street last Thursday afternoon from a complication of diseases. He was in his ninety-seventh year.

He was born at Hammer Creek, this county, October 11, 1835, being a son of Semm and Martha Brubaker. At the age of six months his father moved on the farm owned by Mr. Roy Brenerman along the highway east of town, where he resided for many years. Retiring from the farm he moved to Landisville where he served as a Justice of the Peace.

Forty-four years ago he moved to Mount Joy into the house where he died. At one time he was a director of the Conestoga National bank at Lancaster; served two terms as County Surveyor and a number of years as a school director here.

In town he was a surveyor and notary public until he retired on account of his health. He was a lifelong member of the Mennonite Church.

The funeral was held from his late home on East Main street with further services in the Mennonite church here Monday. Interment was made in Kauffman's cemetery.

MAYTOWN

Mr. and Mrs. Elmer Keagel and son of St. Louis, Mo., spent several days here with friends.

Dr. and Mrs. Schatt and children of Bethlehem, are visiting the latter's parents, Mr. and Mrs. M. R. Hoffman.

Mr. John McCurdy, Mrs. Henry Earhart left for Harrisville, Pa., where they will spend several weeks with Mr. and Mrs. Alvin Eaken.

Miss Mary Fitzkee, R. N. of New York City, is spending her vacation here with her parents, Mr. and Mrs. Edward Fitzkee.

Miss Hazel Keller of Lancaster, spent the week-end with friends here. Miss Elizabeth Fletcher of Coatesville, is visiting her mother, Mrs. Katie Fletcher.

Miss Anna Culp of Lancaster, returned home after spending her vacation with her mother, Mrs. Isaac Carpenter.

Mr. and Mrs. Jacob Drace of Reading, spent the week-end with Mr. and Mrs. Samuel Drace.

Mrs. Henry Frank attended the funeral of Mrs. Abram Hoffer at Mt. Joy on Saturday.

Mrs. Isaac Carpenter, Anna Culp, Kathryn Eshleman, spent Wednesday at Lancaster.

Miss Amy Fenier and Master Thomas Weber of Lancaster, are visiting Mr. and Mrs. Irvin Neimarf.

Miss Mary Geyer of Marietta, is visiting Misses Anna and Mildred Garber.

Mrs. Margaret Bishop, Mrs. Harriet Slayman, Mr. Edward Unger of Philadelphia, visited friends in town on Thursday.

Miss Adella Grove spent Friday at Lancaster.

Mrs. Henry Frank attended the funeral of Mrs. Martin at York, on Thursday.

Mr. and Mrs. Albert Davis left Monday for a trip through Canada.

Miss Grace Albright of Lancaster, spent Sunday with her sister, Mrs. Joseph Henderson.

Mr. Herman Frank, of York, spent Sunday with Mr. and Mrs. Henry Frank.

Mr. and Mrs. William Roath of Harrisburg, spent Wednesday evening with William H. Roath.

Mr. and Mrs. C. C. Hicks, Mrs. Charles Hicks spent Sunday at Camp Meade, Md., with Mr. Charles G. Hicks.

Mr. John Keener will entertain the children of Maytown, ten years and under at Daddy's play ground on Thursday, August 18th from 2 p. m. until 7 p. m.

Mr. and Mrs. George Waller, announce the birth of a daughter, Jane at their home on Sunday.

Audrey Blottenberger celebrated her 10th birthday on Saturday, August 13.

Mrs. Mary Graybill of Harrisburg, spent Saturday with her sisters Misses Emily and Sallie Shireman.

Mr. and Mrs. Jacob Measbey and grand-daughter of Steelton, visited friends in town on Saturday.

Local Doings In And Around Florin

(From page one)

Mrs. George Geyer, last week.

Mrs. Anna Thomas and two daughters Reba and Melba of Cherrydale, Va., are the guests of Mary Shires.

Mr. and Mrs. Harvey Campbell entertained their neighbor Mr. and Mrs. Aaron Musser and on Junior on Sunday evening.

Mr. and Mrs. N. E. Hershey and Misses Mary and Sara B. Hershey spent Sunday with the family of Mr. and Mrs. T. Forney, near Manheim.

Mr. Park Shetter met with a misfortune while standing on the running-board of a moving automobile was thrown off, breaking his right arm.

Mr. and Mrs. John Malehorn, Mr. and Mrs. Miller Wolgemuth and Mr. and Mrs. Jacob Strickler were guests of Samuel Heisey's near Newtown on Sunday.

Mrs. Henry Frank of Maytown, attended the funeral of Mrs. Abram Hoffer on Saturday at Mount Joy and a guest of Mrs. N. E. Hershey during the evening.

Mr. and Mrs. A. D. Garber and daughters Esther and Anna, Mr. and Mrs. George Mumper and sons Clyde and Ralph, Miss Kathryn Warfel and Mr. Paul Diffenderfer spent Saturday and Sunday at Camp Ream, Perry county.

Mr. and Mrs. Samuel Crowl and children, Mr. and Mrs. Jacob Landvator, Jr. and daughter, Mr. Jacob Landvator, Sr., Nancy Schulle, Mrs. Mary Kramer and Mr. Charles Boyer spent the weekend at the South Mountains.

Mr. and Mrs. Jacob Emenheiser entertained the following guests on Sunday: Mr. and Mrs. Benjamin Brandt, of Naumanstown; Mr. and Mrs. Henry O. Emenheiser and children, Mabel and Geraldine of Maytown; Mr. and Mrs. Gern Bradford and son Robert, of Florin; Mr. and Mrs. David Adams and son George; Mr. and Mrs. Sylvester Adams and daughter Norma; Mrs. Annie Adams and children Myrtle, Horace and Arthur; Mrs. Walter Spangler and children Helen, Marion and Chester; Miss Ruth Campbell and Miss Alice Eisenbaugh, all of York; Misses Anna, Ethel and Helen Emenheiser of town; Mr. and Mrs. Edward Stoppard and children Helen, Harold, Mary, Kathryn and Junior; Miss Emilie Jane Kraybill, all of Mt. Joy.

BAINBRIDGE

The schools of Conoy township will open for the fall term, Monday, Aug. 29. The teaching staff is as follows: Miss Verna Peck, principal High School; Miss Naomi Denieve, assistant principal High school; Benjamin Pennell, jr., grammar, Bainbridge; Mrs. Helen Hamor, secondary; Miss Josephine Beshler, intermediate; Miss Ruth Kurtz, primary; Mrs. Davida Libhart, Wickersham grammar; Miss Dorothy Smith, Wickersham primary; Miss Elvira Riccio, Billmeyer; Mrs. Christie Gish, Stevens Hill; Miss Bertha Landis, Ebersole.

Board of Education: President, A. R. Engle; treasurer, Joseph Shoop; secretary, I. Scott Smith; Nathan Kendig, W. G. Hohor and Harry Pink.

A meeting of Bainbridge Fire Company and Auxiliary will be held Friday evening, to plan for Labor Day festival. This has been an annual event, starting Saturday evening, with a festival; all day celebration on Labor Day.

Mrs. Carrie Keenard of Oaklyn, N. J., is visiting Miss Annie Keenard.

Miss Grace O'Connor, of Mount Joy visited her mother, Mrs. Bessie O'Connor.

Mrs. Carrie Garber and daughter Pauline, were shoppers at Harrisburg. Betty Jane and Helen Burkholder of Bainbridge R. D. visited Mr. and Mrs. Joseph Gallo, Thursday.

Mrs. B. F. Hoffman, Mrs. William Breneman and daughter Jean and John Sechrist, returned from Mount Gretna.

Indian Legend Explains Origin of Five Tribes

After the Great Spirit had created the hills and dales, the lakes and streams, planted the animals and birds in the woodland, and the fishes in the waters of New York, he dropped five handfuls of red sand across the "promised land." The first handful, it is said, fell in the valley of the Mohawk, from the gateway—for which the Indian word is Schenectady—to the vicinity of Utica; and from this red sand sprang the Mohawks, of whom Joseph Brant was a prominent member.

The second handful fell among the flat stones, Onondaga, and gave birth to the Onondagas, and gave birth to the Onondagas, of whom Shenandoah was a well-known patriot chieftain.

The third handful fell among the hills near Syracuse and today 550 people of the hills, which the word Onondaga means, still dwell in the hills of Onondaga county.

The Cayugas arose from the fourth handful, dropped around the lake which still bears their name, and from this group came the great orator, Logan, who is buried at Auburn.

The fifth handful of red sand was dropped in the beautiful valley which the word Genesee means, and from this mighty tribe came the noted Red Jacket, Big Tree, and other councilors. We speak of the Six Nations, or tribes, of Iroquois today since the Tuscaroras, who now live in Niagara county, came from the South in 1712 and joined the original five, named in the legend above.

Turn useless articles about your home into cash. Advertise them in our classified column.

When in need of Printing, (anything) kindly remember the Bulletin.

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Save time and work by using Lux—No boiling, no scrubbing. The lively lasting suds soak clothes clean.

Small Size 9c Large Size 22c

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Known to women of four generations!
Proven the best for all-purpose baking.
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"They're kind to your throat"
2 pkgs. for 25c

KRAFT CHEESE
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Foods made with Crisco taste better
1 lb. can 23c

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WASHBURN'S Pancake Flour
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