

Everybody is Talking Pontiac!



"Pontiac makes a hit with me because of its Straight Eight performance. I get away first every time."



"I like it because its weight and strength make me feel safe and it is so comfortable and easy-riding."



"I'm strong for Pontiac because it is so economical—easy to buy and easy to own."



"I like my new Pontiac because I use it in business every day, and I need a car that's got durability enough to 'take it'."



"I like my comfort when on a trip—and our new Pontiac is so comfortable, thanks to Fisher No Draft Ventilation."



"BALANCED VALUE"

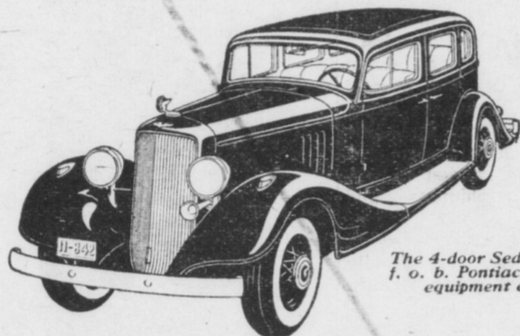
15 miles or more to the gallon is what owners say the Pontiac Straight Eight gives them. And Pontiac continues to do so, even after thousands of miles of use.

Such operating efficiency can come from only one thing—and that is Balanced Design, which means that each part is scientifically balanced and related to all the others—so that all strains are equalized for uniform life and durability. This in turn means Balanced Value.

Come in for a demonstration. You'll agree then that Pontiac deserves its increasing sales.

Remember, it takes all of these qualities: Economy—Durability—Comfort—Safety—Performance—Appearance (not only some of them) to make a modern car.

Ask for a copy of the FREE booklet— "What do you mean—Balanced Value."



The 4-door Sedan, \$695. i. o. b. Pontiac. Special equipment extra.

Visit the General Motors Building, Century of Progress

ECONOMY · DURABILITY	\$ 585
COMFORT · SAFETY	
PERFORMANCE	
APPEARANCE	AND UP. F.O.B. PONTIAC EASY C.M.A.C. TERMS
A GENERAL MOTORS VALUE	

HASSINGER & RISSER, 120 S. Market Street, ELIZABETHTOWN, PA.



GINGHAM

Is a 1933 Fabric Pet!

GINGHAM—old-fashioned? No, indeed! 1933 hails it as one of her leading fabrics. . . and smart women are adopting it in lovely colorful plaids for daytime and sports frocks, and for distinguished little ensembles for wear to town and to business. Next we'll be seeing it again in the formal mode—it made a big hit for party frocks last season, you'll remember. Great vivid plaids—amusing small checks—fine line effects in tissue gingham—these are some of the favored types with women who have always adored gingham and rejoice that it's back in the mode. The frock sketched in one of the popular daytime types—it's developed in gingham with lots of crisp fresh white organdy for trimming. (McCall 7397). (By courtesy of The McCall Company).

To All Who Suffer Stomach Agony, Gas and Indigestion

Money Back If One Bottle of Dare's Mentha Pepsin Doesn't Do You More Good Than Anything You Ever Used.

Why bother with slow actors when one tablespoonful of this splendid and pleasant liquid remedy will cause gas, bloating, heaviness, heartburn or any upset condition of the stomach to speedily vanish. And why should any man or woman suffer another hour with indigestion or any stomach misery when the remedy that acts almost instantly can be easily procured? But there is more to say about this remarkable remedy—something that will interest thousands of despondent people. Dare's Mentha Pepsin not only quickly relieves stomach distress, but it also conquers stubborn indigestion, dyspepsia and gastritis, and puts an end to dizziness, nervousness, headache, sleeplessness and despondency which distressing troubles are nearly always caused by chronic stomach disturbance. Dare's Mentha Pepsin is a supremely good remedy that drugists everywhere guarantee—a fine tonic that builds you up and makes you work with vim, eat with relish and sleep soundly.

Earliest History Of Mount Joy

(From page 1)

in Pennsylvania currency at that time, was equal to one hundred and forty dollars.

Before closing the sketch of the Times of the Revolution, I must bring to the front something to show what the women of this neighborhood did during the time that tried men's souls. Say what you please about 'women's rights,' and what they should do; we generally find that they get on the right side, and do right.

Their general character is to do good. They, like our Fathers, were aroused to resent what was considered as insults to their natural rights; they would not tamely submit to the galling yoke the mother country determined to impose, and to prevent it, they argued that it was right in these terrible times to draw the sword for Liberty and their country. They held public meetings, and were as patriotic as the men. Their cry was 'To Arms! To Arms! We will do what we can in the glorious cause. We will remain at home to do the work, and help so far as we can to support those who are suffering in the common cause. They did raise money, they furnished clothing and provisions, and all they could to assist in securing our Liberty. They were scorned to be slaves. They held their 'Tea Parties' but that kind of tea, that England wanted them to pay tax for, they would not use. These meetings generally wound up with a song composed by one of the women. I feel sorry that I can give you only the last two lines. I heard my grandmother, my mother and aunts sing it when I was but a little boy, the lines are: 'Fine Dittany our woods adorn The girls shall cut and dry it.'

And now for something about our own Mount Joy. Though not an old place but at the west end of our Borough there stood an old Tavern house, which was burned down some years ago. It was there in Revolutionary Times, on the Continental Highway, as a great place

and in good 'Aul Ireland' too. That house from time immemorial was kept as a Public House. There was always a 'Cross Roads' there and still known by that name it was the stopping place of the Irish Emigrants, on their way to the Donegal settlement. Their usual enquiry on their way, was for the place they called, the Three Crosses The Cross Roads, Cross Keys and Cross Land Liddy. At that place for a very long time, the military trainings were held. At one of these trainings, during the Whiskey rebellion several persons spoke loudly in favor of the insurgents, declaring themselves ready to go to their assistance and urged all to join them. A few days after, these men were arrested, and taken to Lancaster, but had the matter quieted by pleading that they were on a 'Spree'; that had they been sober, their conduct would have been different. In that old house there was many a jolly frolic, dance and fight. The eastern part of the town was laid out in 1812 by Jacob Rohrer, who was long a justice of the Peace in this place. The lots were disposed of by Lottery, and the place called Rohrerstown for a long time. Richland, in the west end of our Borough, was laid out, a few years after, and disposed of in the same way, and the intervening ground at intervals since, and all now comprise the Borough of Mt. Joy.

It was a small place when I first came here, but child as I then was, I remember it very well. All the houses, the woods and frog ponds, in the plot of ground now comprising the Borough. There were but twenty houses, two taverns, one at each end of town, two blacksmith shops, one store, one tailor and one shoemaker shop, but neither school house nor church. The only place where public worship was held occasionally, was in the 'Loders' from the Presbyterian Church and called 'Log Hall'. It stood near the bank of the Little Chickies creek and met one hundred yards from the Turnpike bridge where it crosses the creek. It was our school house. After the last war with Great Britain Peace was proclaimed, we jollied here. Every house had a window,

large and small, up and down, back and front, all was lit up.

To make the illumination complete and cap the climax, a scaffold suspended by chains, high up on some trees, very near to where the Presbyterian Church stands. The floor of the scaffold was well graveled and sanded, a large tar barrel with tar in it, placed on it and fired up. It was a beautiful sight, sending its light, all over the town. It was the grand center of attraction and place of gathering together of all the people. A grand gathering it was, for all that could get to town, from far and near, old and young, were in to see the sight. This town and neighborhood furnished their quota of soldiers for the army.

At that time we had no locomotives on cars to look at or anxiously expect every day, no railroads. We had the turnpike, and stage coach, to carry the mail and passengers.

To carry produce from the country to the cities, and return, laden with goods, we had the famed Conestoga wagons, and five and six horse teams; they are seldom seen now. I have counted as high as fifty of these wagons, clustered at the two taverns at one time.

When they would take up their line of march, on the cold winter mornings, the ground covered with snow; the music made by the singing of the revolving wheels, the jingle of the bells on the horses, the barking of dogs, cracking of whips, the whistle and songs of the teamsters, forming a band and procession that we all admired. It was truly a beautiful sight to see so many of these white covered wagons, on their line of march on our turnpike, and marching to such music. It was soul enlivening and none need wonder that many tho't that the railroads would ruin the country.

Nearly all the dwellings in the place then were small and log cabins generally were the palaces of our farmers round. The 'Latch String's', however, were always hanging out, a hearty welcome was given to every one that would call, and a treat with the best the house could afford. From that time on the progress of our town in population and business, was not as rapid as some other places, and might be called slow, but always up to requirements and is still on the onward move.

As the population increased, the school houses and churches were built. Very near the eastern boundary of our Borough and a short distance from the splendid railroad bridge, where it crosses the Little Chickies creek, is the well known Cedar Hill Female Seminary. The building is a very large and commodious one, was put up in 1839 by the Rev. N. Dodge and conducted by him for a long time.

The reputation of the school was such, that parents from all parts of the Union, sent their daughters there to be educated.

The building is now used as a boys' and girls' boarding school, conducted by Prof. D. Denlinger. In it the common and higher branches are taught. It is a beautiful place, and all the surroundings such as to make it a very pleasant place for a school, having facilities of communication too, by railroad, with every section of the Union that very few schools can boast of.

Mount Joy Institute, a boarding school designed exclusively for boys was started in town very soon after by Mr. John H. Brown, a Philadelphian. It was a noted school. His scholars were from every part, even from the extreme South. It was continued for several years. When Mr. Brown left, the Mount Joy Academy was erected, a large stone building, also for a boys' boarding school. In it the higher branches and languages were taught, conducted by Mr. E. L. Moore. In short everything was done to make bright scholars. The school was continued by Mr. Moore until after the war to put down the rebellion was over. Then bought by Hon. Jesse Kennedy and fitted up for the Soldiers' Orphans.

Changes were made in the main building and other buildings put up as needed, to accommodate all the scholars. At present the number is 250, one hundred and fifty boys and one hundred girls. The site is a beautiful one, suitable for such a school, and under Mr. Kennedy's management, with a good corps of teachers has brought the school to rank, as one of the very best of the Soldiers' Orphans Schools in the State.

The citizens of Mount Joy, of the past and present, deserve credit for the time, money and labor spent by them to secure good schools. After numerous trials at the elections they finally succeeded in getting the Common School System in operation. Now all from the age of six to twenty-one, can attend school. It will be their own fault if they fail in getting an education that will fit them for business and usefulness. Our people always loved education. They favored schools and valued them, but the old school houses were not in the course of the progress of events, we needed better.

Finally in 1873 a very large and beautiful brick building was erected, with all the modern improvements and fitted up for our schools, so that we can now boast and say, that for educational purposes Mt. Joy still stands at the head, in advantages to secure a good education, both for home population and strangers.

(Continued next week)

Keep Tulips Clean

Tulip bulbs should be lifted annually and replaced in clean soil if possible. The best results will be obtained where bulbs showing no sign of disease are planted not older than three years in the same ground.

Take Milk, Vegetables, Fruits As Basic Foods In 50c. Menus

Buy Only Cooked Foods in Restaurant—Fresh Foods Less Expensive in Stores

This is the fourth of six articles showing how you can live healthfully on 50 cents a day.

By Dr. Mary S. Ross, Professor of Nutrition, Columbia University

One of the first things to learn, if you are trying to live on 50 cents a day, is how and where to buy foods.

If you live in a dormitory or rooming house, and have no access to a stove or refrigerator, obviously it will be necessary for you to buy hot food and cooked food at a cafeteria, restaurant or lunch counter. Foods which do not need cooking should be purchased in grocery stores, fruit markets and the like, and should be eaten in your room for breakfast and supper. You can find many bargains by keeping your eyes open and "shopping around."

"Health Insurance" It happens that these ready-to-eat foods are the protective foods—milk, and raw fruits and vegetables—which are the cornerstones of the menu. It is these foods that furnish "health insurance." In winter you can buy fresh milk economically by the quart, and keep it from morning until evening by placing it on the window sill or in some cool place.

In summer you had better buy it only in such quantities as you will use at each meal in the room, or else buy evaporated milk, of which a 14 ounce can will cost six cents, and will be enough for a day, since when diluted with an equal amount of water it is the same as fresh milk in food value.

Milk Is Best Food

Whether fresh or evaporated, milk is the most valuable and most economical food you can buy. In fact, if you have milk, dark bread and tomatoes, your diet will be nutritionally complete, and you could live on such a menu indefinitely. Milk not only supplies vitamins and protein, but it also gives you calcium and phosphorus for bones and teeth. It has been called "the most nearly perfect food," and it is the best friend of any person who is economizing. If more milk were included in our diets, all of us would benefit, whether economizing or not.

For your bread, you might also buy a jar of peanut butter. This is excellent, rich food, and adds flavor. Use it on whole wheat or dark bread; this kind of bread gives you most for your money.

Bananas A Good Buy When it comes to fruit, one of the best buys is bananas. These are

A Day's Meals for 50 Cents

Breakfast in Room	
MAN	
1 pt. milk	5¢
1/2 loaf rye bread	5¢
1 raw carrot	1¢
<hr/>	
WOMAN	
1 pt. milk	5¢
1 oz. cornflakes	3¢
1 banana (possibly two)	5¢
2 tsp. sugar	3¢
<hr/>	
Luncheon in Cafeteria	
MAN	
Baked beans	10¢
Cold slaw	5¢
2 cookies	5¢
1 glass milk	5¢
<hr/>	
WOMAN	
Egg salad sandwich	15¢
1/3 loaf rye bread	5¢
Apple (bought outside)	5¢
2 pcs. chocolate	5¢
<hr/>	
Supper in Room	
MAN	
1 pt. milk	5¢
1/2 loaf rye bread	5¢
1/4 lb. cottage cheese	5¢
Chocolate or coffee flavoring	1¢
<hr/>	
WOMAN	
1 pt. milk	5¢
2 ozs. butter	2¢
1/3 loaf rye bread	5¢
3 ozs. cottage cheese	5¢
2 ozs. raisins	2¢
<hr/>	
Before Retiring: 1 tsp. cod liver oil	

high in calories and other food values, are tasty, and usually inexpensive. Avoid eating any banana showing green, as these are under-ripe. If you have to buy such, keep them a day or two to ripen.

Vary your fruit diet with apples, oranges and other fruits whenever you can buy them cheaply. Make use of fruits grown in your region. They are usually less expensive.

Take your milk, crackers, fruits and similar ready-to-eat foods in your room. If you buy these things in a restaurant, you will have to pay much more for them. Remember that milk, fruits, and vegetables, including tomatoes, and cod liver oil are your health insurance.

Take out your insurance first; then use the balance of your food money in buying inexpensive, energy-yielding, cooked dishes, such as stew, goulash, baked beans, soup, and sweets.

In the next article Professor Ross will give another 50-cent menu, and will tell you how to buy food in a restaurant.

IF YOU WANT GOOD TEETH—

By DR. J. M. WISAN
Chairman, Council on Mouth Hygiene, New Jersey State Dental Society

YEAR-ROUND LESSONS OF CHILD HEALTH WEEK

DURING the first week of May, many New Jersey communities conducted Child Health Programs. It was no surprise to find that dental health was considered so important by many of the health authorities who spoke at these meetings.

Dr. Guy L. Hilleboe, Director of Elementary Education of the Public Schools of Elizabeth, N. J., who spoke at the Child Health Meeting conducted in Newark, made this statement: "It is encouraging to note the degree to which dentists and public school administrators are cooperating in order to make education in dental health more effective. In the past, emphasis in dental health has been placed on certain phases of dental health which lend themselves to dramatic action—notably brushing the teeth. Dentists and school officials are beginning to realize that there is a body of dental knowledge and habits necessary for the good health of the school child; that the teacher is the focal point in the dissemination of this

knowledge and in the development of these habits and attitudes. The school administrators must realize that dental health is an integral part of the health program and as such must be given such emphasis as may be determined necessary for the habitation of desirable health habits."

It is of course pleasing to one who is interested in preventing dental disease, to realize that teachers, under the guidance of their supervisors, are helping their pupils in the protection of mouth health. I had the pleasure of visiting the Avon Avenue School in Newark and there to witness the value of teacher-interest in promulgating a dental health program. There, by organizing dental clubs, the children were encouraged to have dental defects treated and to select the proper foods to build sound teeth. This is just another example of what the schools mean toward building an intelligent and healthy citizenry.

FIX UP

Replace that worn-out Spouting now, with "Toncan" The best galvanized spouting Or why not copper While prices are down. It lasts a Lifetime Have it Done Right, Quick and Reasonable Estimates gladly furnished

BELSER'S TIN SHOP

W. Main Street, MOUNT JOY

BIG ELECTRIC LIGHT COMMUNITY AUCTION SALE THURSDAY NIGHT, JUNE 28th, 1933 At 7 O'clock Sharp—Rain or Shine At Wagner's Park, Beverly, Pa., on pike from Hershey to Elizabethtown SOME HOGS, ALL INOCLATED 3,000 DAY-OLD CHICKS 100 bu. Adams Co. Irish White Potatoes; a full line of fruit, bananas, dry goods, cigars, lot of other goods. Stover & Voglesong We sell a commission. Terms cash. We have a light at 7 o'clock. I have a lot to see them, please are to order early.