

Stress Good Nutrition As Defense Need

Today nutrition authorities are stressing the need for guarding the national health in carrying on an effective program of defense. In calling attention to the importance of proper food, it is pointed out that a survey has revealed that approximately 45 million of our population are living below the "safety line" of what is considered an adequate diet.

What factors are essential in our foods to assure that the diet fully meets body needs? Protein is necessary to build and repair body tissue. There must be vitamins to promote growth and protect health, and calories to supply heat and energy. Minerals, such as iron, copper, phosphorus and calcium, are needed to build blood, bones and teeth.

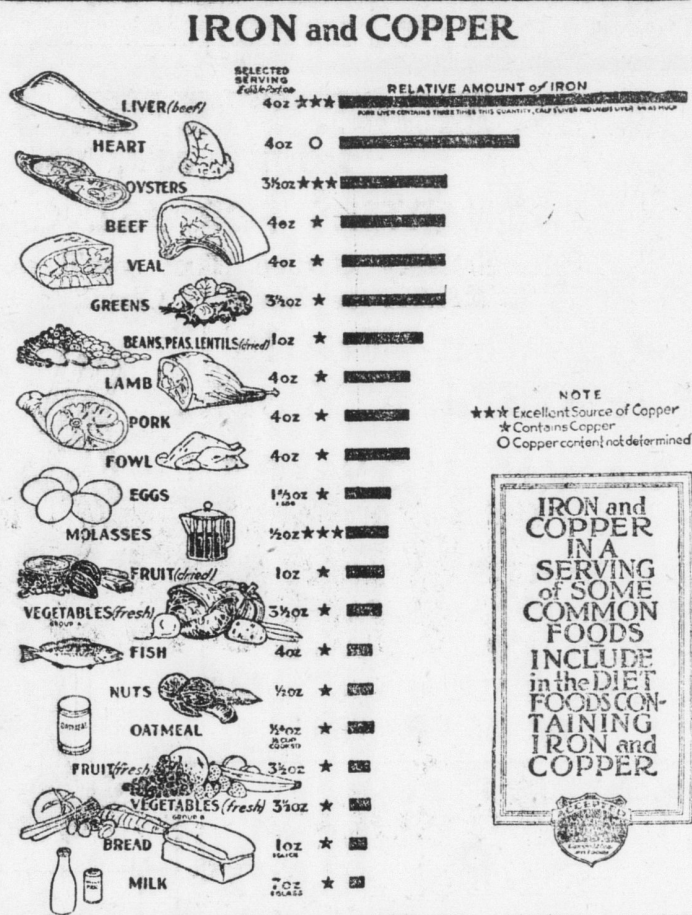
Importance of Iron
In considering the minerals needed, medical authorities point to the special importance of iron as a blood builder. It ranks first among the nutritive elements in this respect.

The iron in the body of an average adult is only about the weight of a penny, but this element is vital to health. Iron enters into the structure of every active body cell. Iron is a constituent of the hemoglobin or red pigment of the 25 trillion or more red blood corpuscles, and thus helps to carry oxygen to every part of the body.

Foods rich in iron must be added to the diet at six months or earlier and continued throughout life, according to nutrition authorities. The adult requires at least 12 milligrams of iron daily.

Iron Prevents Anemia
The penalty for an inefficient iron supply is a condition known as nutritional anemia, characterized by fatigue, digestive disorders and other symptoms. As early as 400 to 500 B.C., a condition corresponding to anemia was described by Hippocrates, the Father of Medicine. Menghini, an Italian, is given credit as the first to discover iron in the blood—in 1777. The present view that an iron

Iron Sources Shown in New Chart



IRON and COPPER IN A SERVING OF SOME COMMON FOODS INCLUDE IN THE DIET FOODS CONTAINING IRON and COPPER

deficiency is the principal cause of anemia, was first advanced in 1859. In 1849, a serious form of anemia, known as pernicious anemia, was described. In the year 1934, Drs. Minot, Murphy and Whipple were awarded the Nobel prize in medicine for their discovery that liver was effective in the treatment of pernicious anemia which was previously regarded as a fatal disease.

The American Medical Association, presents the most up-to-date information on the iron and copper content of our common foods. The iron of foods is better utilized in the presence of small amounts of copper. Liver, which heads the list, is recognized as pre-eminent among blood-building foods. An average adult would be assured an adequate daily supply of iron if the following amounts of foods are taken each day: 2 servings of meat (1 serving of liver each week); 1 egg; 2 servings of vegetables; 2 servings of fruit.

SALUNGA

Mrs. Annie L. Peifer spent Saturday and Sunday with Mr. and Mrs. Amos Longenecker and family, Elizabethtown, R.

The "Wide Awake Class" of the Methodist Sunday School was entertained by their teacher, Mrs. Walter Peifer last Thursday evening at her home. The following officers were elected: Pres. Carl Way, V. Pres. Loretta Sweitzer, Sec. Walter Blessing, Treas. Paul Yackley. It was decided to hold the class meeting the first Thursday of the month. Lunch was served. Those present were: Orlean Blessing, Carl Way, Jack Longenecker, Paul Yackley, Walter Blessing.

Mr. and Mrs. Edward Barto and Mr. and Mrs. Edwin Quinn of Lancaster were the guests of Mr. and Mrs. Walter Peifer Saturday evening.

The property of the late Minnie Eshleman was sold at public sale Saturday afternoon by Harry Eshleman and was purchased by Mr. Amos Musser for \$2,382.00.

The Methodist Church of Salunga will have an Easter program in the morning at 9:30 o'clock. Each class will take part.

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

ard W. Glesner, pastor of St. Michael's Lutheran church officiated.

Mrs. Nissley is a graduate of the Columbia High school and is employed in the office of the Mount Joy Paper box company. Mr. Nissley is a graduate of the Landisville High school and Millersville State Teachers college and is a teacher in the Lincoln school, Rapho township. They will reside at Centerville.

Miss Elva Herr, daughter of Mr. and Mrs. Paris Herr, of Elizabethtown, and Allen Bates, of this place were united in marriage Saturday afternoon at 3 o'clock at the Covenant United Brethren church, Lancaster, by the Rev. O. T. Ehrhart.

The bride was given in marriage by her father and wore a blush pink gown and carried sweet peas. After April 10, Mr. and Mrs. Bates will reside on Donegal street this borough.

Rachel Rettew, daughter of Mr. and Mrs. Harvey Rettew, Manheim R. D. 2, and Lester E. Garber, son of Mrs. Grace Garber, Rheims, took place at 10 o'clock Saturday morning at the parsonage of the Presbyterian Church, Mt. Joy. The ring ceremony was performed by the Rev. C. Benjamin Segelken, D. D., Pastor of the Church.

The bride was attired in Navy blue and white and wore a corsage of gardenias. Mrs. Garber is a graduate of Mount Joy High School. Mr. Garber was graduated from Elizabethtown High School, attended Lancaster Business College, and is employed in the office of the Weaver Manufacturing Co., Rheims.

Leonora Birk, daughter of Mr. and Mrs. Charles Birk, of Kinderhook, announce the marriage of their daughter, Leonora, to Leroy M. Nissley, son of Mr. and Mrs. Scott Nissley, of Landisville which took place August 10, 1940 at Perry Hall, Md. The Rev. Mill-

Our Heartiest Congratulations

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

April 15th
Mrs. C. Longenecker, N. Barbara Street.

April 17th
Dorothy Kaylor, W. Main St. Ruth Young, on Delta Street. Mrs. Samuel Young, Florin, Pa. Jerome Brubaker, town.

April 18th
Robert Hostetter, Donegal Street.

April 19th
Quinton Ampacker, Town.

April 21st
Mrs. Sam Stayer, of Millersville, formerly of town. Gerald Ebertz, Main St. Mrs. Chester Ney, east of town.

School Board

(From page 1)
attendance and activity report of March and same was ordered filed. He also presented the calendar for the opening of school and vacations for the next school term and same was adopted.

The board decided to ask for supply bids at the May meeting and agreed to adopt Daylight Saving Time.

On April 18th the Hyde Marionettes will present "Jack and the Beanstalk" in the high school auditorium. This is a feature sponsored by the board for the entertainment of the children.

Tax Collector Metzler reported \$561.75 as collections during March. After paying bills amounting to \$136.09 the board adjourned.

A SUNRISE SERVICE AT DONEGAL CHURCH

Something unusual in a Church Service will be the Sunrise Service at Donegal Presbyterian Church, Donegal Springs, Sunday morning at six o'clock.

The service will be opened by a trumpet duet outside the church. The program will then be rendered indoors and includes singing by the Girl's Chorus and address by Dr. Segelken.

The audience will then proceed to the large spring there, where the closing service will be held and which includes a trumpet duet, vocal music by the Girl's Chorus and the benediction. You are invited.

A CHICKEN PATTIE SUPPER

Hold that appetite for a chicken pattie supper to be given at the parish house here by the choir of Trinity Lutheran Church on Saturday, April 26. We'll make you real hungry with the menu next week.

U. B. CHURCH NOTES

The public is cordially invited to an early morning Easter Service, to be held at the Reservoir. The service is being planned by the Intermediate Christian Endeavor of the United Brethren Church.

Stimulate your business by advertising in the Bulletin.

It's Always FAIR WEATHER



When You're Insured With **WM. YOUNG**
PHONE 2405 MARIETTA, PA.



Durand Candy

Beautifully Wrapped **EASTER BASKETS** Containing Fine Assortment of Chocolates... \$1.00

Jumbo Jelly Eggs 15c lb.

Cocoanut Cream Eggs 5c - \$2.50

Cocoanut Cream Rabbits 5c & 10c

Easter Cards

Come in and look over our complete line of HALLMARK cards. TONY WONS READS THEM ON THE RADIO!

Sloan's Pharmacy

JOY THEATRE BLDG. PHONE 80 Mount Joy Pa.

The Affairs At Florin For Past Week

(From Page 1)
Sunday. The meeting was largely attended.

Mrs. Lillian Hamilton and Mrs. George Fieore and daughter, Brenda Fieore, spent Tuesday with Mrs. Ross Ammon, at Gap.

Mr. and Mrs. Benjamin Fry and sons, Junior and Dick, Ralph Mumper, Mary Funk, Mr. and Mrs. George Mumper spent Sunday at John Bender's at Milton Grove.

Mr. and Mrs. C. A. Melhorn and Mr. and Mrs. Miller Wolgemuth visited in York County on Sunday.

Mr. and Mrs. Walter Mateer, visited her parents in Perry County over the week end.

Mr. and Mrs. Harvey Leedom and son, Harvey, Mr. and Mrs. Stoll of Camp Hill, Mr. Earl Leedom of Mt. Joy, Mr. and Mrs. M. H. Wagenebach and Mr. Miles Leedom and family of Elizabethtown were Sunday callers of Mr. and Mrs. Harry Leedom.

67th Anniversary
Mr. and Mrs. Wm. Dyer celebrated their sixty-seventh wedding anniversary.

Birthdays
Congratulations to Mr. Henry Eichler and Mr. Harry Leedom who celebrated their birthdays on Wednesday. Mr. Eichler was 84, and Mr. Leedom says he's not telling. Lester H. Brenan celebrated his birthday today, (April 10th).

Easter Flowers
The Helping Hand Sunday School Class of the United Brethren Church will sell flower plants in the Florin Hall on Friday and Saturday, April 11th and 12th.

Missionary Meeting
On Tuesday evening, the Missionary Society of the Florin U. B. Church meet at the home of Mrs. Lillian Hamilton.

Those present were: Mrs. Funk, Mrs. Clarence Nissly, Mary Bates, Mrs. John Heisey, Mrs. Arthur Braun, Mrs. Irvin Bishop, Mrs. Nauman and children, Mrs. Jacob Boyer, Mrs. Emma Keener, Mrs. Stark, Mrs. Al Fike, Mrs. Mateer, Mrs. Lizzie Kraybill, Mrs. Augustus Shetter, Mrs. Park Shetter, Mrs. Buckwalter and daughter, Stella Haldeman, Ellen Jane Musselman, Mrs. Oscar Rider and Mary Hamilton.

Miss Nancy Schule, daughter of Mr. and Mrs. Adolph Schule, who is a student of State Teachers College West Chester, has returned home for the Easter vacation, which began on Saturday, April 5th and will end on Tuesday, April 15th.

Miss Schule is a Freshman student, enrolled in the Elementary Curriculum.

Miss Frances Fackler, daughter of Mr. and Mrs. Fackler, Florin, who is a student of State Teachers Col-

lege at West Chester, has returned home for the Easter vacation.

Miss Fackler is a senior, enrolled in the Health Education Curriculum. She has been very active in campus activities and is a member of the following: Glee Club, Women's Dormitory Council, Quad Angels, Advisory Board, Sports Manager of the Women's Athletic Association, Valykrie Club and the Young Women's Christian Association.

IRONVILLE

The Girl's Otterbein Guild of the United Brethren Church will meet in the social room of the church on Tuesday evening at 7:30. The president, Miss Frances Mummaw, will be in charge of the program.

The Ironville Junior Sewing Club met at the home of Miss Jean Albright on Monday evening. The counselor, Miss Carolyn Mummaw, supervised the juniors during their meeting.

The Loyal Sons S. S. Class of the United Brethren Church met in regular monthly session at the home of Luther Ulrich. The president, Kenneth Rettew, was in charge of the business meeting. The hosts, Jay Siegler and Harold Albright served refreshments to the following: Paul Metzger, Luther Ulrich, Kenneth and Wilbur Rettew, Chester Albright, Melvin Fornoff, Glenn Kauffman, Benj. Haverstick, Jonas Esby, George Roberts, Andrew Musser, Donald Staley and Richard Garber.

Miss Hazel Fornoff and Donald Staley, students at Lebanon Valley College, are spending their Easter vacation with their parents.

Jacob Kauffman attended the Veterans Association banquet in Philadelphia on Saturday.

A surprise party was held for Mrs. Lloyd Kauffman in honor of her birthday.

Holy Communion in the Ironville U. B. Church on Thursday evening at 7:30 p. m. Sunday services, Sunday School at 9:30 a. m. Easter Cantata at 7:30 p. m. by the Church Choir.

7-A Class Pupils

(From Page 1)
where they "inked" slugs given to them by the Linotype operators and proofed them themselves.

The pupils who visited the plant included Josephine Arndt, Esther Weldon, Eugene Brown, Leroy Bates, Marion Bard, Paul Stoner, Marion Brubaker, Charles Frey, Albert Brown, Martha Gibbons, Gloria Haines, Betty Hendrix, Jacquelyn Hendrix, Margaret Kramer, Eva Reigle, Richard Mumper, Charles Groff, Henry Rice, Dorothy Rentzel, Betty Miller, Robert Rye, Pearl Shickley, Burton Shupp, Romaine Skipper, Bernard Zimmerman, Robert Wilson, Shirley Weber, and Harold Stark.

This Section s Numerous Weddings

Ada S. Good

Miss Ada S. Good, daughter of Mr. and Mrs. Clayton R. Good, of Bainbridge, R. D. 1, and Merl J. Miller, son of Mr. and Mrs. Joseph Miller, of West Bainbridge street, Elizabethtown, were married at 8 o'clock Thursday morning, April 3 by Bishop Noah Risser at his home near Deodote.

The couple were attended by Miss Florence Miller, of Elizabethtown, R. D. and Henry Stauffer, of Marietta R. D.

After the ceremony Mr. and Mrs. Miller left on a wedding trip to Florida. On their return they will reside in their apartment on West Bainbridge street, Elizabethtown.

Leonora Birk

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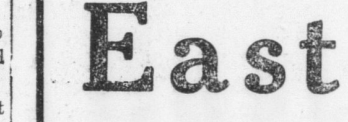
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WINGS OVER TEXAS

Here's striking view of famous Randolph Field, near San Antonio, Tex., figuratively and literally buzzing with activity as 900 cadets of this "West Point Of The Air" sprout wings for the Army Air Corps

People, Spots In The News



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Easter Shop at GARVIN'S

The Department Store for the Thrifty Next Door to the Court House — Lancaster, Pa. Park for Two Hours FREE at Tort's Parking Lot, 130 E. King St. GARVIN'S are Open Saturday Night Until 9 O'clock

WIN BOTH WAYS

TRADE NOW FOR A 1941 PONTIAC 'TORPEDO' SIX OR EIGHT

1. Get high allowance for your old car.

2. Get more beauty, luxury and value in a New Pontiac.

Its Another Big Year For Pontiac!

HASSINGER & RISSER 120 SOUTH MARKET ST., ELIZABETHTOWN, PA.

ARNOLD'S GARAGE

MAIN STREET, MAYTOWN, PA.

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SIMON P. NISSLEY MARY G. NISSLEY FUNERAL DIRECTORS Mount Joy, Pa.

Dr. R. M. Balders OPTOMETRIST 85 E. Main St. MT. JOY

PALMYRA, PA. Palmyra Bank Bldg. Mon., Tues., Wed. 9 to 12 A. M. 1 to 7 to 8 P. M. Phone 8 MOUNT JOY 85 East Main Street Thurs. 9:30-12:30-1:30-5:30 Sat. 1:30-5:30-6:30-7:30

Samuel N. Stauffer CRUSHED & BUILDING STONE CONCRETE BLOCKS, SILLS AND LINTELS MACADAM for Driveways, Garages & Walks Phone: Res. 903R14 Quarry 903R15 MOUNT JOY, PA.

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KRALL'S Meat Market West Main St., Mt. Joy

"CALLING ALL HEADS" In Need of Grooming Step Up To Greater Beauty —With A— Shampoo Manicure Finger Wave —at the— Modern Beauty Salon 229-M MOUNT JOY

SICO GASOLINE

IT'S DIFFERENT! TRY IT AND KNOW ITS QUALITY IS UNEXCELLED.

SICO SERVICE STATIONS In Lancaster County
Columbia 318 Cherry St.
Elizabethtown E. Summit St. (at N. Howard St.) one block east of U. S. Route 230, open in November.
Ephrata N. State & Pine Sts., U. S. Route 222
Gap On U. S. Route 30 and 230
Lancaster Lincoln Ave. & Center Ave. One block east of U. S. Route 222.
Lancaster 670 S. Prince St., U. S. Route 222.
Lancaster N. Franklin St. Opp. McCorkley H. S., open in November.
Lancaster Harrisburg Pike, U. S. Route 230, One block north of Route 72.
Lititz Lincoln Ave. & Apple St., two blocks east of N. Broad St.
Manheim S. Hazel St. near U. S. Route 222, one block east of Route 72.
Mount Joy Mt. Joy St., West of Barbours, one block north of Route 230.
Quarryville W. State St., on U. S. Route 222.