

Emergency Medical Calls

Dr. Thomas O'Connor

will be available on
**Sunday
and
Labor Day**

Emergency calls only, if family physician can not be contacted.

New Arrivals

Bruce F. and Dena (Leib) Garner, Mount Joy R2, a daughter, Wednesday, Aug. 23, at St. Joseph's hospital.

Lloyd and Janet (Gutshall) Sumpman, Mount Joy R1, a son Tuesday, August 22, at St. Joseph's hospital.

Daniel and Carol (Shuley) Bowers, Rheems, a son, Saturday, Aug. 26, at Ephrata Community hospital.

George C. and Janet (Gainer) Schwert, 40 E. High St., Maytown, a daughter, Sunday, Aug. 27, at St. Joseph's hospital.

CHURCH NEWS

(From page 6)

Cross Roads Brethren In Christ Church
B. E. Thuma, Pastor
Robt. Sentz, Supt.

Sunday
9:15 a.m. Sunday School
Adults and Juniors
10:30 a. m. Morning Worship.

Bishop Ginder, just returned from a trip to Europe and Africa will bring the morning message.

Wednesday
7:30 p.m. Midweek Prayer meeting and Bible Study.
8:45 Choir Practice.

Mount Joy Mennonite Church
Mount Joy, Penna.

Henry W. Frank, Pastor
Saturday, Sept. 2

7:30 p.m. Harvest Meeting, message by William Yovanovich, Pastor of Steelton Mennonite Church, Steelton, Pa.
Sunday

9:00 a.m. Sunday School.
10:00 a.m. Worship Service
Wednesday

9:00 a.m. Sewing Circle in the Sewing Room of the Church.

7:30 pm. Midweek Bible Study and Prayer Meeting.

Florin Church of Brethren
Rev. Howard Bernhard
Mount Joy, Pa.

Sunday
9:00 a.m. Sunday School
10:00 a.m. Worship Service
Sermon, Rev. Howard Bernhard.

Wednesday
7:30 p.m. Midweek service.

SAW PHILLIES WIN TWO

Mr. and Mrs. William Baughman and son, Art, visited Shea stadium, New York and saw the Phillies win a doubleheader from the Mets. They also visited the National Baseball Hall of Fame at Cooperstown, New York.

MEN WANTED NOW TO TRAIN AS CLAIMS ADJUSTERS

Insurance adjusters and investigators are badly needed due to the tremendous increase of claims resulting from automobile accidents, fires, burglaries, robberies, storms and industrial accidents that occur daily. Top money can be earned in this exciting, fast moving field, full time or part time. Work at your present job until ready to switch over to your new career through excellent local and national employment assistant. VA APPROVED. For details, without obligation, fill out coupon and mail today.

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FOR SALE

1957 Pontiac V8. Dependable. Call Harry Brooks 653-4451. 739 W. Main St., Mount Joy, Pa. 23.1c

Rotarians See Travel Pictures

John G. Hart provided the program Tuesday noon for his fellow Rotarians as they held their weekly luncheon meeting at Hostetters.

He showed slides taken during a vacation trip to the northwestern states in July.

Hart was introduced by Dr. Richard Bryson, second vice-president.

Labor Day Tennis Tourney

A Labor Day weekend closed tennis tourney—Sept. 2-3-4—will be held on the four borough and six Donegal high school courts.

Knorr's Sporting Goods store will sponsor the tournament, which is designed for players who have a bonafide Mount Joy connection—residence, employment, etc.

Bill Loercher, tennis coach at Donegal high school, is tournament chairman, assisting him will be Dick Divet, manager of the borough team and John Hendrix, well-known area player.

Anyone residing or working in the Donegal School District or having memberships in any of Mount Joy's Sports Organization is eligible to participate in this activity.

There will be no entrance fees. The only requirement is that each player must have

a can of good tennis balls. On Saturday, Sept. 2, at 1:30 o'clock the draw will be made at the borough tennis courts. Players must be present for the draw. If for some reason you are unable to be present for the draw, but can play later in the afternoon, players should contact one of the members of the tournament committee.

A singles champion and singles runner-up trophy will be presented after the finals on Monday, Sept. 4.

Job's Daughters Hold Outing

Rainy weather didn't stop the Job's Daughters of Bethel #15 of Elizabethtown from having a good time this past weekend.

They had originally planned a sleep-out at the Keller's summer place in Mount Joy, but because of rain it had to be cancelled. Due to the determination of Chairman Peggy Keller, they spent Friday night at the "Weidman's Cottage" in Mount Gretna.

Once again rain hindered their plans for miniature golf, but the girls found they could have fun by making a fire in the fireplace, playing games and listening to records.

A trip to the Jigger Shop and several hikes in the damp weather completed the trip.

Those attending the outing were: Linda Will, Becky Shoemaker, Peggy Keller, Donna Newcomer, Paula Reider, Debbie Douglas, Debbie Brinser, Janelle Taylor, Mrs. Daniel Will, Mrs. John Longenecker, Mrs. David Newcomer, Jr. and Mrs. Woodrow Fitzkee, Associate Guardian of the Bethel.

Church to Mark 1st Anniversary

The First Anniversary services of the God's Missionary church, Salunga, will be held Sunday, September 3.

Special music for these services will be given by the Lebanon Valley Gospel Band of Ono, Penna., composed of 60 members. They will be playing at 2:30 p.m. and 7 p.m. at the Homecoming services, which will be held at the Landisville Camp grounds.

The Pastor, Rev. John F. White will be speaking in all services throughout the day.

BIRTHDAY PARTY

Cheryl Bailey, daughter of Mr. and Mrs. Charles Bailey of 127 W. Main St., Mt. Joy, celebrated her 11th birthday on Friday, Aug. 24. A party was given for her and those present were: Mr. and Mrs. Robert Allison and family of Ono, Pa., Mr. and Mrs. Terry Bailey Nadine, Donna and Cindy Bailey, Mr. and Mrs. Charles Bailey, Andrea McCue, Judy Keller, Cheryl Heaps, Marsha Dussinger, Pam Horst, Cindy Hoover, Emmy Lou Foley, Wilma Rieder, Lois Wolfe, and Kathy Flowers, all of Mount Joy.

When in need of printing remember The Bulletin

Donegal High School Football Schedule

1967 SEASON

September 9—Manheim Township	Home
September 23—Manheim Central (N)	Away
September 30—Columbia	Home
October 7—Conestoga Valley	Away
October 14—Cocalico	Home
October 21—Warwick	Away
October 28—Solanco	Home
November 4—Hempfield	Away
November 11—Ephrata	Home
November 17—Elizabethtown (N)	Away

by Doris W. Thomas

Timely Tips for Women

Serve Fruits For Dessert Instead of Rich Foods:

Why not serve your family fruit for dessert instead of rich pies and cakes. Fruit is better for general health.

Fruits provide a large amount of the ascorbic acid and some of the vitamin A every person needs each day. Some fruits are better sources of these important vitamins than others. You need to consider the nutritive value of a particular fruit when you plan menus and shop for food. Citrus and fruits and juices are the richest sources of ascorbic acid among the foods you washboard. You can buy a eat. One medium orange, or washer to handle almost any one-half medium grapefruit, three - fourth cup of orange grapefruit juice provides the amount of ascorbic acid recommended daily for adults. Strawberries, cantaloupe, tangerines, and watermelon are other good sources of ascorbic acid. Some fruits contribute more vitamin A than others. The color of the fruit is the best guide when recognizing fruits rich in this vitamin. The deeper the orange color, the more Vitamin A the fruit contains. cantaloupe, apricots, red sour cherries, pink grapefruit, peaches, plums, prunes, and watermelon have significant amounts of this vitamin.

In addition to providing valuable nutrients to the diet, fruits are lower in calories than most other desserts.

Wool Fabrics Are Good Choice For Home Sewing:

An all-wool fabric is an excellent choice when you sew garments for fall and winter. Fine worsteds are light in weight and you can choose them in colorful or neutral shades depending on the mood, design, and purpose of the garment. Wool voiles, challis, crepes, and twills add variety to a wardrobe of skirts, blouses, dresses and evening wear.

When shopping for wool fabrics, read the labels or handtags to see if you can wash the fabrics by hand or machine or if you must have them drycleaned. You'll also want to know if the fabrics have been treated to control shrinkage. The labels should give this information. Select interfacings and linings suitable for the fabric you buy. For garments needing buttons, you'll have to decide if covered buttons of self-fabric are a better choice than good quality, matching, harmonizing, or contrasting color buttons.

With careful handling of the fabric and proper sewing and pressing techniques, you can have a garment with the "Witch" but are advertised to save time and energy. The difference in energy saved may be as great as that of fabric, read all labels

Today's Washers Are Time, Energy Savers:

Laundry problems and washers have changed over the years. However, washer manufacturers still use some of the same advertising appeals that were used years ago. The "Water Witch" was one of the first devices advertised as a revolutionary way to get clothes clean with less effort than was possible with the washboard. This new machine also saved wear and tear on family clothing and cut down on the money spent for clothes. Today's washers don't have names as unusual as "Water Witch" but are advertised to save time and energy. The difference in energy saved may be as great as that of fabric, read all labels



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