

The Mount Joy BULLETIN

MOUNT JOY, PENNA.

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(50 Issues Per Year)

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In the heart of fabulous Lancaster County.



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Richard A. Rainbolt

Editor

and

Publisher

Indians Look Forward To Improved Gridiron Season; Hopes Ride High

Coach Al Brooks said it straight through until Friday last winter, the boys feel it of last week, when they left this fall and the whole gang for football camp. has been working for it at At camp it is football, football, football — morning to camp this week.

The IT is a better football night. Coach Brooks this season season for Donegal high school this fall! is looking to a team which is loaded with lettermen who have gained considerable experience over the past couple of years.

Spirit, push, drive and enthusiasm were at a good high level as the Indians took off on their drills on August 19 and continued on a two-a-day Last year, which is one to

forget as far as wins and losses are concerned, was nonetheless, one which gave a good gang of younger lads an opportunity to play ball, get experience and to learn the tricky art of gridironing.

The Tribe launches the '68 season Saturday afternoon, Sept. 7, just two days after classes begin. They will meet Manheim Twp. on the home field. And—if previous Township battles are any indication, the Tribe will need its spirit, enthusiasm and game experience.

Perhaps the key returning letterman is Bruce Sutter, 145-pound junior quarterback who will be doing a big part of the passing.

Two-letter men who will carry a big burden are Jeff Witman, 155 pound, at end; Tom Knorr, 210-pound tackle and Phil Hossler, 180-pound running back. All three are seniors.

Other lettermen are Tim Emenheiser, John Connors, Ron McCarty, Howard McCurdy, John Shrum and Dennis Day, all running backs; Scott Penwell, Geo. Williams Ben Horst, Charles Engle and Mike Connor, all linemen.

Backing Sutter at the critical quarterback spot are Doug Estock, 145-pound sophomore, and Tom Derr, also 145 and a sophomore.

Deaths

MAUDE MAY TREADWAY

Maude May Tredway, 88, of the Schock Presbyterian Home, died at 8:05 a.m. Sunday, August 25 at the Whitehall Nursing and Convalescent Centre. She had been ill several years.

She was born in York, a daughter of the late George W. and Amanda Platts Tredway. In her active years, she was employed by the Golden Rule Store, York, as a clerk and a buyer. She was a member of the First Presbyterian church, York.

Funeral services were held from the Nissley funeral home Wednesday morning and burial was made in the Prospect Hill cemetery, York

ELIAS C. MUSSER

Elias C. Musser, 60, of 205 Laneview Drive, Willow Street, died at 9:30 a.m. Saturday, Aug. 24, at St. Joseph hospital after a short illness.

Born in Mount Joy, he was the son of Christian S. Musser, of Lancaster, and the late Gertrude Evans Musser. He was the husband of Elizabeth Tillman Musser.

He was an optician and was employed at Berks Optical Co. for 43 years. Surviving, in addition to his wife and father, are two children, Robert E., Detroit, Mich., and Joann, at home; three grandchildren; a brother, Charles, Bird-in-Hand; and three sisters, Dorothy, wife of August Schmidt; Helen, wife of Carl Warner; and Lorraine, wife of Carl Warner; and Lorraine, wife of Robert Maser, all of Lancaster.

Funeral services were held from the Sullivan funeral home in Lancaster Tuesday morning and burial was made in St. Joseph's new cemetery.

JENNIE R. SCHROLL

Mrs. Jennie R. Schroll, 78, of 141 Cherry St., died Thursday morning, Aug. 22 at her home.

She was born in Mount Joy Township, the daughter of the late Daniel G. and Mary Randler Brandt. She lived most of her life in the Mount Joy area. Her husband, Roy

Three Important Addresses

U. S. SENATORS
JOSEPH S. CLARK
Senate Office Bldg.
Washington, D. C.

HUGH SCOTT
Senate Office Bldg.
Washington, D. C.

U. S. REPRESENTATIVES
EDWIN D. ESHLEMAN
House Office Bldg.
Washington, D. C.

S. Schroll, survives her at home.

She was a member of the Donegal Presbyterian Church Mount Joy Rl.

She was the mother of eight children, four of whom survive. They are Elmer B., Lancaster, Robert N., New Holland; Roy C. Jr., Columbus, Ohio; and Esther S., wife of W. Benjamin Boltz, Camp Hill.

Eight grandchildren, four great-grandchildren, and two brothers, Harry R., Hershey, and William R., Blossburg, also survive.

Funeral services were held from the Donegal Presbyterian Church Sunday, Aug. 25 at 3 p.m. and burial was made in Donegal cemetery.

Main Street

(From page 1)

an old friend who doesn't know me—nor never has!

If you read last week's editorial about "Where Have All the Heros Gone?" and many did and commented to us, we urge you to read and enjoy a local housewife's thoughtful continuation of that theme.

Her thoughts are carried under the heading, "Letters to the editor."

52 Games on Area Cards

Eight northwestern Lancaster county high school football teams will play 52 games this fall on 21 different days and nights.

Area games scheduled are as follows:

Friday, September 6
Conestoga Valley at Manheim Central (Night)

Saturday, September 7
Elizabethtown at Solanco
Ephrata at Warwick
Cocalico at Hempfield
Manheim Twp at Donegal

Friday, September 13
Donegal at Elizabethtown (Night)

Solanco at Ephrata (Night)
Saturday, September 14
Hempfield at Conestoga Valley

Manheim Twp. at Cocalico
Warwick at Columbia

Friday, September 20
Ephrata at Elizabethtown (Night)

Saturday, September 21
Solanco at Hempfield
Manheim Central at Donegal
Warwick at Manheim Twp.

Conestoga Val. at Columbia
Friday, September 27
Cocalico at Ephrata (Night)

Hempfield at Manheim Central (Night)

Saturday, September 28
Elizabethtown at Conestoga Valley

Donegal at Warwick
Columbia at Solanco

Saturday, October 5
Ephrata at Conestoga Valley
Columbia at Hempfield

Manheim Central at Manheim Township
Solanco at Donegal
Warwick at Colalico

Friday, October 11
Manheim Central at Elizabethtown (Night)

Saturday, October 12
Hempfield at Manheim Twp.
Donegal at Columbia
Conestoga Valley at Warwick

Friday, October 18
Ephrata at Manheim Central (Night)

Saturday, October 19
Elizabethtown at Hempfield

will enable individuals to select preferences which contribute to a balanced diet. Ready-to-eat fresh fruits and raw vegetables are valuable companions to milk and other dairy foods, meats, and other high protein foods and breads.

A daily check list following the Four Food Groups recommendations could be a helpful aid for each person in your family to quickly record what foods he has eaten and check what remains to be eaten that day.

If pickup meals are popular at your house, be sure they are not a letdown nutritionally.

Pierce Stitching Produces Fabrics With New Texture

Women who enjoy sewing are always on the lookout for new fabrics. The newest fabrics on the market are made by machine — a method of "pierce stitching" which produces fabrics of interesting texture from sheer, semi-transparent glass curtain fabrics to drapery, dress, and bulky insulation fabrics.

Three types of fabrics created with pierce stitching to meet family needs are Malimo, Malipol, and Maliwatt. Some of the sheer and opaque curtain and dress fabrics are made of polyester & cotton, nylon and cotton, and rayon and cotton. The variety of fiber combinations and fiber uses seems to be unlimited. Dress fabrics and curtain and drapery fabrics may be machine washed and dried. Among the qualities of these new fabrics, stated by manufacturers, are fade resistant to sunlight, permanent links, nonstretchable, and sagproof.

At Hockey Camp

Twelve members of the Donegal hockey squad have been in Vermont since Thursday, August 22, attending the Merestead Hockey Camp at Barton.

They were accompanied by the D.H.S. hockey coach, Mrs. Joyce Zangari.

Timely Tips for Women

by Doris W. Thomas

Buy Favorite Beef Cuts For Your Freezer

What are special clues to thrifty beef buymanship for the freezer owner is an often asked question. First consider whether you enjoy all the cuts from a full side or a front or hind quarter. If you like them all, this may well be your best value.

Before buying a side or quarter of beef, compute the actual cost per pound of take-home meat. The cost per pound quoted by a freezer beef operator usually sounds attractive compared to the retail price of beef cuts. However, the price is quoted on a hanging weight basis before any cutting or trimming is done. About 30 percent of a side or quarter of beef will be waste.

Another 25 percent of the total weight will be ground beef. When you figure the actual cost per pound of freezer beef, ground beef usually costs as much or more than you would pay at retail. You will also have to pay storage costs and give up valuable space while the ground beef is in your freezer.

You may find it more economical to select favored beef cuts when they're offered at special prices.

For more information on buying beef for the freezer, visit or phone your consumer information center located in the Cooperative Extension Service office at 1333 Arcadia Road, Lancaster. Ask for Leaflet 309, "Buying Beef for Your Freezer." A copy is free upon request.

Plan Pickup Meals To Provide Proper Nutrients

Pickup meals are becoming frequent occurrences in many homes. These are meals individual family members are responsible for getting themselves when they want them. They generally include any foods the person happens to want — within the limits of what's available — and often, what's easiest to prepare.

Researchers report that more and more families are eating the pickup way, at least for part of the day, rather than following the traditional family group, three-meal-a-day pattern.

A recent study among teenagers in California revealed that many ate more often than three times a day.

About one-third of the 122 subjects had highly irregular eating practices as determined by day-to-day variability of an individual's eating pattern. This was in opposition to the three-meals-plus-snacks standard pattern.

However, those who did eat regularly structured with snacks were more likely to have nutritionally balanced diets than irregular eaters.

Planning is the key to making an unstructured daily eating pattern a means of obtaining good nutrition. Foods must be available to meet all nutritional needs. Choices of foods that meet similar needs

the best recipe for folks newly moved to MOUNT JOY

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