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Of Men's Winter Weight

SUITS AND OVERCOATS

A chance for you to save several dollars on every purchase. Many of them from Hart Schaffner & Marx. New fresh goods in the latest styles and of dependable qualities.

\$25 Suits and Overcoats	Are Now	\$20.00
22 Suits and Overcoats	"	16.00
20 Suits and Overcoats	"	16.00
18 Suits and Overcoats	"	14.00
15 Suits and Overcoats	"	12.00
12 Suits and Overcoats	"	10.00
10 Suits and Overcoats	"	7.50

FUR COATS AT COST

H. B. FOSTER CO.

ONE PRICE CLOTHIERS

NORWAY, MAINE.

Now is the Time to Buy

FOOTWEAR

We can show you almost anything you want in the line of footwear, our stock is very complete and our prices are always right.

E. N. SWETT SHOE CO.

OPERA HOUSE BLOCK, NORWAY, MAINE.

Telephone 38-2

EVERLASTIC ROOFING

High grade and Economical

\$1.80, 1.90, 2.25 per square

SOLD ONLY BY

S. P. Maxim & Son

South Paris, Maine

YOU will examine if you are prudent—will buy if you are smart—

Your hardware at the modern hardware store of

J. P. Richardson,

South Paris, Maine.

BUY

GOODYEAR GLOVE RUBBERS

and get the best grades. I carry all styles for men, boys, youths, women, misses and children.

Prices about the same as inferior grades.

W. O. Frothingham,

South Paris, Maine.

Green Mountain Silos!

EVERY FARMER SHOULD HAVE ONE

The farmer who has a silo appreciates its value. We are agents for the Green Mountain, the recognized leader in the country. The lumber in these silos is saturated in creosote which prolongs the life of the wood many years. Place your order for one now, so to have ample time to get it ready for the fall harvest.

We have the Blizzard cutter and blower, and as good engine as there is made for the money.

CALL AND SEE US BEFORE BUYING.

A. W. WALKER & SON,

SOUTH PARIS, MAINE.

STANDARD SEWING MACHINES.

Send for Catalogue.

W. J. WHEELER & CO.,

South Paris.

HOMEMAKERS' COLUMN.

Correspondence on topics of interest to the ladies is solicited. Address: H. B. FOSTER CO., COLUMBUS, OXFORD DEMOCRAT, SOUTH PARIS, ME.

The Family Marketing and Budget.

Wonder how housewives realize that much of the family comfort depends on the way in which they market. There are three ways of marketing, namely:

First, going to the market to select one's purchases.

Second, having the grocer's boy call to take the order.

Third, giving the order to the grocery man by telephone.

Undoubtedly, the last is the easiest for the housewife, and she can get the best of the market things at the lowest price.

Using the phone for marketing is convenient, especially for the woman who keeps no maid, or is kept at home by small children.

As to the grocer's call for the order, much can be said in its favor. He is the easiest for the customer's trade. And he usually can make a larger sale, by having his boy or man well versed in the stock on hand, for the day.

This way of marketing, also, has its advantages for the housewife, if she is looking out for her interests, and does not allow herself to order things she really does not need or care for, just to be obliging. It is a great comfort to feel that, let the weather be what it may, the matter of food for the family has been provided for.

Of the first method of marketing, that of going in person to the market and selecting one's purchases, much can be said in its favor. It may be the most economical or just the reverse, according to whether the housewife decides before going just what she will and will not buy.

I recently asked my grocer, which of the three ways he preferred to have his customers use. "Oh," said he, "I prefer to have them come to the store, for then they usually buy more on seeing the different things."

Having tried all three methods, separately, and combined them all, at times, I think much depends upon how the housewife is situated as to the time at her disposal, her chance to get out, and very much on her ability to think out her orders carefully before she places them by any method.

In conclusion, I would say that all three methods are good, but the housewife must do the thinking without which no method will be successful.

EXPENSE BUDGET

Very closely related to the question of bills is the family expense budget. I have found it a great help in running a home to make up a monthly expense budget. Other concerns or institutions, which lay claim to business ability, have a monthly expense budget by which they are guided and by which they compute their profits or losses. Why should not the home be conducted on the same basis?

Something like the following budget may meet the requirements of the average home. Of course, it is for the housekeeper to make her budget: Rent, or its equivalent in taxes, repairs, etc., \$

Groceries

Meat

Milk

Other goods

Light

Fuel

Laundry

Labor

Church

Telephone

Daily paper

Total

If the housewife has an allowance, as she should, which she turns the house, she can soon tell by comparison with her budget, whether she is running it within the means allotted for that purpose. In this way she can control or increase her expenditures and always know just how she stands financially—a very good thing for a housewife to know. Any woman who gives such a plan a fair trial will never, I feel sure, go back to a random way of dealing with her end of the partnership.

School Lunches.

I am not so far removed from the time that I carried a lunch box as not to have some ideas about the matter, also. I have had ample opportunity to note the contents of the average child's dinner-pail. Greater simplicity seems to me to be the desideratum—less cake and pie, and more of the substantial. A bit of meat or cheese or a hard-cooked egg is an addition to good bread and butter, much coveted by most youngsters. And in the country, where fresh eggs can be had nearly the year around, they should hold a large place in the average child's lunch.

Eggs have been analyzed and found to contain a chemical known as lecithine—one egg having as much as 16 grains of this substance, hence just one egg eaten a day will give tone, vitality and activity to the brain and nerves. This will make a man "go" percent efficient. Never be guilty of putting a soft-cooked egg into a lunch-pail. It is unhygienic and untidy to eat. Enjoy these at the table, in the home. I believe many pupils do not do "satisfactory school work because mentally starved. They eat enough, of course, but their diets are hit and miss, and their food is often lacking in the very things most needed to vitalize the mental forces.

Anyone that carries a lunch eats under great disadvantages. The food is cold. This of itself is a hindrance to digestion and takes much of the body heat. The eating is accomplished as speedily as possible, hence the mastication is neglected and this means more work for the stomach and affects the nerves.

Let those that put up the lunch see that it is given a neat and dainty appearance. Children appreciate it. Put a napkin in his pail. Occasionally let him find a handful of shelled nuts (walnuts, almonds, chestnuts), or fat raisins or currants, or a few bits of rocky candy, taffy, or a caramel stowed away in the corner of the box. It will prove a delightful "treat" to the child. Encourage children to eat the dainty after the other food.

The old-fashioned mistake or dough-out that used to be common in old families is an excellent cake for the lunch-box.

Then teach the children not to bolt the lunch. Reward them in some way, that will readily suggest itself to the judicious parent, for taking a long time to eat.

Non-Flesh Food.

Vegetarians regard this to be an opportunity of suggesting the adoption of a vegetarian diet, since it is a fact capable of scientific proof, that a nourishing, healthy diet may be provided from vegetable foods at less cost than when flesh is used. Beans, lentils, peas, and cheese contain, weight for weight, more nutriment than do beef, mutton, or poultry.

Brown bread used in place of white will help the food value of a meal.

Wholemeal makes more nourishing puddings, cakes, sauces, than does white flour; the cost is the same, or less.

Potatoes should always be boiled, baked, or steamed in the skins. Peeling potatoes is an often attended by waste. The remaining vegetable matter left after boiling will prevent the most valuable part of these foods being lost. If boiling is preferred, the water in which they have been boiled should be utilized for soup stock, just in the same way as meat stock is used.

Hints.

It is worse than foolish to "hate" any part of your work. At least take your business philosophically.

The years do slip by so fast. Let's try to enjoy the children a little more each day of this one.

Don't forget a handful of salt in the rinse water these cold wash-days, to keep the clothes from freezing to the line.

Pleasure doesn't come begging. Be ready to enjoy it or it will pass you by.

Falling Bodies.

Men from the Michigan College of Mines made some interesting experiments with falling bodies in the deep vertical shaft of a copper mine at Calumet, which says Machinery has three of the deepest shafts in the world.

The experimenters tried to drop into a box of clay 4,200 feet below two metal balls two inches in diameter, one from the center of a shaft nine feet wide and thirty feet long, and one from the southwest corner of it. Neither of the balls reached the box of clay. One was never found; the other, probably the one dropped from the center, was found lodged in the timbers in the east side of the shaft, 800 feet from the surface.

As the bodies dropped into the shaft invariably lodged in the east wall, because the earth rotates on its axis from west to east. If a load of ore were spilled into the shaft most of it would cling to the side of the shaft or land on the levels at the east.

A Newspaper Dictionary

Burly Negro—Any colored man arrested.

Engineer—The man who gets blamed for a railroad accident. (See probe.)

Plunder—A thief with a collar. (See Raffles.)

Joy Ride—What precedes an automobile accident. (See broker.)

Loot—Goods found in a flat in Harlem.

Millionaire—A man who owns his own home. (See divorce.)

Plot—Something that is thwarted. (See foll.)

Pretty Girl—Any female.

Scanty Attire—What people escape from burning buildings. (See probe.)

Sleuth—A detective in the headlines.

Society Leader—A woman who returns from Europe.

Twenty-four Hours—The period in which the police expect to catch the murderer.—Puck.

Satan's Way.

Mrs. Kilgore was the pretty young wife of the elderly village pastor. One day she went into the city with a friend and, among other things, bought a new frock.

"Another," remarked my dear husband, "Did you need another?"

"Yes," said the wife, hesitatingly. "I do need it, and besides, it was so pretty that the devil tempted me."

"But you should have said, 'Get thee behind me, Satan.' Have you forgotten that?"

"Oh, no! But that was what made the trouble, hubby dear. I said, 'Get thee behind me, Satan,' and he did, but he whispered over my shoulder, 'It just fits you beautifully in the back! And I just had to take it then.'"

—Harper's Magazine.

Tommy Atkins.

The use of the name Tommy Atkins, applying to the British soldiers, dates back to the Indian mutiny. In 1857 when the rebellion broke out in Lucknow all the Europeans fled to the Residency. On their way they came upon a private of the Thirty-second regiment (Duke of Cornwall's Light Infantry) on sentry to the ladies' quarters. The soldier, who was named Tommy Atkins, was so fat and so was killed. His name happened to be Thomas Atkins, and so throughout the mutiny campaign when a daring deed was done the doer was said to be "a regular Tommy Atkins."—Exchange.

Barriers.

She—I've just thought of an excellent plan for fostering better manners at the theater.

—Put all the fat men on the end seats and get them so interested in the performance that they will not leave their seats between the acts.—Richmond Times-Dispatch.

Both Heard.

Clinton—Did you get in without your wife hearing you last night? Clubb—No; no without my hearing her either.—Boston Transcript.

Different Now.

In the sixteenth century it was customary in Germany to get up at 5 o'clock, dine at 10, sup at 5 and go to bed at 8.

FIVE CENTS PROVES IT.

Adverse offers. Out of the ad, Adams, Ill., and they will send you our trial package containing Foley's Honey and Tar Compound for coughs, colds, croup, bronchitis and laryngitis; Foley's Kidney Pills and Foley's Catarrh Tablets. For sale in your town by A. E. Shurtliff Co., South Paris, Maine.

"May it please your Honor, I am dead in court," remarked the unwilling jurymen. "Then leave the box," replied the judge. "A juror must hear both sides."

AFTER MANY YEARS

J. L. Souters, Eau Claire, Wis., writes: "Years ago I wrote you in regard to great relief I after all these years I have never had a return of those terrible backaches or sleepless nights; I am permanently cured. I find this reliable relief relieves rheumatism, backache, stiff joints, and ill caused by weak or diseased kidneys or bladder. A. E. Shurtliff Co., South Paris, Maine.

"Gertie," mamma said, "If you don't stop your crying you'll never go to Heaven." "I don't want to go to Heaven, I want to go to the same place you do," replied Gertie.

CROUP AND WHOOPING COUGH

Mrs. T. Neureuter, Eau Claire, Wis., writes: "Foley's Honey and Tar Compound cured my boy of a very severe attack of croup after others had failed. Our milkman cured his children of whooping cough." Foley's has a forty years record of similar cases. Contains no opiates. Always insist on Foley's. A. E. Shurtliff Co., South Paris, Maine.

"What are you doing doctor?" asked a man who entered as a patient in a waiting clinic. "Scrapping an acquaintance," was the reply.

Hundreds of health articles appear in newspapers and magazines, and in practically every one of them the importance of keeping the bowels regular is emphasized. A constipated condition invites disease. A dependable physic that invites without inconvenience or griping is found in Foley's Cathartic Tablets. A. E. Shurtliff Co., South Paris, Maine.

"Don't sars," said the doctor on women's hair as you use?"

"Yes," the plumes, especially, tickle me very much."

SEVENTY YEARS OLD

George W. Clough, Prentiss, Miss., who had suffered greatly with kidney trouble, writes: "Foley's Kidney Pills are the only remedy that ever did me any good at all." Just think of the relief and comfort that means to him. Foley's Kidney Pills are recommended for all sides or back, rheumatism, and kidney and bladder ailments. A. E. Shurtliff Co., South Paris, Maine.

A man entirely wrapped up in himself carries a small package.

If a better cough syrup than Foley's Honey and Tar Compound could be found, we would carry it. We know this reliable and dependable medicine has given satisfaction for many years; therefore we never offer a substitute for the genuine. Recommended for coughs, colds, croup, whooping cough, and bronchitis and laryngitis. No opiates. A. E. Shurtliff Co., South Paris, Maine.

A Forecast

Views, in the Time of Napoleon, of the Future of War

By F. A. MITCHEL

Napoleon, the great Napoleon, was fond of going about incognito among the people he governed and getting from them their views concerning him and his acts. One day, dressed in ordinary civilian costume, he left the palace by a side door and, walking along the Rue de Rivoli, entered the garden of the Tuilleries. That was more than a hundred years ago. The place between the palace and the Place de la Concorde was not then the barren looking area it is now, but a verdant garden filled with flowers.

Napoleon had but recently humbled Prussia, and the French people were celebrating the anniversary of one of his victories. Suddenly a young army officer sitting on a bench alone, with a pen in his hand, and a book open, began a conversation with him.

"Do you think this man Bonaparte," asked Napoleon, "is a great general?"

"I think the Emperor Napoleon to be the greatest general who ever lived," was the reply.

"What a hundred years the people of Europe will have more than doubled, perhaps quadrupled. Armies that are now composed of a few hundreds of thousands will then be millions. The killed and wounded and prisoners of war instead of being counted by thousands will be counted by hundreds of thousands."

"And the battle line," Napoleon put in, "will be 50, 100, perhaps 200 miles long."

"I thought, monsieur, you asked me to give you the military future. You seem quicker in this than I. I defer to you."

"To more than double the armies," Napoleon continued, ignoring the speaker, "is a herculean task. There will not be rounds enough for their advance."

"You forget the new power of steam. It may develop."

"You mean armies will be moved instead of marching. Well, grant that. The armies will be carried by thousands of them and at a speed of a hundred miles in a single day. I grant in this case they can be moved within a reasonable time. But do you not know, monsieur, that an army moves on its belly? A million men to be fed? The army's capital. Suppose a French army attempts to seize, as Bonaparte has done, Vienna. He will reach it with a starving army and short of ammunition. Suppose a united Germany marches on Paris? It will be the same. Let Russia attempt to capture Berlin. The more men she will have, so far as feeding and providing them with ammunition are concerned."

"And how are these starving armies to be fed? These armies will be moved by better constructed than the ones now? Enormous canals weighing many tons will be required. How can an invading force expect to move these enormous weights over roads and bridges destroyed by a retreating enemy? Believe me, my friend, when that day comes war will be a deadlock. No power can attack another."

Old Time Coining.

In the fifteenth century a skilled coiner of whom there were but few, might be able to turn out by hand fifty or sixty coins a day, a result totally inadequate to cope with the vast quantity of treasure, chiefly silver, that shortly began to arrive from America. To multiply coins was to multiply money, and thus the coining machine became a necessity of state. A laminating mill and screw coining press was invented in Italy 1547, Spain 1548, France 1553 and England 1561, reign of Elizabeth. After several trials and experiments the mill and press were established permanently under Charles II, whose golden guineas, struck in 1662, were the first regular issues of machine coins made north of the channel.—Argonaut.

Why They Don't Fear.

Perhaps the limit of human fatuity was reached by the writer of hymn 575 in the "Ancient and Modern" collection. Here is the fourth stanza:

They do not hear when the great bell is ringing overhead; they cannot rise and come to church with us, for they are dead.

The list of things which "they" are unable to do might be indefinitely extended, and it seems a thing incredible that the author of the above verse should have written so beautiful and moving a hymn as "There is a green hill far away"—London Chronicle.

Canada's Size.

The area of the Dominion of Canada is 3,693,644 square miles. The area of the continental United States is 3,625,000 square miles. Canada is as big as the United States with a territory to spare that is as large as three German empires and the state of New York.—New York American.

The Gentle Exterior.

"What I admire," said the statesman, "is the hand of iron in the glove of velvet."

"Yes, indeed," replied Miss Cyrenne. "It is much more unusual than the head of bone in the hat of silk."—Washington Star.

Mrs. Green Well Named.

Mrs. Gray—"The window in my hall has stained glass in it. Mrs. Green—Too bad! Can't you find anything that will take the stains out?—Now Haven Register.

To Be Expected.

"I've been reading Shakespeare. Hadn't poor Hamlet a dog's life?"

"Well, wasn't he a Great Dane?"—Baltimore American.

Contradictory.

"That big fat fellow is the black sheep of the family, is he not?"

"Yes. He's the family skeleton."—Houston Post.

Free Leaf Markings.

Expert botanists have found that the marks of trees can be told by the leaf markings—the older the tree the smaller and more numerous its leaf cells.

One of them of experience is worth a whole wilderness of warnings.—Lowell.

"A hundred years or more from now our descendants will be much changed. We are passing out of an age of speculative philosophy into one of actualities. This American, Franklin, who was here before the Revolution, has pointed out a new field. I believe there is a valuable power in steam, which another American has already applied to driving a boat. During the present century the people of the civilized world will contrive. This period of warfare that Bonaparte seems bent upon continuing will end—at least for a time—with him. Relieved of the casualties of war, our European population will increase. It may be that it will spread to new continents.

"Mechanical devices will be extended into every department, including war. Having swifter means of slaughter, the nations will be more loath to fight one another. That I believe, will stop war."

"You are wrong, monsieur. War will never cease."

"Well, then, it will grow less frequent."

"Suppose that a century from now, a united Germany shall attempt to crush France."

The old man thought for some time without replying. Then he said:

"A group of nations is forming to crush Bonaparte. This will be the beginning of groups of allies yet to come. Some statesmen will see the utility of uniting several nations with a view to crushing Europe. This will lead to a counter group."

"And when war comes it will be between these groups and all Europe will be involved. I see. Never mind the political consequences of these alliances. Give me the military issue."

"It is a hundred years the people of Europe will have more than doubled, perhaps quadrupled. Armies that are now composed of a few hundreds of thousands will then be millions. The killed and wounded and prisoners of war instead of being counted by thousands will be counted by hundreds of thousands."

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