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SOUTH PARIS, MAINE.
Terms Moderate.

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Dentist,
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HARRIS & PARK,
Attorneys at Law,
SOUTH PARIS, MAINE.
Office hours 9 A. M. to 5 P. M. Even-
ings by appointment. Special attention
given to children's cases.

CARL S. BRIGGS,
Dentist,
SOUTH PARIS, MAINE.
Office hours 9 A. M. to 5 P. M. Even-
ings by appointment. Special attention
given to children's cases.

J. WALDO NASH,
Licensed Taxidermist,
Temple Street, near Masonic Block,
Telephone Connection. NORWAY.

LONGLEY & BUTTS,
Norway, Maine,
Plumbing, Heating,
Sheet Metal Work,
STEEL CEILING A SPECIALTY.

Bisbee & Parker,
Attorneys and Counselors at Law,
Rumford, Maine.

E. W. CHANDLER,
Builders' Finish,
I will finish DOORS and WINDOWS of any
size and in any material at reasonable prices.

Also Window & Door Frames.
I will make any kind of Plaster for inside
or outside work in your office. Fine Plaster
and also in any kind of Plaster for Cash.

Planing, Sawing and Job Work.
I will make any kind of Plaster for inside
or outside work in your office. Fine Plaster
and also in any kind of Plaster for Cash.

E. W. CHANDLER,
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I will make any kind of Plaster for inside
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and also in any kind of Plaster for Cash.

HILLS,
Jeweler and Graduate Optician.

Lowest Prices in Oxford County.

NORWAY, MAINE.

A WOMAN'S DAY
It begins early, and ends late. It is full
of work from sun rise to bed time. Being
continually on her feet, she often has
kidney trouble without knowing it. She
has backache. It is hard for her to get
up in the morning, she is so tired and
worn out. She does not sleep well, has
poor appetite and is nervous. Her bladder
gives her trouble too.

Foley
Kidney Pills
will cure all that,
and make her again
STRONG, WELL
and VIGOROUS.
Get Foley Kidney Pills at the nearest
DRUG STORE and START TAKING THEM
TODAY. They cost less than the doctor
and more. The genuine Foley Kidney
Pills are sold only in the yellow package.

A. B. SHURTLEFF & CO.,
South Paris, Maine.
A. B. SHURTLEFF & CO.,
Norway, Maine.

Closing Out Sale of
MILLINERY!

Owing to other arrangements, I
shall close out my entire stock of
millinery at greatly reduced prices.
This is your opportunity to obtain
great bargains. Everything must be
sold at once. All hats will be sold
untrimmed.

Mrs. CHAS. M. JOHNSON,
South Paris, Maine.

L. S. BILLINGS
MANUFACTURER OF AND DEALER IN
Red Cedar and Spruce Clap-
boards, New Brunswick Cedar
Shingles, North Carolina Pine,
Flooring and Sheathing,
Paroid Roofing, Wall Board,
Apple Barrel Heads, and
LUMBER OF ALL KINDS
South Paris, Maine.

Rexall Dyspepsia
Tablets
will relieve your indigestion. Many
people in this town have used them
and we have yet to hear of a case where
they have failed. We know the for-
mula. Sold only by us—25c a box.
Chas. H. Howard Co.

Pianos
AND
Organs

Second hand Pianos and Organs
for sale at a bargain. Two square
pianos I will sell at low price. A
lot of second hand organs that I will
sell at any old price. Come in and
see them.

New Pianos, Stools, Scarfs,
Instruction Books, Player pianos
always in stock at prices
that are right.

W. J. Wheeler,
Billings Block, South Paris.

AMONG THE FARMERS.

"SPRING THE SHOW."

Correspondence on practical agricultural topics
invited. Address all communications to
Editor of this department, P. O. Box 100,
Hampden, Agricultural Station Oxford Den
cord, Paris, Me.

How to Save Manure Values.
(Karl Jones, Instructor in Agronomy, at Farm-
ers' Week.)

The proposition to be considered in
this article is whether or not the manure
produced on our farms should be
used as it is at the present time. Manure
is lost in plant food, containing
only about ten pounds of nitrogen, five
pounds of phosphoric acid and ten
pounds of potash per ton. The organic
matter in the manure is almost as
much as the plant food.

In practice, from one-third to one-half
of the plant food value of manure is lost
before it is applied to the field. Manure
is subject to loss in three ways. The
liquid manure will be lost to some ex-
tent unless the stable has tight floors
and sufficient bedding is used to absorb
all the liquid. The liquid manure con-
tains about two-thirds of the nitrogen
and four-fifths of the potash found in
the manure and it is almost entirely
lost and hence quickly available.

Numerous field experiments show that
leached manure is less productive than
manure which has been better cared for.
The remedy to allow no leaching to
occur except on the field where the crop
is to be grown. If leaching occurs in
the field, the crop gets the benefit of
plant food but in the barnyard there is a
total loss, which may amount to as
much as one-half the value so far as
crop production is concerned.

Nitrogen will be lost when manure
heats in piles. This occurs frequently
with horse manure which is dry and
loose. It may mean a loss of from
thirty to eighty percent of the ni-
trogen. The remedy is to keep the ma-
nure heap compact and moist to pre-
vent heating.

The least loss of plant food occurs
when fresh manure is scattered over the
field. No heating occurs and the leach-
ings are carried into the soil where the
crop can use them. The only danger of
leachings is by surface washing. Experiments
show that the earlier the manure can be
put on the ground, the greater is the
crop production the next season.

On nearly all farms manure must be
stored at some time during the winter.
When manure is stored during the winter,
less manure is stored during the winter.
If possible, manure should be stored
under cover and a cement floor
will aid in preventing leachings. Precautions
should be taken to prevent the heating
of horse manure, and mixing it with
cow manure is advisable. The practice
of allowing horse manure to heat in
piles is a bad one. It is a waste of
helps conserve it. Storing in a pile
without a roof would prevent loss of
plant food but there is an extra amount
of water to be handled when manure is
so stored.

If cattle and sheep are allowed to run
loose in a shed and tramp down the
manure, there is very little loss. If
manure must be piled out of doors, the
pile should be built high to prevent as
far as possible rain water washing out
plant food.

In all cases manure should be spread
broadcast when applied to the land.
There are no advantages and several dis-
advantages in the pile method. The manure
is lost in small piles and then scattered
later. Manure should be spread over as
much ground as possible, even if it must
be supplemented by commercial fertilizers.

The great problem is to make better
use of manure than we are doing at
present. Every farmer should look
carefully into his methods of handling
this valuable by-product and see if he
cannot improve his methods. Often
there are improvements that can be
made at a slight expense and yet are of
great value. Ultimately, every farmer
should plan a system by which the manure
on his farm will be applied to the soil
with the least possible loss.

Cause and Effect.
That was a wise remark made by a
speaker in a farm convention. He said:
"After much observation and thought
concerning manure, we are now doing it
better. I am convinced that we would be
much better farmers if we could re-
turn better from cause to effect. We
cannot think of manure as a waste. It
is a resource. We must dig deeper into
the cause of things."

There is no doubt of it. Every farmer
if it is used in the best manner, it will
show how that remark is. Now to be
able to know "the cause of things" and
their effects we must become students of
cause and effect.

A man complained of his cough. A
doctor said to him: "Your cough is
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Full and Accurate Accounting.

HOW ONE OXFORD COUNTY FARMER FIG-
URED COSTS.

(G. H. French in New England Homestead.)
It is a peculiar trait of New England
farmers and perhaps of mankind in general,
in business of any kind, to minimize
costs and magnify receipts—in the mind.
This applies as much to farming as to
any line of business. We like to think
we are making profit whether we really
are or not, and more often the profit
exists only in our mind. How many
farmers have failed, not for lack of
knowledge as to growing the crop, but
because of their failure to keep accurate
and know actual costs and
receipts. How many business estab-
lishments have failed, not for lack of
salesmanship, advertising or push,
but solely from their inability or failure
to accurately know costs.

One of the most hopeful signs of the
times in agriculture is the tendency to
study costs and to charge up
expenses. It is the best sign of the
keeping accounts is, to be sure, the real-
ization that a certain line of business
may be in actually putting us in the
red. It is a sign of the times, and it is
a happy one. But to farmers, in par-
ticular, the blessing of this disappoi-
nting, paradoxical as it sounds, lies in
the fact that knowing the actual cost
of either crop or change the direction
of our energies into wiser and really
profitable channels.

On a Maine farm, there are farm-
ers raising potatoes for a living and
hauling them 20 miles or more to rail-
road points. Even with this handicap,
they are making a good thing of it, and
certainly not on the average, if a
man figures all his costs. How much
better for those farmers if they kept
complete accounts, and then, instead
of unprofitable, turned to the production
of less bulky products. Sheep raising,
dairying, poultry keeping, any one of
these would be a more profitable line
of the problem where transportation
costs are so heavy.

Many farmers think they know the
cost of their crops, but they do not. They
might ask many a Maine farmer before
you would find one who could tell you
the actual cost of an acre of corn, either
sweet or field corn. Along that line,
the cost of the county demonstrators, un-
der the beneficence of the Rockefeller
Institute, directed in Maine by the col-
lege of agriculture, are of prime im-
portance, as showing farmers actual costs
and also how to increase yields and
profits.

In Oxford county, they struck a re-
sponsive chord in the person of L. E.
McIntire of Waterford. As to methods,
there was hardly room for improvement
in his instance, as he had not a more
thorough farmer in Maine than this same
Mr. McIntire. But he was all ready to
fall in line and keep detailed cost ac-
counts for his own benefit, and perhaps
as an object lesson to brother farmers.
In the demonstration plot was 6 1/2
acres of sweet corn, planted in May, 1914.

AN OXFORD COUNTY FARMER FIGURED COSTS.

SWIFT CORN EXPENSE ACCOUNT
Sweet corn 6 1/2 acres at \$3 per acre \$19.50
Labor applied..... 20.00
Planting..... 10.00
Harvesting..... 10.00
Total..... 59.50

SWIFT CORN RETURNS
Cut corn sold to factory..... \$145.00
Seed corn..... 20.00
Total..... 165.00
Deducted total cost..... 59.50
Net revenue..... \$105.50

Net revenue..... \$105.50
Total cost..... \$59.50
Deducted total cost..... 59.50
Net revenue..... \$105.50

Net revenue..... \$105.50
Total cost..... \$59.50
Deducted total cost..... 59.50
Net revenue..... \$105.50

Net revenue..... \$105.50
Total cost..... \$59.50
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Deducted total cost..... 59.50
Net revenue..... \$105.50

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THE OXFORD BEARS.

THE DOINGS OF THE WEEK IN ALL SECTIONS OF THE COUNTY.

Paris Hill.
First Baptist Church, Rev. W. F. Hill, pastor. Preaching at 10:30 A. M. Sunday School at 12. Sabbath evening service at 7:30. Prayers meeting Thursday evening at 7:30. Communion the last Friday before the first of June. The next meeting will be with Mrs. Rose Swan on May 10th.

The Sunshine Club met with Mrs. Kate Hammond Thursday with eleven present. A good time was reported by all and a fine dinner. The next meeting will be with Mrs. Rose Swan on May 10th.

NEW ADVERTISEMENTS.
2 Road Peddlers.
Don't Visit the all-British Exposition.
The Will Lister. Mothers.
Wanted at Once.
The Will Lister. Mothers.
Wanted at Once.
The Will Lister. Mothers.
Wanted at Once.
The Will Lister. Mothers.
Wanted at Once.

Byron.
The selectmen have built an office for the town officers adjoining the Center schoolhouse and town house, and moved the town seal into the same.

Maine News Notes.
A Dexter man, who is nearly 90 years of age, and has for years lived within a quarter of a mile of the railroad, took his first ride on a train this spring.

North Waterford.
The W. R. C. are to have an apron sale Thursday afternoon and evening, May 13th.

Frank A. Munsey. who had offered to take over and operate a big hotel projected at Lewiston, has withdrawn his offer by reason of lack of local support of the enterprise.

Wilson's Mills.
More than the usual amount of farming is being done in this section this spring, as people are getting to be more dependent on their farms than the lumber business.

Reports made at the meeting of the Masonic Grand Lodge of Maine last week show a gain of 500 members during the year, the present membership being 30,854. Three past grand masters have died during the year, Charles I. Collier of Bangor, Elmer P. Spofford of Deer Isle and Alfred S. Kimball of Norway. The officers at the head of the two largest Masonic grand bodies were re-elected, Thomas H. Bodge of Augusta, Grand Master of the Eastern Star, and Wallace H. Price of Richmond, Grand High Priest of the Grand Chapter.

East Waterford.
L. E. McIntire has bought a new Ford car with all the modern improvements. He has sold the one he bought last year to his son, C. S. McIntire, who is building a garage.

State Highway Construction.
The state highway construction work of the State Highway Commission in Androscoggin and Oxford Counties this year is to be done on the road between Poland Spring and Norway.

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West Paris.
West Paris Public Library Association will hold its annual meeting at the library room Monday evening, May 10th.

West Paris.
Miss Laura and Alice Barden were in Lewiston Tuesday.

West Paris.
Miss Alice S. Wood is training the grammar school scholars of the ninth grade for the graduating exercises.

West Paris.
Tuesday evening, Mr. A. Van Den Kerckhoven gave a series of interesting lectures in Grange Hall with his new lanterns.

West Paris.
Wednesday evening a reception was given by the Methodist church and parish to Rev. T. C. Chapman, who returned to the pastorate here after having been away for the past two years.

West Paris.
Thursday evening Mrs. D. Gehring gave a reception to the Grange Academy at the Grange hall, this being the last meeting of the season.

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Clean Up AND Paint Up WEEK!

You know this is the week observed throughout the United States as CLEAN UP AND PAINT UP WEEK.

Fall in line and do your share towards making it mean something in South Paris.

We have Mops, Mop Wringers, Scrub Brushes, Brooms and Dusters; Japalac and Kyanize for your chairs and floors; Yacht Deck Paint for your Veranda Floors, Inside and Outside Paint for your House; Garden Seeds, Flower Seeds, and Grass Seed for your Lawn.

N. DAYTON BOLSTER CO.,

SOUTH PARIS, MAINE.

JUST A MAGNET

OUR strong box is a GREAT MAGNET for the money of those who conduct their homes and business by check. IT DRAWS THE DOLLARS. You'd find it POSITIVELY TO YOUR ADVANTAGE if you would let it magnetize your money. OUR FINANCIAL SERVICE is BACKED BY YEARS OF EXPERIENCE. THE DISTINGUISHED TOWNSMEN on our board of directors is our BEST GUARANTEE.

YOUR NEIGHBOR BANKS WITH US. DO YOU? We pay 2 per cent interest on check account of \$500 and over, on even hundreds. Interest credited to your account last of every month.

Savings Department Connected with BRANCH BANK AT BUCKFIELD, MAINE.

PARIS TRUST COMPANY

SOUTH PARIS MAINE

MEN'S New Spring Clothes!

YOU MEN WHO ARE TO BUY A NEW SUIT THIS SPRING SHOULD BE MOST PARTICULAR ABOUT THE VALUE YOU GET. You should buy at a store where you get the full worth of your money. You ought to come here and see our Hart Schaffner & Marx Clothes.

We'll be Glad to Show You Any Time.

H. B. FOSTER CO.

ONE PRICE CLOTHIERS NORWAY, MAINE.

FOOTWEAR!

Before you buy your spring shoes call and see the new styles for men and ladies, all leathers, high or low cut. Full stock of Rubber Sole Oxfords and Pumps \$2.50—\$3.50.

W. O. Frothingham,

South Paris, Maine.

Blanket Your Horse in Summer

with a BURLAP or DUCK SHEET It keeps off the flies and keeps them clean. I sell the burlap for 75 cents to \$1.25. The duck for \$1.00 to \$1.75.

James N. Favor,

PROF. OF THE TUCKER HARBOR STORE. 51 MAIN STREET, NORWAY, MAINE.

Z. L. MERCHANT & CO.

WASH GOODS YOU CAN "WASH" MADE UP AND IN BOLT



Colored Wash Goods

In great variety of the different materials and colorings priced from 8 cents to 50 cents per yard.

White Goods

The charming white fabrics form a display here that will be of special interest to those now planning graduation frocks or summer dresses, the assortment includes all the newest and most popular fabrics, and all moderately priced.

Knit Underwear

Essex and Forest Mills underwear, made from snow white silky yarn, nicely finished, smooth seams inside, always of a texture and appearance which appeals to the wearer, a full assortment for women, misses and children.

Hosiery

The Norway Home of Wayne Knit, Gordon and Cadet Hosiery for the whole family. See our new Ladies' special boot silk hose at 25 cents per pair.

ONE PRICE CASH STORE. NORWAY, MAINE

Concrete Walks Are Like Solid Stone

When you use the right Portland Cement. Walks made of ALPHA Portland Cement are even in color, smooth, and practically wear-proof. We know the quality of all cements and we heartily recommend

ALPHA PORTLAND CEMENT

because it gives the man who never used cements just as good results as the big contractors get. We guarantee ALPHA to more than meet the U. S. Government's requirements for fineness and binding-power. Call and let us explain how easy and cheap it is to make lasting walks, steps, floors, etc., with ALPHA, the Guaranteed Portland Cement that always pleases those who use it for any kind of concrete work.

J. B. COLE & SON

SOUTH PARIS, MAINE.

NATIONAL BANK PROTECTION

means a great deal to you as a depositor. This bank ranks among the strong banks of the country in the ratio of its working capital to its deposits. The New Federal Reserve Act has increased the efficiency of all National Banks as well as strengthening them.

Our books are examined by National Bank Examiners under the supervision of the Comptroller of the Currency at least twice a year. Five times a year we publish a sworn statement of the condition of the bank in a newspaper published in the County, thus enabling our customers to keep informed of the standing of the bank.

There is no better protection than that

FOR YOUR MONEY

Thrift is a simple thing but it means a great deal. It is the foundation of financial success and contentment. Save money and put it where it is safe. The way to save is with a check book and the place to keep it is at

THE NORWAY NATIONAL BANK

OF NORWAY, MAINE.

(Oldest and strongest National Bank in Oxford County.)

REGAL SHOES

After all, it is the trifles which count most in dress. The greatest tailor of the day drew famous by attention to the little things.

The success and fame of the Regal Shoe Factory—one of the largest in the world making Men's fine shoes—were established by attention to details. Every curve, every seam, every stitch, in Regal Shoes is made with an expert's knowledge of what the feet need. This careful regard for trifles, combined with the excellence of material and perfection of workmanship, is responsible for their tremendous popularity—the factory capacity being over a quarter million pair annually. It is only possible to touch briefly upon the many new and interesting Regal Models. They include Russia and Box Calf, Vici Kid, Gun Metal, Velour and Patent Leather in a great variety of styles.

Whether you prefer the mannish English last, the extreme bump toe, or desire the daintiest of dress shoes, you will find the very best example of each model at our store, (the only Regal store in this vicinity). Prices range from

\$3.50 up to \$5.00.

EASTMAN & ANDREWS

CLOTHIERS AND FURNISHERS 31 Market Square, South Paris.

FARM WAGONS FORD TRUCK BODIES

Having special equipment for all heavy work I can save you money on anything in Farm wagon line. I also carry in stock wheels, axles, braces and other farm wagon forgings.

You will find complete outfit in stock and can meet your requirements on special order work.

I also carry in stock truck bodies for Ford Cars and build truck bodies for other cars to order.

M. A. MILLET, South Paris, Maine.

SHOP NEAR GRAND TRUNK STATION
Telephone 132-11



Pittsburgh Perfect Fence

**THE BEST WIRE
FENCE MADE!**

At a very low price we have bought a full car load of the
PITTSBURGH PERFECT FENCE

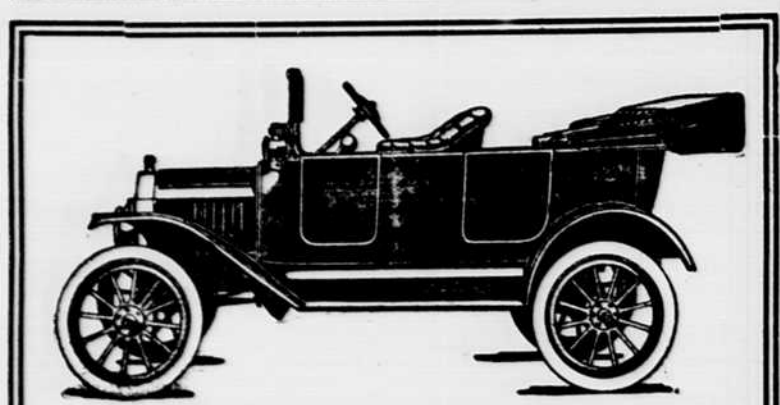
which we shall receive before May 1st. This is an electric welded fence and has stood the test for years. It costs no more than the inhuman barbed wire fence which so many times injures your stock.

Stock fence runs from 32 inches to 58 inches in height, poultry fence in any height desired.

Remember we bought very low by taking a full car load and shall make our price accordingly.

THE CHEAPEST AND BEST FENCE IN THE WORLD!

**A. W. WALKER & SON,
SOUTH PARIS, MAINE.**



ECONOMY, SIMPLICITY AND EFFICIENCY

Makes the Ford a universal utility. A utility because it serves everybody—doctor, farmer, salesman and banker. In every business, or as a pleasure car, the Ford proves reliable and economical. Low first cost—\$60 less than last year, and the plan of sharing profits with the buyers—and low upkeep expense, are reasons why it pays to own a Ford. They serve and save. Buyers will share in profits if we sell at retail 300,000 new Ford cars between August 1914 and August 1915.

Touring Car \$490; Runabout \$440; Town Car \$690; Coupelet \$750; Sedan \$975, f. o. b. Detroit with equipment.

ON DISPLAY AND SALE BY
**RIPLEY & FETCHER
SOUTH PARIS, MAINE.**

STANDARD SEWING MACHINES.

Send for Catalogue.

**W. J. WHEELER & CO.,
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.**

MILLINERY

We have all the correct Spring Styles.

New Shapes—New Ideas

Your Call will be Appreciated!

**MRS. L. C. SMILEY,
MILLINERY AND LADIES' FURNISHINGS.**

Bowker Block, South Paris, Maine

EVERLASTIC B ROOFING

High grade and Economical

\$1.80-1.90-2.25 per square

SOLD ONLY BY
**S. P. Maxim & Son
South Paris, Maine**

CASTORIA For Infants and Children.
The Kind You Have Always Bought

HOMEMAHERS' COLUMN.

Correspondence on topics of interest to the ladies should be addressed to: Editor, HOMEMAHERS' COLUMN, Oxford Democrat, South Paris, Me.

Invalid Cookery.

(From the Domestic Science Department, University of Maine.)
There are few women who are not called upon at some time to care for the sick. Until recent years, people have thought that a woman's instinct was sufficient to make her a good nurse. A strong instinct for nursing is a fine thing to have but every woman should have also, some knowledge, for the ignorance of "Sally Gamp" is a thing of the past. The directions of a late, gentle doctor ought to be followed carefully. The nurse, whether she has had training or not, must power within herself to deal materially in the recovery of her patient.

Everything possible should be done to bring health back to the sick person. The food which is served plays an important part in making a recovery, just as it does in keeping well.

In planning the diet for an invalid, one must remember that the patient is not a bundle of separate organisms but is an organic whole and that the diet must be directed toward the needs of the whole man as well as toward the needs of the disease. People treat differently to the same diet just as they do to the same drug, so that no iron-bound rules can be laid down. However, there are general principles which can be followed.

Invalid diets must accomplish several things:

1. They must supply necessary nourishment in easily digested form, free from harmful substances.
2. They must help carry off excess of waste, i. e. liquid diets.
3. They must build up lost tissue.
4. They must help nature in its curative processes which may be done either by feeding or withholding certain foods.

Diets may be classified as follows:

- I. General diets.
1. Liquid diet.
2. Light, soft diet.
3. Convalescent diet.
- II. Special diets.
1. e. Diabetic diet, etc.
1. Liquid diet includes milk in all forms, broths, beef juice, fruit tea, coffee, cocoa, fruit beverages, barley and rice water, malted milk, albumin drinks, fruit and milk soups.
2. Light, soft diet includes all of the liquid diet with the addition of eggs, poached or soft cooked; broths and soups with grains; cereals; toast, in all forms; custards; farinaceous puddings; jellies; junkets; ice cream and ices.
3. Convalescent diet includes all of the liquid and light soft diets, with eggs in all forms, hard cooked, white; simple vegetables, peas, asparagus, spinach, cauliflower; potatoes in all forms except fried; sweetbreads; calves' brains; squab, chicken and delicate fish; fruits, deserts, except pastries and rich cake; occasionally chops and steak are allowed.

Special diets should be made out under the direction of a physician.

Great care should be taken in cooking for an invalid. Poorly cooked food is harder to digest than well cooked food. The nurse cannot be too particular about serving food to an invalid. The attractive appearance of the tray and the food will stimulate the appetite and the flow of the digestive secretions. Small portions of food should be served as "too large portions may take away the appetite. Attracting something to eat, snowy white and the dishes and silver sparkling clean. Hot things should be served hot, and cold things served cold. Stewed apples are delicious only two-thirds full, their contents will not spill out as they are carried. Before serving a meal, make the patient as comfortable as possible. Arrange the tray so that it will be convenient for the patient.

The tray should be removed from the room as soon as the invalid has finished her meal and any food on the tray should be thrown away. The dishes should be washed separately, and in congenial dishes should be sterilized.

Recipe:

MILK SHAKE
1 egg.
1 cup milk.
Sugar.
Flavoring.
Mix and shake thoroughly in a glass fruit jar.

ALBUMINIZED WATER
White of 1 egg.
1 teaspoonful lemon or other fruit juice.
12 cup cold water.
1 teaspoonful sugar.

Place all ingredients in covered glass jar and shake until thoroughly blended. Strain through a fine sieve and add water slowly. Strain and serve. Instead of fruit juice and sugar a little salt may be added.

ONMEAL GRUEL
1-4 cup rolled oats.
1 1/2 cups boiling water.
14 teaspoon salt.

Milk or cream to suit.

Add oats mixed with salt and boiling water. Let boil two minutes, then cook in double boiler an hour and a half. Strain, bring to boiling point, and add milk or cream.

SCRAPED BEEF
Select beef from tender side of round and have it cut into thin slices. Place on a board and scrape with a sharp knife, first on one side and then on the other, turning often until the meat is separated from the tough outer covering. If desired very fine, rub it through a sieve. This may be seasoned well and made into sandwiches, or made into small balls and pan-broiled. Use a very hot pan and heat only a short time.

EGG IN A NEST
Separate white and yolk. Beat white until stiff, add a few grains of salt. Pipe the white into a place on a plate and make a depression in center and drop in the yolk. Bake in a moderate oven until delicately brown.

FLAXSEED TEA
2 cups boiling water.
2 tablespoons lemon or orange juice.
Sugar.

Pick over and wash flaxseed. Cover with boiling water and simmer an hour. Strain. Add lemon juice and sugar. Serve hot or cold. This is very soothing to the throat and bronchial tubes.

CORNET WHEY
3-4 cup milk.
14 junket tablet dissolved in 1 teaspoon cold water or 1 teaspoon liquid rennet.

Put milk to blood heat. Add dissolved junket tablet. Let stand 20 minutes. Then stir, using silver spoon, until thoroughly separated. Strain through double cheesecloth. Flavor as desired.

LEMON WHEY
1-4 cup milk.
2 teaspoons lemon juice.

Four lemon juice into hot milk and cook over boiling water until the curd separates from the whey. Strain through double cheesecloth and sweeten. Serve hot or cold.

LIME WATER
Stake on of lime by the gradual addition of 1-2 cup of water, and agitate occasionally during 12 hour. Allow the mixture to settle, decant the liquid and throw it away. Add 1 gallon more water and repeat the process. Repeat the process until the water is clear. Strain through double cheesecloth and use as a glass-stopper bottle.

N. B. From time to time shake so as to keep the carbon saturated. Pour off the clear liquid when it is wanted to use. It absorbs carbon dioxide from the air, so keep tightly corked. Keep in a cool place.

Hints.

Ever try put cold coffee instead of all milk and water in making the rich brown gravy?

Brooms dipped in boiling water once a week become tough and durable, sweep better and do not cut carpets.

Self-respect is retained in the far greater value than in hard work and any questionable encounter.

Why Early Cancer is Curable.

There is still a widespread misapprehension that cancer is a constitutional disease caused by some substance or poison in the blood. Those who hold this mistaken opinion commonly believe that the disease is hereditary, and in a vague way think that cancer must be handed down from one generation to another which causes cancer to flourish in certain families.

It will well cause a feeling that it is somehow shameful to have the disease. Such a mistaken view, however, is the notion which has long prevailed that cancer is a hopeless, incurable affliction, and that it is of no use to try to have anything done for it, may well account for the extraordinary delay of many sufferers in seeking treatment. A further cause is the fact that cancer, in the early stages, often causes little or no pain. Many a surgeon has wished that cancer, in its early manifestations, might cause a toothache, for then the patient would surely be driven to seek relief so quickly that he or she would be easily cured.

That cancer is at first a local growth and not a general disease of the system is now clearly established. Since it is localized, it is possible to remove it before it has time to spread to other parts of the body. For beginning in one spot, later appears elsewhere, because small particles or cells are carried away from the first site and start other growths, not because the cancerous growths multiply in the blood which causes the disease to break out in different parts of the body. The great hope of cure, therefore, lies in removing cancer entirely from the system before it has a chance to spread from its first foothold.

It is not so with many people who come to believe that cancer is a blood disease. It is doubtless because it is observed to come again in the same or other parts of the body after the first growth has been removed. It is natural to assume that when the disease kept coming back in this manner there must be some cause or cause in the blood which causes certain skin diseases. The trouble which started this fallacious reasoning was that in those early days cancer was not so well understood as it is now. Surgeons then did the best they knew how, but without the advantages of modern medicine, and the result was that the disease kept coming back. The microscope has now shown us the path by which cancer cells start their invasion of the body. It is the fact that the breaking out in different places must have certain skin diseases. The trouble which started this fallacious reasoning was that in those early days cancer was not so well understood as it is now. 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