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SOUTH PARIS, MAINE.
Office Hours: 9 A. M. to 5 P. M. Special attention given to children.
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Bisbee & Parker,
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Office Hours: 10 to 12 every day; Sunday by appointment.
In consultation with those who have lost faith in drugs and medicine.

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Temple Street, near Masonic Block,
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LONGLEY & BUTTS,
Norway, Maine.
Plumbing, Heating,
Sheet Metal Work,
STEEL CEILINGS A SPECIALTY.

ONE MINUTE PLEASE!
If there any necessity for going away to get your eyes examined and glasses fitted when you can save dollars and get a better fit at home?

S. RICHARDS, Optometrist.

Don't Say You Don't Need Life Insurance

because no one is dependent on you. If you have no dependents, make certain that you will never be one yourself. Pension yourself by taking a policy for old age in the Massachusetts Mutual Life Insurance Company.

Arrange a conference which does not obligate. Massachusetts Mutual Service Inquiries Never Obligate.

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C.E. Tolman & Co., Inc.
General Insurance and Real Estate.
7 Park Street, South Paris.
State Agents for North American Accident and Life Insurance Co.
Great Eastern Assurance and Life Insurance Co.
Agents Wanted

E. W. CHANDLER,
Builders' Finish!
Will furnish doors and windows of any size or kind at reasonable prices.
Also Window & Door Frames.

Planning, Sawing and Job Work.
Matched Pine Sheathing for Sale.

E. W. CHANDLER,
Norway, Maine.

HILLS,
Jeweler and Graduate Optician.

Lowest Prices in Oxford County.

NORWAY, MAINE.

L. S. BILLINGS
MANUFACTURER OF AND DEALER IN
Red Cedar and Spruce Clapboards, 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.

WANTED.
Boy or young man of fair education and good habits to learn the printing trade. Steady employment.

ATWOOD & FORBES,
South Paris.

Hat Sale
until all hats are sold out.
Dr. Sayman's extracts and toilet goods on hand.

Will Continue
New line of samples of Spring and Summer Dress Goods just received from New York.

Mrs. Lillian M. McGinley,
Opp. Store, South Paris, Maine.

South Paris Savings Bank.

ANNUAL MEETING.
Notice is hereby given that the annual meeting of the Board of Incorporators of the South Paris Savings Bank, for the election of officers for the ensuing year and the transaction of any other business that may legally come before said meeting, will be held at the banking room in South Paris, Maine, on Thursday, March 8, 1917, at 12:00 o'clock P. M.

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AMONG THE FARMERS.

"STREW THE SEED."

Correspondence on practical agricultural topics is solicited. Address all communications to THE OXFORD COURIER, Agricultural Editor, Oxford Street, South Paris, Maine.

Potatoes as Food.
PERFORM IMPORTANT FUNCTION IN KEEPING BODY TISSUES ALKALINE—METEODS OF PREPARATION.

The general use of potatoes in the average home is the better custom prevailing in many homes in preparing the tubers for food are based on sound economic and dietetic reasons, according to specialists of the Office of Home Economics of the United States Department of Agriculture. Studies of the preparation and use of potatoes as food are reported in the Department of Agriculture Bulletin No. 488, recently issued.

Potatoes are easy to cook in a variety of ways. From the point of view of dietetics, they furnish starch in an easily digestible form, and contain substances of importance to the body, and—a fact less generally known—tend to make the tissues and fluids of the body alkaline, thus counteracting the tendency of meats, eggs, fish, and like foods to create acid conditions. Since the body does its work best when its condition is either neutral or slightly alkaline, potatoes, like most vegetables, perform an important function in the diet besides furnishing energy-producing material. This scientific fact justifies the belief that potatoes are one of the most valuable portions of the tuber, the most valuable portions of the tuber, the most valuable portions of the tuber.

Potatoes, however, while a valuable addition to a mixed diet, alone are not suited to meet the needs of the body because of their poverty in proteins and fats. Of these latter important elements potatoes are almost entirely lacking. These salts can be preserved by a more careful removal of the skin, as by boiling, paring or rubbing, and also by baking or boiling the potatoes in their jackets.

Paring before boiling, however, may be the most desirable method of cooking potatoes, but it is not always practical. The loss of the outer skin, which contains the most valuable portion of the tuber, is a loss of considerable value. While these methods may be desirable with potatoes which have been exposed to frost, they result in the loss of considerable food value without compensating advantages when applied to new or well-matured potatoes. If such potatoes are boiled after paring, the water is dropped into boiling water instead of being placed on the stove in cold water. By the latter method there is less loss of the outer skin, and the potatoes are less likely to become water-soaked. The loss of mineral matter is about the same by each method. There is no loss of the outer skin, and the potatoes are less likely to become water-soaked.

Practically the only loss when potatoes are baked in their skins is of the water which escapes as steam, and which carries off some of the soluble salts. The loss of the outer skin, which contains the most valuable portion of the tuber, is a loss of considerable value. While these methods may be desirable with potatoes which have been exposed to frost, they result in the loss of considerable food value without compensating advantages when applied to new or well-matured potatoes. If such potatoes are boiled after paring, the water is dropped into boiling water instead of being placed on the stove in cold water. By the latter method there is less loss of the outer skin, and the potatoes are less likely to become water-soaked. The loss of mineral matter is about the same by each method. There is no loss of the outer skin, and the potatoes are less likely to become water-soaked.

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MAINE BOY WINS \$100 SCHOLARSHIP.

Of all the Sweet Corn Club boys who faithfully cared for their quarter acre and reaped the coveted reward of a free trip to Fordland for the Boys' Sweet Corn Club meeting, Clarence Tibbott of Farmington was the lucky lad to win the State championship and the \$100 scholarship to the College of Agriculture, University of Maine. On his quarter acre he raised 1507 pounds of corn, marketed it at a clear profit of \$28.34. He also raised 6,028 pounds of corn at a profit of \$107.54. His story follows:

HOW I MADE MY CROP
I selected my plot on a south slope, a place protected from severe winds from the north and west by woods. The ground was high and not subject to early frosts.

I dressed and plowed the land in the fall. Since the corn roots go down deep, I dressed the soil with a good dressing of manure, and then plowed it over. I then sowed the seed in rows eight inches deep, first to make a good seed bed, second to smother the weeds.

I used five two horse wagon loads of manure, since the manure lightens the soil by adding humus, and helps moisture.

I used two hundred pounds of commercial fertilizer to start the plants early and furnish food which is not in the manure.

I used a spring tooth harrow since the soil was not so hard as the soil light. I only harrowed once since there was plenty of loose soil above the seed.

The seed was sown in the fall, and I had it in the ground by the first of October. Since the ground was dry I planned the twentieth of May. It came up in eight days. The growth was very even.

I used a spring tooth harrow for four weeks, beginning in nine days after it came up, to keep the weeds down. I hoed every time I cultivated to keep the weeds down.

I hoed the corn down to four in a hill, because, when this is done the stalks are much more sturdy.

I selected the corn from the stalks, which were of medium size and filled out over the end, and which were for the Portland exhibition, the rest for seed.

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THE DAREDEVIL

By Maria Thompson Davies
Author of "The Making of Molly"

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CHAPTER XIII.
The Tail Timbers of Old Harpeth.

THE door of the mansion I was admitted by my good Cato, who was attired in a very long white coat, and who, with a red cap, also of the flannel, tied down upon the white wool of his head.

"The governor is up in his room, and no one can go right up. I never heard of such doings as is going on in this house at night with that wild man, who is a real daredevil, and going like a wind."

"With which information Good Cato started me up the stairs. 'First door to the right, right, and don't knock,' he called in a whisper that might have come from his tomb in death as he slowly retired into the darkness below with his candle."

"Is that you, Robert?" came a question in Governor Faulkner's voice from a large table over by the window. The room was entirely in shadow except for the shadow light upon the table, under whose feet long coming and going like a wind."

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THE DAREDEVIL

By Maria Thompson Davies
Author of "The Making of Molly"

South Paris, Maine, March 6, 1917

ATWOOD & FORBES,
Editors and Proprietors.
GEORGE M. ATWOOD. A. S. FORBES.

TERMS.—\$12.00 a year if paid in advance.
Overseas \$20.00 a year. Single copies 4 cents.

ADVERTISEMENTS.—All legal advertisements are given three consecutive insertions for each inch in length of columns. Special contracts made with local, transient and electric advertisers.

JOE PAINTER.—New type, best press, electric power, experienced workmen and low prices enable us to make this statement of our business complete and popular.

SINGLE COPIES.—Single copies of this DEMOCRAT are four cents and they will be sent on receipt of price by the publishers or for the convenience of patrons copies of each issue will be sent by mail on sale at the following places in the county:

South Paris, Howard's Drug Store.
Norway, Norway's Drug Store.
Rockfield, A. L. Newton, Postmaster.
Paris Hill, Samuel T. White.

Coming Events.

March 12—Supreme Judicial Court, South Paris.
March 13—Oxford County Teachers' Association, annual meeting, Rumford.
March 14—County W. C. T. convention, Mexico.

NEW ADVERTISEMENTS.
New Spring Garments.
Z. L. Merchant & Co.
Ripley & Fletcher, Agents.
South Paris, Maine.

The March Court.
The March term of the Supreme Judicial Court for Oxford County will open at South Paris Tuesday next week, the 13th, Justice George M. Hanson of Calais presiding. No particular cases are expected to be heard at this time.

The regular circuit court will be held at South Paris on the 13th of March. The court will be held at South Paris on the 13th of March. The court will be held at South Paris on the 13th of March.

There are also a number of liquor cases, mostly from the Rumford, and some other criminal business.

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THE OXFORD BEARS.

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

Paris Hill.
First Baptist Church, Rev. G. W. P. Hill, pastor, preaching every Sunday at 10:30 a.m. and 7:30 p.m. Prayer Meeting Thursday evening at 7:30. Communion Sunday at 10:30 a.m. and 7:30 p.m. All are cordially invited.

Mr. and Mrs. Hiram Hensel are receiving congratulations on the birth of a little daughter.

The contract for carrying the mail between this village and the South Paris station has been awarded to Benjamin L. Cummings, who was the lowest bidder.

Mr. George M. Atwood, in company with Miss Lora Hallow of Biddeford, attended the annual meeting of the Association of the Oxford County Teachers' Association at South Paris, Maine, last Friday.

Mr. Emma Cummings visited in Auburn last week. Mrs. Josie Crawford stayed with Mrs. Jordan while she was away.

Mrs. H. P. Hammond went to Lewiston Saturday and returned Monday with her niece, Eva Jackson, who has been in the Central Maine General Hospital since Feb. 23. She wishes to thank her many friends who so kindly remembered her when there, with fruit, flowers, cards and letters, and many other things which helped to pass the hours quickly and very pleasantly.

Mrs. Cora Hardy has moved on to her farm in the Whittemore District and will be at the home of Mr. and Mrs. Henry Adams of West Sumner as at James E. Bowker's caring for Mrs. Adams' mother.

Miss Harriette Cole of Newburgh, Mass., has been with Rev. and Mrs. G. W. P. Hill for several weeks on account of the illness of her mother.

Seldom have we seen so much snow on the ground at this season of the year.

Austin P. Stearns and sons are cutting about two hundred cords of wood this winter and hauling it to market.

Mrs. H. B. Hubbard has recently been the guest of her niece, Mrs. Harrington Mann of West Paris.

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West Paris.

The annual prize speaking contest of West Paris High School will be held at the High School building, Friday evening, March 9. Program as follows:

SELECTION.—The Tenth Muse Weeds
High School Orchestra.
Americanization.—Henry Cabot Lodge
Green Grow the Rabbits.—W. H. Penney
Red Hat's Story of the Past.—John Uri Lloyd
George Russell Lloyd
Selection.—Waterlilies.—Dante Quaresima
Selection.—The Lost World.—Lana Richards
The Lost World.—Henry Van Dyke
The Ride of Jennie McNeil.—Will Carlton
The Ornament of San Marcos.—Robert W. Service
The Tenth Muse Weeds.—High School Orchestra
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The Tenth Muse Weeds.—High School Orchestra.

Miss Waterhouse of Portland, the new teacher in the grammar grade, has arrived and is boarding at Walter E. Riggs'.

Miss Ruth Carter has gone to Augusta to visit her mother, Mrs. Carter, who is recovering from a recent illness.

The ladies of the Baptist church are planning a social for the benefit of the church fund, to be held at the home of Mrs. Carter.

Miss Alice Barden attended the Governor's ball at Augusta.

Mrs. Irving L. Bowker of Portland has been a recent guest of her parents, Mr. and Mrs. Roscoe Tuell.

Mrs. George W. Ridgion has been ill but is gaining.

Miss Mabel Ricker entertained the Ladies' Aid of the M. E. church last Tuesday.

Adney R. Tuell, president Curtis Hill Telephone Co., has received an invitation to attend the New England Telephone Conference at Waterville Tuesday, March 6.

Thirty-one members of Pleasant Pond Grange visited West Paris Grange on Saturday, Feb. 24. A very good program was enjoyed.

Worthy Master of Oxford Pomona L. E. McIntire was present and gave a very interesting address.

The Methodist and Baptist societies are planning to unite in a series of revival meetings.

Perle Mann, who was recently taken to the Central Maine General Hospital for an operation, has returned home but is in a serious condition.

Mrs. Harry Adams of West Sumner as at James E. Bowker's caring for Mrs. Adams' mother.

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Bethel.

The funeral of Mrs. Moore Hastings will be held at the Bethel Baptist church, Friday evening, March 9. Rev. J. H. Little, her pastor, officiating. Very much sympathy is expressed for the daughter, who in less than one year has been called to part with her brother, Dr. John Hastings, and her father and mother.

The birthday party given by Miss Maria Park to the members of the church, Sunday, Feb. 25, was a very pretty and interesting affair. The home was festively decorated and the guests appeared in dozens to represent some special character. The refreshments were delicious, and the cutting of the birthday cake caused much merriment.

Miss Elberta Burnham is reported as more comfortable, and all her many friends, and they include all who have for so many years received her courteous attention in the bank and elsewhere, hope for a speedy recovery.

Miss Alice Mason has been in Portland, Florida, for several weeks with her mother, Mrs. O. M. Mason, who is spending the winter there. Miss Mason will soon return to Melrose, Mass.

Mrs. Brickett was welcomed by her pupils and friends and was congratulated upon having recovered from her illness sufficiently to resume her work.

The village school closed Friday for three weeks' vacation.

The academy students enjoyed the last of the winter term of school. The grain famine is somewhat relieved here, for the present at least.

Mrs. Hattie Hubbard, who had been with Mrs. Hastings for more than a year, accompanied Mrs. Dodge to Lynn, Mass., where she will visit her sons.

The academy will close next week for a recess of a week.

Miss Hale, who has met the parents and teachers of Bethel before and given an address, again gave a most interesting address before the Parent-Teachers' Association and Men's Club.

Mrs. and Mrs. F. L. Edwards, Mr. and Mrs. E. C. Rowe and Mr. Bruce Walker were among those who attended the Shriners' ball in Portland.

The class parts have been assigned for the academy commencement.

The Ladies' Circle of the Baptist church will meet at the vestry Friday afternoon to discuss the girls.

Mrs. Eunice Prince came here Thursday for a visit at the home of Rev. J. H. Little.

The members of the World Wide Guild gave Miss Helen Murch a surprise party at the home of Mrs. Louise Ricker Tuesday evening.

Miss Mabel Ricker was presented with a fine dresser as a token of appreciation of her work for the Guild. Games were played and musical numbers were given.

Benjamin R. Billings of Bryant Pond was the week-end guest of Edwin J. Mann.

Stella D. Churchill died Tuesday afternoon from cancer, after a painful illness of several months.

She was the daughter of Daniel C. and Dorcas (Curtis) Churchill, and was born in Woodstock Sept. 24, 1860. When an infant her parents moved to West Paris where she has since resided.

A son, Robert Dana, her parents, a sister, Mrs. Almira Richardson of Portland, and a brother, Mr. J. H. Churchill, who is a physician, are all living.

Her husband, Mr. J. H. Churchill, died of cancer of the stomach, and never strong in health, she mingled very little in society, but found her chief happiness in her family.

Both girls were exceptionally well rendered. Nearly eighty couples took part in the dancing, which continued until two o'clock.

The funeral service was held from the Methodist chapel Friday afternoon, Rev. L. W. Grundy officiating, and the remains placed in the revolving tomb.

The remains of Stillman Cole were brought here from Connecticut Monday night and taken to Greenwood where the funeral was held, Rev. L. W. Grundy officiating.

The body was brought to West Paris and placed in the tomb. Mr. Cole was the son of Mr. and Mrs. Sylvester Cole of Greenwood, and most of his life has been spent in that town.

At one time he was overseer of the town farm. He went to Connecticut about three months ago and his family expected to join him.

A widow, who was Miss Mabel Penley of Paris, and three children survive him, besides his parents, one brother, Fred Cole, and two sisters.

On account of the water Harry Brown's water mill only runs a part of the day.

Mrs. Henrietta Whitcomb visited at Fred Ray's Wednesday.

Mrs. Eugene Lovejoy went to Norway Tuesday to visit her mother, James Paige, who died in Sackville, Kansas.

Mrs. George Haskell is visiting at Frank Wilbur's.

Stillman R. Cole.

From other facts of a highly educated Stillman R. Cole died in Bridgeport, Ct., Monday, Feb. 26. Mr. Cole was formerly of Greenwood, and lived for a while some years ago in South Paris. He had been in Portland for a year or two, but a short time since went to Bridgeport to work in a machine factory.

He was to join his family on Tuesday morning. He was found unconscious, and in spite of all that could be done, died on Monday. There were two gas cooks in the kitchen at the time he died, and the other for a heater. One of them turned very easily, and it is supposed that in shutting the other he opened that one.

Mr. Cole was about 35 years of age. He married Mabel, daughter of Mr. and Mrs. Fremont P. Penley of South Paris, who survives him, with four young children. He is also survived by his parents, Mr. and Mrs. Sylvester Cole of Greenwood, a brother, Fred Cole, and two sisters, Mrs. Frank Maxwell and Mrs. Charles Sweet.

The funeral at Greenwood was in charge of Granville Lodge of Masons, of West Paris, of which he was a member.

May Spend \$10,000.
The committee on legal affairs of the legislature reported upon to pass in a new draft on an act to authorize the commissioners of the county of Oxford to remodel, enlarge and repair the registry of deeds building of the western registry district of that county.

The new draft gives the county commissioners of Oxford authority to borrow \$10,000 instead of \$5000.

A letter from Senator Bert M. Fernald of Maine informs us that needs designed for Maine, under the Government's free distribution plan, will be shipped from Washington about March 15. This will mean that the supply which the Senator has arranged for the Democrat to distribute among its readers ought to be available by the 20th of March.

Smith-Jack.
Artemus W. Smith of Bethel and Jennie Jack of Berlin, N. H., called at the residence of Rev. J. H. Little in Bethel last Saturday morning, and were united in marriage by the single ring service.

From European correspondence of the Associated Press it is learned that the Zepplin campaign against London because it was unprofitable. But the campaign while it was on succeeded in killing quite a lot of women and children, and wasn't that profitable, from the Zeppelin standpoint?

Roy Gildred of Medway, 18 years of age, was found dead in the snow near the West Paris mill. He was killed by a falling tree.

He was found by friends the night before, and left them after attending a theater. Death was due to "exposure."

Catarh Cannot Be Cured
with LOCAL APPLICATIONS, as they cannot reach the seat of the disease. The disease is a constitutional one, and is influenced by constitutional conditions, and in order to cure it, the system must be treated internally.

Dr. J. C. Cheney & Co., Props., Toledo, O. All Druggists.

Can't look well, feel weak, or feel well with impure blood. Keep the blood pure with Dr. J. C. Cheney's Blood Purifier. It is a blood purifier, and it is a blood purifier.

Don't use harsh physics. The reaction weakens the bowels, leads to chronic constipation, and is a danger to the system.

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BLUE STORES Spring Hats Again and CAPS too

New styles of Lamson & Hubbard and other makes just received and ready to show you.

When Are You Coming In To See Them?

We believe we can please you and a NEW HAT or CAP will certainly give a new tone to your appearance.

Dress Soft Hats \$1.50 \$2 \$3
Derby Hats \$2 \$2.25 \$3

CAPS For Men and Boys 50c. \$1.

F. H. Noyes Co.
SOUTH PARIS, NORWAY.

Spring Clothing and Furnishings
Arriving every day now.

Make Yourself Happy

By Becoming Thoroughly Healthy—

full of life, energy, enthusiasm. If you don't feel that way now, it is because that machine, your body, is out of order. You need a tonic—a system builder, something to restore ambition and strength.

Rexall Sarsaparilla Tonic

should help you by assisting to purify and enrich the blood, thus stimulating and strengthening the various organs, machine-like action of every part, which insures health. We have faith in Rexall Sarsaparilla Tonic. We believe it will make you healthier and happier, by helping nature overcome the disorders common to spring. If it doesn't, your money back.

\$1.00 for a Large Bottle.

Chas. H. Howard Co.
The Rexall Store
South Paris, Maine

Woolens
Dress Materials and Coatings
direct from the factory. We have samples and color cards for reference.

E. A. PACKARD,
Box 110, (10-38) Camden, Me.

Legislative Hearings.
Legal Affairs.

The committee on Legal Affairs will give a public hearing in its room in the State House, in Augusta, Tuesday, March 6, at 2 P. M.

Act to amend sec. 30, chap. 4, R. S., relating to registration of voters.

Act to amend sec. 10, chap. 4, R. S., relating to registration of voters.

Act to amend sec. 24, chap. 5, R. S., relating to registration of voters.

Act to amend sec. 5, chap. 5, R. S., relating to registration of voters.

Act to amend sec. 7, chap. 11, R. S., relating to payment of premiums on official bonds.

Act to amend sec. 15, chap. 15, R. S., relating to payment of premiums on official bonds.

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Mark Down Sale OF SUITS and OVERCOATS.

We have taken all odd suits and overcoats and marked them at lower prices to clean up stock. Not a garment in the lot but what is easily worn several dollars more than our former price, but as it is our custom to clean up our stock each season, we have marked them down. You'd better come at once as the number is limited. Nearly all sizes are here at present at prices which spell true economy.

