


Ladies' Boots for \$3.00.

We have a large lot of Ladies' Button Boots, Gun Metal and Patent Kid, both high and low heels, all sizes from 1 to 8, D and E width, which we are selling for \$3.00 per pair. These boots were bought on a low market and for that reason we are able to sell them for this price. These same boots on today's market would cost \$4.00 or \$4.50 and when these are sold we will have to get that price for the same quality, and manufacturers tell us that prices are going still higher. We have about 500 pairs of these boots, but they are selling rapidly. It is a good time to buy them now.

E. N. SWETT SHOE CO.,

OPERA HOUSE BLOCK, NORWAY, MAINE
Telephone 38-3

We pay postage on all mail orders.



Daisy Baker's Mother Goss

Some Enlightening Figures on the Food Value of WILLIAM TELL FLOUR

This comparison is based on figures of the U. S. Department of Agriculture, Bulletin 142. The prices are average market prices of today.

1/2 bu. potatoes @ \$2.50.....	\$1.25
2 lbs. butter @ 40c.....	.80
5 lbs. milk @ 8c.....	.40
3 lbs. beef @ 28c.....	.84
2 lbs. cheese @ 30c.....	.60
3/4 doz. eggs @ 40c.....	1.40
5 lbs. sugar @ 8c.....	.40
1 1/2 lbs. rice @ 10c.....	.15
Total cost.....	\$4.84

The 24 1/2-lb. sack of William Tell Flour, even at the rate of \$11.00 per barrel, costs you only about \$1.40.

Use WILLIAM TELL FLOUR

It is delivered to you under a triple guarantee—guaranteed under the Ohio Better Flour Label, by the Analyst & Bakers Company who make it, and by the grocer who sells it.

Now's Your Opportunity

To buy Shoes much cheaper than you will be able to next season. The merchandise we are selling you today was bought from FOUR to SIX months ago on low market, so we are able to give advantage of our early buying.

W. O. Frothingham,

SOUTH PARIS, MAINE.

SLEEPLESSNESS

Often goes with INDIGESTION

If you eat a hearty meal at night, especially when tired at the end of a hard day, and then go to bed after sitting quietly in a close room for a few hours, troubled sleep is quite likely to follow. If you can get the habit of taking a brisk walk of thirty or forty minutes in good, fresh, outdoor air after supper, you are less likely to suffer from disturbed sleep or nightmare.

But, if the weather should prevent the walk, a teaspoonful of "L. F." Atwood's Medicine will aid digestion, your sleep will be more peaceful and you will not suffer from constipation. All dealers sell it, 35 cents large bottle. "L. F." Medicine Co., Portland, Maine.

GOOD TO BE SURE BETTER TO BE INSURED BEST TO BE INSURED

In the Agency of

W. J. WHEELER & CO.

who has been writing Fire Insurance for forty-six years.

In fact we write all kinds of INSURANCE in the strongest and most reliable companies.

Pianos, Playerpianos and Organs.

The Q. R. S. and Autokrat Music Rolls Every Month.

SEND FOR CATALOGUES

W. J. Wheeler & Co.,

South Paris, Maine

CASTORIA

For Infants and Children.
The Kind You Have Always Bought

DR. AUSTIN TENNEY OCULIST

Will be at his Norway office over C. F. Riddell's grocery store, Main Street, the last Friday of every month. Hours 10:30 A. M. to 5 P. M. All work guaranteed satisfactory.

People's Water Company.

Annual Meeting.

Notice is hereby given that the annual meeting of the stockholders of the People's Water Company 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 office of the Treasurer on Saturday, April 7, 1917, at five o'clock P. M.

GEORGE M. ATWOOD, Secy.
South Paris, Maine, March 20, 1917.

CHIMNEY FLUE STOPPERS

WM. C. LEAVITT CO.,

Norway, Maine.

That will fit. That are perfectly safe. If in need send fifteen cents with size. Get one by next mail.

W. J. WHEELER & CO.,

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W. J. WHEELER & CO.,

South Paris, Maine.

HOMEMAHERS COLUMN.

Correspondence on topics of interest to the ladies is solicited. Address: Editor, HOME MAKERS COLUMN, Oxford Street, South Paris, Me.

The Case for Corn Meal.

In view of the general advance in the cost of staples, the housewife of to-day, in order to combat the high cost of living, must review her menu with an eye on the shifting prices. While she realizes that potatoes are selling at sixty-five and seventy cents a peck, that butter is selling in some localities at twelve dollars a barrel, she must also know what articles of food have remained most nearly stationary, and what ones, if there be any such, have fallen off.

Although the Bulletin of the Bureau of Labor Statistics shows that the price of corn meal has advanced since the summer of 1912—the cost of beans, for example, having increased twenty-one per cent in the past two months—the corn meal and rice has remained the same. Of the two, the use of rice is more commonly urged, a whole nation being witness to the fact that the rice is a neglected native product, corn meal, should be re-discovered by the American housewife.

From the standpoint of economy this food has been found so low-priced and so nourishing that an agent of the Massachusetts Poor Department told me that he makes use of it in cases involving the temporary feeding of large numbers—an allowance of five cents per day having been found to provide satisfying nourishment. Of course, much food could not be continued on account of the disastrous effects always attending an unbalanced diet. From the standpoint of health, we have only to look at the corn meal and rice to see the difference. Our country-bred and corn-fed, when young, are robust, healthy, and to consider their high corn meal and rice diet, it is being both in fat and protein.

In Civil War times when the price of food soared, selling in some localities for twenty-six dollars per barrel, the iron kettle containing mush or samp, to be eaten with milk or molasses, occupied a prominent place in many households. In the mind, in particular, a far value, in the food-bills of the Catalina, typical of many others in that the chief product seems to be unsalable and certainly untillable rocks. A family of seven children grew up behind the barren soil in some way supporting them. Each of the five sons, upon marrying and leaving home was given one thousand dollars. The father was called poor, but the ability to save was largely the result of simple standards of living.

One of the "women-folk" of the family tells me that meal was generally on the stove and that their bread was Johnny-cake and corn-breads.

If, in speaking of the purchasing power of the dollar, we refer to how much a dollar will buy of what we need, not of what we desire, a nourishing diet is still not inconsistent with a digested economy. Along with the poor wheat crop of the past season, and the high price of flour, we have a good corn crop, and the corresponding low cost of corn meal. This is a suitable time to give corn meal a trial, assigning it to a definite place in the menu. The fact that our meal was not their staple, as evidenced by some of them in the hearty applause they accorded to the speaker at a recent Pure Food Fair in one of our large cities, when he suggested re-introducing corn meal in the family diet.

The following recipes merit a trial:

RICED ISLAND JOINT-CAKE

1 cup corn-meal
1 teaspoon sugar
1 teaspoon butter
1/2 cup boiling water
1/2 cup milk
2 tablespoons milk

Soak the meal with the boiling water, beating till of the consistency to drop from a spoon, yet remaining stiff. Add the other ingredients and drop from a spoon on a hot griddle. Cook slowly till brown, turn, and serve for breakfast or luncheon with syrup or melted jelly.

ARISTOCRATIC JOINT-CAKE

2 tablespoons butter
1 egg
1/2 cup milk
1 cup corn-meal
1 cup flour
1/2 cup sugar
1/2 cup boiling water
1/2 cup milk
2 tablespoons milk

Soften butter, separate eggs, beat yolks, add milk, meal and flour, butter, seasonings and baking powder; lastly the well-beaten whites of eggs. Bake forty minutes in a moderate oven. Serve hot. This recipe may be halved for a small family. Left-over pieces of this cake may be spread with jam and spread with melted butter for lunch.

CORN-MEAL MUFFINS

1/2 cup corn-meal
1/2 cup boiling water
2 tablespoons butter
1/2 cup flour
1/2 cup sugar
1 egg beaten light
1/2 cup milk

Pour boiling water over meal; add butter, then cover and let stand one hour. Mix together flour, baking powder, salt and sugar. Add to corn-meal mixture, add egg and milk and mix thoroughly. Bake in hot buttered muffin pan about twenty minutes.

COCONUT MEAL PUDDING

2 tablespoons meal
1 tablespoon tapioca
1 tablespoon coconut
1 pint milk
1/2 cup sugar
1/2 cup flour
1/2 cup milk
1/2 cup sugar

Combine meal, tapioca, coconut, salt and sugar; add melted butter, molasses, and milk. Bake slowly two hours. Serve warm with cream.

BAKED INDIAN PUDDING

1 pint milk
1 cup corn-meal
1 tablespoon butter
1/2 cup molasses
1/2 cup sugar
1/2 cup flour
1/2 cup milk
1/2 cup sugar

Soak the milk and stir in the meal; add the melted butter, molasses, seasonings and beaten eggs. Bake two hours. Serve hot with melted butter, cream, or vanilla ice-cream.

DATE CORN MEAL PUDDING

1 pint milk
1 cup corn-meal
1 tablespoon butter
1/2 cup molasses
1/2 cup sugar
1/2 cup flour
1/2 cup milk
1/2 cup sugar

Soak the milk and stir in the meal; add the melted butter, molasses, seasonings and beaten eggs. Bake two hours. Serve hot with melted butter, cream, or vanilla ice-cream.

Helpful Hints.

While you are waiting for the asparagus and young garden things to come on, use plenty of crisp cabbage, cauliflower, and mineral salts are needed and there is plenty of variety in the cold and hot salads and different salad combinations.

Buy soap by the box, or by the dollar, the worth when it is a leader at a special sale, then store it in such a way that it will dry out. It will do the same good in washing and will last considerably longer.

Forgive and forget the little things that come to-day. An enlarged vision will help you see beyond them to-morrow.

Remember that the mirrors should not be hung opposite a door or window. This reflects the face of the person looking at it.

In buying lemons select those with a thin skin. They are much more juicy than the plump ones.

Genital kindheartedness and helpfulness needs no self-advertising.

It is too early to plant flowers but not too early to plan for them.

NEWS CONDENSED

FOR BUSY READERS

Happenings in Various Parts of New England

John Brand, 6, died at Somerville, Mass., as the result of being struck by an automobile.

Charles A. Daniels of Malden, dean of the Massachusetts school teachers, observed his 83d birthday.

Mrs. George W. Pfeiffer, 48, club woman and former teacher of parliamentary law, died at Boston.

Mrs. Margaret Regan, 70, died at Boston ten minutes after she had been knocked down by an automobile.

Ten-year-old James Brown died at Brockton, Mass., from a fracture of the skull when he slipped on an icy street.

Arthur G. Lewis, 71, died at Worcester, Mass., where he was for thirty-eight years principal of a public school.

Dr. Lemuel F. Noble was found guilty by a Boston jury of illegally prescribing and dispensing narcotic drugs to addicts.

Acton, Mass., is one of the first towns in Massachusetts to endorse military training and drill by the citizens of the town.

Herbert Singleton, 30, was instantly killed when he fell sixty-five feet from the fifth floor to the basement of a building at Boston.

Accidental falls down stairs stairways of Boston subway entrances brought death to Daniel Carney, 46, and Peter Hughes, 42.

The American ambulance service will receive more than \$10,000 as the result of a collection taken at the Boston opera house.

Strike losses in Connecticut industrial plants during the past two years are placed at \$1,500,000 by the state bureau of labor statistics.

Captain Sutherland, commandant of the cadet corps at New Hampshire college, Durham, received notice of his transfer to El Paso, Tex.

Grief over the recent death of his wife caused the death of Colonel Alfred Hocking, 78, superintendent of the Melrose, Mass., postoffice.

Thirty employees of the Boston and Maine railroad passenger station at Lyndonville, Vt., escaped without injury when fire partially destroyed the building.

Kidder, Peabody & Co., treasurers, Boston, announced a total of contributions to the American fund for French wounded amounting to \$206,297.62.

Standing before a mirror and holding a picture of her husband in one hand Mrs. Esther Rotherham, 35, shot and killed herself in her home at Revere, Mass.

Two firemen were overcome and the lives of several others were endangered by gas escaping in the basement of the Wales building, Boston, during a \$50,000 fire.

Charles R. Harris, for twenty-one years bookkeeper and cashier for the Portland, Me., water department, was asked to resign. An auditor is working on his books.

Captain Joseph Whitmore, assistant keeper of Crabtree ledge light, was drowned by the capsizing of a boat in which he was returning to his post from Ellsworth, Me.

Arthur W. Phillips of New Haven was killed and Mrs. James P. Patterson of Milford was probably fatally injured in an automobile accident at Bridgeport, Conn.

Lieutenant Porter, aide to Commandant Rush at the Boston navy yard, will go to every city and town on the Maine seacoast to stimulate recruiting for the navy patrol.

Leon A. Gilman of Willimantic, Conn., who killed his grandfather, Nelson Gilman, and his cousin, Edward E. Gilman, in that city, was indicted for murder in the first degree.

Viola Lynch, 15, who disappeared from a Woonsocket, R. I., reform school last December and who had been missing since that time, was located in Boston and taken back to the institution.

Violation of the hours of service act is alleged in an information filed against the Grand Trunk railway company in the federal district court at Rutland, Vt. The imposition of \$25,000 fine was asked.

Two unidentified men entered the Pawtucket exchange of the Providence Telephone company, choked Miss E. M. McDonald, 24, the cashier, until she was unconscious, and made their escape with over \$300.

A warrant was issued at Nashua, N. H., for the arrest of Henry J. Knowlton, financial secretary of Eureka tent, Order of the Macabees, on a charge of obtaining money under false pretenses. The police say \$3800 is involved.

A monster demonstration to emphasize the movement toward a more active and patriotic support of the federal government and to create a greater interest throughout Maine in the National Guard and defensive measure was held at Portland.

The Massachusetts senate killed the bill providing one day off in seven for hotel employees.

Henry O'Neill, a rubber mill worker, committed suicide at Millville, Mass., by shooting.

The deaths at Boston for the week numbered 266. Pneumonia led the list with forty-eight deaths.

Discouraged because of ill health, John J. Pierce, 54, shot and killed himself in his home at Boston.

John S. Hyde, one of the most prominent ship builders in Maine, died at the age of 48. He was a native of Bath.

Mrs. Martha J. Hadley, prominent social service worker and contributor to many publications, died at Cambridge, Mass.

Mary Diego, 3, fell into a wash boiler that was filled with scalding water at Quincy, Mass., and was scalded to death.

Petty officers in details of two and four will leave the Charlestown navy yard for a tour of recruiting in eastern Massachusetts.

college, Brunswick, Me., and they will hold weekly drills.

While seated at a table in a restaurant at Boston, in the presence of several diners, Edward Higgins, 43, shot and killed himself.

A freight train tore a bumper in the South station, Boston, plumed through the high fence and crashed into the main city stand.

The Massachusetts department of the Navy League of the United States has now 1210 members, and new members are coming in daily.

Walter W. Crockett, 6, was killed at South Portland, Me., when the body of a dump cart, under which he was playing in a barn, fell on him.

Weavers in the shade of the Goodall Worsted company, Sanford, Me., struck for a 10 percent wage advance and changes in working conditions.

Mrs. Mary F. Lampan, town clerk of Pownal, Vt., who was first elected twenty-five years ago, will not be a candidate for re-election.

Frank P. Andrews, 70, president of the Merrimack County Savings bank, died at Concord, N. H. He entered the bank's employ as a clerk in 1872.

There were seven deaths at Lyman, Me., during the past year, and of the seven all but one was over 80 years old. The single exception was 64 years old.

Mrs. Louis Bayette, 30, drowned herself and her year-old daughter at Bridgewater, Conn. No cause for her act is known.

Captain John Gillooly, for thirty-three years a member of the Somerville, Mass., fire department, was found dead in his bed at the fire house of heart disease.

The narthex of the Congregational church and two other houses, together with a public library of 15,000 volumes, were destroyed by fire at Westminster, Vt.

The Maine senate passed a bill amending the constitution and giving the governor power to remove sheriffs from office for failure to properly carry out their duty.

A chase for muskrats led to the death of 13-year-old Joseph Hanebury and his 13-year-old brother, John. The children were drowned near their home at Natick, Mass.

Samuel Tomlinson, "King of the Newshoys," is wanted on the charge of larceny of \$1500 from the Springfield, Mass., Newshoys' union, of which he was treasurer.

Dr. E. M. Funk, general manager of the International Explosives company's Swanton, Vt., plant, was seriously injured by an explosion in the fulminate dry house.

The heaviest run of sap in years and a consequent bumper crop of maple sugar and syrup are indicated this spring by preliminary reports from Vermont sugar camps.

With a revolver clutched in his hand and a bullet wound in his temple, Frank K. McDonald, 60, a traveling salesman, was found dead in bed in his room at Brookline, Mass.

The city of Lowell has been selected for the first direct experiment of the Massachusetts homebased commission in the erection of moderate priced homes for working people.

The resignation of Adjutant General Pearson as the head of the Massachusetts militia was accepted by Governor McCall who appointed General Sweetser as acting adjutant general.

The Methodist church and a three-story apartment block in the center of Salem, N. H., were destroyed by fire with a loss of about \$10,000. The block was owned by Rev. Noble Blake, pastor of the church.

CUT THIS OUT—IT IS WORTH

DON'T MISS THIS. Cut out this slip, enclose with five cents to Foley & Co., 288 Broadway, New York City, and receive your name and address. You will receive in return a trial package containing Foley's Kidney and Bladder Pills, and a copy of the book, "The Story of the Kidney and Bladder Pills." The package will be sent to you free of charge.

Growing.

Friend—I understand that your practice is getting larger.

Young Doctor—That's true. My patient has gained nearly ten pounds in the past few weeks.

NOT BOTHERED ANY MORE

So-called rheumatic pains, grippiness, backache, or muscular aches, are the result of over-worked, weak or disordered kidneys. E. L. Turner, Homer, Ky., writes: "Since taking Foley's Kidney and Bladder Pills, I have been bothered any more."

The Parson (to the class of little boys): "Now, would any little boy like to ask me a question?"

The Collector: "Please sir, have you any cigarette pictures?"

AN HONEST LETTER FROM AN HONEST MAN

Enos Halbert, Port, Ind., writes: "I contracted a severe cold this fall and coughed continually. Could hardly sleep at night. I tried several remedies without relief. Got Foley's Kidney and Bladder Pills and the first bottle relieved me, curing my cough entirely. I can recommend it for all coughs." Get the genuine—Shurtlett Co.

"I say, old top, I wish you wouldn't be continually kissing the wife! I think once when you come and once when you go quite useless."

"But, my dear man, I can't wear my suit coming and going all the time just to please you."

MUCH EXTRA WORK IN MARCH

It's between seasons, when few persons possess as health demands. The result is double work for the kidneys, to throw out waste eliminated through the kidneys, when persons possess overworked kidneys need help. B. H. Stone, Reading, Pa., writes: "When I needed a kidney remedy, I rely on Foley's Kidney Pills."—Shurtlett Co.

Young Hoppe (to his sister): "I say Nell, pass me the butter."

"What, my dear man, I can't wear my suit coming and going all the time just to please you."

LITTLE GIRL HAD CROUP

Every mother knows and fears croup. Mrs. E. M. Raney, R. F. D. 3, Stoughton, Mass., writes: "My little girl had croup every few nights. I began to give her Foley's Kidney and Bladder Pills and she slept well, never coughed any, and the next day she was gone." Be- lieves croup and colds. Contains no opiates.—Shurtlett Co.

Angry Mother: "Bobby."

Bobby: "Yes, mamma."

Angry Mother: "You are not to do that! Now don't let me speak to you again!"

Bobby (with a sigh): "But how can I stop you, mamma?"



SEE ABOUT AN ACCOUNT TODAY.

The greatest bulwark against the indigence of old age or the financial drain caused by a protracted illness is a bank account. If you are a business man making big profits; if you are an employe with a fine salary; plan to lay aside a certain sum weekly. Then if the rainy day comes along it will find you prepared.

In times of stress you'll find that your bank account is your friend. You can look the world in the eye. The man with a bank account looks better, feels better, is better than the man without a bank account. We transact all kinds of banking business.

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

PYREX

Come in and see the

Pyrex Baking Glass

PIE PLATES, BREAD PANS, CASSEROLES, RAMEKINS, PUDDING DISHES.....

Transparent, easy to clean, durable, heatwithstanding, quick baking. You can see whether your undercrust is done or not with PYREX.

N. DAYTON BOLSTER CO.

South Paris, Maine

FOR SALE.

Farms, Houses and Wood lots at all times

by

J. Hastings Bean

Dealer in Real Estate, SOUTH PARIS, ME.

PROOF FROM NORWAY.

Norway Citizens Speak Out Publicly.

In Norway we find that people are praising Doan's Kidney Pills as highly as here in South Paris. Being so near by the statement of a Norway resident is of particular interest. South Paris people will do well to profit by Mrs. Gammon's experience.

Kidney Mary Gammon, 14 Real Street, Norway, Me., says: "I have kept Doan's Kidney Pills on hand for years, in fact, ever since I first took them nearly ten years ago. The symptoms I noticed indicated kidney complaint. There was a dull, heavy ache across the small of my back and other attacks of distress came over me. Doan's Kidney Pills proved very fine in relieving me of these troubles. I take them off and on now as a kidney tonic and couldn't wish for anything better to keep my kidneys in good condition."

Save the Cranes and Rail Birds. Two North American birds that are in great immediate need of protection are the white crane and his distant cousin, the Carolina rail, or sora. The former, once a denizen of the western prairie, is almost extinct. The latter sandhill crane also seems in danger. The Carolina rail is in great demand as a table delicacy.—Exchange.

Wonderful Self Control.

"We have almost the hardest working typewriters in the world."

"Why do you think so?"

"Sometimes she pounds her machine for fully half an hour at a stretch without stopping to adjust her back hair."—Brooklyn Citizen.

Coffee and Planos.

There is a close relation between the coffee industry and the piano business in Guatemala. Whenever there is a good year for coffee in the republic there is a better demand for pianos.

ASSERTS TANLAC

WILL HELP WHEN

GIVEN FAIR SHOW

Auburn Man Recommends It for Any One Who Is Troubled as He Was.

"Tanlac has helped me wonderfully and I know it will help anyone who is troubled as I was if they will give it a fair show." This was the straightforward statement of Herbert L. Prout, traveling maker of Sleepy Street, Auburn.

"I suffered badly from indigestion and stomach trouble," Mr. Prout continued. "I was continually forming from fermented food and distressed me. I never seemed to be free from this condition. Loss of sleep finally made me very nervous. I got to a very sad sleepless night, the whole night through."

"After I began to take Tanlac my food began to really benefit me, because it was being properly digested. The gas formations became less, at once. My sleeplessness grew less and later disappeared. I can now eat without fear of distress."

Tanlac now is being specially introduced in South Paris by Mrs. H. Howard and Co. and there is a Tanlac agent in every Maine town. Write Tanlac agents at: Oxford, G. E. Jones, Norway, P. P. Stone; West Paris, G. T. White; North Paris, H. D. McCallister; West Sumner, F. G. Barlett; Buckfield, J. A. Rawson.

THE EVENING LINE-UP

Both children and grown-ups, with coughs and colds, are all the better for a dose of Foley's Kidney and Bladder Pills at bed time. It wards off croup, stops tickling throat, and hacking coughs, and makes an otherwise feverish, sleepless night of coughing and distress, a quiet and restful one.

BROWNVILLE, TEXAS, Mr. Chas. Baker, writes: "My wife would not think of using any other cough medicine, as Foley's Kidney and Bladder Pills is certain to bring quick relief. It is especially effective in cases of bed coughs, and we give it to our children and recommend it to all as a sure remedy for all coughs no matter how bad."

CUT :: FLOWERS

...AND...
PLANTS
AT GREENHOUSE.

E. P. CROCKETT, Florist

Telephone 111-3 Porter Street, South Paris

VIVIAN W. HILLS

Jeweler and Optometrist

THE FINEST AND BEST STOCKED JEWELRY STORE IN TOWN
Repairing at Reasonable Prices