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The South Paris Cash Market, Main Street, wants to purchase beef, lamb and poultry. Let us know what you have for sale.

SOUTH PARIS CASH MARKET.

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STATE OF MAINE.

OXFORD, ss:
County of Oxford, December session, A. D. 1917, held at Paris, Maine, on the 31st day of December, A. D. 1917, before me, the undersigned, Judge of the said County of Oxford, on the 31st day of December, A. D. 1917, being the 18th day of the said month of December, A. D. 1917, the following persons appeared before me, to wit:

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HOMEMAKERS COLUMN.

Correspondence on topics of interest to the housewife should be addressed to the Editor, **HOMEMAKERS COLUMN**, Oxford Democrat, South Paris, Maine.

Meat Substitutes.
(G. S. Foot, Orono, Me.)
Impelled by economy and war duty, housekeepers are collecting meat substitutes. These dishes should be served in place of meat and in combination with fresh vegetables. Potatoes and tomatoes combine well with bean dishes. Cornbread and a green salad make an excellent combination with the fish kedge.

Beans and Rice.
2 cups cooked kidney beans
2 cups cooked rice
4 cups tomato sauce
3 tablespoons of flour in 1 1/4 cup browned or vegetable oil and mix with one quart of strained tomatoes and 1 tablespoon grated onion. Simmer five minutes. Add the beans and rice; pour over them the hot sauce and serve.

Creamed Peas or Beans.
1 pint dry peas or beans
1/2 cup butter
1 teaspoon salt
1/2 cup cream
Soak beans in cold water over night or until hulls rub off easily; remove; boil slowly with just enough water to cover them until thoroughly done; pass through ricer; add other ingredients; whip for creamed potatoes; serve hot.

Fish Kedge.
1 1/2 cups flaked cooked fish
2 cups tomato sauce
2 cups rice
1/2 cup butter
1/2 cup cream
1/2 cup onion
1/2 cup salt
1/2 cup pepper
1/2 cup sugar
1/2 cup vinegar
1/2 cup oil
1/2 cup flour
1/2 cup cornstarch
1/2 cup baking powder
1/2 cup soda
1/2 cup yeast
1/2 cup hops
1/2 cup malt
1/2 cup barley
1/2 cup rye
1/2 cup wheat
1/2 cup oats
1/2 cup corn
1/2 cup rice
1/2 cup millet
1/2 cup buckwheat
1/2 cup sorghum
1/2 cup amaranth
1/2 cup quinoa
1/2 cup speltz
1/2 cup kamut
1/2 cup farro
1/2 cup emmer
1/2 cup einkorn
1/2 cup barley
1/2 cup rye
1/2 cup wheat
1/2 cup oats
1/2 cup corn
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1/2 cup kamut
1/2 cup farro
1/2 cup emmer
1/2 cup einkorn

Wash rice and drop slowly into fast boiling water, with a teaspoon of salt, and boil until tender (about twenty minutes). Drain well, and dry in colander. Boil the egg hard, cool it in cold water, and chop it coarsely. Melt the butter in a saucepan, add the rice, wash rice, and the fish and seasoning. Make it very hot, then add the chopped egg, and serve at once.

SAVORY RICE WITH CHEESE.
Prepare half a cup of rice as for savory rice with sausage; add a chili pepper, chopped fine, and half a cup of grated cheese in the place of the sausage.

SUNSHINE CAKE (A. C. H.).
Boil one cup and a fourth of sugar and five tablespoons of boiling water until the mixture threads from the spoon (wash down and cover as in making boiled frosting). Beat the whites of five eggs until foamy; add half a teaspoonful of cream of tartar and beat until stiff. Gradually beat in the syrup and continue beating until cool. Beat the yolks of six eggs until thick and light colored and fold into the first mixture with one teaspoonful of vanilla; fold in half a cup of potato flour. Bake in a tube pan, in a slow oven, 50 minutes. Let cool in the inverted pan.

EMERSON SALAD (J. D. C.).
This salad is a combination of fine shredded cabbage, shredded carrots, and sliced almonds.

MAPLE SYRUP CAKE.
Beat half a cup of shortening to a cream; beat in half a cup of granulated sugar, one cup of maple syrup, and two eggs, well beaten; then add, alternately, two cups of wheat flour, a scant half-cup of barley flour, two (level) teaspoonfuls of baking powder, three-fourths of a teaspoonful of soda and half a teaspoonful of ginger, sifted together, and half a cup of hot water. Bake in a pan about 10 1/2 by 7 inches about thirty-five minutes. When cool, invert and cover the surface with maple icing and decorate with halves of nuts.

MAPLE FROSTING.
Boil one cup and a fourth of maple syrup and two tablespoons of Karo corn syrup to 240° F. or to the soft-ball stage. Pour in a fine stream on top of whites of two eggs, beating constantly meanwhile; beat occasionally until cool, if the frosting does not hold its shape, reheat the mixture in a double boiler (over boiling water) and keep moving it from the bottom until it thickens perceptibly. Leave it rough on the cake.

FRUIT CAKE.
1 1/2 cup shortening
1 cup sifted brown sugar
1 1/4 cup sifted flour
1 1/2 cup water
1 1/2 cup wheat flour
1 1/2 cup barley flour
1 1/2 cup rye flour
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1 1/2 cup rye flour
1 1/2 cup corn flour
1 1/2 cup millet flour
1 1/2 cup buckwheat flour
1 1/2 cup sorghum flour
1 1/2 cup amaranth flour
1 1/2 cup quinoa flour
1 1/2 cup speltz flour
1 1/2 cup kamut flour
1 1/2 cup farro flour
1 1/2 cup emmer flour
1 1/2 cup einkorn flour

FRUIT CAKE.
1 1/2 cup shortening
1 cup sifted brown sugar
1 1/4 cup sifted flour
1 1/2 cup water
1 1/2 cup wheat flour
1 1/2 cup barley flour
1 1/2 cup rye flour
1 1/2 cup corn flour
1 1/2 cup millet flour
1 1/2 cup buckwheat flour
1 1/2 cup sorghum flour
1 1/2 cup amaranth flour
1 1/2 cup quinoa flour
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1 1/2