

The Sign of Service SOCONY

Motor

A wide variety of mixtures is being sold under the name "gasoline." The best way to be sure that the gasoline you buy measures up to quality standards



Gasoline is to buy from the dealers listed below. They sell only SOCONY—uniform, pure, powerful. Look for the Red, White and Blue So-Co-ny Sign.

The Sign of a Reliable Dealer

and the World's Best Gasoline

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George Devine, West Paris
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STANDARD OIL COMPANY OF NEW YORK

HOUSEWIVES' COLUMN

Increased expenses in traveling and at health resorts will keep many busy housewives looking for ways to save.

No Wholesome Ban on Shortcake.

AFTER STRAWBERRIES HAVE PASSED, USE OTHER FRUITS.

Here is a word to cheer the men. Shortcake, the dessert that makes with its inimitable flavor and delicate taste even in this year of wheateless meals. The conservation program and shortcake are not incompatible, provided the "cake" is made of the wheat substitute.

After the strawberry season makes shortcake with raspberries, blackberries, stone cherries, blueberries, sliced peaches, sliced bananas, etc.

There are two types of crust for shortcake that people like, one made like biscuits and unswetened, and the other like a plain sweet cake. Each kind has its advocates.

SHORTCAKE WITHOUT WHEAT FLOUR. Those who like shortcake made from a rich, unswetened bleached dough, baked in a sheet, split, buttered and served hot, and with a thick layer of the crushed or sliced berries sweetened and placed between the layers of crust and on top, will like these shortcakes.

CORN FLOUR SHORTCAKE. 2 cups corn flour, 3 teaspoons baking powder, 1 teaspoon salt, 4 tablespoons shortening, 2 1/2 cups milk.

Mix and bake in two layer-cake pans. Split and butter and put in the filling of berries or other fruit. The corn flour makes a crisp cake of fine flavor.

ROLLED OATS OR BARLEY FLOUR SHORTCAKE. Rolled oats ground through the food chopper and mixed with corn flour also makes a good shortcake. In the above recipe use, in place of two cups of corn flour, 1 cup of corn flour and 1 1/2 cups of ground rolled oats. Or, if you have barley flour, use 1 3/4 cups of barley flour in place of 1 cup of corn flour. The difference in measurements is due to the difference in weight of these flour substitutes.

RICE FLOUR SHORTCAKE. This is similar to muffin mixture. If baked in a sheet, it also makes a good shortcake.

1 3/4 cups rice flour, 3 teaspoons baking powder, 1 teaspoon salt, 2 eggs, 4 tablespoons fat, 1 cup milk.

Mix as for muffins.

Those who prefer a cake foundation for their shortcake will find that a sponge cake made from substitute flours makes a good one. Rice and potato flours are especially well adapted to sponge cakes; corn flour or barley flour also make good ones.

SPONGE SHORTCAKE. 3 eggs (yolks and whites beaten separately), 3/4 cup sugar, 1 tablespoon hot water, 2 teaspoons lemon juice, 1 1/2 teaspoons salt, 1 1/2 cups potato flour, 1 1/2 cups rice flour, 1 1/2 cups barley flour.

Beat yolks until thick and lemon colored, then beat in sugar, add water and lemon juice, then fold in the stiffly beaten whites. Add the dry ingredients that have been sifted together.

Bake in thin layers and place the fresh fruit in between.

Try the wheat substitute shortcake! You will be glad that you do not need to say good-bye to this favorite dessert even in war time.

Potato Flour Made at Home. Wheat flour must be saved and many of the substitute flours are high priced. You can make potato flour at home and it is just as useful a wheat substitute as many of the more expensive commercial flours.

In addition to saving flour it saves potatoes that might otherwise be wasted. Potatoes do not keep indefinitely, and annually many old potatoes are allowed to sprout in the cellar and are ultimately thrown away. The potato flour which can be made from them keeps well, so by taking time by the forelock and making the surplus stock of old potatoes into flour before they spoil you avoid the waste of valuable food material.

HOW TO MAKE POTATO FLOUR. It is easy to make the potato flour. Wash the potatoes, boil until tender, and remove the skins. Rice while still hot through a potato ricer on to drying trays. These trays may be made of slate or wood covered with cloth or wire screening held in wooden frames; indeed, any tray that will let the air circulate freely from underneath as well as above the tray may be used. Clean cheesecloth should be spread over it before ricing the potatoes on the tray. Place the loaded trays in the blast of air from an electric fan, if you have one, or in a warm oven with the door ajar. When completely dry, grind to the desired fineness in a hand mill such as is found in many homes for grinding home-grown grain. A coffee mill may be used, or a food chopper, using the run knife. If these do not grind fine enough, rolling with a rolling pin and sifting several times will help.

It takes three pounds of unpeeled potatoes to make a little over half a pound of potato flour, so if you have to buy potatoes you should reckon costs carefully. If you have potatoes that will go to waste otherwise, save them in the form of potato flour.

You can use either the commercial potato flour or the homemade product to greatly reduce the use of wheat flour in cakes, cookies and breads. A few recipes for the use of potato flour are given below.

BARLEY AND POTATO FLOUR MUFFINS. 1 cup milk, 1 egg, 1 tablespoon shortening, 1 tablespoon corn oil, 1 1/2 cups barley flour, 3/4 cup potato flour, 1 teaspoon salt, 4 tablespoons baking powder.

CHOCOLATE CAKE. 1 1/2 cups sugar, 1 cup corn syrup, 2 squares chocolate, 2 cups milk, 2 eggs, 1 1/2 cups potato flour, 4 tablespoons baking powder, 1 1/2 teaspoons salt.

Cream fat and sugar; beat in corn syrup, melted chocolate, and yolk of eggs. Sift dry ingredients together and add alternately with the milk. Fold in stiffly beaten whites. Bake in loaf or in layers.

The finely ground flour makes the best product. Potato starch may be used in place of potato flour, if one prefers.

SPONGE CAKE. 4 eggs, 3/4 cup sugar, 1 tablespoon lemon juice, 1/2 cup of 1/3 lemons, 1 1/2 cups salt, 1 1/2 cups potato flour, 1 1/2 cups rice flour, 1 1/2 cups barley flour.

Beat yolks until light and lemon colored; add sugar gradually and continue beating. Add lemon juice, rice, and whites of eggs beaten stiff. Fold in flour that has been sifted with the salt. Bake in a loaf, or a pan with a stem, for an hour in a slow oven.

Cheesecake in Canister. The first essential for complete satisfaction with the use of either the bar-lest or the wheat substitute is the use of the United States Department of Agriculture, is absolute cleanliness in surroundings and is all details used in canning. These should be well understood and may be covered with white cloth. Garbage cans must be provided to hold peelings and other refuse. To allow these to fall upon the ground to decay is the place of the canner. The production of spores which will kill the food and render the material being

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WOMEN'S OXFORDS \$1.00

We have a lot of Women's Oxfords, small sizes, 1, 1 1/2, 2 and 2 1/2.

These are worth from \$3.00 to \$4.00 per pair. Our price now is

\$1.00 PER PAIR

E. N. Swett Shoe Co.

Opera House Block, Telephone 38-2. NORWAY, MAINE

We pay postage on mail orders.

When you've looked all around for a suit of clothes, and found stocks pretty well shot to pieces and sizes all broken and nothing that you especially cared for that fitted as it should, it's quite a relief to step into this store and find such a large variety of all needed things. Quite a relief, too, when you've almost given up getting anything really good at a price that seems reasonable, to come here and find such decidedly fine garments at such fair prices.

Our furnishing stock, too, is full of money saving values.

H. B. Foster Co. ONE PRICE CLOTHIERS Norway Maine

Deltex Grass Rugs!

The Ideal Summer Rug for Indoors and Out:

Smooth texture, artistic designs, attractive colors, make Deltex the popular grass floor covering.

Cover your heavy upholstered furniture with cretonnes, buy Deltex rugs, lighten your work, and enjoy the summer.

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N. DAYTON BOLSTER CO.

South Paris, Maine.

Water Powers in Maine

A correspondent who owns no stock or bonds in any water power company, or in any form of electrical development, writes as follows:

"I am reading all the articles published in the papers regarding the Water Power question. I have read the pamphlets published by Mr. Baxter and reports of his speeches and also the letters of various contributors in sympathy with the plan of purchasing and developing by the State the unused water powers.

I note that Mr. Baxter and others lay great stress upon the claim that the people of Maine have lost certain rights in the lakes and rivers they formerly possessed, and I have asked myself the question, 'What is it that I have lost?'

I know that on any lake or river I am able to go and come for business or pleasure. I note that others do the same. Logs are driven on the streams and rivers, steamboats carrying freight and passengers navigate all the larger bodies of water, and I am informed that they pay no tribute to the owner of any dam or water power.

Were the people of the State ever able to use these waters in any different manner?

I also notice that while the communications referred to state that the people have lost or had taken away from them valuable rights and privileges, they do not state just what these rights and privileges are that have been taken away.

The public is interested in this question, and will watch the progress of the campaign for and against State ownership with discriminating judgment. The public desires all the progress and benefits that can be had from our natural resources, but the public will not accept mere statements without proof.

Both political conventions have concurred in demanding that the power developed in Maine shall be used in Maine, thereby expressing what both parties believe to be the desire of the people of the State. Both parties also demand a thorough investigation of all the facts concerning the Water Power question.

That is what the people want. In urging the question beyond that point the politicians are making a mistake that sooner or later will be apparent even to themselves."

(Signed) WM. M. PENNELL, Publicity Agent.

Rumford Falls Power Company, Oxford Paper Company, Great Northern Paper Company, Union Water Power Company, Union Electric Power Company, Androscoggin Paper Company, Androscoggin Electric Company, Androscoggin Research Company, St. Croix Paper Company, Central Maine Power Company, Androscoggin Mills, International Paper Company, Androscoggin Electric Company, EMI Manufacturing Company, Lewiston Bleaching & Dye Works, Peppercorn Manufacturing Company, Bates Manufacturing Company, Bates Manufacturing Company.

SEASONABLE FOOTWEAR!

White Shoes Are Not Only Comfortable But Very Popular This Season.

I have a large line of Ladies' White Boots in Canvas, Duck and nubuck at \$2.95, \$3.50, \$3.00, \$3.50, \$4.00, \$4.50, \$5.00 and \$6.50.

Ladies' White Pumps and Oxfords at \$1.75, \$2.00, \$2.25 and \$3.00.

Also a full line for Misses and Children. They will please you both in quality and price.

W. O. FROTHINGHAM, South Paris, Maine.

Has the War Taught You to Save?

It's a patriotic duty you owe your country and yourself. Whether you invest in War Saving Stamps or Liberty Bonds you must first save money. The best way is to deposit a regular amount each week or each month.

Join the Home Guard of Systematic Savers

ONE DOLLAR STARTS AN ACCOUNT

South Paris Savings Bank

J. HASTINGS BEAN, Pres. JAMES S. WRIGHT, Vice-Pres. GEORGE M. ATWOOD, Treas.

Trustees—N. Dayton Bolster, Wm. J. Wheeler, J. F. Plummer, J. Hasting Bean, A. W. Walker, Henry D. Hammond, James S. Wright, Edward V. Penley, Harry D. Cole.

The HUN Must Be Beaten

and the only way it can be done is to give our boys and our allies all they need to eat. Labor is scarce, and we must substitute machinery in its place. We respectfully call your attention to the line we have in stock, from which you will find a machine or implement for every use on the farm from a tractor engine and gang plow to the garden cultivator. Our 25 years in the business enables us to get the best that is made. Our prices are right. Come in before buying. It is a pleasure to show our line.

A. W. WALKER & SON

South Paris.

Take Notice All Who Wish to Buy a PIANO

And Get the Best Value for Their Money.

Here is your opportunity to get the best trade in your life in a piano that has been used six months or less.

We have in stock ten nice pianos that have been rented the past season, all new in April and May except one. These trades are always in demand and we trust you will call early.

Send for catalogue and terms.

W. J. Wheeler & Co., South Paris, Maine.

Meat Will Win

Your greatest concern these days is as to whether or not YOU can keep health and strength up to the highest point of efficiency.

Our Meats Will Win Health and Strength

We wouldn't make this assertion if we didn't know that the high quality of our Meats cannot be surpassed anywhere.

Our meats give you pleasure and profit—the pleasure derived from palatable food, and the profit derived from real, vital strength that you get from them.

Come to us for strength-giving food with which to win YOUR war.

South Paris Cash Market

Tel. 97-14 SOUTH PARIS, MAINE.

Delicious Chocolates

Foss quality Chocolates, fresh and pure, and the best that you can buy.

80c lb. in Bulk. 1-3 Pound Boxes, 35c, 40c, 55c. 1 Pound Boxes, 80c and \$1.00

Also a good line of other confectionery at popular prices

The Stevens Pharmacy

A. F. STEVENS, Proprietor, SOUTH PARIS, MAINE.

Business Education

is offered to-day should include instruction in the Commercial Grammar, Short-hand and Typing, and the Bureau of the Automatic Bookkeeping Machine.

THE SHAW BUSINESS COLLEGE, PORTLAND, MAINE AND AUGUSTA, is the only school in New England which offers such a course. Telegraphy also taught. Free catalogue. F. L. SHAW, President.

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PROBATE NOTICES

To all persons interested in either of the estates hereinafter named:

At a Probate Court, held at Paris, Maine, for the County of Oxford, on the third Tuesday of July, in the year of our Lord one thousand nine hundred and eighteen. The following matter having been presented for the action thereupon hereinafter indicated, it is hereby ordered:

This notice is given to all persons interested, by causing a copy of this order to be published three weeks successively in the Oxford Democrat, a newspaper published at South Paris, in said County, that they may appear at a Probate Court to be held at Paris, Maine, on the third Tuesday of August, A. D. 1918, at 5 o'clock in the forenoon, and be heard thereon if they see cause.

Lillian A. Martin late of Paris, deceased; petition that Walter L. Gray or some other suitable person be appointed as administrator of the estate of said deceased presented by Leroy Spiller, a creditor.

Henry S. White late of Dixfield, deceased; will and petition for probate thereof and the appointment of Jennie L. White as executrix of the same without bond presented by said Jennie L. White, the executrix therein named.

Ernest L. Hatch late of Dixfield, Massachusetts, deceased; copy of will and petition for probate thereof and the appointment of Fred E. Hatch as administrator with the will annexed, to said will, both presented by said Fred E. Hatch, son.

Emily E. McCall late of Woodstock, Massachusetts, deceased; copy of will and petition for probate thereof and the appointment of Joseph G. McCall as executor of the same presented by said Joseph G. McCall, executor.

Abbie Kimball late of Hiram, deceased; final account presented for allowance by Herbert Moulton, executor.

Andrew S. Haggood late of Waterville, deceased; petition for determination of collateral inheritance tax presented by Walter L. Gray, administrator.

Edwards L. Allen late of Hiram, deceased; petition for allowance of said personal estate presented by Florence A. Allen, widow.

Andrew S. Haggood late of Waterville, deceased; final account presented for allowance by Walter L. Gray, administrator.

Abbie Kimball late of Hiram, deceased; final account presented for allowance by Herbert Moulton, executor.

Winifred S. Libbey late of Lewiston, deceased; petition for the appointment of Charles A. Libbey as trustee under the will of said deceased presented by Harold S. Libbey, of said beneficiaries.

Winifred S. Libbey late of Lewiston, adult ward; petition for removal of said ward presented by Peter G. Barrett, guardian.

Robert Edwards late of Dixfield, minor; petition for removal of said minor presented by Christina M. Gilley, guardian.

Nathan I. Johnson late of Paris, minor; petition for removal of said minor presented by Thomas A. Johnson, guardian.

Andrew S. Haggood late of Waterville, deceased; petition for order to distribute balance remaining in his hands presented by Walter L. Gray, administrator.

Frederick P. Wood late of Boothford, deceased; final account presented for allowance by Frederick P. Wood, administrator.

ADISON E. HERRICK, Judge of said Court. A true copy—Attest: ALBERT D. PARK, Register.

L. F. SCHOFF

Has a New Lot of BIG BEN ALARM CLOCKS.

ALSO

Watches, Jewelry and Cut Glass.

Repair work always receives prompt and careful attention and is guaranteed.

OPPOSITE HOTEL ANDREWS Market Square, South Paris, Maine

Garden and Flowering Plants

ASTERS, PANSIES and many other bedding plants. TOMATO and CELERY plants, etc.

E. P. CROCKETT, Florist

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EVERLASTIC ROOFING

High grade and Economical \$1.80-1.90-2.25 per square

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South Paris, Maine.

Vivian W. Hills

Jeweler and Optometrist THE FINEST AND BEST STOCKED JEWELRY STORE IN TOWN

Repairing at Reasonable Prices

Our optical department is by far the best equipped in this part of Oxford County.

Lenses matched, frames repaired without sending out of town.

Correct time daily by wireless from Washington, D. C.

Watch Inspector for Grand Trunk R. R.

Opera House Block, Norway, Maine

Good Stomach

Did you know that a person with a GOOD stomach rarely takes cold or gets sick? It is true, and also it is a fact that by careful eating and keeping the bowels naturally active every day, a badly disordered stomach may be gotten into fine condition. The old, original, "L.F." Atwood Medicine is a stomach and bowel specific. You should try it at once, following all directions carefully. That grinding in digestion with belching, heart pressure, acidity, bad breath, dizziness, headache, backache and constipation, will soon diminish. Appetite, energy and cheerfulness will return. Begin the treatment today. Ask your dealer for the true "L.F." made by the L. F. Medicine Co., Portland, Me.