

Cut the Cost of Mileage

When you see a car puffing and panting up steep hills and over rough roads when it really ought to move along as easily and as steadily as a brook glides in its course—blame it on inferior gasoline.

The use of poor gasoline, whether for limousine, touring car, roadster or motor truck, is always extravagant waste.

In these days there is no excuse for such waste. Buy high mileage and full power. Buy SO-CO-NY Motor Gasoline.

SO-CO-NY is the surest economy. It means more miles per gallon. It is clean—powerful—quick-starting—reliable.

Look for the Red, White and Blue SO-CO-NY Sign. SO-CO-NY means saving wisely. It cuts the cost of mileage.

Saving Here
Means Gaining There

STANDARD OIL COMPANY OF NEW YORK



SO-CO-NY MOTOR GASOLINE

War Time Organization

This Bank is a member of the Federal Reserve System.

- BECAUSE:
1. We consider it our obligation to do our part in the organization of the Nation's banking resources.
 2. We believe that the interests of our customers are safeguarded by our membership in the Federal Reserve System with the rediscounting privilege which insures our being able to meet all demands for cash.

THE NORWAY NATIONAL BANK

Norway, Maine

EVERLASTIC ROOFING

High grade and Economical
\$1.60-1.90-2.25 per square
SOLD ONLY BY
S. P. Maxim & Son
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

Garden and Flowering Plants

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

E. P. CROCKETT, Florist

Telephone 111-S Porter Street 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

FOLEY KIDNEY PILLS

No Headache

Here is an absolutely safe and reliable remedy for headache. It acts in the RIGHT WAY by relieving the stomach, liver and bowels of impure matter that must be gotten out of the system before permanent improvement can be assured. This is accomplished promptly and agreeably by taking as directed a teaspoonful of the genuine "L. F. Medicine," so long in use in New England homes. Follow instructions on the bottle and get into condition to enjoy your work. This is a money saving remedy, for it will cost you only one cent a dose, 50 cents for 60 doses, to get well and stay well. Ask your dealer for "L. F. Medicine," prepared by the L. F. Medicine Co., Portland, Me.

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 \$2.25, \$2.50, \$3.00, \$3.50, \$4.00, \$4.50, \$5.00 and \$5.50.

Ladies' White Pumps and Oxfords at \$1.75, \$2.00, \$2.50 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.

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. 27-14 SOUTH PARIS, MAINE.

Delicious Chocolates

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

60c lb. in Bulk.
1-2 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. FRENCH STEVENS, Proprietor,

SOUTH PARIS, MAINE

CASTORIA

THE NAME YOU HAVE ALWAYS BOUGHT

HOMEMAKERS' COLUMN.

Contributions on topics of interest to the housewife are invited. Address: HOMEMAKERS' COLUMN, Oxford Democrat, South Paris, Me.

Serve Sugarless Desserts.

One cup of sugar a week for everyone! For our coffee, tea, and cocoa, for our molasses and fruit cakes, and for sweetening all our cereals, fruits and desserts. If we are to make this 8 ounces now allowed per person per week last for the allotted time, we must either cut out sugar, or learn to use the sugar substitutes. Honey, corn sirup, sorghum, molasses and refined sirup are among the best and most easily procured substitutes. Various fruit sirups and the homemade beet-sugar sirup can also serve in some parts of the country.

The cup or more sugar that is usually required for a cake assumes large proportions when we are on a sugar ration. This fruit cake which depends upon sirup and molasses for sweetening will be found just as good as one using sugar.

FRUIT CAKE

1-4 cup shortening
1 cup corn sirup, sorghum, or refined sirup
2 eggs
2-3 cup milk
2 teaspoons vanilla
7-8 cup rice flour
3-4 cup barley flour
2 teaspoons baking powder
1 teaspoon salt
1 teaspoon cloves
1 teaspoon ginger
1 tablespoon cinnamon
1 cup chopped raisins
1-4 cup chopped nuts
1-4 cup chopped citron

Mix fat and sirup; add egg yolks and milk. Put chopped fruit and nuts in butter and add dry materials sifted together. Fold in stiffly beaten egg whites. Bake in loaf or muffin tin. The raisins and nuts may be omitted and the mixture baked as a plain spice cake.

Corn sirup can also be used in place of sugar as sweetening for cold drinks or for loaves. This pineapple loaf is excellent:

PINEAPPLE LOAF

1 cup grated pineapple
1-2 cup corn sirup
1 lemon
2 cups water
Freeze as any water loaf.

Lemon pie is also good made with corn sirup as sweetening for both the lemon filling and the meringue.

LEMON PIE FILLING

1 cup corn sirup, or refined sirup
1 cup water
4 tablespoons corn starch
3 egg yolks
3 teaspoons lemon juice
Grated rind 1-2 lemon
1 teaspoon butter

1-4 teaspoon salt
Mix corn starch and salt with the cold water and cook over the flame until the starch is clear. Beat in the sirup slowly to prevent lumping. Add beaten egg yolks, lemon juice, and rind. Put in double boiler and cook.

Put the filling in a crust that has been previously baked, spread with meringue and brown in oven.

MERINGUE

1-2 cup corn sirup cooked until it is cold water
1-4 teaspoon salt
1-4 teaspoon vanilla
2 egg whites (stiffly beaten)

Beat whites very stiff and beat in sirup. Fill lightly on top lemon filling and brown in oven.

For a chocolate pudding that calls for no sugar try this recipe.

CHOCOLATE PUDDING

2 cups milk
1 cup corn sirup
2 eggs
6 tablespoons corn starch
1-2 teaspoon salt
2 squares chocolate
1 teaspoon vanilla

Mix corn starch with cold milk, add melted chocolate and sirup and cook until thickened. Pour into molds to cool. For chocolate pie or baked chocolate pudding, use slightly more liquid. Spread meringue on top and brown in oven.

For baked apple or peach pie the corn sirup or refined sirup may be used very satisfactorily in place of sugar.

A fruit whip, served very cold, makes an appetizing summer dessert.

FRUIT WHIP

1 cup sifted prune pulp
2 egg whites (stiffly beaten)
6 tablespoons sirup
2 teaspoons lemon juice
1-4 teaspoon salt

Wash the prunes and allow them to soak in water until they regain their plumpness. Simmer until tender, in the water in which they soaked. Rub the pulp through a sieve. Add salt to egg whites and beat until very stiff. Fold in the sifted fruit pulp and the lemon juice. Add the sirup last, beating it in carefully. Chill and serve with cream.

Apricot or peach pulp or apple sauce may be used in exactly the same way.

These are but a few suggestions for the use of sirups to save sugar. Try these and others. They can help make your sugar supply hold out.

My Bit in Food Economy.

(By Mrs. J. Brooks.)

I am trying to do my little bit in Food Economy by...

Serving no butter when we have gravy or plenty of sauce. The children prefer the latter to butter on baked or boiled potatoes.

Using a spatula to scrape every vestige of food from the cooking utensils.

Boiling potatoes in quarters and similar vegetables in their jackets and peeling them afterwards.

Using a potato knife, a round blade with a sharpened edge, which may be purchased for a dime, and which enables one to pare apples or vegetables with great speed, yet have the paring always of the same thickness.

Saving no sweetener in any of my little parties, substituting sandwiches or wafers made of graham bread or other grains beside wheat.

Serving celery-leaf soup as often as we have celery. To make it, cut with a pair of scissors all the leaves from two stalks of celery. Add to it any left-over mashed or sliced potato, or three raw onion slices, and three dried onion slices. Cover with water and simmer until tender. Thicken with two tablespoons of flour and one pint of milk and season with salt, pepper and oregano.

In Fuel Economy by...

Cooking things in quantities to last several meals. Sauces, soups, vegetables and many kinds of meat come under this class.

Using the steam cooker as much as possible, thereby saving fuel as well as fuel. A whole meal may be cooked over one burner without any loss of food value, and ends of things may be canned while the meal is being cooked. It is a boon to the small householder with a little garden, where the surplus for canning is only a quart or two at a time. It saves dishwashing, too, as the food may be cooked in the serving dishes—and then one has a little less time for other housework.

Introducing moisture into the rooms adjacent to the kitchen by means of a kettle of water kept boiling on the range. Last day I required to heat the room and there is always hot water on hand for starting the steamer or other purposes without the waste of heating the water.

Without the oil lamps that are not transparent as I fill them, thereby saving quarts of oil each year, as I invariably run them over in the old way. I set the lamp on the stove and watch the heat, having previously ascertained the weight of the filled lamp.

Other Little Economies in needed things:

The use of sewing scraps, or old rags, in the kitchen, instead of the paper towels I formerly kept hanging above the sink for wiping greasy dishes before consigning them to the dishwasher or wiping up anything spilled. I made a rag rug by making my kitchen rug, using the scraps of old rags, and it is still in use and large open top of scraps, and into it are thrown all bits of tissue paper and other things that are no longer useful.

Ball of Waste Paper and Saving for the Rag Man.

We serve the rag man with a ball of waste paper or an old cloth, then lay long stout cords both lengthwise and crosswise of the ball, leaving the ends long enough to tie the top when the ball is filled.

Making soft soap for shampoo and all sorts of cleaning. I throw all scraps and this cake of soap into bags to dry out—either in one or two kitchen sinks in another. When filled I take a mallet and pound them, then both the powder with twice as much water, putting the material into cold water. The other end of a large jar that sits on the sink.

Old Friends, New Ways.

Remember that vegetables have their own particular part to play in the diet, which neither meat nor cereals nor fruits nor sweets can play.

This is a delicious way to serve either sweet corn or the tender field corn. A little sugar may be added to the field corn, if desired.

Frank and silk 12 good-sized ears of corn. Slice off the kernel with a sharp knife, and with the blunt edge of the knife, scrape out the milky part that remains on the cob. Add a tablespoon of butter, salt, and pepper, and 2-4 cup of milk. Bake for 45 minutes, allowing it to brown on top. This makes a creamy dish, which is best served in the pan or baking dish in which it bakes.

BUTTERED CARROTS

Wash and scrape small carrots and cut in narrow strips. Cook three cups of the carrots in just enough water to cover. When carrots are tender and only a small amount of water remains, add a tablespoon of butter. Cook slowly until almost all of the remaining water has evaporated. The carrots will have a delicious flavor cooked this way and none of the minerals will be wasted. String beans cut in halves lengthwise or parsnips cut in strips, are also good served this way.

Hunting Mountain Lions.

Although mountain lions are, unfortunately for the deer, found occasionally in most of our western national parks, they are rarely seen. There is no more time, even covardly brute in America. Your lion, which is really the panther of our eastern wilderness, has his home in the most retired rocky fastness of his neighborhood and stalks abroad chiefly at night. His purpose is to play safe. He rarely takes a chance with an animal capable of fighting back, and never with man. He leaps upon the unsuspecting deer from behind or from a high rock or a low tree. His special fondness for kids and fawns is supposed to originate in their helplessness rather than the tenderness and delicacy of their flesh.

Because he is a large brute with a good appetite and likes his meat quite fresh, the lion is exceedingly destructive. He returns to his kill only while the meat remains sweet. Then he kills again. Often when he has killed several deer, he returns to his kill only while the meat remains sweet. Then he kills again. Often when he has killed several deer, he returns to his kill only while the meat remains sweet. Then he kills again.

Late last winter two lions were shot near Hospital Rock in the Sequoia National Park. They had killed several deer, and the following day they left the country and did not appear again in the vicinity of Hospital Rock for about two weeks. The lions killed in one night many more deer than they were able to eat.

But lions are not usually so easily shot. They are best met in the winter when they may be tracked by dogs to their lairs in the far places. Mountain lions, lynxes, wolves, coyotes, and foxes only are killed in our national parks, and these only because of the predatory habits.

Secretary Daniels has taken a hand in the matter of rent-profiteering at Bath and has written Major Drake as follows: "This department is informed of the gravitation in the matter of rent-profiteering at Bath. Workmen employed in the construction of torpedo boat destroyers at the Bath Iron Works are frequently being evicted from their homes. Unless this practice instantly stops I shall find it necessary to exercise the power granted me under the urgent deficiencies act and may command all properties from which employees of the Bath Iron Works are evicted or threatened with eviction. Please give wide publicity to this statement immediately."

HUSBAND AND WIFE

Mrs. Frank P. Wood, Box 13, E. F. D. 2, Morrill, Me., writes: "Foley Kidney Pills help me so much. My husband has received much benefit from them. He was so lame he could not stoop over and now he feels no pain. Lame back, sore muscles, stiff joints, rheumatic aches and pains quickly conquered by Foley Kidney Pills. Sold Everywhere."

"I don't understand this stuff about sealed proposals," declared Gertrude. "Huh!"

"It must be a very strange young man who would send a girl a proposal that was sealed."

CAUGHT COLD AT PALM BEACH

Southern climate is no protection against summer colds. Helen B. Sanders, 626 2d Av., W. Palm Beach, Fla., writes: "My severe cold from the chest was relieved by Foley's Honey and Corn Compound." This fine old family remedy can be depended upon to relieve summer colds, hay fever, asthma and croup. Sold Everywhere.

LOCOMOTIVE ENGINEER WRITES

When the kidneys are not working properly, backache, stiff joints, rheumatic pains, suffering result. George McLean, Turtle Lake, N. D., writes: "I am a locomotive engineer. I had a bad pain in my back and my bladder control was very irregular. I took Foley Kidney Pills and was relieved in a couple of days." Sold Everywhere.

"He—don't believe you'll ever marry me. Why, you've been engaged to me since I was a boy." "I was, but I never married any of them."

PREPARE FOR THE HOT WAVE

The hot sun is doubly dangerous if there is a mass of undigested food in the stomach. Foley Cathartic Tablets give prompt and sure relief. They act gently but do the work thoroughly. They cleanse the bowels, sweeten the stomach and benefit the liver. For indigestion, biliousness, bad breath, bloating, gas. Sold Everywhere.

Counsel—You say he was playing golf at the time. What particular stage of the game was he reached? Was he addressing the ball?

Witness—Well, sir, I don't know the technicalities of the game, but it was evident from his remarks that he wasn't addressing a Sunday School!

IT'S IN THE AIR

Windblown pollen, carrying the germs that cause hay fever, is abroad in the land. One remedy is known to give relief and comfort from choking, gasping asthma and tormenting hay fever. Foley's Honey and Tar spreads a healing coating on inflamed membranes, stops coughs and colds. Sold Everywhere.

"Don't cuff the little fellow, madam," remonstrates passively. "Surely he has done nothing very bad, a sweet little child like that."

"Indeed it is right," said the wrathful woman. "It has been an awful sugar-curd."

NOT TO BE IGNORED

The kidneys are as important to good health as the heart, lungs, stomach, or any organ in the body. Lame back, sore muscles, stiff joints, rheumatic aches and pains, are most often signals of kidney trouble. Foley Kidney Pills give relief to kidney trouble wherever it is. Sold Everywhere.

STATE OF MAINE

List of candidates to be voted for in the County of Oxford in the State Election, September 9, 1918. Penalty for willfully defacing, tearing down or destroying a list of candidates or a specimen ballot, five to one hundred dollars fine.

FRANK W. BALL, Secretary of State.

To vote a straight party ticket, place a cross (X) in the square above the party group of candidates for whom you desire to vote; or omit the cross (X) in the large square above the party group and place a cross (X) in each one of the small squares at the right of the names of the respective candidates in the party column.

To vote other than a straight party ticket, omit the cross (X) in the large square at the head of the column and place a cross (X) in the small square at the right of the names of such candidates as you wish to vote for in any of the party columns. If the name of a candidate of your choice is not on the ballot, strike out the name under the designation of the office in any of the columns, write in the new name and place a cross (X) in the square at the right.

As an optional method of voting other than the straight party ticket, place a cross (X) in the large square at the top of the column, strike out the name of any candidate thereunder whom you do not wish to vote for, and if you wish to vote for the candidate of another party for that office, place a cross (X) in the square at the right of his name as printed in any other column. If you wish to vote for a candidate whose name is not on the ballot, strike out the name printed under the designation of the office in the column at the head of which you have placed the cross and write in the new name in the blank space underneath.

Stickers will not be counted unless placed on the ballot by authority of the Secretary of State to correct an error or to fill a vacancy.

SPECIMEN BALLOT

REPUBLICAN	DEMOCRAT
For United States Senator	For United States Senator
BEST M. FERNALD, Poland	ELMER E. NEWBERT, Augusta
For Governor	For Governor
CARL E. MILLIKEN, Augusta	BERTRAND G. MCINTIRE, Watford
For State Auditor	For State Auditor
ROY L. WARDWELL, Augusta	CHARLES B. DAY, Richmond
For Representative to Congress	For Representative to Congress
WALLACE H. WHITE, JR., Lewiston	DANIEL J. MCILLICUDDY, Lewiston
For State Senator	For State Senator
ORMAN L. STANLEY, Porter	FRED L. EDWARDS, Bethel
For County Attorney	For County Attorney
FREDERICK R. DYER, Buckfield	PETER M. McDONALD, Rumford
For Clerk of Courts	For Clerk of Courts
DONALD B. PARTRIDGE, Norway	ERNEST J. RECORD, Paris
For Register of Deeds, Eastern District	For Register of Deeds, Eastern District
W. H. JENNE, Paris	GEORGE L. SANBORN, Norway
For Register of Deeds, Western District	For Register of Deeds, Western District
DEAN A. BALLARD, Fryeburg	BENJAMIN T. NEWMAN, Fryeburg
For Sheriff	For Sheriff
HARRY D. COLE, Paris	PAUL C. THURSTON, Bethel
For County Commissioner	For County Commissioner
CHARLES W. BOWKER, Paris	YOUNG A. THURSTON, Andover
For County Treasurer	For County Treasurer
GEORGE M. ATWOOD, Paris	WILLIAM O. FROTHINGHAM, Paris
For Representative to Legislature	For Representative to Legislature
FREDERICK O. EATON, Rumford	LEE J. THURSTON, Rumford
ROBERT F. BICKFORD, Norway	EPHRAIM B. JILLSON, Oxford
ARTHUR E. FORBES, Paris	LEROY W. TITUS, Woodstock
FRANK STANLEY, Dixfield	OSCAR E. TURNER, Hartford
EDWIN R. CHELLIS, Porter	JACOB L. MASON, Porter
CLAYTON C. SWEATT, Andover	JOHN F. TALBOT, Andover
HARRY M. SWIFT, Greenwood	ALTON F. BARTLETT, Hanover

Orchard Farm

FOR SALE.

100 acres, 40 acres smooth level fields, 60 acres of wood and pasture, 400 apple trees. This farm must be sold at once. Price \$2500. Also 150 acres poultry farm for sale. Good buildings, large poultry house. Will keep 2 cows and hogs, small wood lot. Price \$850. \$200 down, balance on easy terms. For sale by

L. A. BROOKS,

Real Estate Agent

South Paris, Maine.

Business Education

It is offered to-day should include instruction in the Commercial Arithmetic, Bookkeeping, and the Shaw Business College.

SHAW BUSINESS COLLEGE

100-102, BROADWAY AND ADJUTANT'S

NEW YORK, N. Y.

Telephone 410-1000. Free literature.

7-10

HAT SALE

A fine line of summer hats are being closed out at half price.

Also Dr. Sayman's toilet articles and excellent hosiery for sale.

Mrs. LILLIAN M. MCGINLEY, Opposite Stone Church, South Paris, Maine.

Eyes Examined for Glasses

DR. SAMUEL H. HARRIS

Licensed Optician and Optician

Is Your Home Protected?

This matter of lightning rods should be a personal one with you. Is your home protected?

If not, can you afford to take the chances of its destruction?

You may have been spared up to this time, but give it a moment's thought and see whether it has not been through your good fortune rather than through your good management.

You have no assurance that lightning will continue to spare you.

It has visited your neighbors. Your turn may come next. If it should visit your home, it means certain destruction of property. It may mean sudden death to you, or to some member of your family.

You cannot shift the responsibility. It is a matter for you to decide. Face the issue squarely, and ask yourself the question whether you are playing the part of the prudent man in neglecting to guard your home and dear ones from the lightning stroke which may come at any time.

You have the higher assurance that can be given the Dodd System of lightning rods does give protection.

It is a reasonable system. The demonstrations put its effectiveness beyond question.

The position that the insurance companies have taken in the matter should have great weight with you. Their interests are to preserve property. They have no personal interests in Dodd & Struthers.

Your interests are the same. You want to preserve your property and your life and the lives of your family. The insurance companies are encouraging you to protect your property.

But they cannot force you to act. It is a question for you and a question of NOW.

After awhile may be too late. Will you answer the question to your own best interests?

Then if in doubt telephone to A. W. Walker & Son for a demonstration, and estimate on your buildings.

A. W. WALKER & SON, AGENTS