



Carrying a Ton a Mile for less than a Cent

Freight rates have played a very small part in the rising cost of living.

Other causes—the waste of war, under-production, credit inflation—have added dollars to the cost of the necessities of life, while freight charges have added only cents.

The average charge for hauling a ton of freight a mile is less than a cent.

A suit of clothing that sold for \$30 before the war was carried 2,265 miles by rail from Chicago to Los Angeles for 16½ cents.

Now the freight charge is 22 cents and the suit sells for \$50.

The cost of the suit has increased 20 dollars.

The freight on it has increased only 5½ cents.

Other transportation charges enter into the cost of the finished article—carrying the wool to the mills and the cloth to the tailor—but these other charges amount to but a few cents more.

The \$10 pair of shoes that used to sell for \$5 goes from the New England factory to the Florida dealer for a freight charge of 5½ cents—only one cent more than the pre-war rate.

Beef pays only two-thirds of a cent a pound freight from Chicago to New York.

American freight rates are the lowest in the world.

This advertisement is published by the Association of Railway Executives

Those desiring information concerning the railroad situation may obtain literature by writing to The Association of Railway Executives, 61 Broadway, New York.

Boots and Shoes REBUILT

Our Repair Department is now fully equipped and we are ready to do all kinds of Boot and Shoe repairing. Our machinery is all new and we are doing first class work and using the best stock that money will buy. Our prices are low when you consider the quality of the work done and stock used.

George Davee is in charge and we claim he is one of the best workmen in this line to be found anywhere. He has had a lot of experience and will do it right or not at all. Bring or send your work to us. We will do our best to please you.

E. N. Swett Shoe Co.

Opera House Block, Telephone 38-2.

NORWAY, MAINE

ONCE IN YOUR LIFE you are in extreme danger. If that cough goes to your lungs—What Then?

KEMP'S BALSAM might have prevented this illness and expense.

STOP THAT COUGH NOW with **KEMP'S BALSAM** Guaranteed.

Keep Your Feet Warm and Dry

...WITH...

Felt Shoes, Rubbers or Overshoes AT **FROTHINGHAM'S** South Paris

Hard Luck, Indeed. Robert was decided in his refusal to go with his family to a dinner at his uncle's house. When pressed for a reason he said: "Well, it's mighty tough on a guy to have nothing to play with but girls and them all relations, at that."

Bank Stock Wanted. Wanted: Five shares of the stock of the Norway National Bank. Highest cash price will be paid. South Paris Savings Bank.

HOMEMAHER'S COLUMN.

Correspondence on topics of interest to the ladies is solicited. Address: Editor, HOME MAKER'S COLUMN, Oxford, Vermont, South Paris, Me.

Hash with Another Name.

EVERY SCRAP OF MEAT SHOULD BE UTILIZED. CHOPPING MAKES TOUGH MEAT TENDER.

What's in a name? Much, sometimes. For instance, hash. Hash has become one of the seven original jokes. But hash, it will make good meat, is a culinary delicacy. No matter how good it is, however, it grows tiresome if served too much.

So the canny meat-saving cook serves her hash in new forms, labeled with new names, and the finicky in her family eat it with a relish.

Sometimes the meat has been cooked, but oftentimes it is tough portions of steak or other cuts which have been cut off before cooking. Chopping makes it tender and also allows it to be cooked quickly and economically.

The following recipes are recommended by the home economics kitchen of the United States Department of Agriculture:

MOCK RABBIT
1/2 pound beef
1/2 pound sausage, or
1/2 pound pork
1/2 pound sausage meat,
1/4 pound salt pork
3 slices of bread moistened with water
1 egg
1 onion
Pepper and salt
Chop the meat. Chop the onion and cook it—but do not brown it—in the fat fried out of a small portion of pork. When cool, mix all the ingredients and form into a long round roll. The surface can easily be made smooth if the hand is wet with cold water. Lay the remaining pork, cut in thin slices, on top, and bake 40 minutes in hot oven. The sausage may be omitted, if desired, and other seasoning used.

SMOOTHED BEEF ROLL
1/2 pound beef
1/2 pound lean fresh pork
1 small onion
1 green pepper
1 cup soft salt bread crumbs
1 teaspoon salt
1 egg
2 cups stewed tomatoes
2 slices bacon
2 tablespoons butter
4 tablespoons flour
Remove the seeds from the pepper and put it through the grater with the meat and the onion. Add crumbs, egg, and salt. Make into a roll, place in a shallow baking dish, pour the strained tomatoes around it, and bake 40 minutes. Top, and bake 40 minutes, basting with the tomatoes. Thicken the gravy with the flour cooked in the butter. A little seasoning, such as a bit of onion, a clove, and a small piece of onion, improves the tomato sauce. As the pepper and onion are not likely to be cooked as soon as the meat, it is well to add them in a little fat before adding to the other ingredients. This amount will serve six to eight people.

CANNERLON OF BEEF
This dish is prepared by making chopped beef into a roll and baking it wrapped in a buttered paper. The paper is designed to keep in the steam and so insure a moist, tender dish. The paper must be removed before serving. The roll should be heated, covered with butter and water or drippings and water. In preparing the roll an egg may be added for each pound and a half of meat, and chopped parsley, onion juice, lemon peel, or finely chopped green peppers make good seasoning. A thickened gravy may be made from the drippings, the liquid used being either water or tomato juice.

Strips of pork laid on the roll may be substituted for the buttered paper and basting.

MEAT ROLLS
Small quantities of cold ham, chicken, or other meat may be utilized for meat rolls. The meat should be chopped fine, well seasoned, mixed with enough savory fat or butter to make it "shape," and formed into rolls about the size of a finger. A short dough (made, say, of pint of flour, 2 tablespoons of lard, 1 teaspoon of baking powder, salt, and milk enough to mix) should be rolled thin, cut into strips, and folded about the meat rolls, care being taken to keep the shape regular. The rolls should be baked in a quick oven until they are of a delicate brown color, and served hot.

Economy Acid Test of Good Cooks.
The real superiority of a good cook lies not so much in making good, palatable dishes as in the attractive preparation of inexpensive, every-day dishes, and in the skillful combination of flavors. The appetizing dishes a good cook can make out of the cheaper cuts of meat or meat "left-overs" are almost endless. More skill and time are required in their preparation than in the simple cooking of the more expensive cuts, just as more time and skill are required for careful intelligent marketing than for haphazard ordering. Once upon a time some housekeepers seemed to have a prejudice against economizing. To-day most of them are glad to have suggestions for economical methods which will insure the comfort of the family and keep the meals as varied and appetizing as when they cost more. A good housekeeper, the United States Department of Agriculture suggests, should take as much pride in setting a good table at a low price as a manufacturer does in lessening the cost of production in his factory.

For Kitchen Efficiency.
Arrange your kitchen equipment so that it will give you the most help and take the least work.
Choose things easy to clean and care for.
Try to locate the stove, sink, work table, and storage places so there will be no unnecessary steps in moving from one to the other.
Have good light where you work the most.
Adjust sink and work table to the height most comfortable for the person who uses them.
Group your utensils so that you can reach them easily. Put those most frequently used in the most convenient places. Small ones may be hung on little hooks fastened to the wall or the edge of a shelf.
Group them near the places in which they are most used and put those used together near each other.
Get rid of useless things.

Making an Oil Floor Mop.
For oiled or polished floors an oiled floor mop is almost a necessity. Several makes can be found on the market, or one may be made of old stockings or any discarded woolen or flannel material. In a Farmers' Bulletin on "Farm Home Improvements," obtainable free from the United States Department of Agriculture, the following directions for making such a mop are given:
The material is cut into 1-inch wide strips, which are sewed across the middle to a foundation of heavy cloth. This is fastened to an old broom handle or used in a clamp mop handle.
The mop, when finished, is dipped in to a solution made of one-half cup of melted paraffin and one cup of kerosene, and then allowed to dry. To keep it moist it is rolled tightly and kept in a paper bag away from stoves or lamps.

Sweet Curds Pie.
One of the delicacies that our grandmothers served when company came was sweet curds pie. It is just as good as it ever was, though served less often than in the olden days. The curd is obtained by adding rennet to warm milk and allowing the milk to stand until it hardens. The curd is then broken up and strained. To the curd from 1 quart of milk add 1 level teaspoon of butter, one fourth of a cup of sugar, the yolks of 3 eggs, a few Zante currants or chopped raisins, and a little nutmeg.
Who also was much used in earlier times, and is still a favorite beverage with many people. It is employed especially in diets for invalids.

120,000 STAND IN BREAD LINE

More Than 1,000,000 Face Death Is Message Brought by Miss Dakesian.

Imagine a bread line of 120,000 famished people waiting for twenty-four hours a day for the dole of food that is the sole barrier between them and death from starvation. That is the situation in Alexandropol, a city in Russian Armenia, according to Miss Hermine Dakesian, a pretty Armenian girl, one of the survivors of four years



MISS HERMINE DAKESIAN.

of the horrors of Turkish massacres and deportations. Saved by an American woman, she has come to this country and entered Oberlin College.

With her came fourteen other Armenian girls, the charges of Miss Adelaide S. Drivig, a Near East Relief worker, who has been instrumental in helping to save hundreds of thousands of their people from death by starvation. Miss Dwight, who is not given to exaggeration and has seen conditions at first hand, says more than a million people are facing death by starvation in Armenia and will perish unless America aids.

Herself an eyewitness to the slaughter of hundreds of helpless women and children by the Turks and a victim of the deportations, Miss Dakesian, an unusually pretty girl, says there is untold suffering in Armenia and Syria. She praises the efforts of the Near East Relief, formerly the American Committee for Armenian and Syrian Relief, to save as many of these people as possible. At Erivan the capital of the Armenian republic one not meal is given out daily, and by this relief alone the city's death rate has been cut from a thousand daily to an average of twenty. At Alexandropol, where the refugees from Turkish Armenia were driven by thousands, the situation is appalling, Miss Dakesian says. It is to avert these wholesale deaths that Near East Relief is making a nation-wide appeal for funds.

BOY SCOUTS IN YOUNG ARMENIA

Strangest Troop of All in Constantinople Being Made into Good Citizens.

American Boy Scout training is aiding prominently in the rehabilitation of hundreds of little Armenian boy refugees from the Turkish massacres, who have been organized into a scout troop in Constantinople. The solution of one of the most troublesome problems that confronted the Near East Relief workers in that city.

Hounded and driven for four years, having seen their parents and relatives slaughtered or worse by Turks and Kurds and themselves forced to beg, steal or do almost anything to eke out the barest existence, these boys had completely lost their moral sense when they finally found refuge in the Near East Relief orphanages.

The boys had been clad in rags for so long that they had forgotten to beg, steal or do almost anything to eke out the barest existence, these boys had completely lost their moral sense when they finally found refuge in the Near East Relief orphanages.

Then the boys were organized as Boy Scouts and given their uniforms. They began to be careful of their school clothes as well as of their uniforms. They had been so often hungry they had come to steal without compunction. When they first entered the orphanage they continued to steal. One boy stole a purse from his American teacher. For two or three weeks after he became a Boy Scout he was obviously uneasy. One day he came to her with the purse in his hand. "I don't want to give it back," he said reluctantly. "But I have to. I'm a Boy Scout now."

OUT THIS OUT—IT IS WORTH MONEY

DON'T MISS THIS. Cut out this slip, enclose with 5c to Foley & Co., 2535 Sheffield Avenue, Chicago, Ill., writing your name and address clearly. You will receive in return a trial package containing Foley's Honey and Tar Compound, for coughs, colds and croup. Foley Kidney Pills and Foley Cathartic Tablets. Sold Everywhere.

A small boy was told to write an essay about base ball. This is what he handed to his teacher: "Rain—no game."

ARE YOU LOSING "PEP"?

Do you feel tired all the time? Do you back ache? Do you feel that you are not as spry as you used to be? Foley's Honey and Tar Compound, for coughs, colds and croup. Foley Kidney Pills and Foley Cathartic Tablets. Sold Everywhere.

Mrs. Benham—Christmas comes but once a year. That's lucky for me; once a year is often enough to go barefoot while I hang up my stocking.

DON'T NEGLECT THE LITTLE ONES

Mrs. J. S. Piton, 376 E. 156th St., Cleveland, O., writes: "I can't speak too highly of Foley's Honey and Tar. When my little girl has a cold I give her Foley's Honey and Tar and that stops her coughing in a little while." Children like it. It contains no opiates. It is healing, soothing, prompt in action. Sold Everywhere.

"Look here," said Mr. Pettibedde, angrily, "Pitts tone up and slaved this for years called me a fool to-day, and in public too."

"That's just like Tom," replied Pitts. "He's always blurring out family secrets."

BETTER TO BE ON THE SAFE SIDE

Nearly everyone at some time or other suffers from backache, sore muscles, swollen joints, rheumatic pains or other symptoms of kidney and bladder ailments. These may not be serious, but it is certainly pay to be on the safe side. Foley Kidney Pills strengthen and invigorate kidneys and bladder and help them to do their work. Sold Everywhere.

Barney Bernard is telling a story of two Hebrew partners in business, who were always fighting with each other. One day they decided to put in a new store front, so they hung up a sign reading: "Business going on during alterations."

ONE RESULT OF WINTER

Life indoors with lack of exercise and heavy food is apt to throw the digestive organs out of order. Foley's Honey and Tar is a wholesome physic that thoroughly cleanses the bowels without griping or nausea. They sweeten the stomach, invigorate the liver, banish headaches, biliousness, bloating, gas. Sold Everywhere.

"Pa"

"Well, my son," "Suppose Columbus hadn't discovered America, and there were no United States?" "Well, what of it?" "Where would those European countries go when they wanted to borrow money?"

YOU CAN'T BE TOO CAREFUL

Elsie O'Brien, R. F. D. 7, Vincennes, Ind., writes: "One bottle of Foley's Honey and Tar broke up my cold right away." It relieved cough, cold, croup and whooping cough; cleared the passages, soothed irritated membranes and stopped tickling in the throat. Foley's is the original and genuine Honey and Tar. Sold Everywhere.

Yes, "When You Understand It"

Salt Lake City names its streets thus: First South, Second South, Third South, etc., counting from the Mormon temple; but to find a given address you have to know whether it's on East First South or West First South. No. 700 West First South would be at the corner of South Seventh West. It's very simple when you understand it.

Restricted Chinese Immigration.

In 1904, on Dec. 7, a convention regulating Chinese immigration was ratified by the United States and China. This agreement prohibited the immigration of Chinese laborers to the United States, but admitted officials, students, merchants and travelers. American laborers at the same time were barred from China.

Mistake and Mushrooms.

An unusual occurrence is reported from Leitchport, Mo. It appears that an enthusiastic beginner mistook a mushroom for his ball, and did not discover his mistake until five strokes afterward.

Just Now We Are Featuring New Laces and Hamburgs

SEE THEM

LACES

Venise
Val
Cluny

Round Thread
Crimsole
All Over Net

Filet

HAMBURGS

Edgings
Insertions

Beadings
Flouncing

All-Over

N. DAYTON BOLSTER & CO. SOUTH PARIS, ME.

THE MILLER

BLACK BEAUTY

Hot Water Bottle

is the king of them all; sturdy in construction, molded in one piece with "C-Kur-Nek," unbreakable and giving long service.

Also other varieties of Bottles, Fountains, Sponges, Rubber Gloves, Rubber Sponges, etc.

The Stevens Pharmacy

A. FRENCH STEVENS, Prop.

SOUTH PARIS,

MAINE

The Drug Store On the Corner

THIS BANK PAYS COMPOUND INTEREST

Money deposited in the South Paris Savings Bank is placed on interest the first of every month; dividends are declared the first of May and November and if allowed to remain are immediately placed on interest thus paying interest on the interest.

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, J. Hastings Bean, A. W. Walker, James Wright, Edward W. Penley, Harry D. Cole, Charles H. Howard.

LUMBER DOORS! WINDOWS! GLASS

House Finish of All Kinds

We can furnish you material for any building made of wood from the foundation up.

We specialize in cabinet work of all kinds.

We will quote you prices of anything made of wood.

OUR MOTTO:

Prompt service, good workmanship and good material.

We would be pleased to have you visit our plant and judge for yourself.

J. A. KENNEY & CO.

South Paris, Maine

CASTORIA For Infants and Children. Bears the Signature of *Dr. J. C. Allen*

"Yes It Came From Boston

Or New York - or Chicago

You often hear such a remark as this when really what should be the universal expression is—

It Came from Portland

We address this message to those men and women of Maine who thoughtlessly boast of this out-of-the-State buying, and who fail to appreciate the injustice that is being done to the local merchant as well as those in the largest city of the state.

Co-operation

Is the Foundation of a State's Prosperity

There can be no undivided interests—all must pull together—selfishness must be forgotten if the Pine Tree State is to take its place among the other successful States of our Republic.

Co-operation has tremendous reach; its objects, its benefits, are co-ordinate with the widest civic interests of a people. Realizing this, applying it in a constructive way here in our midst, you will stimulate the material, moral and intellectual advancement of our state if these two ideals predominate.

First—Trade in your own home town when it is possible to do so. It has first claim to your support.

Second—If you must seek elsewhere for your requirements, be obliged to either go in person or mail your order, THE

Patronize Portland Merchants

Portland is the New York of Maine, thousands of tourists use it as their center of shopping activities during the summer months. It is a progressive city with large mercantile establishments that seek their merchandise from every important market of the world, and which operates stores of which any city in America can be proud.

If you plan coming to Portland on any Saturday—please remember

Our Stores are Closed Saturdays at 6 P. M.

Signed by

Advertising Committee, Portland Retail Merchants.