



The Menace of Fire

hangs over your factory, store, or home every day in the year. Rising costs make its threat constantly more dangerous.

Insure sufficiently with the Hartford Fire Insurance Company and let this agency help you to do everything possible to prevent fire. Thus you will be doubly protected. If fire comes, you will be promptly reimbursed. If it does not come, you will have that feeling of security that only dependable insurance gives.

The Hartford's Fire Prevention Service—practical and valuable to the highest degree—is free to policyholders. This is the Hartford local agency.

W. J. WHEELER & CO.

Insurance and Pianos,

SOUTH PARIS,

MAINE

healthy skin

Yellow, blotchy skin is not only disagreeable and repulsive in itself, but it is the outward sign of biliousness and a sluggish condition of the liver, which may gradually undermine your health. Don't let this continue. Use "L. F." Atwood's Medicine to keep the liver, stomach and other digestive organs working smoothly. You will feel better, have more energy and your complexion will become clear and healthy. Your blood will absorb more strength from your food, and your system will be better able to withstand disease.

Keep a bottle always ready. Take a liberal dose at the first symptom of constipation or sick headache. The true "L. F." will benefit the whole family, young and old. It is absolutely harmless, and gives relief without weakening some other organ. For 60 years it has brought health and happiness to thousands, and never fails to justify the confidence placed in it. If you have never used it, buy a large bottle, 50c from your dealer. "L. F." Medicine Co., Portland, Maine.

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



Sleep?

Does a dry cough keep you awake?

KEMP'S BALSAM

Will stop the tickle that makes you cough.

GUARANTEED

Keep Your Feet Warm and Dr

...WITH...

Felt Shoes, Rubbers or Overshoes

AT

FROTHINGHAM'S

South Paris

Horses For Sale.

I have for sale a nice driving horse and a pair of work horses.

ALFRED M. DANIELS, Paris Hill.

NOTICE.

South Paris Village Corporation Water Bonds, numbered 55 to 65 inclusive, are now called and will be payable at the Paris Trust Company on or after April 1, 1920. No interest will be paid on the above bonds after that date.

Bank Stock Wanted.

Wanted: Five shares of the stock of the Norway National Bank.

Highest cash price will be paid.

South Paris Savings Bank.

NOTICE.

The subscriber hereby gives notice that she has been duly appointed executor of the last will and testament of WILLIAM L. WHEELER, late of Paris, in the County of Oxford, deceased, without bond. All persons having demands against the estate of said deceased are desired to present the same for settlement, and all indebted thereto are requested to make payment immediately.

ADDIE Q. WHEELER, South Paris, February 23rd, 1920.

HOMEMAHERS COLUMN.

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

Seasonable and Tested Recipes.

(By Janet M. Hill and Mary D. Chambers.)

BAKED BEAN AND TOMATO SOUP
Soften two tablespoonsful of butter or better substitute in a saucepan, and stir into it two tablespoonsful of flour, one-quarter teaspoonful of mustard, one teaspoonful of salt, one-fourth teaspoonful of pepper, and two teaspoonsful of sugar. Cook to a paste, then add two cups of canned tomatoes, stirred through colander, two cups of water or stock, and one or two cups of baked beans, rubbed through a colander with a wooden pestle. Stir all over fire until the mixture boils, then serve in deep tureen with well-browned croutons.

HAM SOUP

Take one-half pound of cooked ham (trimmings will do), mince or chop it fine. Blanch a good sized peeled onion, and cook it in milk or stock till tender, then chop it fine. Melt an ounce of butter or fat in a saucepan; stir in an ounce of flour, and cook whilst stirring over the fire till of a pale brown color; stir till it boils, then add the chopped ham and the onion, also a fine chopped carrot and a bay-leaf. Boil gently for about an hour, then strain through a fine sieve. Return the soup to the saucepan, season with salt (if needed), pepper and half a teaspoonful of sugar. Reheat the soup, i. e., boil up, and skim. Pour it into a hot soup tureen and serve with a plate of small fried bread croutons. These should be handed around with the soup, and not put in the tureen, as is so often the case.

CROWN ROAST OF LAMB

A crown roast of lamb is fashioned from two loins with eight or nine ribs bones in each. The flank should be cut off to leave all the rib bones of the same length, about five inches from above the "eye" of tender meat. The rib bones should be freed of flesh, "Frenched," nearly to the tender, and pieces of meat, in trimming the ribs, care should be taken to trim to a straight line above the tender portion of the meat. Cut apart the back bone at the base, between each chop, then cut up into the ribs, so this allows spreading the loins apart at the base; turn the skin side in and connect the two loins with two stitches, one above the other, at each side, then insert a crown or ring shape. Wrap each rib in a slice of fat salt pork, to keep the bones from burning and cover with a buttered paper. Cook about one hour and a quarter, basting with hot pork fat each fifteen minutes. To serve, remove the pork from the bones, and fill the center with minced meat, decorated with Potatoes Anna and parsley or mint leaves. Serve with apple mint-jelly or mint sauce.

POTATOES ANNA

Pare the potatoes and cut them, lengthwise, into slices one-quarter of an inch thick; carefully put the slices together so as to retain the original shape of the potato, and then run two wooden toothpicks through each potato to keep them together. Parboil for ten minutes, then put in a baking pan, baste with a little butter or dripping, melted in hot water, and bake until the potatoes are tender, basting them often in the meantime.

CHICKEN-AND-OYSTER PIE

In a deep baking dish arrange layers of cooked chicken, oysters, potatoes, and apples with salt and pepper. Add thin bits of butter here and there and cover with a sauce made of chicken broth. For the crust, sift together into a bowl a cup and a half of pastry flour, three level teaspoonsful of baking powder, and a scant half-teaspoonful of salt. With the tips of the fingers work the flour about one-third a cup of shortening, then with a knife mix the mass to a dough with rich milk in quantity as is needed. Turn the dough on a floured board, knead it lightly and roll into a sheet, a little larger than the dish. Butter the edge of the dish and set the crust in place. Make two crosses with a knife in the center of the crust. Cut heart or crescent-shaped pieces of crust, brush the underside of these with cold water and set them upon the crust. Break over the whole top with melted butter and bake about forty-five minutes.

POTATO-AND-LIVER PIE

Cook six medium-sized potatoes in boiling water, and place enough in a baking dish or casserole to cover the bottom. Over them arrange strips of liver, and continue until dish is filled with alternate layers of potatoes and liver. One pound of liver will be needed. Each layer of liver should be seasoned with one-fourth teaspoonful of pepper and one-half teaspoonful of salt, mixed and sifted over the meat. Each layer of potato should be seasoned with teaspoonfuls of fine-minced onion and one-half teaspoonful of Thun, chopped. The last layer should be of potatoes. Pour over all one cup of stock, cover, and bake one hour in rather hot oven. Remove cover, put mashed potato over top, and continue baking until potatoes are brown.

BAKED FISH

Clean a four-pound haddock, sprinkle with salt, stuff and sew. Truss in an upright position. Place slices of salt pork in slits outside backbone. (A fish sheet is of great assistance in removing the fish in perfect shape to the platter.) Brush over the fish sheet or bottom of the pan with butter before the fish is set in place. Dredge with flour. Place in moderate oven. Baste as soon as fat begins to melt and continue basting every ten minutes, adding a little hot water if necessary. Bake one hour.

FISH STUFFING

Remove the crust from one-fourth a loaf of bread. Break into crumbs and soak in cold water fifteen minutes; put in a bit of cheese and wring as dry as possible; add one tablespoonful of chopped parsley, two tablespoonfuls of chopped onion, one-fourth a teaspoonful, each, of salt and pepper, one-fourth a cup of melted butter, and one teaspoonful of chopped pickles.

FISH BAKED IN ROLLS

Shred two cups of cold, cooked fish, and add to it a cup of white sauce in which has been cooked a slice or two of onion, cut into bits. Cut the tops from six or eight small square rolls, and remove part of the soft crumbs, without breaking the crust at the sides. Brush them with melted butter and fill them with the prepared fish. Cover the fish with some of the crumbs and dot with butter. Bake until the crumbs are brown.

CREAMED CHICKEN IN BREAD BASKETS

Bake a very light bread dough in small round or square pans (three inches square or three inches in diameter), scoring the top to make it easy to cut. The dough should be especially well browned on the bottom and sides. When cool enough, cut or scoop out centers, leaving handles on top, to make pretty baskets. Let these stand in the oven with the door open, to keep hot.

Prepare two cups of well-seasoned white sauce, and add to this two cups of cold chicken, cut in small pieces. Add two well-beaten eggs, and the juice of one-half a lemon—this must be stirred rapidly into the creamed chicken so as not to curdle or separate the egg; the mixture should be as smooth as soft custard. This will be enough to fill six baskets. Put mashed potato over top, or short sticks of celery, or sliced tomatoes, or any preferred garnish.

TERRAPIN OYSTERS

Put into a pan one tablespoonful of butter or a substitute, one-fourth a teaspoonful of pepper, one of salt, one-fourth a teaspoonful of paprika, two tablespoonfuls of chopped celery, two of fresh sliced mushrooms, and eight oysters, crabs. Cover, and cook fifteen minutes. Add fifteen largeysters with the Jules, cook until gills separate and crisp; stir in one-fourth a cup of rich cream and serve at once.

OUT THIS OUT—IT IS WORTH MONEY

DON'T MISS THIS. Out of this slip, enclose with 5c to Foley & Co., 2835 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.

"Got an unusual request to-day," "What was that?"

"From the proprietor of the music store. Wants us to tune the bell on his cash register."

RESTFUL RESULTS FOR HER

Only a person who has experienced that awful "all night" cough that follows influenza can appreciate what a good night's sleep can be. Mrs. Annie Davidson, 2880 Myrtle St., Long Beach, Cal., had such a cough. She writes: "The result of using Foley's Honey and Tar was a restful one for me." Sold Everywhere.

"You told him to diet," said the young doctor's wife.

"Yes, I told him to eat only the very plainest food and very little of that." "Do you think that will help him?" "It will help him pay my bill."

THIS SHOULD INTEREST OTHER WOMEN

"My kidneys were giving me trouble for some time," writes Mrs. L. Gibson, 1216 and Edison St., Juneau, Colo. "I took Foley Kidney Pills and they helped me right away." Backache, pains in sides, sore muscles, are rheumatic twinges and "always tired feeling" are symptoms of kidney trouble. Sold Everywhere.

"I see Sellem, the traveling salesman, writing a novel."

"I didn't know he had imagination enough for that!"

"Tut-tut. He's been making out expense accounts for 15 years."

HAD A COLD ALL WINTER

Colds that "hang on," coughs that rack your body and wear you down, the weakening that comes from loss of sleep—these are afflictions from which relief is a blessing. Nick J. Whres, Zahi, N. D., writes: "Had a cold all winter, but since taking Foley's Honey and Tar I have entirely disappeared." Sold Everywhere.

Ernest—I've got a splendid system for preventing these numerous fatal accidents caused by deer hunters shooting each other.

Edith—What is it?

"Test—Let only one man hunt at a time."

HIGH PRICES MAY CAUSE ILLNESS

At this season of the year when fresh vegetables are so high many persons suffer from deranged digestion. If you feel dull and sluggish, or if you suspect indigestion or constipation you will feel better to-morrow if you take a Foley Cathartic Tablet to-night. They banish biliousness and headache. Sold Everywhere.

"Jimmie, where did you get this penny?"

"It's the money you gave me for the beanie, mamma."

"My teacher said I was a little beanie."

COSTS MORE BUT PRICE IS SAME

Foley's Honey and Tar is the original and genuine honey and tar medicine. It costs Foley & Co. more to make than it costs others to make mixtures of cheaper ingredients, but it costs you no more than the cheap mixtures. Contains no opiates. Children like it. For coughs, colds, croup. Sold Everywhere.

No Safety in Seclusion.

A good old lady in a town not far from here piously thanked Providence each day of her life that she was not exposed to the perils that missionaries in savage countries incurred. As she was taking her break morning walk one day a branch broke from an elm tree and fell upon her, injuring her so badly that her death resulted not long afterward. Yet none could have lived a more sheltered and secluded life than she.

Rights Conferred by Freedom.

In a free country every man thinks he has a concern in all public matters—that he has a right to form and a right to deliver an opinion on them.—Burke.

Daily Thought.

Not what has happened to myself to-day, but what has happened to others through me—that should be my thought.—Frederick Deering Blake.

Mechanical Stoking Patent.

The first patent for mechanical stoking was taken out in 1785, the invention of James Watt.

Thawed Frozen Coal.

For thawing coal frozen in steel cars a kerosene burner that can be placed directly under a car has been invented.

DON'T BE MISLED

South Paris Citizens Should Read and Read This Advice.

Kidney trouble is dangerous and often fatal. Don't experiment with something new and untried. Use a tested kidney remedy. Begin with Doan's Kidney Pills. Used in kidney troubles 50 years. Recommended here and everywhere. A South Paris citizen's statement forms convincing proof. It's local testimony—it can be investigated.

Mrs. L. E. Monk, Pleasant St., says: "I suffered dreadfully from inflammation of the bladder and couldn't get much relief. It was evident my kidneys were disordered as my back pained me and my feet and ankles became swollen. Doan's Kidney Pills, which I got at the Howard Drug Co., gave me fine results. Almost immediately I got relief from the inflammation and as my kidneys were strengthened the other ailments left. Now, I use Doan's only as needed and am always able to depend on them for relief."

Price 60c, at all dealers. Don't simply ask for a kidney remedy—get Doan's Kidney Pills—the same that Mr. Monk has used. Foster-Milburn Co., Mfrs., Buffalo, N. Y.



Corona Folding Typewriter.

For the first time since the war begun we are now able to get prompt delivery on orders for the greatest little typewriter ever built for personal use.

Weights but six pounds and has every essential feature of the heavy and high-cost machines.

Fold it up and take it with you. Write anywhere.

The U. S. Government has bought thousands of these machines for the Army.

No typewriter of any make does better work. Very substantially built.

Atwood & Forbes,

Distributors for Oxford County,

South Paris, Maine

NOTICE.

The subscriber hereby gives notice that he has been duly appointed executor of the last will and testament of ARTHUR W. BADLER, late of Hiram, in the County of Oxford, deceased, and given bonds as the law directs. All persons having demands against the estate of said deceased are desired to present the same for settlement, and all indebted thereto are requested to make payment immediately.

EDWIN W. BADLER, Portland, Maine. February 21st, 1920. 6-11

NOTICE.

The subscriber hereby gives notice that he has been duly appointed executor of the last will and testament of SOPHONIA R. BRYANT, late of Sumner, in the County of Oxford, deceased, and given bonds as the law directs. All persons having demands against the estate of said deceased are desired to present the same for settlement, and all indebted thereto are requested to make payment immediately.

BURTON A. HUTCHINSON, Buckfield, Maine. February 21st, 1920. 6-11

NOTICE.

The subscriber hereby gives notice that he has been duly appointed executor of the last will and testament of FRANK L. CHANDLER, late of Sumner, in the County of Oxford, deceased, and given bonds as the law directs. All persons having demands against the estate of said deceased are desired to present the same for settlement, and all indebted thereto are requested to make payment immediately.

WALTER L. GRAY, South Paris. February 21st, 1920. 6-11

NOTICE.

The subscriber hereby gives notice that he has been duly appointed executor of the last will and testament of CHARLES O. BROWN otherwise C. O. BROWN, late of Watford, in the County of Oxford, deceased, and given bonds as the law directs. All persons having demands against the estate of said deceased are desired to present the same for settlement, and all indebted thereto are requested to make payment immediately.

J. BENNETT PIKE, Bridgton, Maine. February 21st, 1920. 6-11

NOTICE.

The subscriber hereby gives notice that he has been duly appointed executor of the last will and testament of FRANK L. CHANDLER, late of Sumner, in the County of Oxford, deceased, and given bonds as the law directs. All persons having demands against the estate of said deceased are desired to present the same for settlement, and all indebted thereto are requested to make payment immediately.

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NOTICE.

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J. BENNETT PIKE, Bridgton, Maine. February 21st, 1920. 6-11

THE MILLER BLACK BEAUTY Hot Water Bottle

is the king of them all; sturdy in construction, molded in one piece with "O-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

Running Water in YOUR Home?

The PAUL System of Water Supply

PARIS MACHINE CO.,

South Paris, Maine.

NOTICE.

The subscriber hereby gives notice that he has been duly appointed executor of the last will and testament of ELIA F. WALKER, late of Oxford, in the County of Oxford, deceased, and given bonds as the law directs. All persons having demands against the estate of said deceased are desired to present the same for settlement, and all indebted thereto are requested to make payment immediately.

LEON V. WALKER, Portland, Maine. February 21st, 1920. 6-11

NOTICE.

The subscriber hereby gives notice that he has been duly appointed executor of the last will and testament of FRANK FELLOWS, Clerk. A true copy of the order and order thereon is on file at the office of the Clerk of the Court.

FRANK FELLOWS, Clerk. February 21st, 1920. 6-11

NOTICE.

The subscriber hereby gives notice that he has been duly appointed executor of the last will and testament of FRANK FELLOWS, Clerk. A true copy of the order and order thereon is on file at the office of the Clerk of the Court.

FRANK FELLOWS, Clerk. February 21st, 1920. 6-11

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