

What Is Worse Than to "Go Broke" While Traveling?

And yet how unwise to carry a wallet fat with currency when among strangers.

Here is the way to avoid doing either: Before boarding your train, exchange the greater part of your money for American Bankers Association travelers' cheques. Anyone will cash them upon your endorsement—in his presence.

They come in denominations of from \$10.00 upward.

THE NORWAY NATIONAL BANK

Oldest and Strongest National Bank in Oxford County

Norway, Maine



I have some very fine plants in blossom. Cinerarias, Primrose, Cyclamen and Begonias.

E. P. CROCKETT, Florist
Greenhouse, Porter Street, South Paris
Tel. 111-3

Who Wants an Imitation?

WOULD you call on your local merchant and ask him for "imitation" sugar, or raisins, or coffee? Would you ask him to sell you a pair of shoes made of something "just as good" as leather? Or a suit of clothes "made for" a man, whether or not it fits you?

Get the Genuine International Repairs

When you need repairs for your IHC Farm Equipment, buy the genuine repairs. See that this trade-mark appears on each piece.



Genuine IHC repairs are made from the original patterns—all others are copied from copies. Genuine IHC repairs are made of the same material, have the same finish, fit as accurately, and wear just as long as similar parts purchased with the original implement or machine.

We are the Authorized IHC Dealers

There is one certain and infallible way to secure genuine IHC repairs—buy them from us. And remember that International service, rendered by us, can only be 100 per cent right when International machines are equipped with genuine International repairs.

A. W. Walker & Son, South Paris

"Kitchen Maid Cabinets"

The Best in the Market

F. A. THAYER

FURNITURE

BILLINGS BLOCK, SOUTH PARIS, MAINE

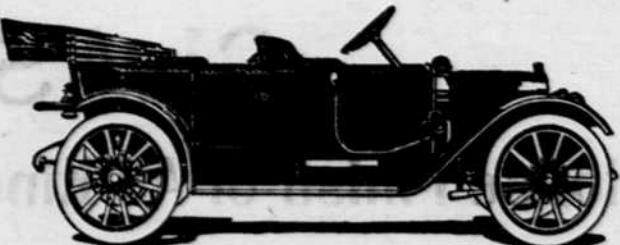
Pulpwood Wanted.

Peeled poplar, second growth white maple, spruce, fir and second growth white hemlock for delivery on Grand Trunk Railway. Portland to Gorham, N. H., 1920-21.

F. R. PENLEY,

WEST PARIS, MAINE.

Automobile Insurance



Insure your automobile. It is worth protecting. We can write you a policy for the following forms:

Fire, Theft, Liability, Property Damage and Collision

At a very reasonable cost. Send for rates and application.

W. J. WHEELER & CO.

Insurance and Pianos,

SOUTH PARIS, MAINE

HOMEMAKERS COLUMN.

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

More Women Carry Home Supplies

COST OF DELIVERIES IS PAID BY THE CUSTOMER.

Style change in marketing, too. Fifty years ago few stores delivered any article. They were in the selling, not in the trucking business, they would have told anyone who suggested such an idea. But, in time, as the number of stores increased and competition grew keener, some of the merchants, to attract customers to their stores, offered to deliver purchases.

This innovation proved very popular with the public, and soon other stores were forced to adopt the custom. At the start the idea was to deliver articles which could not be carried conveniently by the customer. But as time went on and the public flocked to the stores which delivered packages of any size, practically all merchants fell into line and gave the same service. A yeast cake, a spool of thread, or a handkerchief were some of the articles bought for which a delivery was asked by the unthinking public. The demand for this sort of service grew greater, and, although merchants realized that the cost of their delivery system was getting out of all proportion, there seemed no way of remedying the matter.

CASH AND CARRY STORES.

About 10 years ago a group of grocers broke away from the orthodox plan and started what were known as cash and carry stores. Prices were lower than those in the regular stores attracted considerable trade, but not until the war upset the world and raised the cost of all commodities did the rank and file flock to these stores. Within recent years another type has started, called the self-serve, in which the customer waits on himself, as well as carries home his purchases.

The popularity of these nonservice stores is due in part to the campaign which has been carried on by many agencies to educate the people to the fact that those who are willing to carry home their purchases can save money. One of the forces at work to cut down the cost of marketing, so the producer obtain better returns and the consumer pay less than he does now for commodities, is the Bureau of Markets of United States Department of Agriculture.

FREE DELIVERY A MISCONCEPTION.

This bureau points out that it is an absolute truism that there is no such thing as free delivery. It may be free in the sense that the customer does not make a separate payment for each item, but each delivery costs the merchant a definite sum, and to cover this cost he must put a higher price on his commodities, and the customer pays, though indirectly, for the service.

Market baskets are in style nowadays, and it is one of the wholesome signs of the age that people are breaking away from the idea that a perfect lady or gentleman never carried a package. Now, they are carrying home not only food supplies but other articles as well. Where the cost of delivery has been eliminated from the stores' prices, persons so situated that they can take advantage of the fact and perform their own delivery services can often make appreciable savings.

Vegetables as Meat Dish Substitute.

A large variety of "roasts" may be made by combining legumes, either beans, cowpeas, lentils, or peas with cheese of various kinds. Bread crumbs may be added for thickening. Beans are usually mashed, but peas or small Lima beans may be combined whole with bread crumbs and grated cheese, and enough of the liquor in which the vegetables have been cooked may be added to get the right consistency. Form into a roll and bake in the same way as a meat roll. Instead of beans or peas, chopped spinach, beet tops, or head lettuce may be used. Home-made cottage cheese, and the soft cream cheese of commerce, standard or English dairy cheese is also much liked for making such dishes to use in place of meat. The following recipe is recommended by food specialists of the United States Department of Agriculture:

BROTH ROAST.

1 pound can of kidney beans or equivalent quantity of cooked beans
1/2 pound of grated cheese
Bread crumbs

Salt
Mash the cooked beans or put them through the meat grinder. Add the cheese and sufficient bread crumbs to make the mixture stiff enough to be formed into a roll. Bake in a moderate oven, basting occasionally with butter and water. Serve with tomato sauce. This dish may be flavored with onions, chopped and cooked in butter and water.

Mutton and Tomato Pie.

An excellent way to use cold mutton is to bake it with tomatoes, using alternate layers of tomatoes and meat. The Home Economics Experts of the United States Department of Agriculture recommend this. A tomato sauce may be used, or the following method may be employed: Place in a baking dish a layer of fresh tomatoes or of cooked tomatoes which have been either drained or reduced in volume by boiling. Add a layer of meat, dredge with flour, salt and pepper, and add small bits of butter until the materials are used, arranging to have a layer of tomatoes on top. Cover this with a layer of buttered bread crumbs or cracker crumbs and bake until the crumbs are brown. In following this method use tomato, butter and flour in the correct proportions for tomato sauce, i. e., two level tablespoons each of butter and flour for each cup of tomatoes.

Canning Powders Should Not Be Used.

In some communities there is a widespread use of canning powder. Bacteria and salicylic acid are brought from drugists for this purpose. Large quantities of these acids are also sold at a high price under fanciful canning compound names.

The United States Department of Agriculture warns against the use of any preserving powder or canning compound. Their use encourages careless and uncleanly work, and their excessive use may be attended with serious effects upon digestion and health. It is entirely practicable to "put up" fruits and vegetables so that they will keep indefinitely by processing the products with heat. There is no reason for taking the risk of using canning powders.

How Much Cereal Should Be Used.

Cereal food of one kind or another forms a large part of almost every wholesome and economical diet. As a general rule, the greater the part played by cereals the cheaper the diet. Up to a certain point one may cut down the quantity of meat, eggs, butter, sugar, fruits, and vegetables used and substitute cereal foods, but food specialists in the United States Department of Agriculture say there is a limit beyond which this can not be safely done.

A sample day's ration for a family of father, mother and three young children in which cereals are used as follows is considered wise, contains about 412 pounds of bread, or its equivalent in a variety of cereal foods; 2 quarts of milk; 1 1/4 pounds of medium fat meat; 10 ounces of butter or other fat; 1-2 pound of sugar and 4 or 5 pounds of fruits and vegetables. In this diet the cereal foods supply about one-half of the protein.

How to Poach Eggs—After struggling for years to poach eggs the hotel way, I was told by the chef to put a teaspoonful of vinegar in the water and cover the pan. The vinegar keeps the white of the egg from spreading, and the covered pan makes the white cook over the yolk. Try it and see.—B. M. F., Pa.

The essentials in canning fruit and vegetables are these:

Fresh products, pure water, care, cleanliness, good jars, "live," standard rubber rings and sufficient to properly seal the products thoroughly in the closed container.

About the State.

Saturday is a significant day in the life of a well-known Rockland business man. He was born Saturday, Sept. 27, 1872; he married Saturday, May 30, 1908. He applied for a divorce Saturday, May 22, 1919, and received his divorce Saturday, April 17, 1920. It is believed it will be on a Saturday, but not in 1920, he thinks.

A woodchuck, whose bump of curiosity or desire for change of diet led him to stick his head into an empty pail can come to grief by so doing, as he found it easier to get into trouble than to get out again. Where he found the can no one knows, but he was found wandering around on the farm of W. L. Dow at West Winthrop, unable to get the can off his head.

Alfred Murray, one of the older residents of Rockland, recently died at the age of 87. When a small boy, Brigham Young, then head of the Mormon church, wished to adopt him. He was then living in Iowa on a cattle ranch. Some years later he came to Maine and was engaged in the clothing business for several years. He had conducted a farm since retiring from business some years ago.

Mrs. Eliza Friend of Skowhegan has the usual distinction of a great-great-grandmother. Mrs. Friend was born in Rma in 1838, the daughter of Jefferson and Harriet (Oster) Whitten and was married to Mr. Friend in early womanhood. Another unusual circumstance in the genealogy of this family is that Mrs. Friend's second daughter, Anna, who married Joseph Lamb of Bangsley, is the one through whom the five generations are traced, and it is Mrs. Lamb's second child, Conrad, who is a grandparent. Conrad Lamb's daughter married Newton Lamb, and her child, Newton Smith Lamb, born March 20, 1920, possesses two grandmothers, two grandfathers, one great-grandfather and one great-great-grandmother, Mrs. Friend of Skowhegan.

HOW TO DESTROY A GOOD DISPOSITION

Bad digestion will ruin the best disposition. If the world looks dark and blue, if you are generally "out of sorts" and feel stuffed up and uncomfortable, just take a Foley Cathartic Tablet. Relieves mean headaches, biliousness, bloating, sour stomach, constipation and all that follow disordered digestion. Sold Everywhere.

The school visitor was asking the class a few questions. "Now, how do bees dispose of their honey?" he inquired. "They eat it," announced the clever boy of the class.

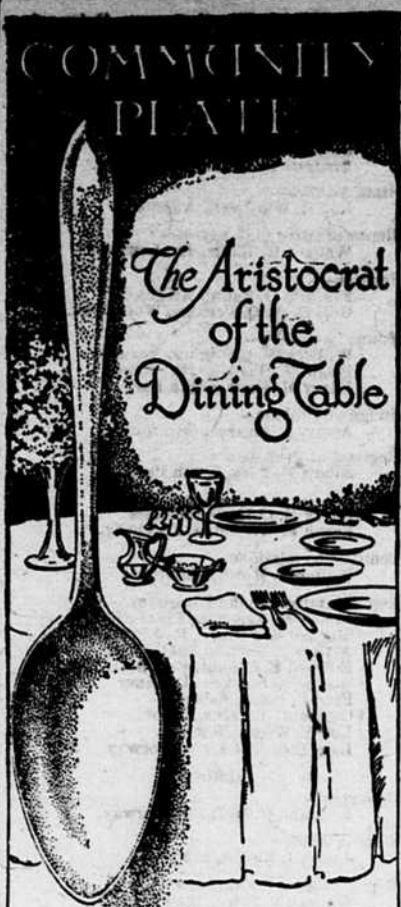
GRANDMOTHER KNOWS WHAT'S GOOD

Mrs. V. M. Katz, 502 Armonda St., N. S. Pittsboro, Pa., writes: "I use Foley's Honey and Tar for my little grandson as he had a bad cold, and it did him lots of good. I used a lot of it when my own children were small." This reliable medicine helps coughs, colds, croup and whooping cough. Sold Everywhere.

Red blood

Rich, red blood coursing through your veins is a sure sign of a good digestion. Unless your stomach, liver and other digestive organs are working promptly and thoroughly, the blood cannot assimilate all the nourishment from your food; your energy and vitality are not renewed. Eat all you want, only avoid too much pastry and rich foods, but be sure to take plenty of time to chew slowly and well. Chewing is the first part of the process of digestion. A teaspoonful of "L.F." Atwood's Medicine occasionally, will purge your system of impurities, and allow only nutritious elements to enter the blood. It will keep your liver active and you will get the full benefit of your food.

Keep a bottle of "L.F." always on hand. It is absolutely harmless under all conditions, and will help young and old alike. It has been a household remedy in many families for three generations. Your dealer sells it for 50c a bottle. If you have never tried it, get a bottle today. "L.F." Medicine Co., Portland, Maine.



CORRECT For the June Weddings

Community Plate
Sterling Silver and Cut Glass
Complete Line Latest Styles
Wedding Rings

GRADUATIONS

SUGGESTIONS
Diamonds,
Wrist Watches, all styles
Pearl Neckties
Brooches
Pendants and Chains
Bracelets
Moore Fountain Pens
Gents' Watches, all styles
Victory Lockets
Rings, latest styles
Tell Us Your Needs



SOLD BY
The Hills Jewelry Store
B. L. HUTCHINS, Prop.
Watchmaker and Jeweler
Phone 120-3
Opera House Block, Norway, Me.

NOTICE.

The subscriber hereby gives notice that she has been duly appointed executrix of the last will and testament of JAMES S. WRIGHT, 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 indebtedness are requested to make payment immediately.

HANNAH E. WRIGHT,
May 18th, 1920. South Paris, Maine.

Farm For Sale.

Office for sale my farm about two miles north of Paris Hill. Good buildings, one hundred and twenty acres of land; five to six hundred graded apple trees and wood and timber enough to pay for the place. I also have for sale a good two-horse cart or will exchange for a one-horse cart.

ALBION W. ANDREWS,
211t Paris Hill.

Hay Farm For Sale.

Cuts 20 tons of hay and can be made to cut more. Situated 2 1/4 miles from South Paris village. Good potato land. Mostly machine mowing. Barn for storing hay. Also wood lot, large enough to supply wood for one family. For particulars inquire of C. M. MERRILL, 201t South Paris, Maine.

Are You So Rich

You can afford to take chances on your investments?

If you can NOT afford to run any risks with the money you have saved, then it may prove true economy to pay \$107.50 a share for Central Maine Power Company 7 per cent preferred stock, to net 6 1-2 per cent.

It is because only the best is good enough for Maine investors that so many of them have, through the past year, bought our security.

They feel that no other investment offers them equal safety, tax exemption, home ownership and permanence. They feel that no other security helps equally to build up and increase the property of their own state and thus directly to put money into their own pockets.

Are YOU also interested in a high-grade security like Central Maine Power Company Preferred?

If you are, why not send the coupon and get full information.

Central Maine Power Co. AUGUSTA, MAINE

COUPON

Central Maine Power Co., Augusta, Maine:
Please send me information about your security for Maine people.

Name _____

Address _____

O. D. 6-8-20



Cut your Kitchen Hours

No more getting up to kindle fires. No more coal scuttles to fill or ashes to carry, and no more soot. All the drudgery that makes kitchen hours drag, abolished. The New Perfection Oil Cook Stove gives full cooking heat the instant the match is applied.

The long, blue chimney on this stove concentrates the flame and gives just the proper draft for perfect combustion. At the same time this chimney drives all the heat directly to the spot where it does the most good. A special feature of the built-in oven cook stove is the heat-retaining oven. Give it thirty minutes of quick heat—close the damper and turn the burner off. All the heat is retained in the oven until the food is to be served.

The New Perfection Oil Cook Stove has 3,000,000 users. It comes in 1, 2, 3 and 4-burner sizes.

Sold by dealers everywhere

STANDARD OIL CO. OF NEW YORK

NEW PERFECTION OIL COOK STOVE AND WATER HEATER

For best results use Socony Kerosene



Paris Hill Water Company.

ANNUAL MEETING.

Notice is hereby given that the annual meeting of the stockholders of the Paris Hill Water Company, for the election of officers for the ensuing year, and the transaction of any other business that may legally come before said meeting, will be held at the residence of the President, at Paris Hill, Maine, on Saturday evening, June 12th, 1920.

HELEN COLE RICEFORD,
Paris, Maine, May 26, 1920.

JOSEPH W. GIMPHON, Treasurer of Paris Hill Water Company.

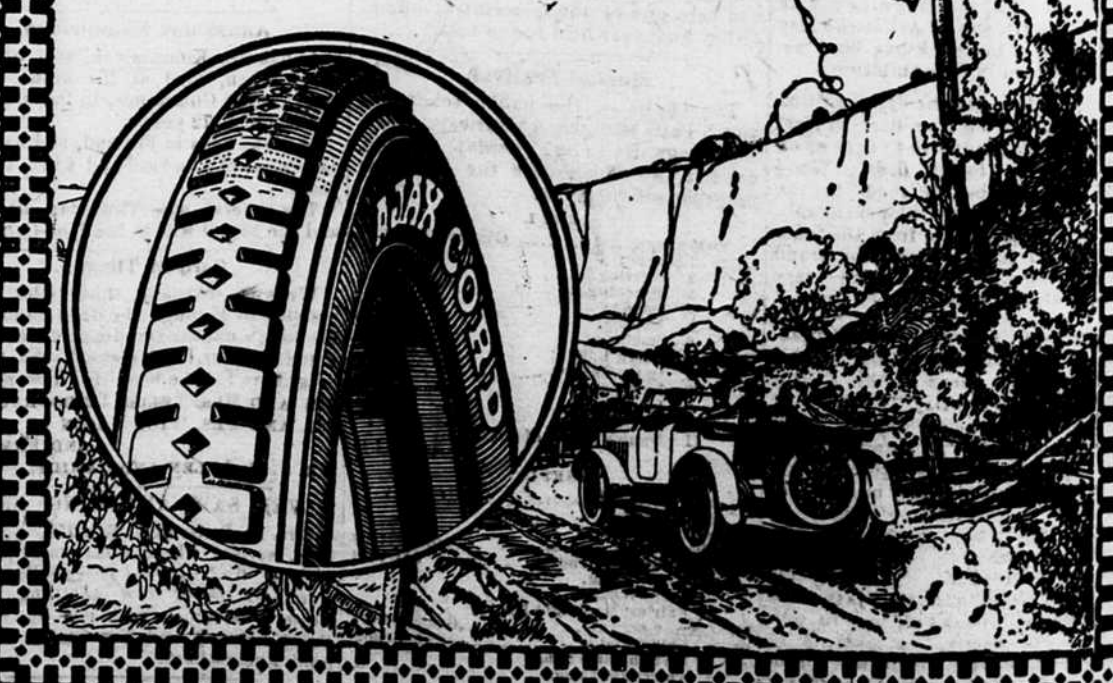
FOLEY KIDNEY PILLS



THOSE indented grip spots, in the center of each cleat, are safeguards against side-slipping. In forward or backward motion the cleats take hold, like the cleats on an athlete's shoes.

Thus the Ajax Cord is thoroughly dependable. Study the cleated tread. You can see why it holds.

A. C. MAXIM, South Paris, Me.



STATE OF MAINE.

Treasurer's Office,
Augusta, May 27, 1920.

Upon the following township, or tract of land in Oxford County not liable to be taxed in any town, the following assessment has been made for the Forestry District tax for the year 1920.

OXFORD COUNTY WILD LANDS.

TOWN OF GRANTON (Formerly town of Gratton). Said town of Gratton is reported to be owned by Brown Company as sole and contains thirty-five thousand and four acres more or less.

FORESTRY DISTRICT TAX
JOSEPH W. GIMPHON, Treasurer of State.

WANTED.

Man to work on farm for seven months. Small rent could be furnished if wanted. Address A. B. C., Democrat Office, South Paris.

FOR SALE.

2 tons hay, dump cart with body, corn planter.
E. N. HASKELL.

Pigs For Sale.

Four-weeks old pigs for sale.
A. M. DANIELS,
161t Paris Hill.

Stand For Sale.

I have for sale a small house near the business center of Buckfield village.
GEORGE M. ATWOOD,
South Paris.