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MANUFACTURER OF AND DEALER IN
Red Cedar and Spruce Clap-
boards, New Brunswick Cedar
Shingles, North Carolina Pine,
Flooring and Sheathing,
Paroid Roofing, Wall Board,
Apple Barrel Heads, and
LUMBER OF ALL KINDS
South Paris, - Maine.

E. W. CHANDLER,
Builders' Finish!
I will furnish DOORS and WINDOWS of any
size or style at reasonable prices.
Also window of kind of finish for inside or
out of the house in your order. The Lum-
ber and Shingles on hand cheap for cash.

Planning, Sawing and Job Work.
Machined Pine Sheathing for Sale.
E. W. CHANDLER,
West Sumner, Maine.

Desirable Stand For Sale in
South Paris.

The Wirt Stanley place on Pine Street,
South Paris, is offered for sale. This is
one of the most desirable places in town.
Some eight rooms with all modern
improvements and in the very best of
condition. Fine lawn, garden and fruit
trees. Inquire of
MRS. STANLEY, or
ALTON C. WHEELER,
South Paris.

House For Sale.
Two story 6 room house with bath
room, large garden and hen house.
This house is nearly new and in first
class condition and in good location.
For sale by **L. A. BROOKS,** Real
Estate Dealer, South Paris, Maine.

For Sale.
A Wheeler & Wilson second-hand
sewing machine, in good order, at a
bargain. **V. K. PARRIS,**
Paris Hill.

YOUR RED CROSS

The American Red Cross, is officially
designated:
To furnish volunteer aid to the
sick and wounded of armies in
time of war, in accordance with
the conventions of Geneva.

To act in matters of voluntary
relief and as a medium of com-
munication between the American
people and their Army and Navy.

To continue and carry on a sys-
tem of national and international
relief in time of peace and to ap-
ply the same in mitigating the suf-
ferings caused by pestilence, famine,
fire, floods and other great calamities.

To devise and carry on measures
for preventing these causes of
suffering.

FOURTH RED CROSS ROLL CALL
November 11-25, 1920.
MEMBERSHIP FEES:
Annual \$ 1.00
Contributing 50.00
Sustaining 10.00
Patron 100.00
Send due to your nearest local
chapter.

Notice of Foreclosure.
Whereas John A. Twiss, of Bethel, in the
County of Oxford and State of Maine, is
the owner of a certain parcel of land, situate
in the town of Bethel, Maine, and
whereas said parcel of land is mortgaged
to the First National Bank of Bethel,
Maine, by deed of mortgage, bearing date
of March 1st, 1919, and whereas said
mortgage is now in default, and whereas
said bank is entitled to foreclose said
mortgage, therefore, I, the undersigned,
attorney at law for said bank, do hereby
give notice that said bank is about to
foreclose said mortgage.

WANTED.
Man and woman to sell the New
England Savings Association and Health Policy
Plan. This plan provides for the insurance
of life and health and low premium.
For full information and low premium
write to the New England Savings Association,
Boston, Mass., or to the nearest branch office.
Agents for those who will become full time
agents will receive \$100.00 per month.
For full information write to the New England
Savings Association, Boston, Mass.

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

FOR SALE.
At 34 Western Avenue, South
Paris, an oak bed and bureau; re-
frigerator, wash bench, child's high
chair and crib and two bicycles.

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Democrat Office, South Paris.

SHOES

for all occasions and for every
member of the family.

Also a complete line of

CANVAS SHOES

for vacation wear

W. O. FROTHINGHAM,
South Paris

**More Than Twenty
Thousand Dollars**

was added as interest to the accounts of de-
positors in this Bank during the past year.
If you are a depositor you will participate in
this distribution of money.

Join the Home Guard of Systematic Savers

ONE DOLLAR STARTS AN ACCOUNT

South Paris Savings Bank

J. HASTINGS BEAN, President. GEORGE M. ATWOOD, Treas.
Trustees—N. Dayton Bolster, J. Hastings Bean, A. W. Walker, Edward
W. Penley, Harry D. Cole, Charles H. Howard, Hanne H. Cushman, Nel-
son G. Elder.

WINDSOR
The most beautiful
spectacle frame in
America.

At Your Own Gate

You may make your deposits in this
bank six days of the week and know
that your mail carrier will bring back your
receipt the next day.

Are you making use of this modern
farm convenience?

THE NORWAY NATIONAL BANK

Oldest and Strongest National Bank
in Oxford County

Norway, Maine

UNDERWEAR

FOR COOLER DAYS

When the leaves are about all of the trees as they
are at this time of the year—why it just makes us
think of warmer Underwear. Our Underwear depart-
ment offers you the widest possible range
for choice in materials and prices. It is the kind that
sells on appearance and satisfies with wear. The
Winter line is now here and we want the Man that
has had trouble in finding the kind of Underwear that
suits him to come in and glance over the remarkable
assortment that we are showing.

The price range is such that every Man can be
sure of being absolutely satisfied.

Eastman & Andrews

Clothiers and Furnishers

31 Market Square, South Paris.

WANTED.
Man to work on farm for seven
months. Small rent could be fur-
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AMONG THE FARMERS.

"SPREAD THE FLOW."

Sleep.
Stealthily stole in the starlight a footfall un-
heard.
All in the silence and never an echo was stirred—
But a white gleaming trail at the dawn of the day.

Told that the bloom and the beauty were stolen away:
Hillside, and valley, and way-side, and wood-
land retreat,
Spotted by the withering touch of the frost mon-
arch's feet.

Up the hill and the frost at his touch set
away.
Once again as he breathed on it day after day:
But in the garden and field, in the glade and the
grove.

Vainly he sought for the buds and the blossom again.
Saw the leaves turning to rich tints of red and
gold.
Until the harvest was reaped and the fields were
all still.

Peace over orchard and garden, and drooping
Boughs above the wood where the fruit and the
flowers had grown.
Touched the branches and whispered "The
Sleep for a while 'neath the snow and the song
of the rain."

I will keep guard and awake you in springtime again."
JULIA ABBOTT JACKSON.
West Paris, Oct. 5, 1920.

Swan Song of the Humble Bee.
Mention was made in this column
some months ago of the great opportu-
nities to study life—all kinds of life—
on a farm. This was in the month of
June, when the bees were busy with
vegetable and animal life was just
beginning to be active. Well, the activ-
ity has continued and increased all
through the summer and now the ac-
tivity has taken a foot off the accelera-
tor. There is still life to study, although
it is of a dying kind, but interesting just
the same, as dying is a part of life. Some
tired people say the best part—
the end.

For the most part nature is set in a
mill wheel, although there are bright
and brilliant days in October, and all of
them have a soft mellow haze veiled over
them, yet the wind as it roams through
the bright colored foliage, and the
leafless branches, always give chords
that remind one of Tosti's "Good Bye,"
and the birds, swallows and all are
singing their ready "Bye."

The frost-kissed leaves drop softly
down to cover the roots of the trees up-
on which they grew, giving an object
lesson in the case of the things that
do in winter to keep one's feet warm.
There are so many dead leaves, the wind
is liberal with them and sweeps them
about in every direction, so they catch
hold of every protruding stalk or
bush and form little mounds about
them. They have a way also of settling
down in some fence corner where the
wild asters bloom and covering every-
thing that happens to be there.

The last humble or bumble bees hover
around these asters and bumble all
day long. You may see them as they
buzz about, but it is not for the male. It is more
a swan song. It is true he is busy
around all summer, philandering
with his queen and incidentally being
a good father, but his day is over. He
is looking over these asters and mounds
in the fence corners for some secluded spot
to tuck up his queen and his young.
When found covers her with dead grass
and foliage that she may sleep warm un-
til the resurrection day another spring.

There is a little more to be seen. There
may be no dark green grass, but there is
dark grey weather, which spells death just the same.
The queen may go to her grave, but the
king may go to his. If he is a good
father, he will take care of his young.
If he is a good father, he will take care of his young.
If he is a good father, he will take care of his young.

The judgment of his youth and young
adulthood may not have been very great.
If it had there might not be the very
spring of a comb full of soft-bodied
white grubs to develop into next year's
crop of bumble bees. He might go
with Tosti's song and be as day-to-day,
and if he is going to be, he might con-
clude he would not be responsible for
any black and yellow covered Lath-
rises of another summer, for they would
have to face the grey, cold autumn just
as he is facing it. He might add the
queen may go to her grave, but the
king may go to his. If he is a good
father, he will take care of his young.
If he is a good father, he will take care of his young.
If he is a good father, he will take care of his young.

Just think what might happen if the
humble bees or any other kinds of bees
or insects should become wise and
develop a will power stronger than the
queen's. There would be a revolution.
To "blush unseen" or to see blushed.
It would be a dead world.

A live world depends on little things
and one of them seems to be a humble
bee. When one thinks what depends
upon him, one can forgive him for his
sting. He is not to blame for it. He is
not to blame for it. He is not to blame for it.
He is not to blame for it. He is not to blame for it.
He is not to blame for it. He is not to blame for it.

But to-day, singing his swan song, he
is building his humble Taj Mahal in
honor of his queen—singing a song we
have all got to sing, if we are brave
enough, and if we are not we can admire
any one who is.

Winter Eggs.
Upon the care and development of the
pullets will depend, to a large extent,
their winter egg production, says O. M.
Wilbur, poultry specialist of the Uni-
versity of Maine extension service.

Pullets should be housed in their winter
quarters about one month before they
are expected to lay, and should be
developed enough so that they may be
housed not later than the last of Octo-
ber. Late hatched pullets, and those
that are under size, poorly matured,
scurvy, lacking in vigor and energy,
should be culled out now and marketed.

If left in the flock it is this class of
birds that will be culled out as poor pro-
ducers next summer. They will, how-
ever, well developed pullets should go
into the laying house.

When the birds are put into the laying
house range conditions should be dupli-
cated as nearly as possible. Feed plenty
of green feed and keep dry mash before
them all the time. Feed the scratch
grain in the litter morning and afternoon
and keep the birds active. Provide shell,
grit and charcoal. When properly cared
for pullets will develop faster in the
house at this time of year than they
would in the range. Call those small,
inferior pullets.

It has been found that early maturity
in the male bird is correlated with high
egg production. The first thing there-
fore in selecting the breeding male is to
choose one that is early maturing, that
is, one that grows more rapidly than the
rest of the flock and matures sexually
earlier than the others. Choose a bird
that is vigorous, as shown by a broad,
well built body, with a horizontal comb
and one that stands squarely on his feet
with legs well apart. A bird with a nar-
row body, long legs and neck and that
stands with the back joints closely to-
gether shows poor vitality and should
never be used as a breeder, even though
he may attain a large size. A vigorous
male bird will have a short, broad and
deep head, with a good sized comb and
wattles for the breed and a bright,
ruber prominent eye. He should be
active and his presence should be known
by a prominent crow.

He should possess a long, straight
breastbone with a full breast and a deep
capacity to the body as shown by the
distance between the pelvic bones and
the end of the keel.

Out corn for grain and fodder when
the kernels have fairly hardened.

Less Farms in Maine.
One of the reports anxiously awaited
has been that of the statistical bureau
by the census bureau. It has been an-
nounced, partially.

The enumerators found 45,228 farms
in Maine last January. There were 60,
000 reported in 1910, a loss of 11,772,
or 16 per cent during the last ten years.

The Lonely Life.
"Poor man," said the city fellow to the
big dairy farmer, "What a lonely life you
must lead all winter, snowbound and
in a place where you can't find trouble
enough for entertainment!"

"Yes," was the answer, "I already
have six thirty-two big dances arranged for
December, and it's a mighty hard job to
plan a schedule without music!" one of
us.

Supreme Judicial Court.

OCTOBER TERM, 1920.

Hon. L. M. Dwyer, Justice Presiding.
Donald B. Partridge, County Attorney.
Frederick E. Dyer, County Attorney.
Harry D. Cole, County Attorney.
John A. Smith, County Attorney.
Ernest F. Shaw, County Attorney.
Harry O. Simpson, County Attorney.
Walter L. Gray, County Attorney.
George D. Smith, County Attorney.
A. H. Whitman, County Attorney.

Court for Oxford County convened at
South Paris Tuesday morning at 10
o'clock with the above officials in
attendance.

Prayer was offered by Rev. F. A. Sul-
livan of the Methodist church, Norway.
The court then proceeded to the trial
and the jury was sworn.

The whole seventeen grand jurors
reported for duty, were sworn and
charged by the judge and returned to
their final term in this office. Following
is a list of the grand jurors:

Sumner C. Bean, Albany.
William H. Berry, Fryburg.
W. H. Brown, Norway.
Robert D. Crockett, Woodstock.
Thomas Cunningham, Peru.
Ernest F. Shaw, Fryburg.
Raymond D. Garland, Forter.
George D. Smith, Fryburg.
Adrian M. Tilton, Fryburg.
Frank Notague, Peru.

N. A. Felt, Norway.
Ralph D. Thompson, Andover.
C. E. Brown, Fryburg.
M. A. Warren, Fryburg.
Robert D. Crockett, Woodstock.
Merle G. Wellman, Mexico.
A. Chester Whitman, Oxford.

The traverse jurors were impaneled as
follows:

FIRST JURY.
Ernest J. Record, Paris (Foreman).
Carl Churchill, Bethel.
W. H. Brown, Norway.
Wallace Haspel, Sumner.
C. E. Brown, Fryburg.
H. H. Brown, Fryburg.
H. H. Brown, Fryburg.
H. H. Brown, Fryburg.

SECOND JURY.
F. A. Dwyer, Norway (Foreman).
H. H. Brown, Fryburg.
C. E. Brown, Fryburg.
C. E. Brown, Fryburg.
C. E. Brown, Fryburg.
C. E. Brown, Fryburg.
C. E. Brown, Fryburg.
C. E. Brown, Fryburg.

The following jurors were excused
from serving:

Frank E. Bean, Oxford.
William H. Berry, Fryburg.
W. H. Brown, Norway.
Robert D. Crockett, Woodstock.
Thomas Cunningham, Peru.
Ernest F. Shaw, Fryburg.
Harry O. Simpson, County Attorney.
Walter L. Gray, County Attorney.
George D. Smith, County Attorney.
A. H. Whitman, County Attorney.

The docket was read in the forenoon
session Tuesday afternoon everything
was put in the list that had not been
otherwise disposed of, but when it came
to assigning jury trials the list thinned
down very perceptibly.

There was quite a large attendance of
lawyers at the opening of court, among
them:

F. O. Purinton, Mechanic Falls.
W. H. Brown, Norway.
H. H. Brown, Fryburg.
H. H. Brown, Fryburg.
H. H. Brown, Fryburg.
H. H. Brown, Fryburg.
H. H. Brown, Fryburg.
H. H. Brown, Fryburg.

After a few preliminary motions and
adjustments of cases, the Tuesday
afternoon session, upon motion of
Ernest J. Record, prosecutor, the case
of Oxford County was given over to
memorial services for the three dead
members of the bar: James S. Wright,
John A. Roberts and Thomas S. Bridg-
man.

Harvey M. Shaw was selected to give
a formal biographical sketch of his late
partner, John S. Wright.

In brief, Mr. Wright was born in July
17, 1845. He attended school in
Wilton and Bethel; studied law with
Hon. W. D. Foster, Bethel; was ad-
mitted to the bar in September, 1870,
and practiced in the Oxford County
for twenty-two years. He was first a
partner of Mr. Foster, who he studied,
and later with Samuel F. Gibson, Bethel.
In 1872 Mr. Wright was elected clerk
of courts for Oxford County, holding
office for ten years. For the next four
years he was state attorney.

He represented Paris in the legislature,
and in 1889 was promoted to the state
senate. In 1890 he was supervisor of
the Orleans road, and in 1900 was
superintendent of the Maine State
house. In 1913 and 1914 he was a mem-
ber of the executive council. On assum-
ing the duties of clerk of courts he
was elected to the position of Justice of
the Peace in 1915.

He was a member of the Maine State
bar association, and was a member of
the fraternal societies of Masons, Odd
Fellows and Knights of Pythias. He
was an attendant of the Congregational
church. On May 2, 1920, he married
Miss Hannah E. Woodbury and by her
he has three children, a son and two
daughters. He was a member of the
board of trustees of the Bethel and
Paris schools. He was a member of the
Paris and Bethel churches. He was a
member of the Paris and Bethel churches.
He was a member of the Paris and Bethel churches.

One of the interesting things looked
for in the forthcoming census report is
the relation of the country to the city-
of-farm life. The census report of the
city in point of population by 7,000,000.
This census will show that the cities
lead the country by 4,000,000. That is
the change that has brought about in
the census report of the city. The city
has been a contention of the farmer that
if they would work together they
could have what they wished simply be-
cause of numbers. It now seems that it
is not a fact.

Professor Hobson of Columbia Uni-
versity in his analysis of country and
city life has brought out the fact that
the expense of the country in the past
century. He says one hundred years

South Paris, Maine, October 19, 1920

ATWOOD & FORBES,
Editors and Proprietors.

GEORGE M. ATWOOD. A. E. FORBES.

TERMS:—\$1.50 a year in advance. Single copies 5 cents.

ADVERTISEMENTS:—All legal advertisements are given three consecutive insertions for \$1.00 per inch in length of column. Special contracts made with local, transient and yearly advertisers.

JOE PRINTING:—New type, best process, electric power, experienced workmen and low prices combine to make this department of our business complete and popular.

SINGLE COPIES.
Single copies of THE OXFORD DEMOCRAT are five cents each. They will be mailed on receipt of price by the publishers or for the convenience of patrons single copies of each issue have been placed on sale at the following places in the County:

South Paris, Howard's Drug Store,
Norway, Store's Drug Store,
Buckfield, Store's Drug Store,
West Paris, Store's Drug Store.

Republican Nominations.

For President,
Warren G. Harding
OF OHIO.

For Vice-President,
Calvin Coolidge
OF MASSACHUSETTS.

Coming Events.

Oct. 26—Oxford Pomona Grange, Bethel.
Nov. 2—Presidential election.
Nov. 4, 5, 6—Western Maine Poultry Association, South Paris.

NEW ADVERTISEMENTS.

Central Maine Power Co.
Brewer, Rock & Co.
Norway National Bank.
Barnes & Andrews.
Savoy Theatre.
Perfection Oil Heaters.
Auction.
For Sale.
Books Outstanding.

Here and There.

The so-called coal trust has been dissolved, or to be more exact, has ninety days in which to disappear. This is by order of the court, the result of a petition recently filed by the government. Action against the so-called trust was begun again back in 1913. The mills of justice grind slowly, and it is to be hoped grind exceedingly small, but it does not always look that way; and more one can now see whether a trust is more powerful than gentlemen's agreements.

The original action was to prevent the railroad companies from voting their stock in coal companies—that is coal companies and railroad companies must be separate. The original injunction has been somewhat modified however. The companies affected comprise the Reading Company, the Philadelphia & Reading Railroad Company, the Philadelphia & Reading Coal & Iron Company, the Central Railroad Company of New Jersey, and the Lehigh & Wilkes-Barre Coal Company.

Last week's news dispatches announced the death of Charles Norris Williamson, journalist and novelist. His stories were pleasant creations, and he was among the first to make use of the automobile as a prominent character in his tales. Perhaps it is best to say that, for his wife, Alice, Charles Williamson was associated with him in the name of the title page being C. N. and A. M. Williamson. Readers of the Democrat may remember that several of these novels were run in this paper. Mrs. Williamson was an American, being born in Livingston on the Hudson. She died a few years ago.

Some places are satisfied with a single Sabbath and some have a couple. There are a few Jews in the county, a few Serbs, a few Greeks, a few Armenians, a few Christians, the Jewish Saturday and the Mohammedan Friday. That should be a paradise for a layman should he accept all three religions; or it might be accepted a pretty solemn place for a gay dog if he had to accept all three.

Mrs. Hannah McAffee Ruggles of Mayville, Kentucky, at the tender age of 88 years, is tired of married life, and wants a divorce from her husband, Mitchell Ruggles, aged 90 years, who, she charges, "has not contributed to her support for years, and all he wants to do is hang around and peck at a body." The aged couple have been married for thirty years, and are in comfortable circumstances, as Ruggles has amassed considerable property. He says, "I always has been and always will be temperamental."

Smoke is the great cause of pneumonia, proclaimed Dr. Robinson, commissioner of health from Chicago, in an address last week. To use his words, "pneumonia is still captain of the fleet of death." Every year 150,000 persons die of pneumonia in America. Inhaling large quantities of smoke, or in other words carbon, is a predisposing cause of death in every case, continued Dr. Robinson. "A baby," said he, "born in Chicago has a black lung in three weeks."

Noses in continental United States have been counted by the census bureau and it is announced they number 108,388,108, an increase of 100,000,000 in the years of 1870, 1880 or 14 per cent. This does not include approximately 12,500,000 people living in the country's outlying possessions. The increase is not as large as the period from 1900 to 1910, which was 15,977,991, or 21 per cent.

South Africa is manufacturing a new material to take the place of nitroglycerine as an explosive. It has one thing in its favor, and that is a short name. It is called "sengite," the first syllable being derived from initial letters of the words "substitute explosive, glycerine." That is a little better than T. N. T., noted in the late war, a short cut for the compound trinitrotoluene.

People of Oxford County are shivering just at anticipation of winter weather, but that kind of weather has already come in some parts of the United States. Navigation is becoming difficult on the Yukon River, Alaska, on account of the forming of large reefs of slush ice by premature winter weather.

Spools and spool-bars are some of the principal products of Oxford County. White birch trees, from which the bars are sawed, grow upon every hill in the county, and a spool mill or saw mill stands upon the bank of every considerable stream where it tumbles over rocks in its course, and makes a decent one of its way to the sea sufficient to put in a dam, and indeed, steam has of late years taken the place of water power, to quite an extent, so these mills may now be found wherever the white trees grow. A spool is a little thing, but a good many of them are used in a year. About 800,000,000 are annually turned in Maine, and this product is worth about \$1,000,000. The bars are from one-half of an inch to two and one-eighth inches square, and from two to four feet long. It takes about two and one-half cords of birch to make one thousand feet of bars, and the spool mills of Maine turn out of birch about 2,000,000 feet of bars during a year. Special machinery has been made for turning out spools, and a spool drier from one of the latest every second.

THE OXFORD BEARS.

THE DOINGS OF THE WEEK IN ALL SECTIONS OF THE COUNTY.

Paris Hill.

Services at Paris Hill Baptist church were held Sunday at 10:30. Sunday school at 11. Sunday evening service at 7:30. Thursday evening prayer meeting at 7:30.

The next meeting of the Sunshine club will be with Mrs. Clara Ryerson on Thursday, Oct. 21.

Edward L. Paria, Jr., has been at home for the past week recovering from a bad cold.

Mrs. Roger Davis and children went last week to their home in Montclair, N. J. Mr. Davis accompanied them as far as Portland and returned to the summer home of the family here. A little later he will drive his car to Montclair, taking with him Cullen Carter and Mrs. Wiley.

Miss Barbara Brooks of Cambridge, Mass., who spends her summers at Paris Hill, had the misfortune recently to fracture the small bone of her leg in an accident while using roller skates on the sidewalk in Cambridge. Her many friends will be glad to know that she is making rapid recovery.

Mrs. Henry T. Tirrell of Canton was at the summer home of her brother, Carroll I. Hooper, at Paris Hill the past week.

Mr. and Mrs. George M. Atwood spent the week-end at Dixfield and Lake Umbagog.

Now all the men and women who are interested in proper fire protection for Paris Hill are requested to meet at the school house next Saturday evening at half past seven.

The dinner for the benefit of the fire department last Tuesday was a success and a supper for the same purpose will be served at Cummings Hall on the first Tuesday of every month. Let it stand.

Laforest W. Whitman sold his farm near Hooper's Lodge recently to Gardner H. Rankin of Hiram, and is moving to the Arabelia Cultures place near The Beeches. Mr. Whitman has owned the Colburn farm for some time. Mr. Whitman will sell his stock, farming tools and hay by auction at the Hooper Lodge farm on Wednesday, Oct. 27th, at 10 o'clock.

Loren B. Merrill is shipping a large quantity of feldspar. Three teams are engaged in hauling it to the railroad at South Paris.

There will be a harvest supper in Cummings Hall Friday evening, Oct. 23d. Supper served at 6:30 o'clock. Admission to supper 35 cents for adults, 20 for children.

PARTRIDGE DISTRICT.

Ralph Field has sold two nice Durham heifers to Leroy Titus of South Paris. William Harlow has sold a nice beef cow to Carl Stevens.

Freemont Field has sold three cows to Weston and Gould.

Mrs. Freeman Field, who was hurt in the automobile accident, is again able to move about.

A nice baby, boy arrived at Austin Stearns, Jr.'s, Thursday, Oct. 14.

Summer.

Mrs. Ora Morrill has a very bad cold at this writing.

Ellen Poland is visiting in South Paris.

Mrs. N. B. Burgess is gaining from a gall stone attack.

Everett Robbins has been working for Herbert Bibbee picking apples.

Mrs. E. D. Robbins, who has been visiting at Harry Crockett's in Oakland, has returned home.

Jefferson Farrar is very low at this writing.

Mrs. Roy Briggs is getting over the whooping cough.

Herbert L. Bibbee has a lot of nice looking Barred Rock pullets, which have been laying since the last of August.

His wife, Mrs. Bibbee, also has some nice looking Rhode Island Reds that have been laying the same.

Mrs. A. D. McPherson and son Johnny with Mr. and Mrs. Frank Vaughan and two children from Livermore Falls were callers Sunday at Herbert Bibbee's and John Morrill's.

Mrs. and Mrs. Lewis Bibbee, Mrs. J. R. Dyer and four children spent Sunday, the 10th, with Mr. and Mrs. Herbert Bibbee and their son, it being Herbert Bibbee's birthday.

N. B. Burgess is working for T. B. W. Steaton of Hartford, who is in poor health.

Oliver Varney is working for Fred Steaton.

Zilpha Higgins is visiting at Everett Robbins'.

Mrs. Edith Thomas is nursing in Mechanic Falls.

Mrs. Flora Leslie is visiting Mrs. Alloo Turner.

Miss Josephine Locke, who has been a guest of Mrs. Flora Leslie, has returned to her home in Whitman, Mass.

Winfield White has purchased a cow.

Mrs. Lillian Russell of East Sumner, who has been ill with a bad cold, is some better.

Little Alma Davenport injured her leg at school recently, and is unable to attend.

Pearl Robinson has been picking apples for Frank Foster.

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West Paris.

Ronald Perkins, accompanied by his father, Alfred Perkins, returned Monday from Boston, where he had been for medical advice. He is in a plaster cast but received encouragement of complete recovery.

Woodford Pierce is moving into H. W. Dunham's house recently vacated by Leslie Bates.

Mr. and Mrs. F. L. Wyman entertained the Ladies' Social Club at the home of the Federated church last Wednesday, and all report a good time.

Mr. and Mrs. Wright W. Flavin have moved to their new home in West Paris.

Dr. and Mrs. F. E. Wheeler were at Lewiston Thursday. The doctor accompanied a little boy from the Porter Neighborhood, who had one leg amputated.

Mr. and Mrs. Abner Mann entertained the members of the Young People's Union Friday evening. There was a good attendance and a general good time.

Rev. H. A. Markley occupied the pulpit of the Universalist church at Norway on Sunday, Oct. 10, on account of the illness of the pastor, Rev. C. G. Miller.

Mrs. Lewis Mann was at Norway Friday.

The seven reel moving pictures entitled "Just Squaw" at Grange Hall this evening proved to be of considerable interest.

Mrs. F. E. Wheeler was hostess at a very pleasant dinner party at Camp Idylwild, Locke's Mill, Sunday, Oct. 10.

Mr. and Mrs. F. E. Wheeler and Mr. Edwin J. Mann, whose birthdays occur on nearly the same date. The company was composed of Dr. and Mrs. Webster and daughters, Lydia and Dorothy, Dr. and Mrs. Edwin J. Mann.

Mr. and Mrs. Harry Jacobs have broken up housekeeping, and are taking their meals at A. E. Emery's.

Rev. H. A. Markley and Rupert T. Berry attended a court meeting of Boy Scouts at South Paris Friday evening.

Mr. and Mrs. W. M. Whitten have closed their house and returned to Boston for the winter.

Mrs. Edna W. Dunham has recently visited her sister, Mrs. Flora Martin, at South Woodstock.

The Good Will Society will meet with Mrs. Edna W. Dunham next Wednesday afternoon, and a large attendance is desired to make arrangements for the annual sale, chicken pie supper and entertainment on Wednesday, Oct. 27th, at 10 o'clock.

Cards have been received here announcing the marriage of Harold Clayton Perkins and Phyllis Diana Williams at Portland, on Monday, Oct. 11.

At home after Nov. 1st, at Pleasant View Farm, West Paris. Mr. Perkins is the son of Mr. and Mrs. Alfred C. Perkins, and a graduate of Paris High School. He attended the University of Maine last year. Mrs. Perkins is the daughter of Mrs. Annie Williams of Portland. Friends extend congratulations and wishes.

Mrs. Betsey G. Curtis, one of the aged ladies of Woodstock, is very low.

Children, Lewis and Doris, have been guests at H. Y. Bacon's before moving to South Paris.

Bryant's Pond.

The annual harvest supper under the direction of the Baptist society will be given at the parsonage on Wednesday evening of the present week. October 17th was observed as Harvest Sunday at the church.

The first annual meeting of the Woodstock Chamber of Commerce was held at their rooms on October 6th. Since its organization in the fall of 1919 much progress has been made along different lines. Many topics of interest have been taken up and discussed, all tending to the improvement and welfare of the village and town. The officers for the coming year are:

Pres.—Thomas W. Gordon.
First Vice.—James M. Day.
Second Vice.—A. Mont Chase.
Sec.—Harold Gilman.

Some forty voters were present at the special town meeting Saturday. The article for abating certain taxes as specified in the warrant was passed over.

Mrs. and Mr. Frank Vaughan and two children from Manchester, N. H., where they had been on a visit with their nephews, the Fatch brothers, Mr. Cole is now his annual hunting trip at Albany.

Herbert.

A. A. Conant was called to Massachusetts Saturday by the death of a relative.

Albert Richardson was up from Portland Saturday.

The Blackford from Topsham were at the place they bought here Tuesday.

Nathaniel Keene of Brookline, Mass., who has been visiting recently at Mr. Hebron, called at Linwood Keene's Monday.

Mrs. Flora Pratt of Temple is now with her aunt, Mrs. J. D. Starbuck, for a few days helping her for her again.

Mrs. Starbuck remains about the same. Miss May Thompson of Portland recently visited her sister, Mrs. Fred Starbuck.

Mrs. Henry Pinkham has returned to her home in Newton, Mass.

Last week's item should have read Mr. Talner instead of Mr. Talner, who has been here for some time.

The annual Harvest Home festival will be held here Tuesday, Oct. 26th.

Mrs. Decker of Virginia preached here Sunday morning, and had charge of the exercises during the day and evening, giving a little needed rest to Mr. Kingsley.

The Ladies' Circle gave a supper Wednesday evening. Sixty-five were present, twenty-two students being guests.

Mrs. W. E. Sargent got home from New York Thursday.

Mrs. Decker stayed over Monday and Tuesday, and held meetings with the students and Y. M. C. A.

As for the weather this October, some readers may remember the fall of 1870. There was no frost to kill the foliage, which was the most brilliant ever seen.

Rev. A. O. Herriock was then principal of the Academy, and Mrs. Herriock taught painting as well as music. She told us that she could get no colors bright enough to paint the foliage.

North Woodstock.

Gardner McAllister from Wilkinsville, Pa., visited his brother Duffin Friday night, and then went to Lovell to visit his sister, Mrs. Ruth Chandler.

Mrs. Lois Littlefield is stopping at the home of her son, Jesse Littlefield.

Mrs. Ella Marston and daughter, Mrs. Hatch, and little boy went to Lewiston last Saturday. They went with John Lord in his auto.

Mr. and Mrs. Ward called on Mrs. Paige Monday. They are soon to go to Florida for the winter.

Several from this place attended the funeral of Johnny Allen last Sunday. He was accidentally shot while out hunting Thursday night after school. He was a very nice boy and loved by all.

Mrs. Ella Marston went to Norway on business Monday, and returned Thursday evening.

North Buckfield.

Mr. and Mrs. C. L. Damon are receiving congratulations on the birth of a son, Oct. 11.

Mary McKillop of Auburn is working for C. E. Keene.

M. A. Warren has been serving on the traverse jury.

Mrs. and Mrs. J. E. Bicknell, Mrs. Jane Heald, Miss Gertrude Bonney went to Watford Sunday.

James Warren is at home.

Mr. and Mrs. N. E. Bessey and Mr. and Mrs. D. E. Clark went to Topsham last Wednesday.

The road crew are at work on the state road here.

Mrs. Elizabeth Bicknell at Norway.

Harold Keene of Dunstable, Mass., has purchased the C. E. Keene stand.

Mrs. Eunice Foster of East Sumner was Sunday guest of Mrs. Lydia Varney.

Andover.

Mrs. Edw. Akers was the guest of her son, Mr. H. G. Akers of Rumford, recently.

Rumford Center Grange is invited to Andover Grange Saturday, Oct. 23.

Rev. Mr. Campbell of Rumford Center is visiting in the Congregational church Sunday morning.

The moving pictures were well attended Wednesday evening.

Mrs. and Mrs. Charles Bartlett were at Lewiston last week.

Bethel.

Mrs. Harold Powers with her two children from South Portland visited her relatives here recently.

Herbert Chase is having his garage shingled. B. W. Kimball is doing the work.

Will Abbott is hauling stove wood for Will Gauthier.

Elisabeth C. Sloan, who has been spending some time with her daughter, Mrs. H. Sawyer, has returned to New York.

The annual meeting of the Ladies' Club of the Congregational church was held at the home of Mrs. W. C. Straw Thursday, Oct. 14, at 3 o'clock.

There were eighteen ladies present. Mrs. Mac Godwin was elected president, Mrs. Winslow Bartlett vice-president, Miss Estelle Foster secretary for another year.

Mrs. J. U. Purinton, who has been for many years our treasurer, was elected again.

A very interesting meeting was held.

The harvest supper and afternoon sale of the Methodist Aid occurred last Thursday, Oct. 14, at 3 o'clock.

The supper was well attended. Both were well attended. They cleared over \$150.

Master Paul Chapman celebrated his sixth birthday Oct. 9. Ten little folks were present.

Miss Helen Clark visited South Bethel recently, and was the guest of Miss Clara Macdonald.

George Liswood Averill of Andover and Mary E. Gorman of Berlin, N. H., were in town on Monday.

Rev. W. Wheaton at the Methodist parsonage Oct. 7. They were unattended, and the single ring service was used.

A honeymoon, they will reside in Andover.

Mr. and Mrs. Fred P. Chandler of Auburn spent Sunday with their parents, Mr. and Mrs. F. S. Chandler.

Mrs. Fred Bean has returned to her home at Bethel, after spending some time with her sister, Mrs. Edmund Merrill.

Dr. and Mrs. Herbert Twitchell and Mrs. Twitchell's sisters, the Misses Gould, of Portland, visited at the home of Mrs. H. N. Upton recently.

Mrs. Elmer W. Mason last Saturday, when Mr. Leslie Mason and Miss Alice Mason gave an at home to all of Mrs. Mason's friends at the residence and other places.

The house was very prettily decorated with pink and roses. The prettiest of all was the 80 pink in the centre of the dining room table, as it was Mrs. Mason's 80th birthday. A goodly number of presents were given, some quite valuable. A large number of townpeople were there and showed their respects to Mrs. Mason.

Buckfield.

Nesimac Lodge, I. O. O. F., conferred the second degree on two candidates at the regular meeting Saturday evening, Oct. 9.

Monday evening the men of the Sunday School served a supper at Grange Hall in aid of the furnace fund, and a good supper it was, and well patronized.

Nearly fifty dollars was added to the fund. The ladies will serve a supper Oct. 20 for the same purpose, to be followed by a social.

The Ladies' Circle held a meeting Wednesday afternoon and elected officers for the year.

The Oxford Fruit Products Co. have shut down for a few days, awaiting the arrival of cars.

Warren & Spaulding have delivered two cars of coal to customers this week.

The "Tennessee Duo," who give the first entertainment in the county here this fall, come Oct. 25th direct from an engagement in Boston.

Work on the bank building is progressing. The cement work for the vault is nearly in.

The reception given to the freshmen class of the high school Wednesday evening was a very pleasant affair. A literary and musical program was given, and afterward a program of games and dances. Refreshments were served, and the hall was decorated with autumn leaves.

Mrs. C. T. Bowen has been with her sister, Mrs. Gould, in Freeport for a visit, returning Sunday.

Valorous Tuttle has sold his place to Morton Clark.

"Gid" Brigham has been here a few days with his parents, Mr. and Mrs. W. H. Brigham.

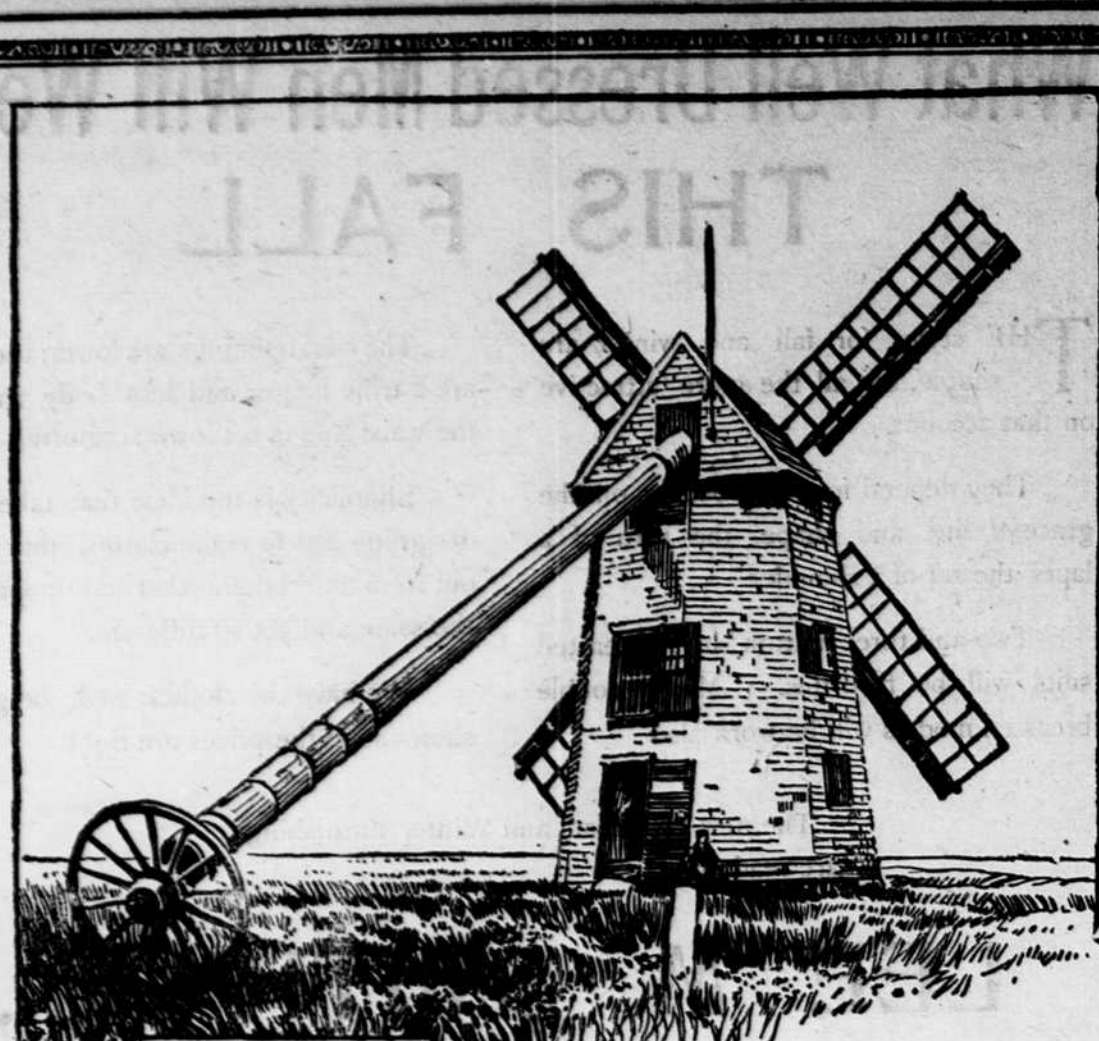
Locke's Mills.

Mr. and Mrs. Ordell Bryant and two sons, Earl and Lawrence of Mechanic Falls, were in town Tuesday.

Mrs. Lydia Bryant and Mrs. Etta Merriman of Freeport were recent guests of relatives.

Mrs. Mildred Chapman, who has spent the summer with her mother, Mrs. Walter Knight, has returned to South Bethel, where she has taught school for two years.

Mrs. Irving Kimball and Mrs. Beattie Sloan were at South Paris last week



Old Wind Mill, Nantucket, Mass., built in 1746. Between 1723 and 1875 no less than twelve such mills operated upon the island. This was the fourth to be erected, and has outlived its three predecessors which have been destroyed.

THE Socony gasoline sign is more than a symbol of service—it is a pledge of quality. On the island of Nantucket or in the rural towns of northern Vermont, standard quality Socony gasoline is always obtainable—and always satisfactory.

There are different grades of crude petroleum, different methods of refining it and consequently different qualities of the finished gasoline. Socony is refined from selected crude stock, by the most up-to-date and efficient methods known, under standard conditions. It is a fuel of known excellence—clean, uniform, powerful.

For year-round economy and greatest satisfaction, use the same gasoline regularly. With Socony in your tank and the proper carburetor adjustment, you will notice an increase in your monthly mileage average.

Socony quality and service have made motoring a pleasure and gasoline satisfaction a certainty.

Look for the red, white and blue Socony sign.

STANDARD OIL CO. OF NEW YORK

SOCONY
REG. U.S. PAT. OFF.
MOTOR GASOLINE

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

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

STATE OF MAINE.

To all persons interested in either of the estates hereinafter named:
At a Probate Court at Paris, in vacation, and for the County of Oxford, on the 24th day of October, in the year of our Lord one thousand nine hundred and twenty, the following matter having been presented for the action thereupon heretofore indicated, it is hereby ORDERED:
That notice thereof be 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 Rumford on the first Tuesday of the month of November, A. D. 1920, at 9 o'clock in the forenoon, and be heard thereon if they see cause.
Benjamin F. Glover late of Canton, deceased; petition that Ernest C. Glover be appointed administrator of the estate of said deceased; final account presented for allowance by William S. Arnold, executor.
Joseph A. Arnold, Sr., late of Peru, deceased; final account presented for allowance by William S. Arnold, executor.
Witness, ADDISON E. HERRICK, Judge of said Court at Paris, this 24th day of October, in the year of our Lord one thousand nine hundred and twenty.
ALBERT D. PARK, Register.

NOTICE.
In the District Court of the United States for the District of Maine, in Bankruptcy.
In the matter of GEORGE M. RAND, In Bankruptcy.
To the creditors of George M. Rand of Norway, in the County of Oxford and district aforesaid: Notice is hereby given that on the 2nd day of October, A. D. 1920, the said George M. Rand was duly adjudged bankrupt, and that the first meeting of the creditors will be held at the office of the Referee, No. 8 Market Square, South Paris, Maine, on the 27th day of October, A. D. 1920, at 10 o'clock in the forenoon, at which time the said creditors may attend, prove their claims, appoint a trustee, examine the bankrupt, and transact such other business as may properly come before said meeting.
South Paris, Sept. 29, 1920.
WALTER L. GRAY, Referee in Bankruptcy.

NOTICE.
In the District Court of the United States for the District of Maine, in Bankruptcy.
In the matter of HARRY H. OSTROM, In Bankruptcy.
To the creditors of Harry H. Ostrom of Rumford, in the County of Oxford and District aforesaid: Notice is hereby given that on the 2nd day of October, A. D. 1920, the said Harry H. Ostrom was duly adjudged bankrupt, and that the first meeting of the creditors will be held at the office of the Referee, No. 8 Market Square, South Paris, Maine, on the 27th day of October, A. D. 1920, at 10 o'clock in the forenoon, at which time the said creditors may attend, prove their claims, appoint a trustee, examine the bankrupt, and transact such other business as may properly come before said meeting.
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South Paris, Sept. 29, 1920.
WALTER L. GRAY, Referee in Bankruptcy.

SALE.

I will sell during the next two weeks all my household furniture including two chamber sets, dining room set, quartered oak book case, china closet, hall settee and glass and piano, oil stove, Morris chair and other chairs.

I can be seen any time at the home of Henry F. Muzzy.

MRS. MARY F. SHURTLEFF.

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.)

CONSERVE OF MIXED FRUITS

Pare and quarter a dozen peaches, six quinces, six pears, and two apples; and cut into slices three lemons, removing the seeds. Pass all the fruit through the food chopper, and strain. Allow three-fourths of a pound of sugar for every pound of fruit (the above mixture should weigh about six pounds), place fruit and sugar in alternate layers in a porcelain preserving kettle, and let stand over night. Boil until mixture becomes very thick. Pack into sterile jars, and seal at once.

TUTTI FRUITI WATER ICE

Mix with two cups (one pint can) of shredded pineapple, two cups of sugar, one cup of orange juice, one-half a cup of lemon juice and one quart of water. Freeze, and serve with a sauce made of syrup from preserved strawberries or raspberries.

This recipe also makes a delicious summer drink, by first cooking the shredded pineapple in the water, straining, and squeezing the juice from the pulp.

RYE MUFFINS

Sift together one cup of rye flour, one cup of white flour, three teaspoonfuls of baking powder, one-fourth a cup of sugar, and one-half a teaspoonful of salt. Beat one egg; add one cup of milk, and stir in the dry ingredients; when thoroughly mixed, add two tablespoonfuls of melted shortening and beat again. Dispose in a hot, well-oiled muffin pan. Bake about twenty-five minutes.

TAPIoca, LAKEWOOD STYLE

Sift two tablespoonfuls of minute tapioca into one pint of hot milk and let cook in a double boiler until transparent; beat the yolks of two eggs; add one-third a cup of sugar, one-half a teaspoonful of salt, and beat again; then stir in the tapioca; when cool add a few drops of vanilla, and pour into individual glass cups.

Beat the two egg-whites with one tablespoonful of confectioners' sugar, and fold in the sifted pulp of two small bananas. Pipe this mixture on to the custard and grate bitter chocolate over it.

MERINGUES WITH BANANA CREAM

Beat the whites of four eggs dry; then gradually beat into them one cup and a half of granulated sugar. Fasten strips of paper on to the sides of a board an inch thick. Shape the meringues into oval shapes with two tablespoons or a pastry bag. Place the shapes an inch apart and dredge with granulated sugar; let bake in a cool oven nearly three-fourths of an hour. Increase the heat for the last ten minutes to color the tops of the meringues delicately. Remove them carefully from the baking board, press in the bottom of each and set them on a wire rack to dry.

PISTACHIO LAYER CAKE

Layer Cake. Cream one cup and one-half of sugar with one-half a cup of butter. Add one-half a cup of milk, two cups of flour, sifted with two teaspoonfuls of baking powder and one-half a teaspoonful of salt. Lastly, add the whites of three eggs, stiffly beaten. Bake in two pans.

Filling for Cake. Grind through a grinder one-half a cup of pistachio nuts, mix these with the well-beaten white of one egg and as much powdered sugar as will make a paste that will not run, and spread over one of the layers, placing over it the other layer of cake. Filling for Cake. To the beaten white of two eggs add one teaspoonful of extract of almonds, and powdered sugar to make of the desired thickness. Color a delicate green with spinach juice, and apply to both top and sides of the cake. Decorate with candied violets or rose leaves.

MINT JELLY

Pack solid, one cup of fresh mint leaves; add one cup of boiling water, cover, and let steep in a double boiler, or on the back of the stove for an hour. Meantime prepare two quarts of apple juice, as you would for making apple jelly, by cooking two quarts of chopped up green apples until tender in the same quantity of water, and draining through a jelly bag. Add to this the liquid from the mint leaves, and the juice from the leaves themselves, wrung out through cheesecloth. Then proceed, as in making apple jelly. A trace of spinach juice or green vegetable coloring matter may be added the last thing before pouring into the glasses. This jelly makes a pretty garnish for cold meats, for roast lamb, fish or salads.

PICKLED YOUNG CARROTS

Use very small carrots—the kind pulled out to thin the rows will do nicely—and boil in salted water until tender. These little carrots need not be scraped, only scrubbed with a brush and the heads and tails cut off. Measure the carrots, and for every two quarts allow one pint of cider vinegar, boiled for fifteen minutes with one cup of sugar, and one ounce of mixed pickling spices, tied loosely in cheesecloth. Remove spices, add carrots, boil ten minutes longer, and put into sterile jars. If the vinegar boils away, the quantity should be replaced.

'BEST EVER' PICKLE

1-2 peck of ripe tomatoes
8 ripe peppers
3 green peppers
Big bunch celery (cut into small bits)
10 cents' worth white mustard seed
Teaspoonful ground black pepper
2 1/2 cups vinegar
Cut up the vegetables and add the seasoning mixed with vinegar; pour over them.
This keeps fine. Does not have to be cooked.

Laundry Hints.

Always look for stains before placing clothes in water.
Soak coffee or cocoa stains in real warm water.
Use ammonia for iodine. Strong borax water will remove many stains. If they are laid in the sun after being moistened in it.
Dissolve the soap before using, if you have a machine. Use borax instead of bluing and the clothes will be whiter. Set color in all new goods before washing. Use a strong salt water for blues and a vinegar solution for pinks.

Pineapple Sandwiches.

This slice of bread spread with salad dressing, a slice of pineapple between, vary them by placing a lettuce leaf or an slice of bread, then the pineapple, also sprinkle cheese on pineapple. A can of pineapple cut into small slices; they should be sliced in two and make sixteen sandwiches. Cheese can also be bought in cans, so farmers' wives do not have to do without these things.

Here is an easy way to make salad dressing. The yolk of one egg beaten until thick; add one teaspoonful of salt, slowly beating the same way all the time; add one-half a teaspoonful of sugar slowly, then add one cup and one-half of Wesson oil, slowly, one-half a teaspoonful at a time; thin with vinegar as needed and also to taste. Fins.

For variety of flavor, try using prunes in your next batch of doughnuts, drop cakes or cookies. Cut the prunes in o very small pieces, or run them through the food chopper, and mix them with the cookie dough or cake batter instead of raisins or currants.

Hot jelly poured from the kettle into a pitcher, before filling the small glasses, will prevent the jelly from spilling and running over the edges of the jelly jars.

NATIONWIDE FIGHT

AGAINST DISEASE

American Red Cross Will Have Health Centers in All Parts of United States.

The American Red Cross has launched upon a nation wide campaign of fighting disease and physical defect among the American people. A new and unique health institution has come into being as the result of several months' study by the Red Cross Health Service Department at National Headquarters.

Officials in charge of the department predict that before long this new health activity will be in actual operation all over the country, and that the sign—"American Red Cross Health Center"—will become as familiar to the people everywhere as are now the signs of the telegraph companies.

Busy Long Before War.

The interest of the American Red Cross in the fight against disease is not, however, of recent origin. Long before the war the organization began this health service through its medical department of Town and Country Nursing. During the war and following the armistice thousands of American Red Cross officials have been fighting disease in the war-stricken countries. At the same time tens of thousands of local Red Cross officials have been engaged at home fighting disease, notably during the influenza epidemic.

The American Red Cross has determined that all this valuable experience in health service abroad and at home shall not go for waste. So long as there are a half a million people dying yearly in this country from preventable causes, and so long as more than one-third of the American children and young people are victims of physical defects, the Red Cross recognizes at home fighting disease, notably during the influenza epidemic.

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How Organization Works.

The Red Cross Health Center is governed by business principles, applies business methods, and, in its more simple form, can be established and conducted by lay people. It proceeds upon the demonstrated fact that health is a commodity that can be bought and sold like brooms and soap. Therefore, it establishes itself in a storeroom in the principal business section of the community. It displays its goods in the form of attractive health exhibits in its show windows. It advertises constantly and extensively. And it uses every business and social device to attract customers.

The Red Cross Health Center is of service to the sick in that it gives out reliable and complete information about existing clinics, hospitals, sanatoria and other institutions for the sick and the defective; about available nursing, both trained and practical; about when to consult a physician and why to shun the quack and his nostrums.

Teaching Disease Prevention.

The Red Cross Health Center is, however, of even greater service to the well. It teaches people how to prevent sickness and disease. This is done in many interesting and attractive ways—first of all, by the distribution of popular health literature and through health lectures illustrated with lantern slides or with health motion picture films. Then special exhibits are given, one after the other, on various health subjects. Practical demonstrations are made; also health playlets by children to interest and instruct themselves and their elders. Classes are organized in personal hygiene, home care of the sick, first aid and in food selection and preparation. Health clubs, both for younger and older people, are formed; also Little Mothers' Leagues. Nutrition and growth clinics are conducted for children.

Already more than a hundred of these Red Cross Health Centers are in actual operation throughout the country. Many of them also conduct medical clinics, but the one chief, outstanding feature of the American Red Cross Health Center is its health education service which teaches well people how to keep well.

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THE Central Maine Power Company is a Maine Company, managed by Maine men, owned to an overwhelming extent in Maine by nearly 4,000 Maine people.

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It is financing this development by the sale of preferred stock, which represents a part ownership in the company, to the people of Maine—very largely to its own customers and its own employees.

Isn't a company which is doing this work the kind of company you want to support by investing your savings with it?

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Why not send in your order for preferred stock today?

Why not take part in this great movement to build Maine?

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COUPON

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Exercise

Anyone whose occupation or duties prevents some daily outdoor exercise, is likely to be troubled with biliousness and other digestive evils. If possible you should walk to business every morning, but be sure not to eat a heavy breakfast just before you start. It is advisable to take long walks before eating, but at least a quarter hour should elapse if possible after a heavy meal, before indulging in any active exercises.

At the first sign of any disorder, take one or two teaspoonfuls of "L.F." Atwood's Medicine. This will keep your digestive organs in good order and relieve the disturbing symptoms. If you suffer from sick headaches, regular doses of this tried and tested old remedy will bring blessed relief by removing the cause. The relief will not be temporary, at the expense of some other organ, but will be a permanent improvement for the entire system. Get a bottle today from any medicine dealer. "L.F." Medicine Co., Portland, Me.

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