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Men and women everywhere to sell the  
Perilous Supreme Accident and Health Pol-  
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those who can devote their part or spare time. Be-  
cause we want those who will become Full Time  
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**WILLIAM CAMPAIGN COMPANY, K.**

**Eastman & Andrews**  
Clothing and Furnishers  
31 Market Square, South Paris

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GEO. C. WHEELER, OWNER.

**FOR SALE.**

A colt, two years old, draft bred.

**ALEXANDER STEARNS,**  
South Paris, Maine.

46-50

R. F. D. 3.

More eggs, less feed and more money has been the result of calling out the poor hens.

Picture prepared as follows will keep  
cultural implements from rusting:  
either lard and powdered resin,  
or of the latter to three of the for-  
m if it is desired add a little lamp-  
oil. Paint the iron or steel with a brush.

There was a steady drizzle stated all day. As I leaned in meditating upon this fact one of the fellows uttered an exclamation. I turned around to where they were and a writing desk looking like a well in the shape of a

population according to the 1960 census, there were 20,310 in this northern territory. Serious takers found 20,310 white residents. Decline in the thought to be the

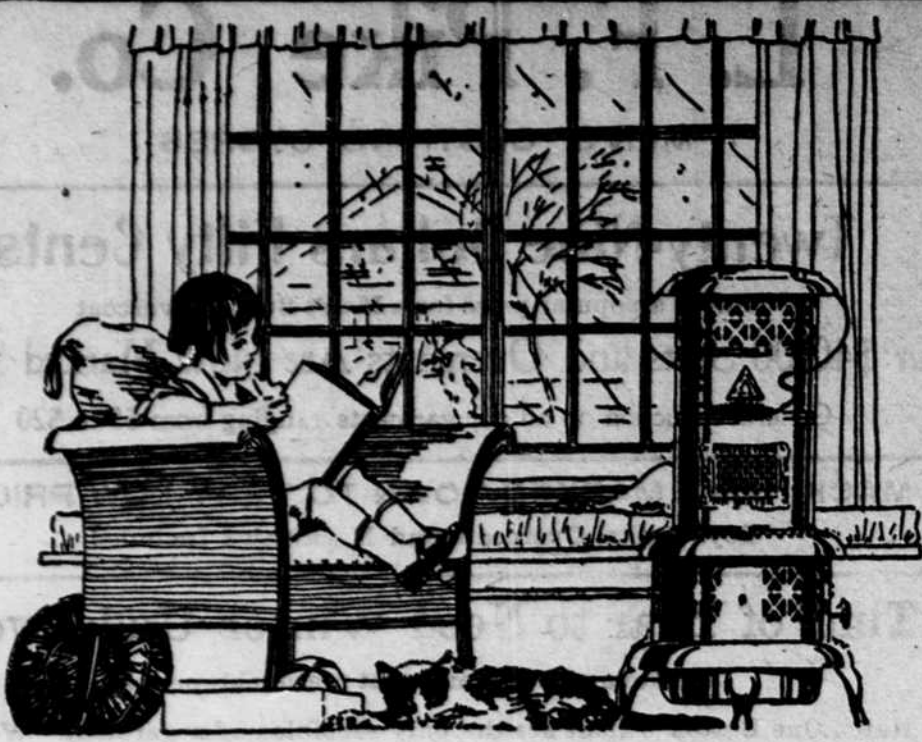












## If you could build your house over again—your way

MANY an inviting bay window and well-lighted corner is uncomfortable and unsafe when a cold wind is blowing outside. But don't forego the pleasures of an interesting book or magazine simply because your radiator was misplaced. Put a Perfection Oil Heater in the path of those air currents and drafts. Then you can enjoy your favorite story in 70° or 72° of solid comfort.

Heat where you want it, from "the portable radiator"

That is what over a million families are using to keep their coal bills down. A low, even fire in your furnace or steam heater for general warmth—all over the house. Then a Perfection, "the port-

able radiator," in the rooms and corners you actually use. Save "driving" your regular heater to keep seldom-used rooms and hallways unnecessarily warm.

The Perfection is light, compact and durable. It is an ornament in any room—blue or black finish, with or without nickel trimmings. Burns for about 10 hours without refilling. No care, fuss or bother—just cozy comfort, when you want it, where you need it. A child can operate it.

Most hardware, housefurnishing and department stores sell the Perfection Oil Heater. Your dealer will gladly show you its simple, sturdy construction and smokeless wick adjustment. Look at one today.

For best results use Socony Kerosene.

## PERFECTION Oil Heaters



STANDARD OIL CO. OF NEW YORK

## HILLS JEWELRY STORE

B. L. HUTCHINS, Proprietor  
Watchmaker and Jeweler  
Watch Inspector for Grand Trunk R. R.

For correct standard time call 120-2.



Grand Trunk Watch Inspector.

Diamonds, Watches, Clocks, Jewelry, Cut Glass, Etc.

We do all kinds of watch and jewelry repairing. Complicated work a specialty. PROMPT RETURNS.

### ATTENTION PLEASE

Thousands of men are using today the same Moore pen that went through college with them. Better buy a Moore.



### 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

## THE AMERICAN RED CROSS IN PEACE TIME



About 12,000,000 boys and girls, composing nearly half the school population of the United States, are members of the Junior Red Cross, which is helping the children of Europe, while at the same time it is doing an important work here at home. Kalitan Chetwold, who wears the engaging smile shown in this picture, is the son of an Indian guide and trapper. He is the youngest Junior living in the neighborhood of Juneau, Alaska—and he sends greetings to fellow Juniors of the United States.

### Should Be "Brown-Study."

The application of the term "brown-study" to a state of mental abstraction or meditation is said by some writers to be a misnomer, as the term is "brown-study." It is, however, more probably one of a group of similar phrases in which colors are employed to designate characteristics or temper, as "black-melancholy," "blue-devils," "green-eyed monster," "yellow-stocking," "blue-stocking," "white-feather," and a number of like terms in common use.

Shock of Explosion Carried Far. Five tons of nitroglycerine exploded in a powder mill in Canada, and incidentally shattered every pane of glass in the windows of a train crossing a bridge over the Richelieu river, more than a mile away.

Concentration Wins. The weakest living creature, by concentrating his powers on a single object, can accomplish something; the strongest, by dispersing his over many, may fail to accomplish anything.—Caryle.

### A Hot Time.

Another time when a man's hot temper sometimes costs him money is when he gets so mad at his landlord he forgets how much the moving man will have to be paid.—Kansas City Star.

## HOMEMAKERS' COLUMN.

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

### Quantities Needed in Serving.

If one person eats a certain amount, how much will twenty-five persons eat? Or, if one quart serves a certain number, how many quarts will be required to serve half as many people, or five times as many people, as the case may be? Several factors enter in that make it impossible to fix these quantities with accuracy.

In the first place, a great deal depends on the nature of the function. In serving a salad, for instance, it makes a difference whether it is for a luncheon, an afternoon tea, a Sunday School picnic or a dinner for men alone, even though the same number of people are served. Not only do differences occur, according to the nature of the function and the kind of people who attend it, but fully as much they depend upon other foods served on the same occasion, and the manner of serving. The amount of chicken salad required to serve fifty persons, when served simply with lettuce, will vary from the amount necessary to serve it in sandwiches or in small cases. Then again it will be a different amount, if chicken salad is served alone than when richer salad is served on the same occasion. Where it would require perhaps two quarts of chicken salad to serve a company, it is likely to take a total of perhaps two and one-half quarts when two kinds are served.

A difficulty frequently encountered is that many people and recipes fail to tell how many people the proportions given will serve, or how much of the finished product they make. The latter can be easily obtained by adding the amounts of the ingredients, making allowance for the dissimilation of liquid or semiliquid dressings and sauces with dry stuff and sometimes for loss in prolonged cooking.

We find, nevertheless, that some foods served ordinarily at social functions may be, to a certain extent, grouped. In one group are those which are baked or broiled, and the finished product for every six or eight people; the actual numbers may be larger. In this connection it is a further convenience to know about what raw weight of the foundation ingredients is necessary for a certain amount of the finished product. Here again there exists a vast difference in the estimates and can only be approximated. We may enumerate:

Chicken Salad: 4 pounds of fowl to make a quart of salad, 10 pounds of fowl for a salad for 25 people.

Salmon Salad: 3 pounds of fresh salmon for 25 people.

Sweetbread Salad: 1 pound of sweetbread to 6 or 8 people.

Bouillon: Hot, 1 quart will serve 8 persons; Jellied, 1 quart will serve 6 persons.

Ice Cream: 1 quart will serve 6 people.

In serving ice cream, it may be noted that by ordering bricks already cut, arrangements may be made with some firms, provided it is stipulated in advance for returning any unused portion. To do this the portions must be standard size, six to a brick.

Lemonade or fruit punch: 10 quarts to 50 people.

Fruits and sherbet: 2 to 3 gallons for 50 people (varying with the manner of serving on account of melting).

Chocolate: 25 to 30 cups to a gallon, Whipped cream: 1 quart will yield 25 spoonfuls.

Loaf sugar: 1 pound for 25 people.

Berries: 7 to 10 quarts for 50 people.

Sugar for berries: 2 pounds for 50 people.

Waters, varying with the kind (when other cakes are served): 3 boxes to 50 people.

Cakes, cut in quarters, then sliced: a large round cake may serve 8 to 16 people.

Bonbons: 1 pound to 16 people.

Olives are computed by number to suit an occasion. There are 200 usually in a quart bottle.

Croquettes: 1 1/2 quarts meat croquettes for 25 people.

Oysters by number: 4 to a person.

Used chopped, 2 quarts for 25 people.

Chicken or turkey: 25 parts, dressed, for 50 persons. Most roast weigh 3 to 2 1/2 times more raw than net weight of meat after roasting.

Sandwiches, made from sandwich loaf, loaves varying and thicknesses of sandwiches varying, roughly:

Two whole sandwiches after cutting serve 3 people.

Twenty-four sandwiches may be counted to a loaf.

One pound of butter to 3 loaves.

One quart of other filling to 1 loaf.

While it would be impossible to give a complete list, a novice may find these estimates a basis for further computation.

### Do You?

Do you make pillow slips of your worn sheets? Use the ends that are usually fairly good when the middle is badly worn. The same home will answer for the ends of a few minutes' work to close the cases on the sewing machine and they will well repay the time spent.

Do you make table napkins from your worn table cloths? Cut the cloth in any size that will avoid holes and thin places. Put them where they make handy "pick-up work" and you will be surprised at how soon you will have them hemmed. Use them for "every day" and picnic. In these days of high-priced linen the saving will be considerable and your family will not be the critical of the irregular pattern of the figures on the damask.

Do you make aprons for yourself or for the children out of your husband's pretty striped and figured shirts when the worn-out cuffs and collar bands have put them into the discard or if the back of the shirt makes an apron front and the fronts, and gores, for a short apron, which may be shaped to taste.

Usually the feet of your stockings wear out first, but sometimes, through dropped stitches, or other flaws, the reverse happens. Do you save all the good feet and all the good heels and put them together to make new hosiery? Cut them off at the ankle and sew them together with very loose and somewhat deep overhead stitch, so that the seams will pull out flat and not break when stretched over the foot. Worn with high shoes the seams will be hidden. Of course they cannot be used with low shoes. Children's hose, which wear out first at the knee, can have their life prolonged when the first small darns have been made by a similar process—cutting off at ankles and turning the leg around. The small darns under the knee will scarcely be seen and you have almost double wear from them.

Of course you make petticoats from night gown bottoms, and keep yourself supplied with kitchen aprons for the rough work, such as cleaning and dish washing, from the skirts of your old house dresses, but do you cut out the centers of worn-out towels and sew the ends together with a neat felled seam for generous bath-tub wash cloths?

### Soak Your Fowl Before Plucking.

When it falls to your lot to pluck a chicken or turkey again, try dipping the bird into a bucket of boiling water for a couple of minutes and then roll the bird up in a clean bag or piece of carpet and leave it for five or ten minutes. It seasons labor greatly, just as soaking the clothes over night does; no unsightly appearance is given to the skin of the fowl.

### Husband Squash Marmalade.

Take a ripe, waxed Hubbard squash. Peel and core, and put through the colander. To a quart of pulp, add two oranges and two lemons, juice, rind and pulp, removing all seeds. Add sufficient sugar and let cook very slowly until a fine, thick confection results. This is a fine relish; there is much food value in the squash.

### The Season of Celery is here, and it is one of the very best vegetables in that it can be eaten raw. It is excellent for all, but especially the gouty and rheumatic. Its water content and the amount of cellulose it contains make it a real health vegetable.

# MAINE STATE CHAMBER OF COMMERCE

Last May the State of Maine Chamber of Commerce joined with the Agricultural League, to unite forces to do all that is possible for the benefit and promotion of the many good causes which are being presented to the people of the State of Maine.

For this purpose a general committee was chosen for the State, and County committees were chosen representing each County, and their men were selected for the different places, that seemed to be fitted for the work, and such as had previous experience that would make them a benefit to the organization.

Several different directorates were formed, for different duties and one member from each county represented that county at the full board for the State.

The members chosen for the different directorates from Oxford County were, viz.:

**BERTRAND G. MCINTIRE, Norway, State Executive Council.**  
**L. M. CARROLL, Norway, Industrial.**  
**GEORGE R. MORTON, South Paris, Commercial.**  
**MRS. L. L. MASON, South Paris, Home.**  
**JOHN A. HADLEY, Rumford, Service.**  
**CHESTER JORDAN, Rumford, Labor.**

Like all Chambers of Commerce, the work proposed to do is to bring before the people the necessary facts and information, regarding improvements which will be a benefit to the state, and among the many subjects that have been brought up by this convention of men and women, perhaps the most noteworthy are these:

### Better Transportation, Lower Rates.

Better freight rates from Maine to distant points. More and better steamship routes from Maine to all points.

### HEALTH

The State Chamber of Commerce will use its best efforts to see that a doctor or nurse is supplied to every rural district in Maine where the need exists.

It will assist in every possible way to see that our one medical college at Bowdoin is continued at a high standard, in order that proper Health instruction may be provided to meet the needs of rural Maine.

It will urge the establishment of scholarships for training at the medical college of young men and women who will agree to practice in the rural districts.

### EDUCATION

The State Chamber of Commerce will use its efforts to better the Educational conditions in the rural districts of Maine.

It will urge the maintenance of sufficient Normal Schools to supply trained teachers for rural communities.

It will urge that adequate salaries be paid to attract the best talent for the teaching profession.

### MARKETS

The State Chamber of Commerce will urge the establishment of warehouses and cold storage plants in centers where needed throughout the State.

### CULTIVATE OUR ABANDONED FARMS

The State Chamber of Commerce will use its best efforts, in the best way that seems possible, to fill our many abandoned farms with hard working and contented farmers, and to raise crops of corn, apples, potatoes and grass where nothing but bushes and weeds are growing now.

### ATTRACT THE SUMMER VISITORS

We will do the many things that may be done to attract tourists, who wish to spend their vacations and their money in this State. Maine has the most wonderful and beautiful lakes, rivers and ponds in the whole country. Its coast line is the most beautiful, its forests and rivers the most attractive for the sportsmen and the lovers of beautiful scenery. Let us try and capitalize the natural gifts that have been given us and let them help to furnish us with wealth that we need.

### Executive Council:

**JAMES G. GULNAC, Bangor**  
**GEORGE H. BASS, Wilton**  
**FRANK A. PRABODY, Houlton**  
**HENRY A. FREE, Lewiston**  
**HENRY F. MERRILL, Portland**  
**ROSCOE A. EDDY, Bar Harbor**  
**HUGH J. CRISHOLM, Portland**  
**BERTRAND G. MCINTIRE, Norway**  
**REX W. DODGE, Portland**  
**KENNETH C. M. SILLS, Brunswick**  
**ALBERT GREENLAW, Eastport**  
**MRS. ROBERT TREAT WHITEHOUSE, Portland**

## Maine State Chamber of Commerce

Kindly have checks made out to State of Maine Chamber of Commerce and forward same to George R. Morton, South Paris, Maine, Secretary for Oxford County.

### DO NOT WAIT TO BE SOLICITED

This favor is respectfully asked by the Oxford County members of this organization.

Now examined, glasses fitted, adjusted and repaired. Thirty-four years fitting glasses in Norway. We can duplicate your broken lens no matter who fitted you. Did you ever stop to think that a first class Optician, Ophthalmologist, or Oculist will not have to travel from town to town, house to house, fitting glasses? Take no chances on your eyes. See me about your eyes—it's the wise thing to do. No drops or dangerous drugs used in the examination of the eye. Office Hours: 9:30 to 12:00—1:30 to 5 P. M., Monday and Saturday evenings. Other hours by appointment. Office phone 120-2; Residence phone 207-3.

165 Main Street, Norway, Maine. Look for the "Clock in the steeple."

## 1¢ a dose

And you cannot find anywhere a better, purer, more potent remedy for indigestion, biliousness, constipation, impoverished blood than this "L. F." Atwood Medicine. Yet a 50 cent bottle contains nearly sixty doses—enough to overcome the most stubborn cases when directions as to eating and exercise are carefully followed. It is the family physician for the entire household—children and grown-ups. It quickly helps to break up a cold, thus preventing serious sickness. Headache, dizziness, bad breath and languor are banished with a few doses. Buy of your dealer.

"L. F." Medicine Co., Portland, Maine.

That are effective and artistic, are those we print at the Democrat office. Try us.



## Symphony Lawn

The Paper with the Inviting Texture

HOLD a sheet of Symphony Lawn Writing Paper to the light. Note its translucent clearness. Then feel the beauty of its real lawn texture. It invites you to use your pen. Then observe the water mark—placed there for your guidance and protection. Symphony Writing Paper is the choice of discriminating women—not only because it is in good taste, but because of its splendid writing surface. Made in three finishes and several fashionable tints. Sheets and envelopes to be had in a number of styles, permit expression of personal taste. Correspondence cards and envelopes, also.

## CHAS. H. HOWARD CO.

THE REXALL STORE SOUTH PARIS, MAINE.

## THE BANK OF SAFETY AND SERVICE

AT THE SERVICE OF OUR CUSTOMERS

Our modern equipment which includes the approved type of facilities is at the service of our customers. We feel confident that you will find it satisfactory. Check your money through the Paris Trust Company and take advantage of the protection and convenience it affords.

PERLEY F. RIPLEY, PRESIDENT  
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J. HASTINGS BEAN, SECRETARY  
IRVING G. BARNOWS, TREASURER

## PARIS TRUST COMPANY

SOUTH PARIS, MAINE  
BRANCH BANK AT BUCKFIELD, ME.  
PAYS INTEREST ON SAVINGS ACCOUNTS

## WANTED!

A limited quantity of green unpeeled poplar, second growth white maple and beech to be cut four feet in length and down to five inches at top end, delivery for the coming winter. Write for price.

F. R. PENLEY, West Paris, Maine.