



Economy Hints

A penny saved is a penny earned.— Benjamin Franklin.

THE housewife makes a great man because she has so many interruptions from tradesmen, so many calls from delivery boys and that her day is one long reception line to the grocer, the iceman, the butcher, the baker, the vegetable boy, etc. But viewing this reception line from the other end of the glasses, how about the time and trips the housewife wastes for each of these who bring her supplies? Is the delivery boy's time not worth something? Does it make no difference to the iceman if he has to stop the wagon, go round the entry and up the eight back steps for nothing?

Dealers in various lines have figured out the daily cost for their delivery service. Every call, every knock at the back door, has a definite cash value. The dealer ostensibly pays it, but ultimately it is the housewife consumer who pays it in higher prices. The more unnecessary delivery service the more the running expense of the dealer and hence less profit which he must make up somewhere else.

It is truly only the inefficient housewife who cannot master the daily tradesman situation. Phone calls demanding four or five deliveries a day indicate the slipshod of wasteful management. Even with such itinerants as vegetable peddlers a definite understanding can be made as to the two or three special days on which they are to call. The writer lived for the winter months in a somewhat fashionable suburb. Every day at about 8:30 a. m. an order boy called from each butcher, grocer, fish and vegetable store. What a waste of good shoe leather, because certainly if we need a box of cornstarch and a bottle of olives tomorrow we can perfectly well order them today. Or if we are living in any way removed from barbarians who know not where they are going to rush out and catch their next meal we can and must plan meals ahead.

But perhaps it is a poor iceman for whom our pity surges at this season. We hesitate to think that any woman looks with envy on the economic independence of the average iceman. Starting on his rounds at 3 a. m., alternately driving a clumsy wagon and handling and carrying hundreds of pounds of frozen water until late at night, sometimes as late as 10 o'clock on summer Saturday nights—cannot the housewife assist in alleviating his lot?

How many times we permit the iceman to come all the way around only to tell him (as we take his time to look while he is there) that we do not need any ice today. The card system is gaining foothold, but it should be more universally and strictly adhered to. If we need ice let us put out the card, but do not let us waste the iceman's time and that of his team in fruitless calls at our back door.

Hot Weather Comfort.

The pores should be left as wide open as possible if you do not wish to suffer excessively from the heat. This does not mean that you should never try to stop perspiration, because if your glands excrete too rapidly you will have to take some means of reducing your condition to a normal one.

Perspiration should not be allowed to remain on the body any longer than necessary, as it is not only unpleasant, but unhealthy. During warm weather bathing can scarcely be too frequent. Tepid baths are best of all during the hot weather, for hot baths are much too heating, and cold baths stimulate the circulation to such a degree that the after effects are positively glowing.

To regulate the flow of perspiration an astringent in the bath is less harmful than applying it directly to the skin. Alcohol is, of course, cooling and refreshing, but it is very apt to produce tiny wrinkles because of its drying effect. Toilet waters are less inclined to do so, but if the skin shows any indications of dryness after using one a good cold cream must be rubbed in at once to restore the natural grease which the toilet water has absorbed.

Never apply powder till the skin is dry. Powder and moisture paste up skin pores, which should be kept open in order to excrete perfectly.

How to Use the Succulent Onion as Medicine.

Onions supply a complete cure in themselves for cold, as well as being a wonderful remedy in cases of insomnia. An onion cure breakfast includes a poached egg on toast, three tablespoons of fried onions and a cup of coffee. Luncheons of sandwiches made of brown bread, buttered and filled with fine chopped raw onion, seasoned with salt and pepper, make the second meal on the schedule. For the supper the onions may be fried as for breakfast and eaten with a chop and a baked potato. The efficacy of onions is well known to the singers of Italy and Spain, who eat them every day to improve the quality of their voices and keep them smooth. Onion plasters are prescribed to break up hard coughs. They are made of fried onion placed between two slices of old muslin. The plaster is kept quite hot until the patient is snugly in bed, when it is placed on the chest, to stay overnight. Onion sirup is claimed by some to be unequalled as a cure for a bad cold in the chest.

HOW TO KEEP YOUR PIANO.

Some years ago a piano expert said that it is a mistake to keep a piano tightly closed. The fall board should be left partly closed when one goes away for the summer. This keeps out the greater part of the dust and, what is more important, permits a circulation of air and helps to keep the strings in better condition. He says that the best way to prevent moths from getting into a piano is to have the piano blown out by a professional piano tuner occasionally in order to keep the dust out. Moths will attack new pianos as well as old ones. It is not always possible to guard against them, but the dust can be kept out by a blower.

Every piano dealer nowadays has piano blowers to sell, and these little bellows arrangements are not expensive. One can be bought for \$3. Ordinarily the tuner will blow out the dust for 50 cents. On a grand piano the owner can use the bellows herself, but it is wiser to have a professional use it on an upright piano. If your piano is a player piano you can get a kinetic blower, which will cost you about \$5 and which you can operate yourself.

SOUR CREAM.

How to Utilize This Valuable Food in Various Ways.

The idea with most women is not "What can we do with it, but instead tell us some new ways of using it profitably." Many of us have used sour cream for griddle cakes, biscuits of various kinds, cakes, cookies, short-cakes, puddings, salad dressings, meat sauces, fish sauces and, freezing it with fruit juices, have made most delightful ice cream. And did you ever use sour cream in place of milk in preparing a white sauce for codfish? If not, you have a treat in store. Do not cook the cream too long to allow it to curdle the mixture. But you ask for recipes, and here are just a few:

Sour Cream Cookies.—Take a cupful of sugar and a cupful of molasses to two cupfuls of rich sour cream, add two well beaten eggs, a teaspoonful of soda and one of baking powder, a tablespoonful of ginger, a dash of cinnamon and cloves and enough flour to roll. Let stand on ice to chill before rolling out.

Chocolate Cake.—Take a cupful of brown sugar and half a cupful of sour cream, half a teaspoonful of soda, one egg well beaten, a cupful and a half of flour sifted with a teaspoonful of baking powder. Dissolve two squares of chocolate in half a cupful of boiling water and add to the cake the last thing. Flavor with vanilla and bake in two layers.

Cabbage Salad.—Shred cabbage very fine and plunge into cold water to crisp. Drain and dress with sour cream, sugar, salt and, if not quite sour enough, a very little vinegar may be added. This is a salad which can be enjoyed at any meal with almost any combination of foods.

Sour cream when mixed with fruit juices and sweetened will freeze smooth and velvety. Orange juice with sour cream and sugar to sweeten is a combination especially tasty and delightful. Mix and freeze as an ice cream. Raspberry, grape juice or peach juice are others. Lemon is such an acid with the sour cream also an acid that the result is not so good unless a sour frozen dish is desired.

Hints For Traveling Baby.

The two most common mistakes made in traveling with children are with respect to their clothes and their food. In the hot summer weather, for a long journey, the little child should be dressed only in the sleeveless gauze shirt and diaper, with one thin outer garment. A sleeveless low necked slip of white china silk is best, since it is much cooler than cotton, sheds the dust and can be washed out in the basin when soiled.

It is well to change the baby's clothing as soon as the journey begins in order to have the regular outfit clean to put on when leaving the train. The little baby may go barefooted, but an older child should have barefoot sandals to protect the feet from the cinders scattered over the floor.

Mothers should observe the same regular hours for feeding their children as at home. One of the worst things she can do is to give the baby cakes, candy, bananas, sweet crackers and the like, as so many mothers do, to keep him quiet in the train. This kind of irregular feeding with unsuitable foods, together with the heat of the train and the fatigue and excitement of traveling, is very apt to upset the baby and make him irritable and restless.

Use a patent bottle to keep baby's milk cool, not warm. The porter will bring you a bowl of hot water to warm the feeding at the regular hour.

How to Renew Worn Tablecloth.

Buy four yards of torchon insertion at a sale; cut it in halves; then cut four squares from the best part of the tablecloth and join to insertion, using the selvages or outside edges for center of cloth, your insertion, of course, to cross the center. Trim edges and hem. Result, a very good looking tablecloth.

Another way is to cut carefully all around, hem it by hand and sew a wide torchon lace edge on the edge, making a round tablecloth to fit the table. The four corners cut from the above make four small hemstitched napkins.

HOLLAND

Bernice Daggett is visiting in Newport.

Miss Gladys Hall is visiting her mother. Mrs. Bradford is visiting a sister in Groveton, N. H.

Roy Waterman of Lyndonville visited relatives recently.

H. R. Marsh visited relatives in Boston the past week.

Little Warren Smith has been very sick with blood poison.

Dr. Aldrich of Derby visited at Fred Daggett's Thursday.

Harry Wheeler has moved his family into his father's tenement.

Ray Deuel of Newport was a business caller in town Wednesday.

Miss Hazel Derusha spent a few days with her parents in Derby.

Mrs. Marshall Ames attended the conference at West Derby this week.

Mr. and Mrs. Hiram Pope of Fitchburg visited friends in town the past week.

A number from this place are planning to attend the annual agricultural meeting at I-rsburg.

Mr. and Mrs. George Morrill of Newport visited their sister, Mrs. Harv Hall, recently.

Mrs. Bert Farr entertained about 50 of her neighbors and friends Thursday afternoon. A very pleasant time was enjoyed by all.

A large number of relatives and friends gathered at Clarence Smith's Monday evening, it being the fifteenth anniversary of their marriage.

The reopening at the M. E. church will be on Saturday and Sunday, Oct. 16-17. The ladies will serve dinner at the new hall Saturday at 12 o'clock. All are cordially invited.

WESTMORE

Mary Wheeler is attending Barton Academy.

Mr. and Mrs. Wilmer Daniels spent Sunday with his parents Mr. and Mrs. W. C. Daniels.

Mrs. Ira Lyon and children who have been visiting in town have returned to their home in Waterford.

The Ladies Aid Society will serve a harvest dinner and bash supper at the church dining room, Thursday, Oct. 21. Everyone cordially invited.

Wm. Richardson has closed the "Willoughby House" for the winter. Mrs. Richardson and two children go West Burke, and Mr. Richardson goes to Livermore, N. H. to work.

Evangelist Anderson of New York is expected to begin a series of meetings Sunday, Oct. 24, at the Congregational church here. It is hoped people will make special effort to come.

ALL THE ALBANYNS

ALBANY

May Miles was home from her school at Johnson over Sunday.

Mrs. Lucy Reynolds is visiting friends in Massachusetts.

Mrs. Charles Davison is visiting her son at White River Junction.

Mrs. Morse of Westfield is visiting her nephew, Carroll Hitchcock.

Mrs. Alice Hitchcock of Troy is visiting her brother, J. A. Brown.

Bernie George and Glenn Miles were home from Morrisville over Sunday.

Mrs. Ann Whitecher spent the last of the week in Hardwick with her son.

Mr. and Mrs. Harrison from Montreal were guests at J. D. Kelley's last week.

Mrs. Mrya Burnham of Hyde Park was the guest of Mrs. Fred Newton Friday.

Mr. and Mrs. Charles Kelley of Lowell visited at Charles Winget's Friday.

Mr. and Mrs. Twist and children of Morrisville were recent guests at Winfield Gowen's.

Ruby Wallace has returned from several weeks spent with friends in Massachusetts.

Mr. and Mrs. Ben Norcross of Hardwick visited at the home of George Greggs last week.

Rev. J. G. Vance has moved with his family to I-rsburg, where he is to be pastor of the Congregational church.

Dr. and Mrs. Goddard and son and daughter attended the funeral of the former's father at Hyde Park Saturday.

Mrs. Delia Honey has had a nice monument set in the village cemetery in memory of the N. M. Darling family.

Mr. and Mrs. C. D. McGuire, Mr. and Mrs. E. A. Andrus and Mr. and Mrs. C. H. Smith started Monday for the exposition.

Mrs. Rosa Page, who has been spending several weeks with friends here, returned last week to her home in Medford, Mass.

Dr. Goddard received word Tuesday that his father, Charles Goddard, of Hyde Park, had died suddenly that day. Dr. and Mrs. Goddard went to Hyde Park that afternoon, returning Friday.

An unusual honor has come to C. P. Kimball of Washington, formerly of this place and a member of Meridian Sun Lodge of Craftsbury, in being elected the head of the Grand Royal Arch Chapter and Grand council of the state of Washington.

SOUTH ALBANY.

Miss Annabelle Thayer is working for Mrs. O. M. Rowell.

Mr. and Mrs. D. R. Cobb spent the latter part of the week with relatives in Hardwick.

O. M. Rowell and C. W. Williams are having their buildings wired for electric lights.

Miss Nora Richardson has finished work for Mrs. C. W. Urie and will be at home for a short time.

Mr. and Mrs. O. M. Rowell and Mr. and Mrs. C. W. Williams were in Barton last week to attend the funeral of Mrs. H. T. Seaver.

J. N. Urie, J. A. Urie, C. W. Urie, and James Young with their families motored to Jay Peak on Saturday. They report a fine trip.

MARRIAGE.

See that boat rowed by two men! When they keep time in rowing it goes smoothly over the rough waters, but if not each wave gives its shock, and any stroke of the oar wrongly applied may capsize the frail skiff. Marriage is the bark, the rowers the wedded pair on the sea of life. Only by pulling together can they lessen the dangers of the voyage.—Duc de Levis.

Commissioners' Notice

Della L. Fletcher

THE UNDERSIGNED, having been appointed by the Honorable Probate Court for the District of Orleans, Commissioners, to receive, examine, and adjust the claims and demands of all persons against the estate of Della L. Fletcher late of Brownington, in said District, deceased, and all claims exhibited in offset thereto, hereby give notice that we will meet for the purpose aforesaid, at the Dwelling House of Geo. Fletcher in the Village of Orleans in said District, on the 22nd day of February, 1916, next from 1 o'clock P. M. until 4 o'clock P. M., on said days and that six months from the 20th day of August A. D. 1915, is the time limited by said Court for said creditors to present their claims to us for examination and allowance.

Dated at Orleans, this 8th day of October, A. D. 1915.

O. G. PAGE
A. A. PATTEN
Commissioners.

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Dated at Orleans, this 8th day of October, A. D. 1915.

O. G. PAGE
A. A. PATTEN
Commissioners.

I Have the Fall Models of

Spirella, LaResista and Flexo Form Corsets

Boned with Spirabone, Flexible, Break-proof, Ventilative and Rustless. I will give you expert corset advise and special fitting if necessary.

All Prices from \$1.00 to \$6.50

MISS COLBURNE

Corsetiere
Barton, Vermont



Auction Sale!

At Newport Stock Farm, on Memphremagog Park, Newport, Vermont

We will sell at Public Auction, OUR ENTIRE RACING STABLE, with all of our Standard and Registered Stock, which will include about 40 head, among this number being several sons and daughters of Peter the Great.

All will be sold to the highest bidder on Thursday, November 4th, 1915.

This stock will be sold without regard to the weather, and lunch will be served on the grounds.

SEND FOR CATALOGUE

Fall Excursion

TO
BOSTON
\$6.00 ROUND TRIP \$6.00

From **BARTON**
THURSDAY, OCTOBER 21

Returning to reach starting point before midnight of October 27

SEE

Boston's New Zoo at Franklin Park
Aquarium at City Point

Revisit its Historic Places
Take in the Newest Plays



For Tickets and detailed information see Local Ticket Agent
C. M. BURT, General Passenger Agent



Judge Tyler on Local Option

In accepting the presidency of the Local Option League of Vermont, Hon. James M. Tyler, former Justice of the Supreme Court, put the issue of Local Option vs. Prohibition squarely before the voters. He said in part:

"A grave question is before the voters of the State—whether they will continue local option, which has proved a success in preventing the sale of intoxicating liquors, or turn it down and return to the prohibitory law, which was less effective than local option."

Judge Tyler is an unswerving advocate of temperance, and invariably votes "No" when the question is before him of license or no-license in his home town, but he believes in the effectiveness of the present law. He does not approve the Perry prohibitory law. His example might well be followed by those who believe in

Local Option, a Temperance Measure

Vermont Local Option League,
Raymond Trainor, Sec., White River Junction, Vt.

Mackinaw Coats

For Men and Boys. Our stock of above goods are now in. The largest line, the greatest variety of shades with the lowest prices we have ever been able to make at this season of year.

Our Shoe Department

is full of overflowing with the latest styles to be had, including ladies' cloth tops in button and lace.

Buy the Hipress

Rubber Boot that comes in tan and white, the kind that outwears all other makes up to date. Buy them, wear them and be happy.

THE E. W. BARRON CO.

Opposite Passenger Depot

BARTON, - VERMONT