



Constipation Results When Hot Weather Stops Exercise

WHEN the system has become accustomed to a certain daily routine of exercise and food, health is first to suffer if that routine is interfered with. The bowels are quick to notice the change.

Different water is enough to constipate. Changes of food when traveling, much sitting by those accustomed to long walks will do it. It is especially true that when elderly people change their routine they quickly become constipated. Yet elderly people should be particularly careful to keep their bowels open, especially during the hot months.

A better remedy for the purpose cannot be found on a druggist's shelf than Dr. Caldwell's Syrup Pepsin. It is a

combination of simple laxative herbs with pepsin which trains the stomach-muscles to do their work naturally so that medicines can be dispensed with. Only a small dose is needed, and unlike harsh physics and cathartics, it acts gently and without griping.

A bottle of Syrup Pepsin can be bought at any drug store for 50c and \$1. The latter the family size, or a free trial bottle will be sent on receipt of your address to Dr. W. B. Caldwell, 480 Washington St., Monticello, Ill.

DR. CALDWELL'S Syrup Pepsin The Perfect Laxative

PLAINFIELD

Clark Brown of Worcester, 80 years old, walked from his home Sunday to spend a few days with his son, George Brown.

Harold Nye of Malden, Mass., is visiting his sister, Mrs. Ellen Nye Lawrence. Mrs. George Bliss of Marshfield was in town Monday.

Mr. and Mrs. Hans Fredrickson and Mr. and Mrs. Harry Dudley are in camp at Joe's pond.

Mrs. Ella MacDonald, Ernest MacDonald and Walter McLeod are in camp at Peacham pond.

Mrs. Della Seales of LaCrosse, Ill., is visiting her sister, Mrs. Henry Batchelder.

Miss Laura Lalime, who has been teaching at East Corinth, is spending her vacation with her parents, Mr. and Mrs. George Lalime.

John Sackallaris of Concord visited Miss Doris Knapp last week. Frank Woodcock, who works for Orlando Clark at East Montpelier, is enjoying a week's vacation.

Mr. and Mrs. Karl Woodcock are in camp at Groton pond. Miss Ella McLeod is at work for Mrs. H. C. Holt.

Austin Cate and Vernon Wheeler of East Calais were in town Monday. Miss Mary Sampson of Barre is at Alton Smith's.

Mrs. Gail Noble is in Marshfield. Mrs. Myrtle Drennan of East Calais is caring for Mrs. Thompson and daughter, Robert Boynton, who has been spending several weeks with Mr. and Mrs. Arthur Townsend, has returned to his home in Lisbon, N. H.

Dr. Burbank of Cabot was in town Monday. Mrs. Elsie Woodcock and son, Frank, are in camp at Groton pond.

Mrs. Edith Willard of East Montpelier visited in town part of last week. Miss Winnifred Hamel of Barre is spending her vacation with her parents, Mr. and Mrs. Nelson Hamel.

Mrs. A. W. Clark of Barre and Mrs. Asa Emerson and son of Springfield, Mass., were in town Tuesday and Wednesday.

Arthur Reed of Montpelier was a business visitor in town Tuesday. Mrs. Harry Sulham and son, Ellsworth, of South Woodbury, visited in town on Thursday.

Mrs. H. C. Cutting is in camp at Groton pond. Mrs. Susan Parks, Mrs. John Parks and Miss Bessie Batchelder are in camp at Edgewater.

Mrs. Kate White Capewell of Roslin-

dale, Mass., is visiting her sister, Mrs. B. B. Batchelder.

Rev. A. W. Hewitt was in Montpelier Friday.

Mr. and Mrs. Henry Dunbar and daughter, Miss Laura, of Barre, and Mrs. George Wells of St. Albans visited at E. W. Page's the last of the week.

Aldro Batchelder was in Waterbury Sunday.

Mr. and Mrs. Gardner Spencer spent part of last week at Groton pond.

Miss Endora Hodgdon of Peacham spent last week at Mrs. C. P. Kellogg's.

Mrs. Genevieve Wilder of Montpelier was in town Thursday on business.

N. N. Morse and family of Randolph recently visited at W. E. Bartlett's.

Henry Batchelder and family and Mrs. Della Seales were in Canterbury, N. H., part of last week.

A. E. Foss was in Boston last week with a carload of cows for the Deerfoot dairy farm.

Mrs. Leon Lombard of Pittsfield, Mass., was a visitor in town last week.

Mrs. Carl Hunt of Barre visited her mother, Mrs. Bernice Ladeau, last week. Jerome Bailaw has sold his farm to Alton Lafayette.

Misses Jane and Abba Clark were in Barre Friday.

Mr. and Mrs. Ernest Batchelder of Barre visited at Mrs. Emma Batchelder's the last of the week.

Mrs. Laura Page of Lawrence, Mass., is visiting her cousin, Mrs. Alton Smith.

Mr. and Mrs. Frank Trow of Barre were callers in town Sunday.

Miss Mary Shorey of Montpelier is visiting Mr. and Mrs. Alton Smith.

Will Shorey of Pittsford spent the week end with Mrs. Blanch Perrin.

Mrs. Carrie Perry and daughter, Cora, of Pittsfield, Mass., are visiting her father, Eugene Cree.

Mr. and Mrs. Fred Goodridge and children were in Hardwick Sunday.

A daughter, Shirley Marion, was born to Mr. and Mrs. C. L. Thompson July 28.

Mr. and Mrs. Medose Pelkey spent Sunday with Mr. and Mrs. Elmer Burnham of Marshfield.

H. S. Parks and wife of Barre were in town Sunday.

Mrs. Nat Daniels and son of Groton are visiting relatives in town.

There will be a Witham reunion Aug. 16 at Camp Comfort.

Mrs. Ralph Wells and son of Marshfield spent Tuesday with Mr. and Mrs. Jerome Batiwa.

Mrs. Elliott Martin spent Friday with Mr. and Mrs. J. M. Martin of Hollister hill.

Moving pictures Friday night, Aug. 8. Charles Ray in "A 9 O'clock Town." Full of pep and comedy.—adv.

TO PREVENT COAL DISASTER

France, Belgium and Italy Are Urging European Coal Commission

HOOVER GAVE WARNING OF THE NECESSITY

United States Cannot Offer Solution Because of Lack of Shipping

Paris, Monday, Aug. 4.—The shipping and fuel representatives of France, Belgium and Italy conferred with Herbert Hoover, head of the international relief organization, here to-day and decided to urge the supreme council of the peace conference to appoint a European coal commission to co-ordinate the distribution of European coal in an effort to avert what threatens to be a disaster.

The meeting was held as a result of a warning given by Mr. Hoover in an address at the recent conference in London of the supreme economic council. He said that Europe's coal production was 35 per cent below normal and that the United States could not offer relief because of the shortage of shipping. During his address, Mr. Hoover said:

"The fate of European civilization now rests in the hands of the coal miners and coal mine owners of Europe to an equal, if not greater, degree than in the hands of the providers of foods and supplies during the next year."

At to-day's meeting Mr. Hoover declined to accept the permanent direction of the proposed European coal commission, stating that he believed the problem to be strictly European and that the situation cannot be relieved materially by the slight help which the United States can give.

Mr. Hoover said to the fuel representatives of the various governments: "The coal problem, with that of the approaching harvest and the solution of the immediate food pressure, comes to the front as the greatest menace to the stability of life in Europe. This problem is domestic to Europe and is incapable of solution from the United States. Disregarding all other questions, an additional load of 1,000,000 tons monthly on American ports would indeed be a large tax in the face of the trebling of the food exports of the United States above the normal pre-war level. Furthermore, such a tonnage would entail a tax on the world's shipping which cannot but affect freight rates generally. With a shortage in production of 20,000,000 tons per month, the contribution of even 2,000,000 tons monthly from America would be of little importance."

Only a greatly increased coal production and an improved organization for its distribution can save Europe from disaster next year, Mr. Hoover explained, and he urged that some sort of fuel control be established which will greatly stimulate production and secure such distribution as will maintain essential services upon which economic and political stability must rest.

According to figures gathered for Mr. Hoover by experts, England's annual production of coal has fallen from 292,000,000 tons in 1913 to 183,000,000 tons, the present production. Germany's decline is slightly greater. Europe, at the present rate, will produce 443,000,000 tons next year, while the amount needed is estimated at 664,000,000 tons.

KILLED HIMSELF AFTER SHOOTING HIS WIFE

Mrs. Manney Had Separated from Husband—She Has an Even Chance of Recovery.

Plymouth, Mass., Aug. 5.—John Manney of Providence killed himself here yesterday after shooting his wife, who had been separated from him. The woman was said to have an even chance of recovery.

Manney was a bartender in Providence until the prohibition act went into effect, and about that time his wife left him and came here to live with her father, James Taylor. She was alone in the house yesterday when Manney arrived, and it is supposed that the shooting followed her refusal to return to live with him. Although wounded in the side, she was able to walk to the house of a neighbor.

The police found the Taylor house locked and after forcing an entrance, discovered Manney dead on the floor.

BETHEL

Dr. and Mrs. Herbert C. Wright, with two children and Dr. Wright's parents of Malden, Mass., came Friday to occupy the Chaflin cottage at Barnard lake during August.

Dr. and Mrs. Stephen Berrien Stanton, with their niece, Miss Roxanna Bissel, were in Wellesley, Mass., last week.

Robert C. Paine has returned home from overseas, having received his discharge at Camp Devens last week.

A. R. Andrews is home from Concord, N. H., for a few days.

Mr. and Mrs. W. A. Dutton of Hardwick were guests at the Bascom house yesterday.

James Davis returned yesterday from a six weeks' visit with relatives in Manchester, N. H.

Misses Lois Dana and Merle Drew of Warren are guests at F. A. Parson's.

Mrs. Fred A. Hess and Miss Mildred Hess of New York City are guests at Mrs. Bertha Hartwell's and Hugh C. Wilson's.

Mrs. W. J. Allen of Waterbury, Conn., has been visiting her aunt, Mrs. G. A. Best.

C. H. Brooks and Dr. William G. Brooks of Quincy, Mass., are visiting at Forrest Blossom's and G. E. Davenport's.

J. S. Kimball has returned from a week's visit at Walpole, Mass. His son, Richard, returned with him after a two-month visit.

Mr. and Mrs. R. J. Whitcomb and their daughter, Kathryn, of South Walpole, Mass., with Earl Boyden and Margaret Kimball, are with friends in town for the week.

Miss Marion Bullard has accepted a position as social director at St. Luke's hospital in Cleveland. She went last Friday to enter upon her new duties. She will be hospital hostess at the large institution.

Nicola Palmetto has moved his family to Northfield, where he is employed.

Mrs. Daniel F. Carney of Milford, Mass., is visiting friends in town.

A. Lee Cady has been appointed administrator of the estate of the late William H. Hartwell. Robert Noble and R. J. Flint have been appointed commissioners and appraisers.

Mr. and Mrs. L. F. Terry have returned from a camping trip at Post Mills.

Topics of the Home and Household.

Cayenne pepper is excellent to rid cupboards of mice.

A wet cloth, sprinkled closely with good vinegar and inhaled, will usually stop nausea. Also the same remedy, if applied to the forehead, will cure a headache.

Never spread green mosquito netting over a baby's carriage without being sure it is fastened so the child cannot get into its mouth and become poisoned thereby.

Recipes of One Kind or Another.

Chocolate Nut Cake—Mix together 2 cups of flour, 2 teaspoonsful of baking powder, 1/2 teaspoon of salt, 1/2 teaspoon powdered nutmeg, 1/2 teaspoon powdered clove, 1 teaspoon powdered cinnamon and 1/2 cup of grated, unsweetened chocolate, and sift into a mixing bowl. Cream 1/2 cupful of butter with 1/4 cupfuls sugar, add 1 well beaten egg, 1 cup milk, 1 cup of chopped English walnut meats (into part of flour mixture); then rest of the flour mixture. Mix well and turn into greased pan (flour pan, always) and bake in moderate oven for three-quarters of an hour. Cool, then frost with white frosting and half nut meats on top. Delicious.

Lemon Pie—1 cup sugar, 1 cup hot water, juice of 1 lemon and thin chips of the rind slice in. Boil a minute or two. Skim out the pieces of rind. Thicken with a large tablespoon of cornstarch in water. Add butter size of walnut. When cool stir in unbeaten yolk of egg. Put it into a one-crust pie and bake with the pie. Sometimes put strips of crust on top. Other times whip the whites with 1 tablespoon frosting sugar. Spread on pie when cooked and return to oven to brown.

Hot Chocolate Pudding—2 ounces of chocolate, 1 pint of milk, 1/2 pint of cream, 2 eggs, 1/2 teaspoon salt, 1/2 cup butter, 1 cup sugar, 1/2 cup raisins, 1/2 cup of currants, 1/4 of a nutmeg. Boil the chocolate, milk and salt together, and when smooth pour over the crumbs, let stand one-half hour and then mash fine. Beat the eggs light, add them and the melted butter, then the fruit, spice and sugar. Butter a tin basin, turn in the mixture and steam for one hour. Serve without sauce or with sweetened and flavored cream if a sauce is preferred.

Lemon Cocoanut Pie—1 cup of milk, 1 heaping tablespoon of cornstarch, 2 eggs, 1 lemon, 1/2 cup shredded cocoanut, 1 cup of sugar. Heat the milk in a double boiler, add cornstarch which has been dissolved in a little cold milk. Stir until smooth, then add the beaten yolks in which has been beaten the cup of sugar and the juice and rind of 1 lemon, lastly add the cocoanut. Cook for five minutes and pour into a well-baked crust. Place the whites of the eggs which have been well beaten together with 2 tablespoons of sugar as a top of the filling and brown in a slow oven.

Spanish Eggs—Spanish eggs are dropped eggs served on rice. One cup of rice for 6 eggs. Cook rice one-half hour in 2 quarts of boiling water; first add to the water 1 tablespoon of salt. Drain through colander, add 1 tablespoon of butter and spread lightly on hot platter, then place eggs on it.

Dorothy Dexter.



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All in sealed packages.

WRIGLEY'S

Helps appetite and digestion. Three flavors.



IT'S not enough to make WRIGLEY'S good we must KEEP it good until you get it.

Hence the sealed package—impurity-proof—guarding, preserving the delicious contents—the beneficial goody.

The Flavor Lasts

SEALED TIGHT



KEPT RIGHT

ORANGE COUNTY FARM BUREAU

Notes for Week Ending Aug. 2.

The Chelsea-West Hill Farmers' club met for its regular meeting on Tuesday evening. There was a good discussion on the subject, "How we may improve the quality of our cream." Plans were made and a committee appointed for the picnic of the club, which is set for Aug. 26 at Libby's grove.

Friday and Saturday were spent in Randolph district, visiting the potato fields of the Randolph Center Potato Growers' association with the state inspectors who gave the fields the first inspection in view of certifying them. A number of Long Island growers also visited the fields on Thursday and Friday to inspect the several fields before contesting for the crop from the association. The disease known as leaf-roll was evident in most of the fields though a few were very nearly free from it. Mosiac does not seem to appear but little and that in the earlier planted fields. Both diseases in most cases can be traced to certain sources of seed or to infection from a different variety planted nearby.

The regular meeting of the Tunbridge, No. 3, and Wright Mountain Farmers' clubs meet Wednesday and Friday nights respectively of this week. The subject for discussion at the Wrights Mountain meeting is "Grades vs. Pure Bloods."

The annual meeting plans are still incomplete as to the speakers for the afternoon meeting, but every farmer may rest assured the meetings will be well attended. Plan now to be present and bring your neighbors. Remember the dates, Aug. 19.

Blackberry Pudding—One-fourth cup shortening, 1/2 cup sugar, 1 egg, 1/4 teaspoonful salt, 1/2 cup milk, 2 cups flour, 4 teaspoonfuls baking powder. Cream the butter; add the sugar and the well-beaten egg, and beat well; add the milk and then the flour, baking powder, and salt, sift together beforehand; beat again, add one cup blackberries and bake in hot oven in pudding dish about half an hour, or in individual tins about 20 minutes. Serve with a blackberry sauce.

F. Mildred Dutton, Home Dem. Agt. H. D. Dwyne, County Agri. Agt.

A Parting Shot.

An English vicar and his curate had quarreled and the latter was requested to find some other congregation to minister to. The curate, therefore, preached his farewell sermon and the parishioners came in crowds to hear him. "My text," he said, "is taken from the moving story of Abraham, 'Tarry ye here with the ass, while I . . . go yonder.'"—Boston Transcript.

EAST CALAIS

Mrs. G. A. Wheelock and daughter, Florence are visiting relatives in Barre. Dan Brown and Wayne Burnham were in Marshfield Friday.

W. G. Eastman, Arthur Clark, and W. D. Peck were business visitors in Montpelier Saturday.

Mrs. Mary Bliss of Marshfield has been visiting friends in the village during the past week.

George E. Sanders and family are stopping at Camp Putnam, Joe's pond, for two weeks.

Jerome Mensinger and John Duffy have returned to New York after a two weeks' vacation spent in camp at Woodbury pond.

Mrs. R. C. Goodall and Mrs. D. R. Brown were visitors in Montpelier the last of the week.

M. D. Hawkins was in Montpelier the first of the week.

News from Rev. W. J. Coates, who is

in the Mary Fletcher hospital, says that he is gaining somewhat.

John Bancroft was the guest of Robert Sanders at Joe's pond on Sunday.

R. C. Goodall has returned to Calais from St. Johnsbury, where he has been the guest of his sister for the past week.

Mrs. Howard Dalley is quite sick at the home of her sister in North Calais.

Mrs. Maynard King was in Montpelier the last of the week.

A. A. Gove is entertaining his cousins, Stanley Jones and wife, from Los Angeles, Cal.

Mr. and Mrs. F. E. Marsh were business visitors in Barre on Friday.

Mr. and Mrs. Will Wilson of Montpelier were recent guests of M. D. Hawkins and wife.

Miss Mary Southwick of Burlington is visiting her brother, C. B. Southwick.

D. A. George was a business visitor in Montpelier on Monday.

Madam Southwick has returned from a visit to Burlington.



When You Feel Dumpy And Out of Sorts Generally

Look around a little and see if the trouble is perhaps with the food. A lot of people need better nourishment.

Grape-Nuts

Contains marvelous nutriment—all the goodness of wheat and barley, including their rich mineral elements. Have Grape-Nuts as a daily ration with other food and see if life doesn't take on a brighter look. A delicious, economical food! You'll like it.

"There's a Reason"

TIRE shopping is responsible for your having a good tire one time and a poor one the next.

It pays to buy the Firestone Gray Sidewall consistently.

Its excellent qualities are to be found in every tire bearing the name Firestone.

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