

Live on your porch by day—sleep on it by night



Put up VUDOR Porch Shades at a cost of only a few dollars.

Vudor
Porch Shades
ARE IDEAL FOR
SLEEPING PORCHES

They give shade, coolness, privacy.

VUDOR
Reinforced
Porch Shades

ave many advantages; among them—

VUDOR Safety Wind Device prevents flapping in the wind and does not have to be adjusted when you roll shade up or down and takes all wind pressure off the shades. New VUDOR Cord slides do away with galvanized or iron pulleys and make shades roll up easily. We use VUDOR permanent oil stain, instead of the cheap, "change color" paint that is used on imitations.

The following widths in stock

4 feet wide, 7 feet 8 in. drop	\$2 50
6 " " 7 " 8 " drop	3 65
8 " " 7 " 8 " drop	4 75
10 " " 7 " 8 " drop	6 25

E. P. Cushman & Son

GET ACQUAINTED WITH THE SOY BEAN

Chinese Woman Tells Some Interesting Things About It

Hundred Different Food Uses Made of It in China—Popularity May Grow Here

The fact that the United States Department of Agriculture has just sent Dr. Kin, the only Chinese woman graduate of an American medical college to China to study the soy bean should be of particular interest to Vermont farmers who began experiments with this bean a few years ago and who are to grow it this year more extensively than ever.

Vermont has taken interest in the soy bean largely because of its value for cattle feeding, but if Dr. Kin comes back to teach us how, it is not unreasonable to imagine that the soy bean may be widely used for human food. The Chinese make a hundred different uses of it, and Dr. Kin tells of some of them: She says in part:

"Soy beans are eaten in some form by rich and poor at almost every meal. Instead of taking the long and expensive method of feeding grain to an animal until the animal is ready to be killed and eaten, in China we take a short cut by eating the soy bean, which is protein, meat, and milk in itself. We do not eat the plain bean in China at all. It is never eaten there as a vegetable, but in the complex food products—natto, tofu, miso, yuba, shoyu, and similar dishes.

"Human nature is about the same everywhere, and the Chinese don't care for a monotonous bean diet any more than other people. So they have taken this soy bean, and managed to invent a great many kinds of products. The bean curd is a food made from pulverizing the bean into a flour and then boiling this milklike concoction, letting the curd rise to the top as your grandmothers in this country made cottage cheese. I spoke of tofu—this is it. Nothing is wasted, nothing is lost in China. Most of these soy bean products, popular from ancient times, are fermented. The cell walls and other carbohydrate materials are broken down, the cell contents rendered more readily digestible, and peculiar and pleasant flavors developed.

"Soup noodles are made out of bean curd. Entrees made of bean curd are served with cream mushroom sauce or a hot Spanish tomato sauce. A salad of bean sprouts, accompanied by cheese—the cheese a cross between Camembert and Roquefort, and made from the soy bean—is very nutritious and palatable. Americans do not know how to use the soy bean. It must be made attractive or they will not take to it. It must taste good. That can be done. We make from it a delightful chocolate pudding. A black soy bean sauce we use as a foundation for sweetmeats in China. The soy bean contains practically no starch, which means that it is a most desirable food for diabetics, and also, of course, for vegetarians. Buddhists kill no animals—they thrive by making a specialty of the soy bean, which, by the way, is already being used in the French Army. They find there that soy bean mixed with flour makes a good cracker, more nourishing than any other cracker.

"The soy bean thrives best under conditions favorable to corn culture, and on soils of medium texture well supplied with potash, phosphoric acid, and lime; also it gives good returns on light, poor soils. If planted for hay or fodder, the seed is sown broadcast or closely in drills in the spring when the soil is thoroughly warmed, if for the beans, in drills about three feet apart and cultivated like corn. Soy bean hay cut in season and well cured has a high feeding value. The seed, being a concentrated feed, is usually ground and mixed with other fodder. Fed alone or with other materials the meal is quite thoroughly digested; experiments with sheep showed that 91 per cent of the protein and 84 per cent of the total organic matter was assimilated. Similar values of the seed were 87 and 85 per cent. The seed is also an important source of oil, and the seed cake, a by-product in making oil, is a valuable feeding stuff. The name 'soy' is from the Japanese word 'shoyu,' a food prepared from the seeds."

This flag was won by sacrifice.

How The Bonds Will Look

Likenesses of presidents from Washington to McKinley will grace the new liberty bond which will be engraved in blue, green, orange, red, brown, olive and carmine, according to denomination. Designs of the bonds have been completed and the bureau of engraving and printing is working day and night turning them off the presses by the thousands. Portraits and colors of the bonds will be as follows: \$50, Jefferson, blue; \$100, Jackson, blue; \$500, Washington, orange; \$1000, Lincoln, carmine; \$5000, Monroe, green; \$10,000, Cleveland, blue; \$50,000, McKinley, carmine; \$100,000, Grant, orange.

The title of the issue "Liberty loan of 1917", will appear on the upper border of each bond and the denomination in the four corners and on the lower border. The face will be printed in black with an overprinting of the denomination, number, seal and dates in the color selected for the denomination. On the right side of each bond there will appear the vignette of Bartholdi's statue of Liberty in New York harbor, on the left side the portrait of one of the presidents.

The bond will be 13 inches long and six inches wide, the established size of previous issues of bonds, and will be printed on distinctive paper with silk fibre.

Crane-Forbes

Miss Reta Lorraine Forbes, oldest daughter of Mr. and Mrs. Walter J. Forbes, and Royal Mansfield Crane of McIndoes Falls, were married at the home of the bride's parents on Case street at 8:30 o'clock Saturday evening. Rev. G. M. Moody, pastor of the Methodist church, performed the ceremony. They were unattended. The bride wore a gown of white crepe de chine. After the ceremony a wedding lunch was served. The rooms were decorated with lilies of the valley and ferns. After a short wedding trip Mr. and Mrs. Crane will reside in McIndoes Falls where Mr. Crane is in business.

The Hawaiian Singers and Players a Chautauqua Feature

Aloha Oe, the Kohala March, the Ka-li-ma Waltz and the sacred Hula Dance are some of the numbers which this most talked of attraction in America will present here in their two concerts, third day of the Chautauqua.

They will appear in native costumes. They will play the steel guitar and the ukulele. They will give a song and story demonstration of the native life of the Hawaiian in the far-off south seas. It will be like an afternoon and an evening in Hawaii.

The Chautauqua is bringing ten other great musical numbers, lecturers and entertainers in a mammoth five-day program. This is only one of eleven. The cost is 'way low on the season ticket plan. Season tickets are on sale in the stores. Get yours today.

COMMUNITY CHAUTAUQUA

Middlebury, July 8 to 12

LEROY C. RUSSELL
ATTORNEY AT LAW
BATELL BLOCK,
Middlebury, Vermont.

JAMES B. DONOWAY
ATTORNEY-AT-LAW
MIDDLEBURY, VERMONT.
Municipal Judge, General Practice,
Robert W. McCuen, Associated.

ROBERT W. MCCUEN
ATTORNEY-AT-LAW
Battell Block, Middlebury, Vt.
With James B. Donoway, Esq.
Telephone 155

IRA H. LAFLEUR,
ATTORNEY and COUNSELOR AT LAW
Battell Block - Telephone 141-2
Middlebury, Vermont.

ALBERT W. DICKENS,
ATTORNEY AT LAW,
No. 39 Battell Block, Middlebury, Vt.
Collections a Specialty. Real Estate Handled

J. S. CHANDLER,
PENSION ATTORNEY,
RIPTON, VT.
Collector of claims Charges reasonable
50 c. f.

M. K. MOORE,
GENERAL AUCTIONEER.
Middlebury, Vermont
No job too large or small to receive prompt attention. Telephone connection, or immediate with Register Office.

YOU SIMPLY MUST
have insurance against loss, as an investment, or to protect your family—then
Get the Best
the kind that "has it all in the contract," and leaves nothing to the imagination, that is based on business principles, costs only what it should, no more.
WE HAVE THIS KIND
in Fire, Life and Casualty.
R. F. PINNEY
MIDDLEBURY, VT.
LET ME FIGURE FOR YOU

Jones of Midd Wins

Fred L. Jones, a sophomore at Middlebury College won the mile run Saturday at Springfield, Mass., over John Overton the great Yale track captain. The race was run in the Fisk Meet at Fisk Park, featuring the Yale star who is now representing the New York Athletic club. Jones came to Middlebury, a graduate of Rutland High school two years ago. He made a reputation for himself there as a long distance runner. Last year in the New England Inter-collegiate representing Midd he placed second in the two mile. This year Middlebury tied for fourth place in the New England meet through Jones' fine work, a second in the mile and third in the two mile. One of the Springfield sporting columns contained the following remark on the race. "Finishing the last eighth with a whirlwind burst of speed, Jones of Middlebury gave Johnny Overton of Yale the race of his life yesterday afternoon in the one-mile run in the Fisk track meet at Fisk park, the Yale star winning the event by a hair in 4 minutes 38.2-5 seconds, the time being excellent for the track."

Public Library

The library has just received from the U. S. Department of Agriculture: Farmers' Bulletin No. 255; The Home Vegetable Garden by W. R. Beattie, and Bulletin No. 256; Preparation of Vegetables for the Table by Maria Parlos. Also Bulletin 630, Some Common Birds Useful to the Farmer, by F. E. L. Beal and Bulletin 660; Weeds, How to Control Them, by H. R. Cox. The library has also a valuable book on Weeds by A. E. Georgia.

Going to England With Sawmill

George Shea, bookkeeper for the Great Northern Lumber company at its plant at Connecticut lakes in New Hampshire, was in town Sunday to visit his mother, Mrs. Daniel Shea, before leaving for England with one of the sawmill units consisting of 300 men. Mr. Shea goes to England with the unit as bookkeeper and time-keeper.

Sheep Raising in Vermont

D. C. Davis of Washington, D. C., representing the Department of Agriculture, is visiting all the county agents in northern Vermont for the purpose of helping in a survey that is being made relative to sheep growing. The Government has selected Vermont as the most likely territory for that purpose and a great deal of effort will be made to bring back to the state the industry with which for some years little has been done. Later a representative of the government will be stationed in Vermont to look after sheep growing exclusively.

Any skin itching is a temper tester. The more you scratch the worse it itches. Doan's Ointment is for piles, eczema—any skin itching. 50c at all drug stores.—adv.

"Dan" Mason Named for Service

The Intercollegiate Intelligence Bureau, of Washington, D. C., have asked Prof. Raymond McFarland to nominate five college men to be trained in the Navy as Hospital Corps men of the Naval Reserve force, for duty at home and abroad. The men who have been named are Dan O. Mason, Middlebury; John A. Reynolds and John J. Lynch, Rutland; Alban Parker, and Urban Parker, Morrisville, with Augustus Benedict of New York as alternate. The men will undergo a three months' course of training in the duties of hospital corps men at Columbia University, New York city. The course of training starts July 1st.

Graduation at Vergennes

The graduation exercises of the Vermont Industrial School at Vergennes were held in the chapel of the school Wednesday afternoon. They were highly successful and reflected great credit on Superintendent Bars and the faithful corps of workers who are making the institution increasingly a power for good in the commonwealth. The graduates numbered eighteen, fifteen boys and three girls; they have completed the work of the first year of the high school. The programme was made even more interesting by the vocal and instrumental music scattered through it and finely rendered by the various musical organization of the school. Governor Graham honored the occasion with his presence and an excellent address. Ex-Lieutenant Governor Howe, State Treasurer Scott, and Doctor W. A. Davison were also among the speakers. Hon. John E. Weeks presented the diplomas. A bountiful dinner was served the guests.

Miss Emma Easton Weds.

The marriage of Miss Emma Easton, daughter of Mr. and Mrs. Robert Easton, to Claude A. Towne of Syracuse, N. Y., was solemnized at the Easton home on Pleasant street Wednesday morning, the Rev. H. C. Newell of the Congregational church performing the ceremony. Only the members of the immediate family were present. The bride is a graduate of Middlebury College, and last year was secretary to the manager of the Lake Placid Club. Mr. Towne is employed as a draughtsman in the Smet-Solvay Process Salt Company in Syracuse, where the couple will reside.

Infantile Paralysis

Carey Palmer, a member of the graduating class of the High school at Waitsfield died Saturday night of infantile paralysis. The remainder of the High school students, between 40 and 50 in number, have been placed under quarantine by Dr. J. W. Howard, Health officer, who has closed the churches and all places of amusement. The youth is a son of Mr. and Mrs. Warren Palmer, living on the East Warren road. Dr. Howard stated that he did not know the origin of the disease.

"Psychology" did not win this flag; nor will it preserve it.

Hoover Appeals to Clergy

Co-operation with the department of agriculture in impressing upon the people of the country the necessity for the "largest possible production of food and the smallest possible quantity of waste," was urged by Herbert C. Hoover today in a letter to 200,000 clergymen of various denominations, distributed through the federal council of the Church of Christ in America. All pastors are requested to preach on food conservation Sunday, July 1, and to endeavor to interest religious and civic bodies in a food saving campaign.

STARKSBORO

Orange Stokes' children are ill with the whooping cough.
Mrs. Betsey Eddy suffered a stroke of paralysis Friday, and is very low at this time.
Mrs. F. S. Ferguson is quite ill with throat trouble. A trained nurse is caring for her.
Mr. and Mrs. A. A. Stokes of Charlotte spent the week-end with Mrs. Stokes' parents, Mr. and Mrs. I. C. Stokes.

Real Economy

An electric grill is a real economy because—
You can cook in less time
With less bother
and at less expense
than in any other way.

Nowadays when house-keeping costs are rising it will pay you to find out what a real saving can be accomplished with

An Electric Grill

Walter Calhoun & Co.
MIDDLEBURY, VERMONT.