

. - Try it.

roxinately eight feet ced on all four sides make matters worse dbreak facilitates .Ithe summer when one winds would re-

W. Birch, Apiarist,

S AGAIN IT Canadian Echo)

dson, K. C., of Walkerof the Scotch Presbyrongly against church ways on the look-out little missionary work f preserving the church The other day when n he min into a couple Jack Macaulay was unexpected reply.

dues. Will save will count as before. Every is guaranteed ter standard.

day for Sale Catalogue Machine Shop



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TS

Epicure Ham, sliced Gooked Ham, Ib 50c

| Seedless Raisins, 2 oilet Soap, 4 bars . . 250

it lasts, 5 lbs. 25c. EVERY WEEK

HLAN Durham

and the other will be en we say he is a little ing in one ear. After s all round. the emined W. G. "How are you ion?" "I'm against it. vote for government

mber and December

25 to 50 per cent.

ON. - MACHINIST



are determined by placing the ther- London Advertiser.

What will happen to the one who | Nothing may happen. Excessive eating would add to the strain on the organs of circulation. The large We can speculate to some extent what may happen, our speculations sumed may place an additional buramount of protein likely to be conbeing based on the condition of the den of work on the already diseased

he Road To

Effects Of Over-Eating

By DR. W. J. SCHOLES

(Note S Dr. Scholes will answer such health questions in these

columns as will be of interest to others and permissible in

public print. .. Personal questions will be answered only when

accompanied by self-addressed and stamped envelope. Address

Dr. W. J. Scholes, in care of The Durham Chronicle.

kidneys, a normal blood pressure, raigia of the heart) have often eaten too many lures now to the Canadian is not over-weight and has no tend- too heartily a short time previous to go South, without the added inency to diabetes, perhaps nothing to one of the attacks. In the preswill happen. There may be some ence of a high blood pressure and feeling of discomfort or a slight brittle, hardened arteries, a heavy digestive upset. But, this person meal has been followed by an apopis not a regular offender, so he suf- lectic stroke.

Those who are over-weight add When the digestive organs are less to their burden of fat. The large amount of earbohydrates likely to be lealthy, one may not get off so easily. consumed in the course of a big An acute and somewhat severe didinner may cause the appearance of gestive disturbance may be the pensugar in the urine in the case of those who are on the verge of diabetes. The diabetic patient lessens What any one indulgence in too his chance of recovery.

much dinner will do to those who And, everyone knows that food of have diseased hearts or kidneys, the wrong kind and in excessive bardened arteries or high blood amounts often causes digestive dispressure, is difficult to predict. turbances in children.

(Copyright, 1924, by The Bonnet-Brown Corporation, Chicago) HEALTH QUESTIONS AND ANSWERS

## Sore Mouth

Hard to Predict Effect

evereats on a single occasion?

fers no serious results.

W. F. G. writes: "During the past two years, I have frequently been ture so often? If you have any roubled with a sore mouth and doubt as to your general health, follows: tongue. I try to keep my teeth elean and use some mouth wash, Sometimes my appetite is not good. I would like to know what causes such frequent sore mouth and what can be done for it?"

## Reply

Foods that are too hot or irritatsmoking, infections of the mouth, digestive disturbances, anemis and other debilitating conditions may cause the soreness.

Avoid all sources of irritation to the mouth. Have an examination to determine the condition of your general health. As a sore tongue is sometimes present in certain kinds of anemia, have a blood examination.

Clean Teeth Twice a Day T. F. L. asks: "What is the best contamination with these secretions. time to clean the teeth, morning or The symptoms are fevery pain in

---

## Reply

If you clean your teeth but once a day, clean them at bed time. seems to be the accepted idea that teeth should be cleaned both morning and night. Some authorities have recommended brushing the teeth after each meal.

## His Temperature Varies

A. K. writes: "In the morning my litis develop paralysis. degrees. What would cause my adults. temperature to go up and down like that? There does not seem to be anything the matter with me."

Reply

While the average normal temperits. One authority gives the mini- Flies may possibly convey the ova mum and maximum normal tem- to food. peratures of the adult as 97.2 degrees and 99.5 degrees Fahrenheit, The golf fiend will soon spend the retired in confusion with the briderespectively. (These temperatures rest of the season talking about it .- groom declaring "some arrangement

mometer under the tongue). Why do you take your temperaeyou should be examined.

### Infantile Paralysis

Mrs. A. L. W. writes: "There have been some cases of infantile paralysis near where we live. We would like to know if this disease is contagious, what the symptoms are, and whether adults ever get it?"

The name of infantile paralysis is acute anterior poliomyelitis. The disease is contagious but, apparently mildly so. It is transmitted from one person to another either by direct contact or by means of carriers. The virus seems to be present in the secretions of the nose, throat and mouth of those suffering from the disease and those who are carriers. Infection results from

the head, pain and stiffness in the back of the neck and often down the spine and in the legs. The patient may be either drowsy or irritable. The throat and eyes may be reddened. There may be vomiting. In many cases paralysis of some groups of muscles of the legs, arms, and even of the trunk rapidly develops. The muscles of the legs are most often affected. Not all cases of acute anterior poliomye-

emperature is sometimes only 97.8 The disease occurs most fredegrees Fahrenheit. Later in the quently in children under six years day it often rises as high as 99.0 of age. It is uncommon among

> Infection with Round Worms Mrs. H. S. asks: "How do round worms get into the bowels?"

ature of the human body is 98.6 The eggs (ova) are conveyed to it was explained, was to be for three degrees Fahrenheit, it probably the mouth by drinking water, vegevaries within certain narrow lim- tables, fruits, and dirty hands. all "bets" would be called off.

# MAKING BEER WITHOUT

Joseph Schram, Dutton District, Also Guilty of Using Obsolete Permit.

Joseph Schram, a resident of Dutton district, near St. Thomas, was mit, by Magistrate Maxwell in the county court last Friday afternoon. In default of payment on the first

The case was heard in Dutton last of both charges. He submitted a over. Government permit issued for Kent out by his worship.

### CANADA'S INCOME TAX (London Free Press)

The Government at this coming session of Parliament must serious- the centralization of purchasing, sely consider a revision of the Canadian income tax. The American in- prices from the manufacturers and come tax today is much lower than compete more successfully with the individual at the time he commits kidneys. Digestive disturbances may handicap not only to business, but ious factori n the conduct of their age and are enjoying fairly good the 'Montreal Standard,' and I have to be to be four bettles of it. I was a very the Canadian tax, which is a serious chain stores that have become a ser- who have lived to such a ripe old the Vegetable Compound advertised in a sound heart, healthy arteries and Victims of angina pectoris (neu- as it is today in Canada. There are ducement of a much lower taxation upon his income. The crying need this system, the new organizations persons were present, including our national resources, but capital is sensitive and capital objects to ment all the profit.

Sir Thomas White, when he was strenuous competition and Canada could not afford to have a curtailed. higher income tax than the United States and followed this policy. The TWELVE YEAR OLD GIRL Government may need the money, but as J. E. Howes, of the Citizens' Research Bureau and an expert on Spark from Stove Ignited Her Dress; the subject, told the United Boards of Western Ontario it is more a question whether the Government can afford to continue the present tax. Wednesday of last week at Mar, a Mr. Howes pointed out that today small village about 8 miles north the Canadian tax on a \$3,000 income of Wiarton, when Rosanna, the 12 is \$40, and in the United States \$7.50. year old daughter of Mr. and Mrs. On \$6,000 the Canadian levy is \$178, William Boyd, was burned to death. and in the United States \$57.50, and so on. Mr. Howes well sized up as

In my opinion, there can be no doubt of the result if this preat difference is permitted to continue. A great deal is heard of the necessity of encouraging capital to come to our country for the purpose of developing our natural resources. A great deal is heard also of the fact that there are large amounts of money in the United States for investment. Would it not be a good plan to try to attract this capital?

Then consider our heavily graded income tax from the standpoint of the Canadian Investor. What inducement is there for capital to take all the risks if the state insists on taking an undue share of the profits? Is it not much more comfortable and natural to sit back and reap a modest return from investments in Government bonds?

The United Boards of Trade of Western Ontario, recognizing the need of action, passed a resolution recently asking the Dominion Government to reduce the Canadian tax to the American level.

#### "TRIAL MARRIAGE" APPROVED BY ALL SAVE MAGISTRATE

The bride was willing, the bridegroom had the proverbial smile, and the best man had his Sunday suit on, but Magistrate F. Richards was not enthusiastic when a Central European applied to him for a "temporary marriage" license. The application was made at the Central Police Station, and the marriage, so years-if the test was unsuccessful,

"A permanent license" was the only solution, the magistrate explained, and the interested parties could be made."

## WHOLESALERS MAY

Big Ontario Syndicate.

A gigantic scheme, under which about twenty-five or thirty of the seventy wholesale grocery establishfined \$200 and costs for manufactur- ments in Toronto and Western On- but by that time the clothing had ing beer without a license and \$50 tario will come under the same man- been completely burned off her An American syndicate is quietly

getting options on wholesale houses charge, he will spend four months dealing in groceries, and proposes in jail and on the second charge, the formation of a company with a capital of \$15,000,000 to operate the week and Schram was found guilty institutions which they are taking 8.30 in the evening, in terrible ageny.

It was reported that they had al-County to show he had permission ready options on ten of these, and to run a beer still, but it was ruled they are going on until they have secured a sufficient number to attain! the objects they have in view-the building up of an organization of such strength as will enable them to cut down the overhead expenses by cure goods at more advantageous

taking all the risks and the Govern-salers dealing with one end of the business have had to face finance minister, took the stand that field of activities has thereby been

BURNED TO DEATH

Died a Few Hours Later.

A very sad fatality occurred on



## Do they answer your questions?

The young people, in their letters from school, seldom tell you what you really want to know.

But how different when you call them by Long Distance! Jack says he is all over his cold. Mary is no longer homesick and is perfectly

The load is lifted from your mind. And how the absent ones do enjoy hearing the familiar voice!

No matter how gloomy the weather, a talk with the young people by Long Distance will always bring sunshine into their day as well as yours.

Look up in your Telephone Book the lower rates for Stationto-Station calls after 8.30 p.m.



Every Bell Telephone is a Long Distance Station

The girl was preparing dinner for FIGHT CHAIN STORES her father, her mother being away PERMIT COSTS \$200. Gigantic Scheme Now on to Form at the time, and a spark from the stove over which she was working set fire to her light dress, and in a

few moments her clothing was a mass of flames. The frenzied girl ran out of the house to where her father was working, just a short distance from the house in the bush. agement is in process of formation. body, and she was in a terrible condition.

As quickly as possible medical assistance was secured from Wiarton. and while everything possible was done to alleviate her sufferings and to save her life, her burns were of

## SIXTY-SEVEN YEARS MARRIED

Mr. and Mrs. Job Almond Honored By Family and Friends on Attaining Sixty-Seven Years of Married Life on Monday.

Few people have the distinction of celebrating their 67th wedding anniversary, and Meaford is duly honored in having a couple in the health notwithstanding their ad-The move is, as a matter of fact, vanced years. At the home of their the result of the development of the youngest daughter, Mrs. Albert Ham. chain store system, and the co-oper- Denmark Avenue, Mr. and Mrs. Alative buying of firms that have come mond celebrated the eventful day together for that purpose. Under with a host of friends. About thirty ter as a testimonial."-Mrs. M. W. Rose, are at an advantage by reason of be- their four sons and their wives and ing both wholesalers and retailers, their three daughters and their husand as a consequence, the whole- bands, all of whom joined in congratulating the old couple upon November to take any second place very their long span of married life and to October as a producer of good their wishing them continued health and weather.—Brantford Expositor. happiness in years to come. Mr. Charles Freestone, brother of the sertion that clothes worn by some aged bride, and Mrs. Freestone were girls in office employment do not among the relatives present.

Advertise in The Chronicle. It Pays. -Hamilton Spectator.

Read Alberta Woman's Experience with Lydia E. Pinkham's Vegetable Compound

Provost, Alberta. - "Perhaps you will remember sending me one of your books a year ago. I was in a bad condition and would suffer awful pains at times and could not do anything. The doctor said I could not have children unless I went under an operation. I read testi-monials of Lydia E. Pinkham's Vegetable Compound in the papers and a friend recommended me to take it. After taking three bottles I became much better and now I have a bonny baby girl four months old. I do my housework and help a little with the chores. I recommend the Vegetable Compound to my friends and am willing for you to use this testimonial letter."- Mrs. A. A. ADAMS, Box 54, Provost, Alberta.

## Pains in Left Side

Lachine, Quebec.-"I took Lydia E. Pinkham's. Vegetable Compound because I suffered with pains in my left side and back and with weakness and taken four bottles of it. I was a very sick woman and I feel so much better would not be without it. I also use Lydia E. Pinkham's Sanative Wash. recommend the medicines to my friends and I am willing for you to use my let-580 Notre Dame St., Lachine, Quebec.

It is evidently not the intention of

There can be no denying the asconstitute good business, but the matter of form is a debatable point.

# Specials for Sat., Nov. 22

Men's Brown Bluchers, Leather Soles, Rubber Heels sizes 6 to 10. On Sale.....\$4.00 Women's High-Cut Bals, Louis Heels, sizes 21/2 ta 7 On Sale ......\$2.00 Misses High-Cut Bals, Narrow Toes, sizes 11 to 2

Misses' Dongola Bals and Bluchers, On Sale ..... \$2.00 Children's Box Bluchers and Bals, sizes 91/2, 10 and 101/2 On Sale .....\$1-60 Infants' White and Red Top Patent Bluchers, sizes 3

to 7½. On Sale.....\$1.50

REPAIRING A SPECIALTY J. S. McIlraith The Cash Durham, Out.

## WANTED TO BUY

Wheat, Oats, Barley, Buckwheat, and Mixed Grain For which we will pay Highest Market Prices

## FOR SALE

We have a full line of the Best Brands of

Flour, Rolled Oats, and Oatmeal

Crushed Oats, Oats and Mixed Chop, Poultry Food, Etc., at McKechnie Mill

**CHOPPING and CRIMPING EVERY DAY** 

J. W. Ewen & Son Phone 114

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At Home---and Abroad!

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