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The Road To Better Health

Humidity

By DR. W. J. SCHOLLES

Note: 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.

While the amount of moisture that the air in our homes contains may not be as important as the temperature and purity of the air, it has much to do with our comfort. And to some extent, with our health.

Air that contains too much moisture causes discomfort by interfering with perspiration and leads to overheating of the body, making breathing difficult. Air that is hot and dry undoubtedly also interferes with the action of the skin, and is not the most healthful for the proper functioning of the membrane which lines the air-passages. Some believe that an important cause of the annoying "winter itch" is the overheated, dry air of many homes during winter.

Hygienists teach that the best temperature range of houses during the winter is between 58 and 70 degrees Fahrenheit, and that the relative humidity should be between 40 and 50 per cent. This degree of humidity is comfortable and is favorable to health.

How to Provide Moisture

When the heating plant does not

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HEALTH QUESTIONS AND ANSWERS

Insomnia

Mrs. D. R. writes: "I have great difficulty in sleeping and have tried counting sheep, reading something dull, exercising, and about everything else that I have heard of, but without relief. Can you recommend something harmless that I can take that would help me? The doctor here refuses to give me anything."

Reply

If you mean that your doctor refuses to give you any drugs to make you sleep, he is doing the right thing according to the best authorities on the subject. For there are no harmless drugs that will put you to sleep. Some of the drugs which have been used for this purpose are habit-forming. They would probably undermine your health if used persistently. And most of them wear out after being used for a time requiring larger and larger dosage, which is dangerous.

Try cultivating a "don't care" attitude. Don't care whether you sleep or not. Go to bed to rest, but make up your mind that it does not matter even if you do not go to sleep as long as you are resting.

If your health is not as good as it should be, find out what the trouble is, and have it remedied. Eat a simple, light supper. Avoid coffee and tea, particularly at night. But above all, avoid drugs, unless they are prescribed by the doctor who refused to give you any.

Pimples

F. J. L. writes: "I am seventeen

years old and always have pimples on my face. I am healthy and play football and get into other kinds of athletics. Do not smoke or drink. I am careful of my diet, but do not seem to be able to get rid of these pimples. Can you tell me anything to do?"

Reply

Your age is a common predisposing cause of this annoying condition. You will probably get over it as you get older. Aside from care as to your hygiene—sufficient rest, exercise, and a plain diet—try the following in the way of treatment: By means of a comedo-extractor, squeeze out all blackheads. Wash the face each night with soap and hot water, then sponge with hot water, and finish up by dashing cold water on the face. Then wipe dry and apply an ointment consisting of one part of precipitated sulphur and nine parts of benzinonated lard. Leave the ointment on all night and wash off in the morning.

Remedy for Chills

T. A. B. writes: "I work in a lumber yard where I am exposed to the cold during the winter. For a few years, I suffered from chills each winter, and seemed to have a hard time getting anything to relieve me. A doctor told me to paint my feet with iodine, let it dry, and then paint on some ichthyl. Then he told me to put on some heavy white socks and leave them on for about three days. I do this whenever the chills bother me, and it always cures them.

to improve in health. Mr. William McLeod of Tilbury is visiting at his father's over the Christmas season.

Miss L. J. McFarlane will be off duty for the first school week this year. We do know what arrangements are being made for supply.

Miss E. Fleming of Toronto returned home on Saturday after spending the holidays with her sister, Mrs. F. G. Karstedt.

Mr. J. M. McGillivray spent the week-end with friends in Durham. Mr. and Mrs. H. B. McLean and family and Miss James of our village spent New Year's with friends near Markdale.

We understand that the Post Office Department has seen fit to increase Post Office money order commissions from the first of January. We understand that the increase is about two cents more on cost of purchasing orders.

Communion services were fittingly observed in the Presbyterian Church here last Sunday.

A very sociable evening was spent at the home of Mr. Archie McLean on New Year's night when a real old-time dance was held and most heartily enjoyed by all present.

We are glad to hear of the greatly improved health of Mr. Donald McCachlan of our village who has been confined to bed for some weeks past. Donald is able to be around again. We sincerely hope for his continued improvement.

Aberdeen.

(Our own Correspondent.)

Miss Lottie Mervyn of town spent a few days with her friend, Miss Ruby Heslett.

Mr. and Mrs. Robert Stevens of Viceroy, Sask., are visiting the latter's sister, Mrs. Dan McLean.

Mr. and Mrs. D. Lamb and family spent New Year's with Mr. and Mrs. Thomas Torry.

Mr. and Mrs. James Heslett and family spent New Year's with friends in town.

Mr. Archie McLean attended the funeral of his aunt, Mrs. Archie McLean, who died in Toronto and was buried in Chesley on Monday.

Miss Mary Lamb left on Monday for her school in Nestleton. The election passed off very quietly in our vicinity.

Southeast Bentinck

(Our own Correspondent.)

Mr. Harold Mountain was home from Hamilton for the Christmas holidays.

Mr. and Mrs. Bert Smith and daughters, Grace and Edith were visitors during last week with Mr. and Mrs. William Smith.

Mr. and Mrs. George Sharpe and daughter, Mabel, had New Year's dinner with Mr. and Mrs. John Leith at Holstein.

Miss Agnes Petty of Toronto spent the holidays at her home here.

Mr. and Mrs. J. Caswell spent Sunday at Mr. R. Webber's.

Mr. and Mrs. William Smith visited on New Year's Day at Mr. James Smith's, Holstein.

Miss Elizabeth Murdock spent the past two weeks at the home of her brother, Mr. F. Murdock.

South Bentinck

(Our own Correspondent.)

Dr. Nathan Grierson of Buffalo visited during the first part of the week with his father, Mr. William Grierson, Sr.

Miss Myrtle Park of Normanby visited recently with her uncle and aunt, Mr. and Mrs. James Park.

Mr. and Mrs. Lorne Smith of Mount Forest spent over the week-end with Mr. and Mrs. William Derby.

Miss Elizabeth Mather of Priceville is visiting friends here and at Hampden.

Mr. and Mrs. John Milligan and family spent an evening with Mrs. Milligan's brother, Mr. Thomas Turnbull.

Miss Isabella Park went to Toronto this week where she will spend the winter months.

Miss Bessie Grierson is visiting a few days with friends in Toronto this week.

Those who were away at their homes for Christmas, have returned to their duties this week.

Congratulations to Mr. William Mather who was married to Miss

Beatrice Brentigam of Hampden on New Year's Day. On Friday evening a reception was held at the bride's home, when she received many useful gifts. The evening was spent in dancing.

Mr. William Grierson, Sr., has had the radio installed this week.

The young people on this line are practising for a banquet to be held in the school Friday evening, January 9.

Ebenezer.

(Our own Correspondent.)

We wish our editor, staff and all readers a most prosperous year.

Mr. and Mrs. William Torry enjoyed New Year's dinner with Mr. and Mrs. A. Park.

Mr. Henry Livingston of Alpena, Mich., visited friends in this vicinity recently.

Mr. Mark Willis of Allan Park visited the latter end of last week with Mr. John Park here.

Mr. and Mrs. John Wells and son Herbert spent New Year's day with Durham friends.

Miss Florence Kennedy and Miss Verna Kerr of Allan Park visited Wednesday afternoon with Miss Vera Reay.

Miss Lottie Mervyn of Durham spent the latter part of Christmas week with her friend, Miss Irene Herd of Allan Park.

Mr. and Mrs. George Reay spent New Year's with Mr. and Mrs. John Bailey.

Mr. and Mrs. Lawson Hopkins and Mr. and Mrs. Alex Hopkins and family spent an evening last week with Mr. and Mrs. Robert Johnston.

Mr. and Mrs. John Hudson and family of Durham spent the week-end with Mr. and Mrs. George Reay here.

Messrs. David and Moses Donnelly of this place and James of Durham left Saturday morning to attend their brother's funeral in Millbrooke, Ontario.

Glenroadin.

(Our own Correspondent.)

Messrs. John McKechnie and C. Shafer are busy these days cutting their big pile of wood. Mr. Joseph Davison is helping Mr. McKechnie.

Mr. John Boyd, Jr., has the contract of cutting and hauling twenty-five cords of wood for Mr. D. Hunter.

Mr. Hugh Vasey is assisting Mr. Boyd with the wood.

Mrs. J. J. Malcolm of Cheteh, Wis., U.S.A., and her brother, James with his wife spent the Christmas vacation with their mother at the old home.

Mrs. Banks, who was taken suddenly ill, is improving now. Although not able to sit up yet, she is holding her own.

Mr. John Legatte is engaged with Mr. Michael Kenney for the winter months.

There are a great many sick people now. A very bad cold is going the rounds.

Edge Hill.

(Our own Correspondent.)

Miss Ella Ritchie visited a few days with friends in Markdale.

Mrs. McPherson of Toronto was a visitor with the McDonald family last week.

Mrs. W. Williams and children of Toronto have returned home after a visit with Mr. and Mrs. H. Williams.

Mr. Thomas Glenross was elected trustee at our annual school meeting.

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Maple Leaf, Ogilvie's Royal Household and Pilot Brands

Calla Lily and Snowflake for Pastry

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ing. Alex Vaughan is supplying the school wood at \$4.00 per cord, and George Ritchie is caretaker for 1925. Misses Margaret, Mary, Alice and Edith Edge spent Christmas and New Years with their sisters, Mrs. W. J. Ritchie and Mrs. W. G. Firth.

FORGED CHEQUE AT ELMWOOD

Constable Beamish and Provincial Officer Bone arrested Archie Taylor on Charge of Forgery.

Chief Beamish of Hanover and Provincial Officer Bone of Walkerton were at Elmwood on Tuesday where they arrested Archie Taylor on a charge of forgery. The accused is in the Bruce County jail awaiting trial.

It appears that Taylor was brought up in Bentinck but has lately been living in Lucknow. He is a married man with one small child. Coming to Elmwood recently, he is alleged to have drawn up a cheque payable to "John Miller" with the name of George Emko signed to it. He took the cheque to Ernest Pries' store in Elmwood where he got some \$44 in cash and the balance in merchandise. Mr. Pries later discovered

that Mr. Emke's signature was a forgery, and he notified Chief Beamish, with the result that the officers went up on Tuesday and arrested Taylor. The money and goods have been practically all recovered.

It is expected that Taylor will be brought to trial shortly on a charge of forgery.—Hanover Post.

DURHAM HIGH SCHOOL

The School is thoroughly equipped to take up the following courses:

- (1) Junior Matriculation.
 - (2) Entrance to Normal School.
- Each member of the Staff is a University Graduate and experienced Teacher.

Intending pupils should prepare to enter at beginning of term.

Information as to Courses may be obtained from the Principal.

The School has a creditable record in the past which it hopes to maintain in the future.

Durham is an attractive and healthy town and good accommodation can be obtained at reasonable rates.

J. A. M. ROBB, B. A., Principal.
JOHN MORRISON, Chairman.

McKechnie's

This week we are offering some Special Values in the following:

- Men's Heavy Winter Caps, in dark gray \$1.79
- All-Wool Stockings for Boys and Girls, pr. 69c.
- Mill Ends in Blue Denim with white stripe 39c.
- Ladies' Juliet Felt Slippers, black or gray \$1.59

3-String Broom, each 29c

Now is the time to buy your

New Wallpapers

All our New Spring Wallpapers are in stock. Come and let us show you our new samples.

Stanton's Semi-trimmed Wallpaper Saves Time—22 ins. wide

JOHN McKECHNIE

Now Dry Feeding Is On

Now is when you want health in the barnyard. Every animal fit and healthy to turn the products of your summer's work into beef, pork, mutton, milk and butter at a profit.

DR. HESS' STOCK TONIC

Keeps cows in milking trim—healthy, hungry—to eat, to digest, to convert your feed into pails of milk. Rids hogs of worms. Keeps all the organs functioning. Feed it to your horses off work or on rough feed.

DR. HESS' PANACEA

Put's Hens In Laying Trim

You want industrious hens—hens that will get off the roost on winter mornings and scratch for their breakfast. A lazy hen never lays. Add Dr. Hess' Poultry Panacea to the daily ration, and see the combs turn red. See those high-priced eggs pile up in the nest.

Costs little to use—the price of one egg tonics a hen for two months.

Remember—Every package of Dr. Hess' products is guaranteed to give results or money refunded.

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THE FAMILY NEXT DOOR



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