

MRS. B. H. HART SICK FOR YEARS

Wants Women to Know How She Was Made Well by Lydia E. Pinkham's Vegetable Compound

Cornwall, Ontario.—"I am now giving my medicine a fair trial and it surely is doing me good and I am going to keep on taking it. I used to feel so tired in the morning that I didn't want to get up, but that feeling is leaving me now. I also sleep better and feel more like working. For seven or eight years I have had headaches, tired feelings, pains in my back across my body. I read letters in newspapers saying what good Lydia E. Pinkham's Vegetable Compound had done for others. My husband says I quit soon, but I am not getting to stopping the Vegetable Compound and Lydia E. Pinkham's Blood Medicine unambiguously and haven't an ache or a pain. Isn't that the right way? I have had faith in your medicines. They are good when those who take them are so highly of them. I am recommending them to my friends and I will gladly answer letters from women asking about them."—Mrs. BERT H. HART, 1081, Cornwall, Ontario.

Mrs. Hart wants to help other women who are willing to answer letters from women asking about the Vegetable Compound.

All Our Graduates

Have been placed to date and still there are calls for more. Let your course NOW. If you do not get it you pay for it anyway in smaller earnings and lost opportunities.

Central Business College

Stratford and Mount Forest

nie's

FOR MEN

Black and Brown and Black Calf shoes. A very dressy shoe and EE width, pair... \$5.75. Silk Knit Ties, new patterns, each... 50c. Silk and Wool Half-hose in Brown, Black, Blue and Sand, pair... 69c.

Durham

Deal If It's New It's Here

ing Store

LINE OF HATS

cloths and fancy lines

Suits and Collars

They're Real Nifty.

Suits at Right Price.

Your tailor-made department. Every

and Overalls on hand

display. Look these over.

URNETT

Durham, Ontario



SPECTACLES AND SKIN-CANCER

By DR. W. J. SCHOLTES

Note: Dr. Scholtes 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. Scholtes, in care of The Durham Chronicle.

In an article in the Journal of the American Medical Association, Dr. John J. Morton of New Haven, Connecticut, calls attention to the menace of poorly fitting spectacles on elderly people. He cites a number of cases in which skin cancer has occurred where the frame of the spectacles produced irritation of the skin.

The bridge of the nose, the sides of it, the temples and behind the ears are the places where the spectacles are likely to irritate. These are some of the places where skin cancer often occurs in elderly people. The specific cause of cancer, if there is such a thing, is not known. So we do not know what to avoid in this respect in order to prevent cancer. But it is generally accepted that certain things favor the occurrence of cancer. These are old age and irritation of tissues.

Can Be Avoided

Irritation of tissues is something that can frequently be avoided. And the avoidance of anything that may have some part in the causation of

cancer is worth while. Here is one case in which irritation of the skin in the elderly could and should be avoided. Dr. Morton points out the necessity of reporting to the oculist any tendency of the spectacle frame to cause irritation because of imperfect adjustment.

When spots, pimple-like formations, or sores have already occurred, they should receive prompt attention. Even though these are cancerous, they can often be cured if promptly and properly treated. Of course, the cause of the irritation must also be removed.

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HEALTH QUESTIONS AND ANSWERS

Ice Cream

Mrs. H. M. asks: "Is Ice Cream nourishing? Is it bad to eat very much of it? Is it all right for children? Is it fattening?"

Reply

- 1. Yes, Ice Cream is nourishing. 2. Too much of it may give you too much carbohydrate. Too much carbohydrate may not be good for the digestion, may cause the accumulation of fat, and may encourage any tendency to diabetes. 3. Yes, in moderate amounts. But it should not be given in such quantities that it spoils the appetite for other necessary foods. 4. Yes.

Cataract

W. F. B. writes: "I have a cataract on one of my eyes and a beginning of one on the other. I went to an eye doctor to have it taken off, but he said that I should wait for it to mature. Why is it best to wait? I can not see very well now. How long will I have to wait? Will the eyesight be much better after the cataract is taken off?"

Reply

- 1. A cleaner and better job can be done after the cataract has matured. 2. It takes all the way from one to three or more years for a cataract to mature. 3. Provided there is no complicating disease of other structures of the eye, as the retina or optic nerve, your sight should be very much improved after the operation. See the oculist occasionally so that he can examine your eyes. He will

tell you when the proper time comes to have the cataract removed.

They Are Good For You

J. F. T. asks: "Is it good for a fellow with chronic rheumatism of the joints to eat oranges? Or will they make the rheumatism worse?"

Reply

If anything, they are good for you. No, they will not make the rheumatism worse. Have you any infections around the teeth or in the tonsils?

Better Tepid

M. A. E. writes: "I take a hot bath almost every day. I have been told that this is not good for me, as so many hot baths are weakening. Is it possible to take too many hot baths? I like to keep clean."

Reply

Cleanliness is not only a virtue. It is one of the rules of hygiene. But it would probably be better to take tepid baths. That is, have the water but very little warmer than the body temperature, or just about the same temperature as the body.

Iodized Table Salt

Mrs. S. C. writes: "The table salt that we have been using is marked 'iodized.' At the store where we buy it, I was told that it was made that way for goiter. Will using that kind of salt do any harm to people who have no goiter?"

Reply

No. It is used for the purpose of supplying the necessary amount of iodine in the diet so that goiter will be prevented.

Need National Policy

(St. Catharines Standard) A. M. Belding, a New Brunswick newspaperman, who has been on a tour of the Dominion advocating a better understanding between the Maritimes and other parts of Canada, says his observation has convinced him that there is lack of a really national spirit in this country. There is too much sectionalism and not enough nationalism. We are thinking in sectional terms instead of in the big, broad way that such a vast country as ours demands. In an effort to remedy this situation, Mr. Belding suggests that a small group of "patriotic and able business men from the Maritime Provinces, the

Central Provinces, the Prairie Provinces and British Columbia—the four great divisions of the Dominion—should get together, and, in the broadest national spirit, endeavor to suggest a national policy which in its working out would be fair to each of these divisions.

The idea is a good one. To it many objections may be raised and many obstacles recited, but it is a good idea, nevertheless, and, if possible, should be acted upon. Canadians are thinking too much of local interests. It is natural in such a great and diversified country as ours. It should be possible, though, to arrive at some form of understanding, some great broad basis of national thought.

MERCHANTS TO ENFORCE PROVISIONS OF EGG GRADING ACT

(Continued from page 1)

Merchants do not buy eggs at all, but turn this part of their business over to the wholesaler who buys and grades all the eggs marketed. Being better equipped than the average merchant, he can do this with a minimum of labor, pay the cost for all eggs bought, and the producer then does his shopping where he pleases. To supply the local demand for eggs for their customers, the merchant buys his graded eggs direct from the wholesaler, taking so many firsts and so many seconds, according to the demands of his trade. Where tried out, this system was working well, and he strongly recommended it to merchants who had the opportunity of adopting it. The address, which was given in the wholesale house of Mr. A. C. Clements, cleared up many of the angles and hallucinations under which the local merchants have been working and will no doubt prove of great benefit to them in future egg purchases.

Egg Grading Requirements

For the benefit of our readers, we give below the requirements of the Act as it affects the Durham locality generally. These deal with Clause 1, Grade C (firsts), Grade D (seconds), and Clauses 4 to 11 inclusive, dealing with the approved methods of shipment. In the case of private producers selling their product direct to private consumers, no grading is necessary, as the fact that the consumer continues to accept the eggs is evidence that they are satisfactory. Should this private producer, however, desire to dispose of his product to a regular egg buyer for resale, they must be sold on the graded basis. Following is the Act:

Firsts—Eggs weighing at least 22 1/2 ounces to the dozen, or 42 pounds net to the 30-dozen case; clean, sound in shell, air cell less than 1/4-inch in depth; white of egg to be firm; yolk may be distinctly visible but moving freely; air cell stationary but may be slightly tremulous. Maximum allowance at time of inspection not to exceed 8 eggs per half-case below the grade stated, excluding hair splits.

Seconds—Eggs sound in shell, may contain weak, watery eggs, eggs with heavy yolks, and all other eggs fit for food. Maximum allowance at time of inspection not to exceed 6 eggs per half-case below the grade stated, excluding hair splits.

Sections 4 to 11, inclusive, say:

4. Every case or container of eggs that is shipped or delivered by persons who receive eggs on consignment or buy eggs for resale shall be marked, labelled or tagged in conspicuous letters on both ends with the name of the class and grade of the eggs contained therein, according to the Canadian Standard providing that any producer or other person dealing in eggs may delegate his right to grade and grade to the first wholesaler or retail dealer to whom the eggs are shipped or delivered, in which case the markings, labellings or taggings shall consist of the words "UNGRADED EGGS FOR SHIPMENT ONLY," and provided that the provisions of this regulation shall not apply to shipments or deliveries direct from producer to consumer. When cartons are packed in cases or other containers, both

cases and cartons shall be marked, labelled or tagged as aforesaid.

5. Every case or container of eggs that is exposed, displayed or offered for sale by any person selling or delivering eggs direct to consumers in a public place or manner shall be marked, labelled, tagged or accompanied in conspicuous letters with the name of the class and grade of eggs contained therein.

6. Cases or containers of eggs marked with the name of the class and grade shall be considered to be properly marked when they contain not more than an average of six and one-half (6 1/2) per cent below grade stated apart from breakage. Complaints to vendors, with respect to eggs below grade, shall be made to the vendor within 24 hours of the receipt of such eggs. After the expiration of the said 24 hours, the liability as to eggs below grade shall be upon the person in whose possession such eggs are found.

7. Every person who sells, offers or displays eggs for sale as a retailer shall cause to be displayed in a prominent place in his place of business, a card as may be prescribed setting forth classes and grades of eggs as defined by the Canadian standards.

8. No person shall ship eggs or cause eggs to be shipped or delivered or displayed for sale in cases or containers which are marked or labelled or tagged with the name of any class or grade specified in these Regulations unless the quality and weight of the eggs contained therein is equal to or better than such class and grade.

9. No person shall buy for sale or resale, or expose, offer for sale, or sell eggs which are unfit for human food.

10. (1) All persons who receive eggs on consignment or buy eggs for resale, in making payment for the same, shall apportion the returns on the basis of Canadian standard grades accompanied by a statement on forms as required in schedule "A" to these Regulations, provided that this Regulation shall not apply where producers market their eggs in less than fifteen dozen lots in any one day.

(2) A consignee of ungraded eggs transferring the same to another party for candling and grading shall make the transfer within 48 hours from the time the eggs are delivered to the consignee.

(3) The Minister, or his representative, may require to be notified in the case of a transfer for the purpose of candling and grading as mentioned in the next preceding subsection, and may prescribe the conditions under which such transfers may be made.

11. Any inspector charged with the enforcement of these regulations may enter any premises or conveyance to make examination of any case or container of eggs suspected of being improperly or falsely marked in violation of the provisions of these Regulations or to ascertain the manner and extent to which the returns for eggs have been apportioned in accordance with the Canadian standards as required in regulation 10 of these regulations.

In concluding his address, Mr. Morrison said: "Now, gentlemen, before you ask me any questions, I would like to know, 'What are you going to do? Do you intend to cooperate or not?'"

In view of the fact that there is nothing left to do, the local merchants decided to live up to the

requirements of the Act and from now on, intend grading all eggs purchased. Whether or not their customers will be satisfied is not the question. Inspector Morrison, while very considerate in his manner, was firm in his statement that any and all merchants throughout the country who persisted in buying eggs in the old manner would be vigorously prosecuted by the department. Any merchant who did not intend abiding by the Act would be well advised to go out of the egg business altogether.

THE NEWSPAPER CRITIC

My father says the paper that he reads ain't put up right. He finds a lot of fault, he does, perusing it at night. He says there ain't a single thing in it worth while to read. And that it doesn't print the kind of stuff the people need. He tosses it aside and says its strictness on the bum— But you ought to hear him holler when the paper doesn't come! He reads about the weddin', and he sports like all get out. He reads the social doings with a most derisive shout; He'll read about the parties, and he'll fume and fret and groan, He says of information, it doesn't contain a crumb— But you ought to hear him holler when the paper doesn't come! He's always first to grab it, and he

Seasonable Goods at Right Prices

New Stock of Men's Trousers in Black Denim, Khaki and Cottonade. Boys' Trousers and Overalls (Khaki). DRAPINGS More New Chintz, yard... 30c Sunfast Rose Poplin, 54 inches wide, @... \$1.50 Ladies' Vests @... 20c Towelling @... 15c

GRANT'S DURHAM



Buying on the Installment Plan

PURCHASING commodities by paying "a dollar down and a dollar a week" has grown into great popularity. Often the object purchased is worn out before it is paid for, and the purchaser continues to pay. Buy yourself a fortune on the installment plan by placing regular installments of your earnings in a Standard Bank savings account. The money is always available for use if required, and there is no depreciation, but accruing interest as time goes on.

BANKING FIFTY YEARS

THE STANDARD BANK OF CANADA DURHAM BRANCH—John Kelly, Manager Sub-Branch at Pricerville

Advertisement for Henderson's Bakery. Watch Those First Ten Years. MOST of our habits, good or bad, are formed before we're ten years old. Help your child form the health-habit. Give him plenty of GOOD BREAD. Have a slice ready when he comes running in from school. Soon he will come to recognize the difference between this rich-flavored, highly nutritious loaf and other foods less valuable. Henderson's Bakery.

The Veterans' Star Theatre

TWO SHOWS NIGHTLY 8 and 9.20 p.m.

Friday and Saturday, May 22 and 23

EDMUND LOVE

Coming in

"PORTS OF CALL"

A William Fox Production

"Ports of Call" has running through it a love story which producers believe will charm every audience.

Sunshine Comedy—"Neptune's Step Daughter"

Coming Soon—Something extra, "Plastagrams". The Great Screen Novelty

Admission 25c. and 15c.

THE FAMILY NEXT DOOR

Comic strip 'THE FAMILY NEXT DOOR' showing a family discussing travel routes. Panel 1: 'SO IT'S ALL SET THAT WE'RE GOING THE SOUTHERN ROUTE ON OUR TRIP - EH?' 'UH-HUH!' '—WHAT ABOUT THE NORTHERN WAY - IT MIGHT BE BETTER!' 'OR THIS MIDDLE ROUTE - IT LOOKS GOOD TO ME!' Panel 2: '—BUT WE MIGHT HIT ROUGH ROADS ON THE CROSS-OVER!' 'WHAT DO YOU THINK, JAY?' 'HUMPH!' Panel 3: 'SAY! WHY DON'T YOU ANSWER ME WHEN I ASK YOU SOMETHING? NOT JUST LIE THERE AND GRUNT!' 'LISSEN - WOMAN, WE GOT ALL SET ON THAT ROUTE ONCE! - WHAT'RE YOU TRYIN' TO DO - START ANOTHER ARGUMENT ABOUT IT?' Panel 4: 'NO BUT YOU ARE!'

What Does She Mean?