

Classified Advertisements

Advertisements under this heading, 1 cent a word each insertion CASH WITH ORDER; six consecutive insertions given for the price of four. Telephone calls treated as cash with order if paid before Saturday night of week ordered. Minimum charge for first insertion, 25 cents. On all charge orders a straight charge of 1 1/2 cents a word will be made each insertion, minimum charge 35 cents.

Medical Directory.

DRS. JAMIESON & JAMIESON Office and residence a short distance east of the Hahn House on Lambton Street, Lower Town, Durham. Office hours 2 to 5 p.m., 7 to 8 p.m. (except Sundays).

J. L. SMITH, M. B., M. C. P. S. O. Office and residence, corner of Countess and Lambton Streets, opposite old Post Office. Office hours: 9 to 11 a.m., 1:30 to 4 p.m., 7 to 9 p.m. (Sundays excepted).

DR. A. M. BELL Office on Lambton Street (the late Dr. Hutton's office). Office hours, 2 to 5 p.m., 7 to 9 p.m., except Sunday.

C. G. AND BESSIE MCGILLIVRAY Chiropractors, Durham, Ontario. The Science that adds life to years and years to life. Consultation free. In Durham Tuesdays, Thursdays and Saturdays. 614 23 tf

Dental Directory

DR. W. C. PICKERING, DENTIST Office, over J. & J. Hunter's store, Durham, Ontario.

J. F. GRANT, D. D. S., L. D. S. Honor Graduate University of Toronto, Graduate Royal College Dental Surgeons of Ontario. Dentistry in all its branches. Office Calder Block, Mill Street, second door east of MacBeth's Drug Store.

Legal Directory

MIDDLEBRO', SPEREMAN & MIDDLEBRO' Barristers, Solicitors, Etc. Successors to A. B. Curry. Mr. C. C. Middlebro' is permanently located at Durham Office. Priceville Branch open every Friday from 4:30 to 9:30 p.m.

LUCAS & HENRY Barristers, Solicitors, etc. A member of the firm will be in Durham on Tuesday of each week. Appointments may be made with the Clerk in the office.

Licensed Auctioneer

DAN. MCLEAN Licensed Auctioneer for County of Grey. Satisfaction guaranteed. Reasonable terms. Dates of sales made at The Chronicle Office or with himself.

ALEX. MacDONALD Licensed Auctioneer for Co. of Grey. Moderate terms. Arrangements for sales, as to dates, etc., may be made at The Chronicle Office, Durham. Terms on application. Address R.R. 1, Durham, Phone 611 r 24.

REUBEN C. WATSON Licensed Auctioneer for County of Grey. Prompt attention to sales. Reasonable terms and satisfaction guaranteed. Dates made at The Durham Chronicle office or with R. C. Watson, Varney, R.R. 1, Phone 604 r11.

BATES BURIAL CO. FUNERAL SERVICE

New Modern Funeral Parlors Phone Hillcrest 0268 122-124 Avenue Road Toronto John W. Bates R. Maddocks Formerly of Flesherton

FARMS FOR SALE

LOT 7, CON. 21, EGREMONT, CONTAINING 100 acres; 85 acres under cultivation, balance hardwood bush; convenient to school; on the premises are a frame barn 42x65 ft. with stone foundation; concrete stables; also hay barn 30x50 with stone basement; hog pen 20x40; twelve-room brick house, furnace heated, also frame woodshed; drilled well close to house, with windmill; concrete water tanks; 30 acres seeded to hay; 10 acres to sweet clover; this farm is well fenced and in a good state of cultivation. For information apply to Watson's Dairy, R.R. 4, Durham, Ontario. 10 25 23 tf

NORTH PART LOTS 7 AND 8, CON. 22, EGREMONT, CONTAINING 66 acres; 55 acres cleared, balance hardwood bush; in good state of cultivation; frame barn 44x50, stone basement, concrete stables; drilled well and cement tank at barn. Also Lots 6 and 7, Con. 4, S.D.R., Glenelg, containing 110 acres; 100 acres cleared and in good state of cultivation; on the premises are a brick house containing seven rooms, with good frame woodshed attached; drilled well at door; never failing springs on this farm, making a choice stock farm. This property will be sold right to quick purchaser. For particulars apply at Watson's Dairy, R.R. 4, Durham, Ont. 10 25 23 tf

FARM FOR SALE

Lot 66, Con. 2, W.G.R., Bentinck, 2 1/2 miles southwest of Durham, containing 86 acres. Mostly clear and in good state of cultivation. Bank barn with shed adjoining and stone stables. 7-roomed brick house with extension kitchen and woodshed. Well watered and in good repair. For further particulars apply to William Smith, R. R. No. 3, Durham.

Yet, when living was cheap, it would have been expensive to live as we do now.

OVER EXERCISE WORSE THAN NONE

Athletic Director Points Out Some of the Mistakes Too Often Made in the Effort to Keep Fit.

(Arthur A. McGovern)

Do many business and professional men do themselves physical injury by over-exercise? Arthur A. McGovern, proprietor of a famous gymnasium in New York, declares that over-exercise is more harmful than none at all. Writing for the American Magazine, he tells his readers that one of the commonest mistakes which people make is in thinking that they can go without exercise during the week and then even by taking a whole week's ration on Saturday afternoon and Sunday. "That idea does a lot of harm," he declares. "If you went several days without eating, and then gorged yourself, you would expect to be sick. But you may not have thought of the absurdity of trying to cram a week's supply of exercise into a day and a half." He relates several instances of nervous and digestive breakdowns coming under his personal attention, which, he says, were caused by nothing more or less than the over-indulgence of exercise by the individual.

How much exercise then should the average business or professional man indulge in to keep himself fit? Mr. McGovern takes up five active diversions and sets down his rules for their indulgence as follows: Walking: Ask almost any business or professional man what he does for exercise, and if he isn't an enthusiast for golf or some other sport, he is apt to say, "Why, I get in a good walk every day." By this he probably means that he leaves his house fifteen or twenty minutes early and walks part way to work.

Walking, of course, is splendid exercise, but its beneficial results depend a great deal upon how it is done. The right way to walk for exercise is to put on a suit of underwear—light in summer and heavy in winter—and a walking suit. Then set out for some specific point. Keep the chin, feet parallel, chest up, not out, and go right along. Having made your objective, return home, get into a warm bath, and change to fresh clothes. The underwear you use when walking should be heavy enough to help induce perspiration, which the warm bath will remove.

Many people try to make up for lack of exercise during the week by walking anywhere from ten to fifteen miles on Sunday. This is altogether too much, and for the average person, if persisted in, it may mean a real physical strain, with some of the consequences I have already mentioned. A walk of two and a half miles is enough at any time to give beneficial results. It is certainly enough to begin with, though the average person, who has nothing organically wrong, can easily get himself for a five-mile walk on Sunday, if he walks two and a half miles two or three times during the week.

Tennis: If you get your exercise at tennis, make a point of playing in the early morning or late afternoon, avoiding the midday sun. Two or three sets are enough. Enthusiasts who go in for eight or ten sets on Sunday are committing just the indiscretion of over-exercise that I have been warning against. That amount of tennis means a severe strain that leaves you worse off than if you played none.

Among my patrons is a young New York society woman, who, for the past ten years has kept in the front rank at tennis. Twice she captured championships. During these ten years, the amount of tennis she played was limited only by the capacity of her grit and endurance. Today, as a result of overdoing, she has a weakened heart, fallen arches, and several abnormal abdominal conditions. Girls and young women who engage in strenuous physical exercise should provide themselves with proper abdominal supports. Further that, my experience leads me to say that girls ought not to indulge competitively in strenuous games, as the element of excitement very easily leads to exertion injurious to the feminine physique.

Swimming: A half-mile swim is enough. It is not too much if you take the distance slowly, easily, and find that in this way you finish comfortably. But no racing, no speeding up. Remember, that if you go in and then come out to lie around the beach, you are using your vital energy to dry out your bathing suit. Do our sun bathing first. When you come out of the water, change to your daytime clothes. Or, if you must sun-bathe after a dip, get into a dry bathing suit.

Golf: The amount of this fascinating game that is good for is comparatively inactive man should play a hole or two. If you play a full round, you are using up your energy to dry out your bathing suit. Do our sun bathing first. When you come out of the water, change to your daytime clothes. Or, if you must sun-bathe after a dip, get into a dry bathing suit.

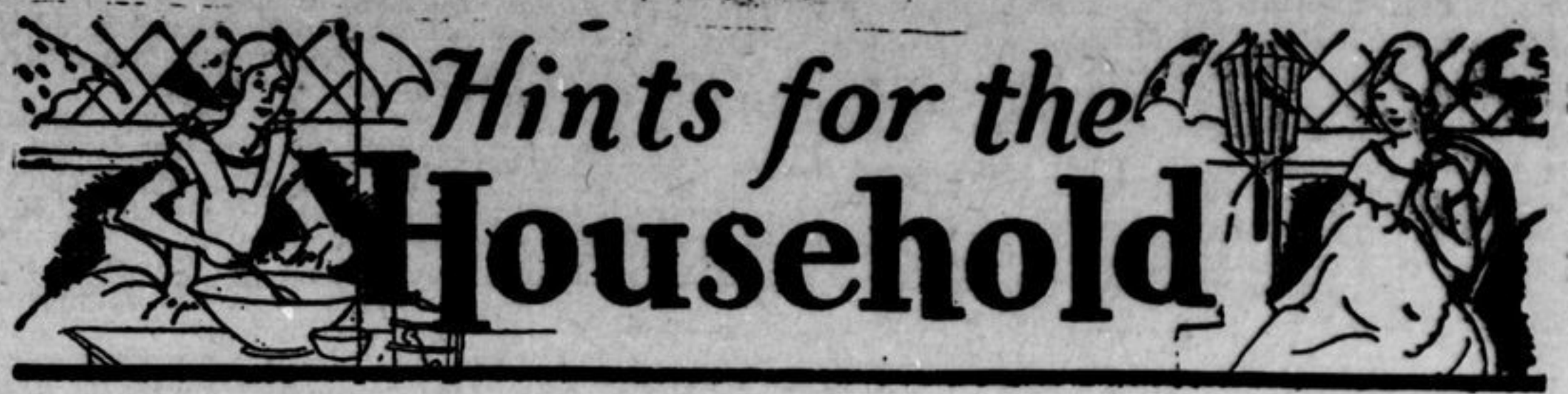
FISHING PROHIBITED FISHING ON LOT NO. 12 ON THE 7th CONcession of Glenelg, the farm of Thomas Timmins, is strictly prohibited and persons found so doing will be prosecuted to the full extent of the law.—L. F. Robertson, 6 41 tf

NOTICE TO CREDITORS In the matter of the Estate of William James Halliday late of the Township of Normanby in the County of Grey, Farmer, deceased. NOTICE is hereby given, pursuant to R.S.O. 1914, Chap. 121, Section 56 and amending Act, that all persons having claims against the Estate of William James Halliday late of the Township of Normanby in the County of Grey, Farmer, deceased, who died on or about the Seventeenth day of February, A. D. 1925, are required to deliver or send by post prepaid, to Lucas and Henry, Solicitors for the Executors of the Estate, on or before the Eighteenth day of July 1925, their names and addresses, a full description of their claims in writing, and the nature of the security, if any held by them.

AND TAKE NOTICE that after such last mentioned date, the Executors shall proceed to distribute the assets of the said deceased among the parties entitled thereto, having regard only to the claims of which they shall then have notice and the said assets or shall not be liable for the said assets or any part thereof, to any person or persons of whose claim notice shall not have been received by them at the time of such distribution. DATED at Durham this 24th day of June A. D. 1925. Lucas and Henry, Solicitors for the Executors. 1pd

MADAME McINTYRE SCOTTISH ASTROLOGER AND Palmist. The record of the past and the secrets of the present and the mysteries of the future are all recorded in your palm. I will be at Mr. Walter Turnbull's for one week only. Come and hear something of interest to you all. 1pd

DAIRY COW WANTED MacDONALD'S DAIRY, DURHAM, or phone 611 r 24. 1pd



Hints for the Household

For July

By BETTY WEBSTER

Readers, Note: If you have any questions concerning Recipes, and other Household Hints you would like to ask Betty Webster—address her in care of The Durham Chronicle.

HOUSEHOLD HINTS

Picnic Time The picnic season is a joyous time for all. 'Tis the time to be prepared so that at practically a moment's notice, one can pack a tasty lunch. The main idea is to have the food on hand and other items to go with it.

Purchase plenty of paper napkins. Oiled paper. Paper plates. Paper forks. Paper spoons. Have a shelf ready with: Jelly and jam. Cheese. Bottled goods. Salad dressing.

And—have plenty of eggs or cold meat in the ice box.

Paper Napkin Uses

Buy plenty of cheap napkins. Hang some near sink. Use to wipe hands; wipe floor; wipe stove; wipe spots; wipe greasy pans, and be

handy to wrap food in when necessary.

COOKING HINTS

Potato Salad Cold boiled potatoes. 3 slices of bacon. Teaspoon of flour. Small 1/2 cup of diluted cider vinegar.

Method: Cut up potatoes. Cut up bacon in small cubes. Fry bacon crisp. Remove bacon and make a sauce by mixing flour in hot fat until smooth. Then add vinegar. Mix well. Pour over potatoes. Add bacon, onion, salt and pepper. Serve immediately.

How to Cook Rhubarb

Method: Wash rhubarb. Cut up and place in double boiler. Add sugar. A tiny pinch of soda if desired—no water. Cook until tender.

BAKING HINTS

Roast meat or bake meat loaf the day before if you are planning to use it for sandwiches.

Blueberry Muffins or Cake

1 pint of sifted flour (2 cups). Pinch of salt. 2 teaspoons of baking powder. 1/2 cup of butter. 1/2 cup of sugar. 1 egg. 1 cup of milk. 1 heaping cup of blueberries.

Method: Melt butter in baking pan while oven is heating. Beat egg. Add sugar and salt. Then add flour and baking powder sifted together. Next add milk. Mix well. Flour blueberries and add last. Pour into cake pan or muffin pans and bake twenty minutes to one-half hour. Sour milk may be used with 1/2 teaspoon soda instead of baking powder. To make extra good, beat yellow and white separately. Put beaten white in last before berries.

(Copyright, 1924, by The Bonnet-Brown Corporation, Chicago)

BAD MILK FLAVOR A SOURCE OF LOSS

Due to Definite Causes Which Are Within Producer's Control.

That season of the year is here when milk is too often returned to the shipper, because it is unfit for consumption or has arrived in a sour condition. Flavors and odors in milk result from four causes, and it would be well for the milk producer to note these causes and guard against shipping milk which cannot be used, thereby saving a big loss to his business this summer.

- 1. Internal or physical condition of the cow. 2. Flavors and odors absorbed within the body of the cow from highly flavored feeds such as turnips, onions, etc. 3. Odors absorbed into the milk after production. 4. Bacterial development within the milk while standing.

producer to consider, as high quality buttr cannot be made from low quality cream, and if the butter-maker cannot make superior butter demanding a higher price, he cannot possibly give the producer any more for his product.

OUR CHANGING GEOGRAPHY

Before the opening of the rural mail service, there was a post office at a crossroads called Cotswold, on the highway between Harriston and Teviotdale. The other day a gentleman from Guelph driving towards Harriston thought he should be nearing Cotswold, which place appears on the road map. Stopping a little girl on the road, the motorist asked her where Cotswold was. The child thought for a moment, and then replied: "It was back there, but Mr. Greenwood moved it to his farm and made a henhouse out of it."

Farmers and others using Gasoline Engines wanting a gasoline that will give the best results under all conditions should use SHELL. Obtainable only in Durham at the Shell Service Station.

Specials This Week

- Men's Brown and Black Bals, rubber heels, to clear at \$3.50. Women's Patent and Kid 1 Strap Slippers, cuban heels, to clear at \$3.45. Misses' Mixed Lot Slippers, Patent and Brown, to clear at \$1.50. Infants' Patent Roman Sandals and Brown 1 Strap Slippers, to clear at \$1.00.

REPAIRING A SPECIALTY

J. S. McIlraith The Cash Shoe Store Durham, Ont.

Haying Helps

- Pure Manila Rope, high in quality—low in price. Sisal Rope, per lb. .23c. 3 Tine Hay Forks, cast steel heads, selected white ash handles, each \$1.30. Rope Pulleys, wood sheaf, large heads to allow knot to pass, each \$1.25. Extra Wood Sheaves, each .25c. Beatty's Lock Lever Hay Forks, very strongly constructed—over 100,000 in use, each \$6.50. Hight-quality Steel Scythes, each \$1.85.

Parker-Hunter Bug Killer

The best known poison for potato bugs and all vine insects. Ready for use dry. Safe to handle, prevents watery potatoes. 7 lbs. for 25c. Glass Jar Sprayers, for Paris Green, Fly Oil, etc. .85c.

Pure Paris Green

Positively the finest ground Paris Green made. 1 lb. 45c. 1/2-lb. .25c.

Galvanized Sprinklers

Heavy quality, rust proof Sprinklers, 12-quart \$1.35 8-quart .80c.

A. S. HUNTER & CO.

Durham

Ontario

Large vertical advertisement on the left side of the page, featuring a crossword puzzle and a small illustration of a man in a suit.