DY OF DOD HEALTH

Woman Thanks Pinkham's Vege le Compound

fanitoba.-"When I was thome and working I he almost more than I could was not regular. These me so tired all the time strength and no ambition h my friends and have a was just tired and miser nd life just seemed as if he living. I saw so much for out Lydia E. Pinkham's mpound, and then I had a ad taken it and told me got some. Every month I got stronger and I soon every month. It stopped helped me other ways. babies were coming I was out the first three months ly. I took the Vegetable ht along and must say it oman of me and able to and it helped me through You see I am a farmer's g house to look after, and low. I have told ever so bout your medicine. Just ot a letter from my old ast. Her baby was born efore mine and she told ot feeling very well, her much, and that she is the same medicine I took. y letter and I hope some Crandall, Manitoba. C

our o'clock in the afuy an all-day sucker!"

HIGH SCHOOL

is thoroughly equipped e following courses: r Matriculation. nce to Normal School.

er of the Staff is a Uni-

nate and experienced upils should prepare to nning of term.

as to Courses may be the Principal. has a creditable record nich it hopes to main-

an attractive and and good accommodabtained at reasonable

OBB, B. A., Principal. RRISON, Chairman.

Market

s pay to as the If you ind the see the e Stanange a vorable

ys glad

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-made Suits

s. Hose, select from

AND HOSIERY

Durham, Ontario

The Road To

CLEAN AND SAFE MILK By DR. W. J. SCHOLES

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

accompanied by self-addressed and stamped envelope. Address
Dr. W. J. Scholes, in care of The Durham Chronicle.

In order to be pure, milk must come from healthy cows. It must be produced in clean, sanitary dairies by clean, healthy milkers and handlers. Then it must be kept properly cooled until delivered. For, milk not only is an excellent food for babies and children, but it also happens to be an excellent medium for the growth of bacteria. Some of the germs that grow readily in milk are harmless. About the worst they do is sour the milk. Others, however, are capable of causing disease.

Some of the germs that grow readily in milk of the source of the Durham Chronicle.

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Some of the germs that grow readily in milk are harmless that he will some the following the following the following source will some the following states and the f

Diseases that have been conveyed by means of milk. through milk are typhoid fever, But even though milk is clean to to pit \$3.00; N. Horsburgh, gravel- T. S. Cooper, Agricultural Repre- other will after her second marsearlet fever, streptococcus sore throat, diphtheria and tuberculosis. The germs of these diseases get into The gravel 6.80; W. J. McDougall, drag-The gravel 6.80; W. J. McDougall, dra the milk in various ways. Some- bottles or containers makes the ging \$13.05; A. Hopkins, repairing ried. times, as in the case of tuberculosis, entrance of germs easily possible. culvert \$3.00; J. McKenzie, gravel- Ferguson-Wilson: That an order Midland, made a will while still a the cows are diseased. Sometimes Allowing the milk to stand in a ling \$45.90; H. Hoffman, gravel, \$9.44, be drawn on the Treasurer in favor widow, leaving all her property to the milk has been handled by those warm place permits the rapid mul- road to pit \$2.00; W. J. Lamont, of Alexander Hill to the amount of Myrtle Rena Masters and Lois Vera

Certified Milk Safest

ance with the sanitary requirements renheit. of the Medical Milk Commissioners | If there is any doubt about the W. J. Watson, gravel \$8.16, road to R. O. Kilgour, solicitor, re arrears will, although the woman died be-

much to lessen the spread of disease babies!

is termed Certified Milk. This is re- purity of milk, it should be steril- pit \$2.00; M. Dowling, gravel 10.80; of taxes Concession 4, the Clerk be lieving that the will was still in garded as pure enough to be used ized in the home before being given W. Hoffman, gravel \$6.96; J. Burke, instructed to inform Mr. Kilgour force. The judgment is that she to babies or children. It may be gravelling \$7.20; J. McDougall, gra- that no action has been taken in died without a will, and the hus-Much of the milk that is marketed heated in a double boiler, allowing vel \$7.52; G. Tebby, gravel \$7.52; the matter, the same being in the band gets a share of the estate. The s pasteurized. This means that it the water in the outer vessel to boil J. McKenzie, overseeing work Walk- hands of the County Treasurer. Car- estate was valued at \$3,379, \$2,700 has been heated to a temperature for 6 to 8 minutes. After cooling, er's bridge, \$5.16; Commissioner ried. of between 140 and 150 degrees the milk should be placed in one Ferguson, for services overseeing Wilson-Robb: That in reference The other case dealt with the Fahrenheit for 20 to 30 minutes. The or more clean, sterile bottles, the Walker's bridge, arranging for work to the communication received from administration of the estate of the effect of pasteurization is to kill bottles capped, and kept on ice. and settling Hoffman's water griev- W. N. Munro, solicitor re claim for late William John Muirhead, who most of the bacteria that may hap- During the hot weather, it is safest ance \$19.20. Report adopted. damages, Lot 20, Concession 18, that lived near Midland in 1914. He was pen to be present. It has done to heat all milk before giving it to Commissioner Mack reported: A. no action be taken in the matter. very eccentric, a combination of

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Varicose Veins

it all right to wear elastic stockings?" Reply

The dilated veins may sometimes be removed by operation with conport of the veins, as by the use of cold sores on my lips. I seem to an elastic bandage or stocking, will be in good health and have no stomoften give relief. Keeping off the ach or bowel trouble. What do feet as much as possible lessens the they come from? What can I put tendency of the veins to become on them to heal them." overfilled with blood. By frequently resting with the legs elevatedemptying of the blood from the veins is favored. It's all right to wear are probably due to exposure to elastic stockings.

Time for Weaning Mrs. H. M. asks: "When should a bronchitis, influenza and some other healthy baby be weaned? Is it ad- infectious diseases, such as meninvisable to nurse the baby at the gitis.

Reply

months?"

Towards the end of the first year, the baby needs other food than breast milk. As a rule, when the baby reaches the age of seven or eight months, weaning should begin under the direction of a physician. Unless it is summer time, or some other good reason requires it, it is generally inadvisable to continue breast feeding in healthy babies af- pounds. ter nine or ten months.

GOSSIP

What is the cure for gossip? Simply culture.

that has no malignity in it. Good-natured people talk about their into a chronic disease which is neighbors because—and only be-cause— they have nothing else to

Gossip is always a personal confession of either malice or imbecility, and the young should not only shun it, but should, with the most careful watchfulness, guard themselves against every temptation blame him-with only ten dollars in to indulge in it.

HEALTH QUESTIONS AND ANSWERS By the end of the first year, the times my legs ache, and I think it fruit juices, a little well-cooked comes from the veins. Is there any cereal (oatmeal, farina or cream of way of curing varicose veins? Is wheat) and strained vegetables. Fifteen or eighteen months is too long to nurse the baby at the breast.

Cold Sores

G. H. M. writes: "I often get

When cold sores occur in the absence of infectious diseases, they cold wind, exposure to sunlight, or to slight injuries about the lips. They frequently occur in colds,

breast as long as fifteen or eighteen Paint them several times a day with a compound tincture of ben-

Mrs. T. M. G. asks: 1. "How much

1. The average weight is 136

It is low, frivolous and too often a dirty business.

There are country neighborhoods Simply culture.

There is a great deal of gossip hat has no malignity in it. Goodpractically incurable.

Barker: "What was the play you saw last night?"

Harker: "Hamlet." "Do you think Hamlet was mad?" "He was last night. And I don't

EGREMONT COUNCIL

bridge and to replace the stringers mission money, village of Dromore for the current year. and cover on new abutments, abut- \$46.00; G. Love, gravel \$8.16; F.

Ross, gravelling \$46.90, com. money adopted.

vel \$9.12; J. Moore, raking stones Mack-Robb: That an order be band gets a portion of the estate stoppered bottles, at a temperature gravel \$14.00; D. McQueen, raking Walker bridge. Carried. Milk that is produced in accord- of between 35 and 40 degrees Fah- stones, 90 cents; T. G. McBride, gra- Ferguson-Wilson: That in ref- died. Probate could not be granted

Brown, bonus wire fence \$10.20; J. Carried. W. L. R. writes: "I have some baby should be getting cow's milk, J. Andrews, shovelling gravel \$1.80; filed with the Clerk. Carried. W. L. R. Writes: I have some one vegetable soup feeding a day, W. Moore, grading and gravelling Robb—Ferguson: That the con-

and dragging \$28.75. Fees \$3.00. Report adopted.

ed. The following motion was passed at a special meeting of the council held to consider the building of the Walker bridge, Concession 2 to the wire fence \$14.40; W. Wilson, wire fence \$ Robb—Ferguson: That the con- Wilson, wire fence \$1.05; G. Love, and the con- Wilson, wire fence \$1.05; G. Love, day Average for the con- day Avera ments to be built according to the plan of the McInnes bridge, Carried.

Commissioner Calder reported: C. Ross gravel \$5.00. Fees \$5.00. Report

Adopted Solution \$1.00 points of LAW parties adopted solution and the ments to be built according to the plan of the McInnes bridge, Carried.

Hopkins, gravel \$6.96; G. Lane, gravel \$6.64, gravel \$6.64, gravel \$6.40; W. Leith, gravel \$6.64, gravel \$6.50. Report velling \$50.00. Fees \$5.00. Report parties and plan of the McInnes bridge, Carried.

\$6.00; A. Drimmie, 2 tile \$3.50, gra- Commissioner Robb reported: J.

\$5.62; D. O'Connell, gravel \$6.64, road drawn on the Treasurer in favor of because of the failure to make an-

capable of transmitting infections. | tiplication of whatever germs may bonus wire fence \$16.00; W. Iles, \$250.00, being part payment on conget into it. Milk should be kept in gravelling \$56.02; G. McEachern Est. struction of the abutments of eyes of the law. In a year or two,

vel \$6.80; A. Hopkins, gravel \$9.28; erence to the communication from because the marriage cancelled the

vel \$4.56; A. Brown, gravelling be drawn on the Treasurer in favor uable wood lot near Midland which \$5.96; A. Haw, gravelling \$17.90; J. of Robert Lawrence to the amount has since sold for \$15,000. He Marshall, gravelling \$28.58; W. Allan of \$55.00, bonus wire fence, the wouldn't pay the taxes on his propgravel \$20.80; S. Patterson, grading agreement between the Council and erty or for anything. He was tak-\$19.20; T. Wilson, gravelling, \$59.02; Mr. Lawrence being duly signed and ing care of his sister, both living on

\$19.29; D. Watson, gravelling \$9.45; tract of the superstruction of the T. Harrison, gravel \$10.88, gravel- Walker bridge be awarded to Alexling \$29.25; A. Renton, gravelling ander Hill at a cost of \$500.00, to

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and \$2.50, for\$1.50

Reg. \$1.75 and \$2.00, for\$1.25

be completed as soon as possible.

Council met on July 20, 1925.

Members all present. Minutes adopted.

Commissioner Wilson - reported:

Members all present. Minutes adopted.

Commissioner Wilson - reported:

New Milson - Ferguson: That the following a new one, he moved lowing accounts be paid: Dr. McLellowing accounts be paid: Dr. McLellowing motion was low in the stable, which lan, medicine for Mrs. P. Fidler, was without a floor. There they

tract of constructing the abutments of the Walker bridge, Concession 2, be awarded to Alexander Hill at a cost of \$8.00 per cubic yard, Mr. Hill agreeing to furnish all material also to provide a temporary roadway during construction of bridge and to replace the stringers.

Wilson, wire fence \$1.05; G. Love, grading and gravelling, \$38.12; F. Hopkins, grading and gravelling, \$38.12; F. Hopkins, grading and gravelling and gravelling and gravelling and day, August 17 at 10 o'clock a.m. to strike the rates and general business. Boards of Trustees of the several School Sections are requested to submit on or before August 1 an estimate of the amount of money they require to be levied for the current year. -David Allan, Clerk.

for board, was put in against the PASSED ON BY JUDGE

second marriage was Mrs. Foster of she married and shortly afterwards real estate and \$679 personal.

hermit, miser and recluse. He was Queen, dragging \$10.12; J. Ellis, gra- Mack-Ferguson: That an order a bachelor and the owner of a val-

the house was burned, and instead man until he died in 1924. After his death, a bill amounting to \$4,831.76 for care, for taxes that the nephews had paid, for funeral expenses and

The deceased would not make a will, and after his death, a brother,

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

Enter any day. Write, call or phone for information.

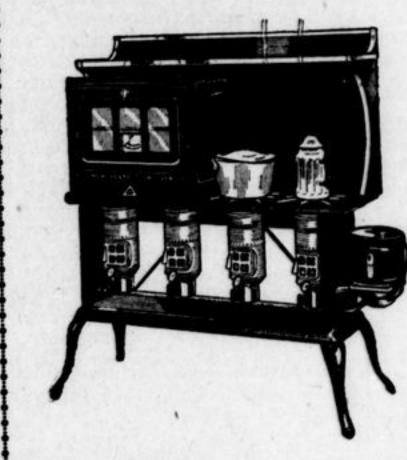
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