

FULL OF ACHES AND PAINS

Toronto Mother Found Relief by Taking Lydia E. Pinkham's Vegetable Compound

Toronto, Ontario.—"I have found Lydia E. Pinkham's Vegetable Compound a splendid medicine to take before and after confinement. A small bottle was put in my door one day advertising Lydia E. Pinkham's medicines, and I did not feel at all well at the time I wanted a bottle of Vegetable Compound right away. I soon began to notice a difference in my general health. I was full of aches and pains at the time and thought I had every complaint going, but I can truthfully say your medicine certainly did me good. I can and will speak highly of it, and I know it will do other women good who are sick and ailing if they will only give it a fair trial. Lydia E. Pinkham's Liver Pills are a splendid for constipation. You are welcome to use my letter if you think it will help any one."—Mrs. HARRY WESTWOOD, 543 Quebec Street, Toronto, Ontario.

The expectant mother is wise if she considers carefully this statement of Mrs. Westwood. It is but one of a great many, all telling the same story—beneficial results.

Lydia E. Pinkham's Vegetable Compound is especially adapted for use during this period. The experience of other women who have found this medicine a blessing is proof of its great merit. Why not try it now yourself?

You know, some of this cured meat never was—it died.



Costs you less than 2% a year!

Though it accomplishes in a few minutes what would otherwise take you hours, the cost of the telephone is one of the smallest items in the family's yearly outlay.

A study of expenditures by hundreds of families shows that food costs 43%, miscellaneous 25%, rent 17%, clothes 13% and the telephone less than 2%.



Each new subscriber adds to the value of YOUR telephone

If It's New, It's Here. Wear Store

Overcoats

are now in and show class goods.

at Special Prices

SE OVER

Smocks--None better

ERS, NIFTY SHIRTS, \$ just arrived.

S CAPS BRACES

OUR STOCK

URNETT

Durham, Ontario



The Road To Better Health

GETTING READY FOR SCHOOL

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.

Children with good minds sometimes fail to learn as readily as they should. There are different reasons for this. Among them is ill-health or the presence of some physical defect. In schools where there are regular medical examinations of the pupils, these defects are often discovered. In many instances, their correction is possible. But all children are not fortunate enough to attend schools in which there are medical tests.

How about the six-year-old who is just starting to school? Is he to be handicapped from the first day by defective vision or imperfect hearing? The child that cannot see clearly misses much that is demonstrated on the blackboard. Properly fitted glasses may give perfect vision. The child that is unable to hear much of what is said may acquire an undesired reputation for backwardness. Yet even defective hearing may sometimes be remedied.

Ill-health due to poor teeth, diseased tonsils or adenoids and faulty nutrition may be causes of listlessness or inattention. These, as well as other abnormalities, may be revealed by a careful examination. They could often be corrected before they interfere with the child's progress in school.

Every child deserves the privilege of starting to school without unnecessary handicaps in the way of ill-health or remediable physical defects.

Should Be Vaccinated

Small-pox and diphtheria are both preventable diseases. It looks as though scarlet fever would soon be added to the list.

If the child is not already effectively vaccinated against small-pox, this should be done before school opens.

It is also advisable to have the

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

HEALTH QUESTIONS AND ANSWERS

Hives

W. E. F. writes: "What causes hives? I break out with them every little while. If I scratch the skin to stop the itching, they only get worse. I seem to be in good health. What can I do to keep from getting them? What is good to stop the itching? I would surely like to get rid of them for good if there is any way of doing it."

Reply

While most people are able to eat all of the ordinary foods with no ill-effects, there are certain people to whom some of the protein foods act as poisons. A peculiar sensitivity to these foods is present.

Among the foods that cause hives in susceptible people are eggs, milk, meats, different kinds of shell-fish, berries, melons and occasionally grains. Some of the mineral salts and other substances sometimes

used in medicine may cause a hive-like eruption.

Any conditions that interfere with normal elimination may also act as causes. So the same thing does not cause hives in every case.

The first thing to do is find the cause in your particular case. Then avoid it. It may be necessary to have a physician make skin tests in order to determine what particular food is the cause. It would also be advisable to have a general examination to determine whether or not there is any disturbance of health that may act as a cause.

Bathing in warm water in which some baking soda is dissolved, usually helps to relieve the itching. A little starvation when you get the hives and drinking large amounts of water may help. A laxative is generally advised.

Severe cases should of course be treated by a physician.

PROTECTION AGAINST MOSQUITOES

Certain protective mixtures applied to the skin are of great value in warding off mosquitoes, black-flies and similar pests, especially when the insects are very numerous. A number of formulas for such mixtures are given in a pamphlet on the methods of protection against mosquitoes and black-flies, just issued by the Entomological Branch of the Dominion Department of Agriculture. A mixture recommended by the author is composed of 3 ounces of oil of citronella, 1 of spirits of camphor, 1 of oil of tar, 1/4 an ounce of oil of pennyroyal and from 4 to 6 ounces of castor oil. Another mixture consists of 2

ounces of oil of citronella, 1/8 ounce of pennyroyal and 2 ounces of castor oil. The castor oil is included to prevent injury to the skin. Tallow may be used instead if it is desired to have the mixture in the form of a paste.

When the insects are abundant, it is necessary to apply the mixture at least once every half-hour, using liberal quantities and rubbing it thoroughly over the hands and face. Care should be taken to have a sufficient quantity of a mixture when on an extended trip in the woods. At least one ounce per person per day is necessary if the flies are abundant. The mixture should be carried in a small aluminum flask or screw top tin, but not in a glass bottle, as it is apt to break.

OWEN SOUND WORKMAN KILLED SATURDAY

Wilfrid George Was Working With Cement Gang in Construction of New Elevator.

Wilfrid George, an Assyrian, 24 years of age, was almost instantly killed a few minutes after 8 o'clock on Saturday morning while employed on the construction of Owen Sound's new million bushel grain elevator. George had been working there with the cement gang ever since they started to pour the bins and was considered a careful workman, and had he exercised his usual vigilance, he would be still alive. He was working by himself at the base of the concrete elevator pit, and it was his duty to stand on a small platform about six feet square and remove the surplus concrete which came from the bucket after it reached the bottom, draw it away with a hoe and shovel it back into the bucket. The elevator worked back and forth at his side, and there was no occasion for him to get in the way of the bucket as it went up or down, but he must have stuck his head inside of the shaft, and it was caught between the bucket and a wooden brace, with the result that his head was terribly crushed.

PLENTY OF TIME FOR A REAL HOLIDAY YET

Do not imagine that summer has waned to a point where you have to give up the idea of vacation. We have a good six weeks of summer before us; those six weeks comprising the most delightful season of all the glorious Lake of Bays region.

Very accessible, this mecca of fishermen, golfer, paddler and swimmer, affords opportunities for September enjoyment that few vacation spots on the Continent can approach.

Here you may live a care-free life in the open or dwell in one of the modern hotels that nestle in this lakeland paradise. A visit to Bigwin Inn alone makes a trip worth while.

Canadian National Trains make splendid connections with steam boats, which serve every part of the great Lake of Bays district.

Complete information and literature may be obtained from any agent of the Canadian National Railways.

MEETS WITH SERIOUS ACCIDENT

While driving a threshing engine over a bridge a mile and a half east of Carthage on Wednesday evening of last week, Mr. John Basler met with a painful accident. The engine broke through the bridge, and Mr. Basler's arm was badly scalded, his head was seriously cut, and he suffered a compound fracture of the right leg. Medical aid was hurriedly called, and the unfortunate man was brought to the Listowel hospital. Two fingers then had to be amputated. He is at present doing as well as can be expected, and it is hoped that he will have as early recovery as possible.—Listowel Standard.

St. Paul's and a section of Old London will form a scenic investiture for "Ties That Bind," this year's spectacle.

IN MEMORIAM

Gliddon.—In sad but ever loving memory of our dear little Clara, beloved daughter of George and Nettie Gliddon, who passed away in Durham Memorial Hospital August 22, 1924, aged 12 years.

We grieve for thee, dear Clara, But not with outward show. For hearts that mourn sincerely, Mourn silently and low.

No one knows the silent heart aches, No one knows the bitter pains We have suffered since you left us; Life will never be the same—Sadly missed by Mother, Daddy, Clarence and Earl.

WORLD'S YOUNG PEOPLE NEVER WERE GOOD

Editor of Epworth Herald Defends Youth of Today in Address to Methodist Council at Round Lake, New York.

"Finding fault with young people is one of the inexcusable sins of today," said Dr. W. E. J. Gratz of Chicago, editor of the Epworth Herald, official paper of the Epworth League of the Methodist Episcopal Church, speaking at the Methodist Council at Round Lake, N. Y. Dr. Gratz said in part:

"The only answer to the question, 'Why are young people not so good as they used to be?' is 'They never were.'"

"It is scarcely a quarter of a century since the old folks who today are worrying about the younger generation were giving their elders gooseflesh because of roller skates, high bicycles, bustles and bangs."

"Much of the criticism of the young people is ridiculous and unfair. It must be remembered that they are not responsible for the world into which they have been catapulted. Their elders have written and published books that are unfit to be read, and blame the young people for reading. The generation in power is responsible for the questionable amusements, the bad pictures and the low grade of entertainment that is injuring the youth of today."

"The unspanked generation is not to be blamed, but the generation that failed to do the spanking. The question, 'what ails our youth?' might be well countered with another, 'what ails our parents?' Find the answer to the latter and you will be able to answer the first. Not the flappers of fourteen, fifteen and sixteen, but the flappers of forty-one, fifty-one and sixty-one are at fault."

"For every student whose name gets into the papers because of scandal in college, I'll find ten to 100 students who are making the most of their opportunities."

WHITHER, LITTLE TRAVELLER

(Marjorie Vance) I saw a little lady Dressed in her bestest gown, A traveling-bag in one hand For going out of town.

She looked so very happy, I ventured then to say, "Is it for far-off cities That you are bound today?"

For London or for Paris, For Cairo or for Rome?" She smiled and answered, "No, sir, To see if Grandma's home."

Just Arrived

Black Duchess Silk \$3.00 yd. guaranteed.

New Dress Goods for Fall

Coming This Week

GRANT'S DURHAM

WESTERN FAIR LONDON - ONTARIO SEPTEMBER 12th--19th, 1925

This will be a banner year for prize live stock, of which there will be an exceptionally good showing. Everyone should see this part of the Exhibition where the best animals in Canada are being shown.

Entries Close September 3rd

\$40,000 in Prizes and Attractions

For further information, apply—J. H. SAUNDERS, President, W. D. JACKSON, Secretary, London, Ontario.

YOUNG PORT ELGIN GIRL DROWNS WHILE BATHING

Miss Ella Diegel Loses Life in Fall View of the Campers.

In view of a number of campers sitting along the beach, Miss Ella Diegel of Port Elgin was drowned in the dangerous waters of the channel in the harbor there last Thursday night.

About dusk, Miss Diegel left the Lakeview Inn, where she has been working, to go in bathing, and had been in the water alone for about 15 minutes where she had been swimming and diving, when suddenly the campers noticed that she has disappeared although no cry of help came from her.

With the aid of motor cars throwing their headlights on the water, the body was recovered in about 15 minutes with rowboats and poles in about seven feet of water and about twenty feet from shallow water.

FALL FAIRS 1925

Table listing various fall fairs and dates: Aberfoyle (Oct. 7), Acton (Sept. 22 and 23), Alliston (Oct. 1 and 2), Arthur (Sept. 22 and 23), Alwood (Sept. 22 and 23), Aylton (Oct. 2 and 3), Barrie (Sept. 23-25), Blyth (Sept. 23 and 24), Bolton (Sept. 21 and 22), Bradford (Oct. 13 and 14), Brussels (Oct. 1 and 2), Beeton (Oct. 7), Brampton (Sept. 29 and 30), Chesley (Sept. 24 and 25), Collingwood (Sept. 29-Oct. 2), Cookstown (Sept. 29 and 30), Clarksburg (Sept. 22 and 23), Caledon (Sept. 22 and 23), Chatsworth (Oct. 8 and 9), Desboro (Sept. 22 and 23), Drayton (Sept. 29 and 30), Dundalk (Oct. 1 and 2), DURHAM (Sept. 24 and 25), Erin (Oct. 8 and 9), Elmira (Sept. 11 and 12), Fergus (Sept. 24 and 25), Faversham (Sept. 29 and 30), Flesherton (Sept. 24 and 25), Freeport (Oct. 1), Galt (Sept. 25 and 26), Georgtown (Sept. 25 and 26), Goderich (Sept. 9-11), Grand Valley (Oct. 1 and 2), Gorrie (Oct. 3), Hanover (Sept. 16-18), Harrison (Sept. 24 and 25), HOLSTEIN (Sept. 29 and 30), Kincardine (Sept. 17 and 18), Lion's Head (Sept. 30, Oct. 1), Listowel (Sept. 17 and 18), London (Western Fair) (Sept. 12-19), Lucknow (Sept. 24 and 25), Markdale (Oct. 6 and 7), Meaford (Sept. 16-18), Midway (Sept. 22 and 23), Milton (Oct. 1 and 2), Milverton (Sept. 24 and 25), Mitchell (Sept. 29 and 30), Mount Forest (Sept. 16 and 17), Neustadt (Sept. 18 and 19), New Hamburg (Sept. 20), Parkhill (Sept. 22 and 23), Port Elgin (Oct. 2 and 3).

Table listing various fairs and dates: Paisley (Sept. 29 and 30), Palmerston (Oct. 6 and 7), Pinkerton (Sept. 23), Priceville (Oct. 1 and 2), Ripley (Sept. 29 and 30), Rocklyn (Oct. 6 and 7), Rockwood (Sept. 29 and 30), St. Marys (Oct. 1 and 2), Schomberg (Sept. 22 and 23), Shelburne (Sept. 22 and 23), Stratford (Sept. 22-26), Streetsville (Oct. 17), Tara (Oct. 6 and 7), Teeswater (Oct. 6 and 7), Tiverton (Oct. 6), Toronto (Can. Nat.) (Aug 29-Sept. 12), Weston (Sept. 22 and 23), Wriarton (Sept. 22 and 23), Wingham (Sept. 29 and 30), Windsor Fair, Guelph (Nov. 9-12), Royal Agri. Winter Fair (Nov. 13-21).

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.

All Our Graduates

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.

CENTRAL BUSINESS COLLEGE Stratford and Mount Forest

KELSEY STUDIO DURHAM, ONT.

OPEN Friday and Saturday

OF EACH WEEK 9 to 5 p.m.

FILMS DEVELOPED

Leave At D. C. Town's Jewelry Store.

SUIT SALE Special Prices on Ready-made Suits. S A L E

Men's Blue Serge, guaranteed, sizes 36, 37, 38, 39 and 40. Reg. \$30.00, for \$23.50

Men's Grey Serge, guaranteed, sizes 36, 38, 40 and 42. Reg. \$30.00, for \$23.50

Men's Brown Check Tweed, sizes 36, 38, 40, 42 and 44. Reg. \$19.00, for \$13.50

Men's Striped Tweed, sizes 38, 40 and 42. Reg. \$19.00, for \$13.50

We also have a few odd suits we are clearing out at less than wholesale prices.

Drop in and be convinced.

D. M. SAUNDERS

Gent's Furnisher

Durham, Ontario

THE FAMILY NEXT DOOR



It Worked All Right!