

DOCTOR ADVISED AN OPERATION

Head Alberta Woman's Experience with Lydia E. Pinkham's Vegetable Compound

Provoost, Alberta.—"Perhaps you will remember sending me one of your books a year ago. I was in a bad condition and would suffer awful pains at times and could not do anything. The doctor said I could not have children unless I went under an operation. I read testimonials of Lydia E. Pinkham's Vegetable Compound in the papers and a friend recommended me to take it. After taking three bottles I became much better. Now I have a bonny baby girl four years old. I do my housework and a little with the chores. I recommend the Vegetable Compound to my friends and am willing for you to use my testimonial letter."—Mrs. A. A. Mrs. Box 54, Provoost, Alberta.

Pains in Left Side

Machine, Quebec.—"I took Lydia E. Pinkham's Vegetable Compound because I suffered with pains in my left side and back and with weakness and troubles women so often have. In this way about six months. I saw 'Vegetable Compound' advertised in 'Montreal Standard' and I have bought four bottles of it. I was a very woman and I feel so much better. I do not need the doctor. I also use Lydia E. Pinkham's Sanative Wash. I am willing for you to use my testimonial letter."—Mrs. M. W. Rose, 207e Dame St., Lachine, Quebec.

- Sept. 22 and 23
- Oct. 1 and 2
- Sept. 24 and 25
- Sept. 29 and 30
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- Sept. 18 and 19
- Sept. 22 and 23
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- Sept. 22 and 23
- Sept. 22 and 23
- Sept. 29 and 30
- Fair, Guelph, Nov. 9-12
- Winter Fair Nov. 13-21.

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- Bals, sizes 2 \$1.25

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The Road To Better Health

DO YOUR SHOES FIT?

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 Dr. W. J. Scholes, in care of The Durham Chronicle.

The condition of the feet may bear an important relationship to one's health and efficiency. In an article in the Illinois Medical Journal, Dr. S. C. Woldenberg says that the foot-sore man, woman or child either cannot, or is disinclined, to walk or exercise. And we know that a certain amount of exercise is necessary for the promotion and preservation of health.

Most foot troubles have one common cause. Bunions, corns, callouses, over-riding toes, hammer-toes and in-growing toe-nails are produced by ill-fitting shoes. Very often these deformities are produced rather early in life—during childhood. The result is that among civilized people, it is difficult to find many adults who have normal feet.

Dr. Woldenberg gives an idea of what a properly built shoe should be. Shoes for an adult should be at least one-half inch longer than the distance from the tip of the great toe to the heel. The inner border should be straight from the tip to the ball of the great toe. It is very important that the length of the shoe from the ball of the great toe to the heel should correspond to this length in the foot.

Rounded Toes Best
It may also be added that the toe of the shoe should be rounded, not pointed. Toes should never be crowded together. And the heels should not be so high as to alter

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HEALTH QUESTIONS AND ANSWERS

Prevention of Cancer
H. L. H. asks: "Is there anything that can be done to prevent development of cancer? The reason I ask is that there has been cancer in our family, and if there is any known way to keep from getting it, I would like to know it."

Reply
About all that can be advised is to avoid all sources of chronic irritation of tissues. Cancer seems more liable to develop where there has been such irritation. Irritation of the mouth and tongue by rough, sharp-edged teeth, or of the lips by a short rough pipe-stem are examples. Chronic irritation may also be the result of disease. The presence of gall-stones is an example of this. Having chronic disease conditions remedied as far as possible would probably help to prevent cancer.

Suspicious sores, or lumps or masses, or areas that have a tendency to bleed readily, should be examined by a physician. For in the early stages, cancer can often be completely removed. Regular periodic medical examinations would probably lead to a reduction in the death-rate from cancer.

Does No Harm
Mrs. F. G. asks: "Does eating asparagus do any harm to the kidneys?"

No. **Reply**

LAD FATALLY HURT IN FALL FROM LOFT

Seven-Year-Old John Reuber, of Carrick Township, Was Attending to Pigeons.

Lorne Reuber, 7-year-old son of John Reuber, a prominent farmer of the 10th concession of Carrick, was fatally injured in an accident Saturday evening. He fell from a loft in an implement shed, on his father's farm, and his head came in contact with a distributing drum of a manure spreader, one prong of which entered the top of his head and almost emerged from the side

of his cheek. The little fellow, along with an older brother, Garfield, climbed up on to the loft of this shed about dusk to attend to some pet pigeons. Lorne missed his footing in the gathering darkness, and he fell headlong to the ground floor, his head striking the spreader in his descent.

The lad died some hours later, without having regained consciousness.

British Columbia, may have been late in emerging from the stone age, as scientists declare, but she was one of the first to emerge from the dry age.—Hamilton Spectator.

OCEAN-GREAT LAKE SHIPS

(Stratford Beacon-Herald)
Newspapers of those cities that oppose the opening up of the Great Lakes to ocean-going steamships ridicule the idea that ships of the type of the Leviathan and Majestic will ever steam directly into the ports of Toronto, Chicago or Duluth. That is, however, setting up a man of straw merely for the pleasure of knocking him down.

In a recent review, the Great Lakes-St. Lawrence Tidewater Association takes the trouble to correct any popular misconception that may be current in this regard. It concedes that the big ocean liners have their places in the shipping world, but it points out that the bulk of the world's ocean commerce is carried in cargo liners and tramp vessels that are rarely large. Indeed, the majority draw less than 25 feet of water, for they must be small enough to enter several ports at both ends of their voyages in order to obtain full cargoes.

Counting the numerous trips of express liners to New York, the association's statement says the record of vessels engaged in foreign trade in 1922 showed that out of 5,526 inward and outward trips, no less than 70.7 per cent were in vessels of less than 25-foot draft and 93.8 per cent with drafts under 30 feet.

The large export vessels plying in and out of New York and calling at Boston are not necessary to the success of the St. Lawrence ship canal, the association explains. New Orleans and Galveston have reached great commercial importance though they can accommodate only light draft vessels. It is an error to assume that a 30-foot channel can be navigated only by vessels drawing less than 25 feet. Such conditions are applicable only at entrance channels of exposed ports. Vessels drawing 29 1/2 feet navigate the 30-foot channel of the Detroit and St. Lawrence rivers and in the St. Lawrence and Welland canals, vessels load to utilize every available inch. Small ocean ships navigate the present 14-foot St. Lawrence canal drawing 13 1/2 feet and more. At the ocean entrance of the St. Lawrence, nature has provided depths ranging up to 100 fathoms. A 30-foot channel through the 33 miles of canal involved in the St. Lawrence development will freely navigate vessels loaded to 29 feet.

The large liners such as the Adriatic, Baltic, Cedric and Celtic are not expected in the Great Lakes ports any more than they are expected at Philadelphia, Wilmington, Baltimore, Charleston, Savannah, Jacksonville, Mobile, New Orleans, Galveston, Houston and other highly successful commercial ports.

FARMER KILLED WHEN RUN OVER BY BINDER

James Owens, an East Luther farmer, near Harriston, was killed when, it is believed, he was run over by his binder while he was making repairs. No one saw the accident, but it is presumed the horses became frightened and started suddenly while Mr. Owens was working underneath the machine. His lifeless body was found by his nephew after a young girl nearby had noticed the team standing for an unusually long time near the fence.

ELECTROCUTED MAN HAD LARGE FAMILY

Mildmay Citizens Turned Out in Large Numbers.
The funeral of Edward Diemer, a Mildmay young man who was electrocuted while working on the Hydro-Electric line on the Sarnia Gravel Road a short distance from London on Tuesday morning was held Friday morning from the residence of his parents to Mildmay R. C. cemetery. The funeral was the largest seen here in many years. He leaves a large family.

TEAMS WANTED FOR STRIPPING. APPLY DURHAM

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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.

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Fall Fairs are bigger and better

See others as well as your own
The Fall Fairs are now more interesting and more instructive than ever. They offer an educational advantage as well as pleasure, and the good roads enable you to attend and return the same day.

Visit several Fall Fairs. Take the family with you. Ask the neighbors to come and bring their families, and you will enjoy your community party. Meet the people of the next county and learn what's going on. You may pick up something about live stock or field crops which will be useful to you. When you travel over miles of good roads you will think of the advantage they have brought to you over those who lived in the last generation. They have widened your sphere of travel three or four times over.

Remember this, that the roads must be maintained, and that you and other users of them will pay the cost. Use them sanely. Don't exceed the speed limit of 25 miles, and if you use a truck don't over-load it.

Because overloaded trucks break down road foundations and fast driven passenger cars tear up road surfaces, the law provides these restrictions. It is in your interest to obey. If you do not obey, you are liable to a fine.

An advertisement issued by the Ontario Department of Highways to secure the co-operation of motorists and truck drivers, Automobile Clubs, Good Roads Associations and all other public spirited bodies, in abating the abuse of the roads of the Province.

The HON. GEO. S. HENRY, Minister S. L. SQUIRE, Deputy Minister

OIL TRUCK STRIKES COW

Saturday afternoon last between three and three-thirty, as Mr. Justice Greve, who has charge of McColl Bros. business here, was proceeding to Conn with a tank of gasoline and oil when about three miles and a half from here on the 12th concession of Minto, a calf came out on the road and ran ahead of the truck afterwards leaving the road.

Mr. Grebe then put on more speed to get up the steep hill, when a cow suddenly jumped out of the willows and weeds along side the road, on to the road. Mr. Grebe had no time to stop the truck, and there being a deep ditch on either side, he had nothing to do but run into the cow, which was knocked back into the ditch again.

Hitting the animal turned the truck into the ditch where it upset and Mr. Grebe was pinned in the glass cab in such a way that he had much trouble in reaching high enough to shut off the engine which was still running. The truck fell over the oil tank in such a way that the whole thing swayed in the ditch before it finally fell off to one side, releasing Mr. Grebe enough to let him crawl out. Had it fallen the other way, the driver's life would have been lost.

A small boy was the first on the scene, and soon afterwards, Mr. and Mrs. Victor Lee came along and gave assistance to Mr. Grebe. Not realizing how bad he was injured, Mr. Grebe came back to town and again went out with some oil barrels, and with the assistance of two men, drained the tank and took the gas on to Conn, returning home about midnight.

The next morning, however, a doctor was summoned who discovered that besides the injury to his right leg, his back and side were also badly wrenched, and he has since been confined to his bed.—Harriston Review.

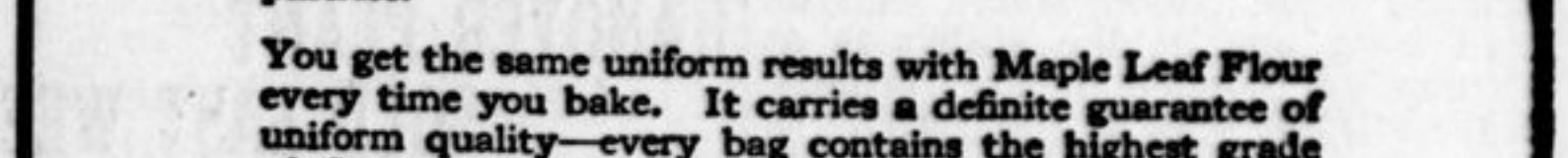
DURHAM HIGH SCHOOL

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.



Recognized authority on household problems pertaining to the selection, preparation and serving of food for all occasions.
Director of the Maple Leaf Club and author of a remarkable Course in Cookery Arts and Kitchen Management.

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is eligible for membership in the Maple Leaf Club and can enroll at no cost whatever for the Free Course, of 20 lessons. Membership in the Maple Leaf Club includes the privilege of writing Anna La Saitt on any problem relating to the serving of special dishes for special occasions, or on any household subject.

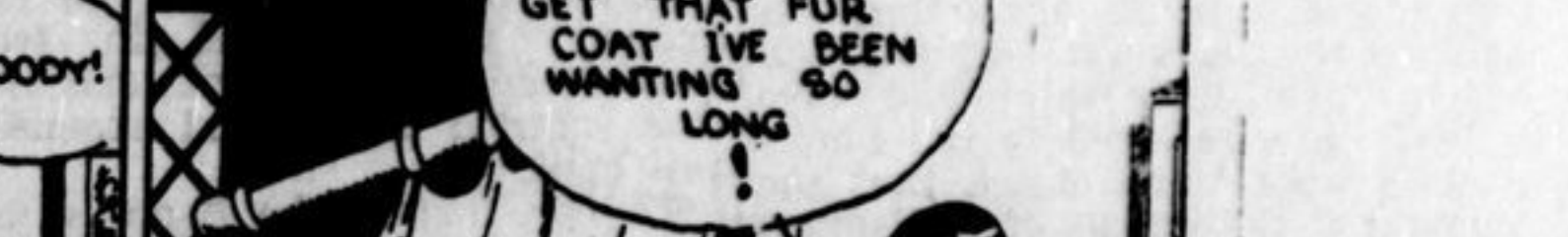
HOW TO ENROLL

Coupons will be found enclosed in every bag of Maple Leaf Flour. (24 lb. bag—1 coupon; 49 lb. bag—2 coupons; 98 lb. bag—4 coupons). Send only four coupons addressed to the Maple Leaf Club, Maple Leaf Milling Co., Limited, Toronto.

Ontario, and you will be enrolled without cost of expense as a member of the Maple Leaf Club and receive the first four lessons in the course. Other lessons will be sent in four monthly installments—four lessons each month.

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