

ED LIFE TO BED

So She Could Not Restored to Health by E. Pinkham's Vegetable Compound

Ontario.—"I am a practitioner and I recommend Lydia E. Pinkham's Vegetable Compound to men. For three months helpless and could not lie long enough to drink...

usual Sunday school and was enjoyed fully by the scholars.

and I may be a vulgarity shows a nice regard

Take EPS Coughs Colds & Bronchitis

Garage Service

Quarters for Gas Greases Accessories All Kinds

Producer

er, Bowels and cures poultry makes larger young chicks.

Medicines

Ground Linseed Meal, etc. Co., Limited



The Road To Better Health

HICCOUGH

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.

At some time or other, almost everyone has suffered from the annoying symptom known as hiccough. Some people, probably on account of faulty habits, are frequent sufferers.

The immediate cause of hiccoughing is a sudden contraction of the diaphragm, the muscular and tendinous partition between the abdominal and chest cavities.

Most Cases Stop Quickly

Most of the ordinary attacks of hiccough stop spontaneously within a short period of time. That is, perhaps, the reason why there are so many "cures."

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HEALTH QUESTIONS AND ANSWERS

For Colds

G. F. B. asks: "What is the best thing to take to break up a cold?"

Reply

A hot tub or foot bath, a hot drink, and then go to bed, if you begin to treat your cold during the chill stage.

If a cold does not soon show improvement when treated by simple home remedies such as the above, the services of a physician should be obtained.

Washing the Hair

W. R. H. asks: "I am troubled with dandruff. I find that the dandruff bothers me less if I wash my head twice a week, but I have been told that this will take all of the oil out of my hair and eventually make me bald."

Reply

1. Washing the hair twice a week will not harm it if you thoroughly dry the hair and scalp after washing.

GAS MAKES PEOPLE NERVOUS AND RESTLESS

Gas pressure in the abdomen causes a restless, nervous feeling and prevents sleep. Adlerika removes gas in TEN minutes and brings out surprising amounts of old waste matter you never thought was in

among the numerous cures. Some of these probably have merit.

While most cases of hiccough are not serious, attacks that persist for hours or days may be a sign of serious trouble in addition to being serious in themselves.

Correction of faulty dietetic habits will often prevent the ordinary attacks. If the cause is hasty eating or drinking, or eating too much, these bad habits should be corrected.

oil that is lost in washing. 2. Any good toilet soap may be used.

Pneumonia

Mrs. L. T. writes: "I would like to ask some questions about pneumonia. I had it last winter. Can one have pneumonia more than once? What causes it? Is it possible to get pneumonia from someone who has it if you get near them?"

Reply

1. Yes. 2. Infection with the pneumococcus and other germs. 3. Yes. In many places, pneumonia is subject to quarantine the same as other contagious diseases.

May Be Winter Itch

R. B. writes: "I work in a garage and drive a car some. As soon as the weather begins to get cold, I am bothered with itching of the skin. There is nothing to see where the skin itches unless I scratch it a lot. What can I do to get some relief? I seem to be in good health."

Reply

You may have either winter itch or bath itch. The former is attributed largely to being in an overheated, dry atmosphere. Some skins are sensitive to the frequent use of soap and water, especially in the cold weather.

your system. This excellent intestinal evacuant is wonderful for constipation or allied stomach trouble. Don't waste time with pills or tablets but get REAL Adlerika action! McFadden's Drug Store.

What Would They Tell?

The old folks say the flapper is Immodes—indiscreet. But grandma might pull in her horns if wagon tongues could speak.

The Days Of Long Ago

Taken From Chronicle Files of Twenty and Twelve Years Ago.

February 4, 1906

The annual meeting of the cement company will be held in Toronto on the 7th inst.

At the annual meeting of the Public Library, the following officers were elected: President, John A. Graham; First Vice-President, N. W. Campbell; Second Vice-President, Thomas Allan; Directors, A. S. Hunter, W. Irwin, W. J. Young, Thomas Lyons, A. H. Jackson, J. P. Telford, H. R. Koch, Dr. Gun; Auditors, C. L. Grant, A. H. Jackson.

We are pleased to announce this week the recovery of Mr. Ben Williams, who underwent an operation on December 26 last.

We understand that Mr. Alex. Gordon has sold, or is about to sell, his jewellery business here to a Mr. Webster of Toronto.

After three years in the jewellery business out West, Mr. Roy Gordon has given up and has entered on the study of medicine.

We regret very much the death of Mrs. John Moffat of Edge Hill after only a few days' illness. Interment took place to Durham cemetery on Sunday afternoon.

We had a brief call last week from Mr. T. J. Lawrence of Revelstoke, B.C., after a six or seven years' absence. Tom is now a conductor on the C. P. R.

The Presbyterian annual meeting was held on Monday last. The retiring managers were Messrs. D. Edge, T. McGirr, C. Milligan and R. Macfarlane. The last two were re-elected, while the new members are W. Weir and Dan. McArthur.

January 29, 1914

On Monday afternoon, Mrs. John Schutz underwent a serious operation performed by Dr. Groves of Fergus assisted by Dr. Huttlin. We are pleased to learn she is doing well.

Mr. A. D. McLeod of Priceville has disposed of his mill property to Mr. George Watson of Flesherton. The old mill, which was burned in September, has been replaced by a new building.

Mr. Duncan Mackenzie met with a nasty accident, Sunday evening on his way to church. Near the post office he slipped on an inclined plank and struck his head on the cement pavement. He was taken into the post office where medical aid was summoned, and he soon regained consciousness and later was doing well.

Mr. James Livingston and family of Allan Park are moving to town this week to occupy the Walpole residence which they purchased recently.

As announced last week by our Traverston correspondent, it should not be long before a rural mail route is in operation between Markdale, Eborvale and Traverston.

We regret to report the sudden death of Mr. Walter Dunn on Thursday night of last week. The intelligence of his death was quite a surprise to everybody, as nothing was known of his illness. He was in his 76th year and had always been industrious and in the enjoyment of good health.

He was born in England and had been a resident of Egremont nearly 20 years.

before coming to Durham six years ago. Interment took place Sunday afternoon to Maplewood cemetery.

Married.—In St. Marys, on January 24, Lizzie, eldest daughter of Mr. and Mrs. Robert Hillis, of St. Marys, to Mr. William Lake, eldest son of Mr. and Mrs. W. Lake of Durham.

Died.—At Long Beach, Calif., January 14, 1914, Annie Lawson, beloved wife of D. McCallum of Wheatland, Wyoming.

Died.—Suddenly in Kamloops, B.C., January 20, 1914, Willard R. Lyle, son of Mr. and Mrs. E. C. Lyle, Toronto.

1926 CANADIAN TEACHERS' FEDERATION CONVENTION

The above convention will be held in Charlottetown, P. E. I., August 2 to August 6, and arrangements are now being completed for an all-expense, personally conducted tour via the Canadian National Railways, from Toronto to Charlottetown in connection therewith.

What would I give his hand to clasp, His patient face to see, To hear his voice, to see his smile, As in the days that used to be. For a better husband never lived Nor one so true and kind. But some sweet day we'll meet again, Beyond the toil and strife. And clasp each other's hand once more In heaven, that happy life.

TOWN MERCHANTS MUST ADVERTISE

In proportion to population, the city papers have no larger circulation than the weekly papers that would reach the buying public in the districts that they circulate in. If the small town merchant expects to hold his own with good roads, bus lines and automobiles, he must change his methods and advertise correspondingly to reach the public with what he has to offer.—Collingwood Bulletin.

"The landlady threw my best coat and trousers into the street." "What did you do?" "I followed suit."

IN MEMORIAM

Giles.—In loving memory of James Ronald Giles who died January 17, 1925.

What would I give his hand to clasp, His patient face to see, To hear his voice, to see his smile, As in the days that used to be. For a better husband never lived Nor one so true and kind. But some sweet day we'll meet again, Beyond the toil and strife. And clasp each other's hand once more In heaven, that happy life.

Sadly missed by Wife.

Our Dictionary

Hose—Cotton filled with water. Silk filled with charm. Compact—An article signed in the Mayflower. Also for restoring the skin you love to touch. Forward—Ahead. What a girl thinks a fellow is when he doesn't stop with saying "goodnight."

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.

The Greatest Saving In Years

Special Sale of LADIES' RUBBERS

Cuban Heels and Wide Toes, 85c. sizes 2 1/2 to 7, per pair.

Men's Grey and Khaki English Flannel Work Shirts 1.39

Men's Military Flannel Work Shirts... 98c

Get your share of these Wonderful Bargains while they last

John McKechnie, Durham

The Ideal Men's Wear Store

Special Sale of Winter Stock MY PRICES TALK

There comes a time in every business when cash is more desirable than profits and merchandise must be converted into cash. We are offering our entire stock of

Mitts and Gloves at Great Reductions READY-MADE SUITS and OVERCOATS, SWEATERS, SHIRTS and HOSIERY

must go. Now is the time to buy. We need the money. To quote prices on all our stock would take up too much space and time. We invite you in to see for yourself what we have to offer. REMEMBER—We mean business, so call in and look over what we offer.

Special Discount on Tailor-Made Clothes

GEORGE S. BURNETT

Gen's Furnisher

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THE FAMILY NEXT DOOR



Business Man!