

PAINS ALL OVER BODY

More Cases of Feminine Illness Relieved by Lydia E. Pinkham's Vegetable Compound

Barrington, N. S. - "I had terrible aches, headaches, back and side pains and pains all over my body. I could have to go to bed every morning and nothing would do me good. My husband and my father did my work for me as I have two children and I have quite a big place. I read in the paper about Lydia E. Pinkham's Vegetable Compound, and then got a bottle book about it through the mail, and my husband sent to Eaton's and got me a bottle, and then we got more from the store. I am feeling better now and do all my work and am able to go out around more. I tell my friends it is Lydia E. Pinkham's Vegetable Compound that makes me feel well." - Mrs. VICTOR RICHARDSON, Barrington, Nova Scotia.

Dull Pains in Back

St. Thomas, Ont. - "I took four bottles of Lydia E. Pinkham's Vegetable Compound and found great relief from the dull, heavy pains in the back of my neck and the weakness in which I suffered for five years before my boy was born. After taking Lydia E. Pinkham's Vegetable Compound and using Lydia E. Pinkham's Sanative Wash I am feeling better than I have for the last seven years, and advise my friends to take it." - Mrs. F. JOHNSON, Moore Street, St. Thomas, Ont. C.

LYND BRIDGET GETS ONE MONTH

Idle Man Convicted of Bootlegging and is Jailed and Fined

Lynd Bridget of Markdale was convicted by Provincial Constable and Inspector Beckett on Monday morning. The case was tried before M. Armstrong. Evidence was taken which conclusively showed that the prisoner was guilty of selling liquor contrary to the O. T. A. One month's imprisonment and fine of \$200 with costs was imposed.

Connection with the Bridget case O. T. A. charges were laid against youthful offenders. Magistrate Armstrong fined one of them \$100. The other case was adjourned a week pending further information.

Never realize how many queer things there are in the world until you see what a balloon tire has become.

If It's New, It's Here.

Wear Store

COATS

that we are offering for one week

SPECIALS

These Are Bargains

We have a few good lines in Underwear, Caps, Hats, Shirts, Pants and all lines of Winter Wear.

Stock and Prices, and we mean business

DURNETT Durham, Ontario

WOMEN'S MILLS

EVERY DAY

Full line of FEED

The following prices:

- Long Chop, cwt. \$ 1.60
Dipped Oats, ton. 30.00
Dipped Oats, ton. 30.00
Long Chop, ton. 30.00
Hay, per ton. 32.00
Hens' Package, per cwt. 3.00
Pride Four, bag 4.75

Meat Foods Calf, Pig and Poultry Feeds sell at reasonable prices. wheat, as we intend buying

DOWN EVERY DAY. t or Day.

GOWAN Durham, Ontario



THE EXPECTANT MOTHER

BY DR. ARTHUR L. FORSTER

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.

Bearing children, is under normal conditions, a physiological process, just as much as are digestion and respiration. Any intelligent person can properly attend the mother during her confinement, if everything is normal. The lower animals bear their young without the aid of an obstetrician, and they get along very well as a rule.

But conditions may not be normal—in fact, very often are just the reverse. And this despite our higher intelligence and the advantages we have over other members of the animal kingdom. Curiously enough, it is these very factors in our modern civilization that have tended to make child-bearing more hazardous for the human mother.

However, much can be done to prevent or modify many of the dangers attending birth-giving, if proper care and precaution are employed. Many an unfortunate mother who died bringing her baby into the world would be living today, had she demanded and received the care that is her due during the months of her expectancy.

In the home, the mother should receive every care, every comfort, every consideration within the gift of those who surround her because she is casting her life in the balance and facing the very refinement of agony in the ordeal she is facing. Happily, in our modern American homes, the mother is a queen and not a vassal, and is accorded the honor and courtesy that are due her.

Hidden Dangers

Often, however, through lack of information on the subject, women neglect to do those things that will contribute to their well-being both during and after pregnancy. Even though child-bearing is a natural process, it is fraught with hidden dangers—complications and sequels—of which the expectant mother knows nothing and against which she accordingly cannot protect herself.

Hence, every expectant mother

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HEALTH QUESTIONS AND ANSWERS

Some Good Question on Hygiene

N. T. writes:

- (1) What should be the weight of a boy six feet tall and twenty years of age?
(2) What should be the size of the room in which two persons sleep?
(3) What should be the temperature of the room?
(4) If a stove is used in the bedroom, should water be put in a vessel on the stove?
(5) When there is a moderate fire in the stove, does it use more oxygen than one sleeping person?
(6) Does the stove use as much oxygen as a sleeping person?
(7) How often should there be a complete change of air in the room?

Reply

- (1) 160 pounds.
(2) The average sized adult requires 1000 cubic feet of space.
(3) 60° F.
(4) A stove should not be placed in a bedroom, but if there is some unescapable reason for having it there, a vessel containing water should be a part of the equipment so that the necessary relative humidity may be maintained.
(5) and (6) The usual stove will, when consuming an average amount of fuel, use more oxygen than one sleeping person. Of course, this will depend upon the size of the stove and the nature of the fire.
(7) Each adult requires 2000 to 3000 cubic feet of fresh air per hour.

This Youngster is Wiser Than Many Grownups

G. J. N., Jr. writes:

- "There are three questions which I would like to ask you:
(1) Is pork in any way bad for anyone?
(2) What are moles? What is their cause? Can they be cured by home treatment? How?
(3) Is a tub bath or a sponge bath too much bathing of the body for one day? Why?
'I am a child and am very interested in my health. I would be much pleased if you would answer these questions.'

Reply

I am always glad to see a child interested in his health. That is the time to start—in childhood—not after middle life when the ravages of a disease have advanced to a point that makes cure impossible. Of course, one should not go to extremes—it leads to introspection and a moribidity of mind that brings on neurasthenia. Find out your weak spots and correct them, then lead a normal life and forget yourself.
(1) I consider pork as the least desirable of all meats, inasmuch as it is the least digestible, because of the fat it contains. All except bacon which, next to butter and cream is the most easily assimilated of ordinary food fats.
(2) Moles are circumscribed elevations of the skin due to an increase of its pigment (coloring matter). They are congenital—you are born with them. A mole should never be tampered with, as they

TRYING TO COLLECT NOTES SECOND TIME

(Continued from page 1)

whom the sales were made. The letter in closing said:

"As I require all my available funds at once, I must ask you to send me the amount shown at the bottom of this letter by return mail. Should you not do so, I will very regretfully have to place the note in my lawyer's hands for immediate suit which will mean added court costs for you, possibly equal to the amount of the note. Better remit at once and save the extra costs."

Further down on the letter at the bottom are the words: "Please use back of this sheet for your reply."

This in brief is the predicament in which possibly upwards of half a hundred of our best citizens now find themselves, and we are telling no secrets when we say the matter has caused a lot of excitement and no little suspense amongst those who placed their name on the dotted line a year ago last July.

It is too early in the game, just yet to express an opinion in the matter, but as we write this, we have before us a copy of the letter sent out from Brockville under date of February 26, 1926, a customer's carbon copy of the note signed on July 23, 1924, and the original note with war tax stamp affixed and the bank's receipt stamp showing that the note had been paid on March 7, 1925. Whether the attempt at this second collection is a case of inexcusable poor bookkeeping on the part of somebody over in this district, we do not know, but there is certainly something radically wrong which should never be settled until the true state of affairs is arrived at. According to the one piece of evidence before us as we write, the statements of numerous farmers who maintain that they paid the notes when they came due, and the evidence of the local bank, which remittances, there will likely be a lively time locally before these notes are again paid, for we must sur guess badly if the purchasers of fire extinguishers in this vicinity are the ones to tamely submit to the request to come across again with payment for something for which they have already settled.

There is the usual moral to this story, though it is doubtful if it will be heeded. These fire extinguishers, or ones equally as good and bearing the Underwriters' Laboratory Inspection stamp, could at that time have been purchased in Durham at around \$16. We know this because we purchased two at that time from the American La France Fire Engine Company and still have the agency for them for Durham. It pays to buy at home from those with whom you are acquainted and who intend to stay with you and make their living with you. Even supposing that there is a clerical error somewhere and the recent Brockville letters are all a mistake, by purchasing at home in this instance, local residents would have saved themselves \$9 in money and all of the suspense they are now going through until this matter is settled.

are very apt to become malignant if irritated. The only sensible procedure is clean excision. Small moles can often be destroyed with strong caustics. Electrolysis and the X-ray are often the best method in certain cases. In any event, I would not recommend fooling with them yourself. The safest way is to have a physician take care of it.
(3) The body should be bathed every day. The best is a shower. There is no special preference between a tub and sponge bath, except that the latter is apt to be more thorough.

Catarrh of the Stomach

"Would-Be-Wise" writes:

- "(1) What are the symptoms of catarrh of the stomach?
(2) What will cure same?
Reply
(1) Distress from eating, nausea and vomiting in the morning or after eating, pain in the pit of the stomach, ravenous appetite, loss in weight, coated tongue, eructation (belching) of gas and sour matter.
(2) Rest, Regulation of diet. Attention to bowels. Washing out stomach. Massage. Electricity. Hydrotherapy. Medicine.

Putting It Right

"Be careful or you'll give him a swelled head," said the mother as father hit Willie over the head with a table leg.

EBENEZER CLUB WON DRAMATIC CONTEST

(Continued from page 1)

were permitted to hear the presentation of a competitor, and there was no advantage here.

"The Cuckoo's Nest" briefly, takes its birth from what the name implies. The cuckoo, as everyone knows, is a bird that lays its eggs in the nests of other birds for them to hatch. So it is with Mr. and Mrs. Price, a young married couple poor and living in the home of friends, Mr. and Mrs. Henry, during their temporary absence. While here they are visited by Mr. and Mrs. Tubb, and, to put on "side," Mr. and Mrs. Price lead them to believe that the house, cars and other luxuries belong to them. In the meantime, the owners of the house, Mr. and Mrs. Henry, return, but, being true sports, carry on the deception by acting as servants for the dinner that was served.

The play ran through a period of approximately 30 minutes, with a cast of seven people: Mr. and Mrs. Price, Mr. and Mrs. Tubb, Mr. and Mrs. Henry, and the "Parrot." Following are those who took the respective roles given above:

Edge Hill—Arthur Robinson and Ethel Anderson, C. Robinson and Mary Glenross, Howard Ritchie and Glenn Firth, J. Anderson. Ebenezer—W. Grieron and Pearl Wilson, D. Donnelly and Effie Milligan, Eric Wise and Reta Bailey, No. 7 Normanby—W. Anderson and Agnes Williamson, William Hughes and Miss Dierlaum, Fritz Diebel and Elizabeth Hughes, Pearl Helwig.

The plays throughout were interesting, and the large audience very attentive and appreciative. Mr. Joseph Crutchley made an excellent chairman, and at intervals during the evening a good program was given. This consisted of a duet by Messrs. T. V. and George Bell, a song by Stuart McArthur, duet by Mr. Douglas Donnelly and Miss Effie Milligan and a chorus by the Ebenezer club members. The Rocky Saugeen orchestra also contributed some good numbers.

The judges were Prof. McLaren and Mr. J. M. S. Lang of the Ontario Agricultural College at Guelph and Mr. E. D. McGlocklin of this place, who were a unit in awarding the first position to Ebenezer. The final decision going Ebenezer 79 points out of a total of 100. No. 7 Normanby 61 and Edge Hill 54. The final summing up is given below, with number of points obtainable in each grouping and the number received:

Table with columns: Delivery, Interpretation, Grouping, Business, Uniformity of acting, Elocution, Pronunciation, Grammar, Make up and costume, Stage arrangement and lighting. Rows for Perfect Score, Edge Hill, Ebenezer, No. 7 Normanby.

Finishing Touches

"Mother," said a small boy after his first visit to a blacksmith's shop, "I saw a man making a horse." When she insisted that he must have been mistaken, he replied: "No, I'm not, mother. He had the horse nearly finished when I came away. He was just nailing on the feet."

The Priceville Mills CUSTOM CHOPPING EVERY DAY

Manufacturers of Lumber & Shingles PLANING OF ALL KINDS OF HOUSE FINISH

Orders Taken for Sash and Doors Custom Sawing \$5.00 thousand Watson Bros.

The Perfect Blend "SALADA" TEA

The exquisite flavor of Salada is produced by the expert blending of the choicest teas grown.

A GREAT QUAKE SCARE

Father Lalement Left Description of Harrowing Event.

There were no newspapers in Canada to describe the great earthquake of 1663, but the event did not lack a chronicler. It is true, says The Toronto Globe, that the description is not in the newspaper style of today, and most people would say it is an exaggerated account. Father Lalement was one of the residents of New France to leave a description of the harrowing event which disturbed the St. Lawrence Valley from Montreal to the Gulf. How much farther it extended is not known, owing to the lack of population to note it.

"It was February 5, 1663, about half-past five in the evening when a great roar was heard at the same time throughout the extent of Canada," he wrote. "This noise, which gave the impression that fire had broken out in all the houses, made everyone rush out of doors in order to flee from such a sudden conflagration. But instead of seeing smoke and flame, the people were much surprised to behold walls tottering and all the stones moving, as if they had become detached; the roofs seemed to bend downward on one side, then to lean over on the other; the bells rang of their own accord; joists, rafters and boards cracked, the roof quivered and make the stakes of the palisades dance in a manner which would appear incredible if we had not seen it in various places.

"Then everyone rushes outside, animals take to flight, children cry through the streets, men and women, seized with terror, know not where to take refuge, thinking at every moment that they must be either overwhelmed in the ruins of the house or buried in some abyss to open under their feet; some falling to their knees in the snow, cry for mercy; others pass the rest of the night in prayer, because the earthquake still continues with a certain undulation almost like that of ships at sea. The disorder was much greater in the forest. It seemed that there was a battle between the trees, which were hurled together, and not only their branches but even their trunks seemed to leave their places to leap upon each other with a noise and confusion which made

our savages say that the whole forest was drunk.

"There seemed to be the same battle between the mountains of which some were uprooted and hurled upon the others, leaving great chasms in the places where they came and now burying the trees with which they were covered deep in the earth up to their tops, now thrusting them in with branches downward, taking the place of the roots, so that they left only a forest of upturned trunks. "We beheld new lakes where there never were any; certain mountains unguiled are no longer seen; several rapids have been smoothed out; not a few rivers no longer appear; the earth is cleft in many places and has open abysses which seem to have no bottom. In short there has been produced such a confusion of woods upturned and buried that we see new stretches of country of more than a thousand acres wholly denuded, and as if they were freshly ploughed, where a little before there had been but forests."

Brother Got Lingo

A boy left the farm and got a job in the city. He wrote a letter to his brother who elected to stick to the farm, telling him of the joys of city life in which he said, "Thursday we auted out to the Country Club, where we golfed until dark. Then we motored to the beach for the week-end."

The brother on the farm wrote back: "Yesterday we buggied to town and basballed all the afternoon. Today we muled out to the cornfield and ge-haved until sundown. After we had supper, we piped for awhile. After that we staircased up to our room and bed-staded until the clock fived."

Easter Goods Have Arrived at Spirella Parlors

A full line of Corsets, Corsettes, Braziers and the new Brazier Girdles. Lingerie in Tested Silk Rayon and all colors Hosiery. Style and Quality Guaranteed and Prices Right. MRS. J. C. NICHOL, Durham, Ontario.

Miller Incubators and Brooders

THE BEST ON THE MARKET TO-DAY MANUFACTURED BY J. W. MILLER COMPANY

INCUBATORS

- No. 1 85 egg size... \$ 27.50 No. 8 400 egg size... \$ 59.00
No. 2 160 egg size... 33.50 No. 9 600 egg size... 93.00
No. 3 250 egg size... 46.00 No. 82 800 egg size... 118.00
No. 83 1200 egg size... 177.00

BROODERS

- PORTABLE COAL BURNING BROODER STOVES
No. 1 100 chick size... \$10.75 No. 1 42 inch canopy, any capacity up to 1000 chicks, \$21.50
OIL BURNING BROODER STOVES
No. 2 42 inch canopy, any capacity up to 500 chicks \$18.50 No. 2 52 inch canopy, any capacity up to 100 chicks, \$26.50
No. 3 52 inch canopy, any capacity up to 1000 chicks \$21.50

J. H. Harding's Hardware

The Quality Hardware Durham, Ont.

THE FAMILY NEXT DOOR

