

DOCTOR ADVISED OPERATION FOR MRS. PENN

She Escaped It by Taking Lydia E. Pinkham's Vegetable Compound

Windsor, Ont. — "After the birth of my first baby I was very much run-down in health and the doctor said I must have an operation as I was suffering from a displacement. A friend wanted me to try your medicine—Lydia E. Pinkham's Vegetable Compound—and I took it steadily for a year. During this time I was carrying my second baby and I felt real good all the time and did not have a cent of confinement. I feel sure the Vegetable Compound did me a lot of good, and all my people do, too. One sister in Leamington, Ontario, takes it and both sisters praise it as a good medicine. I am more than pleased with the result." — Mrs. W. PENN, Windsor, Ontario.

Carbin Relieved from Pain

Lacke, N. S. — "I had pains in my back and in my side for two years after my first baby was born. My mother had taken Lydia E. Pinkham's Vegetable Compound and I had about it in the papers, so I tried it and the pains all left me. I have a family of three children now, and the medicine helped me during the months before they were born. I recommend it to my friends." — Mrs. W. CORBIN, Main Street, Stewiacke, Nova Scotia.

IT ANYBODY'S BUSINESS?

anybody's business
gentleman should choose
all upon a lady
e lady don't refuse?
e speak a little plainer,
the meaning all may know,
anybody's business
lady has a bean?
anybody's business
that gentleman doth call
when he leaves the lady
he leaves at all?
it necessary
the curtains should be drawn
ve from further trouble
ighbors from looking on?
person's on the road,
her great or whether small
anybody's business
that person means to call?
you see a person
he's calling anywhere,
anybody's business
this business may be there?
substance of my query
I stated would be this:
anybody's business
another's business is?
er 'tis or whether 'tisn't
ould really like to know
e are certain, if it wasn't
are some folks who make it so.



The Road To Better Health

TETANUS

By DR. ARTHUR L. FORSTER

Note: Dr. Forster 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. Arthur L. Forster in care of The Durham Chronicle.

March winds may bluster, the sleet may blow, but old Boreas has done his worst, and spring is on the way. Whether moved by a desire for obtaining recreation or impelled by the necessity of earning a livelihood, thousands are back again in the great outdoors.

The farmer is cleaning things up and getting ready for the spring planting. The amateur gardener is doing likewise. And both are dealing with an enemy far more deadly than frost or rust. This foe is the germ of Tetanus, commonly known as "lockjaw."

While the bacillus that causes tetanus is found everywhere, it abounds in garden-soil, manure, rubbish and dust. There is nothing to the popular notion that a rusty nail will cause lockjaw. The reason a wound caused by a rusty nail is followed by tetanus is this:

A rusty nail is generally found in a pile of rubbish or in some concealed spot where it has laid for a considerable time. In such a location, the germs of tetanus thrive. The nail is covered with tetanus germs, and when it punctures the skin, the germs are "injected" into the wound. It is not the rust but the germs that bring on lockjaw.

Inasmuch as the bacillus of tetanus grows only in situations where there is little or no oxygen (air), it is generally puncture wounds, whose opening is small and for the most part closed that are most dangerous. For this reason, every such wound should be immediately laid open by a free incision and thoroughly cauterized. Carelessness in this regard may be fatal. Many a man who has died of lockjaw might have been saved had he used this simple precaution.

Safest Procedure

A prophylactic injection of anti-tetanic serum should be the next step. This procedure has long

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HEALTH QUESTIONS AND ANSWERS

Pernicious Anemia

Mrs. L. G. writes: "I have a sister who has what the doctor calls pernicious anemia, and I would like to ask some questions about it."

- (1) What causes it?
- (2) Is it hereditary?
- (3) Is it contagious?
- (4) She had a bad spell a few months ago, then seemed to get better. Lately she has not been so well.

Reply

(1) Anything that brings on destruction of red blood cells—for example, bacteria or parasites developed in the intestinal tract—will cause the disease. Or there may be a congenital lack of blood-forming power of the organs that manufacture the red blood cells. It also follows exhausting conditions, such as severe or prolonged hemorrhages, diarrhea, fevers, mental shock, profound green sickness and pregnancy. Unfavorable hygienic surroundings or insufficient nourishment may also lead to this type of anemia.

(2) It is not directly hereditary, in the sense that a parent transmits it to the offspring, but it may be a result of a congenital deficiency in the blood-forming organs.

(3) No.

(4) In all chronic affections, there are periods of improvement alter-

nating with acute exacerbations (increase in severity), and pernicious anemia is no exception to the rule. This is simply nature's effort to overcome the condition, but the course proceeds along a definite channel, all the time. The outlook in pernicious anemia is uniformly unfavorable.

Do Not Massage Rupture

W. B. writes: "I am a man of fifty years, and have been ruptured for the past four years, not very bad. By wearing a truss while working, it never bothers me. Is there anything I can get to rub on that you think might cure same?"

Reply

Answer: If the rupture can be controlled by a truss, and it has not increased in size during the past year or two, you have nothing to worry about. Under such conditions an operation, in a man of your years, is not indicated. But be certain to always wear the truss when working, as even a rupture that is seemingly insignificant can become strangulated. When that happens, an operation is the only thing that will save your life. There is no local external application that will affect it in the slightest degree. In fact, rubbing would tend to make it worse.

MUSIC INSTRUMENTAL IN THE TROUBLE

The Toronto Star contends that Eve, with her chin music, was not the only musician in the Garden of Eden—that the serpent played on Eve's feelings. Granted. But at that it only goes to show that music

was the original cause of all the trouble. For after Eve and the serpent gave the first duet, and Eve followed it up by a chin music solo, poor old Adam ate the apple. Then came discord. And after that they raised Cain. Truly, folks, music has much to answer for.—J. Ollier in the Shelburne Economist.

THE FAMILY NEXT DOOR



The Home Garden

1926 MODEL FLOWERS

New colorings and larger flowers in popular old annuals mark the 1926 offerings in the seed catalogues that are now in the mails. Each year sees new types of asters. Previously we have had the huge flowered, long-stemmed types as the marvels of this class. This season there will be some handsome dwarfed types, one known as the Geisha being an example. There are also handsome single forms. The sparkling calliopsis or annual coreopsis has some new forms in dark maroon and crimson and in dwarf forms. The handsome annual lark-spurs will show some new



ANEMONE-FLOWERED ASTER.
THE NEW DWARF LARKSPUR FLOXERIG CALLIOPSIS.

shades. Large-flowered salpiglossis, said to be more free flowering than the older types, are one of the offerings. Calendulas, old favorites which have secured a new lease of popularity owing to huge flowered richly colored new types, the Ball calandula, a florist's favorite, being typical, show some new varieties, notably Monarch.

Salvias in rose and white but of better habit and freer blooming than older types are one of the offerings.

More novelties in perennials will be found than usual, the newer plants tested abroad reaching us in quantity. The Greek mallows, Sidalceas, which have created much interest in England, are now offered to the Canadian trade. They are cousins of the hollyhock but lower growing. New Iceland poppies such as Tangerine and a new species from Tibet in glowing orange tone are among the new offerings. Then, too, there are new lupines in the perennial class in a remarkable variety of colors.

New bellflowers, pinks and violas are also promised.

Zinnias still claim a great share of the popular favor, and new coloring in both the colossal and smaller types are offered. No finer material for summer bedding can be found than these plants rivaling the dahlias. The lists are varied, and the flower gardener has a wide choice from which to select his beauties this season.

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Passing the Buck

The evening lesson was from the Book of Job, and the minister had just read, "Yea, the light of the wicked shall be put out," when immediately the church was in total darkness.

"Brethren," said the minister with severely a moment's pause, "in view of the sudden and startling fulfillment of this prophecy, we will spend a few minutes in silent prayer for the electric light company."

Some men are absolutely frank with their wives, and some prefer a quiet home life.

ESSENTIALS TO SUCCESSFUL ALFALFA GROWING

In many sections of Canada, alfalfa is rapidly becoming an important farm crop, but unfortunately, this is not the case in the Maritime Provinces, says C. F. Bailey, Superintendent, Experimental Station, Fredericton, N.B. The farmers in these provinces are quite aware of the merits of this crop, but with rare exceptions, any attempts to grow it have met with complete or partial failure. However, experimental work with alfalfa, at the Fredericton Experimental Station has demonstrated that it can be grown successfully if conditions are made favorable to its development.

While alfalfa prefers a rich, clay loam soil, it will do well on most deep soils provided they are well drained, reasonably free of weeds, and in a good state of fertility. Sour soils must be avoided, but this condition can be corrected by a liberal application of lime. When selecting seed, care should be taken to secure a hardy variety. Grimms and Ontario variegated are the two best varieties for Maritime conditions. Where alfalfa is being grown in a field for the first time, the seed should be inoculated with a soil bacterium to give seed inoculation a trial may secure, free of charge, from the Central Experimental Farm, Ottawa, enough nitro culture to treat one bushel of seed. The rate of seed sown per acre may vary from fifteen to twenty pounds per acre, but the latter rate should be used by beginners, as it will insure a thicker stand of plants. Nurse crops may be used, such as barley or wheat, if sown lightly, but we find it much

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better to sow alfalfa about the middle of June without a nurse crop. If the latter method is followed, the plants grow much stronger and develop a root system more capable of resisting heaving the following spring.

Pasturing newly seeded alfalfa is almost sure to prove disastrous. It should go into the winter with at least ten inches of growth in order to hold the snow and protect the plants. If it makes too much growth, it should be clipped high with a mower, and the clippings allowed to remain on the ground. The following spring, it is well to roll the field in order that the roots may become firmly established in the soil and not be killed by drying winds.

Alfalfa should be cut when one-tenth in bloom. Two crops may be cut at this stage during the sum-

mer. Only in rare cases can a third crop be harvested under Maritime conditions, as the growing season is not sufficiently long to permit of sufficient growth to go into the winter and winter-killing is almost sure to follow. After each crop of hay is taken off, the field should be well harrowed with a spike tooth harrow. This will tend to keep weeds from becoming established and will develop an open surface allowing free aeration and will increase the water-holding capacity of the soil.

The Bull Called

The proprietor's wife was in attendance when ye village cut-up entered the general store. "Madam can you give me a yard of pork?" "Certainly," she replied, and turning to the boy at the back of the store, called: "Willie, give this gentlemen three pig's feet."

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