

THIS WOMAN NOW WELL

Her Suffering Relieved and Health Restored by Lydia E. Pinkham's Vegetable Compound

Toronto, Ontario.—"I am certainly very grateful for the benefit I have received from Lydia E. Pinkham's Vegetable Compound, also the Sanative Wash and the Liver Pills. In the early spring I was suffering so much from loss of blood that I thought I would never be any better as doctor's medicine relieved me only for the time being. I saw the Vegetable Compound advertised in the "Toronto Star," and I find the Vegetable Compound Tablets the best for me. I have been taking them since Spring, and I intend keeping them by me all the time. After reading your Private Text-Book I saw it was necessary to use Lydia E. Pinkham's Sanative Wash, and I can safely say I feel a different woman. My friends remark how well I look. I am a very busy woman, but I am ready at all times to boost your medicines."—Mrs. CHARLES GIFFIN, 949 Lansdowne Avenue, Toronto, Ontario.

You may be having an experience similar to Mrs. Giffin's and will be interested to know what she did. Every sick woman can feel confident that Lydia E. Pinkham's Vegetable Compound will help her, since we are told that it does help 95 out of every 100 women who take it.

Sold by druggists everywhere. c

that spider webs have a thickness before the strands are separated of only two or three ten-thousandths of an inch. It has been calculated that a pound of web, as used in the telescope diaphragms, would stretch around the earth—some 5,000 miles—and 500,000 tons would reach to the nearest fixed star.

Saving daylight for summer isn't half as hard as saving moonshine for New Years.

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The Road To Better Health

PREVENTING SCARLET FEVER

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.

Research work and clinical tests made during the past two years would seem to indicate that a rational method for the prevention of, and cure of, scarlet fever has finally developed. Should time prove this to be true, it means another epochal achievement in the field of preventive medicine.

During the first three years of the present decade, there were in round figures 350,000 cases of scarlet fever in the registration area of the United States. Inasmuch as the general mortality rate is 12 to 14 per cent, it may be assumed that the disease killed nearly 50,000 children during 1920, 1921 and 1922.

In addition to the deaths directly due to the disease, a goodly percentage of those who recovered were left with kidney disease, organic heart disease, deafness, epilepsy and other serious disorders that profoundly impaired their health and usefulness. In fact, there are very few children who—having had scarlet fever—entirely escape some sequel of the disease.

It is very evident, then, that this disease markedly affects public health. Expressed in terms of dollars and cents, the loss annually runs into the millions. Stated in terms of human suffering and sorrow, it is beyond estimate.

For years the medical profession has been searching vainly for something that might put a stop to the ravages of scarlet fever. It has been generally accepted for a long time that the disease is caused by a certain type of streptococcus. Pursuant to this belief, anti-streptococci serum was used quite extensively, particularly in severe cases and those with complications. Gradually, however, it fell into disrepute and disuse, because of its failures to bring desired and expected results. This was due largely to the fact that the serum, obtained from the horse, was unrefined, not specific and lacked potency.

Findings Look Promising

Now, however, there is apparent promise of the early conquest of scarlet fever, as a result of the findings of Dick and Dick. According to their report, published in the Journal of the American Medical Association, they were able to produce scarlet fever experimentally by inoculating volunteers with certain streptococci. Working along much the same lines pursued by the developers of diphtheria antitoxin, they next produced an antitoxin for scarlet fever from horses by repeatedly injecting the animal with the toxin of the scarlet fever streptococci. The anti-toxic serum so obtained is then refined and concentrated to increase its potency and minimize the number and severity of serum reactions.

The developers of the scarlet fever antitoxin claim that active immunity was present within two weeks following the last dose of toxin. It is still too early to say how long this immunity will persist, as the method has been employed less than two years. But persons immunized one and one-half years ago were still immune at this writing. Whether this immunity will be permanent, is not yet known.

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HEALTH QUESTIONS AND ANSWERS

Perspiring Hands
Miss M. A. C. writes: "I want your advice as to what I should do for perspiring hands."

Reply
Application of x-rays is the best and surest way to cure this trouble. If you cannot avail yourself of this method, try the following: Wash the hands thoroughly; then bathe them in a one-per-cent solution of FORMALIN in water; afterward powder the hands with powder boric acid containing two-per-cent salicylic acid. Do this twice a day.

Sometimes such local sweating is excessive because the general perspiration is deficient. Sometimes it is due to nervousness. Occasionally one is born with this tendency. Obviously, these factors must be given consideration in the treatment, and corrected insofar as possible.

Problems of the Farm

Contributed by Grey County Department of Agriculture

Free Trees

The policy of giving trees for reforestation and shelter belts or wind breaks is being continued this year. Any farmer may secure up to 3,500 trees for reforestation purposes and up to 500 for planting shelter belts or wind breaks. List of trees, bulletins and application forms will be sent free of charge if farmers will write, phone or call the Department of Agriculture, Markdale, Ontario.

Nitro-Culture

Have you had any trouble getting a "catch" of clover? If so have you ever used nitro-culture? It is a legume crop assurer, hence should be secured for the clovers being sown this year.

By writing T. Stewart Cooper, Department of Agriculture, Markdale, before April 20, one bottle of the nitro-culture can be secured free of charge for every farmer. It can be secured free after that date, but as it takes at least ten days for an order to be sent from Ottawa, immediate requests are necessary and imperative to have the material in time to use on your seed. Be sure to state whether it is alfalfa, red, alsike, mammoth or sweet clover, as different culture is necessary for each legume.

Bacon Hog Clubs

The greatest impetus given to the Swine Industry recently was the starting of the Bacon Hog Clubs in Ontario. Grey County has nearly 40 of these clubs now in existence. Here are the requirements.

1. Any ten farmers having 20 sows can secure a Pure Bred Registered Boar of approved bacon type free of charge.
 2. The members select a caretaker and then decide on the remuneration given for the work of caretaking.
 3. Hogs are exchanged when the terms of usefulness expires or their own daughters are of breeding age.
 4. Farmers living in a district where selected type of bacon hogs are not found should look into this proposition at once.
- Mr. T. Stewart Cooper, Department of Agriculture, Markdale, Ontario, will give more definite information and mail all necessary application forms, etc.

WIFE AND HUSBAND BOTH ILL WITH GAS

"For years I had gas on the stomach. The first dose of Adlerika helped. I now sleep well, and all gas is gone. It also helped my husband." (signed) Mrs. B. Brinkley. ONE spoonful Adlerika removes GAS and often brings astonishing relief to the stomach. Stops that full, bloated feeling. Brings out old, waste matter you never thought was in your system. This excellent intestinal evacuant is wonderful for constipation. McFadden's Drug Store.

Easter Goods

We have a complete stock of
Easter Novelties
and all kinds of
Candy, Eggs, Chickens, Bunnies, Etc.

Neilson's Chocolates and Eggs
Laura Secord Chocolates and Chocolate Eggs
Smiles 'n' Chuckles Chocolates and Chocolate Eggs
Easter Post Cards and Booklets

We shall also have
Cut Flowers and Plants

Come and see our
Easter Display

The Variety Store

SINCLAIR LAIRD ISSUES CHALLENGE

Dean Sinclair Laird of MacDonald College has agreed to back up his recent statement to the press that persons desiring can make a comprehensive trip across Canada and back for no more than \$330 by chartering a special train for the purpose of accommodating all those who may be inclined to accept his challenge. He avers that the trip, which provides for stop-overs at all points of interest between Toronto and Victoria, westbound via the Okanagan Lake and eastbound by the main line, including rail and water transportation, meals, accommodation and all other expenses can be made as comprehensive as could possibly be desired, and he is prepared to accept the amount stated, \$330, as a blanket charge for all expenses.

The Canadian Pacific Railway, which is interested in several all-expense tours this season, is acting as his booking agent. Dean Laird Plans to leave Toronto July 19. The route he has planned is via Port Arthur and Fort William, Winnipeg Beach, Winnipeg, Regina, Calgary, Banff, to Windermere across the Rockies by auto to Kootenay landing thence by steamer to Nelson and through the Doukhobour country to Hope and Vancouver. The return from Victoria will be made via the Selkirk and Rockies and, stop-overs have been arranged, among other places, at Lake Louise, and Devil's Gap Camp, Kenora. A trip across the Great Lakes to Port

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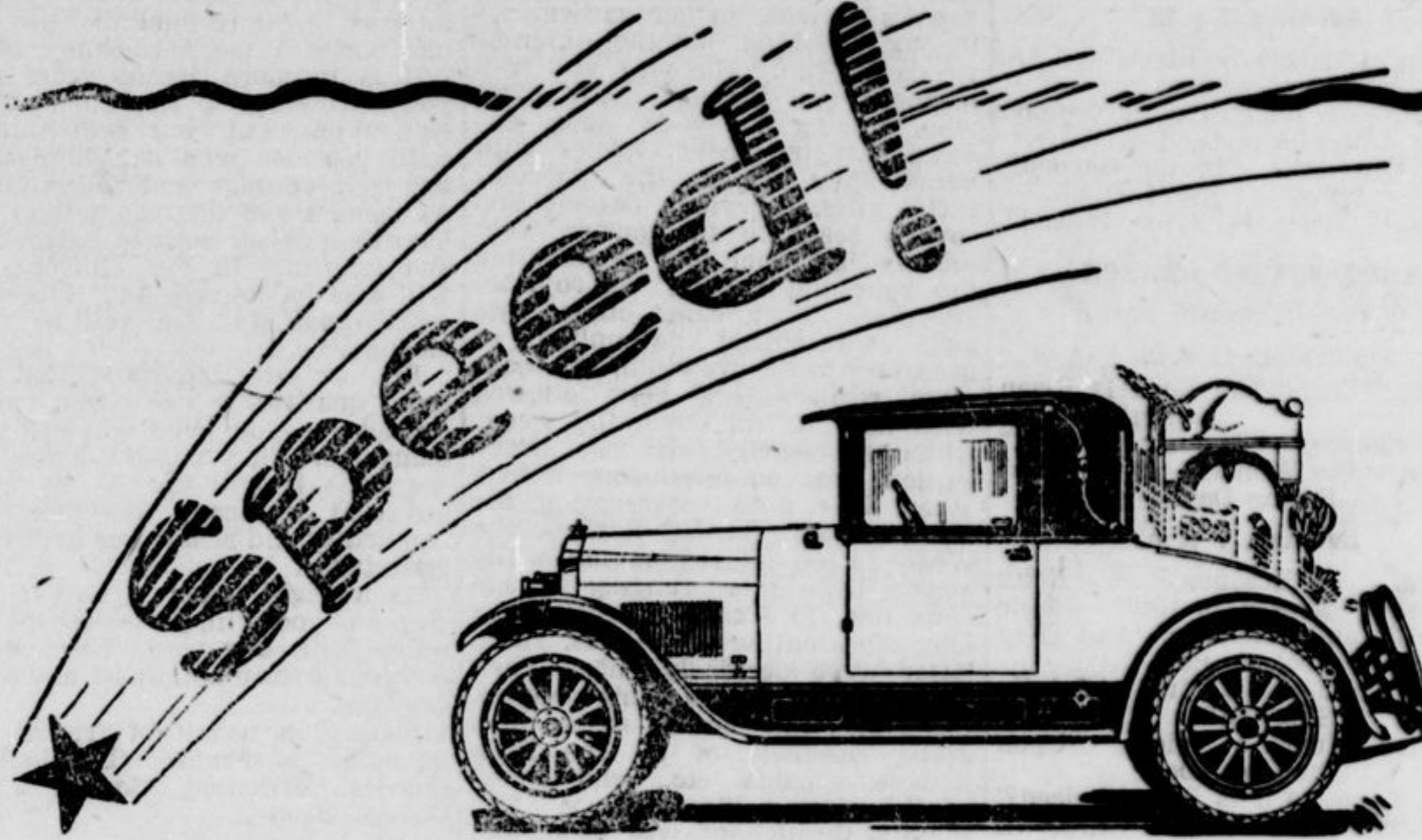
The choice teas used exclusively in Salada yield richly of their delicious goodness. Say Salada.

McNicoll, thence rail to Toronto will terminate the excursion.
Dean Laird contends that this trip will not be an experiment, as he has made two previous trips of like nature as organizer of teachers' tours. This trip he is throwing open to all and sundry, the only stipulation being that members of the special train party be chosen as being compatible with the whole.
Apply Dean Laird, MacDonald College, Ste. Anne de Bellevue, or any Canadian Pacific Agent.

She Hated Herself
He: "I love the true, the beautiful, the innocent."
She: "This is so sudden, but I think father will consent."

A Happy Afterthought

The story of a proposal by telephone is recorded by a writer in the Public Ledger. Pete, a colored youth, was very bashful, and having decided, first, that he wanted Miss Johnson for his wife, and second, that he dared not ask her in person, he had recourse to the telephone. He rang her up at the house of her employer and inquired:
"Is dat you Miss Johnson?"
"Yaas," came the reply.
"Well, Miss Johnson, Ise got a most important question to ask you."
"Yaas."
"Will you marry me, Miss Johnson?"
"Yaas. Who is it, please?"



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