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and Brought Her Health

Jaw, Sask. — "I am going to tell you what Lydia E. Pinkham's Vegetable Compound has done for me. I suffered very badly with down-pains and inflammation in my right side over and down my whole side into a doctor and he said I had to have an operation. But he said to take Lydia E. Pinkham's Vegetable Compound as it is a life saver before. I took it and I found I was better, on taking it and also used Pinkham's Sanative Wash. I had two more children since I am perfectly well. I used to lie down two or three days, and now I do all my work without trouble. I also use the Vegetable Compound as I find a dose now and then. I am willing for you to let any way you see fit answer letters. If I can help a woman I'd be only too glad."
— Mrs. ESTHER HOUGHTON, Basca W., Moose Jaw, Sask.

E. Pinkham's Vegetable Compound is a dependable medicine.

by druggists everywhere. C

ent Coolidge Quoted

ate his point, he quoted the President of the United States, which appears to be so applicable to the situation here that I would like to see it in the House. One of the complaints made to us is that the high prices of shoes compared with the prices the farmer received for his produce. This declaration is partly explained by the fact that the prices paid and received on the farm are derived from our unsound method of taxation. I shall illustrate this by example: A farmer goes to Chicago. His tax on the railroad transportation, and of the yards and the animal, go into the pocket of the animal tax collector. The tax on the packer's tax goes into the pocket of the packer's tax collector. The tax on the farmer's tax goes into the pocket of the farmer's tax collector.

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The Road To Better Health

TO THE BOYS

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.

Here's to our boys—the men of tomorrow! And here's to the golden opportunities that are theirs in this day and age of enlightenment and progress!

It is a long pull from the days of the base burner, kerosene lamp and horse and buggy to these days of electric furnaces, automobiles and radio. Then a boy sat home, half frozen, with the weekly paper, or perchance took old Dobbin out for a tedious drive. Now he jumps into the car and in ten minutes has joined a group of young folks dancing the Charleston to music at a leading hotel.

Truly, it is a great age, and the boys of today can make it greater still if they will. But they've got to fashion their lives after a different pattern than Harold Teen and his too numerous counterparts in real life. Because it takes more than five feet-eight inches, a yellow slicker, and a cigarette to make a man. It takes brains and brawn, and "cake eater" has neither and will never have either.

What this country needs as much as anything today is a return to the virile principles of our forefathers. The late Tom Marshall expressed it mightily aptly when he said we need to go back to the "nickel cigar ideals." In certain strata of society our young men are growing more and more indolent and pleasure-loving. The "shiek" has replaced the Viking, and the gin-flask, the dinner-pail—both symbolic of our national virility and strength.

Vast Improvement Already

The present generation of men has done a vast amount of work to take a lot of the hazards and handicaps out of life for the "young idea." Particularly has this been true along the lines of health. Dis-

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HEALTH QUESTIONS AND ANSWERS

Yellow Jasmine and Insomnia

W. G. writes: (1) Would you recommend Gelsemium for sleeplessness? (2) Is this a mineral or is it a herb? (3) Is it poisonous? (4) If there is some other good remedy, kindly mention it when replying.

Reply

(1) No. (2) Is is an herb, its common name being Yellow Jasmine. (3) Yes. (4) I could not conscientiously recommend any drug for insomnia. The proper procedure is to find out why you do not sleep properly, and then eliminate the cause. In addition try this: When you are ready to retire, drink a cup of hot milk

and eat five or six crackers. Then go through the following exercise: Bracing yourself with one hand on the dresser or foot of the bed, raise up and down on the toes without letting the heels touch the floor. When the calves of the legs get tired, kick straight forward several times. Repeat the entire process three times. Then get into bed and assume a comfortable position.

Keep the feet moving in a circular movement, at the same time taking deep breaths. Keep your mind on the abdomen and legs, and keep it up indefinitely, no matter how tired you become. In most cases, the individual goes to sleep while doing this, the principle being that it withdraws blood from the brain. It is an oversupply of blood in the brain that is responsible for sleeplessness.

A GOOD IDEA

Speaking about the muzzling of dogs The Brockville Recorder and Times says: "Why not carry the same principle into practice in regard to some of the parasites from which society suffers? Think of the relief it would be to the community to have all the scandal-mongers, the back-biters, the malicious gossipers, and the chronic fault-finders and others of that mischief-making ilk permanently in check! With what unholly glee would we not pinion their jaws and convert them into nose-breakers! Bereft of the free use of their tongues, such people would not long be the menace to peace and happiness that they are and would be helpless to spread the seeds of animosity, suspicion and distrust. The disease that they carry is much more dangerous than the hydrophobia for which dogs are receiving summary execution.

YOUNG WIFE AFRAID TO EAT ANYTHING

"I was afraid to eat because I always had stomach trouble afterwards. Since taking Adlerika, I can eat and feel fine." (signed) Mrs. A. Howard. ONE spoonful Adlerika removes GAS and often brings surprising relief to the stomach. Stops that full, bloated feeling. Removes old waste matter from intestines and makes you feel happy and hungry. Excellent for obstinate constipation. McFadden's Drug Store.

Started Trouble

Reformer: "Young man, do you realize that you will never get anywhere by drinking?"
Stewed: "Ain't it the truth? I've started home from this corner five times already."

Agricultural Com. Report

(Continued from page 2)

price of the leather to the New England shoe manufacturer. The manufacturer's tax goes into the price to the wholesaler and the wholesaler's tax goes into the price to the retailer, who in turn adds his tax in the price to the purchaser. So it may be said that if the farmer ultimately wears the shoes, he pays everybody's taxes from the farm to his feet. It is for these reasons that high taxes mean a high price level, and a high price level in its turn means difficulty in meeting world competition. Most of all the farmer suffers from the effect of this high price level. In what he buys he meets domestic costs of high taxes and the high price level. In what he sells he meets world competition with a low price level. It is essential, therefore, for the good of the people as a whole, that we pay not so much attention to the tax paid directly by a certain number of taxpayers, but we must devote our efforts to relieving the tax paid indirectly by the whole people.

Committee Worked at Small Cost

Perhaps this might be a proper time to say a word as to the cost which the labors of this Committee has imposed on the finances of the Province, as the question has been raised by my honorable friend from West Northumberland comparing it with the cost of other Commissions, and then give a resume of what has been actually accomplished and leave it to the judgment of this House and the country to decide whether we have given full value for the cost incurred or not.

For the purpose of comparison it might be fair to look into the cost of other Committees or Commissions that operated during the regime of the late Drury Government, and in this way show how economical this Committee has been, and what good results have been obtained for the small amount of money expended. The Hotel Commission, on which my honorable friend from West Northumberland served, is not included in the total I have made. I will refer to it separately.

Mr. Brackin: "What did they do?"
Dr. Jamieson: "Absolutely nothing!"

As early as the month of February 1923, Premier Drury admitted in reply to Mr. Sinclair that his government had up to that stage incurred costs on account of commissions of \$555,600.

Drury Commissions Cost \$1,300,000

Supplementary payments on account of all commissions appointed by Mr. Drury brought the total cost to over \$1,300,000. I have had a question in the day paper asking for the exact sum. Now Sir, not one of those commissions was appointed in the interests of agriculture or was intended to confer any benefit upon agriculture. I hold in my hand the official return from Ottawa showing the entire cost of the cattle transport investigation in connection with Mr. W. T. R. Preston's appointment to have been \$35,456.87, and the payments to Mr. Preston personally \$9,102.53.

Mr. Clarke: "They were high-priced men."

On the Hotel Commission, which cost the province \$17,800, according to the figures appearing in the Public Accounts of 1922-23, several members of the House served. They were paid per diem allowance plus travelling expenses. So far as the figures show, the total per diem allowance paid was around \$6,000. The travelling expenses with accountable warrants, exceeded \$6,000. So that these members were paid \$30 per day or more as against the \$15 paid to this Committee, out of which expenses frequently exceeding the per diem were paid.

Mr. Sinclair: "Did the chairman of the Agricultural Commission draw \$25 a day?"

Dr. Jamieson: "I drew exactly what the other members drew, \$15 a day."

Mr. Sinclair: "I was under a misapprehension."

Important Results Accomplished
Now what has this Committee done for the average farmer? Take cheese. The direct result of our investigations was the readjustment of the differential between the prices of No. 1 and No. 2 grade. The differential was cut in half—where it was formerly a difference of 2 cents per pound, we had it reduced to 1 cent. On the export of 1925 this would mean over \$100,000 in the pocket of the producers of cheese in Ontario. A cheeseman, writing to the Farmers' Advocate, placed the saving at \$500,000, but whatever the exact amount, the benefit was

frankly acknowledged by the cheesemen of Eastern Ontario.

Another result was obtained in composing the feeling in certain dairying districts which existed against the Dairy Standard Act. I recollect one meeting we held at a dairying centre where the feeling was most extreme against the Act, and where a large hall was crowded with its opponents, and where a very able ex-member of this Legislature took an active and energetic part in opposition. But I was pleased to find that, after a thorough discussion and explanation, the opposition was practically quiet, and I believe the dairying interests of the Province are now almost unanimous in support of the Act, and believe the Minister of Agriculture to be highly commended for having had this legislation brought into force.

Cream Standard Restored

In regard to cream and ice cream, it was found there was no special standard for their products, and many impure mixtures were being manufactured and placed on the market, and while perhaps not actually injurious, they displaced to a considerable extent this important product of the farmer. The direct result of the finding of the Committee was the restoration by the Federal authorities of standards of cream and ice cream that mean not only a good deal of money but also more stable markets for the producers of sweet cream in the Province.

Now as to butter. Recommendations were made for the grading of cream, and the adoption of compulsory grading, which is being

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enacted by the Minister of Agriculture and which is expected to come into force this summer, will be a long step in advance. I quite well remember and no doubt other members of the House have had similar experience, when creamery wagons drove through the country, called at the farmer's houses, tested their cream for the content of butter fat and dumped it all into the same tank on their wagons, no matter what the other qualities of it might be.

Grading of Cream Adopted

There is no doubt as to the benefit which grading of cream has done for the Western farmer, and while at one time, the Ontario butter was shipped in large quantities to supply the West, we now find Alberta, Saskatchewan and Manitoba not only supplying their own needs but ex-

porting millions of pounds annually of a quality which stands very highly and commands the best prices on the British market.

During the recent visit of the Committee to Winnipeg, we were very cordially received by the Minister and Deputy Minister of Agriculture and were given every facility of learning their methods of grading cream and manufacturing and marketing of butter. So well is their system working out that there is universal satisfaction with every body, and the best evidence of this is that the manufacture of butter in Manitoba is increasing at the rate of 1,000,000 pounds a year.

The extra cost of grading the cream in Manitoba amounts to about one-third of a cent per pound, but

(Continued on page 6)



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