

ED MONTHS

dia E. Pinkham's Compound Could Do Work and Gained Weight

atchewan. — "I had searaches and severe pains in my back and sides. I was so sick generally that I could not sit up and I was in bed most of the time for eight months. An aunt came to visit and help me as I was unable to attend to my baby and could not do my work. She told Pinkham's Vegetable Compound after taking two up and dress my- dia E. Pinkham's Compound first took the weighed seventy- I weigh twice as of sorts or wear- always take another Vegetable Compound. ally good for fe- and have recom- neighbors. I will answer any letters about it." — Mrs. Box 466, Melfort, c

rsatility being home that kitchen windy.

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The Road To Better Health

CHOLERA INFANTUM

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.

More than ten per cent of all human beings die during the first year of life. The majority of these deaths are due to diseases of the digestive system. Of these, the most serious is cholera infantum, which reaches its height during the month of July.

Cholera infantum occurs regularly each summer and, although our better knowledge of its causes has materially reduced its mortality, it is still a force to be reckoned with.

The disease is of infectious origin and generally has its beginning in an attack of acute indigestion, itself a result of dietetic errors and faulty hygiene.

Prevention Our Only Hope

Inasmuch as two of every three infants suffering from cholera infantum die, and since its treatment is so extremely unsatisfactory, our only hope of successfully fighting the disease lies in its prevention. Summer complaint rarely occurs in a previously healthy infant, and teething seldom causes this or any other form of diarrhea. But let a child have some intestinal disorder that is not promptly corrected, and in six hours it is at death's door. The disease kills quickly.

If, then, a baby has frequent stools that become watery and green, and he grows listless or fretful, a physician should be called at once. While waiting for the doctor, cut the number and amount of feedings in half and give the baby as much unsweetened, boiled water as he will drink.

Hygienic Measures

The discharges from the bowels are extremely infectious, and the diarrhea may be passed from one child to another. Hence, the stools should be promptly disposed of and diapers washed so flies will not come in contact with them and transport the infection. Persons caring for the sick infant should wash their hands after each time they handle him.

The hygienic surroundings of chil-

ren should receive attention. City children are best off in the country during July and August. Where a long stay is impossible, day excursions into the open spaces do much good.

Dietetic Measures

Errors in diet are the foundation for most of these cases. The baby is given too much food, fed too often, eats too rapidly, or the feedings are irregular. Or the food mixture is wrong, generally containing too much sugar. Again, the food may be spoiled, the result of dirty bottles and nipples, soiled dishes or hands, contamination by flies, lack of ice.

Whatever the cause, it can and should be eradicated. I still feel that maternal nursing is the best way to feed an infant. You can't improve on old Mother Nature. Not that I have anything against artificial feeding, but because ignorance and carelessness make it dangerous.

During the summer months, infants cry more from thirst and the heat than from hunger, and even breast-fed babies are apt to be overfed, whereas the amount of food should be reduced.

Often minor ailments, by making it more difficult for the child to digest its food, lead to serious summer complaint. For this reason, all minor derangements, of whatever kind, should receive prompt attention. Babies should be kept as cool and comfortable as possible during hot weather, as over-heating weakens them. Accordingly they should be clothed lightly and kept in a well ventilated room.

If these measures are carried out, there is little likelihood that any normal baby will develop summer-complaint.

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HEALTH QUESTIONS AND ANSWERS

But Gastritis Does Not Mean Gas in the Stomach

A. M. G. writes:

"(1) For the last two or three years, I have been troubled more or less with an acid taste in the mouth, especially after eating rich foods. This has become more persistent this winter and always comes on after taking any kind of greasy food or fat. I have also been troubled lately with gas in the bowels. Have I what is known as a chronic acid stomach?"

"(2) Is carbonate of magnesium dangerous to take for this?"

"(3) I am a fairly heavy smoker, and I sometimes wonder if this has anything to do with the sour taste in the mouth."

Reply

(1) On the basis of information submitted, I should say that you have chronic gastritis (catarrh of the stomach). The sour taste is due to the acid products of fermentation in the stomach and intestines. The gas is a by-product of the same disorder.

(2) Carbonate of magnesium is neither dangerous nor beneficial in this condition. It will give you temporary relief, by neutralizing the acid, but that is all. The only way to cure the disease is to ascertain and remove the cause, and in the meantime go on a diet that will give your stomach a rest and permit it to recover its functional capacity.

(3) People with stomach trouble should not smoke, or at least cut it to the minimum.

They Were Equal

A celebrated tourist was taking an early spring holiday in the hills of old Scotland, accompanied by a Scottish gillie.

To wile away the tedious hours after dusk, the traveller was in the habit of talking to his gillie.

One evening he was explaining the wonders of television and other modern inventions when he suddenly asked this question:

"Have you not heard of wireless?"

"No," replied the Scot. So the traveller began to tell him all he knew about wireless. But the man appeared neither interested nor surprised, and the tourist warmly inquired the reason.

"Mon," retorted the Scot, "I'm an awfu' lear masef."

The Days Of Long Ago

Taken From Chronicle Files of Twenty and Twelve Years Ago.

TWENTY YEARS AGO

July 5, 1906.

On Tuesday night last, Mr. Wesley Sirrs, burner at the Cement Works, had the misfortune to have the fingers and backs of his hands burned by the bursting of a steam pipe.

On Tuesday last word was received of the death in Colorado of Mr. James Moody, son of Mr. John Moody, many years ago town clerk of Durham.

Miss Forfar, high school teacher here who has resigned, was made the recipient of an address and presentation before leaving for her home near Toronto.

Mr. S. P. Saunders was married last week to Mrs. Cole at Flint, Mich., and returned to his home on Wednesday last. Mrs. Saunders is a sister of ex-Mayor McIntyre of this town.

Born.—In Durham on July 3, 1906, to Mr. and Mrs. Arthur McDonald, a son.

Married.—On Wednesday, June 20, Miss Margaret McNally, son of Mr. and Mrs. James McNally, Glenelg, to Mr. Charles Watson of Bunnissan.

The Sons of Scotland held their annual demonstration here on Monday.

Miss Rebecca Ball, daughter of Mr. and Mrs. William Ball, of Normanby, died at Sault Ste. Marie, Mich., at the age of 34 years.

Married.—At Uno Park on Wednesday morning, Miss Carrie Bird Parker, daughter of Mr. Robert Parker, to Mr. William E. Evans of New Liskeard.

Mrs. Joseph Jacques died suddenly in Glenelg on Wednesday evening of last week at the age of 64 years.

After twenty-three years' experience as Postmistress of Traverston, Mrs. John Delaney has resigned and the office has been transferred to the home of Mr. Abel Wright.—Traverston Correspondence.

TWELVE YEARS AGO

July 2, 1914.

Mrs. James McMecken received the sad intelligence of the death of her youngest sister, Mrs. Bates, in Detroit, Mich.

Mrs. George Adlam, who is in her 82nd year, is seriously ill.

Mrs. Robert Adlam passed away in a Toronto hospital on Friday in her 52nd year.

In the recent Provincial election, Dr. D. Jamieson, Conservative, defeated Mr. C. C. Ramage, Liberal, by a majority of about 1,000 votes.

Mr. Harry Grashy of Normanby passed away today at the age of 27 years.

Mrs. Robert Aljoe, Sr., 90 years of age, is seriously ill.

Married.—On June 9 at Brantford, Miss Anna MacKay, daughter of Mr. and Mrs. George McKay of Durham, to Mr. Herert Craigie of Paris.

Born.—In Durham on June 27, to Mr. and Mrs. A. W. H. Lauder, a son (John Forrester).

Born.—On West Toronto, on June 24, to Mr. and Mrs. Grant Whittaker, a daughter.

Tenders have been asked for the new post office, and operations may begin during the present year.

Maybe a humorist is a man whose funny bone is his head.

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Meandering with Marjorie



By MARJORIE ADAMS

There's something appealing to me in a picnic on the First of July. Why—I'm not sure because, ordinarily, I'll almost feign illness to be excused from participating in one. Maybe the paper novelties and favors appeal to me.

I was shopping yesterday and fairly reveled in the display of patriotic trinkets and decorations. There are complete sets of paper



cloths, napkins, plates, cups, spoons and forks, with red, white and blue designs. These, of course, solve the problem of linen, silver and dishes that used to confront anyone who attempted a picnic.

Then, there are cunning favors—the firecrackers which open into fans are my favorites—and a book of games for just such affairs.

The picnic luncheon is undoubtedly the most important part of the picnic. One of the nicest I ever tasted consisted of:

Sandwiches (ham salad, cheese and nut, lettuce, egg salad, raisin and nut).

Deviled eggs.

Boiled beets, with vinegar.

Potato salad.

Pickles and olives.

Fresh fruit.

Cake.

Watermelon.

Lemonade.

This repast sounds Epicurian, but it is really not difficult to prepare. The sandwiches may be made with white or rye bread, and recipes for the fillings are given below.

Ham Salad Sandwiches

4 slices of boiled or baked ham.

4 sweet pickles.

Boiled salad dressing.

Grind ham and pickles. Mix with salad dressing to consistency to spread easily. Place between buttered slices of bread. This filling is sufficient for a dozen sandwiches.

Cheese and Nut Sandwiches

Mix one cake of cream cheese

with sweet cream; add a quarter of a cup of walnut meats chopped fine. This will serve for twelve sandwiches.

Lettuce Sandwiches

Spread crisp leaves of lettuce with salad dressing and place between buttered slices of bread.

Egg Salad Sandwiches

3 hard boiled eggs, chopped fine. Celery, chopped fine.

Mix ingredients and spread between buttered slices of bread. This will make a dozen sandwiches.

Raisin and Nut Sandwiches

1 cup of seedless raisins.

½ cup of nuts (walnuts, almonds, etc.).

Sweet cream.

Grind raisins and nuts in a food chopper. Mix with cream. Twelve sandwiches can be made with this amount.

Absolutely No Hurry About It

One chilly evening in the early part of March, the sheriff entered the county jail, and addressing the colored person who occupied the strongest cell, said:

"Gabe, you know that under the law my duty requires me to take you out of here tomorrow, and hang you. So I've come to tell you that I want to make your final hours on earth as pleasant as possible. For your last breakfast, you can have anything to eat that you want, and as much of it as you want. What do you think you'd like to have?"

The condemned man studied for a minute.

"Mr. Lukins," he said, "I'd like to have a nice watermelon."

"But watermelons won't be ripe for three or four months yet," said the sheriff.

"Well, sub," said Gabe, "I kin wait."

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This is true in Printing as with everything else. There is somebody always ready to "quote you prices," and you invariably get an inferior job.

Chronicle Printing

is not sold from the standpoint of price alone. Good stock, careful workmanship, new type and good service may sometimes make our prices appear slightly higher, but customers may rest assured that the quality is there. Carefully planned, well executed workmanship, plus the well-known Chronicle Service, costs us more than work turned out in a slipshod manner, and its pulling power so far exceeds the cheaper variety that the slight extra cost is taken care of in increased business and satisfaction to the customer.

Chronicle Printing is Good Printing. Every piece of work entrusted to this office is completed from the standpoint of Quality alone, and our prices are not higher than those charged elsewhere.

An out-of-town customer last week, in asking for a quotation on a particular piece of work he had in mind, says: "I saw your catalogue, and it is a credit to any printing establishment."

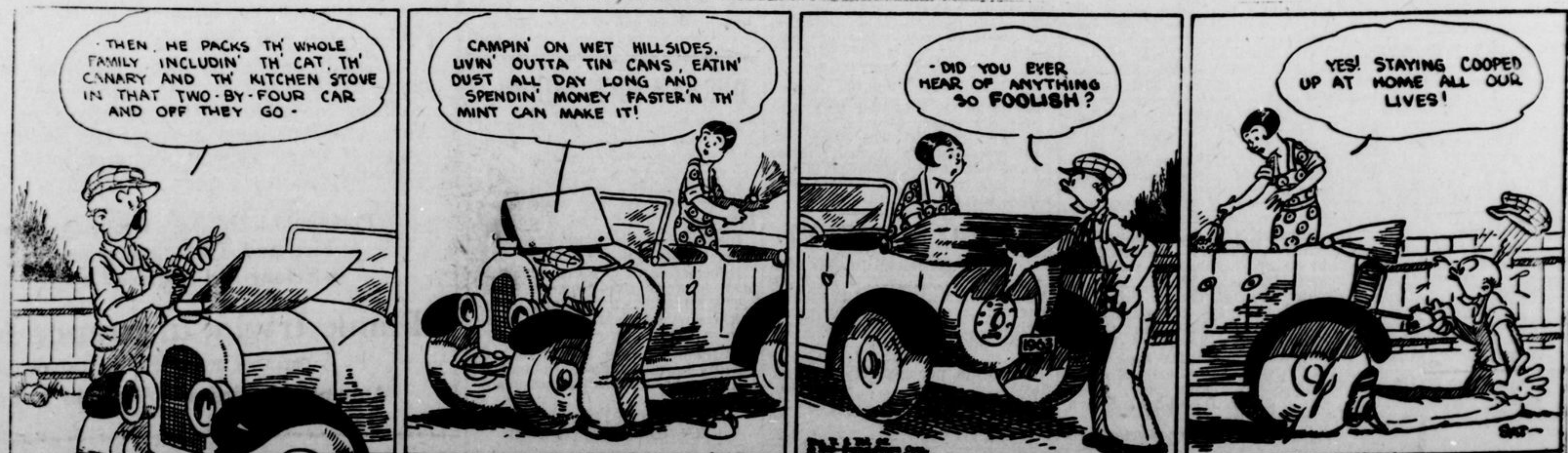
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