

ADVISED
TION FOR
RS. PENN

It by Taking
nkham's Vege-
Compound

After the birth of
was very much run-
and the doctor said I
operation as I was
a displacement. A
he to try my medi-
nkham's Vegetable
I took it steadily for
this time I was carry-
baby and I felt real
and did not have a
t. I feel sure the
ound did me a lot of
people do, too. One
nton, Ontario, takes
praise it as a good
more than pleased
Mrs. W. PENN,

ved from Pain
"I had pains
nd in my side for two
rst baby was born.
ken Lydia E. Pink-
Compound and I
the papers, so I tried
all left me. I have
children now, and
ged me during the
y were born. I recy-
friends."—Mrs.
Main Street, Stew-

TER
of All Kinds
and Separators
Windmills
and Murr
ines
p & Tile Co.
Durham, Ont.

oods
\$1.25
\$1.50
ht grey.
50c
nk sand.
\$1.85
nd white
\$1.25
nk and
50c
cellent
25c
rham



The Road To Better Health

HAY 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.

Years ago we thought "Phelum Pratense," which is nothing but timothy hay, caused the seasonal attacks of asthma from which so many people suffer during summer. We now know that forty-four varieties of plants may cause the disease and, although "pollen disease" would be a better name, hay fever it still remains. But to those who have the disease a rose by any other name would smell just as sweet; so the misnomer is not worth a sneeze.

Hay Fever Cures

Whenever there are fifty-seven varieties of cure for a disease, we know none of them is any good. If any one of them were a real cure, the other fifty-six would quickly pass into innocuous desuetude. And that is precisely the situation in hay fever—there is no cure!

True, many persons have used one remedy or another with beneficial results. But said remedy did not cure the hay fever—it cured the patient's mind. And there is the key to the whole problem. I am not saying the pollen has nothing to do with it. However, I do maintain that its position is a secondary one. Else why does not everyone who inhales pollen have hay fever?

That the patient's mental attitude has much to do with the production of hay fever can not be denied. Most of my hay fever patients know right to the day and the hour when this year's attack will strike them. Mr. A, for example, knows that on Thursday, the twelfth of August, his hay fever will be upon him. Not only that, but he knows it will hit him in the middle of the forenoon (Thursday's—not his). And so through the whole list, they all know when it will come, how it will arrive, what it will do to them. They are looking for it, preparing for it—inviting it. Is it any wonder they get it? I sometimes think they would be terribly disappointed if the unwelcome guest failed to arrive.

Let us say a man has an obstinate case of coryza ("code it the head") during August. If the idea that it was hay fever had taken up its abode in his cranium, and he had looked for the same thing the following year, I verily believe he would soon become a full-blown hay fever victim. And I just as firmly believe that many hay fever patients contract the disease in just that way. Certainly they are all

of that peculiar nervous temperament—that certain type which is prone to indulge in the morbid fancies that are the foundation of so many ailments.

The Pollen of Hay Fever

But what of the Pollen? Yes, it is the exciting cause of hay fever. But it isn't the only cause. Millions of people who inhale pollen do not have hay fever. Why? Because they aren't built that way—they aren't predisposed to it. Perhaps in some cases, the predisposing factor is an abnormality of the nasal passages (polyps, enlarged turbinates, deflected septum). But many people so afflicted do not have hay fever, and many others who have had their nose treated continue to have the disease. The ones who were cured by a nasal operation owed their cure to their implicit faith in the surgeon's statement that it would cure them.

Any kind of dust will cause hay fever. I know a man who got it from feathers. He was a "Knight of the Road," and his first act on entering his hotel room was to throw out the pillows. One night, however, he had asthma despite his usual precautionary measures. He looked around the room and finally found a pad under the sheet. He threw it out and fell asleep. The following morning he learned that the pad was stuffed with cotton.

Pollen Extracts

Pollen extract is used more extensively each year, and the results are good if the doctor can convince the patient it will cure him. Beyond their psychic effect, I don't think they have a particle of merit. The best cure for hay fever is a change of residence or a frost. The first takes the patient where he thinks there is no pollen; the second convinces him the pollen is dead. And he recovers.

(Copyright, 1926, by The Bonnet-Brown Corporation, Chicago.)

HEALTH QUESTIONS AND ANSWERS

Stop Swallowing Air

Mrs. G. writes: "I came across this article in the P—O—, where a woman speaks about 'gas on the stomach.' I am bothered with the same thing she speaks of. I have tried every remedy I have heard of without relief. I send you this article so you will know what I am speaking about."

Reply

I am returning the article referred to, in which Dr. Scholes gives Mrs.

H. L. W. the best advice that could be offered, and which you can follow with profit to yourself. I might add that a good little "stunt" for air swallowers is to hold the mouth wide open for ten minutes or so, several times a day, the while breathing through the nose. This often breaks the habit of swallowing air.

As Dr. Scholes says, however, you should see a doctor to make certain that you are suffering from no organic disease of the stomach.

RECIPES FOR MILK DRINKS

It is universally known that milk, besides being a refreshing drink, is a very valuable food, supplying the necessary elements for growth and health in an easily digestible form. Unfortunately, many adults and some children have a distaste for milk in its natural state. The Dominion Department of Agriculture has just issued a small circular distributed free by its Publications Branch, Ottawa, which gives a number of recipes for milk drinks to suit any taste. They are easy to prepare, delicious and refreshing. In making them, ordinary household flavoring extracts, spices, juices from fresh or canned fruits, or fruit syrups may be used; soda water may or

may not be added. These recipes will be especially valuable in the case of children who have a fancied distaste for milk and for invalids whose food consists mainly of liquids, and who would relish a change in the flavor and appearance of the milk they drink.

Too Perfect

Mary had difficulty with her arithmetic lessons and asked her elder brother for help. He did the sums for her and then went on with his reading. "What's the matter?" he enquired. "Aren't they all right?" "Oh, yes, I'm sure they are," answered Mary; "but won't you please put in a few mistakes, so that teacher will think I did them?"

Problems of the Farm

Contributed by Grey County Department of Agriculture

Poultry Culling

The annual visit of the O. A. C. experts in poultry culling will be made in the near future. Any farmers willing to hold demonstrations at their homes are requested to write T. Stewart Cooper, Department of Agriculture, Markdale. Some farmers applied last year. These applicants will be looked after without fail this year. The expert will be in the County for two weeks, it is expected.

Representative Conference

The annual Representative Conference is being held in the first days of this week. Messrs. Cooper and Nelson are therefore away at Guelph. They will return on Thursday of this week.

Fined for Not Dipping Sheep

In the Family Herald and Weekly Star, an account was given of a man in Scotland who was fined £30 or \$150 for not dipping 11 lambs. It is rather a heavy penalty, but it shows what may happen if the Humane Society decide to see that this is done in Canada.

Dipping pays in three ways. First—the health of the sheep is improved by cleaning off the skin. Second—The vermin are destroyed. Third—The quality of the wool is improved to the value of 2 to 3 cents per pound. Fourth—The quantity of wool is increased from 1 to 3 pounds per fleece. It pays to dip.

Building Dipping Tanks

The Department of Agriculture, Markdale, are busily engaged in installing permanent cement dipping tanks; in the county at least 11 will be installed this year.

DID HE GET IT?

A young Gentle, who had been working for a Hebrew clothier for some time and whose wages were rather scant, thought he was deserving of a raise in salary, and accordingly he broached the subject to his employer, who spoke thus:

You want a raise, hey? Vot for? In dere year dere ish 365 days You work eight hours a day consequently you work on one-third of the time 121 days But dere ish to come out of dat vet Sundays 52 days Vich leafs 69 days Den you also haf one-half of Saturday, vich is 26 days Dis leafs 43 days Den you haf one hour for lunch every day, which ish 15 days Und dot leafs 28 days Each year I gifs you two weeks' vacation, vich ish 14 days Dere ish in dere year holidays 12 days Vich leafs 2 days Und any fool knows der ish two Jewish holidays 2 days Vich leafs 0 days Now vy in goodness name do you want a raise?

A Bootleg Toast

Here's to the flowers that will decorate your grave.

NOBLE'S GARAGE SERVICE

Headquarters for Oils Gas Greases

ACCESSORIES OF ALL KINDS

GUARANTEED REPAIRING

Chevrolet

Sales and Service A. NOBLE, Prop.



Meandering with Marjorie

By MARJORIE ADAMS

Do You Know That?

1. One tablespoonful of gelatin added to one quart of milk increases the food value 23 per cent?
2. A damp chamois skin is the best thing to use to polish windows?

It seems that a fresh collar and cuffs on a dress, no matter how old or wilted it has appeared, brighten it up remarkably and give a feeling of personal neatness to the wearer.

RECIPES

Sometime when you have just a few strawberries left and an un-



pected number of people to whom to serve them, try the following:

Strawberry Fluff

1 cup of strawberries, mashed, 2/3 cup of granulated sugar, 1 egg white. Mix ingredients and beat until stiff. This recipe will serve six people.

How to Prepare Potato Salad

Boil eight potatoes; peel and slice. Dice four slices of bacon and fry out slowly in frying pan. Add one tablespoonful of flour, two teaspoonfuls of sugar, one teaspoonful of mustard, one cup of vinegar, one scant cup of water, salt and pepper to taste. Stir over slow fire until it thickens slightly. Remove from fire and add potatoes. Sliced onion, cucumber, tomato, celery and hard boiled egg may be added if desired. This recipe will serve eight to ten people.

Deviled Eggs

Hard boiled eggs. Catsup. Salad dressing. Butter. Halve eggs; remove yolks. Mix yolks with catsup, salad dressing and

Specials at McComb's

THIS WEEK

English Broadcloth in latest shades, 4 yard wide.....49c

New Designs in "Lido" Voiles, per yard.....89c to \$1.19

French Foulards in beautiful shades, 4 yard wide.....79c

Ladies' Lisle Hose, rib top, atmosphere or peach, pr. 63c

Misses' Sport Hose in heavy rib, pair 49c, 50c and 52c

Shoes and Groceries at Low Prices

FRESH BREAD EVERY DAY

A. G. McCOMB, DURHAM

EVERYTHING CASH

butter and rub to a paste with a fork. Fill the halves with this mixture; press together and fasten with toothpicks.

Peach Conserve

1 dozen peaches, 1/2 dozen oranges, rind grated and pulp sliced, 3 1/2 pounds of granulated sugar, 1/2 pound of chopped almonds, 1 pint of water. Mix ingredients and boil about twenty-five minutes.

Tempted

"I met our minister on the way to Sunday school, mamma," said Willie, "and he asked me if I played marbles on Sunday."

"What did you answer?" asked mother. "I just said, 'Get thee behind me, Satan,' and walked off and left him," was the triumphant response.

Too Tough

Many stories are current illustrative of quickness in repartee amongst London slum dwellers, and the following, told by Mr. T. Burke, the author of "Limehouse Nights," is one of the best.

A woman was buying meat at a street stall, and a previous purchase from the same butcher had evidently not given her satisfaction. "I want a phand a' steak," she said, "and I want steak as we can get our teeth into."

"Yes, ma'am!" said the butcher, soothingly. "Yus!" replied the woman. "The bit o' steak you sold me Saturday was that tough I could 'ave soled my 'usband's boots wiv it."

"Well, why didn't you?" replied the butcher airily. "Quick as a flash the retort came: 'So I would if I could 'ave got the tacks to go through it.'"

Brantford Roofing

In Rolls. Talc Surfaced

Light Weight - - 35 lbs. COMPETITIVE QUALITY

Medium Weight - 45 lbs. FINE QUALITY

Heavy Weight - - 55 lbs. EXTRA FINE QUALITY

Extra Heavy Weight 65 lbs. SUPER FINE QUALITY

Brantford Roofing Co. Limited Brantford, Ontario

Stock Carried, Information Furnished and Service on Brantford Roofing rendered by

J. H. Harding, - - - Durham

Good Printing

There never was anything made but what someone else made something worse that sold for less.

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."

Let us estimate on YOUR next order for printing. We guarantee satisfaction at prices no higher than you have been paying for similar work.

Quality as well as Price should be considered in placing orders for your message to prospective customers.

The Chronicle

High-Class Commercial Printers, Durham, Ont.

THE FAMILY NEXT DOOR



Brave Woman!