

DOWN AFTER  
OF BABY

an Made Strong by  
ia E. Pinkham's  
ble Compound

ario. "I was terribly  
the birth of my third  
bearing-down pains  
I had serious trouble,  
the time and had no  
ster-in-law is taking  
an's Vegetable Com-  
not praise it too highly  
try it. I have had  
and feel fine all the  
y one who needs a  
me-up soon learns  
to take."—Mrs. RENE  
berland Street, Ot-

e Backache

After my baby  
terrible backache and  
did not do my work and  
first minute I got  
all were the pains  
I moved about. I  
down for a while af-  
ld keep my house in  
things had to go un-  
because of my ail-  
old by a neighbor to  
inkham's Vegetable  
said it would build  
believed before I had  
ve bought and have  
ble like it since."—  
115 Ferguson Ave-  
lton, Ontario. c

ss will tell you  
friends will.

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TOURISTS' FIRST AID KIT

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.

Everybody who has not already done so will soon be taking a tour away from the comforts of home to the discomforts of some other place. They don't know exactly why they go away, but it seems to be the thing to do, and so they do it.

Bill Jones of the city goes to the country, and John Brown of the country goes to the city. Bill wants quiet, rest and repose; John wants action, noise and excitement. The reason perhaps lies in the wanderlust that is still a part of our mental makeup.

Accidents on the Road

The roads are crowded with automobiles of every size, make and description. Some are driving leisurely and carefully; some are dashing madly and heedlessly. Dad and the boy are sitting in the front seat; mother and the girl occupy the back cushion. Mother is driving, as usual—from the rear. The countryside is beautiful in the full flush of summer. The corn, a little late this year, is a trifle more than knee-high.

Suddenly there's a roar and a violent honking from behind. Mother tells Dad to pull over to the edge of the road, which he had already started to do. A car comes rushing down the left side of the narrow concrete highway alongside them. The driver swings sharply ahead of them in his endeavor to avoid a collision with a car approaching from the other direction. A second more and he might have made it, but in that second three cars were wrecked and five people injured.

First Aid to the Injured

What to do? A tourniquet should be placed about the bleeding limb of one to control the hemorrhage. An antiseptic should be applied to the jagged scalp-wound of another. A soothing lotion should be applied to the burns of a third. An improvised splint should be placed around the fractured arm of another of the victims. A supporting dressing should be placed about the badly sprained ankle of still another sufferer.

None of these procedures is carried out because none of the passengers possesses the necessary materials. And so the injured fail to get that first aid attention which not only minimizes their injuries but oftentimes saves their lives.

Three years ago, while touring in

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HEALTH QUESTIONS AND ANSWERS

Causes of High Blood Pressure

M. McM. writes:  
(1) What causes high blood pressure?

(2) I have taken fourteen boxes of pills prescribed by my doctor. Are these acting as a drug? While I take them, I seem to feel better, but as soon as I stop, I feel the painful throbbing.

(3) I have a sort of dizziness at times, and a painful throbbing on the left side in the region of the heart. Are these the symptoms of high blood pressure?

(4) What would you do for a cure?

Reply

(1) High blood pressure is a symptom denoting an abnormal state of the heart, kidneys, or blood vessels.

(2) The pills you have been taking are very likely a drug that is used to reduce the tension in the vessels. If I knew exactly what it is, I could better advise you regarding it.

(3) The high tension in your case is apparently due to enlargement of the heart. Has your urine been examined? If not, have this done at once.

(4) Your doctor undoubtedly has made a careful analysis of your case and is doing all that can be done. I could not advise you specifically what to do, as so many features enter into these cases that make a set form of treatment out of the question.

A Dreadful Blow

"Yes," said the tall man. "I have had many disappointments, but none stands out like the one that came to me when I was a boy."

"Some terrible shock that fixed itself indelibly in your memory, I suppose."

"Exactly," said the tall man. "I had crawled under a tent to see the

California, we arrived at the scene of a serious smashup a couple of minutes after it had happened. We had some first aid materials with us and were able to render attention at the roadside that unquestionably saved one man from bleeding to death. One never knows when he will be called upon to offer such service.

First Aid Materials

Every tourist should therefore provide himself with a little box of first aid supplies. In fact, such an outfit should have a place in every home. The contents of the box and indications for their use I should list somewhat as follows:

- Absorbent cotton (2 ounce package)
- Swab
- Gauze dressing (5 yards)
- Wounds
- Bandages (1, 2 and 3 inch)
- Adhesive tape (5 yards long—2 inches wide)
- Iodine (1 ounce)
- Antiseptic
- Picric acid (crystals—1 ounce)
- Burns—in solution
- Rubber tubing (20 inches long, 1/2 inch thick)
- Hemorrhage
- Loric acid (crystals—1 ounce)
- Wet dressing
- Whiskey (8 ounces)
- Collapse

This list could be extended to include ligatures, hemostats, etc. However, the use of such instruments and appliances requires the technical skill possessed only by a surgeon. Moreover, the services of a doctor are nowadays available almost anywhere within an hour. The important thing is to bridge that hour, and the materials listed above will serve this purpose.

Three dollars will buy the entire outfit—all except the whiskey. In the "land of the free," that will cost as much as all the other articles combined. But it should be a part of the outfit, as there are times I am speaking professionally when it is worth ten times the price.

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Meandering with Marjorie

By MARJORIE ADAMS

Not very long ago I was a guest at a most amusing party. It was a large affair, and might have been hard to manage if the hostess had not been inordinately clever.

During the first part of the evening, there was an old song contest which provoked gales of laughter—slips of paper and pencils were passed, and the guests were asked to write, in order, the names of the songs, snatches of which were played on the piano. The prize for this was a bound volume of "college songs" which were so popular some years back.

Then we danced—the Virginia reel and the rye waltz. Somebody performed a cake walk, and one venturesome couple did the lancers.

When we filed out for dinner, we found no place cards. Instead there were tiny cloisonne picture frames on the table, each one containing an old picture of one of the guests. It was almost impossible to identify some of them—even baby pictures eventually all were seated, and the dinner progressed merrily.

The food, of course, was as up-to-date as it could be, and conversation didn't lag for an instant.

The table decorations were simple, a centerpiece of flowers set between two candlesticks, but most effective.

This party is unforgettable because it is unique and can be used for any number of people. Why don't you have one?

Keeping the Home Cool

There is always an air of comfort about the home which is plentifully supplied with fans during the summer months. Electric fans are ideal



of course, and are of endless variety. I never knew there were so many sizes and kinds until I saw them recently.

The hand propelled fans are very useful too, and awfully convenient if the electric fan cannot be placed in the desired spot. Then there are wee "motor driven" ones—press a button you know, and the fan rotates—big palm leaf ones, cunning

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ribbon trimmed and painted fans and so many others that my brain was a perfect whirl of them when I finished looking.

RECIPES

Boiled Salad Dressing

- 2 tablespoons of sugar
- 1 tablespoonful of flour
- 1/2 teaspoonful of salt
- 1/4 teaspoonful of dry mustard
- 1 egg
- 1/2 cup of vinegar
- 1/2 tablespoonful of water
- 1 tablespoonful of butter

Mix dry ingredients. Beat in egg, add vinegar and water. Cook over low fire until thick, stirring constantly. Remove from fire and stir in butter. When ready to use, thin with plain or whipped cream to desired consistency.

If kept in a cool place, this salad dressing will stay fresh indefinitely.

All in One Dose

The fresh young traveling salesman put on his most seductive smile as the pretty waitress glided up to his table in the hotel dining-room to get his order and remarked:

"Nice day, little one."

"Yes, it is," she replied. "And so was yesterday, and my name is Ella, and I know I am a lovely girl and have pretty blue eyes, and I've been here quite a while, and I like the place, and I don't think I'm too nice a girl to be working here. My wages are satisfactory, and I don't think there's a show or dance in town tonight, and if there were, I wouldn't go with you. I'm from the country, and I'm a respectable girl, and my brother is the cook in this hotel, and he was a college football player and weighs three hundred pounds."

Last week he nearly ruined a twenty-five dollar a week travelling man who tried to make a date with me. Now what'll you have, roast beef,

roast pork, Irish stew, Hamburger or friend liver?"

Read the Classified Ads. on Page 7.

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THE FAMILY NEXT DOOR

Panel 1: A man in a suit runs towards a house. "OH BOY! THE AFTERNOON OFF, AND THE FISH DOWN IN JOHNSON'S CREEK ARE JUST STARVIN' FOR WORMS!"

Panel 2: A man in a suit and a woman in a dress stand in a yard. "JAY, THERE ARE A LOT OF THINGS THAT NEED TO BE DONE AROUND HERE—THE BASEMENT CLEANED UP, THE CHICKEN HOUSE PAINTED AND THE YARD RAKED UP—NOW THAT YOU'VE GOT ON YOUR OLD CLOTHES WOULD BE A GOOD TIME TO DO THEM!"

Panel 3: A man in a suit and a woman in a dress stand in a yard. "THIS IS FINE, JAY! NOW, IF YOU'D HURRY, YOU COULD JUST ABOUT FINISH MOWING THE LAWN BEFORE DARK!"

Panel 4: A man in a suit and a woman in a dress stand in a yard. "SAY, LISBEN WOMAN—I TOOK THE AFTERNOON OFF TO GO FISHIN'—NOT TO PLAY HIRSED HAND!"

Panel 5: A man in a suit and a woman in a dress stand in a yard. "WELL, WHY DIDN'T YOU SAY SO? THESE THINGS COULD HAVE WAITED UNTIL SATURDAY!"

Speak for Yourself -- Jay!