

DOWN AFTER BIRTH OF BABY

Woman Made Strong by Lydia E. Pinkham's Vegetable Compound

Ontario.—"I was terribly debilitated after the birth of my third child. I had serious trouble, and I did not do my work and all the time and had no energy. My sister-in-law is taking Lydia E. Pinkham's Vegetable Compound and I too highly recommend it. I have had my health and feel fine all the time. Any one who needs a tonic should take it. Mrs. RENE WILSON, 115 Ferguson Avenue, Hamilton, Ontario, C.

Terrible Backache

Ont.—"After my baby was born I had a terrible backache and could not do my work and in the first minute I got out of all the pains when I moved about. I was laid down for a while and I could keep my house in many things had to go to bed, because of my ailment. I was told by a neighbor to take Lydia E. Pinkham's Vegetable Compound and I too highly recommend it. I have had my health and feel fine all the time. Mrs. RENE WILSON, 115 Ferguson Avenue, Hamilton, Ontario, C.

BLACK COLORS MOTOR CAR PLATES

New auto markers, of which will undergo the production on December 1st, will, after that date, appear in a cream color, with black numerals in black, now in the production by the Canadian Company, of Hamilton, Ontario, an attractive and admirably served in a plain read-

ing will be somewhat similar to the present year, it is the numbers are than the 1925 variety, and will be in the province in which it is. In the past it has been with a mere "Ont." or "C." or other figure, and, in the province, the full title, license numerals, and the number and figure.

and led up in a and dotted with the will give them a de-

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Advertisement for a bank with various services and branches listed.



OUR FRIENDLY ENEMIES—FURUNCLES

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.

A furuncle or boil is an inflammation of the deeper layers of the skin and the adjacent tissue just beneath the skin, due to external or internal infection. Staphylococcus Pyogenes Aureus is the name of the germ that causes the infection.

Origin of Boils

The common opinion is that boils are a result of internal systematic uncleanness. This is more or less true, particularly when they occur in crops in different parts of the body. Certainly each individual boil in a series of let us say, fifteen, could not be a result of fifteen separate and distinct local infections. It is only in cases where the individual is the host of only one boil that the theory of external infection would hold. It is conceivable, however, that a number of boils in different localities could be produced by outside infection through scratching the skin with fingers that had been contaminated by contact with the original boil.

Another way in which a series of boils might be caused is through infection of the blood by the primary boil. Or a focus of infection in the nose, sinuses, tonsils or teeth might lead to a series of boils. In such cases the boils are volcanoes through which the poison erupts from the interior of the body.

Structure of Boils

A local infection having taken place, the area becomes irritated, the blood vessels in the neighborhood become overfilled with blood and an army of white blood cells engages in warfare with the germs. The battleground becomes hardened, hot, red and painful. Usually the infected area becomes walled off but sometimes the glands are called on to help stop the march of the germs. The whole process is exactly the same as war between the armies of multi-cellular organisms (men) except that here the fight is between uni-cellular forms of life.

The pressure in the affected part increases until the circulation in its central portion stops, and death of this portion ensues. The dead

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HEALTH QUESTIONS AND ANSWERS

Psooriasis

Mrs. R. P. Writes: "I wish to inquire about a skin disease called Psooriasis. I am 5 ft. 9 1/2 inches tall, weigh 110 pounds and am thirty-five years old.

- (1) What causes psoriasis?
(2) Has one's food anything to do with it?
(3) Is it contagious?
(4) What will cure it?"

Reply

(1) There are many theories for the cause of psoriasis, but I doubt if any of them will fit all cases. Heredity seems to play a part. Some say it is an infection. Others hold that it is due to an imbalance in the building up and tearing down process (metabolism). Still others claim disease of the glands of internal secretion causes it.

(2) Digestive disturbances and the abuse of tobacco, coffee, alcohol and foods that are highly albuminous aggravate the eruption. A strict vegetable diet helps some cases, indicating that foods may play a causative role in certain instances.

(3) It is not contagious.
(4) There is no skin disease more difficult to cure. I could name a dozen remedies that have helped, but almost invariably the disease returns. Sunlight will do away with the scales more effectively than

anything else. Among the local applications Chrysarobin seems to be the best. But it should not be used on the face. Incidentally, the stains it makes on clothing is not removable.

The diet should consist exclusively of vegetables. Avoid all nitrogenous foods, alcohol, highly seasoned food, salted meats, pastry and sweets.

Do Not Tamper With Moles

C.D.R. writes: "Could you tell me how to remove moles from a person's face. I have a friend who has two on her cheeks and is very much embarrassed over it."

Reply

The best and surest method is electrolysis or excision. To tamper with them yourself is dangerous. People have sometimes disfigured themselves trying to remove them with acids. Moreover irritating them and not removing them entirely is very apt to cause them to develop into a malignant growth.

Bright Boy

Teacher—"And so we find that heat expands things, and cold contracts things. Can anyone give me an example of this?"

Bright Student—"Yes, Ma'am. The days are longer in the summer."

LACROSSE AS SEEN BY AN OLD-TIMER

Veteran Player Gives His Views of National Game in Fergus Paper

We take great pleasure in publishing the following letter, which appeared in last week's issue of The Fergus News-Record. The opinions expressed in the epistle are in the right direction, and if applied will save Canada's National Game.

There are several factors detrimental to modern lacrosse. Today a player may use a stick of any length and with a bag of any depth. Some defence players use sticks of such extreme length that passes can be intercepted by simply extending those ridiculously long sticks to arm's length and letting the ball enter the deep bag, out of which it is almost impossible to knock the ball. A brilliant piece of combined play is often spoiled by an interception of this kind which requires no skill whatever.

Then again, some home players use extremely short sticks with deep bags and by protecting their diminutive sticks by their bodies they are able to hold the ball and do what seems to be wonderful playing simply because the ball can't fall out of the home man's stick nor can the defence man check his stick because it's so small that if he could the ball wouldn't fall out anyway. Therefore, modernly speaking, the proper thing for the defence man to do is to hammer and abuse or knock the home player down since trying to take the ball from him by legitimately checking his stick is useless. Strange to say, no remedy for this condition has been thought of by our governing body and the remedy is so simple. Standardize the length of stick and prohibit the use of deep bags. It seems to me that many of our modern brilliant players would look very silly indeed trying to play with a stick of 25 or 30 years ago, when exceptional skill was required by a player to catch and hold the ball on one of the tight sticks of that time.

Make Sticks Same Length

Instead of our law makers correcting the tendency to holding the ball with resultant brutality on the part of an opponent endeavoring to get control of same, the players resorted to the use of heavy pads. Pads have no place in lacrosse when it is played as a game of skill against skill. They have a place in lacrosse when it is played as a game of brute force against brute force.

It seems to me the public likes lacrosse which gives the greatest exhibition of skill and endurance. Fergus has the distinction of having developed what is acknowledged to have been the most perfect exponent of our national game ever developed in Ontario. They were all native boys, wore no pads, practised every night in the week and acquired skill which took them to two Intermediate Championships (1902-1903) and so far as these players were concerned brutality never was resorted to. We don't see the same beautiful lacrosse now, even in senior series, as these players treated us to. Very rarely did a player try to pass his opponent but he was always in the right place to receive a pass and delivered the ball again promptly when he saw an opportunity.

Skill and Endurance

The present system of using ten men instead of twelve and allowing three spare players seems to be rather a detriment to the game than a help. Players are inclined to neglect practice knowing that if they want relief in a game they can have it whenever they want it. The game as played now in periods of 20 minutes with three spare men available for relief work looks like an easy afternoon's work as compared with two and one-half hours of actual play which was the time required for a game before substitutes and limited periods were in use. Substitutes are only a benefit to the team which can put ten good men on the field and have three equally good men in reserve. The team which has only ten good men is very heavily handicapped by the spare man system.

Governing Body at Fault

But the worst factor of all and the one which is ruining amateur lacrosse is the governing body. The Intermediate Championship has always been the highest honour of amateur lacrosse in Ontario. Our

present association seems to think otherwise and is determined to make all intermediate teams tools for the maintaining of the Senior organization. The small town teams are entirely fed up with this thing of developing players to feed to the Seniors. The Senior teams must either get out and run their own show or the Intermediate teams must pull out of the present association and govern themselves.

Fergus protested on the residence rule, a player used by Orangeville. We proved our case beyond the shadow of a doubt. Orangeville produced no evidence in rebuttal. But what took place? They kept our money and let Orangeville keep the player. Orangeville evidently is wanted to win the Intermediate by the officers of the association so that next year they will again play senior lacrosse.

In the Bradford case, Bradford knew that they need not look for a square deal from the O.A.L.A. executive, so they took the law in their own hands and refused to play under a referee appointed by the association after they had requested that that particular referee be not appointed. And now at this late date the strangest of all their foolish actions takes place in that Bradford and Hamilton are ordered to replay their last game after Bradford had been expelled from the association for disobeying the order to play in Orangeville.

The present council is the most weak and spineless executive which ever tried to operate an athletic association. The time has now arrived for Senior and Intermediate lacrosse to be governed by separate bodies. If either series have to die, rather than the Senior than the Intermediate. We have all winter to get plans worked out so that we may start next spring with an Intermediate Team in every old lacrosse town in Ontario. By governing ourselves and putting the game itself before the winning of matches, lacrosse will come back to its old popularity as in the days of the C.L.A.

We think that the weekly newspaper can help a lot in advocating a lacrosse association which has its object in building up the game and maintaining Intermediate teams in all towns where the game used to be played.

OLD THISTLE.

ATTEMPT TO ROB BANK AT PALMERSTON FAILS

Burglars, Believed to be Amateurs Gain Entrance to Building, But Get Nothing

Burglars raided the Palmerston branch of the Bank of Commerce, and although entrance to the bank was successfully made, no cash was secured. Local and provincial police quickly had their dragnets out for the bandits, who, by the nature of their work, it is presumed are amateurs, but up to date, no arrests have been made.

Entrance to the bank was gained by removing door fasteners and forcing a way into the building, but the attempt to secure money or other valuables was a complete failure. The bank has a modern system of burglar alarms.

The burglars escaped, apparently leaving no clue to their identity.

A little brown or maple sugar on the hot breakfast cereal offers a welcome change.

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PERIOD ROOMS AND THE COLORED CEILING

The task of furnishing a modern home is full of pleasures for the cultured mind, for there never was a time when so much artistic experience was at the disposal of the people who want a small but tastefully decorated house. The importance of obtaining a uniform scheme of furnishing and interior decoration was appreciated by few people a generation ago, but is now recognized as a factor that should influence decisions.

Interests in styles of interior decoration has grown apace at a time when simplicity is the keynote. Nowadays the walls are plainly decorated, since they merely form a background, while the artist concentrates upon such points of vantage as the door and the fireplace. A plain wall-paper or distemper is in accordance with modern ideas, but a flat surface is really not to be desired. Those who can afford it have their walls glazed, a treatment which has the effect of a paint laid on in wavy lines. Panelled walls form an exceedingly important part of the furnishing scheme of many period rooms, and in eighteenth century rooms walls are frequently ornamented half-way up with an enriched moulding. An old Scottish plaster frieze looks well.

COLDEST PERIOD OF THE DAY

The coldest period of the day is usually a few minutes after sunrise. This is due to the fact that

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Men's Flannelette Night Gowns, each \$1.79
Men's Heavy Weight Cotton Sweater Coats each \$1.50 and \$1.75
Men's Police Brace, per pair 39c.
Men's Fine Shirts, a lot to clear, each \$1.19
Men's Cowhide Work Mitts, per pair 50c.
Men's Union Socks, good weight, per pair 25c.
Men's heavy weight Caps with Ear Laps, each 1.19
Men's one finger Gauntlets, per pair 49c.

Come to the store, we have many other bargains that space does not permit listing.

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THE FAMILY NEXT DOOR

Comic strip 'The Family Next Door' with four panels showing a man and woman talking about a dog and a sheep.

The Shepherd