

Flavour "LADA" EA

Exhausted bulk tea.

grace and went back to the farm house to dress. The farmer came into the bedroom and explained that, out of pity, he had left that section of the barn door unlocked, unlatched.

LEGISLATURE TO MEET FEB. 2

Ontario's seventeenth legislature will open on February 2nd next. Tomorrow the Government Conference will be the chief item of business, but several other important items, dealing with taxation, will be discussed. A reduction of the tax charged for motor licenses has already been effected by an order-in-council.

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Shirts Sweaters
Fine Trousers
SOCKETS
A fine garment for the sport of skating.
DURNETT
Durham, Ontario



The Road To Better Health

CHILBLAIN TIME

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.

During extremely cold weather, especially when the air is charged with moisture, people who have a weak circulation suffer from that quite common condition called chilblain.

Symptoms of Chilblains

Because poor circulation predisposes one to the disorder it occurs principally in the feet, where the blood flow is always most sluggish. It may also affect the ears, cheeks, nose and fingers as these parts are subject to the greatest exposure to cold.

The most prominent signs are redness of the affected part together with a burning and itching sensation which usually attains its greatest intensity at night.

How to Prevent Chilblain

This is not an easy problem to solve. What helps one person may be of little value in another case.

Considerable good can be accomplished in the way of prevention by wearing woolen stockings and warm, comfortable shoes. Each evening the feet should be bathed in warm water containing a handful of Epsom salts, thoroughly dried, then given a brisk massage, and powdered with talcum (2 pts.) containing boric acid (2 pts.) and pulverized alum (1 pt.).

In addition to the foregoing the affected area may be painted with a mixture of equal parts of tincture opium and tincture iodine. The Harrison narcotic law makes it necessary that a physician who is registered prescribe this preparation. Another remedy that gives relief in some cases is oil of peppermint and glycerin in the proportion of 1:3.

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HEALTH QUESTIONS AND ANSWERS

Stomach Troubles are Usually Mechanical

Miss L. L. writes: "In your article last week at the close you said neither diet or medicine would do any good. I have the condition you described and have been unable to find the remedy."

"Will you kindly let me know what you would recommend for that condition and whom you would recommend as a doctor?"

REPLY

Have had considerable trouble locating the article of "last week" as your letter was not dated, but I imagine you refer to the article of... which ends somewhat like you quote. As I said in the article in ques-

HOUSE PLANTS IN WINTER

It is rather difficult to keep house plants in condition throughout the long winter and, while they are thus at rest, or nearly so, they should be given just enough water to prevent the roots from drying up. This applies particularly to palms, hydrangea and fuchsia, the two latter being kept in a cool place. Plants which are growing should be kept well watered but it is important to see that no water accumulates in the pot or in the jardiniere in which the plants are sitting, otherwise the roots will rot and the plant will not thrive. This often happens to large ferns. Plants should be watered only when the soil is becoming dry, and then thoroughly, not every day as is often done.

Geraniums must be kept close to the window and in a window where they will get plenty of sunlight to have them bloom well. Most blooming plants, such as geraniums, cyclamens, impatiens, spirea, and bulbs do better if kept in a moder-

tly warm or cool room, rather than in a warm one. Sponging plants, such as ferns, palms, rubber plants and aspidistra, every three or four weeks is desirable. For aphid sores the plants in strong soap suds or some tobacco preparation several times at intervals of a few days and, for scale insects, loosen them with a soft tooth or finger nail, and wash off with soapy water or some tobacco preparation, and repeat from time to time.

Exercise, massage and electricity are the measures that give results in such cases. I am not permitted to refer you to any particular physician, but you should be able to learn of a competent doctor through a little inquiry in your own locality. Try to find a man who uses physiotherapy methods. He has the mechanical instinct necessary to a proper interpretation of this question and of its judicious application.

SCHOOL HONOR ROLL

S. S. No. 5, Glenelg
Sr. IV—Jean Clark, Catherine Timmins.
Sr. IV—Ewen McNab, George Blair, Jr. III—Mary McNab, Willie Peart, Violet Banks.
Sr. II—Elvie Hastie, Ada Banks, Daisy Street.
Sr. Pr.—Esther White, Walter Street.
Jr. Pr.—Bruce Clark, Victor Street
Best in Spelling—Catherine Timmins.
Best in Arithmetic—Elvie Hastie.
—R. L. Barbour, teacher.

THE FRIENDLY MICROBE

Introduced Into Margarine to Give a Butter Like Flavor to Product.

Microbes resemble men in many ways. From our point of view they are all good, bad, or indifferent. And they are always at work, bearing the seeds of vigor and disease. Some have to be fought as enemies; others are enlisted as faithful servants.

Their favorite abode seems to be milk, which they attack whenever it comes into contact with pails, transport churns or vats. Once they are installed it is hopeless to separate the intruders. The only possible procedure is to heat the milk until they are killed; then good ones are introduced and precautions taken to keep the bad ones out. This is the way Danish dairies treat the cream for their wonderful butter.

It has also been adopted in English margarine to give a butter-like flavor to the product. We may peep through the doors of a hermetically sealed cupboard and see regular microbe farms, where billions of parasites, all invisible to the naked eye, are bred.

Day and night men are to be seen watching over test-tubes, peering through microscopes to discover whether any strangers have intruded into the Lilliputian colonies. It may be discovered that a citadel has been stormed, that the friends are engaged in fierce defensive warfare. In that case, the only way to make peace is by impartial massacre of all the combatants.

Not long ago it was almost impossible to distinguish between good and bad microbes, and margarine makers were often confronted by mysterious failures. They could have declared that nothing had been neglected, that the correct process of manufacture had been carried out.

The microbe-farmers grew grey in their endeavor to solve an apparently hopeless problem. Now, however good and bad microbes can be distinguished by peculiarities in their behavior, and margarine makers can rely on them as surely as any dairymen on his Alderleys or Shorthorns.

ANCIENT TICKET COMES IN FOR REFUND

Excursion Ticket Issued by Grand Trunk for Centennial at Philadelphia in 1876.

Tickets, like the proverbial chickens, sometimes come home to roost, but the record for dormancy is held by one just received by the Passenger Department of the Canadian National Railway, dated 1876, with a suggestion that "there may be some refund coming on it, and if so, shall be glad if you will send it to me." The ticket in question is an excursion ticket issued by the Grand Trunk Railway at Portland, Maine, under the title of "Centennial Excursion Ticket" entitling the holder to a journey from Portland to Philadelphia and return to attend the centennial. It is signed by Sir Joseph Hickson as General Manager and punch marks show it having been used as far as Detroit.

The letter, which accompanied the ticket, signed by J. E. Smith of Portland, Me., states, "In looking over some old papers belonging to my late father, I found the enclosed ticket. While I do not even remember my father (who was over eighty at the time of his death, mentioning having been to the Centennial in Philadelphia in 1876 and the ticket only shows times, the thought occurs to me that there may be some refund coming on it, and if so I will be glad if you will send it to me."

There was no refund due, but the 70-year old ticket has been added to the collection of the old Grand Trunk records in the Canadian National archives.

HIGH SCHOOL TEACHER SUPPLY EXCEEDS DEMAND

That the supply of high school teachers in Ontario, like that of public school teachers, now exceeds the demand was one of the facts brought out by Sir Robert Falconer, president of the University of Toronto, in his annual report to the Board of Governors. Sir Robert drew special attention to the great growth in the spirit of research that had been manifested in the past five or six years.

It Will Pay You to Advertise in The Chronicle.

MADE RICH DISCOVERY

Former Flesherton Man Located Valuable Copper Mine and Will Realize \$150,000 From Sale to Hollinger Company.

Another Flesherton man has struck it rich up in the north country, in the person of Mr. George Jamieson, son of Mrs. J. Jamieson of town. Announcement was made recently that the Hollinger Consolidated Gold Mines Ltd., had purchased the Jamieson claims in Robb township, eighteen miles west of Timmins, consisting of the holdings of George Jamieson, prospector, A. W. McDonald and G. H. Johansen. A payment of \$100,000 has been made on a \$250,000 deal, the remainder of the purchase price to be paid to the vendors over a period of eighteen months. Mr. Jamieson's interest is \$150,000 and the remainder divided evenly among his partners.

The vendors are retaining a seven-per cent interest in place of the fifteen per cent as mentioned in last week's issue. Jamieson having ten per cent and the remainder divided between the other two. In a letter from Mr. Jamieson to his mother here, he states that the claims as sold show great prospects of an enormous yield of copper and he expects that the yield will run around \$10,000,000. Mr. Jamieson has retained other claims in the near vicinity of those sold and will likely realize a large sum for them when disposed of.

Official announcement that the Jamieson-Hollinger deal was completed is regarded in the north as one of the most important developments that has taken place in the mining industry of the Province for a good many years, inasmuch as it places the stamp of official approval on a section of the country that has long been regarded as favorable for mineral deposition. While, to date, the result of assays on the Jamieson claims in Robb township which the Hollinger purchased, have not revealed a high copper content or unusually high percentages of copper, yet the massiveness of the body from which the copper samples were taken is regarded as indicating ore resources. The fact also that values in gold have at other times been found in this section is another factor which encourages the belief that high gold and copper values may be found and associated.—Flesherton Advocate.



"Mother looks forward to my telephone visits—"

said Helen to her husband—
"That was a wonderful idea of yours, Fred, that I should alternate my letters to mother with telephone calls."

"She misses me a good deal, and she was just delighted when she heard my voice. We talked over a lot of things, too—settled more questions in three minutes than we could have done in twenty letters."

"And it's so much easier than writing! We were both so pleased that I've arranged to call her every Wednesday night now—"

To bridge those unavoidable gaps, there is nothing like an occasional talk by Long Distance. For a few minutes the miles are rolled away and sundry friends are brought face-to-face.



TROUBLES OF THE HEART

Deaths of nearly 200,000 people in the United States each year are ascribed to heart disease. It is first in the list of causes of death and also first in the amount of damage which it does through producing disability and invalidity. Altogether 2,000,000 people, or about two per cent, of the entire population of that country, suffer from some form of heart trouble which renders them unable to do more than replaced tuberculosis, which is being relegated to a position of decreasing importance, and the economic loss to the community is enormous.

In view of these conditions the medical profession and the public health workers of the United States have recently started to develop a program of relief, which is described in Harpers by Louis I. Dublin, for the past 15 years, statistician for the Metropolitan Life Insurance Company. The campaign as it concerns the individual reduces itself largely to one of personal hygiene. The contribution the community can make is many-sided. The first step is to spread the knowledge of right living; to inculcate good habits of life through the agency of the schools and other channels of public education. Other agencies are heart clinics, sanatoria and convalescent homes.

As to the future, Mr. Dublin thinks that the outlook is neither very clear nor very encouraging. There is good reason to believe that the extension of the campaign referred to will save many lives and prevent much suffering among young people especially. But there will always remain a heavy tax payable by way of heart disease and the future will probably show more heart deaths rather than less. One reason is that the achievements of preventive medicine will bring many people over, into the older ages when the heart mechanism finally breaks down. The aim of the heart movement is to ensure, if possible, that a death from heart disease is synonymous with a long life and no

serious interference with work. But to accomplish this end much time will pass and much more knowledge will be needed on the causes and prevention of heart disease.—Toronto Mail and Empire.

Keep Debts Paid Up

Mark Twain once wrote that a man should live such a life that even the undertaker would be sorry when he died. It is a difficult thing to do that, but one way to come near it is to keep all debts paid. Many people have no conception of that course, as a road to popularity and respect. Many of them have no honor in regard to debts. They think that if they can get out of paying they are that much ahead. That is one of the outstanding habits of existence. Those who habitually pay up, whose honesty is signalized by one hundred cents on the dollar, have a clear conscience and an outlook on life that overcomes most troubles and disappointments.

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Bring them in, or call or write and I will go for them.

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A. TINIANOV

North of McLaughlin's Garage.

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6 only, Men's blue stripe Serge, sizes 35, 36, 37, 38, 40, 42, Regular, \$25.00 for \$20.00
6 only Men's plain blue Serge, sizes 36, 37, 38, 39, 40, 42, Regular \$35.00 for 28.50
5 only Men's medium grey suits, sizes 37, 38, 39, 40, 42, Regular \$25.00 for 18.50

Men's and Boys' Overcoats from \$10.00 to \$22.00

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