## Warm Footbaths a Cure for

Many Ills The warm footbath is a remedy so easily to be had in any household, so quickly prepared, and so simple to administer, that it is a pity it should not be more universally understood and used. Its possible uses are legion. Only a few of them can here be enumerated: It is generally understood to be one of the good "old-fashioned remedies for a cold-especially a cold in the head. It should not be allowed to become old-fashioned for this purpose, for with all our rapid multiplication of "antis" and owner new medicines it still remains one of the best we have of combating a cold. It must be properly given, but this is very easy matter. The patient should be well covered as to the body: the pail or other receptacle for the water should be deep and preferably narrow, for the higher the water reaches up the calves of the legs the better. A heaping teaspoonful of mustard should be added, and the feet should go into the water as hot as can be borne, added as that in the bath becomes cool. The whole process should last twenty minutes half an hour, during which a glass be a champion at the very start. So of water or lemonade should be slowly sipped. It is perfectly ridiculous for the patient to take the feet out of the water, dry them and go clearing up the room as is sometimes done. Five minattention from a second person is absolutely needed at this juncture, as it is important that the feet be quickly dried, and the patient immediately covered up very warm, preferably with a hot bottle to the feet in order that the profuse perspiration, which is the principal result to be desired. should not be checked. If this progress is faithfully carried out | unaccustomed muscles will cause her a cold will generally be found many an ache and pain, and her scotched the next morning. headache, especially that variety known as "nervous," may often be relieved by a warm, not necessarily very bot footbath. The footsore, overdriven housewife, can gain blessed relief for her aching muscles and tired nerves by ten minutes devoted to a warm footbath. A very cross boy can often be converted into a cherub by the simple treatment. There are many times and places in which it is not convenient to give the baby a warm tuo bath, but a warm footbath may always be given.

### RAZORS WANTED FOR THE SOLDIERS

Have you any old or spare razors? Razors not in order, or razors you don't need? If you have, you will be doing a good turn to the boys at the front, and at the same time doing no harm to yourself by months to complete. This map is giving them away and having minute and comprehensive to the last them put in order for the soldiers. A letter from Cutler's Hall Sheffield, states the inability of village, it might be said, in the whole the cutlers to meet the demand, of the Dominion, is limned in characand it has been suggested and urged that discarded razors be sent to the makers, where they can be put in order and sent forward to the troops.

Seventy thousand have already been received, but more are needed. Now is your chance to add little to the soldiers' comforts.

If you have any to spare, leave them at The Chronicle office, or at any hardware store in town, to be forwarded to Thomas B. Lee, 30 Front street, East, Toronto. you prefer to send them to Mr. Lee direct, do so, and he will forward them to the cutlers in England, where they will be put in order. No razor is too badly used up to send, as all repairs will be made before sending them to the troops. Act to-day.

### Patriotism the Dominantnote

All Exhibitors Must Dress their Booths with British or Canadian Flags

"This will be 'Patriotic Year' at the Canadian National Exhibition and our directors desire that all exhibitors will endeavor to give effect to the patriotic idea in the decoration of their booths"

This is a paragraph taken from a circular sent out by the Exhibition officials to all exhibitors, and is in keeping with the general plan laid out for the year

The idea is to make the whole Exhibition a lesson in loyalty and Empire patriotism, and every exhibitor who gets space will be patriotic meeting in Melbourne the required to have a British flag or Union Jack prominently displayed The Fair at Toronto this year will be one grand patriotic picture

#### ATHLETICS FOR GIRLS.

Semi-Invalidism Is No Longer Admired Among Men.

Every girl should know something about one sport at least. This does not mean necessarily that she must become an amazon or go to any extremes in the line of masculinity. But she can excel in a sport or two and be all the more feminine for it, for it will give her a radiant health that only accentuates her charm.

The day of the fragile, clinging vine is long past. The semi-invalid type that used to be adored a century ago has become practically extinct. Nowadays women have grown to realize the value of independence. They have come to know that, while it may be sweet to have some one to cling to, it is much sweeter to stand upright and to need no support. They have entered the man's world of busi ness, and the man's world of sport, and, considering the comparatively short time of their habitation, they have done remarkably well.

Men have grown used to seeing the other sex in the roles of business and athletic companions, and the girl who is neither is rather left out of it. Aside from the indubitable question of the health to be gained from the exercise of one or more sports, the girl will find that her excellence in the field of athletics will add greatly to her personal popularity. The girl who plays a winning game in tennis or golf and is an expert swimmer as well is never lacking in invitations to house parties, for every hostess loves fresh, hot water being slowly to have a guest so athletically ver-

Of course, it takes a few years to become proficient in anything, even in sports, and no girl can expect to long as she sticks to it she will make rapid strides, and soon she will play well enough to enter the games with fine players. It is important that the beginner should be opposed by players of much greater skill than herself from the very start, for that is the only way she will ever learn. For two equally poor players to oppose each other is bad for both. The beginner must not be discouraged by the odds against her, nor must she play only to beat, but to learn.

Tennis, golf, swimming, all take time and patience to learn, but progress comes quickly once the beginner is well started.

The girl who is making her start in sports must be careful not to overdo it during the first couple of days. Her hands and feet, too, may blister, but will pass off, and the toughening and strengthening of her whole body will ensue. The first day only half an hour or three-quarters should be spent on the tennis courts or golf course. This will be quite enough to lame her all over, and she will probably not feel like moving the next day. But if she can keep right on doing a little exercise every day the lameness will go not to return again that season.

The benefits to be derived from athletics within reason are unquestionable. The exercise strengthens the body, and the amount of fresh air and sunshine taken in is like a tonic to the entire system.

Many a girl who always hated walking just for the sake of exercise will take splendialy to golf or tennis.

### A Huge Map.

The biggest and the best railway map in Canada is that which hangs in the directors' room of the C. P. R. general office—a map 100 feet long by 10 feet high and which took the combined efforts of three of the cleverest men in the drawing department of the company eighteen detail. Every inch of railway, every tiniest islet, rearing its head in the lake or river, every city and town and ters which, however minute, are entirely legible.

The double tracking is shown; the course of each system from its commencement to its ending set forth; nothing had escaped the faithful and able chartographers or mapographers, if one may use the words, so that at a glance the high officers of the company may see the course of the system, the river, the lake, the mountain, the stream, in any part of the Dominion.

### New Stays Are "Old Fashioned."

A new "1830" corset, made of silk If tricot, with gussets of elastic which allow a slight spring over the hips, is being shown. . The top of the corset comes rather high over the bust, and very straight, trim lines are given the upper part of the figure. Below the waist this "old fashioned" corset is names and beg from each of them a only six inches long and makes no pretense of holding in the hips. radical departure, this, from the low busted, long hipped corset to which women have become accustomed, but the new stay is supposed to give the proper silhouette under the close bodiced, full petticbated dance frock of the moment. Whether it is comfortable or not is another matter which women inured to the loose waisted, low busted corset must decide for themselves.

### They Told the Belgians.

The Belgians in Belgium lost no time in learning the news of Italy's declaration of war. At dawn on the day Italy decided to enter the field airmen journeyed forth, and from a great height dropped thousands of cards on Brussels and many Belgian towns bearing the glad tidings in Dispatch. French on one side and in Flemish on the other.

### "Tommy Brown."

dubbed "Tommy Brown," and at other day the following impromptu toast was given: "Here's to Tommy Brown, grandson of John Bull, cousin to Tommy Atkins, and a distant relative-very distant, some of you may think-of Uncle Sam."

## Where Life Is Cheap.

There are 100,000,000 children in China under ten years of age. One wonders how there are so many remaining, for multitudes of children die off through exposure, ill care, starvation follows: and disease. Hundreds of thousands of these children live in the Chinese sampans, which ply the rivers and throng the water fronts of the great cities. For generations these boatmen knew no other home than these boats. In case of babies a rope is attached under their arms and if they slip over the side of the sampan into the water they are fished out the best way possible. But life is plenty and cheap in China. "How much, then, is a man better than a sheep?" Not much better in China. A friend of mine, a Brooklyn judge, who arrived late at the daily public execution in Canton and who could only stay for the day, was told that for \$10 they would secure a special victim to satisfy the American's curiosity. And they proceeded to find a man who for the sake of his family was willing to barter his life for \$10. Of course he got the \$10 -and his life.-Christian Herald.

Arcient Halbards. Halbard is the arms carry'd by the erjeants of foot and dragoons; the head of the halbard ought to be a foot or fifteen inches long; one end ought to be hollow to receive the staff, but the other broad, ribb'd in the middle, edg'd on both sides and drawing to a point, like the point of a two edged sword. On one side of the head is likewise fixed a piece in form of a half moon or star, and on the other a broad point of four inches long, crooked a little, which is very commodious from a bridge into the Niagara for drawing fascines, gabions or whatever obstacle happen in the way. The staff of the halbard is about five feet long and an inch and half in diameter, made of ash or other hard wood. Halbards are very useful in determining the ground betwixt the ranks, and for dressing the ranks and files of a battalion, and likewise for chastising the soldiers.-Gentleman's Directory, 1705.

#### Making Clothes Fireproof.

Apropos of fire prevention a doctor in New York told how to make clothes fireproof. They should, he said, he dipped in a solution of ammonium phosphate, one pound to a gallon of cold water. Ammonium phosphate costs only 25 cents a pound, he said. The Rev. George H. Squire, formerly of doctor took an eight inch strip of ordinary cotton gauze, equivalent to the material in the Indian and cowboy suits so popular among children, and ignited it. It was wholly consumed within four seconds. Then he took a similar strip, dipped it in the ammonium phosphate solution, dried it with an electric fan and held it in a flame for thirty seconds, but it did not burn.

"Families should get this solution. keep it in their houses and dip the whole family washing in it," said the doctor. "It would cost about 15 cents a week for an entire family."-New York World.

### Gave Napoleon Advice.

Napoleon Bonaparte had no more devoted and disinterested friend than Gaspard Monge, the illustrious academician and founder of L'Ecole Polytechnique. On one occasion he demonstrated his regard by giving the great general some unwelcome advice. Napoleon announced his intention of reading a paper to the French institute. Monge frankly expressed his disapproval of the plan.

"You have not time to write a good paper, and you cannot afford to write a poor one. The eyes of the world are upon you. Whatever you write will be

severely criticised." Napoleon was astonished and indignant at this plain speaking, but he nev-

## er wrote the paper.

Beards In Russia.

It is curious to note that in Russia the beard has always been an object of repute. An ordinance which Yaroslaf, son of Vladimir and legislator of Novgorod, then the capital of Russia, published in 1015 exemplifies this. By this law any one plucking a hair from a neighbor's beard was subjected to a punishment four times more severe than that inflicted for cutting off his finger.

### A Chinese Superstition.

It is a superstition of the Chinese that a sneeze on New Year's eve indicates misfortune for the coming year, and to overcome this he is obliged to go to three families of different surlittle cake shaped like a tortoise, which must be eaten before midnight.

### Labor.

Those favored few who by their rank or their riches are exempted from all exertion have no reason to be thankful for the privilege. It was the observation of this necessity that led the ancents to say that the gods sold us everything but gave us nothing.-Charles Colton.

Constructive Criticism. He-Is your literary club progressing satisfactorily? She-Indeed it is. At our last meeting we had a perfectly fascinating discussion of style. He-Fine. Shakespeare or Shaw? She-Neither. Skirts. - Richmond Times-

A Good Example. Father (in a lecturing mood): You never heard of a man getting into The Australian soldier has been trouble by following a good example. Son (incorrigible): Yes, sir, I havethe counterfeiter.

> Goo, Goo! "There's a great difference in the last words of famous men; but their first words were all about the same.-Chicago News.

#### Bulls Running at Large

At the 1914 session of the Legis-Act.' was passed. It provides as

1. A penalty of \$25 for the lowner of any bull who allows the bull to run at large or to be off his premises when not confined or led by halter.

2. The right of an owner of a pure-ored cow to recover full damages from the owner of the of last week for a month's vaca-'oull if his cow should be got with calf oy a bull running at large.

A bull will be considered to be couple of days here lately, at large even though he may have broken out of the owner's field, the onus being on the owner the bull to provide a fence keep the animal in.

The Act does not apply to New again. Ontario or the provisional county of Haliburton,b ut applies to all this year, as about 51,000 pounds parts of Old Ontario.

# Short Bits of Live News Mr. Geo. Plume and Miss Jessie in September

Alpine landslide near the Simplon week. The ceremony was tunnel.

from a load of hay.

An unidentified man jumped river and went over the falls.

London camp, was killed week at Ingersoll by a Grand Trunk train.

Sheriff Chas. H. Moore of Grey county, died in Rowmanville hospital after a short illness, at the age of 78.

A regiment (half battalion) of

Russian soldiers is to be established in Canada, and a beginning has been made at Kingston. Mrs. Squire, widow of the late lay proceedings for a couple of

odist Conference, is dead at Kingston. Edward Hall, proprietor of a temperance hotel at Princeton for selling liquor in a local op-

the Montreal and Hamilton Meth-

tion village, was fined \$300 or three months in jail. The police arrested at Toronto, R. J. Hornbey, on a warrant from Wiarton on a serious charge laid on behalf of his step-daughter,

Glen Campbell, ex-M.P. for made blind in this war than Dauphin, Man., has been granted any previous war, on account militia. Major Campbell is

under 14 years of age.

Sandwich ratepayers defeated two by-laws, one to spend \$12,000 for the opening of Wyandotte Park and Cross streets, and other to appropriate \$3,000 sidewalks.

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#### HOLSTEIN.

Mrs. Thos. Reid of Moosomin, lative Assembly of Ontario, "The Sask., is in the village visiting Protection of Pure-Bred Cattle old friends. It is eleven years since the family went west.

> Mr. and Mrs. Geo. Moses, Mrs. St. Leger, of Toronto, the guests of their parents, and Mrs. Durant.

Miss Davis of Toronto was guest at the parsonage lately.

Misses Jennie Adams and Agnes Evans went to Detroit Thursday

Mr. Cleave of Toronto spent a guest of his cousin, D.P. Coleridge. Mrs. Doupe has again settled in her old home in the village.

Mrs. R. Mickleboro has been quite ill lately, but is recovering

Our creamery is progressing factured. The patrons received 29c. per pound for butter fat in July.

Burrows joined heart and hand Seven people were killed by an on Wednesday evening of last formed by the Rev. T. H. Ibbott, James Adrian, a farmer near at the home of the bride's grand-Brockville, was killed by a fall mother, Mrs. J. Walmsley. The young couple are now residents of the village. We wish them a long and prosperous life.

The Hydro-Electric by-law, which was to have been voted on Wm. Barnes, a soldier from on the 20th inst., has received somewhat of a setback. debentures were to have been been issued for ten years only, in accordance with the Act referring to police villages. Our police trustees discovered through the Electro-Hydro Commission that shorier term than 20 years would be prohibited, hence the necessary arrangements are being made to have the by-law submitted in accordance therewith. This will de-

Principal Allan of Durham motored to the village on Monday and called on friends.

OUR DUTY TO THE BLIND From Vienna, from Paris and from Montreal come reports arrangements that have been made for the assistance and struction of soldiers blinded the war The French report states that a larger proportion of the combatants have been, and will be the rank of major in the Canadian the difference in weapons and in the character of the fighting Onganizing a company in the west. tario has provided amply for the but has not been a leader provision for ameliorating the condition of the adult blind With the added claims of the soldiers

sightless, action in this matter cannot be long delayed Our blind soldiers and fellow citizens must not be left to wear out their lives in idleness and sorrow, when timely aid and proper instruction can enable them to resume their places as useful members of the community The Ontario School for the Blind at Brantford is maintained for the Education of children whose sight is so defective that they cannot be taught in the regular public schools This School is not intended for adults, and it cannot do what is required for the class above referred to, without reducing, if not destroying, its efficiency as an instructor of the young Bona fide residents of Ontario, between the ages of seven and twenty-one, who cannot see to read ordinary type without injury, are admitted to the School without charge for board, tuition or books Applications should be of butter have already been manu- made to the Principal, H F. Gardiner, Brantford, in time to have all arrangements completed before the opening of the session

MANY THOUSAND MEN REQUIRED FOR THE HARVEST IN WESTERN CANADA.

Thousands of men will be required from Ontario to help in the great work of harvesting the Western crop, and practically the entire task of transporting this great army of harvesters to the West will fall to the lot of the Canadian Pacific Railway.

Excursions from points in Ontario to Manitoba, Saskatchewan and Alberta will be run, and special trains operated, making the trip in about 36 hours and avoiding any change of cars or trans-

"Going Trip West," \$12.00 to Winnipeg.

"Return Trip East," \$18.00 from Winnipeg.

Consult C. P. R. Agents regarding particulars in connection with transportation west of Winnipeg.

-Going Dates-

August 19th and 26th-From Kingston, Tichborne Jct., Sharbot Lake, Renfrew, and East in the Provinces of Ontario and Quebec, including intermediate stations and branches.

August 21st and 26th-From Toronto, Sault Ste. Marie, Ont., and East in the Province of Ontario including intermediate stations and branches, but not East of or including Kingston, Tichborne Jct. Sharbot Lake or Renfrew.

August 24th to 28th-From Toronto and stations West and North in the Province of Ontario, but not including stations on line North instruction of blind children of Toronto to Sudbury and Sault in Ste. Marie, Ont.

For full particulars regarding transportation West of Winnipeg, etc., see nearest C.P.R. Agent, or write M. G. Murphy, District Paswho will come home from Europe senger Agent, Toronto.

# A Change of Management, But no Change of Quality of Service to the Buying Public

This week the Central Drug Store, so well and favorably known to the people of Durham and neighboring Townships, changed hands.

The new proprietor, who has had an extended experience as a druggist, in taking charge invites a continuance of the generous patronage bestowed upon his predecessor, and will strive hard to deserve it.

The Stock of Drugs and Druggist's Sundries is large and complete.

School Books-Send along the children and we will fix them out for the coming school opening.

# Central Drug Store

GEO. B. DINGMAN, Proprietor

G. T. R. Ticket Agency.

Get Your Tickets Here.