

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.

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.

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.

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.

Of course, it takes a few years to become proficient in anything, even in sports, and a girl can expect to be a champion at the very start.

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.

Many a girl who always hated walking just for the sake of exercise will take splendidly 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 months to complete.

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 cartographers or mapographers.

New Stays Are "Old Fashioned."

A new "1830" corset, made of silk 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.

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 French on one side and in Flemish on the other.

"Tommy Brown."

The Australian soldier has been dubbed "Tommy Brown," and at a patriotic meeting in Melbourne the 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 and disease.

Ancient Halberds.

Halbard is the arms carry'd by the serjeants of foot and dragons; 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.

Making Clothes Fireproof.

Apropos of fire prevention a doctor in New York told how to make clothes fireproof. They should, he said, be dipped in a solution of ammonium phosphate, one pound to a gallon of cold water.

Gave Napoleon Advice.

Napoleon Bonaparte had no more devoted and disinterested friend than Gaspard Monge, the illustrious academician and founder of L'Ecole Polytechnique.

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.

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 surnames and beg from each of them a little 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 ancients to say that the gods sold us everything but gave us nothing.

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-Dispatch.

A Good Example.

Father (in a lecturing mood): You never heard of a man getting into trouble by following a good example. Son (Incorrigible): Yes, sir, I have—the counterfeiter.

Go, Gool.

"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 Legislative Assembly of Ontario, "The Protection of Pure-Bred Cattle Act" was passed. It provides as follows:

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

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

The Act does not apply to New Ontario or the provisional county of Haliburton, but applies to all parts of Old Ontario.

Short Bits of Live News

Seven people were killed by an Alpine landslide near the Simplon tunnel.

James Adrian, a farmer near Brockville, was killed by a fall from a load of hay.

An unidentified man jumped from a bridge into the Niagara river and went over the falls.

Wm. Barnes, a soldier from London camp, was killed last week at Ingersoll by a Grand Trunk train.

Sheriff Chas. H. Moore of Grey county, died in Bowmanville 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 Rev. George H. Squire, formerly of the Montreal and Hamilton Methodist Conference, is dead at Kingston.

Edward Hall, proprietor of a temperance hotel at Princeton, for selling liquor in a local option village, was fined \$300 or three months in jail.

The police arrested at Toronto, R. J. Hornbey, on a warrant from Warton on a serious charge laid on behalf of his step-daughter, under 14 years of age.

Glen Campbell, ex-M.P. for Dauphin, Man., has been granted the rank of major in the Canadian militia. Major Campbell is organizing a company in the west.

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

HOLSTEIN.

Mrs. Thos. Reid of Moosomin, Sask., is in the village visiting old friends. It is eleven years since the family went west.

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

Miss Davis of Toronto was the guest at the parsonage lately.

Misses Jennie Adams and Agnes Evans went to Detroit Thursday of last week for a month's vacation.

Mr. Cleave of Toronto spent a couple of days here lately, 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 again.

Our creamery is progressing this year, as about 51,000 pounds of butter have already been manufactured. The patrons received 29c. per pound for butter fat in July.

Mr. Geo. Plume and Miss Jessie Burrows joined heart and hand on Wednesday evening of last week. The ceremony was performed by the Rev. T. H. Ibbott, at the home of the bride's grandmother, 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 on the 20th inst., has received somewhat of a setback. The debentures were to have 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 a shorter 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 delay proceedings for a couple of weeks.

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 of arrangements that have been made for the assistance and instruction of soldiers blinded in the war. The French report states that a larger proportion of the combatants have been, and will be made blind in this war than in any previous war, on account of the difference in weapons and in the character of the fighting. Ontario has provided amply for the instruction of blind children but has not been a leader in provision for ameliorating the condition of the adult blind. With the added claims of the soldiers who will come home from Europe

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 made to the Principal, H. F. Gardiner, Brantford, in time to have all arrangements completed before the opening of the session in September.

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 transfers.

"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 28th—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 of Toronto to Sudbury and Sault Ste. Marie, Ont.

For full particulars regarding transportation West of Winnipeg, etc., see nearest C.P.R. Agent, or write M. G. Murphy, District Passenger Agent, Toronto. 12?

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.