

**No More Colds!**

**"I Use CATARRHOZONE"**



**BREATHE YOUR COLD AWAY—**

**Inhale CATARRHOZONE**

# CHECKMATE YOUR NASTY COLD!

**CLEAR YOUR NOSTRILS WITH VAPOR . . . DESTROY ALL IRRITATING GERMS . . . CHILLS AND FEVER *MUST GO***

One of the easiest ways to get relief from a grippy cold is to purify the breathing organs with CATARRH-O-ZONE; its healing medication goes quickly into the deep passages of the nose and throat, and gives you a sense of relief almost instantly.



## **CATARRH-O-ZONE**

**Sprinkle It On Your Handkerchief**

**GET RELIEF QUICKLY!**

You can rely for instant relief on **Catarrh-o-zone**. It's simply wonderful to think how quickly a Sore Throat or Catarrh can be helped with **Catarrh-o-zone**. Its healing vapor is carried along with the breath to the innermost recesses of the lungs, bronchial tubes and chest, making it impossible for the germ of Catarrh to live. Thus, soreness in the chest is alleviated—phlegm is loosened and ejected from the throat—old standing coughs are helped immensely. No stomach medicine to take, and relief comes quickly!

**Remember this**—just breathe **Catarrh-o-zone**, for Throat Hoarseness, Catarrh, Bronchitis, Buzzing Ears and frequent recurring colds. The dollar package of **Catarrh-o-zone** is economical, and lasts two months. Smaller package 50c. Sold by druggists, mail order houses, department stores, and by storekeepers generally where medicines are sold. If your dealer cannot supply you, forward your order and remittance to **The CATARRH-O-ZONE CO.**, 651 Notre Dame St. West, Montreal, Canada.

# Learn to Control Sneezing COLDS

Keep Breathing Organs Clean . .  
Treat the Little Early Cold . . .  
Avoid Crowds . . . Keep Warm

"As there are several young children in our family I had to learn how to control colds. When an epidemic of grippy colds attacked several children in our block, I went to the district nurse and asked for her honest opinion as to what was the best medicine to



use. She strongly recommended **Catarrh-o-zone** which we have since adopted as our family aid for colds, sniffles and throat troubles. The children use **Catarrh-o-zone** before going to sleep; it enables them to breathe freely and to sleep soundly. **Catarrh-o-zone** permeates all the delicate mem-

branes of the nose and throat and prevents dangerous germs from spreading. **Catarrh-o-zone** keeps the nose and throat clear of disease germs and is a wonderful protection in the home against grippe, colds and bronchial ailments."

Signed: (Mrs.) JOHN NEWBY,  
1873 Cardinal St., Cote St. Paul.

Rid your family of colds in the modern way—use vapor—Inhale **Catarrh-o-zone**; it is healing, soothing. Start on the road to quick recovery with **Catarrh-o-zone**.

# HAVE FEWER COLDS IN YOUR HOME

KEEP NOSTRILS DISINFECTED  
. . DESTROY SURFACE GERMS  
INHALE CATARRH-O-ZONE! . .

"Nearly every night, for an hour or two I tossed and turned, unable to sleep because my nose was so stuffed up I couldn't breathe freely. Each nostril felt plugged, and across my forehead there was a dull knocking pain. I was always picking up colds. I was sniffing and coughing half the time. When in complete misery, I learned of the wonders of **Catarrh-o-zone**—a healing remedy I could breathe. This remedy penetrated instantly to the upper reaches of my entire breathing apparatus. It seemed made exactly for my condition; why, I hardly knew that life was worth living 'til I cleared up my stuffy breathing apparatus with **Catarrh-o-zone**. Today I look upon **Catarrh-o-zone** as the most efficient remedy for colds, coughs, nasal distress, bronchial irritation and throat trouble; it has made me well."



Signed: (Mrs.) FRANK SAWYER,  
1867 Cardinal St., Cote St. Paul.

Be modern—Give up dosing—Treat your cold with the healing vapor of **Catarrh-o-zone**. Your druggist has **Catarrh-o-zone**.



# THE ZODIAC

Astrology (star study) grew out of man's natural wonder about the heavenly bodies giving light in the darkness of night. From this study developed modern Astronomy. No one can tell how far back in history star-lore was known, but by 3000 B.C. Egyptian priests had mapped out the constellations and had divided the Zodiac into 12 signs.

The Zodiac is an imaginary belt 16 degrees broad, girdling the heavens. It extends 8 degrees each side of the ecliptic, the name given to the Sun's apparent yearly path among the stars. The signs of the Zodiac are 12 practically equal divisions of this belt, each containing 30 degrees; each degree, considered in relation to the stars and planets, governs one day. These signs have names, symbols and periods as indicated above. They are governed by certain planets and are considered to control certain parts of the body and to bestow definite characteristics upon persons born under their influence.

Spring signs: Aries, the Ram; Taurus, the Bull; Gemini, the Twins. Summer signs: Cancer, the Crab; Leo, the Lion; Virgo, the Virgin. Autumn signs: Libra, the Balance; Scorpio, the Scorpion; Sagittarius, the Archer. Winter signs: Capricorn, the Goat; Aquarius, the Water-bearer; Pisces, the Fishes.

# A COUGH

After 5 Days

# IS DANGEROUS

Try to realize that there is great danger in coughing—that every cough is a menace, a threat to health. Every time you pass through a choking paroxysm you impose a direct strain upon the delicate mechanism of the lungs, bronchial tubes and chest.

“My chest conditions were alarming. I could hardly breathe, and felt all choked up. My throat would grow dry and that set up a hacking cough that I could not control. These were my symptoms:

Gasping	Hard Breathing
Wheezing	Painful Throat
Choking	Stuffed Nostrils

“My whole respiratory system was quickly restored to health after using **Catarrh-o-zone**. In an amazing way, my stuffy forehead was cleared—air passed freely again through my nostrils. Those terrible pains over my eyes left me. Bronchial and throat irritation became a thing of the past. With freedom from Catarrh my troubles cleared up quickly. I can recommend **Catarrh-o-zone** as a remedy for colds and kindred ills—it made me well.”

Signed: ALFRED BEAUCHAMP,  
1057 Ottawa Street, Montreal.

Keep your breathing organs in a healthful condition. Use **Catarrh-o-zone**. Sold at all druggists.

7531  
A Prominent American Society  
Matron Has Written . . . . .



“MY COLD  
STOPPED  
IN  
10 Minutes!

**CATARRH-O-ZONE**  
GAVE QUICK RELIEF”

*A Direct, Breathable Remedy*

# JANUARY, 1938

Day of Month	Day of Week	Zodiac Signs	Weather Forecasts	Moon's Phases	Jamaica	Trinidad	British	Calendar					
					Panama	Demerara	Honduras	Jamaica Br. Honduras Leeward Islands			Trinidad Barbados Br. Guiana Panama		
					d. h. m.	d. h. m.	d. h. m.	Sun rises	Sun sets	Moon rises	Sun rises	Sun sets	Moon rises
								h.m.	h.m.	a.m.	h.m.	h.m.	a.m.
1	Sa	♋		New Year's Day.....				6 35	5 32	6 10	6 17	5 50	5 53
2	Su	♌	Most-	.....				6 35	5 32	sets	6 17	5 50	6 39
3	Mo	♍	ly	.....				6 35	5 33	p.m.	6 18	5 51	sets
4	Tu	♎	cloudy	.....				6 36	5 33	8 02	6 18	5 52	p.m.
5	We	♏	this	.....				6 36	5 34	8 54	6 19	5 53	8 59
6	Th	♐	week.	Epiphany.....				6 36	5 35	9 45	6 19	5 53	9 46
7	Fr	♑		.....				6 37	5 36	10 37	6 19	5 54	10 35
8	Sa	♒		.....				6 37	5 36	11 32	6 19	5 54	11 25
9	Su	♓	Change-	.....				6 37	5 37	a.m.	6 20	5 55	a.m.
10	Mo	♈	able	.....				6 38	5 37	12 28	6 20	5 55	12 18
11	Tu	♉	with	.....				6 38	5 38	1 28	6 20	5 55	1 14
12	We	♊	some	.....				6 38	5 39	2 30	6 21	5 56	2 14
13	Th	♋	light	.....				6 38	5 40	3 34	6 21	5 57	3 16
14	Fr	♌	showers.	.....				6 38	5 40	4 37	6 21	5 57	4 19
15	Sa	♍		.....				6 38	5 41	5 37	6 21	5 58	5 21
16	Su	♎		.....				6 38	5 42	rises	6 22	5 58	6 19
17	Mo	♏	Week	.....				6 39	5 43	p.m.	6 22	5 58	rises
18	Tu	♐	of	.....				6 39	5 43	8 17	6 22	5 59	p.m.
19	We	♑	very	.....				6 38	5 44	9 14	6 22	5 59	9 15
20	Th	♒	fine	Death King George V., 1936.....				6 38	5 45	10 10	6 22	6 00	10 06
21	Fr	♓	bright	.....				6 38	5 45	11 03	6 22	6 00	10 55
22	Sa	♈	weath- er.	Accession King Edward VIII., 1936.....				6 38	5 46	11 56	6 22	6 01	11 44
23	Su	♉		.....				6 38	5 47	a.m.	6 22	6 02	a.m.
24	Mo	♊		.....				6 38	5 47	12 48	6 22	6 02	12 34
25	Tu	♋		.....				6 37	5 48	1 39	6 23	6 02	1 23
26	We	♌	Blue	.....				6 37	5 48	2 29	6 23	6 02	2 12
27	Th	♍	skies	.....				6 37	5 49	3 18	6 23	6 03	3 01
28	Fr	♎	and	.....				6 37	5 49	4 06	6 23	6 03	3 49
29	Sa	♏	fine	.....				6 36	5 50	4 52	6 23	6 04	4 36
30	Su	♐	days.	.....				6 36	5 51	5 35	6 23	6 04	5 21
31	Mo	♑		.....				6 36	5 51	6 16	6 23	6 04	6 05

# HOW TO RELIEVE A NERVOUS COUGH

Does Your Throat Pain? . . . .  
Is Sleep Broken? . . . .  
Is Your Chest Sore? . . . .

"I suffered from colds and coughs, accompanied by a bronchial irritation that prevented sound sleep at night. My health was seriously menaced. The glands would swell, and my ears became quite sore. It was difficult to swallow without pain. **Catarrh-o-zone** proved a boon to me. It relieved that stuffed-up feeling in my head and enabled me to breathe in a natural way. Painful regions in my nose and forehead were cleared of accumulated mucus. The pain in my eyes passed off. Blinding headaches were no longer a problem. To the very 'core' of my cold went healing **Catarrh-o-zone**, and I was rewarded with a complete absence of all my old troubles. To stop watery eyes, to end sniffles, to drive out grippy colds and clear up throat affections, my recommendation is to use **Catarrh-o-zone**; it restored me to perfect health."

Signed: ALBERT ROHIN,  
866 Ottawa St., Montreal.

Keep your nose and throat in a healthy condition—use **Catarrh-o-zone**. Complete outfit lasts two months, price \$1.00; smaller size 50c, at all druggists.

**CATARRH-O-ZONE**  
*Soothes and heals while you sleep*

Only VAPOR  
Can Penetrate  
to your  
**LUNGS**



The Healing VAPOR of  
**CATARRH-O-ZONE**  
Reaches the Trouble  
*Amazing Relief*  
Fast, Sure Results

# FEBRUARY, 1938

Day of Month	Day of Week	Zodiac Signs	Weather Forecasts	Moon's Phases	Jamaica Panama d. h. m.	Trinidad Demerara d. h. m.	British Honduras d. h. m.	Calendar						
								Jamaica Br. Honduras Leeward Islands			Trinidad Barbados Br. Guiana Panama			
								Sun rises h.m.	Sun sets h.m.	Moon sets p.m.	Sun rises h.m.	Sun sets h.m.	Moon sets p.m.	
1	Tu	♈	Change- able but mostly fair.					6 35	5 52	6 50	6 23	6 05	6 56	
2	We	♈						6 35	5 52	7 42	6 23	6 05	7 44	
3	Th	♈						6 34	5 53	8 34	6 23	6 06	8 33	
4	Fr	♈						6 34	5 54	9 28	6 22	6 06	9 23	
5	Sa	♈						6 34	5 54	10 23	6 22	6 06	10 14	
6	Su	♉	Float- ing clouds and high winds.					6 34	5 55	11 21	6 22	6 06	11 09	
7	Mo	♉						6 33	5 55	a.m.	6 22	6 07	a.m.	
8	Tu	♉						6 33	5 56	12 20	6 22	6 07	12 05	
9	We	♉						6 33	5 56	1 21	6 21	6 08	1 04	
10	Th	♉						6 32	5 57	2 22	6 21	6 08	2 04	
11	Fr	♉						6 32	5 57	3 22	6 21	6 08	3 05	
12	Sa	♉						6 32	5 58	4 18	6 21	6 08	4 03	
13	Su	♊			Septuagesima Sunday.....				6 31	5 58	5 10	6 20	6 08	5 58
14	Mo	♊	Some light showers this week.	Valentine's Day.....				6 31	5 59	5 58	6 20	6 09	rises	
15	Tu	♊						6 30	5 59	rises	6 20	6 09	p.m.	
16	We	♊						6 30	5 59	p.m.	6 20	6 09	7 52	
17	Th	♊						6 29	6 00	8 50	6 19	6 09	8 44	
18	Fr	♊						6 28	6 00	9 44	6 19	6 09	9 35	
19	Sa	♊						6 27	6 01	10 38	6 18	6 10	10 25	
20	Su	♋						6 27	6 01	11 30	6 18	6 10	11 15	
21	Mo	♋	Several days of very bright weath- er.					6 26	6 02	a.m.	6 18	6 10	a.m.	
22	Tu	♋						6 25	6 02	12 22	6 17	6 10	12 05	
23	We	♋						6 25	6 03	1 12	6 17	6 10	12 54	
24	Th	♋						6 24	6 03	2 00	6 16	6 10	1 42	
25	Fr	♋						6 24	6 03	2 46	6 16	6 10	2 30	
26	Sa	♋						6 23	6 04	3 30	6 16	6 10	3 16	
27	Su	♌			Quinquagesima (Shrove Sunday).....				6 22	6 04	4 12	6 16	6 10	4 00
28	Mo	♌							6 21	6 05	4 53	6 15	6 11	4 43

# Is Your Chest Weak, Sore?

IS YOUR NOSE CLOGGED? . . .  
DOES YOUR THROAT HURT? . . .  
DO YOU COUGH A LOT? . . . .

"When I awakened in the morning my nose was clogged and there was an irritable condition in my nostrils. My throat was usually very sore. Between coughing, sneezing and headaches, I was very miserable.

"When I used **Catarrh-o-zone** I got well fast; it ended all my troubles. The most easily noticed benefits were as follows:—

1. *I got ease in 10 seconds from breathing in the vapor of **Catarrh-o-zone**.*
2. *It ends gasping for breath.*
3. *Stops choking spells.*
4. *Restores natural breathing.*
5. *Ends watering from eyes and nostrils.*
6. *Relieves pain over the eyes—stops headache.*
7. *Clears nose, throat, and soothes the entire breathing apparatus.*
8. ***Catarrh-o-zone** destroys all trace of cold and throat trouble.*

"I urge every mother to have **Catarrh-o-zone** in the house at all times—if the family will use it, there will be but few coughs or colds."

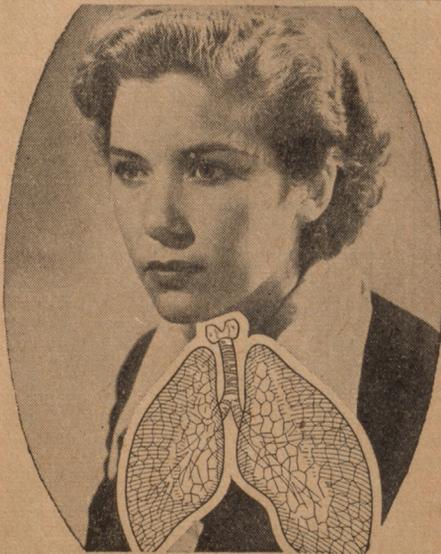
Signed: NELLIE GRAY,  
3537 Deservy St., Montreal.

Your druggist has **Catarrh-o-zone**. Two months' treatment \$1.00; smaller size 50c. Start on the road to fewer colds and better health by using **Catarrh-o-zone**.

## CATARRH-O-ZONE

Just Breathe It! Colds Disappear

That stubborn  
**COUGH**  
will strain your  
**LUNGS!**



**DANGER—**  
May be **NEAR**  
Inhale the **VAPOR** of  
**CATARRH-O-ZONE**  
A **Fast Relief!**

# MARCH, 1938

Day of Month	Day of Week	Zodiac Signs	Weather Forecasts	Moon's Phases	Jamaica Panama d. h. m.	Trinidad Demerara d. h. m.	British Honduras d. h. m.	Calendar					
								Jamaica Br. Honduras Leeward Islands			Trinidad Barbados Br. Guiana Panama		
								Sun rises h.m.	Sun sets h.m.	Moon rises a.m.	Sun rises h.m.	Sun sets h.m.	Moon sets p.m.
1	Tu	♈		St. David.....				6 21	6 05	5 32	6 14	6 10	5 38
2	We	♈	Blue skies	Ash Wednesday.....				6 20	6 05	6 10	6 14	6 10	6 28
3	Th	♈		.....				6 19	6 06	sets	6 13	6 11	7 18
4	Fr	♈	and fair	.....				6 18	6 06	p.m.	6 13	6 11	8 10
5	Sa	♈	weath-er.	.....				6 18	6 07	9 16	6 13	6 11	9 04
6	Su	♈		.....				6 17	6 07	10 15	6 12	6 11	10 01
7	Mo	♈		.....				6 16	6 07	11 15	6 12	6 11	10 59
8	Tu	♈	Little cooler	.....				6 15	6 08	a.m.	6 11	6 11	11 58
9	We	♈		.....				6 14	6 08	12 16	6 11	6 11	a.m.
10	Th	♈	and mostly	.....				6 14	6 08	1 14	6 10	6 11	12 57
11	Fr	♈	fair.	.....				6 13	6 09	2 10	6 10	6 11	1 54
12	Sa	♈		.....				6 12	6 09	3 02	6 09	6 11	2 49
13	Su	♈	Clear and fine	.....				6 11	6 09	3 50	6 09	6 11	3 40
14	Mo	♈		.....				6 10	6 09	4 35	6 08	6 11	4 28
15	Tu	♈		.....				6 09	6 10	5 18	6 08	6 11	5 16
16	We	♈	for some days.	.....				6 08	6 10	rises	6 07	6 11	rises
17	Th	♈		St. Patrick.....				6 08	6 10	p.m.	6 06	6 11	p.m.
18	Fr	♈		.....				6 07	6 10	8 25	6 06	6 11	8 14
19	Sa	♈		.....				6 06	6 11	9 19	6 05	6 11	9 05
20	Su	♈	Cloudy skies	.....				6 05	6 11	10 11	6 05	6 11	9 56
21	Mo	♈		.....				6 04	6 11	11 03	6 04	6 11	10 46
22	Tu	♈	and some rain.	.....				6 03	6 12	11 52	6 04	6 11	11 35
23	We	♈		.....				6 02	6 12	a.m.	6 03	6 11	a.m.
24	Th	♈		.....				6 01	6 12	12 39	6 02	6 11	12 22
25	Fr	♈		.....				6 00	6 13	1 24	6 02	6 11	1 09
26	Sa	♈		.....				5 59	6 13	2 06	6 01	6 11	1 54
27	Su	♈		.....				5 59	6 13	2 47	6 01	6 11	2 37
28	Mo	♈	Month ends	.....				5 58	6 13	3 27	6 00	6 11	3 20
29	Tu	♈	wet.	.....				5 57	6 14	4 06	5 59	6 11	4 02
30	We	♈		.....				5 56	6 14	4 45	5 59	6 11	4 45
31	Th	♈		.....				5 55	6 14	5 25	5 58	6 10	5 29

A HARSH, BARKING

# COUGH

May Mean Your Health Is

## In Great Danger

"My chest was weak and sore. The membranes in my upper nasal passages were badly infected with Catarrh. I coughed up a heavy phlegm, and my nose ran continually. **Catarrh-o-zone** proved a healing balm to my nose, throat and bronchial tubes. Every breath drawn through the **Catarrh-o-zone Inhaler** was soothing. It softened the hard membranes, opened up the air passages, and enabled me to breathe freely again. The nervous strain, and the muscular spasms caused by coughing went away. When the cough ended, the strain on my heart was relieved. Now that I am acquainted with the virtue of **Catarrh-o-zone**, I will never again be tormented with sneezing or grippy colds—no longer will throat or chest trouble be a worry to me. I strongly recommend **Catarrh-o-zone**."

Signed: (Mrs.) H. DEMERS,  
1448 Champlain St., Montreal.

Your druggist has **Catarrh-o-zone**: two months' treatment, \$1.00; smaller size, 50c. Start using **Catarrh-o-zone** to-day, and get on the real road to much better health.

**COUGHS AND COLDS**

RELIEVED DURING SLEEP

*Breathe in*

**CATARRH-O-ZONE**

A deep Rasping  
**COUGH**

Is Dangerous to the  
**LUNGS**



**SORENESS ENDS  
COUGHING STOPS**

*Fast Relief from*

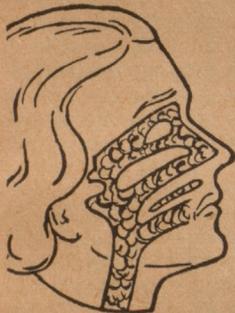
**CATARRH-O-ZONE**

It Heals — Soothes

# APRIL, 1938

Day of Month	Day of Week	Zodiac Signs	Weather Forecasts	Moon's Phases	Jamaica			Trinidad			British			Calendar									
					Panama			Demerara			Honduras			Jamaica Br. Honduras Leeward Islands			Trinidad Barbados Br. Guiana Panama						
					d.	h.	m.	d.	h.	m.	d.	h.	m.	Sun rises	Sun sets	Moon sets	Sun rises	Sun sets	Moon sets				
				☾ First Qtr. . .	7	10	10 a.	7	11	10 a.	7	9	10 a.										
				☾ Full Moon . .	14	1	21 p.	14	2	21 p.	14	12	21 p.										
				☾ Last Qtr. . .	22	3	14 p.	22	4	14 p.	22	2	14 p.										
				☾ New Moon . .	30	12	28 a.	30	1	28 a.	29	11	28 p.										
1	Fr	♈	Spring showers.	.....	5	54	6 14	7	05	5 58	6	10	6 56										
2	Sa	♈	.....	.....	5	53	6 14	8	06	5 57	6	10	7 53										
3	Su	♈	.....	.....	5	53	6 15	9	08	5 57	6	10	8 52										
4	Mo	♈	High winds	.....	5	52	6 15	10	09	5 56	6	10	9 52										
5	Tu	♈	cloudy	.....	5	51	6 15	11	09	5 55	6	10	10 52										
6	We	♈	and	.....	5	50	6 15	a.m.	5	55	6	10	11 50										
7	Th	♈	change-	.....	5	50	6 16	12	06	5 54	6	10	a.m.										
8	Fr	♈	able.	.....	5	49	6 16	12	59	5 54	6	10	12 45										
9	Sa	♈	.....	.....	5	48	6 16	1	47	5 53	6	10	1 36										
10	Su	♈	Palm Sunday	.....	5	47	6 17	2	32	5 53	6	10	2 25										
11	Mo	♈	Very	.....	5	46	6 17	3	15	5 52	6	10	3 11										
12	Tu	♈	sultry	.....	5	46	6 17	3	56	5 52	6	10	3 56										
13	We	♈	with	.....	5	45	6 17	4	36	5 51	6	10	4 40										
14	Th	♈	some	.....	5	44	6 18	5	16	5 51	6	10	5 24										
15	Fr	♈	rain.	Good Friday.....	5	43	6 18	5	58	5 50	6	10	6 08										
16	Sa	♈	First Day of	Passover.....	5	42	6 18	rises	5	50	6	10	rises										
17	Su	♈	Easter Sunday	.....	5	41	6 18	p.m.	5	49	6	10	p.m.										
18	Mo	♈	Some-	.....	5	41	6 19	9	44	5 49	6	11	9 27										
19	Tu	♈	what	.....	5	40	6 19	10	32	5 48	6	11	10 15										
20	We	♈	cooler	.....	5	39	6 19	11	18	5 48	6	11	11 02										
21	Th	♈	and	.....	5	38	6 20	a.m.	5	47	6	11	11 47										
22	Fr	♈	cloudy.	.....	5	38	6 20	12	01	5 47	6	11	a.m.										
23	Sa	♈	St. George	.....	5	37	6 20	12	42	5 46	6	11	12 30										
24	Su	♈	.....	.....	5	36	6 21	1	21	5 46	6	11	1 13										
25	Mo	♈	The	.....	5	35	6 21	2	00	5 46	6	11	1 55										
26	Tu	♈	month	.....	5	34	6 21	2	38	5 45	6	11	2 36										
27	We	♈	ends	.....	5	34	6 22	3	18	5 45	6	11	3 20										
28	Th	♈	fair	.....	5	33	6 22	3	59	5 44	6	11	4 05										
29	Fr	♈	and	.....	5	33	6 22	4	43	5 44	6	11	4 53										
30	Sa	♈	warm.	.....	5	32	6 23	5	32	5 43	6	11	5 45										

# STOP That COUGH End It Tonight!



A cough may be accompanied by partial stoppage of the nostrils and shortage of breath. Often there is a gagging in the throat, and every cough tears and hurts.

Coughs have a hundred different causes, yours may be due to any of the following:

Asthma  
Exposure  
Enlarged Tonsils  
Inflammation  
Stomach Disorders

Inflamed Throat  
Bronchitis  
Pneumonia  
Croup  
Pleurisy

It's wonderful how quickly a bad throat or catarrh can be helped with **Catarrh-o-zone**. Its vapor is carried along with the breath to the innermost recesses of the lungs, bronchial tubes and chest, making it impossible for the germ of Catarrh to live. Thus soreness in the chest is at once alleviated—phlegm is ejected from the throat, old standing coughs are removed.

REMEMBER THIS, breathe **Catarrh-o-zone** and it will alleviate coughs, colds, catarrh and weak throat.



# SORE NOSTRILS CAUSED BY YELLOW DISCHARGE

- .. Had Bad Case of Catarrh ..
- . Breathing Improved Quickly .
- ... Headache Went Away ...
- .. Restored by Catarrh-o-zone ..

A well known citizen of Montreal, Mr. Frank Lillis, writing from his Park Avenue apartment says:

"I often worked at the office when frankly I should have been at home. Acute colds so often struck me down without warning. My head always felt full, it almost burst with a dull throb. There was a constant feeling of distress in my head. The nasty colds always led to a long period of profuse nasal discharge. One of my friends advised me to inhale **Catarrh-o-zone**. This healing treatment dried up my cold with great rapidity; it relieved me of headache and painful eyes. Now, when I feel a cold coming on, I use **Catarrh-o-zone**. I never wait for running nose or sore throat. I stop colds in the beginning by using **Catarrh-o-zone**. I carry the Inhaler with with me and use it daily; this keeps my breathing organs in a germ-free and healthy condition."

You won't regret using **Catarrh-o-zone**; it has done wonders for others, and should do so for you. All druggists sell **Catarrh-o-zone**.



# MAY, 1938

Day of Month	Day of Week	Zodiac Signs	Weather Forecasts	Moon's Phases	Jamaica			Trinidad			British			Calendar												
					Panama			Demerara			Honduras			Jamaica Br. Honduras Leeward Islands			Trinidad Barbados Br. Guiana Panama									
					d.	h.	m.	d.	h.	m.	d.	h.	m.	Sun rises	Sun sets	Moon sets	Sun rises	Sun sets	Moon sets							
				☾ First Qtr. . .	6	4	24 p.	6	5	24 p.	6	3	24 p.													
				☾ Full Moon	14	3	39 a.	14	4	39 a.	14	2	39 a.													
				☾ Last Qtr. . .	22	7	36 a.	22	8	36 a.	22	6	36 a.													
				☾ New Moon	29	9	0 a.	29	10	0 a.	29	8	0 a.													
1	Su	♌		May Day .....										5	31	6	23	7	56	5	42	6	11	7	40	
2	Mo	♌	Bright	.....										5	31	6	23	8	59	5	42	6	11	8	42	
3	Tu	♌	fine	.....										5	30	6	24	9	59	5	42	6	11	9	42	
4	We	♍	days	.....										5	29	6	24	10	55	5	42	6	12	10	40	
5	Th	♍	all	.....										5	29	6	25	11	45	5	41	6	12	11	33	
6	Fr	♍	this	.....										5	28	6	25	a.m.		5	41	6	12	a.m.		
7	Sa	♍	week.	.....										5	28	6	25	12	32	5	41	6	12	12	23	
8	Su	♍	Variable	.....										5	27	6	26	1	14	5	41	6	12	1	10	
9	Mo	♍	weather	.....										5	27	6	26	1	55	5	40	6	13	1	54	
10	Tu	♍	with	.....										5	26	6	27	2	35	5	40	6	13	2	38	
11	We	♍	some	.....										5	26	6	27	3	14	5	40	6	13	3	21	
12	Th	♍	rain.	.....	Coronation King George VI., 1937.....										5	25	6	27	3	55	5	40	6	13	4	05
13	Fr	♍		.....										5	25	6	28	rises		5	40	6	13	rises		
14	Sa	♍		.....										5	25	6	28	p.m.		5	39	6	14	p.m.		
15	Su	♍		.....										5	24	6	29	7	37	5	39	6	14	7	20	
16	Mo	♍	Mostly	.....										5	24	6	29	8	26	5	39	6	14	8	09	
17	Tu	♍	fair	.....										5	24	6	30	9	13	5	39	6	14	8	57	
18	We	♍	this	.....										5	23	6	30	9	57	5	39	6	14	9	42	
19	Th	♍	week.	.....										5	23	6	30	10	39	5	38	6	15	10	26	
20	Fr	♍		.....										5	22	6	31	11	18	5	38	6	15	11	08	
21	Sa	♍		.....										5	22	6	31	11	56	5	38	6	15	11	50	
22	Su	♍	Cloudy	.....	Rogation Sunday .....										5	22	6	31	a.m.		5	38	6	15	a.m.	
23	Mo	♍	and	.....										5	22	6	32	12	34	5	38	6	15	12	30	
24	Tu	♍	cooler	.....	Victoria Day .....										5	21	6	32	1	12	5	38	6	16	1	12
25	We	♍	for	.....										5	21	6	33	1	51	5	38	6	16	1	55	
26	Th	♍	some	.....	Ascension Day .....										5	21	6	33	2	33	5	38	6	16	2	41
27	Fr	♍	days.	.....										5	21	6	33	3	19	5	38	6	16	3	30	
28	Sa	♍		.....										5	21	6	34	sets		5	38	6	16	sets		
29	Su	♍	Changeable.	.....										5	20	6	34	p.m.		5	38	6	17	p.m.		
30	Mo	♍		.....										5	20	6	35	7	44	5	38	6	17	7	27	
31	Tu	♍		.....										5	20	6	35	8	44	5	38	6	17	8	28	

# Have You a Cold You Can't Shake?

"Last spring I was up against the problem of getting rid of a cold that was hanging on like grim Death. My cough was persistent and hollow. It was of the bronchial type, painful, deep, and most exhausting. I had persistent spells of coughing during the night, and developed a very sore spot at the back of the throat. There was a lot of heavy expectoration, a semi-fluid substance that upset my digestion and kept me half sick at my stomach. In this condition I was a menace at the office and a worse danger to the family at home.

"I could not have borne that awful cough much longer. Suffering as I was day and night, my lungs would have worn out. My days of misery and my nights of horror came to an end when I used **Catarrh-o-zone**. It cleared up all my trouble. Now I have neither cold nor cough, and I sleep well. **Catarrh-o-zone** is no ordinary medicine—it is a super-destroyer of the germs that cause colds, Catarrh and similar ills. I thank goodness for having learned of **Catarrh-o-zone**, which keeps me free from colds and winter ills."

Signed: MRS. J. GARRETY,  
741 Visitation St., Montreal.

All druggists sell **Catarrh-o-zone**. Get **Catarrh-o-zone** today, and let it assist you back to good health.

#### A Prominent Social Leader Says:

"Colds, Sore Throat and Bronchitis  
never bother me—I use **CATARRH-O-ZONE**"

END YOUR COLD  
STOP BRONCHITIS  
INHALE CATARRH-O-ZONE



BRONCHIAL  
AILMENTS

Best treated by

**CATARRH-O-ZONE**

# JUNE, 1938

Day of Month	Day of Week	Zodiac Signs	Weather Forecasts	Moon's Phases	Jamaica	Trinidad	British	Calendar					
					Panama	Demerara	Honduras	Jamaica Br. Honduras Leeward Islands			Trinidad Barbados Br. Guiana Panama		
					d. h. m.	d. h. m.	d. h. m.	Sun rises h.m.	Sun sets h.m.	Moon sets p.m.	Sun rises h.m.	Sun sets h.m.	Moon sets p.m.
1	We	♊	June	☾ First Qtr . . .	4 11 32 p.	5 12 32 a.	4 10 32 p.	5 20 6 35	9 38	5 38	6 18	9 25	
2	Th	♋	is a	☾ Full Moon . . .	12 6 47 p.	12 7 47 p.	12 5 47 p.	5 20 6 36	10 28	5 38	6 18	10 18	
3	Fr	♋	wet	☾ Last Qtr . . .	20 8 52 p.	20 9 52 p.	20 7 52 p.	5 20 6 36	11 13	5 38	6 18	11 07	
4	Sa	♋	month.	☾ New Moon . . .	27 4 10 p.	27 5 10 p.	27 3 10 p.	5 20 6 37	11 55	5 38	6 19	11 53	
5	Su	♌		Pentecost (Shebuoth and Whit Sunday).....				5 20 6 37	a.m.	5 38	6 19	a.m.	
6	Mo	♌	Some	.....				5 20 6 38	12 36	5 38	6 19	12 37	
7	Tu	♌	clear	.....				5 20 6 38	1 15	5 38	6 19	1 20	
8	We	♌	fine	.....				5 20 6 38	1 55	5 38	6 20	2 04	
9	Th	♌	days.	.....				5 20 6 39	2 36	5 38	6 20	2 48	
10	Fr	♌		.....				5 20 6 39	3 19	5 38	6 20	3 33	
11	Sa	♌		.....				5 20 6 39	4 04	5 38	6 20	4 20	
12	Su	♌	Change-	Trinity Sunday .....				5 20 6 40	rises	5 38	6 20	rises	
13	Mo	♍	able	.....				5 20 6 40	p.m.	5 39	6 21	p.m.	
14	Tu	♍	with	.....				5 20 6 40	7 55	5 39	6 21	7 39	
15	We	♍	fre-	.....				5 20 6 40	8 37	5 39	6 21	8 24	
16	Th	♍	quent	Corpus Christi .....				5 20 6 41	9 17	5 39	6 21	9 07	
17	Fr	♍	showers.	.....				5 20 6 41	9 56	5 39	6 21	9 48	
18	Sa	♍		.....				5 21 6 41	10 33	5 40	6 22	10 28	
19	Su	♍	Showery	.....				5 21 6 41	11 09	5 40	6 22	11 08	
20	Mo	♍	and	.....				5 21 6 41	11 47	5 40	6 22	11 50	
21	Tu	♍	good	.....				5 21 6 42	a.m.	5 40	6 23	a.m.	
22	We	♎	grow-	.....				5 21 6 42	12 26	5 40	6 23	12 32	
23	Th	♎	ing	.....				5 22 6 42	1 09	5 41	6 23	1 19	
24	Fr	♎	weath-	.....				5 22 6 42	1 56	5 41	6 23	2 09	
25	Sa	♎	er.	.....				5 22 6 42	2 48	5 41	6 24	3 04	
26	Su	♎		.....				5 22 6 43	3 47	5 41	6 24	4 04	
27	Mo	♎	Some	.....				5 22 6 43	sets	5 41	6 24	sets	
28	Tu	♎	rainy.	.....				5 22 6 43	p.m.	5 42	6 24	p.m.	
29	We	♏	days.	.....				5 23 6 43	8 18	5 42	6 24	8 06	
30	Th	♏		.....				5 23 6 43	9 06	5 42	6 24	8 59	

# Real Tough COLDS QUICKLY SHAKEN

SNIFFY NOSE CLEARED . . .  
HEADACHE GOES AWAY . . .  
EYES FEEL BETTER . . . .

## Fast Relief From Catarrh-o-zone

"My poor sniffy nose kept me in a fever of misery. My nostrils ran and ran. My eyes were red and watery. I had a rotten headache and pain over the eyes. Everyone in the house was dodging me. I was afraid even to kiss the kids 'good-night.' The misery of a cold like mine was all I could bear. My trouble was that I picked up a cold easily—and then it hung on. As a rule I caught at least four bad colds every year. Once I got **Catarrh-o-zone** my troubles came to an end. What a remarkable aid **Catarrh-o-zone** is in fighting a long-established cold! I tell you it acted like a miracle on my cold. How warm and soothing the vapor of **Catarrh-o-zone** felt when I breathed it into my nose and throat! It was like a little breath from Heaven itself. Direct to the irritated air passages goes the vapor of **Catarrh-o-zone**, and it is a quick and satisfying relief that follows. I'll never take a chance again—I'll always have **Catarrh-o-zone** on hand, and I'm sure my worries over colds are things of the past."

Signed: WM. WHITE.

517 4th Ave., Verdun, Que.

Start on the road to absence of colds and better health by using **Catarrh-o-zone** today. Sold at all druggists.

**BREATHE YOUR COLD AWAY—  
Inhale CATARRH-O-ZONE**

# COLDS COUGHS SORE THROAT



Just Breathe

## CATARRH-O-ZONE

It Is *Best* for Coughs, Colds

# JULY, 1938

Day of Month	Day of Week	Zodiac Signs	Weather Forecasts	Moon's Phases	Jamaica Panama d. h. m.	Trinidad Demerara d. h. m.	British Honduras d. h. m.	Calendar					
								Jamaica Br. Honduras Leeward Islands			Trinidad Barbados Br. Guiana Panama		
								Sun rises h.m.	Sun sets h.m.	Moon sets p.m.	Sun rises h.m.	Sun sets h.m.	Moon sets p.m.
1	Fr	♋	Begins	☾ First Qtr. . .	4 8 47 a.	4 9 47 a.	4 7 47 a.	5 24 6 43	9 51	5 42 6 24	9 48		
2	Sa	♋	hot.	☾ Full Moon	12 10 4 a.	12 11 4 a.	12 9 4 a.	5 24 6 43	10 34	5 43 6 24	10 34		
3	Su	♌	Mostly fair	☾ Last Qtr. . .	20 7 19 a.	20 8 19 a.	20 6 19 a.	5 25 6 43	11 14	5 43 6 25	11 19		
4	Mo	♌		but	☾ New Moon	26 10 53 p.	26 11 53 p.	26 9 53 p.	5 25 6 43	a.m.	5 43 6 25	a.m.	
5	Tu	♌	some					5 26 6 43	12 36	5 44 6 25	12 02		
6	We	♍	quick					5 26 6 43	1 18	5 44 6 25	1 32		
7	Th	♍	show-ers.					5 26 6 43	2 02	5 45 6 25	2 18		
8	Fr	♍						5 27 6 43	2 48	5 45 6 25	3 05		
9	Sa	♎						5 27 6 43	3 36	5 45 6 25	3 53		
10	Su	♎	Some					5 27 6 43	4 26	5 45 6 25	4 42		
11	Mo	♎	very					5 28 6 43	rises	5 45 6 25	rises		
12	Tu	♏	heavy					5 28 6 43	p.m.	5 46 6 25	p.m.		
13	We	♏	rain					5 29 6 43	7 56	5 46 6 25	7 48		
14	Th	♏	storms.					5 29 6 43	8 34	5 46 6 25	8 28		
15	Fr	♏						5 29 6 43	9 10	5 46 6 25	9 08		
16	Sa	♏						5 30 6 43	9 47	5 46 6 25	9 49		
17	Su	♏	Mostly					5 30 6 42	10 25	5 47 6 25	10 30		
18	Mo	♏	fair					5 30 6 42	11 06	5 47 6 25	11 14		
19	Tu	♏	and					5 30 6 42	11 49	5 47 6 25	a.m.		
20	We	♏	very					5 30 6 42	a.m.	5 47 6 25	12 01		
21	Th	♏	warm.					5 31 6 41	12 38	5 47 6 25	12 52		
22	Fr	♏						5 31 6 41	1 31	5 48 6 24	1 47		
23	Sa	♏						5 31 6 40	2 30	5 48 6 24	2 47		
24	Su	♏	Showers					5 32 6 40	3 34	5 48 6 24	3 50		
25	Mo	♏	afford					5 32 6 40	4 39	5 48 6 24	4 54		
26	Tu	♏	relief					5 33 6 39	sets	5 48 6 24	sets		
27	We	♏	from					5 33 6 39	p.m.	5 49 6 23	p.m.		
28	Th	♏	extreme					5 34 6 38	8 27	5 49 6 23	8 25		
29	Fr	♏	heat.					5 34 6 38	9 10	5 49 6 23	9 12		
30	Sa	♏						5 35 6 38	9 52	5 49 6 23	9 58		
31	Su	♏											

# MAGICAL EFFECT UPON A Sneezing Cold

Clears the Nostrils of Discharge .  
Stops Watering Eyes . . . .  
. . Gives Almost Instant Relief . .

"When you are coughing day and night, when you sneeze every time the door opens, you are a menace to everyone near you. My cold was a highly infectious one and was most acute in its different symptoms. Once I used **Catarrh-o-zone** the whole condition changed rapidly. The first breath I drew through the **Catarrh-o-zone Inhaler** sent that soothing vapor up to the top of my nostrils, and enabled me to breathe freely again. I soon cleared my nose and upper air passages with healing **Catarrh-o-zone**. Then I inhaled the vapor deep into my throat and bronchial tubes. The effect was almost magical. **Catarrh-o-zone** was the proper treatment for my condition; it is not only a fast relief—but a sure correction of all those miserable symptoms attached to an acute infectious cold."

Signed: HENRY A. MATHIAS,  
2366 Quesnel St., Montreal.

Keep your nostrils clear of germs by inhaling **Catarrh-o-zone**. Sold at all druggists.

Rid your family of colds in the modern way—use vapor—Inhale **Catarrh-o-zone**; it is healing, soothing. Start on the road to quick recovery with **Catarrh-o-zone**.

**Catarrh-o-zone** acts like an anæsthetic on irritated membranes of the nose and throat. It soothes congestion in the breathing organs. Surprisingly satisfactory results follow the use of **Catarrh-o-zone**.

Clogged  
NASAL  
PASSAGES  
Cause awful Pain  
in the  
Forehead



The triple action VAPOR of  
**CATARRH-O-ZONE**  
CLEARS THE HEAD  
OPENS THE NOSTRILS  
RELIEVES CONGESTION

# AUGUST, 1938

Day of Month	Day of Week	Zodiac Signs	Weather Forecasts	Moon's Phases			Calendar							
				Jamaica Panama	Trinidad Demerara	British Honduras	Jamaica Br. Honduras Leeward Islands		Trinidad Barbados Br. Guiana Panama					
				d. h. m.	d. h. m.	d. h. m.	Sun rises h.m.	Sun sets h.m.	Moon sets p.m.	Sun rises h.m.	Sun sets h.m.	Moon sets p.m.		
			☾ First Qtr. . . . .	2 9 0 p.	2 10 0 p.	2 8 0 p.								
			☽ Full Moon. . . . .	11 12 57 a.	11 1 57 a.	10 11 57 a.								
			☾ Last Qtr. . . . .	18 3 30 p.	18 4 30 p.	18 2 30 p.								
			☽ New Moon . . . . .	25 6 17 a.	25 7 17 a.	25 5 17 a.								
1	Mo	♊	Continues warm with heavy storms.	.....	.....	.....	5 35 6 37	10 33	5 49 6 23	10 43				
2	Tu	♋		.....	.....	.....	5 35 6 37	11 16	5 50 6 22	11 28				
3	We	♌		.....	.....	.....	5 36 6 36	a.m.	5 50 6 22	a.m.				
4	Th	♍		.....	.....	.....	5 36 6 36	12 01	5 50 6 22	12 15				
5	Fr	♎		.....	.....	.....	5 36 6 35	12 46	5 50 6 22	1 02				
6	Sa	♏		.....	.....	.....	5 37 6 35	1 33	5 50 6 21	1 50				
7	Su	♐	This week is mostly fine.	.....	.....	.....	5 37 6 34	2 22	5 50 6 21	2 38				
8	Mo	♑		.....	.....	.....	5 37 6 34	3 11	5 50 6 20	3 27				
9	Tu	♒		.....	.....	.....	5 38 6 33	4 02	5 50 6 20	rises				
10	We	♓		.....	.....	.....	5 38 6 33	rises	5 50 6 20	p.m.				
11	Th	♊		.....	.....	.....	5 38 6 32	p.m.	5 50 6 19	6 28				
12	Fr	♋		.....	.....	.....	5 39 6 32	7 12	5 51 6 19	7 08				
13	Sa	♌	Several days of showery weather.	.....	.....	.....	5 39 6 31	7 49	5 51 6 18	7 49				
14	Su	♍		.....	.....	.....	5 39 6 30	8 27	5 51 6 18	8 30				
15	Mo	♎		.....	.....	.....	5 40 6 30	9 06	5 51 6 18	9 13				
16	Tu	♏		.....	.....	.....	5 40 6 29	9 48	5 51 6 17	9 58				
17	We	♐		.....	.....	.....	5 40 6 28	10 34	5 51 6 17	10 47				
18	Th	♑		.....	.....	.....	5 41 6 27	11 24	5 51 6 16	11 39				
19	Fr	♒	Very oppressing weather conditions.	.....	.....	.....	5 41 6 26	a.m.	5 51 6 16	a.m.				
20	Sa	♓		.....	.....	.....	5 41 6 25	12 19	5 51 6 16	12 36				
21	Su	♊		.....	.....	.....	5 42 6 24	1 18	5 51 6 15	1 35				
22	Mo	♋		.....	.....	.....	5 42 6 24	2 21	5 51 6 15	2 36				
23	Tu	♌		.....	.....	.....	5 42 6 23	3 25	5 51 6 14	3 38				
24	We	♍		.....	.....	.....	5 42 6 22	4 30	5 51 6 14	4 39				
25	Th	♎	Ends fine.	.....	.....	.....	5 42 6 22	sets	5 51 6 13	sets				
26	Fr	♏		.....	.....	.....	5 43 6 21	p.m.	5 51 6 13	p.m.				
27	Sa	♐		.....	.....	.....	5 43 6 20	7 44	5 51 6 12	7 48				
28	Su	♑		.....	.....	.....	5 43 6 19	8 27	5 51 6 12	8 35				
29	Mo	♒		.....	.....	.....	5 43 6 18	9 10	5 51 6 11	9 21				
30	Tu	♓		.....	.....	.....	5 43 6 17	9 55	5 51 6 11	10 09				
31	We	♊	.....	.....	.....	5 43 6 16	10 41	5 51 6 10	10 56					

# Old Folks' Coughs Need Special Treatment

**IT MUST BE SOOTHING . . .  
CAN'T AFFECT THE HEART . . .  
ALSO PLEASANT TO USE . . .**

Elderly people take cold easily. Unlike young folks, they recover slowly—that is why so many people past middle life catch Pneumonia, which weakens the respiratory organs and is hard on the aged.

You can effectively treat an old cough with **Catarrh-o-zone**, which heals the irritated surfaces of the throat. In using **Catarrh-o-zone**, you do not take any medicine into the stomach. You simply breathe a soothing vapor direct to the bronchial tubes and lungs; this vapor is so full of healing power that colds, catarrh and bronchitis are helped almost immediately.

Very simple to use **Catarrh-o-zone**—sprinkle it on your handkerchief—inhalate the soothing vapor; it will do your cough or cold a world of good. Your druggist has **Catarrh-o-zone**. Start to-day, and get on the road to better health as soon as possible.

## Mrs. Delias Renaud suffered from OBSTRUCTED NOSTRILS, HEAD- ACHES, PAIN OVER THE EYES

"I have used **Catarrh-o-zone** for a bad head-cold which gave me headaches and pain over the eyes. I felt very miserable. I placed a few drops of **Catarrh-o-zone** on my handkerchief, and breathed the vapor. I was immediately relieved. **Catarrh-o-zone** cleared my nostrils which were obstructed, and I was immediately relieved of headache. Being completely restored by **Catarrh-o-zone** I recommend this remedy to those who have colds, headache, sore throat."

Mrs. Delias Renaud, St. Joachim, Que.

# THIS MOTHER SLEEPS Unconscious of Trouble

**Has No Worries . . . Is Cheerful . . .  
Always Awakes Refreshed . . .  
. . . Family Clear of COLDS . . .**

"Like many young mothers I began to sleep with one ear open, dreading the first signs of acute cold which might keep the children away from school. I found myself rising out of bed, insufficiently clad, to see that all the children were not uncovered.

"An experienced mother-nurse of the old school, said she went through the same anxiety-dread until she discovered **Catarrh-o-zone** Vapor Treatment. She found it worked so magically, to prevent or relieve colds, nasal or throat infections. She had learned that **Catarrh-o-zone** spread on the pillow, or breathed through the handkerchief, will dry up and arrest colds very quickly.

"My children have found **Catarrh-o-zone** soothing, healing, helpful, and they come to me on first signs of a cold and say: 'Mother, where is the **Catarrh-o-zone** Inhaler? My nose feels stuffy, it is beginning to run! I want to play outside today, and I know if I use **Catarrh-o-zone** my cold will soon be all gone."

Signed: MRS. H. A. BRADY,

545 Fortune St.,  
Point St. Charles.

For real comfort in the family, keep **Catarrh-o-zone** handy. Sprinkle it on your handkerchief, breathe in the healing vapor, and get rid of your cold quickly. Get **Catarrh-o-zone** from your druggist today.



# SEPTEMBER, 1938

Day of Month	Day of Week	Zodiac Signs	Weather Forecasts	Moon's Phases	Jamaica	Trinidad	British	Calendar									
					Panama	Demerara	Honduras	Jamaica Br. Honduras Leeward Islands			Trinidad Barbados Br. Guiana Panama						
					d. h. m.	d. h. m.	d. h. m.	Sun rises	Sun sets	Moon sets	Sun rises	Sun sets	Moon sets				
1	Th	♍	Comes	☾ First Qtr. . .	1 12 28 p.	1 1 28 p.	1 11 28 a.	5 44 6 16	11 28	5 51 6 09	11 45						
2	Fr	♋	in	☾ Full Moon . .	9 3 8 p.	9 4 8 p.	9 2 8 p.	5 44 6 15	a.m.	5 51 6 08	a.m.						
3	Sa	♋	fair.	☾ Last Qtr. . .	16 10 12 p.	16 11 12 p.	16 9 12 p.	5 44 6 14	12 16	5 51 6 08	12 33						
4	Su	♋		☾ New Moon	23 3 34 p.	23 4 34 p.	23 2 34 p.	5 45 6 14	1 06	5 51 6 08	1 22						
5	Mo	♌	Very	Labor Day.....				5 45 6 13	1 56	5 51 6 07	2 10						
6	Tu	♌	change-					5 46 6 12	2 46	5 51 6 07	2 58						
7	We	♌	able					5 46 6 11	3 36	5 51 6 06	3 46						
8	Th	♌	weath-					5 46 6 10	4 27	5 50 6 05	4 33						
9	Fr	♌	er.					5 46 6 09	rises	5 50 6 05	rises						
10	Sa	♌						5 46 6 08	p.m.	5 50 6 04	p.m.						
11	Su	♌						5 47 6 07	7 06	5 50 6 03	7 12						
12	Mo	♌	Hot					5 47 6 06	7 48	5 50 6 02	7 57						
13	Tu	♌	wave					5 47 6 05	8 33	5 50 6 02	8 45						
14	We	♌	lasts					5 47 6 04	9 22	5 50 6 01	9 36						
15	Th	♌	some					5 47 6 03	10 14	5 50 6 01	10 31						
16	Fr	♌	days.					5 48 6 02	11 11	5 50 6 00	11 28						
17	Sa	♌						5 48 6 01	a.m.	5 50 5 59	a.m.						
18	Su	♍	Great					5 48 6 01	12 11	5 50 5 59	12 27						
19	Mo	♍	damage					5 48 6 00	1 13	5 50 5 58	1 27						
20	Tu	♍	from					5 48 5 59	2 15	5 50 5 57	2 26						
21	We	♍	wind					5 49 5 58	3 16	5 50 5 57	3 24						
22	Th	♍	storms.					5 49 5 57	4 17	5 49 5 56	4 21						
23	Fr	♍						5 49 5 56	sets	5 49 5 56	sets						
24	Sa	♍						5 49 5 55	p.m.	5 49 5 55	p.m.						
25	Su	♍						5 49 5 54	7 02	5 49 5 55	7 12						
26	Mo	♍	Clear	Hebrew New Year (Rosh Hashanah).....				5 49 5 53	7 47	5 49 5 54	8 00						
27	Tu	♍	fine					5 50 5 52	8 33	5 49 5 54	8 48						
28	We	♍	weath-					5 50 5 52	9 20	5 49 5 53	9 37						
29	Th	♍	er.					5 50 5 51	10 09	5 49 5 53	10 26						
30	Fr	♍						5 50 5 49	10 59	5 49 5 52	11 15						

## After Tonsils Removed —Catarrh Grew Worse

Hawked and Coughed a Lot . . .  
Severe Bronchial Complications  
Quickly Restored by  
**CATARRH-O-ZONE**

"From my earliest remembrance I never seemed free from colds. My parents had my adenoids and tonsils removed. Vaccines were given against nose, throat and bronchial colds. But I had a very troublesome Catarrh—a dropping from the back of my palate, causing me to frequently clear my throat, or hawk to dislodge the thick, tenacious mucus. I had to carry many handkerchiefs with me on account of the profuse yellow mucus and bloody crusts.

"**Catarrh-o-zone** was recommended to me by a friend who had suffered greatly with Catarrh of the nose and of the throat, and neuralgic pains of the face and of the forehead.

"I persevered with **Catarrh-o-zone** and breathed in deeply its healing, drying vapor, four times a day. The yellow mucus became colourless. The scabs and crusts in my nose began to disappear. Headaches left me.

"**Catarrh-o-zone** was the most valuable discovery of my life. After the costly, painful course of nasal treatments, without improvement, I became very depressed. It made me over-sensitive and self-conscious. I began to avoid my friends. But with the healing powers of **Catarrh-o-zone**, I have regained my self-confidence, I feel perfectly well and recommend all sufferers with Catarrh to systematically use **Catarrh-o-zone**. It will do them good."

Signed: (MRS.) RALPH LUCAS,

2036 Addington Ave., Montreal.

Let **Catarrh-o-zone** assist you back to better health. It has done lots for other sufferers, and should do the same amount of good for you. Your Druggist sells **Catarrh-o-zone**.



## COULDN'T BREATHE WELL FOR SEVEN YEARS

Here is an unsolicited recommendation for **Catarrh-o-zone** from Miss Bella Gourdoin of 15 Aqueduc St., Quebec City:—"For some time past I have listened to your nice radio program for **Catarrh-o-zone**. For seven years I could not breathe properly through my nose, so one day my friend, Miss Beaulieu, brought me a bottle of **Catarrh-o-zone**, which I used, and now I am completely well. One bottle of **Catarrh-o-zone** saved me, and I hope that all those who 'listen in' on the **Catarrh-o-zone** program will profit by my experience."

# OCTOBER, 1938

Day of Month	Day of Week	Zodiac Signs	Weather Forecasts	Moon's Phases	Jamaica			Trinidad			British Honduras			Calendar											
					Panama			Demerara			Honduras			Jamaica Br. Honduras Leeward Islands		Trinidad Barbados Br. Guiana Panama		Moon sets							
					d.	h.	m.	d.	h.	m.	d.	h.	m.	h.m.	h.m.	p.m.	h.m.	h.m.	h.m.						
1	Sa	♏	Fair.	☾ First Qtr. . . . .	1	6	45 a.	1	7	45 a.	1	5	45 a.	5	50	5	48	11	49	5	49	5	52	a.m.	
2	Su	♏		☾ Full Moon . . . . .	9	4	37 a.	9	5	37 a.	9	3	37 a.	5	51	5	47	a.m.	5	49	5	51	12	04	
3	Mo	♏	Not much	☾ Last Qtr. . . . .	16	4	24 a.	16	5	24 a.	16	3	24 a.	5	51	5	47	12	39	5	49	5	50	12	52
4	Tu	♏	rain	☾ New Moon . . . . .	23	3	42 a.	23	4	42 a.	23	2	42 a.	5	51	5	46	1	29	5	49	5	50	1	39
5	We	♏	Day of Atonement (Yom Kippur)	☾ First Qtr. . . . .	31	2	45 a.	31	3	45 a.	31	1	45 a.	5	51	5	45	2	18	5	48	5	49	2	26
6	Th	♏	this month.											5	52	5	45	3	09	5	48	5	48	3	14
7	Fr	♏												5	52	5	44	4	00	5	48	5	48	4	01
8	Sa	♏												5	52	5	43	4	53	5	48	5	47	4	50
9	Su	♏												5	53	5	42	5	47	5	48	5	47	5	41
10	Mo	♏	Fine	☾ First Day Feast of Tabernacles (Succoth)										5	53	5	41	rises	5	48	5	46	rises		
11	Tu	♏	bright											5	54	5	40	p.m.	5	48	5	45	p.m.		
12	We	♏	weath-er.											5	54	5	39	8	10	5	48	5	45	8	26
13	Th	♏												5	54	5	39	9	07	5	48	5	44	9	23
14	Fr	♏												5	55	5	38	10	06	5	48	5	44	10	22
15	Sa	♏												5	55	5	37	11	06	5	48	5	43	11	21
16	Su	♏												5	56	5	36	a.m.	5	48	5	43	a.m.		
17	Mo	♏	Some											5	56	5	36	12	08	5	49	5	42	12	19
18	Tu	♏	quick											5	56	5	35	1	08	5	49	5	42	1	16
19	We	♏	showers											5	57	5	35	2	07	5	49	5	42	2	12
20	Th	♏	mostly											5	57	5	34	3	05	5	49	5	41	3	06
21	Fr	♏	fair.											5	57	5	33	4	02	5	49	5	41	4	00
22	Sa	♏												5	57	5	32	4	59	5	49	5	40	4	52
23	Su	♏												5	57	5	31	5	55	5	49	5	40	5	45
24	Mo	♏	Week											5	58	5	30	sets	5	49	5	40	sets		
25	Tu	♏	of											5	59	5	30	p.m.	5	49	5	39	p.m.		
26	We	♏	fine											5	59	5	29	8	00	5	49	5	39	8	17
27	Th	♏	clear											5	59	5	29	8	50	5	50	5	39	9	06
28	Fr	♏	days.											5	59	5	28	9	40	5	50	5	38	9	56
29	Sa	♏												6	00	5	27	10	30	5	50	5	38	10	44
30	Su	♏												6	00	5	27	11	20	5	50	5	37	11	32
31	Mo	♏	Fine.	☾ Hallow'en										6	01	5	26		5	50	5	37			

# Both Nostrils Stuffed Up

- .. He Couldn't Taste Food ..
- ... Sense of Smell Gone ...
- .. Was Almost Stone Deaf ..

"I couldn't taste food. I was so clogged up in my head and throat, there was practically no sense of taste left. My ears buzzed and I was almost deaf. My druggist suggested **Catarrh-o-zone** and here is what happened:

A—"The mucus in my head and throat was quickly dispersed.

B—"Instead of being all choked up, I was able to breathe fresh air.

C—"The healing vapor of **Catarrh-o-zone** destroyed the germs, and my breathing organs healed up.

D—"When all inflammation had subsided, there was no cough or sniffing.

E—"I am able to taste, smell, hear. All trace of **Catarrh**, frontal headache and nasal distress is gone.

F—"Catarrh-o-zone deserves all the credit; it has made me well."

Signed: DOUGLAS H. FORD,  
2702 Knox Street, Montreal.

Your druggist has **Catarrh-o-zone**. Two months' treatment, \$1.00; smaller size, 50c. Start on the road to fewer colds and better health by using **Catarrh-o-zone** today.

**No More Colds!**

**"I Use CATARRH-O-ZONE"**

## Stop Sneezing!

END YOUR COLD



Make your handkerchief into a  
**VAPOR-POCKET**

and breath the healing vapor of

# CATARRH-O-ZONE

*Instant Relief for Colds*

# NOVEMBER, 1938

Day of Month	Day of Week	Zodiac Signs	Weather Forecasts	Moon's Phases	Jamaica Panama d. h. m.	Trinidad Demerara d. h. m.	British Honduras d. h. m.	Calendar					
								Jamaica Br. Honduras Leeward Islands			Trinidad Barbados Br. Guiana Panama		
								Sun rises h.m.	Sun sets h.m.	Moon sets a.m.	Sun rises h.m.	Sun sets h.m.	Moon sets a.m.
1	Tu	=	Comes in clear and bright.	All Saints' Day.....				6 01	5 26	12 10	5 51	5 37	12 18
2	We	X		.....				6 02	5 25	12 59	5 51	5 36	1 05
3	Th	X		.....				6 02	5 25	1 50	5 51	5 36	1 52
4	Fr	X		.....				6 03	5 24	2 41	5 51	5 36	2 39
5	Sa	X		.....				6 03	5 24	3 34	5 52	5 36	3 29
6	Su	♄	High winds and rough seas.	.....				6 04	5 23	4 29	5 52	5 36	4 21
7	Mo	♄		.....				6 04	5 23	5 27	5 52	5 36	5 16
8	Tu	♄		.....				6 05	5 23	rises	5 53	5 36	6 13
9	We	♄		.....				6 05	5 22	p.m.	5 53	5 35	rises
10	Th	♄		.....				6 06	5 22	7 58	5 53	5 35	p.m.
11	Fr	☉	Rainy weath- er all this week.	Armistice Day.....				6 06	5 21	8 59	5 53	5 35	9 15
12	Sa	☉		.....				6 07	5 21	10 01	5 53	5 35	10 14
13	Su	♁		.....				6 07	5 21	11 02	5 54	5 35	11 12
14	Mo	♁		.....				6 08	5 21	a.m.	5 54	5 35	a.m.
15	Tu	♁		.....				6 08	5 20	12 02	5 55	5 35	12 08
16	We	♁	Dull skies and damage by winds.	.....				6 09	5 20	12 59	5 55	5 35	1 02
17	Th	♁		.....				6 10	5 20	1 56	5 55	5 35	1 54
18	Fr	♁		.....				6 10	5 20	2 51	5 56	5 35	2 46
19	Sa	♁		.....				6 11	5 19	3 46	5 56	5 35	3 38
20	Su	♁		.....				6 11	5 19	4 42	5 57	5 35	4 30
21	Mo	♁	First Sunday in Advent.....	.....				6 12	5 19	5 36	5 57	5 35	5 22
22	Tu	♁		.....				6 13	5 19	rises	5 57	5 35	rises
23	We	♁		.....				6 13	5 19	p.m.	5 58	5 35	p.m.
24	Th	♁		.....				6 14	5 19	7 32	5 58	5 36	7 48
25	Fr	♁		.....				6 14	5 19	8 22	5 59	5 36	8 37
26	Sa	♁	.....				6 15	5 19	9 13	5 59	5 36	9 25	
27	Su	=	Ends fine.	.....				6 16	5 19	10 02	6 00	5 36	10 12
28	Mo	=		.....				6 16	5 19	10 51	6 00	5 36	10 58
29	Tu	X		.....				6 17	5 20	11 40	6 00	5 36	11 44
30	We	X		.....	St. Andrew.....			6 18	5 20		6 01	5 37	

# Don't Strain Your CHEST

... EASE YOUR THROAT ...  
.. CLEAR YOUR NOSTRILS ..  
.. GET BETTER TONIGHT ..

"To live in terror of a breakdown in my chest conditions kept me very apprehensive. I had but little resistance to colds. Damp feet brought on sniffles. When I used **Catarrh-o-zone** I derived the following benefits:—

1. "The vapor of **Catarrh-o-zone** quickly penetrated to the very core of the cold. Relief came in five minutes.
2. "I found **Catarrh-o-zone** very soothing; it took away all sense of irritation, particularly in the upper nasal cavities.
3. "**Catarrh-o-zone** relieved that feverish, grippy feeling, and ended the headache.
4. "Mucus that clogged my sore nostrils was cleared away and the passages were healed.
5. "I am able to keep clear of colds by using **Catarrh-o-zone** two or three times a day.

"I would like to say that anyone who hasn't used **Catarrh-o-zone** will be agreeably surprised at its quick action in coughs, colds, catarrh or bronchitis."

Signed: HARRY PARSONS,  
862 Ottawa Street, Montreal.

Start on a treatment with **Catarrh-o-zone** that will assist you to avoid colds. At all druggists.

Only a VAPOR can reach  
the hidden air-passages  
Breathe the VAPOR of  
**CATARRH-O-ZONE**  
IT HEALS, SOOTHES, RELIEVES



Make your handkerchief into a  
**VAPOR-POCKET**

and breath the healing vapor of

**CATARRH-O-ZONE**

*Instant Relief for Colds*

# DECEMBER, 1938

Day of Month	Day of Week	Zodiac Signs	Weather Forecasts	Moon's Phases	Jamaica Panama d. h. m.	Trinidad Demerara d. h. m.	British Honduras d. h. m.	Calendar					
								Jamaica Br. Honduras Leeward Islands			Trinidad Barbados Br. Guiana Panama		
								Sun rises h.m.	Sun sets h.m.	Moon sets a.m.	Sun rises h.m.	Sun sets h.m.	Moon sets a.m.
1	Th	♋						6 18 5 20	12 30	6 01 5 37	12 30		
2	Fr	♋	Comes in					6 19 5 20	1 21	6 02 5 37	1 18		
3	Sa	♌	fine.					6 19 5 20	2 14	6 02 5 37	2 07		
4	Su	♌						6 20 5 20	3 09	6 03 5 37	3 00		
5	Mo	♌						6 20 5 20	4 08	6 03 5 38	3 55		
6	Tu	♌	Very change-					6 21 5 20	5 09	6 04 5 38	4 54		
7	We	♌	able					6 22 5 20	rises	6 04 5 38	rises		
8	Th	♌	this					6 22 5 20	p.m.	6 05 5 39	p.m.		
9	Fr	♍	week.					6 23 5 21	7 48	6 05 5 39	8 02		
10	Sa	♍		Abdication King Edward VIII., 1936.....				6 23 5 21	8 52	6 06 5 39	9 03		
11	Su	♍						6 24 5 21	9 54	6 06 5 40	10 02		
12	Mo	♍	Some drench-	Accession King George VI., 1936.....				6 25 5 22	10 54	6 07 5 40	10 58		
13	Tu	♍	ing					6 25 5 22	11 51	6 07 5 40	11 51		
14	We	♍	rain	Birthday King George VI., 1895.....				6 26 5 22	a.m.	6 08 5 41	a.m.		
15	Th	♍	storms.					6 26 5 23	12 48	6 08 5 41	12 43		
16	Fr	♍						6 27 5 23	1 42	6 09 5 42	1 35		
17	Sa	♍						6 28 5 24	2 37	6 10 5 42	2 26		
18	Su	♍	Some					6 28 5 24	3 31	6 10 5 43	3 17		
19	Mo	♍	very					6 29 5 25	4 24	6 11 5 43	4 09		
20	Tu	♍	bad					6 30 5 25	5 16	6 11 5 44	4 59		
21	We	♍	storms					6 31 5 26	sets	6 12 5 44	5 49		
22	Th	♍	this					6 31 5 26	p.m.	6 12 5 45	sets		
23	Fr	♍	week.					6 32 5 27	7 06	6 13 5 45	p.m.		
24	Sa	♍						6 32 5 27	7 56	6 13 5 46	8 07		
25	Su	♍	Week	Christmas Day.....				6 33 5 28	8 45	6 14 5 46	8 54		
26	Mo	♍	of	Boxing Day.....				6 33 5 29	9 34	6 14 5 47	9 39		
27	Tu	♍	fair					6 33 5 29	10 23	6 14 5 47	10 24		
28	We	♍	weath-					6 34 5 29	11 12	6 15 5 48	11 10		
29	Th	♍	er.					6 34 5 30	a.m.	6 16 5 48	11 58		
30	Fr	♍						6 35 5 30	12 03	6 16 5 49	a.m.		
31	Sa	♍						6 35 5 31	12 55	6 17 5 49	12 47		

# Nostrils Full of CATARRH

He Couldn't Hear a Word . . .  
Ears Buzzed . . . Nose All Plugged Up  
Bad Case of Chronic Catarrh . . .

"I was so full of Catarrh that hardly a part of my system escaped. I was sneezing, spitting phlegm, coughing up a nasty substance. I was miserable, day and night. It was a case of spit, cough, gag, sneeze all the time. My breath was rotten—and my forehead and eyes so painful that life was a real misery.

## 1st HOPE

"I was given hope that *Catarrh-o-zone* might help when I heard over the radio of the wonders it performed for other sufferers.

## 2nd RELIEF

"When the healing vapor of *Catarrh-o-zone* penetrated into every nook and corner of the breathing organs, I got grateful relief.

## 3rd RAPID CHANGE

"The phlegm and nasty nasal discharge dried up quickly, and a rapid change for the better was evident.

## 4th GOOD HEALTH

"I continued to use *Catarrh-o-zone*, which restored my hearing, brought back my sense of smell and taste, and restored me to good health.

"For deep-seated Catarrh, Bronchitis, Throat Ailments, I strongly urge sufferers to throw away untried remedies, and use a proven remedy like *Catarrh-o-zone*, which is sure to do good in a short time."

Signed: JAS. HOGAN,  
214 Young Street, Montreal.

Keep your breathing organs in a healthy condition. Use *Catarrh-o-zone*. At all druggists.

When Your  
**NOSTRILS**  
are  
**CLOGGED UP**



**INHALE**  
**CATARRH-O-ZONE**  
*You Get Instant Relief*

# Hunks of Mucus Filled His Nostrils

Hearing Was Badly Affected . . .  
He Coughed Almost Constantly .  
Got Relief From **Catarrh-o-zone**

"A profuse yellow mucus was secreted on both sides of my nose and fell in the back of my throat. I had to hawk frequently to clear my throat, spitting up chunks of green and yellow mucus that lodged overnight in my throat and bronchial tubes. I dreaded I had developed something fatal.

"The simplicity of using **Catarrh-o-zone** appealed to me. The bloody crusts in my nose soon disappeared. I was so encouraged that I used **Catarrh-o-zone** four times a day, after meals and before going to bed. Now the revolting hawking and spitting is over. The pains over my eyes and cheek bones have gone. I write to thank you in deepest gratitude."

Signed: **EDDIE LESKY**,  
96A St. Phillipe St., Montreal.

Keep your throat and nostrils free of mucus by inhaling **Catarrh-o-zone**.

## **CATARRH-O-ZONE**

**CLEARs THE BREATHING ORGANS**

Torturing Pain  
in the  
**TEMPLES**  
is caused by  
**SINUS**  
**INFECTION**



*Get Fast Relief*  
*Clear Your Head*  
*Breathe Freely*  
**CATARRH-O-ZONE**  
*An Amazing Remedy*  
*Quick Results, Sure Relief*

# LA GRIPPE OFTEN STARTS WITH A CHILLY COLD

Look for Feverishness . . .  
Backaches . . . Beware of Sniffles  
Head off the Cold, NOW . . .

"My trouble started with a chilly feeling. There was headache, feverishness and sneezing. My eyes were red and watery. My whole body ached as if it had been beaten. My nose was in misery. It ran water and mucus, and was sore inside. Deep in the nasal passages there was a lot of pain. Everything felt stuffed up and clogged. The first real relief came from **Catarrh-o-zone**. I could breathe its vapor far up in the nasal area. It reduced the swollen membranes and cleared away the clogging mucus. This enabled me to breathe freely, easily. All my disagreeable symptoms disappeared. **Catarrh-o-zone** swept all those nasty germs out of my system. I have no more bad colds, My eye pains are going. I don't cough and snuffle any more—in fact, I am well—Thanks to **Catarrh-o-zone** which heals and relieves in a truly amazing way."

Signed: JOHN N. GALLERY,  
1210 Rutherford St., Montreal.

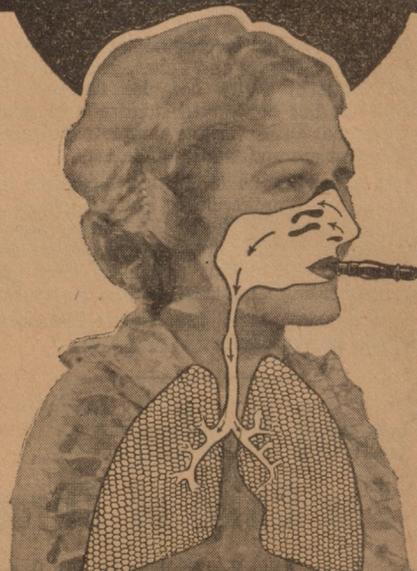
Keep your throat and nostrils free of disease germs. Use **Catarrh-o-zone** freely.

## Catarrh-o-zone



## THROAT and CHEST AILMENTS

*Best treated by*  
**CATARRH-O-ZONE**



Just Breathe  
**CATARRH-O-ZONE**

*It is Best for Coughs, Colds*

# Roaring Ear Noises Get Quick Relief

## Good Results Follow the Breathing of Catarrh-o-zone Vapor

If troubled with hissing noises in the ears, if your head buzzes and aches, you probably have Catarrh. Why not use **Catarrh-o-zone**? It has conquered hundreds of cases of Catarrhal Deafness, has completely cleared up head noises and troublesome ears.

Put a few drops of **Catarrh-o-zone** on your folded handkerchief, hold it close to your nose, and breathe in the healing vapor. The Catarrhal inflammation that causes the head-noises will quickly disappear after you breathe healing **Catarrh-o-zone**.

For buzzing ears, use **Catarrh-o-zone** and get quick relief.

## Feared Deafness For Child of Three

Mr. Roger Lavois who lives at No. 9. St. Roch St., Quebec, writes:—"I am writing you regarding the good results derived from **Catarrh-o-zone**, a remedy in which I have great confidence. My little boy contracted Catarrh at the age of three. He was threatened with deafness. I was discouraged, when a friend advised me to try **Catarrh-o-zone**. My son used **Catarrh-o-zone** with entire satisfaction, and today he is well."



## Had Running Ears Bad Forehead Neuralgia Suffered Deafness

Miss Reid says: "For years I was miserable because of colds and bronchitis. The infection caused deafness and running ears. There was pain in the lower part of the face and neuralgia of the forehead. My nostrils got blocked up with mucus. My bronchial tubes were irritated. Coughing made my chest sore.

"**Catarrh-o-zone** built up my resistance against colds. I carried **Catarrh-o-zone Inhaler** with me at all times. It has healed the membranes in my nose, throat and bronchial tubes, and to anyone suffering from cold in the head, laryngitis or bronchitis, I recommend **Catarrh-o-zone**."

Signed: ELIZABETH REID,  
2106 St. Urbain St., Montreal.

## DREADED ASTHMA OFTEN RESULTS FROM NASAL INFECTION

Read the testimony of Mrs. Emmanuel Baullet of Montmorency Village:

"It gives me much pleasure to testify to the wonderful relief that **Catarrh-o-zone** gives when used for cold in the head, headache, sneezing and coughing. If you sprinkle a few drops on your handkerchief and breathe the vapor, within fifteen minutes you are able to breathe freely through the nostrils and all sense of the cold is gone. Nearly all my friends use **Catarrh-o-zone**, and say it is not only the most pleasant but the surest remedy to relieve sore throat, cold in the head, pain over the eyes or headache. There is nothing too good I can say about **Catarrh-o-zone**."

Signed: MRS. EMMANUEL BAULET.

## NO MORE ASTHMA After Great Suffering, Was Made Entirely Well by Using CATARRH-O-ZONE

Dear Sirs:—

"I was suffering from Asthma and from a weakness in the throat, and could find no benefit in the medicines which I used. I was really discouraged, when a friend of mine so much insisted on me using **Catarrh-o-zone** that I bought a bottle and breathed its vapor for five minutes every hour. From the first day I was relieved. I did not cough any more. The Asthma was much better. The weakness in my throat was gone. Now I am completely well.

(Miss) BERTHA PICARD,  
Quebec City.

P.S.—I am sending herewith my photograph.

You won't regret using **Catarrh-o-zone**; it has done wonders for others, and should do so for you. All druggists sell **Catarrh-o-zone**.



## Does a Sore Chest Cause You Worry?

"I was always a delicate child," writes Mrs. Harry Matheas. Diseases of childhood had sapped my strength. Cold settled on my chest, and it was Bronchitis.

"I found **Catarrh-o-zone** most refreshing, and I used the Inhaler frequently to clear my nose and throat. There are powerful antiseptics in **Catarrh-o-zone** that prevent the germs from becoming virulent. I could feel the soothing vapor of **Catarrh-o-zone** going instantly to my bronchial tubes. My bronchial colds have passed away. Using **Catarrh-o-zone** has given me a strong resistance to head and chest colds."

Signed: (Mrs.) HARRY MATHEAS,  
956 Victoria Square, Montreal, Que.

You won't be disappointed in **Catarrh-o-zone**—it is probably the remedy you have waited years to find.—Let it help you now.

## WHOLE FAMILY AFFLICTED WITH VERY BAD COLDS

**Mrs. Joseph Mercier, St. Gregoire,  
Que. Tells How Catarrh-o-zone  
Restored Her Husband  
and Children.**

Dears Sirs:—

"Three weeks ago my husband and children contracted bad colds. They were sneezing, coughing and feeling very miserable indeed. I had listened to the broadcasts of **Catarrh-o-zone** over the radio for some little time, and had heard of many mothers who had found **Catarrh-o-zone** a wonderful remedy for coughs, sore throat, and headaches. I went to my druggist and bought **Catarrh-o-zone**, and I am pleased to say that in two days my husband and children were all well of their colds. I consider that every household should keep **Catarrh-o-zone** as a preventative of headaches, colds and kindred ailments."

MRS. JOSEPH MERCIER,  
St. Gregoire, Que.

## RECOMMENDS CATARRH-O-ZONE For a Bad Cold, Sore Throat

"I have used many bottles of **Catarrh-o-zone**. Whenever I have a bad cold I use it. For colds and sore throat I do not think there is a better medicine than **Catarrh-o-zone**; it always relieves quickly."

Signed: LUDGER VERRET,  
De L'Ormier, Loretville, Que.

## Running Catarrh CAME FROM THE NOSTRILS



.. It Was Hard to Breathe ..  
.. Had Headaches All Night ..

"For many years I have been subject to sudden grippy attacks, which redden my eyes and turn my nose into a running stream. First one side of my nose blocks up. I can't breathe through my nose. I had attacks of violent coughing. On the slightest signs of a cold, I sprinkle a few drops of **Catarrh-o-zone** on my handkerchief and breathe in the vapor. **Catarrh-o-zone** dries up the cold at its very start. In the early stages of a running cold, or when a grippy attacks starts, use **Catarrh-o-zone** at the start, it may save you nine or ten days in bed."

Signed: MRS. HELEN LEWIS,  
1885 Cardinal St., Montreal.

Keep your breathing organs in a healthy condition—use vapor—inhalé **Catarrh-o-zone**.

# Was Wearing Away With Destructive Cough

## COMPLETE RECOVERY WITH CATARRH-O-ZONE

Here is a case of that kind of cold that makes life so miserable, and hard to bear.

Mrs. Albert Dumas from her home in Quebec City has written:—

"I had a bad cold that was virtually wearing me away. My physician told me I was suffering from Catarrh. Certainly I was discouraged.

"One day I spoke to my sister-in-law about my condition and she advised me to try **Catarrh-o-zone**. She had been in poor health owing to an operation, and had used **Catarrh-o-zone** herself with great benefit. I procured **Catarrh-o-zone** at once and it made me completely well. **Catarrh-o-zone** is indispensable. I recommend it to all my friends."

## IT CLEARS Nose and Throat

Mr. Frank Trottier, of St. Jean Chrysostime, Quebec, has sent the following testimonial:—"It is now seven or eight years since I first used **Catarrh-o-zone** for my colds. I have yet to find another remedy so efficient as **Catarrh-o-zone**. I can say that **Catarrh-o-zone** is a very fine remedy for colds and has always given me entire satisfaction."

Breathe the vapor of  
**CATARRHOZONE**

## A BAD CHEST CONDITION



## I COUGHED ALL NIGHT LONG ... THROAT WAS VERY RAW BRONCHIAL TUBES SORE

"I suffered from catarrh of the nose and throat, with dropping of mucus from the back part of my nose. The profuse expectoration was at times sticky and ropy. I found **Catarrh-o-zone** a life-saver. **Catarrh-o-zone** soothed and healed the inflamed mucus membranes of my nose, throat and breathing organs. It reduced the inflammation in my bronchial tubes. **Catarrh-o-zone** kept me from coughing. I do not feel I would be alive today without **Catarrh-o-zone**."

Signed: MRS. ROBERT BILTON,  
5773 Angers St., Montreal.

Keep your throat and nostrils free of disease germs. Use **Catarrh-o-zone** freely.

## Do You Spit Continually? Is Your Throat Weak?

HAVE YOU LOUD BUZZING  
EAR-NOISES, DEAFNESS?

Is Your Breathing Difficult?

Read of the happy experience Mrs. Henri Tremblay of Ste. Anne de Beaupre had with **Catarrh-o-zone**. She writes:

"Having suffered from a very bad cold in the head, which brought on a severe pain over the eyes, and a bad spell of coughing, I was advised to use **Catarrh-o-zone**. I sprinkled a few drops of this wonderful remedy on my hand, breathed the vapor, and got remarkably quick results. All my breathing organs were cleared, my headache went away, I no longer sneezed, or coughed, and in a short time was completely well and my cold bothered me no more. I can recommend **Catarrh-o-zone** very highly to anyone who is suffering from the effects of a cold and sore throat."

## Catarrh Several Years, Ended with Catarrh-o-zone

Armand Dion of St. Sylvestre writes:—"For several years I had Catarrh. When I heard the **Catarrh-o-zone** program on the radio, I decided to test **Catarrh-o-zone**. I am now perfectly well—no more Catarrh—thanks to wonderful **Catarrh-o-zone**."

## BAD BRONCHIAL COUGH



### Quick Relief From VAPOR The First Treatment Helped

"I could not have borne that awful cough much longer. Suffering day and night, my chest might have been weakened. My days of misery came to an end when I used **Catarrh-o-zone**. Now I have neither cold nor cough. **Catarrh-o-zone** is a super-destroyer of the germs that are likely to cause colds, Catarrh and similar ills. I thank goodness for having learned of **Catarrh-o-zone** which keeps me free from colds and Winter ills."

Signed: (Mrs.) J. GARRITY,  
741 Versailles St., Montreal.

When such great benefit is to be derived from using **Catarrh-o-zone**, why not start today and let **Catarrh-o-zone** help you back to better health? This is a duty you owe to yourself.

# HEAD THROBBED With Nasal Catarrh

. . . SNIFFLES ALL GONE . . .  
. . . NO MORE HEADACHE . . .  
DISCHARGE ALL DRIED UP . . .

"I used to feel blue and unhappy—it was hard to be pleasant when my head was throbbing with the pain and distress of acute nasal Catarrh. My system was virtually poisoned because I was retaining secretions from diseased sinuses.

"All my stuffy head condition was quickly cleared away with **Catarrh-o-zone**. It gives amazing relief, and so quickly too! There is not a trace of cold or catarrh left in my system—which was purified by healing **Catarrh-o-zone**. If our children catch cold we sprinkle **Catarrh-o-zone** on their pillows at night, and they awaken free from colds or sniffles. Yes, in our family we all swear by **Catarrh-o-zone** which is our protection against colds, Bronchitis, Throat Trouble and Catarrh."

Signed: (Mrs.) W. McGEE,  
2039 Peel St., Montreal.

**Catarrh-o-zone** brings an immediate sense of well-being to all the breathing organs. Let **Catarrh-o-zone** assist you back to better health. Your druggist has **Catarrh-o-zone**.

"BREATHE AWAY COLDS"  
Breathe in  
**CATARRH-O-ZONE**

Sneezing Colds  
**HEADACHE**  
Banished by  
**CATARRH-O-ZONE**



**BREATHE  
YOUR COLD  
AWAY**  
**CATARRH-O-ZONE**  
Clears the Air Passages  
Ends the Cold Quickly

## **DRY, BURNING THROAT GIVEN QUICK RELIEF**

**HAD SEVERE BRONCHITIS . .  
. DIFFICULTY IN BREATHING  
TELLS HOW RELIEF CAME . . .**

"For years I have been subject to head colds that descend from the nose and throat to the bronchial tubes, frequently ending up in severe sinusitis or bronchitis. I learned of the great scientific discovery, **Catarrh-o-zone**, the great cold destroyer. I carry



**Catarrh-o-zone Inhaler** with me wherever I go—to the theatre, movies, on the street car. On the first sign of trouble, that burning dryness at the back of my palate, I breathe **Catarrh-o-zone** through the **Inhaler**. I have the **Catarrh-o-zone Inhaler** beside me at my work-

desk. I no longer fear losing my position through time lost away from the office. I send you my name and address with my happy experience with your splendid medicine. I recommend **Catarrh-o-zone** with all my heart to all sufferers from colds that develop into heavy nose and chest infections.

"**Catarrh-o-zone** is the best insurance in checking colds that I know."

Signed: (Mrs.) JOHN DODDS,  
1758 Galt St., Cote St. Paul.

Get rid of colds the modern way—use vapor, inhale **Catarrh-o-zone**; it is healing, soothing. Your druggist has **Catarrh-o-zone**.

Ladies use  
**CATARRH-O-ZONE**  
as a  
**Handkerchief  
Inhalant**



*The Soothing Vapor of*  
**CATARRH-O-ZONE**  
**Gives Fast Relief**  
*Try It Yourself!*

## Be Modern - - No Dosing Treat Your Cold with **Catarrh-o-zone**

The Old Cough Returned . . . .  
Headache . . . Chest Was Sore  
Had Slight Fever . . . .

"This year I exhausted my strength looking after a sick invalid in our family. I began to lose weight rapidly. An old cough returned with profuse expectoration and slight fever at night.

"I took the rest treatment in bed, but used **Catarrh-o-zone** frequently. After three months in bed I am sitting up again. The sputum has almost disappeared. I attribute my wonderful recovery to the use of **Catarrh-o-zone**.

"I urge every sufferer who is troubled with coughing and expectoration, to use the antiseptic, health-giving vapor of **Catarrh-o-zone**. You will be astonished with the immediate beneficial results. So great was the benefit I derived from **Catarrh-o-zone** that the remedy has become standard among my friends, who saw this wonderful treatment restore me to vigorous health after a long and serious illness."

Signed: (MRS.) A. L. McHAIG,  
750 Fulford St., Montreal.

**Catarrh-o-zone** acts like an anæsthetic on irritated throat membranes. It soothes congestion in the breathing organs. Surprisingly satisfactory results follow the use of **Catarrh-o-zone**. Sold by druggists everywhere.



SPRINKLE  
**CATARRH-O-ZONE**  
On Your  
*Handkerchief*  
And Breathe the Vapor



**Fast Relief Comes**  
*when you inhale*

**CATARRH-O-ZONE**  
**It's Soothing Pleasant**

# You Get Protection From Colds When You Use **CATARRH-O-ZONE**

A simple cold will often spread with incredible rapidity through a home, and may affect every member of the family. Frequently every child in a school-room or every member of an office staff catches the same cold within a day or two.

One of the most effective remedies is **Catarrh-o-zone**. You may use it as a **Handkerchief Inhalant**. Just sprinkle two or three drops upon your handkerchief and breathe the vapor; or use it through the **Catarrh-o-zone Inhaler**. In nearly all cases surprisingly beneficial results in colds and kindred ailments follow the use of **Catarrh-o-zone**.

## Treat Your Cold Early HEAD IT OFF WITH **CATARRH-O-ZONE**

Much distress can be avoided if the common cold is effectively treated at its very beginning. The eyes will grow watery, and the liquid discharge from the nose will increase unless a soothing medication is supplied. Therefore, it is well to stop the cold before it gets too great a start. If the germs or bacteria are not destroyed quickly, they are apt to entrench themselves in the deeper layers of the mucous membrane, from which they are difficult to dislodge. At the *first* sign of a snuffle or sneeze, or when you notice an increase in the watery discharge from the nose—that is the time to start treatment with **Catarrh-o-zone**.



**IF CATCHING COLD**  
Breathe In **Catarrh-o-zone**  
Sprinkle It On Your Handkerchief  
And Get Quick Relief!

## Hailed as a Marvel In Anaemic Weakness

Heretofore it has often been a hopeless task for a thin-blooded person to gain either strength or weight. Neither food nor medicine in many instances had beneficial effect.

What is practically a perfect "blood-food" containing Iron, has at last been produced. When taken after meals it puts new life and vigor into people who have despaired of ever being strong again.

This simple treatment consists of taking two small chocolate-coated **Ferrozone** Tablets at the close of every meal.

**Ferrozone** makes men strong, energetic and healthful because it contains lots of nutriment—the kind that forms muscle, sinew, bone and nerve. Vitalizing blood courses through the body, making ambition, happy spirits and true manly strength. Why not let **Ferrozone** build up your vigor?

You can build up flesh, put on weight, and restore failing health, by using the new Blood-Food "**Ferrozone**". Weakened men by the hundred have proved that **Ferrozone** is a strengthening tonic that quickly puts them on the sure road to health.

There is Iron in **Ferrozone**, the kind that quickly puts pep into a man. Once **Ferrozone** puts Iron into your blood, you feel its strengthening

## Continued Fatigue Is Nature's Warning

This is a warning to all men and women who live in the tropics, especially to those who feel depressed and devitalized.

At thirty the fullness of life should be just beginning, but if life in a hot climate has hastened the coming of old age, you must do something about it—to-day.

If growing old before your time, let **Ferrozone** help you! This wonderful blood and nerve tonic imparts new life and vigor to your circulatory system; and revitalizes the blood, tones and rejuvenates the arteries, sends new-found energy to all parts of the body.

**Ferrozone** offers you a revitalized youth. You will have abundant energy, good spirits, and life will be full of new pleasures—use **Ferrozone**.

**Ferrozone** assures you a rapid return to vitality and energetic health; it is a blood-food that contains all the elements necessary to rebuild the depleted tissues and nerve cells of your wasted system.

When the system is rundown you become an easy prey to disease. Don't run the risk—turn for aid to **Ferrozone**. Let this wonderful "Blood-Food" assist you back to robust health.

START TAKING  
**FERROZONE**  
TO-DAY

**FERROZONE**  
Builds up Brain,  
Nerve and Blood

# FERROZONE Is the Tonic to Give Premature Old Men the Virility of YOUTH

Many Men Find Ferrozone is a Remedy of Rejuvenation for Lost Forces  
**FERROZONE Quickly Restores Impaired Vitality**

Many a man finds he is able to retain buoyant health, rugged strength and postpone the evil effects of old age and decay by using **Ferrozone** three times daily after meals.

**Ferrozone** gives amazing virility, it develops strong muscles, and protects against fatigue. Many men who use **Ferrozone** acquire increased physical strength and extra virility.



**MEN FIND FERROZONE  
A REJUVENATING REMEDY.**

People of many nations have found **Ferrozone** gives to men and women the power to live fuller, happier and longer lives.

The rejuvenating powers of **Ferrozone** are quickly felt; its action is similar to recharging the human battery with a new dynamic power, out of which comes tireless energy and amazing vitality strength and power.

Continued use of **Ferrozone** for a few weeks will usually prove that it gives to the weak, the thin, the anæmic, lots of "pep", vigor, good color, radiant and exuberant vitality.

Why not use **Ferrozone** yourself, and enjoy its wonderful benefits? Take two **Ferrozone** tablets after meals.

# If Nervous, Tired, Weak

## BUILD UP WITH

# FERROZONE!

The man or woman who is rundown, not feeling up to the mark, perhaps irritable, nervous or sleepless can well afford to learn about the wonderful results that **Ferrozone** is giving to the sick and the weak.

A beneficial effect is noticeable *at once*. The very day you start using **Ferrozone** you feel happier, brighter, more contented. That old-time feeling of weariness departs—you forget your “nerves”, you no longer get irritable or cross over trifling annoyances.



The reason for this change is that **Ferrozone** contains blood-making materials that fill the system with new energy.

**Ferrozone** makes the blood tingle and sing with new vitality. This ensures lots of nourishment and strength being supplied to every part of the body.

No wonder the eyes brighten and the cheeks radiate color and happiness! With abundance of strength, a keen appetite, good digestion and plenty of sound sleep—all the result of **Ferrozone**—you quickly feel as if life held new charms and pleasures.

**Ferrozone** is nutritious and perfectly safe to use. Prepared in the form of a chocolate-coated tablet and sold by all good dealers in medicine.

**A Prominent Social Leader Says:**

*“Colds, Sore Throat and Bronchitis  
never bother me—I use **CATARRHOZONE**”*



**CATARRHOZONE**

**Just Breathe It! Colds Disappear**

Published by the CATARRHOZONE Co., Montreal