

DRAW CHASE'S



*Respectfully
A. W. Chase, M.D.*

CALENDAR-ALMANAC



1912
FOR THE
HOME, FACTORY
FARM, OFFICE

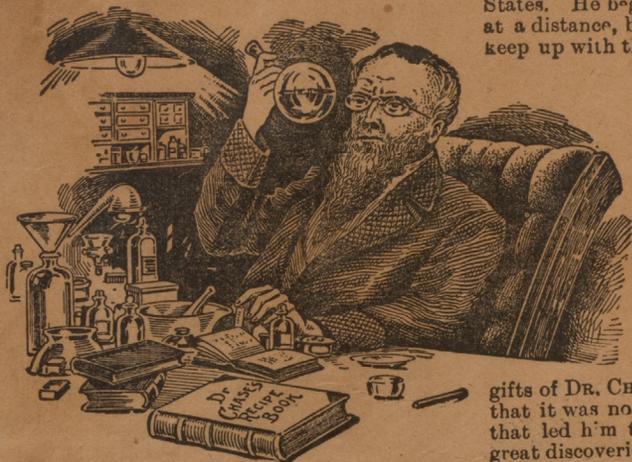


PUBLISHED BY
DR. A. W. CHASE MEDICINE CO.
TORONTO & BUFFALO

The Interesting Life Story of Dr. A. W. Chase

A Practicing Physician of Remarkable Skill Whose Well-known Medicines Have Made Him Famous Throughout the Civilized World

NATURE undoubtedly intended Dr. A. W. CHASE to be a healer of the sick, and from childhood his efforts were ever bent in this direction. Any crumb of knowledge regarding the human body and its diseases was eagerly grasped and carefully preserved for future use so that by the time he graduated from the Eclectic College of Medicine, Cincinnati, Ohio, and from the State University at Ann Arbor, Mich., he was qualified as few physicians are when beginning the practice of medicine.



DR. ALVIN WOOD CHASE was born in the County of Cayuga, N. Y., and spent his boyhood in the vicinity of Buffalo, where he received his early education in a log school house. Even then, it is said, he outstripped his fellow students and entertained the wish to study medicine.

After completing his medical education, DR. CHASE travelled throughout the greater part of Canada and the United States, gaining wonderful experience and invaluable information before he settled down to make his home at Ann Arbor, Mich. His success in private practice, his scientific investigations in search of better treatments, his work of collecting all the most successful prescriptions known to the profession, the publication of his now world famous Receipt Book, the discovery of the great family

medicines and the perfecting of them by tests made in his own practice, all these are incidents in a busy life of work for the benefit of humanity.

DR. CHASE became one of the most prosperous and well-to-do citizens of Ann Arbor, and was noted for his large gifts to educational and benevolent enterprises. News of his remarkable success in treating kidney and liver disorders, nervous troubles and other forms of serious disease soon spread abroad and brought appeals for help from all over Canada and the United States. He began sending medicine to persons at a distance, but soon found it impossible to keep up with the demand on his time, and so resolved to put up his greatest prescriptions in convenient form for home treatment and to place these in the hands of local dealers.

This effort to simplify medical treatment and save the too often unreasonable doctor's bills met with a storm of opposition from members of the medical profession, who feared the effect on their practice and looked with envy on the wonderful success of DR. CHASE. The many large gifts of DR. CHASE to all worthy objects prove that it was no mere desire for money making that led him to so place on the market his great discoveries. Like a true physician, as he was, he thought most of relieving the sufferings of his fellow men.

As the details of manufacturing and distributing the remedies increased, it was found advisable to form the DR. A. W. CHASE MEDICINE Co., with offices and laboratories in Toronto, Can., and Buffalo, N. Y. More recently the demand for these medicines in Europe has grown to such an extent that offices have been opened at St. Mary's Chambers, London, E.C., Eng., and to-day DR. A. W. CHASE'S MEDICINES, as well as his famous Receipt Book, are known wherever the English language is spoken, and orders are received from such far away points as Tasmania, New Zealand, British Guiana, Arabia, Nyassaland, Central Africa, and Assiout, Egypt.

The portrait and signature of A. W. Chase, M.D., the famous Receipt Book Author, are on every box of his medicines. Look out for imitations

. . 1912 . .

1566
360
300
2725

Golden Number	13	Dominical Letters	G, F
Epact	11	Roman Indiction	10
Solar Cycle	17	Julian Period	6,625

Zodiacal Signs

† Aries, Head and face

The Seasons

Sun enters Aries — Spring begins, Ont. and Que., Mar. 20th, 6 p.m., Mar. Prov., March 20th, 7 p.m.

Sun enters Cancer — Summer begins, Ont. and Que., June 21st, 2 p.m., Mar. Prov. June 21st, 3 p.m.

Sun enters Libra — Autumn begins, Ont. and Que., September 23rd, 5 a.m., Mar. Prov., September 23rd, 6 a.m.

Sun enters Capricornus — Winter begins, Ont. and Que., December 21st, mid. Mar. Prov. December, 22nd, 1 a.m.

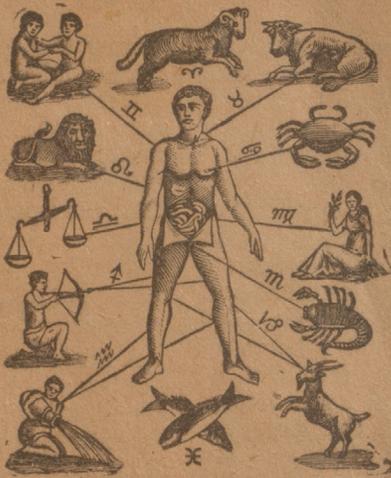
♊ Gemini, Arms

♌ Leo, Heart

♎ Libra, Reins

♏ Sagittarius, Thighs

♐ Aquarius, Legs



♉ Taurus, Neck

♋ Cancer, Breast

♍ Virgo, Bowels

♏ Scorpio, Loins

♑ Capricornus, Knees

The year 5673 of the Jewish Era commences September 12th, 1912.

The year 1331 of the Mohammedan Era commences December 11th, 1912.

The 3rd year of the reign of King George V. begins May 6th, 1912.

The 137th year of the Independence of the United States begins July 4th, 1912.

♓ Pisces, the Feet

Festivals, Anniversaries, Etc.

*New Year's Day	January	1	*Victoria Day	May	24
Epiphany		6	Pentecost, Whit Sunday	"	26
Septuagesima Sunday	February	4	Birth of Queen Mary	"	26
Quinquagesima, Shrove Sunday	"	13	Trinity Sunday	June	2
Ash Wednesday	"	21	Birth of King George V.	"	3
Quadragesima 1st Sunday in Lent	"	25	Corpus Christi	"	6
St. David	March	1	Birth of Prince of Wales	"	23
St. Patrick	"	17	St. John Baptist—Midsummer	"	24
Annunciation Day	"	25	*Dominion Day (Monday)	July	1
Palm Sunday	"	31	*Labor Day	September 2	2
Good Friday	April	5	St. Michael, Michaelmas Day	"	29
Easter Sunday	"	7	St. Andrew	November	30
Low Sunday	"	14	Birth of Queen Alexandra	December	1
St. George	"	23	1st Sunday in Advent	"	1
Accession of King George V.	May	6	St. Thomas	"	21
Rogation Sunday	"	12	*Christmas Day (Wednesday)	"	25
Ascension Day	"	16	*Bank Holidays		

Morning and Evening Stars

MERCURY—Will be at greatest Western Elongation January 15th, May 12th, September 7th, and December 7th, when it may be seen early in the morning, and at its greatest Eastern Elongation March 27th, July 24th, and November 18th, when it may be seen during early evening.

VENUS—Morning Star to July 5th, and Evening Star rest of the year. Venus does not reach its Eastern Elongation during 1912.

MARS—Is east of the Sun to November 4th, when it is in conjunction, and passes to west of the Sun the rest of the year.

JUPITER—Is in opposition to the Sun May 31st, being on the meridian about midnight. It will be visible in the night sky most of the year up to December, when it is in conjunction with the Sun on the 18th of that month.

SATURN—Will be in opposition to the Sun and on the meridian at midnight about November 22nd, and will be well placed for observation in the night during the greater part of the latter half of the year.

Eclipses, 1912

In the year 1912 there will be four eclipses, two of the Sun and two of the Moon.

I.—A partial eclipse of the Moon, 1912, April 1st. Invisible in North America.

II.—A central eclipse of the Sun, 1912, April 16-17, visible at Toronto as a partial eclipse, the Sun rising eclipsed. The central eclipse will be total for about thirty-two minutes at the middle of its duration. For the rest of its duration it will be annular.

III.—A partial eclipse of the Moon, 1912, September 25-26, the Moon setting at Toronto about the time the eclipse begins. The beginning visible generally in North America, except the extreme eastern portion, and the end visible in Central and North America.

Moon enters penumbra, Sept. 26th,	4h. 15m. a.m.	} Eastern Standard Time.— Maritime Provinces, one hour earlier.
Moon enters shadow, " "	6h. 3m. a.m.	
Middle of eclipse, " "	6h. 45m. a.m.	
Moon leaves shadow, " "	7h. 26m. a.m.	
Moon leaves penumbra, " "	9h. 14m. a.m.	

IV.—A total eclipse of the Sun, 1912, October 9-10. Invisible in Canada.

A Personal Word

Of the millions who annually receive a copy of this Almanac in Canada and the United States, we realize that there must still be many who do not yet know personally the exceptional curative value of Dr. CHASE'S Medicines.

In this annual greeting to our hosts of friends we should like to include also those who are yet more or less strangers to the famous Receipt Book author and his well-known family medicines. For we believe that there is not a home on this great continent the members of which would not be made more happy and freed from some of the annoying ailments of life by the use of one or more of these well-tried prescriptions of A. W. CHASE, M.D.

If you will read the life of Dr. CHASE on the inside front cover you will realize that he was a man of such character and skill as to command your respect and confidence. Confidence is, as you know, the foundation of all business and professional success. This is well illustrated in the career of Dr. CHASE and the confidence which was first placed in the doctor himself has since been transferred to the medicines which have proven so enormously successful wherever they have been introduced.

Of one thing you can be certain; that these medicines will do all that is claimed for them and more. We do not make any extravagant claims but tell you as well as we can the purpose for which each medicine is intended and leave it to persons who have used them to tell you what their experiences have been.

There are new medicines being put on the market almost every day but it is only once or twice in a generation that there comes along a medicine with sufficient merit to make a real success. Are you going to be experimented on by new, untried medicines or will you insist on

getting the genuine Dr. CHASE'S Medicines of tried and proven merit.

Nearly every druggist and general store keeper has these medicines in stock or will gladly order them for you. Should you prefer to order direct, they will be sent, post paid, on receipt of price.

Diary Contest

A full list of prize winners in the Diary Contest will be found on page 25. This annual competition for \$200.00 in gold will continue to be the most interesting feature of Dr. A. W. Chase's Calendar Almanac as there has been added several additional prizes, making fifteen in all. Many who have not obtained prizes are complimenting themselves on having acquired the valuable habit of keeping a daily record of events. Why not look up the conditions and join in the game.

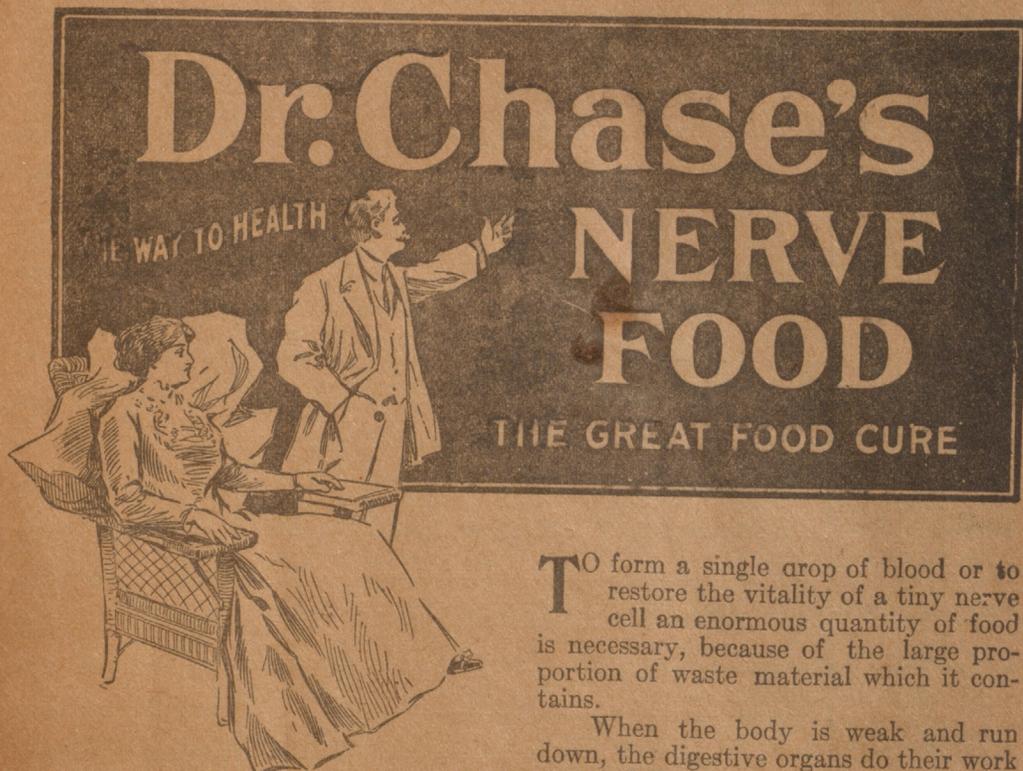
Recipe Book Free

If you will send us your name and address we shall mail you, free of charge, a paper covered edition of Dr. Chase's Recipe Book.

This book contains about 1000 recipes and prescriptions for household medicines, toilet preparations and veterinary remedies. You will find this one of the most useful books you ever had in the house. The department on veterinary remedies alone may easily prove worth hundreds of dollars to any farmer or horseman.

Write to-day lest this offer may slip your memory. Just say you saw this notice in the almanac and address—

EDMANSON BATES & Co., LIMITED.
Dr. Chase Building, TORONTO, ONT



Dr. Chase's
NERVE
FOOD

THE WAY TO HEALTH

THE GREAT FOOD CURE

TO form a single drop of blood or to restore the vitality of a tiny nerve cell an enormous quantity of food is necessary, because of the large proportion of waste material which it contains.

When the body is weak and run down, the digestive organs do their work very indifferently and only a small part

of the nutrition is obtained from the food we eat.

This is why external assistance is necessary if you are not to continue to grow weaker and weaker until you become a mental and physical bankrupt.

But the elements which go to form new blood and new nerve cells, new tissue and new muscles are found in **DR. CHASE'S NERVE FOOD** in highly concentrated and easily assimilated form. In a few boxes of this food cure you get the actual nutrition which could only be obtained from huge quantities of food.

For this reason the system is rapidly built up by this treatment. It may take weeks or even months to bring about cure if the system is greatly run down, but each day finds you with richer blood, steadier nerves and a healthier body than the day before. The building-up process is taking you farther and farther from weakness and disease and bringing you to a condition in which you will enjoy health and life.

Severe Dizzy Spells

Mrs. WOODCOCK, East Moira Street, Belleville, Ont., states:— I was so very nervous and my system was so exhausted that at times I would take severe dizzy spells which made me stagger, and at other times I had splitting headaches. In fact, my health generally was being undermined by my trouble. I got a box of **DR. CHASE'S NERVE FOOD** and after having used this preparation for some time. I am pleased to say that my nerves are steady and strong, the dizziness is gone and the headaches are a thing of the past."

The use of **DR. CHASE'S NERVE FOOD** is the true way to health because it builds the system and for this reason is necessarily lasting in its benefits. You can obtain **DR. CHASE'S NERVE FOOD** from any dealer at 50 cents a box, 6 boxes for \$2.50, or it will be sent postpaid on receipt of price by **EDMANSON, BATES & Co., LIMITED, Toronto.**

1 st on the wagon

started the wagon on 20th for the days back on the

DAY OF MONTH.	DAY OF WEEK.	ZODIACAL SIGNS.	WEATHER FORECAST.	Moon's Phases.		Ont. Mar. Prov.		Ont., Que. and Mar. Provinces.				
				Full Moon	First Quarter	d. h. m.	d. h. m.	Sun Rises	Sun Sets	Moon Sets	Moon Sets	
1	M	♈	Cold,	Jan. 1912	4 8 30 p.	4 9 30 p.	7.52	4.52	4.07	4.36		
2	T	♈	changes		11 2 43 a.	11 3 43 a.	7.52	4.52	5.29	5.57		
3	W	♈	to		19 6 10 a.	19 7 10 a.	7.52	4.53	6.52	7.18		
4	T	♈	milder		27 3 51 a.	27 4 51 a.	7.52	4.54	rises	rises		
5	F	♈	with	<i>old black come in</i>			7.52	4.55	5.24	6.04		
6	S	♈	rain.	<i>Joe went to Cardinal</i>			7.52	4.56	6.51	7.29		
7	S	♈		<i>very little snow cold</i>			7.52	4.57	8.16	8.53		
8	M	♈	Snow	<i>marked all</i>			7.52	4.58	9.34	10.10		
9	T	♈	and	<i>heaps of the world</i>			7.51	4.59	10.52	11.25		
10	W	♈	sleet.	<i>heavy. Windy morning</i>			7.51	5.01	a.m.	a.m.		
11	T	♈		<i>thawed to all</i>			7.50	5.02	0.03	0.35		
12	F	♈	Clears	<i>11-13 the extreme cold</i>			7.50	5.03	1.13	1.44		
13	S	♈	and				7.50	5.04	2.23	2.53		
14	S	♈	very				7.49	5.05	3.32	4.00		
15	M	♈	cold.				7.49	5.06	4.41	5.03		
16	T	♈					7.48	5.07	5.45	6.10		
17	W	♈	Thaw				7.48	5.08	6.33	7.03		
18	T	♈	follow				7.47	5.09	sets	sets		
19	F	♈	ed				7.48	5.11	4.26	5.07		
20	S	♈	by				7.46	5.12	5.33	6.12		
21	S	♈	cold				7.45	5.13	6.41	7.19		
22	M	♈	fine	<i>thawed here on 22th</i>			7.44	5.15	7.43	8.25		
23	T	♈	days.				7.44	5.16	8.56	9.32		
24	W	♈		<i>Joe went to Cardinal</i>			7.43	5.17	10.05	10.39		
25	T	♈	Fre-	<i>on 24 & 25 the cold</i>			7.42	5.18	11.15	11.47		
26	F	♈	quent				7.41	5.20	a.m.	a.m.		
27	S	♈	snow	<i>Plan thawed to</i>			7.41	5.21	0.27	0.59		
28	S	♈	flurries	<i>on the 27th cold</i>			7.40	5.22	1.44	2.14		
29	M	♈		<i>Joe thawed to</i>			7.39	5.24	3.06	3.34		
30	T	♈	Ends	<i>on 29-30th</i>			7.38	5.25	4.26	4.53		
31	W	♈	cold.				7.37	5.26	5.42	6.07		

Communion on the 28th

The Nerves

With the brain as its centre, the nervous system reaches out to every member and every organ of the human body. From the spinal column and from the various nerve centres the thread-like nerve fibres find their way to every nook and corner of the body, controlling all movements and action and making a living being of the mass of flesh and bone.

Without the nerve force which is manufactured in the brain, there could be no beating of the heart, no breathing of the lungs, no digestion, no activity, no life.

It is only when you think of the nervous system in this way that you begin to realize its true importance and to appreciate the far-reaching effects of any derangement of the nerves. Any break in this connection with the brain or any pressure on the nerve fibres to interfere with the transmission of nervous energy means helplessness or paralysis of the part affected. It may be the loss of power to use the hand or failure of the stomach to do the work for which it is intended.

Neurasthenia

Neurasthenia is the word used to describe that condition of the system when there is present an insufficient quantity of nerve force to properly perform the functions of the body.

You lack the energy and ambition which is necessary to attend to the duties of the day. You cannot concentrate the mind, memory fails you, little things irritate and annoy, possibly you do not sleep well and have nervous headaches or sciatic pains. Men have brain fag and find digestion bad, women experience weakness and irregularities peculiar to their sex. Strange feelings come over you and you live in dread of losing your mind or of some calamity about to befall you.

Another name for your condition is nervous prostration or exhaustion and

the natural development from this condition is paralysis, locomotor ataxia or some dreadful form of helplessness of mind or body.

"A horse is man's truest friend," said the lover of animals.

"He's more like a relation than a friend," replied Farmer Corntossel. "He makes me think of my boy Josh: allus ready to eat an' liable to kick if you put him to work."

To Cure the Nerves

The wasted and depleted nerve cells must be replaced by new ones. Stimulants cannot afford lasting relief. Narcotics may deaden pain but they cannot increase nerve force. New, rich blood must be added to the system for from rich blood alone can new nerve cells be built.

If digestion were perfect you could get the necessary nutrition from the food you eat. But digestion has failed you and you must get the necessary nourishment in condensed and easily assimilated form so that it will quickly enter the blood stream and carry relief to the exhausted nerves.

In DR. CHASE'S NERVE FOOD the very elements of Nature which go to the formation of new rich blood and thence to reconstruct the wasted nerve cells, are found in happy combination. This preparation is truly called a food for it cures by feeding the nerves back to health, strength and vigor.

By use of the NERVE FOOD the appetite is sharpened so that you eat with a relish, digestion gradually improves and you are enabled to get the proper benefit from the food you eat. You can feel yourself steadily getting back the old time vigor and energy and you can prove the up-building effects of this treatment by noting your increase in weight.

Nervous people are the salt of the earth. But they live at high tension and are in constant danger of breakdown from over-exertion.

A Good Test for Locomotor Ataxia

Locomotor ataxia is that form of paralysis which interferes with the movement of the legs and is usually indicated by a peculiar shuffling gait in walking.

The warning symptoms are largely the same as those already stated for paralysis but you can distinguish locomotor ataxia by the following test—

Stand with feet close together and eyes shut. If you are a victim of locomotor ataxia your body will sway from side to side and you may fall over.

You will also be unable to walk in a straight line with your eyes shut and only with difficulty with them open.

DR. CHASE'S NERVE FOOD is the most effective treatment ever devised as a preventive and cure for locomotor ataxia and other diseases of the nerves, because it is composed of the ingredients which the foremost physicians assert are the most certain nerve restoratives.

This is borne out by the fact that DR. CHASE'S NERVE FOOD has established an enviable record in curing these diseases.

SUFFERER—"I have a terrible toothache and want something to cure it."

FRIEND—"Now, you don't need any medicine. I had a toothache yesterday and I went home and my loving wife kissed me and so consoled me that the pain soon passed away. Why don't you try the same?"

SUFFERER—"I think I will. Is your wife at home now?"

Locomotor Ataxia

"I can say that Dr. Chase's Nerve Food entirely cured me of what I believe was the beginning of locomotor ataxia or paralysis. My nerves were very bad and at night I could not sleep at all, nor could I control my arms or legs. They seemed to fairly jerk me off the bed.

"For six months I was this way and cannot describe what I suffered, but now I am entirely cured, thanks to Dr. Chase's Nerve Food. It is a pleasure to recommend this great medicine to anyone suffering as I did from nervous disease."—MRS. ROBERT BUSTARD, Maxwell, York Co., N.B.

Was Like One Paralyzed

"I am happy to be able to give a recommendation for DR. CHASE'S NERVE FOOD for this preparation has done me a great amount of good. My nervous system was run down to such an extent that I suffered a great deal from weakness of the nerves and sciatic rheumatism, and at times was like one paralyzed. I could not work, was unable to sleep and had no appetite. This condition lasted for six years and in the meantime I had treatment from the best physicians and tried all kinds of medicines.

"Nothing seemed to build up my nerves until I made use of DR. CHASE'S NERVE FOOD. After having used about \$12.00 worth of this medicine I feel like a new man. I can walk all right, do a great deal of work, have a good appetite and what is even better can sleep well every night.

"I consider that DR. CHASE'S NERVE FOOD has been a great blessing to me and no doubt it would be the same to any one else under the same circumstances."—MR. ALEX. ETHIER, JR., Clarence Creek, Russell Co., Ont.

How Many Boxes Will Cure Me

It is impossible to answer this question definitely because this food cure is entirely different to ordinary medicines. Instead of acting as a stimulant to whip up the nerves to unwilling action it gradually and naturally puts new life and richness into the blood and new vitality into the nervous system. It works hand in hand with nature and slowly but certainly restores wasted vigor and strength.

If your system is much run down you will no doubt require at least six boxes, and as you get six boxes for \$2.50 it is to your interest to buy in this way. Buying one box at a time you are liable to run out of medicine and neglect to keep up the treatment. We are sure that DR. CHASE'S NERVE FOOD will do all that is claimed for it and more if you will do your part, and use the medicine regularly and persistently after each meal.

It can no more fail than can Nature's laws, for it cures by feeding the nerves back to health and vigor. The cures it effects are not only thorough but lasting.

You Cannot Live Without Sleep

Sleeplessness may arise from a variety of causes but it is most common to persons who are nervous or whose nerves are temporarily deranged. Complete insomnia quickly ends in death.

So long as the nerves and brain are excited or irritated sleep is impossible.

When your interest is so little taken up with other things that you begin to yawn you recognize this as a sign that you are ready for sleep. Fatigue is upon you, and you are ready to dismiss all other matters and seek the restoration of Nature.

Persistent sleeplessness comes as a warning that your nerves are out of tune. DR. CHASE'S NERVE FOOD does not produce sleep by deadening the nerves, but it does remove the symptom naturally by restoring the nervous system to health and strength. Continued sleeplessness means a tremendous loss to body and mind, for during the sleeping hours, Nature makes good the vitality consumed in the day's work.

When you are subject to sleeplessness you can usually find other symptoms of nervous exhaustion present such as headache, indigestion, nervousness and irritability, loss of memory and difficulty in concentrating the mind.

These warnings are not to be lightly overlooked for they tell of approaching prostration or paralysis. There is nothing like DR. CHASE'S NERVE FOOD to

build up the exhausted nervous system. In a few days the nerves are so steadied and composed that you sleep well and by patient and persistent treatment health is fully restored.



Could Not Sleep

MR. F. A. KRUTZ, Schwartz, Que., writes:—
“For about one year before using DR. CHASE'S NERVE FOOD I was a complete nervous wreck. Could not rest or sleep, was irritable and easily excited and had indigestion and dreadful headaches. My nerves were continually on edge, and I feared prostration or paralysis.

“After the first three boxes of DR. CHASE'S NERVE FOOD I felt greatly improved and six boxes made me entirely well and strong. There is no treatment in the world above DR. CHASE'S NERVE FOOD as a means of building up the nervous system.”

Dreaded Insomnia

MR. JAS. WESLEY WEAVER, a veteran of the Fenian raid, Port Dalhousie, Ont., writes:—
“For years I was afflicted with nervousness and dreaded insomnia, so that I never knew for three years what a full hour's sleep was, never more than dosing for a few minutes at a time. Heart pains and headaches almost drove me wild. I had spells of weakness and cramps in stomach and limbs.

“Though I tried several doctors, it was money uselessly spent. Finally DR. CHASE'S NERVE FOOD was brought to me and eight boxes cured me. It is simply wonderful what benefit I have obtained from this treatment.”

DAY OF MONTH.	DAY OF WEEK.	ZODIACAL SIGNS.	WEATHER FORECAST.	Moon's Phases.		Ont. Mar. Prov.		Ont., Que. and Mar. Provinces.					
						d. h. m.	d. h. m.	Sun Rises	Sun Sets	Moon Sets	Moon Sets		
				○ Full Moon	2 6 58 p.	2 7 58 p.						
				☾ Last Quarter	9 7 51 p.	9 8 51 p.						
				● New Moon	18 0 44 a.	18 1 44 a.						
				☾ First Quarter	25 2 27 p.	25 3 27 p.						

Feb.
1912

DAY OF MONTH.	DAY OF WEEK.	ZODIACAL SIGNS.	WEATHER FORECAST.	Ont.	Mar. Prov.	Que.	M.P.
1	T.	♈	Month	7.36	5.28	6.42	7.07
2	F.	♉	begins	7.35	5.29	rises	rises
3	S.	♊	very	7.33	5.30	5.44	6.21
4	S.	♈	cold.	7.32	5.32	7.09	7.44
5	M.	♉		7.31	5.33	8.26	9.01
6	T.	♊	Milder	7.30	5.34	9.44	10.16
7	W.	♈	with	7.29	5.36	11.00	11.31
8	T.	♉	heavy	7.27	5.37	a.m.	a.m.
9	F.	♊	snow	7.26	5.39	0.11	0.41
10	S.	♈	falls.	7.24	5.40	1.22	1.50
11	S.	♉		7.23	5.42	2.29	2.56
12	M.	♊	Zero	7.21	5.43	3.47	4.13
13	T.	♈	weath-	7.20	5.44	4.34	4.59
14	W.	♉	er	7.19	5.45	5.24	5.49
15	T.	♊	for	7.17	5.47	6.04	6.31
16	F.	♈	some	7.15	5.49	6.34	7.02
17	S.	♉	days.	7.14	5.50	sets	sets
18	S.	♊		7.13	5.51	5.40	6.17
19	M.	♈	Very	7.12	5.53	6.48	7.24
20	T.	♉	stormy	7.10	5.55	7.57	8.32
21	W.	♊	then	7.08	5.56	9.08	9.41
22	T.	♈	clear	7.07	5.57	10.18	10.50
23	F.	♉	and	7.05	5.58	11.23	a.m.
24	S.	♊	cold.	7.03	5.59	a.m.	0.04
25	S.	♈		7.02	6.00	0.52	1.21
26	M.	♉	Milder	7.01	6.01	2.10	2.37
27	T.	♊	with	7.00	6.02	3.24	3.49
28	W.	♈	much	6.58	6.04	4.30	4.55
29	T.	♉	snow.	6.56	6.06	5.20	5.46

big spotted kites come in on 6th

plum come in 11th

darkie the 13th

cherry come in 21st

harded butter 21th

Muscles Give Way to Brain and Nerves

Our grand parents made their living largely by means of muscular effort. There was the forest to be cut down, land to be cleared and tilled and houses and barns to be built. To-day money is made more and more by the expenditure of brain and nerve tissue. In the city and country competition is keen and there must be constant effort of mind to fight successfully the battle of life and keep up with the high cost of living.

This accounts for the enormous increase in diseases of the nerves. This is why you hear of so many having strokes of paralysis. For this reason the asylums are more and more overcrowded. There is a mad rush for wealth and the health of mind and body are sacrificed in the struggle.

From the nature of their work in the open air our ancestors usually had good appetities, healthy digestion and lots of red blood. With our artificial indoor life, breathing impure air, taking too little exercise, eating highly seasoned foods and overworking the delicate nervous system we are fast becoming a race of nervous wrecks.

To restore vitality to the exhausted nervous system we must use the elements from which nature constructs new nerve cells. Since we have failed to obtain these in sufficient quantities from the food we eat we must turn to DR. CHASE'S NERVE FOOD for assistance. In this great food cure these elements are found in concentrated and easily assimilated form. The red corpuscles in the blood are increased, the nerve cells are reconstructed and revitalized and new vigor and energy is sent to every organ of the human body.

This is the natural and only successful way of curing diseases of the nerves. Narcotics merely deaden the nerves, stimulants whip up a false hope, this food cure is lastingly beneficial because it actually rebuilds the feeble, wasted nerve cells.

Spring Tonic

MR. W. J. VENNOR, clerk, 20 Blower Street, Halifax, N.S., states:—"This spring I felt that I needed a tonic. My health was very much run down and my system generally in a weakened condition. Soon after beginning the use of DR. CHASE'S NERVE FOOD I could see that it was doing me good as I felt very much better. This medicine gradually toned up my system, cured me of headaches from which I used to suffer and I now take pleasure in recommending it as a grand nerve and general tonic."

WHAT THE FARTHING IS FOR

Andrew Carnegie was discoursing at a dinner on the futility of the English farthing.

"Now why," he exclaimed—"why should there be farthings—the fourth of a penny?"

"I don't know," said one of the company, "unless it is to enable the Scotch to be charitable."

Weather's Influence On the Body

Some people are extremely susceptible to changes of the weather and this is undoubtedly a sign of a weakened condition of the body which should not be overlooked. The death rate is highest in the month of July when the temperature is unusually high and during cloudy wet days in other seasons the death rate is found to rise immensely.

What is needed in the body is reserve force with which to withstand the effects of changing weather, and to fight off the attacks of disease germs. Red blood is the greatest of germicides. It is from an abundance of rich, red blood that nerve force is increased and that the body is fortified so as to be unaffected by changing climate or the presence of harmful germs.

The most certain way to get the blood rich is by the use of DR. CHASE'S NERVE FOOD. Fresh air will help, so will exercise and wholesome food but your condition proves that you are in need of the special assistance which is found in DR. CHASE'S NERVE FOOD. Store up a reserve force of good blood and strong nerves and you will add to your success and happiness.

Mothers and Daughters

There is a serious duty which every mother owes to her daughters. You should take your daughters into your confidence when quite young, make companions of them and teach them to tell you of all their little troubles and complaints.

As womanhood approaches tell them about the change they must expect and the dangers they must avoid; for otherwise the health and happiness of those girls you so dearly love may be ruined. At this critical period when physiological changes are taking place there is a great strain on the nervous system as well as on the general health.

School work is often very urgent at this time of life and close study, with the accompanying confinement indoors, tends to further exhaust the nervous system, and to call for enormous quantities of rich, red blood. The failure of the system to supply the necessary nutrition leads to anaemia or bloodlessness, chlorosis or chronic derangements of the delicate feminine system.

You could scarcely conceive of a treatment better suited to help growing girls over this critical period than DR. CHASE'S NERVE FOOD. This food cure builds up the system by supplying in condensed and easily assimilated form the ingredients from which Nature makes new rich blood and creates new nerve cells. In a perfectly natural way it restores the healthful glow to the cheeks, rounds out and develops the form and gives that buoyancy and elasticity to every movement which tells of health, vigor and vitality. Mothers will watch with gratitude and pride the improvement of their growing daughters under this treatment. Being natural and gradual the benefits are both certain and lasting.

Worry is a vicious habit, doing good to none but evil continuously. Worry rather than work wears out the nervous system.

Three Sisters Cured of Weak Blood

MISS EFFIE BANCROFT, Longwood, Ont., writes:—"A year or so ago I was very much run down in health. The blood seemed to be weak and the nerves very much exhausted. Having heard of DR. CHASE'S NERVE FOOD and of its success in curing cases similar to mine I began to use it and was very greatly benefited by continuation of this treatment. Two of my sisters also used this medicine and found it to be a splendid means of building up the system.

"We have also used DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE with good results. One of my brothers had pneumonia twice and we always use this medicine for him as we find that it breaks up a cold the quickest and best of any medicine we can get."

Daughter Restored

MR. JOS. SHANNON, 153 Erin Street, St. John, N.B., states:—"I have used DR. CHASE'S NERVE FOOD in my family and have found it a splendid nerve and general tonic. My daughter was a great sufferer from a severe form of stomach trouble and her blood was out of order. She seemed very nervous and suffered considerably from headache. She used DR. CHASE'S NERVE FOOD for a time and we could notice a great change in her looks. She now has a much better color, her nerves are steadier, the headaches are gone and her health generally improved."

No Excuse For Weak Blood

There is no excuse for weak blood, for exhausted nerves and for a rundown condition of the system.

DR. CHASE'S NERVE FOOD will positively overcome this condition. This has been proven in many thousands of cases.

If you are to remain a semi-invalid it is your own fault entirely. You can gain health and strength by using this food cure. It remains for you to decide.

It is a choice between weakness and strength, between a life of suffering and discouragement or good health, happiness and success.

Which do you choose?

The Graceful Curves Of a Well Rounded Form

Angles are never beautiful. For beauty you must look for the curved lines. Hence the laudable desire of every woman to replace the angles of thinness with the graceful curves of a well rounded form.

The muscular tissue which rounds out the human form is manufactured from pure, red blood. If you are thin and scrawny it is because the blood is thin and watery and after the daily supply for keeping up life is consumed, there is none left to add to the bodily tissues.

You can change this by using DR. CHASE'S NERVE FOOD which is above all else a builder of rich, red blood. By using this great restorative treatment you can not only bring back vigor and energy to the organs of the body, but you can also add new, firm tissue to the form.

This result is not accomplished in a quick and artificial way. This treatment does not create flabby fat, which disappears when its use is discontinued. In Nature's way, by adding to the richness and life-giving properties of the blood, it positively forms firm, natural bodily tissues and thereby adds to the weight.

As you may naturally expect the complexion is also greatly improved under this treatment because complexion depends almost entirely on the condition of the blood. No matter how thin or run down you may be you can be certain that each dose of DR. CHASE'S NERVE FOOD is at least of some benefit to you.

Gained Ten Pounds

Mrs. H. A. LOYNES, nurse, Philipsburg, Que., writes:—"I was all run down and could not do my own work. Everything I ate made me sick. In nursing others I had seen the good results of DR. CHASE'S NERVE FOOD and resolved to try it. As a result of this treatment, I have gained ten pounds, do my own work alone and feel like an entirely different person.

"I have received so much benefit from this medicine that I am glad to recommend it to others. I have a copy of DR. CHASE'S RECEIPT BOOK and would not part with it for \$50.00 if I could not get another."

Dr. A. W. Chase's Nerve Food

Brings sunshine into many a woman's life for while making her feel better and freeing her from many annoying symptoms of a run down condition, it also makes her look better by rounding out the form and restoring the healthful glow to the complexion. For sale by all dealers at 50 cents a box, 6 boxes for \$2.50, or sent postpaid by EDMANSON, BATES & Co., LIMITED, Toronto.



DAY OF MONTH.	DAY OF WEEK.	ZODIACAL SIGNS.	WEATHER FORECAST.	Moon's Phases.		Ont. Mar. Prov.		Ont., Que. and Mar. Provinces.			
				d. h. m.		d. h. m.		Sun Rises	Sun Sets	Moon Sets	Moon Sets
Mar. 1912				○ Full Moon.....	3 5 42 p.	3 6 42 a.	h.m.	h.m.	h.m.	h.m.	
				☾ Last Quarter.....	10 2 56 a.	10 3 56 p.					
				● New Moon.....	18 5 9 p.	18 6 9 p.					
				☽ First Quarter.....	25 10 2 p.	25 11 2 p.					
1	F.	♈	Comes				6.54	6.08	5.58	6.24	
2	S.	♈	in				6.53	6.09	rises	rises	
3	S.	♈	like				6.51	6.10	5.58	6.34	
4	M.	♈	a				6.49	6.11	7.18	7.51	
5	T.	♈	lion.				6.47	6.12	8.33	9.05	
6	W.	♈					6.45	6.13	9.49	10.20	
7	T.	♈	Clear				6.43	6.14	11 04	11.33	
8	F.	♈	and				6.41	6.16	a.m.	a.m.	
9	S.	♈	fine.				6.39	6.18	6.14	6.42	
10	S.	♈					6.38	6.19	1.26	1.52	
11	M.	♈	Snow	<i>got seed rats on the 11th</i>			6.36	6.20	2.26	2.51	
-12	T.	♈	and	<i>got axes grinder on 12th</i>			6.35	6.22	3.20	3.45	
13	W.	♈	much				6.33	6.23	4.08	4.29	
14	T.	♈	wind.				6.31	6.24	4.36	5.04	
-15	F.	♈		<i>boss come in on the 15th</i>			6.29	6.25	5.03	5.32	
16	S.	♈	Fine				6.27	6.26	5.24	5.55	
17	S.	♈	and				6.25	6.27	5.43	6.15	
-18	M.	♈	warm.	<i>began the factory on 18th</i>			6.24	6.29	sets	sets	
19	T.	♈					6.22	6.30	6.56	7.29	
20	W.	♈	Colder				6.20	6.31	8.03	8.40	
21	T.	♈	again	<i>big east snow storm cold</i>			6.18	6.32	9.23	9.54	
22	F.	♈	with				6.16	6.33	10.41	11.10	
23	S.	♈	aleet				6.14	6.34	a.m.	a.m.	
24	S.	♈	and				6.12	6.36	0.00	0.23	
25	M.	♈	rain.	<i>cold cold</i>			6.11	6.37	1.13	1.42	
26	T.	♈					6.09	6.38	2.25	2.50	
27	W.	♈	Strong				6.08	6.39	3.13	3.43	
28	T.	♈	winds				6.06	6.41	3.53	4.25	
29	F.	♈	then				6.04	6.42	4.26	4.55	
30	S.	♈	fine.				6.02	6.43	4.49	5.20	
31	S.	♈					6.00	6.44	5.09	5.41	

Avoid the Knife

Because of the success of the surgical side of medicine during the last decade, operations have become a fad with both physicians and patients. Some lives are saved, very many are sacrificed and after the suffering, expense and enormous risk of an operation, many a patient finds himself no better.

Particularly to be avoided are the operations for derangements of the feminine organism because these disorders almost invariably arise from an exhausted condition of the nervous system and disappear when the wasted and depleted nerve cells are restored by such treatment as DR. CHASE'S NERVE FOOD.

The delicate feminine organism is a mass of nerve fibres. To supply nerve force to these and to make good the periodic loss and enormous amount of rich, red blood is necessary. DR. CHASE'S NERVE FOOD supplies the elements from which new blood is formed. It strengthens the nerves and restores to weak, nervous women the nerve power which alone can regulate the functions of the feminine organs.

Operation Failed

MRS. BENJAMIN HATFIELD, Hillyard Street, St. John, N.B., writes:—"For three years I was a sufferer from extreme nervousness and female weakness, I was pale and weak, had no appetite, and would sometimes faint two or three times a day. I had three miscarriages and underwent a very painful operation. For seven weeks I was under the doctor's care, but he seemed unable to help me. Despairing of recovery, I took the advice of a friend, who told me that DR. CHASE'S NERVE FOOD would build me up and make me strong and well again. After four months use of this preparation I found myself greatly improved, but continued the treatment for one year, using in all sixteen boxes. I have been blessed with a young daughter now, and believe that I am as strong and well as ever in my life. As a result, I cannot say too much in favor of DR. CHASE'S NERVE FOOD. It has performed a complete and thorough cure in my case, and I am healthier and fleshier than I have been for years. The testimonials I see are not half strong enough. I tell my friends about it, and many join me in pronouncing DR. CHASE'S NERVE FOOD the most effective restorative obtainable."

Secret of Growth

Science may regulate the size of human beings

It has been found that when people grow to an abnormal size or become unusually fleshy, it is due to the derangement of a small gland at the base of the skull.

This pituitary gland is about the size of a grape and scientists have found that when it is secreting a certain substance the body grows and when this action is discontinued the growth ceases.

Professor Arthur Keith of the Royal College of Surgeons considers it within probability that in time scientists will learn how to regulate the action of this gland and thereby be able to control the growth of human beings.

Eyesight and Health

There are times when a wrong formation of the lenses of the eye require the assistance which can only be afforded by the wearing of glasses, but in the great majority of cases the health should first be considered.

Derangements of the kidneys, for example, soon dim the eyesight to a very noticeable extent. It is to the nervous system, however, that you can usually trace troubles with the sight for the optic nerve is one of the first to fail when the nerve force runs low.

Any overstrain of the eyes under these conditions bring on nervous headaches and lead to the impression that there is something wrong with the eyes. "Redden the blood" writes S. Weir Mitchell the great authority on nervous diseases "and you lift woman above that low level of health which is one factor of nervous diseases."

This is just exactly what is accomplished by DR. CHASE'S NERVE FOOD. The blood is made rich and red, the nerves are nourished back to health and vigor, eyesight is improved just as is every function of the organs of the body by an abundant supply of the all-essential nerve force. Wearing glasses is only a make-shift when you can remove the cause of trouble by getting the nerves right.

Don't Be Scared

There is a lot of nonsense talked about heredity and inheriting certain diseases. And on this account many people meekly give up at once if they have an ailment similar to that of a father, a mother or a great uncle.

If you are not well, find out the cause, and then fight till you have removed it.

Germs and germ diseases are helpless in the presence of rich red blood. And it is up to you to see that the blood is kept in proper condition.

When the gums and lips get pale, you may be sure the blood is weak and watery, and that you need DR. CHASE'S NERVE FOOD to form new, rich blood.

Don't make the mistake of using a box or two of this restoration and letting it go at that. You may be better, but don't be satisfied until you have your system flooded with rich, red, invigorating blood.

You will know then the pleasures of healthful joyous living. You will relish your food and the digestive system will be in condition to digest it. The nerves will be strong and steady so that trifles will not worry and irritate you and you will enjoy natural restful sleep.

Start to-day on the way to health. Each time you take this food cure you will add a certain amount of pure blood to the system. The results are bound to be of lasting benefit.

Inflammatory Rheumatism

MRS. J. HATCHER, 224 Sherbrooke Street, Peterboro, Ont., and whose husband is a moulder at the Hamilton Foundry, states:—"I had an attack of inflammatory rheumatism which left me in a very run down state of health, and in fact my whole nervous system seemed exhausted and worn out. I could not sleep, and at times the pains in my head were almost unbearable. As a result of these symptoms I was unable to attend to my housework and felt miserable most of the time. On the advice of a friend I began using DR. CHASE'S NERVE FOOD and can say that it has proved of very great benefit to me. I am able to do my own work now and feel stronger and healthier than I have for years.

Feared Consumption

MRS. J. B. TARDIFF, Mariapolis, Man., writes: "When I began the use of DR. CHASE'S NERVE FOOD my health was in a terribly bad condition. My doctor told me that I was going into consumption and for nearly three years my bowels were so loose and watery that I was continually kept weak and run down. In spite of the many remedies used I gradually grew worse and worse. I could scarcely get about the house and suffered a great deal from back-ache, stomach and kidney troubles.

"DR. CHASE'S NERVE FOOD proved to be exactly what I needed, and by keeping up this treatment for a time I got so strong and well that I did my own housework and sometimes worked in the fields without feeling any the worse for it. It is a pleasure as well as a duty for me to recommend DR. CHASE'S NERVE FOOD.

"My husband was cured of kidney disease and urinary troubles by using DR. CHASE'S KIDNEY-LIVER PILLS."

A bashful young couple, who were evidently very much in love, entered a crowded street car.

"Do you think we had better squeeze in here," he asked, looking doubtfully at her blushing face.

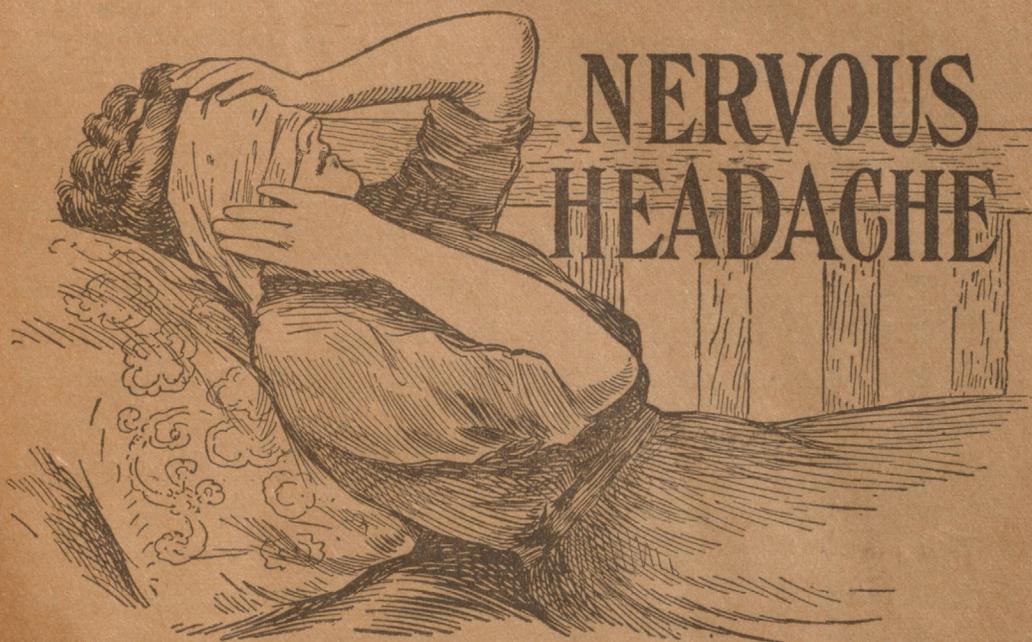
"Don't you think, dear, we had better wait until we get home," was the low embarrassed reply.

Combined Treatment

MR. LEONARD MILLER, Canboro, Haldimand Co., Ont., writes:—"DR. CHASE'S NERVE FOOD and KIDNEY-LIVER PILLS did wonders for me, as they seemed exactly suited to my case. Before I began taking this medicine I could not do a day's work to save my life. Now I can work all right and attend to my business with good courage. This means a great saving to me, as well as a pleasure, for I have a two hundred and fifty acre farm and a large stock to look after.

"Instead of being in misery from pain and suffering, life is now sweet to me, and I appreciate good health as I never did before. I have said all that I could to my friends and neighbors in recommendation of DR. CHASE'S Remedies, for I know that when they have cured me they will cure others."

When the brain gets tired and you have strange feelings in the head, don't wait to think of what dreadful things might happen but restore vitality to the feeble wasted nerve cells by using DR. CHASE'S NERVE FOOD.



NERVOUS HEADACHE

Nearly every woman will read with interest the letter of Mrs. Geo. Bradshaw, quoted below. It tells of years of great suffering from Nervous Headache and other symptoms arising from weak, watery blood and a starved and exhausted condition of the nervous system.

Like most others the writer of this letter experimented with treatments that were intended only to bring temporary relief and overlooked the fact that the headache would come back again and again so long as the system was not restored to health and vigor by use of such treatment as DR. CHASE'S NERVE FOOD.

Untold Agonies From Nervous Headache

Mrs. George Bradshaw, Cosy Nook, Harlowe, Ont., writes:—"I am glad to state that I received benefits from DR. CHASE'S NERVE FOOD, which I failed to get any place else. I was troubled for many years, in fact from my early womanhood, with weak, watery blood, and given to dropsy. I suffered untold agonies from nervous sick headaches, dizziness, and sinking spells, in fact was a semi-invalid for many years. I tried many kinds of patent medicines, and got no help, and tried every new doctor that came along, but all failed to help me. Doctors told me I had no blood, and that my heart and kidneys were diseased, and that I had so many complaints there was not much use in doctoring up one or two. Four years ago I took six boxes of DR. CHASE'S NERVE FOOD, and was glad to see I felt better, and then got six more, and they have cured me of many of my complaints. When I began taking NERVE FOOD I weighed 110 pounds, and to-day I weigh 139, and am 45 years old.

Dr. A. W. Chase's Nerve Food

Is the greatest of restoratives. It forms new, rich blood, strengthens the nerves and adds new firm tissue to the body. You can prove this by noting your increase in weight while using it. Such symptoms as nervous headache, sleeplessness and nervous dyspepsia soon disappear when the depleted nerve cells are revitalized.

Saved from the 9th day on the 10th

DAY OF MONTH.	DAY OF WEEK.	ZODIACAL SIGNS.	WEATHER FORECAST.	April 1912				Moon's Phases.				Mar. Prov. and Mar. Provinces.				
				Full moon	Last Quarter	New Moon	First Quarter	Ont. d. h. m.	Mar. Prov. d. h. m.	Sun Rises h.m.	Sun Sets h.m.	Moon Rises h.m.	Moon Sets h.m.			
1	M	♈	Cold									5.58	6.45	Que. rises	M.P. rises	
2	T	♈	again.	big snow storm									5.56	6.46	7.26	7.57
3	W	♈		severe cold north									5.54	6.47	8.41	9.11
4	T	♈	Season	trans warm on 6th									5.53	6.49	9.56	10.24
5	F	♈	back-	rains all day on 7th									5.51	6.50	11.08	11.35
6	S	♈	ward.	big flood									5.49	6.51	a.m.	a.m.
7	S	♈		severe cold north									5.48	6.53	0.15	0.40
8	M	♈	Warm	ice drained milk on									5.47	6.54	1.12	1.37
9	T	♈	spell	the lumber wagons									5.45	6.55	1.59	2.24
10	W	♈	then									5.44	6.56	2.37	3.04	
11	T	♈	cold									5.42	6.57	3.06	3.34	
12	F	♈	rains.									5.40	6.58	3.30	4.00	
13	S	♈										5.38	6.59	3.49	4.20	
14	S	♈	Keeps									5.36	7.01	4.06	4.38	
15	M	♈	cool	Belan sold hogs on 15th									5.34	7.02	4.28	4.56
16	T	♈	and									5.32	7.03	4.36	5.12	
17	W	♈	cloudy.									5.31	7.04	sets	sets	
18	T	♈										5.29	7.05	3.25	3.55	
19	F	♈	Much									5.27	7.07	9.47	10.15	
20	S	♈	warm-									5.26	7.08	11.05	11.32	
21	S	♈	er									5.24	7.09	a.m.	a.m.	
22	M	♈	and									5.23	7.10	0.18	0.43	
23	T	♈	very									5.22	7.11	1.15	1.40	
24	W	♈	fine.									5.20	7.12	1.58	2.25	
25	T	♈	Fre-									5.18	7.14	2.31	2.59	
26	F	♈	quent									5.16	7.15	2.54	3.24	
27	S	♈	show-									5.15	7.16	3.13	3.45	
28	S	♈	ers.									5.14	7.17	3.32	4.05	
29	M	♈	Ends									5.12	7.18	3.48	4.23	
30	T	♈	warm.									5.11	7.19	rises	rises	

Many Terrified by Heart Disease

The most terrifying of all symptoms are those which tell of heart disease, for they indicate weakness at the very fountain head of all life. During a long lifetime the heart propels half a million tons of blood through the body and so long as the blood is in healthy condition will repair itself as fast as it wastes, toiling ceaselessly and patiently keeping up the play of its valves and the rhythm of its throbs.

The heart is composed of muscles and like other muscles of the body they can be strengthened and made more capable of performing their natural functions.

A stimulant can not do more than afford temporary relief, but DR. CHASE'S NERVE FOOD positively cures by forming new, rich corpuscles in the blood and building up new, firm muscular tissue. Palpitation and irregular beating are overcome and the action of the heart becomes strong and regular.

Neuralgia of the Heart

MR. JAMES G. CLARK, Fosterville, York County, N.B., writes:—"I have been a great sufferer from what the doctors said was neuralgia of the heart. The pain started in the back of the neck and worked down into the region of the heart. Though I had taken a lot of medicine of one kind and another, I could not get anything to help me until I used DR. CHASE'S NERVE FOOD.

"When I began this treatment, I could not rest in bed, except by sitting upright, on account of the dreadful pains about the heart and the quick, loud beating. The change which DR. CHASE'S NERVE FOOD has made in my condition is wonderful. It has entirely overcome these symptoms and is making me strong and well. If this statement will help to relieve the suffering of others, you are at liberty to use it."

If your dealer does not have DR. CHASE'S NERVE FOOD in stock it will be sent post-paid on receipt of price, 50 cents a box, 6 boxes for \$2.50, by EDMANSON, BATES & Co., LIMITED, TORONTO.

ETHEL—"Grace asked George whether he would love her any more if her hair were some different color."

EDITH—"And what did George say?"

ETHEL—"Why, he merely asked her what colors she had."

Brain and Nerve Decay

In a lecture on age at the Harvard Medical School Dr. Charles S. Minot, pointed out that there is a transformation of cells going on in all portions of the body, and that all parts are able to carry on a certain amount of repair except the brain and the nervous system. These early lose the power of growth and the cells of the brain and spinal cord are first to decay.

But the life of man has been considerably increased during recent years, and his period of vigor and usefulness extended by what is known as preventive treatment.

This idea is particularly well illustrated in DR. CHASE'S NERVE FOOD. When the digestive system fails to supply to the brain and nerve cells the amount of rich blood required to keep them in health and vigor and renew the waste consequent on work, worry or disease, you can turn to this preparation knowing that it is composed of the ingredients required to make new blood and nerve force.

You don't wait for the brain to wear out. You don't neglect the nervous system until some dreadful form of paralysis has brought helplessness to mind or body. You keep vitality at high water mark, and keep the building-up process in action so that there is no chance for decay.

As general intelligence increases and people learn more and more what can be accomplished by the use of such preventive treatment as DR. CHASE'S NERVE FOOD the age of man will continue to increase, the use of the mental faculties will be retained in old age, and strength and vigor will be kept up so as to make the later days useful and happy.

Dr. A. W. Chase's Kidney-Liver Pills

When a medicine achieves such success and becomes so generally used as Dr. A. W. CHASE'S KIDNEY-LIVER PILLS it is interesting to enquire into the way in which they bring about cures.

Most of the common ills of life arise from a torpid, sluggish condition of the liver, kidneys or bowels, and because they act on each of these organs in a direct and specific way, Dr. A. W. CHASE'S KIDNEY-LIVER PILLS overcome serious and painful diseases over which ordinary medicines have no control.

In the first place they bring about the healthful action of the *bowels*—removing poisonous waste matter and thoroughly cleansing the system.

Then, by awakening the *liver* they cause a healthful flow of bile which is positively necessary for good digestion and regular action of the bowels.

Again by acting directly on the *kidneys* they invigorate the filtering functions of these organs and ensure pure, healthful blood.

This combined action on the kidneys, liver and bowels is, so far as we know, not to be found in any other medicine, and it is, we believe, to this unique feature that Dr. A. W. CHASE'S KIDNEY-LIVER PILLS owe their extraordinary success.

What They Cure

While not in any sense a cure-all, it will be readily seen by the nature of their action on the kidneys, liver and bowels that Dr. A. W. CHASE'S KIDNEY-LIVER PILLS are most effective in the treatment of such symptoms and ailments as:—

Liver Complaint.	Backache.
Biliousness.	Kidney Disease.
Headache.	Bright's Disease.
Indigestion.	Lumbago.
Stomach Troubles.	Rheumatism.
Constipation.	Stone or Gravel.
Diabetes.	Dropsy.
Impure Blood.	Urinary Disorders.

FITTED FOR THE JOB

MINNICK—"Binnick has been made leader of our church choir. Is he fitted for it, I wonder?"

SINNICK—"Ought to be. He was senior wrangler at his college."

HUMAN NATURE

We kicked all winter at the cold
And when it passed were glad,
But now at summer and its heat
We're kicking just as bad.

Symptoms of Kidney Disease

It is said that neglected kidney trouble is responsible for more deaths than any other disease, hence the importance of every person being familiar with the symptoms so as to detect the disease in its early stages while cure is possible.

The most common symptoms are:—
Gradual loss of flesh.

Sediment in the urine after standing.

Frequent desire to pass water, especially at night.

Pains in small of back.

Albumen in the water; parts of the substance of the kidneys are passed off.

Twitching of the eyelids; specks before the eyes; defective vision.

Headache, rheumatic and sciatic pains.

Fickle appetite and nausea of the stomach.

Sleeplessness and irritability.

Dropsical swelling of the feet and ankles.

Constipation and fitful diarrhoea.

Liver is deranged and biliousness is frequent.

Weakened heart action and poor circulation of the blood.

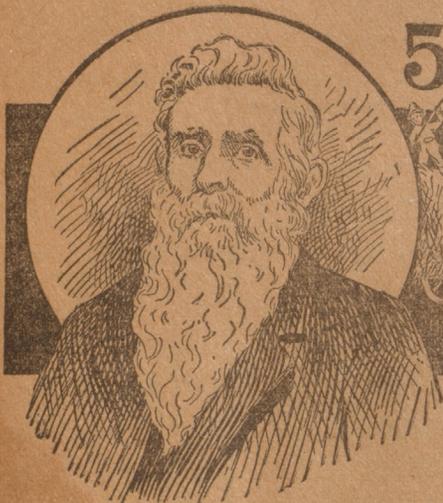
Scanty, dark colored urine.

Shortness of breath, caused by the lungs filling with water which kidneys failed to pass off.

Failure of perspiration and extreme pallor of face.

All of these symptoms rarely occur in any one case, but the most certain indications of kidney trouble are weak, lame, aching back and deposits in the urine or pain in passing water.

Treated by Dr. Chase 50 years ago



MR. O. D. BARNES.

RECENTLY CURED
OF KIDNEY DISEASE BY
DR. CHASE'S
KIDNEY-LIVER PILLS

At 78 years of age Mr. Barnes is strong and active, superintends work on his farm and gives a hand himself in the busy season.

Here is a letter from an aged gentleman who consulted Dr. CHASE, long before his Receipt Book attained a world wide circulation or his family medicines became known to the ends of the earth.

Like most people of advanced years his kidneys were the first organs to break down, and when doctors failed to help him he remembered the 'physician who cured him of pleurisy in his younger days and whose Receipt Book he had cherished through those many long years.

We shall leave it for Mr. Barnes to tell in his letter of how he was cured of kidney disease by DR. CHASE'S MEDICINES.

MR. O. D. BARNES, R.F.D. 1, Byron, Mich., writes:—"About fifty years ago when living in Ann Arbor, Dr. A. W. CHASE, the famous Receipt Book author, was called on to treat me for pleurisy. Ever since that I have used and recommended DR. CHASE'S Medicines and have two of his Receipt Books in the house.

"Some time ago a cold settled in the kidneys, causing backache, frequent urination, dizziness and effected the eyesight. My appetite failed and I could not sleep nights. Two doctors failed to do me any lasting good so I started using DR. A. W. CHASE'S KIDNEY AND LIVER PILLS AND NERVE FOOD. The results have been highly satisfactory to me. Appetite improved, I gained in weight, sleep and rest well and feel strong and well. My kidneys resumed their natural functions and I believe that my cure was due to DR. A. W. CHASE'S KIDNEY AND LIVER PILLS AND NERVE FOOD. I am 78 years old, superintend work on my farm and can turn in and do some work myself."

DR. CHASE'S KIDNEY-LIVER PILLS are wonderfully prompt and direct in their action on the liver, kidneys and bowels. One pill a dose, 25 cents a box. All dealers or EDMANSON, BATES & Co., LIMITED, Toronto.

DAY OF MONTH.	DAY OF WEEK.	ZODIACAL SIGNS.	WEATHER FORECAST.	Moon's Phases.				Ont., Que. and Mar. Provinces.						
				May 1912		Ont. d. h. m.	Mar. d. h. m.	Prov. d. h. m.	Que. d. h. m.	Sun Rises h. m.	Sun Sets h. m.	Moon Rises h. m.	Moon Rises h. m.	
1	W		First							5.10	7.20	Que. 7.35	M.P. 8.04	
2	T		week							5.08	7.22	8.46	9.14	
3	F		warm.							5.07	7.23	9.58	10.24	
4	S									5.06	7.24	11.02	11.27	
5	S		Show-							5.04	7.25	11.54	a.m.	
6	M		ery							5.03	7.26	a.m.	0.19	
7	T		and							5.01	7.27	0.33	1.00	
8	W		cold.							5.00	7.28	1.04	1.32	
9	T			<i>first sowed on 9th</i>							4.59	7.29	1.31	2.00
10	F		Bright,	<i>in field back to the</i>							4.58	7.30	1.52	2.28
11	S		warm	<i>with well</i>							4.56	7.31	2.09	2.41
12	S		weath-							4.55	7.32	2.26	2.59	
13	M		er.							4.54	7.33	2.42	3.17	
14	T			<i>planted potatoes in the field on 14th</i>							4.53	7.34	3.00	3.36
15	W		Rain							4.52	7.35	3.19	3.56	
16	T		and							4.51	7.36	sets	sets	
17	F		thun-	<i>grapes started coll</i>							4.50	7.37	8.47	9.14
18	S		der	<i>and pasture on 17th</i>							4.49	7.38	10.04	10.29
19	S		storms.							4.48	7.39	11.09	11.34	
20	M									4.47	7.41	11.58	a.m.	
21	T		Fine							4.46	7.42	a.m.	0.24	
22	W		grow-							4.45	7.43	0.32	1.00	
23	T		ing							4.44	7.44	1.01	1.31	
24	F		weath-							4.43	7.45	1.22	1.52	
25	S		er.							4.43	7.46	1.39	2.11	
26	S									4.42	7.47	1.54	2.29	
27	M		Cooler							4.42	7.48	2.12	2.43	
28	T		but	<i>big rain flood</i>							4.41	7.49	2.30	3.07
29	W		fine.	<i>rain</i>							4.41	7.50	2.52	3.30
30	T									4.40	7.51	rises	rises	
31	F									4.40	7.52	8.49	9.14	

Planted potatoes on 14th
 first sowed on 9th
 in field back to the
 with well
 grapes started coll
 and pasture on 17th
 big rain flood
 rain

You Can't Work When the Kidneys Play Out

Health is the capital of the man who works, whether with brain or muscle. When the kidneys become deranged and the dreadful backaches set in even the strongest are obliged to give up.

The working man brings on kidney disease by straining himself or by exposure to cold or draughts when the body is over-heated. The Office man of sedentary habits gets torpid liver and indigestion, the bowels become constipated and the kidneys break down from over-work. Over-eating and the excessive use of alcoholic drinks are also a frequent cause of kidney trouble and backache.

The natural result is Bright's disease, which in advanced stages cannot be cured, dropsy, rheumatism or stone in the bladder, terrible diseases both on account of the pain and suffering they cause and also because of their fearful fatality.

You will find elsewhere in this book the symptoms of and the test for kidney disease. By making yourself familiar with these and keeping DR. CHASE'S KIDNEY-LIVER PILLS at hand you can make short work of backache and kidney troubles.

KIDNEY DISEASE FOR 15 YEARS.

MR. JOHN O'NEAL, Mt. Rose, Annapolis Co., N.S., writes:—
"For fifteen years or more I was

troubled with kidney disease and was so bad at times that I could not work at all. The many remedies I tried all failed to help me, but by using three boxes of DR. CHASE'S KIDNEY-LIVER PILLS I have been completely cured. I am thankful to know there is such a wonderful medicine to be had."

Because of their combined action on kidneys, liver and bowels DR. CHASE'S KIDNEY-LIVER PILLS are the most successful treatment for diseases of the kidneys that money can buy.

The trouble is never confined entirely to the kidneys and hence the necessity of a medicine that takes the strain off the kidneys by awakening the action of the liver and bowels.

Dr. Chase's Kidney-Liver Pills.

A few doses of this great medicine will convince you of its extraordinary curative powers. The price is only 25 cents a box, but if you would like a free sample box we shall be glad to have you try DR. CHASE'S KIDNEY-LIVER PILLS at our expense. Kindly use coupon on page 32.





Because the kidneys when diseased undergo a degeneration of the tissues, which is not unlike that caused by consumption in the lungs, it is of the utmost importance that the disease be detected at the earliest possible moment. Any one who is at all troubled with backache, urinary disorders, or any of the symptoms of kidney disease should make the following tests to find out if the kidneys are diseased:—Put some urine in a bottle or tumbler and let it stand for twenty-four hours; if there is sediment in the bottom at the end of that time, or if it is discolored, milky, cloudy or stringy, your kidneys are out of order and are not doing their work properly.

These are certain indications that you need just such help as is best supplied by DR. CHASE'S KIDNEY-LIVER PILLS, the most reliable and most thoroughly tested kidney medicine extant.

The dreadful painfulness and fatality which results from neglect to treat disease of the kidneys is sufficient to warn anyone against the danger of delay. The wonderful promptness and thoroughness of DR. CHASE'S KIDNEY-LIVER PILLS in overcoming such ailments have won for them the full confidence of the people who have tried them.

Took Away the Pains

MR. RICHARD PRESTON, Osborne, Lambton Co., Ont., writes:—"Seventeen years ago I began to use DR. CHASE'S KIDNEY-LIVER PILLS, at a time when my back was so troublesome that to stoop or rise was torture to me. They cured the kidney trouble and took away the pains in the back. We always keep these pills in the house and whenever troubles of this kind appear soon obtain relief by their use."

Cured of Dropsy

MR. THOS. D. WALSH, Pictou, N.S., writes:—"Three years ago my wife was troubled with weak back and at times would have to give up her house work for days. Two years ago she took to her bed and was not able to stand on her feet or even to turn herself in bed. The doctors' medicine was of no benefit, whatever, that we could see. Dropsy set in and her legs would swell. I read what DR. CHASE'S KIDNEY-LIVER PILLS did for a woman in a similar condition and my wife began to use them at once. When she had finished two boxes she was able to get up and sit in a chair, and by the time she had used three more she was doing her own house work and feeling quite well again. I also used these pills with good results and while I do not care to have my name published I am willing to do so if you think that others will benefit by our experience."

The Kidneys

In one sense the kidneys occupy an independent position in the human body; for their duty seems to be confined to sweeping from the circulation the poisonous substances, such as uric acid, which have found their way into the blood.

But let the kidneys fail in their filtering functions and the retention of waste products in the blood check the activity of the vital organs just as ashes choke a fire. The liver is overstrained in an effort to get rid of the poisonous matter, the bowels are congested, digestion is interfered with, the heart becomes enlarged and there is havoc throughout the whole system.

The inter-dependence of the liver, kidneys and bowels is most marked, and relief is obtained most quickly by the use of treatment which acts on all these organs and thereby gets rid of the poisonous waste as quickly as possible.

It is undoubtedly due to their unique combined action on these organs that DR. CHASE'S KIDNEY-LIVER PILLS owe their enormous success in the cure of complicated derangements of the kidneys. By awakening the action of the liver and bowels they take a burden off the worn-out kidneys and gradually restore them to health and vigor.

Winners in 1910 Diary Contest

\$200 in gold besides other valuable prizes given for the best diaries kept in Dr. Chase's Almanac.

Owing to the keen nature of the competition the judges had great difficulty in deciding the prize winners, and in justice to the contestants found it necessary to divide the first three prizes.

After careful consideration of the hundreds of Calendar Almanacs entered in the Diary Contest for 1910, the Committee of Judges Mr. Geo. E. Scroggie, Advertising Manager, "Mail & Empire"; Mr. Fred. Diver, Manager Central Press Agency; and Mr. R. A. Baker, Advertising Manager "The Star", have made the following awards:—

First, \$100 in Gold

- Mr. John Jacob, Brodhagen, Ont. \$50 00
- Miss Edith M. Russell, Dartmouth, N.S. 25 00
- Rev. G. H. A. Murray, Danville, Que. 25 00

Second, \$50 in Gold

- Miss M. E. Beattie, 239 Pall Mall St., London, Ont. 25 00
- Mr. Joseph Ripley, Dresden, Ont. 15 00
- Mr. Jas. Elliott, Mitchell, Ont. 10 00

Third \$25 in Gold

- Mr. Henry M. Johnston, Sorrel Ridge, N.B. 15 00
- Rev. W. A. Wells, Sutton, Que. 10 00

Fourth, \$5 in Gold

- Mr. Edwin H. Snider, Tilston, Man. 5 00

Fifth, \$5 in Gold

- Miss Bride Haney, 46 Barnes Road, St. John's Newfoundland. 5 00

Sixth, \$5 in Gold

- Miss Roberta Drake, Cornwall, P.E.I. 5 00

Seventh, \$5 in Gold

- Mrs. T. P. Wallis, Fruitvale, B.C. 5 00

Eighth, \$5 in Gold

- Miss G. Connelly, Gillingham, Alta 5 00

Ninth, Dr. Chase's Receipt Book, Leather, Mrs. Jean Turk, 95 Fermanagh Avenue, Toronto, Ont.

Tenth, Dr. Chase's Receipt Book, Oilcloth, Mrs. Jas. A. McConnell, Viola Dale, Man.

Eleventh, Dr. Chase's Medicines, \$2.50,

—Mrs. Walter Edwards, Cookshire, Que.

Twelfth, Dr. Chase's Medicines, \$2.25,

—Mrs. Wm. Hay, Kincardine, Ont.

Thirteenth, Dr. Chase's Medicines, 2.00

—Miss Eva Savage, Lawson, Sask.

Fourteenth, Dr. Chase's Medicines,

\$1.75—Miss Charlotte R. McNee, Falkenburg, Ont.

Many who did not obtain prizes deserve special commendation for well-kept diaries, while others made the mistake of putting in items from newspapers, etc., instead of entering up the everyday events of home life which make a diary useful and valuable for future reference.

The annual Diary Contest is open to all, but the record must be kept in DR CHASE'S ALMANAC, a copy of which will be mailed free on request.

The competition in this, the 1912 edition, will be closed January 15, 1913 and it will, therefore, be necessary for your almanac to reach our office by that date.

Why not get an almanac and try your hand. The habit of keeping a daily record of events is a valuable one and why should you not win a prize if you try.

The awarding of prizes will be entrusted to a committee of three well-known newspaper men, and the names of the winners announced in the newspapers throughout Canada.

It is not necessary to write a letter but address your almanac as follows:—

EDMANSON, BATES & CO., Limited.
Diary Contest. TORONTO, ONT.

Be careful to write plainly and enter your name and address below.

Name.....

Address.....

Do you wish to have your Almanac returned?.....

When mailing your almanac to us remember that as it contains writing it is necessary to pay letter rate of postage which amounts to four cents.

Indigestion and Weak Heart

In chronic indigestion the liver, kidneys, and bowels, as well as the stomach, are involved.

For this reason digestive tablets and aids to digestion can be of little help.

The liver must be awakened, the kidneys invigorated, and the bowels regulated. This is exactly what DR. CHASE'S KIDNEY-LIVER PILLS do. They cleanse the filtering system and awaken the action of these organs more quickly and more certainly than any medicine you can obtain. Hence their success in such cases as this;

MRS. JAMES WILSON, 11 Mount St. Mary Avenue, Montreal, Que., writes:—"I feel it my duty to thank you for good health. For 10 years I was a great sufferer from indigestion. During seven years of that time I was not able to go out alone and for over a year was confined to the house. A year ago I was advised to try DR. CHASE'S KIDNEY-LIVER PILLS and did so without much hope of getting relief, as I had used so many medicines and spent so much money with doctors without obtaining benefit. I had to be propped up in bed to get my breath and could only get round the house by holding on to a chair. It is about 11 months since I began using these pills and I am now able to do my own work for a family of ten as well as to go out to all kinds of amusements. I believe that I can thank DR. CHASE'S KIDNEY-LIVER PILLS for my present good health and through my recommendation at least three other people have been restored to health by this medicine. My weight is now 160 pounds."

To know the symptoms of the common ills of life and how to control them is to know how to keep well. There is enough information in this book to enable you to cure a multitude of ills and save a mint of money by avoiding needless doctors bills.

"Ma wants a package of dye and she wants a fashionable color," said a little girl to a druggist.

"A fashionable color?" echoed the pharmacist. "What does she want it for; eggs or clothes?"

"Well," replied the girl, "the doctor says ma has stomach trouble and ought to diet. And ma says if she has to dye it she might as well dye it a fashionable color."

What You Gain

By Always Keeping Dr. Chase's Medicines in the Home

You avoid the necessity and expense of calling a doctor in nine cases out of ten.

You know just what accomplishes a cure and know just how to use it again for yourself and others.

By having the medicines at hand for immediate use you can check the trouble at the first sign and so prevent serious disease.

You can depend on these medicines for they have long since passed the experimental stage, and are endorsed by the best people in the land.

We are slowly learning to think for ourselves. Superstition in medical matters, as well as religion, is giving way to common sense. We know now that much of our ill-temper and discouragement comes from a deranged liver.

"Are you the defendant?" asked a man in the courtroom, speaking to an old negro.

"No, boss," was the reply. "I ain't done nothin' to be called names like that. I'se got a lawyer here—he does the defencing."

"Then who are you?"

"Ise the gemmun what stole the chickens."

Aching Back

MRS. CATHERINE MARION, Rouge Valley, Que., writes:—"This is to testify that I have used DR. CHASE'S KIDNEY-LIVER PILLS for sore kidneys and backache with good results. For more than 15 years I was a great sufferer from derangements of the kidneys and pains in the back. These pills have taken away the old trouble entirely for which I am very thankful. I also used DR. CHASE'S CATARRH POWDER with great benefit and believe that it is only my duty to recommend these medicines so that others may benefit by my experience."

Uric Acid Poison

You cannot begin to imagine the suffering caused by stone in the kidneys or bladder. The same uric acid condition which causes this torturing ailment is also responsible for the sufferings of rheumatism. What a lesson to all to keep the kidneys active and healthy by the use of DR. CHASE'S KIDNEY-LIVER PILLS. By studying the symptoms, and making the test of the kidneys you can decide for yourself whether or not you are in danger from uric acid poisoning on account of deranged kidneys.

The Liver's Part of Digestion

It is customary to think only of the stomach when digestion is mentioned, but the process of digestion only begins in the stomach. The most difficult part of digestion, such for example as the digestion of meats and fats, takes place in the intestines and bile is just as necessary to complete the process of digestion as are the gastric juices of the stomach to begin it.

When the blood comes to the liver it is loaded with substances derived from the food and from the waste tissues of the body which to the blood are poisonous. From these substances the liver forms bile and passes it into the intestines. There the bile acts as a natural cathartic and hastens the food on its way through the alimentary canal.

With the liver torpid and sluggish, not only are these poisons left in the blood to poison the whole human system, but the lack of bile in the intestines causes the food to ferment instead of digest and the result is the most severe form of chronic indigestion. Gas forms from the fermenting mass and causes pains and aches, it presses about the heart giving rise to smothering sensations and irregular heart action.

Almost every organ in the human system is then deranged so far-reaching are the ill effects of a disordered liver.

This explanation will help you to understand why DR. CHASE'S KIDNEY-LIVER PILLS are the most effective treatment obtainable for chronic indigestion, as well as biliousness (bile in the blood) and constipation.

The liver really controls the digestive and excretory systems so that in fully nine cases out of ten you can get rid of derangements of this kind by getting the liver into healthy working order.

"Deep breathing seems to have lost its vogue, don't you think?"

"Yes; but that' because it isn't safe in these new gowns."

Sluggish Liver

MRS. I. P. SMITH, Paris, Ont., writes:—"Sluggish liver is my trouble and I have been greatly benefited by the use of DR. CHASE'S KIDNEY-LIVER PILLS. I could not keep up and do my work if I did not use these pills two or three times every week. I have taken medicines from several good doctors but none did me the same amount of good as DR. CHASE'S KIDNEY-LIVER PILLS. I recommend them to every one of my friends who is suffering from complaints of this kind. DR. CHASE'S medicines were about the only kind that ever came in to my father's house, and I can remember that he used them a great many years ago."

A negro was asked to hold a cow while the farmer, a cross-eyed man, was to hit her on the head with an axe. The negro, observing the man's eyes, in some fear inquired:

"Is you gwine to hit whar you look, boss?"

"Ya-as," replied the farmer.

"Den hold de cow yourself, sah."

Bile is as essential to the complete process of digestion as are the gastric juices of the stomach.

Liver Complaint

MRS. JAMES MONTEITH, Saurin, Simcoe Co., Ont., writes:—"I have used DR. CHASE'S KIDNEY-LIVER PILLS for liver complaint, biliousness and terrible sick headaches and have found that they are more effective than any treatment I ever tried. They cleanse the system thoroughly, remove the cause of pains and aches, and make you feel fresh and strong again. DR. CHASE'S KIDNEY-LIVER PILLS are also excellent for stomach troubles."

Bile hastens the passage of the food along the alimentary canal and promotes the healthful action of the bowels.

Here's to the chaperone,
May she learn from Cupid
Just enough of blindness
To be sweetly stupid.

There is only one way to account for the enormous sales of DR. CHASE'S KIDNEY-LIVER PILLS, extending over a long period of time and steadily on the increase, and that is the downright merit which they possess.

Bright's Disease

This most serious and fatal form of kidney disease usually has its beginning in derangements of the liver. Over-eating, the excessive use of alcoholic drinks, or of highly seasoned foods are among the causes and for this reason attention should be given to the diet.

In its early stages Bright's Disease can best be controlled by DR. CHASE'S KIDNEY-LIVER PILLS, since this is the only kidney medicine also having direct action on the liver.

In its later stages little can be done for Bright's Disease because the kidneys waste away and can never be restored. Few people realize the danger of neglecting derangements of the liver brought on by injudicious diet and consequent attacks of indigestion. Bright's Disease is the Natural result but you can avoid such troubles by keeping the liver right with DR. CHASE'S KIDNEY-LIVER PILLS.

WHY SHE COULDN'T

The elder Booth, the tragedian, had a broken nose. A woman friend once remarked to him: "I like your acting, Mr. Booth; but to be perfectly frank with you I can't get over your nose!"

"No wonder, madam," replied Booth; "the bridge is gone."

From poisonous waste matter in the blood a healthy liver forms bile and passes it into the intestines where it is necessary to good digestion.

Do Not Recognize Kidney Disease

Because of the proximity in the body of the kidneys and the feminine organs, pains and distress caused by derangements of the kidneys are often mistaken for disorders of the womanly system. By studying the symptoms of kidney disease and making the test described elsewhere in the book you can satisfy yourself on this point, and if the kidneys are responsible you can soon get them right by using DR. CHASE'S KIDNEY LIVER PILLS.

Backache

MRS. FRANK BLOOM, Hardwood Lake, Ont., writes:—"I write to tell you of the great benefit I found in the use of DR. CHASE'S KIDNEY-LIVER PILLS. I was completely laid up with lame back and suffered for two weeks so badly that when I laid down I could not get up without help. I read about these pills in the Almanac and they soon cured me of backache, which came no doubt from kidney derangements. My husband was benefited by using these pills for pains in the side. We believe that they are the best on the market and would not think of being without them in the house."

DR. CHASE'S KIDNEY-LIVER PILLS act promptly, definitely and directly on the liver and awaken it to healthful, vigorous activity.

Few people realize the wonderful prevalence of kidney and liver disorders. They speak of stomach troubles or indigestion when the trouble really comes from derangements of these other organs. By their direct action on the liver and kidneys, DR. CHASE'S KIDNEY-LIVER PILLS set these organs right in a wonderfully short time.

Jaundice

It is no joke to have the white of the eye turn yellow and the skin over the whole body to gradually assume the Chinese hue. But this is one of the first sure signs of jaundice and a symptom which often causes great alarm.

The stomach gets out of order, appetite fails, the tongue is coated, there is nausea and vomiting, the bowels are loose and constipated by turns, the skin gets dry and itchy, the heart beats faintly, and you feel greatly depressed.

The danger is not great if you quickly arouse the liver to action by using DR. CHASE'S KIDNEY-LIVER PILLS. As the usual cause is overeating, you should regulate the diet, particularly avoiding starchy foods. Neglect is likely to bring complications and to lead to recurrence of the trouble. Get the liver right and the ailment as well as its disagreeable symptoms soon vanishes.

July 1912

Moon's Phases.

	Ont.	Mar. Prov.
	d. h. m.	d. h. m.
☾ Last Quarter.....	7 11 47 a.	7 0 47 p.
● New Moon.....	14 8 13 p.	14 9 13 p.
☽ First Quarter.....	21 0 18 a.	21 1 18 a.
○ Full Moon.....	28 11 28 p.	29 0 28 a.

Ont., Que. and Mar. Provinces.

Sun	Sun	Moon	Moon
Rises	Sets	Rises	Rises
h.m.	h.m.	h.m.	h.m.

DAY OF MONTH.	DAY OF WEEK.	ZODIACAL SIGNS.	WEATHER FORECAST.	Ont.	Mar. Prov.	Que.	M.P.
1	M	♈	Extre-	4.39	8.04	9.36	10.04
2	T	♈	me	4.40	8.04	10.00	10.30
3	W	♈	heat	4.41	8.04	10.20	10.51
4	T	♈	first	4.42	8.03	10.36	11.03
5	F	♈	few	4.42	8.03	10.53	11.26
6	S	♈	days.	4.43	8.03	11.09	11.44
7	S	♈	Very	4.44	8.03	11.24	a.m.
8	M	♈	heavy	4.45	8.02	11.41	0.00
9	T	♈	thun-	4.45	8.02	a.m.	0.13
10	W	♈	der	4.46	8.01	0.06	0.45
11	T	♈	storms.	4.47	8.01	0.35	1.13
12	F	♈	Ideal	4.47	8.00	1.18	1.59
13	S	♈	sum-	4.48	8.00	2.15	2.58
14	S	♈	mer	4.49	7.59	sets	sets
15	M	♈	weath-	4.50	7.59	8.58	9.23
16	T	♈	er.	4.51	7.58	9.25	9.57
17	W	♈		4.51	7.57	9.47	10.20
18	T	♈	Very	4.52	7.56	10.06	10.41
19	F	♈	dry	4.53	7.55	10.23	10.59
20	S	♈	and	4.54	7.54	10.42	11.19
21	S	♈	extre-	4.54	7.53	11.01	11.40
22	M	♈	mely	4.55	7.52	11.22	a.m.
23	T	♈	hot.	4.56	7.51	11.51	0.03
24	W	♈		4.57	7.50	a.m.	0.38
25	T	♈	Little	4.58	7.49	0.27	1.10
26	F	♈	rain	4.59	7.48	1.14	1.57
27	S	♈	and	4.59	7.47	2.12	2.53
28	S	♈	keeps	5.00	7.46	rises	rises
29	M	♈	very	5.01	7.45	8.03	8.33
30	T	♈	warm.	5.02	7.44	8.25	8.56
31	W	♈		5.04	7.43	8.42	9.14

went to Cambridge
got sick on 19

(av)

washed on road

The Symptoms of Torpid Liver

The liver when in health, filters bile from the blood—where it is poison—and pours it into the intestines where it is necessary to digestion and the proper working of the bowels.

Once the liver becomes torpid and sluggish in action, the "bile poison" is left in the blood where it causes biliousness, jaundice and derangements of nearly every organ of the body.

Some of the symptoms of liver complaint and biliousness are:

- Coated tongue.
- Bitter taste in the mouth.
- Attacks of headache.
- Fickle appetite and impaired digestion.
- Feeling of weight and oppression about the stomach.
- Pains under the left shoulder blade.
- Pale, muddy complexion.
- Depressed spirits and irritable temper.
- Constipation and looseness of the bowels.

The most satisfactory regulator of the liver is DR. A. W. CHASE'S KIDNEY-LIVER PILLS. This well-known medicine has a direct and specific action on the liver, enlivening it in its work of filtering the blood and restoring its health and vigor.

You will find in this book the opinions of many people who have proven the exceptional merit of DR. A. W. CHASE'S KIDNEY-LIVER PILLS and by making a test when troubled with biliousness, indigestion, constipation or kidney derangements you will find them not only prompt but also thorough and lastingly beneficial in action.

Fresh air, pure water, and plain, nutritious food, are the substances from which are built up healthful bodies and active brains. But so long as people are careless of the air they breathe and the quantities and qualities of the food they eat, medicines must be used to awaken the torpid livers and kidneys and help the bowels to carry off the poisonous, disease-forming materials which collect in their systems. DR. CHASE'S KIDNEY-LIVER PILLS will enable you to get well but to keep well you must give attention to these other matters.

When the Liver Gets Torpid She uses Dr. Chase's Kidney Liver Pills and needs no doctor

MRS. C. L. COOK, 248 Tenth Street, Brandon, Man., writes:—"I have used DR. CHASE'S KIDNEY-LIVER PILLS for the last four years for liver trouble and can say that I have had great satisfaction and help from them. I find that I do not need any doctor if I use them when the liver gets torpid, and believe that they are exactly suited for my case. My husband has used them for kidney trouble with good results and my daughter in Winnipeg has been helped a great deal by the use of these pills. We say we can't keep house without them and have cheated the doctors here out of a good many visits. I think DR. CHASE'S medicines are just the thing and have recommended them to many people who have used them with good results."

WELL MARRIED

"Is she well married?"

"I should say so. She's been trying for years to get a divorce and can't."

The Stomach Not Understood

Neither pity nor blame need be bestowed upon the stomach for it is quite able to look after itself and usually does if the liver and bowels are kept right.

The stomach is only responsible for a small part of digestion. It supplies the gastric juices which aid in the dissolution of certain food substances and then passes the food mass along the alimentary canal where the more difficult part of digestion takes place. This is more fully explained under "The Liver's Part of Digestion."

The stomach does its part easily and well and repairs its own waste so long as an active liver hastens the food along the alimentary canal and the bowels remove the poisonous waste matter.

As a means of regulating these organs and overcoming indigestion, no treatment is so prompt and definite in action as DR. CHASE'S KIDNEY-LIVER PILLS. They entirely remove the cause of trouble and leave the appetite keen and the digestive system in vigorous working order.

Catching Cold

What is commonly called "a cold" is a poisoned condition of the system. Hence, the discharge which is Nature's effort to get rid of the poisons.

You are careless about what you eat, you breathe poisoned air, the liver, kidneys and bowels are overworked in an effort to remove all these poisons. They get torpid and sluggish in action, the system is overloaded with poisons and a few extra germs or sudden changes of temperature and you have a cold, or pneumonia or rheumatism.

By all means use DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE to loosen the cough, clear the air passages and aid the system to throw off the poisons. But don't forget the liver, kidneys and bowels. They must be awakened to action and that quickly by using DR. CHASE'S KIDNEY-LIVER PILLS.

The best way to avoid colds is to keep these filtering and excretory organs healthy and active. Poisons are then quickly removed from the system, and there is no chance for colds and similar diseases to get a foot hold.

SERVED HIM RIGHT

"Here, waiter, there's a fly in my soup."
 "Serves the brute right. He's been buzzin' round here all the mornin'."

What to Eat

To keep the body well nourished the digestive system must retain the nutritious part of the food we eat and get rid of the poisonous waste material. This is absolutely necessary to health and happiness and can usually be accomplished by regulating the action of liver, kidneys and bowels with DR. CHASE'S KIDNEY-LIVER PILLS. The stomach easily takes care of itself so long as these organs look after the troublesome waste material.

If you would give half the attention and care to what you eat yourself (and offer to your children, that is given to diet the laying hen or the prize dairy herd, you would be healthier and happier and your children would grow up to be more useful and more healthy men and women.

Got His First Box of Pills From Dr. Chase at Ann Arbor, Mich.

It is a mistake to confuse DR. CHASE'S medicines with ordinary patent medicines. They had long proven their success in private practice before they were offered to the public. In fact it was to accommodate patients at a distance that DR. CHASE first began to mail treatment when a visit to his offices would incur too great inconvenience or expense.

Many a Canadian got his first box of pills from DR. CHASE personally by visiting him at Ann Arbor, Mich., long before his medicines were for sale in any store where medicines are carried in stock. Nearly everybody knows now of the enormous success of these medicines and has a kindly memory of the famous Receipt Book author who perfected them and gave them to the people.

Helped the Kidneys

MRS. ROBERT SMITH, Chatterton, Hastings Co., Ont., writes:—"Having finished my diary, I am mailing the almanac to you with the hope of winning a prize. I find the diary a great help in looking up items recorded in it, but being a farmer's wife I have not very interesting transactions to relate. I have obtained great benefit from the use of DR. CHASE'S KIDNEY-LIVER PILLS, for they helped my kidneys when all else failed."

Sample Box FREE

COUPON

No treatment so quickly and so certainly relieves backache, kidney disease, liver complaints, biliousness, constipation and chronic indigestion as DR. CHASE'S KIDNEY-LIVER PILLS.

We are so sure that you will be pleased with this medicine that we shall be glad to have you try it at our expense.

Just write your name and address plainly and enclose a two-cent stamp to pay postage.

NAME

POST OFFICE.....1912

Address—EDMANSON, BATES & Co., LIMITED,
 Dr. Chase Building, Toronto, Ont.

Dr. Chase's Ointment

FOR THE SKIN TROUBLES
OF BABYHOOD



Baby's Head—Mass of Sores

Mrs. OSCAR VANCOTT, St. Antoine, Sask., writes:—"I have found DR. CHASE'S OINTMENT to be a permanent cure for Eczema and other skin diseases. One son, while nursing, broke out with running sores all over his head and around the ears. Many salves were prescribed to no effect. The child's head became a mass of scabs and he suffered agony untold. He became weak and frail and would not eat and we thought we would lose him.

"Provisionally we heard of DR. CHASE'S OINTMENT and it soon thoroughly cured him. He is seven years old now and strong and well.

An older boy was also cured of eczema by this Ointment and we hope more people will learn about it so that their poor little ones may be saved from suffering."

Baby's Suffering From Itching Skin

"I would not care if I could bear the suffering myself," said an anxious mother, "but for the poor innocent baby to be in agony from the dreadful, itching eczema is more than I can bear."

Fortunately there is in DR. CHASE'S OINTMENT soothing and healing for baby's skin trouble. While remarkably quick and effective in action, DR. CHASE'S OINTMENT cannot possibly prove otherwise than beneficial to the most tender skin.

While teething is often blamed for such troubles, attention should be given to diet, for poor quality of food is one of the most frequent causes. If nursing, the mother should consider her own condition.

Chafing and skin irritations, even though slight, often develop into eczema and for this reason it is a fine habit to

always have DR. CHASE'S OINTMENT at hand to apply after bathing wherever there is any indication of skin troubles.

Dust and dirt are the great source of skin irritations and hence the benefits to the skin of the daily bath. Powders applied after bathing clog the pores of the skin and thereby counteract the beneficial effects of the bath. DR. CHASE'S OINTMENT, on the other hand, cleanses the pores and by effecting healthful action of these organs makes the skin soft, smooth and natural.

Mother's who keep a box of DR. CHASE'S OINTMENT, along with baby's soap for use at bathing time, find that they can immediately check skin irritations and keep the skin in a fine, healthy condition.

DAY OF MONTH.	DAY OF WEEK.	ZODIACAL SIGNS.	WEATHER FORECAST.	Moon's Phases.				Ont., Que. and Mar. Provinces.			
				Aug. 1912	Ont. d. h. m.	Mar. d. h. m.	Prov. d. h. m.	Ont. Sun Rises h.m.	Que. Sun Sets h.m.	Moon Rises h.m.	M.P. Moon Rises h.m.
1	T.	♈	Slight					5.06	7.41	8.59	9.32
2	F.	♉	ly					5.08	7.40	9.13	9.48
3	S.	♊	cooler					5.09	7.39	9.27	10.03
4	S.	♈	with					5.11	7.37	9.45	10.22
5	M.	♉	rising					5.12	7.36	10.06	10.44
6	T.	♊	tempe					5.13	7.35	10.32	11.12
7	W.	♈	rature.					5.14	7.38	11.07	11.49
8	T.	♉						5.15	7.32	11.55	a.m.
9	F.	♊	Extre-					5.16	7.30	a.m.	0.38
10	S.	♈	me					5.13	7.29	1.01	1.44
11	S.	♉	heat					5.19	7.27	2.24	3.05
12	M.	♊	and					5.20	7.26	sets	sets
13	T.	♈	very					5.21	7.25	7.50	8.21
14	W.	♉	dry.					5.22	7.24	8.09	8.41
15	T.	♊	Thun-					5.23	7.23	8.27	9.02
16	F.	♈	der					5.24	7.21	8.45	9.42
17	S.	♉	storms					5.25	7.20	9.05	10.05
18	S.	♊	do					5.26	7.19	9.27	10.36
19	M.	♈	great					5.27	7.18	9.56	11.09
20	T.	♉	dam-					5.28	7.16	10.27	11.54
21	W.	♊	age.					5.29	7.15	11.11	a.m.
22	T.	♈	Pleas-					5.30	7.13	a.m.	0.43
23	F.	♉	ant					5.31	7.12	0.05	1.46
24	S.	♊	weath-					5.32	7.10	1.04	2.52
25	S.	♈	er.					5.33	7.08	2.11	3.53
26	M.	♉						5.34	7.06	3.19	5.03
27	T.	♊	Warm					5.35	7.04	rises	rises
28	W.	♈	but					5.36	7.02	7.05	7.37
29	T.	♉	turns					5.38	7.00	7.20	7.55
30	F.	♊	cooler					5.39	6.59	7.35	8.11
31	S.	♈						5.40	6.57	7.53	8.30

Makes the Skin Beautiful

By Clearing it of Pimples, Blackheads, Sunburn, Chafing and all Irritations and Eruptions

Diseases of the skin not only cause physical discomfort, but also distress of mind, by appearing on the face, neck or hands where they are visible to every eye and most embarrassing to the sufferer.



Pimples, blackheads, skin irritations and eruptions are easily got rid of by using DR. CHASE'S OINTMENT. When the skin gets rough and red and chafed by the wind or burned by the sun you can restore its natural softness and clearness by use of this soothing, healing ointment.

It may be all right to use powders as a temporary means of covering up defects or blemishes but good taste urges the use of DR. CHASE'S OINTMENT, in order to take away the disfiguring eruptions and make the skin soft and velvety. This ointment is pure, clean, pleasant to use and the benefits obtained during a single night are often surprising.

Pimples on Forehead

MISS MILLY B. FAYLE, Millerton, N.B., writes:—"I want to say that I was completely cured of pimples on the forehead by using one box of DR. CHASE'S OINTMENT."

piles by using two boxes of this Ointment. It is a wonderful Ointment."

Blood Poison Set In

The Result of an Accident—All treatments failed until Dr. Chase's Ointment was obtained.

MRS. C. HOPKINS, St. George, Ont., writes:—"I feel like shouting the praises of DR. CHASE'S OINTMENT. One day last year while threshing grain my son was badly hurt by having the prongs of a fork run into his leg. He did not pay much attention to it but the next day it began to get sore and was very itchy. Blood poison set in and though we did everything for it it would heal in one place and break out in another, and this kept on for three months. Finally we got DR. CHASE'S OINTMENT, washed the sores with castile soap and applied the Ointment. In about a week's time we noticed a wonderful change and by using two more boxes he was completely cured and has not had the sign of a spot on him since. I might state here that my husband was cured of a bad case of

Eczema on Leg

MR. A. D. MACAULAY, Stornoway, Que., writes:—"I had eczema on my leg for over five years and tried many remedies and doctors without any benefit. DR. CHASE'S OINTMENT brought relief and has cured me completely of this annoying ailment."

Cracked Hands

MR. STANLEY MERRILL, Delaware, Ont., writes:—"I was troubled a great deal with my hands cracking and becoming so sore that I could scarcely do any work. I got some of DR. CHASE'S OINTMENT and found that one or two applications to the afflicted parts was sufficient to make them well. I have had no further trouble with sore hands since using this Ointment."

Psoriasis all over Body

Doctors said incurable but now there is no sign of a sore to be seen

Psoriasis is one of the most dreaded of itching skin diseases. It is a sort of chronic eczema. The itching it causes is almost beyond human endurance and doctors are accustomed to give it up as incurable.

But here is a case that was given up and pronounced incurable. The result proves that DR. CHASE'S OINTMENT almost works miracles in curing the worst form of itching skin disease imaginable.

MRS. NETTIE MASSEY, Consecon, Ont., writes:—"For five years I suffered with what three doctors called psoriasis. They could not help me and one of them told me if any one offered to guarantee a cure for \$50.00 to keep my money as I could not be cured. The disease spread all over me, even on my face and head, and the itching and burning was hard to bear. I used eight boxes of DR. CHASE'S OINTMENT and I am glad to say I am entirely cured, not a sign of a sore to be seen. I can hardly praise this ointment enough."



Mrs. Massey

Ringworm

RINGWORM OF THE SCALP is usually confined to children before puberty.

RINGWORM OF THE BEARD is commonly known as "Barber's Itch" and is contracted from an infected brush or razor.

RINGWORM OF THE BODY may be developed from the other forms and is usually chronic.

Ringworm is very contagious and for this reason the greatest care should be taken lest it spread to other members of the family. It is distinguished from ec-

zema because the little sores or blisters take the form of a ring. Like eczema there is almost constant itching and a tendency for the trouble to return and become chronic. In ringworm the hairs break off leaving a sort of stubble, whereas eczema does not effect the hair.

By its antiseptic influence DR. CHASE'S OINTMENT destroys the germs of this disease and thereby prevents it from spreading. It also stops the itching, keeps the skin soft and heals up the little sores or ulcers. The best medical authorities claim that local treatment alone is effective and DR. CHASE'S OINTMENT is admirably suited as a means of overcoming this disagreeable ailment.

Eczema Described

Eczema is of many kinds for nearly all the diseases of the skin come under this common head. The symptoms are redness of the skin, heat, swelling, discharge or weeping after which a crust is formed.

The most annoying and troublesome symptoms is the almost constant itching and burning, which often becomes unbearable. Another dreadful characteristic of eczema is its tendency to become chronic and to spread over the body.

Internal treatments for eczema have always proven unsatisfactory. This proves that it is not a disease of the blood and that it must be taken care of by local applications.

Relief is obtained almost as soon as DR. CHASE'S OINTMENT is applied for it stops the itching like magic and overcomes the tendency to scratch the sores and so by further irritation to aggravate and spread the disease.

By its antiseptic influence it removes the poison, heals the sores and by keeping the skin soft, restores it to its natural condition. Some patience and perseverance are required but you can witness by your own eyes the mighty power of this wonderful ointment. Little by little the sores heal up and disappear and the skin is left soft and smooth as the new skin of a baby.

THE MANY USES OF DR. CHASE'S OINTMENT



Barber's Itch

Barber's Itch is a form of Ringworm, which, when once started is most annoying and most difficult to cure except by the use of DR. CHASE'S Ointment. A little patient treatment with this soothing healing ointment stops the itching and gradually cures this disfiguring skin disease. Many men avoid such troubles and keep the skin soft, smooth and healthy by applying DR. CHASE'S OINTMENT after every shave.

Imflamed Eyelids

Redness and inflammation of the eyelids, a tendency of the lids to stick together, a feeling as though particles of sand were in the eyes—these are symptoms of granulated eyelids. DR. CHASE'S OINTMENT quickly allays the inflammation and removes the granulation.

MRS. CHARLES SIROIS, St. Angelede, Rimouski, Que., writes:—"DR. CHASE'S OINTMENT has cured two of my family of serious inflammation of the eyelids. It also cured a friend of mine whose case had lasted ten years and was considered incurable."

Blood Poisoning

Everybody knows what serious results come from even the slightest wound when blood poisoning sets in. Blood poisoning germs cannot exist where DR. CHASE'S OINTMENT is and for this reason it should be applied to every wound, cut or bruise just as quickly as possible. Not only does it prevent blood poisoning but it soothes the pain, cleans the sore and quickly heals the skin.

Salt Rheum

Nothing is so irritating to Salt Rheum or Eczema as water and exposure to cold and dampness. For this reason persons who are subject to these skin troubles often suffer greatly in cold weather. Keep the diseased parts dry as much as possible and apply DR. CHASE'S OINTMENT frequently. This will bring relief from the dreadful itching almost immediately. It will just as certainly heal up the sores and cure you.

DAY OF MONTH. DAY OF WEEK. ZODIACAL SIGNS.	WEATHER FORECAST.	Sept. 1912	Moon's Phases.		Ont.	Mar. Prov.	Ont., Que. and Mar. Provinces.			
			☾ Last Quarter.....	☽ New Moon.....	☽ First Quarter.....	☾ Full Moon.....	d. h. m.	d. h. m.	Sun Rises h.m.	Sun Sets h.m.

DAY OF MONTH. DAY OF WEEK. ZODIACAL SIGNS.	WEATHER FORECAST.	Sept. 1912	Moon's Phases.	Ont. d. h. m.	Mar. Prov. d. h. m.	Ont. Sun Rises h.m.	Que. Sun Sets h.m.	and Moon Rises h.m.	Mar. Provinces. Moon Rises h.m.
1 S. ♈	Begins					5.41	6.55	8.10	8.42
2 M. ♉	warm.					5.42	6.58	8.38	9.18
3 T. ♊						5.43	6.51	9.04	9.45
4 W. ♋	Show-					5.44	6.49	9.46	10.29
5 T. ♌	ers					5.45	6.47	10.42	11.
6 F. ♍	and					5.46	6.46	11.55	a.m.
7 S. ♎	cooler.					5.47	6.45	a.m.	0.36
8 S. ♏						5.49	6.43	1.19	1.59
9 M. ♐	Fine					5.51	6.42	2.47	3.25
10 T. ♑	and					5.52	6.40	sets	sets
11 W. ♒	warm.					5.53	6.39	6.29	7.02
12 T. ♓						5.55	6.38	6.48	7.21
13 F. ♈	Cool					5.56	6.37	7.08	7.42
14 S. ♉	nights					5.57	6.35	7.28	8.04
15 S. ♊	with					5.58	6.33	7.53	8.33
16 M. ♋	frosts.					5.59	6.31	8.24	9.05
17 T. ♌						6.00	6.29	9.04	9.47
18 W. ♍	High					6.01	6.27	9.54	10.37
19 T. ♎	winds					6.02	6.25	10.53	11.36
20 F. ♏	pre-					6.03	6.23	11.59	a.m.
21 S. ♐	vail.					6.04	6.21	a.m.	0.40
22 S. ♑						6.06	6.19	1.06	1.46
23 M. ♒	Cloudy					6.07	6.17	2.14	2.52
24 T. ♓	and					6.08	6.15	3.22	3.59
25 W. ♈	fre-					6.09	6.12	rises	rises
26 T. ♉	quent					6.10	6.09	5.41	6.17
27 F. ♊	rain.					6.11	6.07	5.59	6.35
28 S. ♋	Clear					6.13	6.05	6.17	6.54
29 S. ♌	and					6.14	6.03	6.39	7.13
30 M. ♍	cool.					6.15	6.01	7.05	7.46

mostly clear and cool
with some snow on Sept 29
and cold

Say, Old Man, here is the only real cure for PILES
DR. CHASE'S OINTMENT



MR. J. BYRNE, 87 Plessis Street, Montreal, writes:—"For years I suffered greatly with Itching Piles. Doctors failed to give lasting relief. DR. CHASE'S OINTMENT relieved almost immediately and two boxes made a complete cure."

IN statements similar to that at the head of this page, one friend has told another about DR. CHASE'S OINTMENT as a cure for piles until its fame has covered this continent and crossed the oceans to far away lands.

Piles or hemorrhoids is not a disease which people like to tell about. It is disagreeable, annoying, and often causes keen suffering and distress. Doctors are accustomed to recommend a surgical operation as the only cure.

But anyone who has used DR. CHASE'S OINTMENT for piles knows and will tell you that this treatment affords relief almost immediately, and that with persistent use complete cure is effected.

So many thousands of cures come to our attention every year that we are accustomed to think of DR. CHASE'S OINTMENT as about the only actual cure for

piles. You could not doubt its efficiency for a moment if you were to read these grateful letters from persons who had suffered for five, ten, twenty years or more.

Some had undergone surgical operations with all their dangers, pain and expense. All agreed that DR. CHASE'S OINTMENT is the most prompt relief and most certain cure for piles that was ever discovered.

There is only space here for a few such letters, but we are so sure that this ointment will afford you relief and that quickly that we are perfectly willing to send you a sample box free, if you will kindly use the coupon on page 40. You need not take anyone's word as to DR. CHASE'S OINTMENT. Send for a sample box and try it yourself.

Operation Avoided

Suffered 14 Years from Piles—Doctor decided on Operation but Dr. Chase's Ointment Cured Him.

MR. CHARLES BEAUVAIS, a respected citizen of St. John's, Que., writes:—"For 14 years I suffered from chronic piles or hemorrhoids and considered my case very serious. I was treated by a well-known physician who could not help me and my doctor decided on an operation as the only means of relief. However, I resolved to try DR. CHASE'S OINTMENT first. The first box brought me great relief and by the time I had used three boxes I was completely cured. This is why it gives me such great pleasure to recommend DR. CHASE'S OINTMENT to everybody suffering from hemorrhoids as a preparation of the greatest value."

Protruding Piles

MR. PORTER TAYLOR, Chaswood, N.S., writes:—"Last fall I had a very bad case of protruding piles. So bad that I could not walk, stand up or lie down without pain. I was that way for three days and suffered greatly until I thought of DR. CHASE'S OINTMENT and sent for it to the nearest store. This Ointment soon brought relief and inside of a week I was about well. By using two more boxes I was entirely cured and have been well ever since. As I worked in the woods all winter and have had no return to the trouble I consider the cure lasting, and you are at liberty to publish this letter if you think it will benefit anyone."

Specialists Failed

But relief came quickly and cure certainly with the use of Dr. Chase's Ointment.

MR. A. HONINGAN, 52 Bronsdon Lane, Montreal, Que., writes:—"I cannot help praising DR. CHASE'S OINTMENT as I suffered for many years with itching and protruding piles, and became tired of trying to cure myself or obtain a cure by consulting specialists. I heard of DR. CHASE'S OINTMENT and began to use it as I had hundreds of others without expecting much benefit, but O, great joy for the sharp pains left me and I was gradually cured by this Ointment. I hope that every sufferer from this ailment will follow my example with the same splendid success. Being encouraged by this cure I began to use DR. CHASE'S KIDNEY-LIVER PILLS for sore back. They are effecting a cure as I am now able to walk straight and without pain."

Suffered 20 Years, Obligated to Lay Up.

MR. JOHN P. MARNELL, 14 Barnes Road, St. John's Newfoundland, writes:—"For more than twenty years I was troubled with piles and at times so bad that I was obliged to lay up, unable to attend to business. I tried many treatments but at last found a cure by using DR. CHASE'S OINTMENT. I used less than two boxes and it cured me and I have had no return of the piles. It is now over 18 months since I used the Ointment so I consider the cure lasting and attribute entirely to DR. CHASE'S invaluable Ointment."

A colored preacher, in closing his sermon, addressed the congregation:

"And now let us pray for the people of the uninhabited portion of the earth."

Clip this Coupon for Free Sample Box

DR. CHASE'S OINTMENT tells its own story much more forcefully than mere words possibly can. Its message is one of soothing and healing. You will be surprised and pleased with this Ointment and glad you ever made its acquaintance. It will not cost you anything for the sample box, except a stamp to pay postage. Will you send to-day while the matter is fresh in your mind? You don't need to bother writing a letter. Just fill in your name and address on the coupon.

FREE COUPON

We have such confidence in DR. CHASE'S OINTMENT that we want you to try it at our expense and will mail you a sample box on receipt of this coupon, and a two cent stamp to pay postage. Address:

EDMANSON, BATES & Co., LTD.,
Toronto, Ont.

NAME.....

POST OFFICE.....

PROVINCE.....1912



SINCE medicine for coughs and colds is used by children, as well as adults, it is quite essential that it should be easy to take, and also free from harmful ingredients.

Both these requirements are admirably met by DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE, for, as a matter of fact, it is sometimes difficult to keep children from helping themselves and taking too much of it and as for the ingredients almost everybody knows the medical value of linseed, turpentine and the half dozen other elements which go to make up this great medicine.

Simple in composition and yet wonderfully powerful and far-reaching in its effects on the system, is DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE. From sore throat, hoarseness and throat irritation to severe chest colds and bronchitis this medicine affords the greatest relief and often brings about most remarkable cures.

While not considered a cure for consumption, in its later stages, this treatment does afford great relief from coughing and thereby prolongs life. It does prevent consumption in hundreds of cases by curing lingering coughs and colds which have got beyond the control of other medicines.

Use it when the cold is just beginning to get a foot hold in the throat or bronchial tubes. Give it to your child who is beginning to get croupy. Try to catch every cold before it has got to a serious stage. To do this it is necessary to keep DR. CHASE'S SYRUP OF LINSEED

AND TURPENTINE in the house all the time ready for immediate use. Many do this with the greatest satisfaction. It is a sort of insurance against serious throat and lung troubles.

Always in the House

MR. JAMES A. JACKSON, Leduc, Alta., writes:—"This is to certify that we have used DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE in our household for 14 years and find it to be the best medicine for coughs and colds that we have ever been able to obtain."

Whooping Cough

MR. ARTHUR HAINGE, Ashton Farm, Perley, Sask., writes:—"Two years ago our 8 months old boy had the whooping cough very badly and a neighbor advised us to use DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE, which we did with splendid results. We also gave it to his elder brother who was sleeping with him at the time and he had the cough very slightly so that it passed off in a few days. We always keep this medicine in the house for immediate use when our children have coughs or colds and find it most satisfactory."

Pleasant to Take

MRS. HOLLAND FERGUSON, Sheffield, N.B., writes:—"DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE has cured my children of severe colds and also myself. We are never without it in the house and think there is no medicine like it for colds and throat trouble. It is so soothing and so pleasant to take that my children would drink a whole bottle of it if they were permitted. I can recommend this medicine to anyone with colds, throat trouble or any ailment of this nature."

DAY OF MONTH.	DAY OF WEEK.	ZODIACAL SIGNS.	WEATHER FORECAST.	Moon's Phases.		Ont. Mar. Prov.		Ont., Que. and Mar. Provinces.			
				Oct. 1912		d. h. m.	d. h. m.	Sun Rises	Sun Sets	Moon Rises	Moon Sets
1	T.	♏	Cool					6.17	5.59	Que. 7.48	M.P. 8.28
2	W	♏	and	cut corn				6.18	5.56	8.34	9.18
3	T.	♏	pleas-	shocked weather				6.19	5.54	9.40	10.22
4	F.	♏	ant.					6.21	5.52	10.59	11.39
5	S.	♏						6.22	5.51	a.m.	a.m.
6	S.	♏	Week					6.23	5.50	0.28	1.01
7	M	♏	of					6.24	5.49	1.46	2.23
8	T.	♏	warm	cut new land				6.25	5.47	3.10	3.43
9	W	♏	weath-	cut corn above the				6.26	5.45	4.33	5.06
10	T.	♏	er.	house				6.27	5.43	sets	sets
11	F.	♏						6.28	5.41	5.23	6.05
12	S.	♏	Cloudy					6.29	5.40	5.52	6.31
13	S.	♏	with					6.30	5.39	6.23	7.03
14	M	♏	little					6.31	5.37	6.58	7.40
15	T.	♏	rain.	drained new land				6.32	5.36	7.42	8.26
16	W	♏		grass for 15-16				6.32	5.34	8.40	9.23
17	T.	♏	Very					6.34	5.33	9.44	10.25
18	F.	♏	high					6.35	5.31	10.52	11.32
19	S.	♏	wind					6.37	5.30	11.59	a.m.
20	S.	♏	storms.					6.38	5.59	a.m.	0.38
21	M	♏		digging potatoes on				6.39	5.27	1.06	1.43
22	T.	♏	Fine	21-22-23 th				6.41	5.26	2.10	2.43
23	W	♏	and					6.42	5.25	3.20	3.55
24	T.	♏	bright.					6.43	5.23	4.23	5.01
25	F.	♏						6.44	5.22	rises	rises
26	S.	♏	Clear					6.45	5.21	4.41	5.20
27	S.	♏	days					6.47	5.19	5.10	5.50
28	M	♏	and					6.43	5.18	5.43	6.25
29	T.	♏	frosty					6.49	5.17	6.29	7.13
30	W	♏	nights.					6.51	5.15	7.32	8.15
31	T.	♏						6.52	5.14	8.43	9.27

Ellen's visit home on 24th / 1912
 cut corn above the house

Colds Kill More Than Plagues

Fully eighty per cent. of colds are directly traceable to the insufficient clothing of some part of the body. The throat is unduly exposed, low or light shoes are worn. You go from a warm room to meet a cold wind outdoors, and your clothing does not protect you from the shock of the sudden change.

It is more or less of a disgrace to have a cold for it usually shows carelessness, sometimes criminal neglect.

But once you have the cold the next thing is to get rid of it before it fastens itself on you and develops into pneumonia or consumption.

If you are prompt and persistent in using **DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE** you can so completely control a cold as to prevent it working its way into the bronchial tubes and lungs. Experience in many thousands of cases proves this conclusively.

This treatment loosens the cough, aids expectoration and forms a coating on the mucus lining which protects it from irritation. Frequent small doses are most effective and whether for children or adults there is no medicine obtainable which is so pleasant to take and so thorough and far-reaching in curing coughs, colds, croup and bronchitis.

AUNT MARY (horrified)—“Good gracious, Harold, what would your mother say if she saw you smoking cigarettes?”

HAROLD (calmly)—“She'd have a fit. They're her cigarettes.”—Harper's.

Cold Settled on the Lungs

MRS. JOHN A. WILSON, Little Shippegan, N.B., writes:—“Last fall the children all took Whooping Cough. I got a bottle of **DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE** and it did them lots of good, bringing relief from hard coughing and curing them. In the spring they took colds which settled on the lungs, but again we resorted to the use of **DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE** with most satisfactory results. I cannot praise this medicine too highly.”

When Uncle Walter Had La Grippe

When I am groaning with the grip—an ill that sorely tries me—my neighbors, in good fellowship, come over to advise me. One says I ought to take some pills to stop my cough and sneezes; another thinks a dose of squills would cure all such diseases. One tells me I should go to bed and drink some warm molasses. Another says: “Go soak your head—that will dispel the gases.” And every man who's sick endures this brand of mortal anguish; beneath a thousand kinds of cures he has to weep and languish. But patience still abides with him until he meets the duffer, who cries, with loud and brutal vim: “You only think you suffer! Get up, get up, and cease your groans, abandon this confusion! You have no aching head or bones—it's all a cheap delusion! Why have the doctor make a trip and bring his train of nurses? There are no things like colds or grip, or sneezes, coughs or curses. Don't sit around and weep and sigh, and say things wild and wooly; swear you are well, though it's a lie, and you'll be feeling bully! Such language jars me to the quick when I am weak and ailing; what fun is there in being sick, if one must quit his wailing?”

“How is your garden getting along?”

“Why do you ask that question?” demanded the suburbanite suspiciously.

“Merely out of politeness.”

“I see. I thought maybe I had promised you some vegetables.”

The After Effects of La Grippe

It is bad enough to have la grippe with the headaches, backaches and aching limbs which accompany it. But by the persistent use of **DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE** you can loosen up the cough and protect the lungs from pneumonia which so often develops.

It is the after effects of la grippe that are most dreaded. The system is often left in a run down and debilitated condition which is most difficult to overcome. Under these circumstances **DR. CHASE'S NERVE FOOD** is of the greatest help imaginable. By supplying new, rich blood it builds up the system as nothing else can.

Bronchitis and Asthma Inflammation of the Lungs or Pneumonia

These ailments are alike in many ways and asthma very often develops from bronchitis. The chest pains and soreness, the tightness in the bronchial tubes, the desperate struggle for breath; these are the symptoms dreaded by all who do not know of the relief afforded by DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE.

Both bronchitis and asthma tend to become chronic and return again and again and hence the wisdom of the prompt use of this great medicine at the first indication of their approach.

Bronchitis

MR. OWEN D. WEBB, Glamis, Ont., writes:—"A short time ago I had a bad attack of bronchitis and my doctor told me that I would not get rid of my cough until the warm weather came. However, I began the use of DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE, found that it gave instant relief and entirely cured the cough. The doctor was surprised when told that I did not cough any more but he doesn't know that I was cured by taking your medicine.

"I also used DR. CHASE'S KIDNEY-LIVER PILLS when troubled with pains in the lower part of the stomach and bowels and derangements of the kidneys. When I feel any trouble of this kind coming on I take one pill at bed time and then go to work all right the next day. Now I am sure that these two medicines are the best that we can get and my wife says the same of them."

How Mothers Dread Croup

Given in frequent small dose at the first indications of croup DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE clears the air passages and prevents the frightful struggle for breath. If the attack comes on suddenly clear the throat by causing the child to vomit and then rely on this well-known medicine to prevent a repetition of the trouble on the second night and to cure the child.

MR. FRED HAWKINS, of 14 Young Street, Hintonburg, Carleton Co., Ont., writes:—

"My wife was taken with chronic inflammation of the lungs, and for three days was hovering between life and death.

"The doctor was prescribing for her all the time, but none of his medicines were doing her any good, and I was afraid I would lose her.

"I heard about DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE, and got it, unknown to the doctor. The first night she used a whole bottle, and the next morning the doctor pronounced her much better. She kept on with this treatment until she was completely cured, and the doctor was surprised at her rapid recovery. He thought his medicine was curing her, but she got nothing but DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE.

"This medicine is indispensable in every home, and I, for one, will never be without it. I cannot say enough in its praise."

Such cases as this have proven DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE to be far more than a mere cough mixture. They illustrate the thorough and far-reaching action of this treatment in the cure of the most serious diseases of the throat, bronchial tubes and lungs.

Severe Form of Asthma

MRS. A. A. VANBUSKIRK, Robinson Street, Moncton, N.B., writes:—"For years I have used DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE for my children when they have colds in the winter. I first used it with my daughter who suffered from a severe form of asthma. The least exposure to cold would lay her up and she would nearly suffocate for want of breath. I must say I found it to be a most satisfactory treatment and it has entirely cured her. It seemed to go direct to the diseased parts and bring the desired relief."

THE MISTRESS—"And, Mary we'll have that small piece of meat as well."

THE NEW MAID—"Please'm, the cat's eat it?"

THE MISTRESS—"What cat?"

THE NEW MAID (surprised)—"Ob laws Ain't there a cat?"—Sketch.



Dr. Chase's Catarrh Powder

BY means of the improved blower which is given free with each box of DR. CHASE'S CATARRH POWDER, this preparation is sent direct to the diseased parts, cleanses and clears the air passages, relieves the pressure which cause headache and deafness, heals the catarrhal ulcers, counteracts foul breath, stops dropping into the throat and positively cures catarrh, cold in the head and hay fever. You need not fear to use DR. CHASE'S CATARRH POWDER just as often as you feel the need of it. Though powerful in action it is perfectly free from cocaine and all dangerous and harmful drugs as is proven by the certificate of Dominion analyst, Thomas Heys, which appears in another column.

Catarrh

Catarrh is in reality an inflammation. The blood vessels of the parts affected increase in size, there is an unusual flow of liquid and a casting off of some part of the membrane itself, causing a thick, ropy discharge. The cause of catarrh is usually exposure to cold or sudden change of temperature and the inflammation set up may attack the membranous lining of any part of the body. With some it is the nose or throat and with others it is the lungs, stomach, liver or kidneys that become diseased.

On account of being more readily exposed to cold, the nose and throat are usually the points where catarrh has its beginnings. The inflammation set up in these organs follows the membranous lining into the lungs or stomach, where it becomes known as consumption and catarrh of the stomach or it may continue its course until the liver, kidneys and intestines are inflamed and diseased.

If people could but realize the proportion of cases of catarrh that eventually

leads to consumption, there would be less neglect of this insidious and treacherous disease.

Symptoms

- Sneezing.
- Hawking and spitting.
- Droppings in the throat.
- Difficult breathing.
- Hoarseness.
- Deafness.
- Running at the nose.
- Offensive breath.
- Watery eyes.
- Redness of the nose.
- General weakness and debility.
- Headache.
- Noises in the ears.
- Stomach derangements.
- Stuffed up air passages.

DR. CHASE'S CATARRH POWDER has been endorsed by thousands of people who have tested its worth. You will find in this book a few samples of the letters we receive.

brought the calves in on the 25th

DAY OF MONTH.	DAY OF WEEK.	ZODIACAL SIGNS.	WEATHER FORECAST.	Moon's Phases.		Ont. Mar. Prov.		Ont., Que. and Mar. Provinces.						
						d. h. m.	d. h. m.	Sun Rises	Sun Sets	Moon Rises	Moon Sets			
				Nov.										
				1912	☾ Last Quarter	1 10 38 p.	1 11 38 p.							
					☾ New Moon	8 9 5 p.	8 10 5 p.							
					☽ First Quarter	16 5 43 p.	16 6 43 p.							
					☽ Full moon	24 11 12 a.	24 0 12 p.							
1	F.	♈	High					6.58	5.12	Que. 10.08	M.P. 10.47			
2	S.	♈	winds					6.55	5.11	11.31	a.m.			
3	S.	♉	pre-					6.56	5.09	a.m.	0.08			
4	M.	♉	vail.					6.57	5.08	0.51	1.27			
5	T.	♊						6.59	5.06	2.11	2.46			
6	W.	♊	Dark		stabled the cows			7.00	5.05	3.30	4.02			
7	T.	♊	cloudy		about the 7-8 th			7.01	5.03	4.49	5.20			
8	F.	♋	spell					7.02	5.02	sets	sets			
9	S.	♋	but					7.04	5.00	4.19	4.59			
10	S.	♋	not					7.05	4.59	4.52	5.33			
11	M.	♋	much					7.07	4.57	5.35	6.13			
12	T.	♌	rain.					7.08	4.56	6.26	7.10			
13	W.	♌						7.09	4.55	7.29	8.11			
14	T.	♌	Clear					7.10	4.54	8.36	9.17			
15	F.	♌	and					7.11	4.54	9.43	10.23			
16	S.	♌	cold.					7.12	4.53	10.51	11.29			
17	S.	♍						7.13	4.52	11.57	a.m.			
18	M.	♍	Very					7.15	4.51	a.m.	0.34			
19	T.	♍	windy.					7.16	4.50	1.03	1.39			
20	W.	♍			billed hogs on 21			7.17	4.49	2.10	2.44			
21	T.	♍	Cloudy		on 20 am. 5.00. 21			7.19	4.48	3.20	3.52			
22	F.	♍	with					7.20	4.48	4.31	5.02			
23	S.	♍	snow					7.22	4.47	5.43	6.13			
24	S.	♍	flurries		dewing big snow storm on the 24			7.23	4.46	rises	rises			
25	M.	♍						7.25	4.46	4.24	5.07			
26	T.	♎	Clear					7.26	4.45	5.21	6.04			
27	W.	♎	again.		bright day not cold			7.27	4.44	6.34	7.15			
28	T.	♎						7.28	4.44	7.55	8.35			
29		♎	Much					7.29	4.44	9.18	9.58			
30	S.	♎	cooler.					7.30	4.43	10.42	11.18			

Catarrh's Ravages

Catarrh slowly but certainly undermines the general health. On this account persons who have suffered from this ailment for any considerable time are usually pale, thin and weak, the blood is thin and watery and the system run down in every way. There seems to be a wasting away until finally the victim becomes an easy prey to consumption or pneumonia.

There is no doubt but the Catarrh Powder will take care of the disease itself all right but in most cases it is advisable to also use DR. CHASE'S NERVE FOOD to enrich the blood and hasten the restoration of health and strength. This combined treatment is wonderfully successful in the cure of catarrh. It is a rational method which appeals to the best judgment of thoughtful people.

MISS AGNES O. GORMAN, St. Giles, Que., writes:—"I had catarrh in the head for nine years and was weak, nervous, run down, easily fatigued, and suffered from those terrible night sweats. The combined use of DR. CHASE'S CATARRH POWDER AND NERVE FOOD has done wonders for me and I now consider myself entirely cured.

"Mother has used DR. CHASE'S KIDNEY-LIVER PILLS and says they are the most satisfactory medicine she ever used."

Severe Headaches, Droppings in Throat

"I take pleasure in recommending DR. CHASE'S CATARRH POWDER to everyone troubled with this complaint on account of the great benefit it has been to me. My case was of six years' standing and was so bad that I could feel the droppings into my throat which used to make me very sick at times. I frequently had smothering feelings and would have to rush to the door to get my breath. At other times I had terrible pains in the head but all these symptoms soon began to disappear when I began the use of DR. CHASE'S CATARRH POWDER."—MISS LUCY KEILLOR, Durban, Man.

Growth in Nose Operation Avoided

MRS. JAMES CAMPBELL, Samson, Ont., writes:—"I feel it my duty to write to you in regard

to DR. CHASE'S CATARRH POWDER. I have had terrible spells of sneezing. So bad that my friends thought that I would never get over them. On consultation different doctors told me that it resulted from a growth in the head and that an operation was necessary. I started using DR. CHASE'S CATARRH POWDER and it has entirely cured me. Please accept this as a token of gratitude."

Catarrhal Deafness

MISS CINTHIA HUTCHINSON, Hanceville, B.C., writes:—"I had chronic catarrh for many years and was so deaf I could not hear a watch tick. I am so glad to state that three boxes of DR. CHASE'S CATARRH POWDER cured me and I believe it is the only actual cure for catarrh that is on the market to-day."

A Nap After Meals

So great has become the nervous strain arising from the rush and competition of this present age that the nation is fast becoming a race of nervous wrecks.

In order to overcome the evil effects of the quick lunch counter a company of restaurant proprietors are discussing the advisability of providing accomodation for a "Nap after meals."

A doctor whose opinion was asked replied, "It would be just the thing. My own impression is that it might even work out to advantage in the hard business sense. Rest after a satisfying meal means greater fitness of the body machinery, and a wonderful clearing of the mind which would be more alert in the remaining working hours."

Guaranteed Pure

DR. A. W. CHASE'S CATARRH POWDER is one of the most successful treatments for catarrh ever offered for sale, but it does not contain a single grain of cocaine or any injurious drug, as is evidenced by the following certificate of purity from Analyst Thomas Heys:

"I have made an examination of DR. A. W. CHASE'S CATARRH POWDER for cocaine and any of its compounds, from samples purchased in the open markets, and find none present."

(Signed) THOMAS HEYS,
Analytical Chemist, 114 Bay St., Toronto.

DAY OF MONTH.	DAY OF WEEK.	ZODIACAL SIGNS.	WEATHER FORECAST.	Moon's Phases		Ont. Mar. Prov.		Ont., Que. and Mar. Provinces.				
				Dec. 1912		d. h. m.	d. h. m.	Sun Rises	Sun Sets	Moon Rises	Moon Rises	
				☾ Last Quarter	16 5 a.	17 5 a.						
				☾ New Moon	8 0 7 p.	8 1 7 p.						
				☽ First Quarter	16 3 7 p.	16 4 7 p.						
				☽ Full Moon	23 11 30 p.	24 0 30 a.						
				☾ Last Quarter	30 3 12 p.	30 4 12 p.						

This should be followed on 16th of month

DAY OF MONTH.	DAY OF WEEK.	ZODIACAL SIGNS.	WEATHER FORECAST.	Ont.	Mar. Prov.	Que. a.m.	M.P. a.m.
1	S.	♈	Fine	390	390	7.31	4.48
2	M.	♉	and	390	390	7.32	4.48
3	T.	♊	cold.	30	30	7.33	4.48
4	W.	♈		11200	11200	7.34	4.42
5	T.	♉	Some	11200	11200	7.35	4.42
6	F.	♊	cold	198		7.36	4.42
7	S.	♈	rains	11200		7.37	4.42
8	S.	♉	and	11200		7.38	4.42
9	M.	♊	sleet.	44800		7.39	4.42
10	T.	♈		1200		7.40	4.41
11	W.	♉	Spell	1575200		7.41	4.41
12	T.	♊	of	1575200		7.42	4.41
13	F.	♈	fine			7.43	4.41
14	S.	♉	cold			7.44	4.41
15	S.	♊	weath.			7.45	4.42
16	M.	♈	er.	11200		7.46	4.42
17	T.	♉		191		7.46	4.42
18	W.	♊	Cloudy			7.47	4.48
19	T.	♈	with	11200		7.47	4.48
20	F.	♉	snow	44800		7.48	4.44
21	S.	♊	and	11200		7.48	4.44
22	S.	♈	rain.	11200		7.49	4.44
23	M.	♉		1575200		7.49	4.45
24	T.	♊	Fine	1575200		7.50	4.45
25	W.	♈	and			7.50	4.46
26	T.	♉	cold.			7.51	4.46
27	F.	♊				7.51	4.47
28	S.	♈	Milder			7.51	4.48
29	S.	♉	with			7.51	4.49
30	M.	♊	snow.			7.52	4.50
31	T.	♈				7.52	4.51

Dr. Chase's Liver Cure

Is a specific for diseases of the Liver and is only recommended for ailments arising from derangements of this organ. As a cure for Liver Complaint, Biliousness, Jaundice and Torpid Sluggish Liver it stands without a rival.

Dr. Chase's Liver Cure

Upon the liver more than upon any other organ of the body depends the general health. Physicians are accustomed to call the liver the governor of the body, so important is its controlling influence. Once the liver fails to filter the poisonous bile from the blood there is a clogging and poisoning of the whole system of circulation and digestion. The more fully you realize the importance of the liver the more you will appreciate the far reaching effect of DR. CHASE'S LIVER CURE.

DR. CHASE'S LIVER CURE is not recommended as a cure for any disease that is not the direct result of a disordered liver. If, however, your liver is sluggish or defective, if you have a yellow complexion, pain under the shoulder, oppression about the stomach, bitter taste in the mouth, sick headache, liver spots, cold hands or feet, irregular bowels, or depressed spirits, DR. CHASE'S LIVER CURE will perfectly regulate the liver and thoroughly cure you.

The bile which the healthy liver filters from the blood is Nature's cathartic and ensures regular and natural action of the bowels. By setting the liver right DR. CHASE'S LIVER CURE affords a lasting cure for constipation, which is the cause of probably nine-tenths of the disorders of the digestive system. You can, therefore readily understand that while this treatment is recommended particularly for liver derangements it is far reaching in its effects and by setting the liver right removes the cause of many symptoms.

DR. CHASE'S LIVER CURE may be considered old fashioned by some because it

is in liquid form, put up in large bottles and is a little bitter to the taste, but it has worked its way into public favor solely on its merits and has been instrumental in bringing about many extraordinary cures.

DR. CHASE'S LIVER CURE is sold in a large bottle containing 100 doses for 50 cents. As an invigorating and regulating medicine for the liver it is unapproached

Never Expected to Get Well

MRS. S. E. RAFTER, Newport, Hants Co., N.S., writes:—"I am glad to testify to the great value of DR. A. W. CHASE'S LIVER CURE. For twelve years I suffered with distressing liver trouble and never expected to get well. The bilious headaches were terrible, the digestive system was upset and I was in a miserable condition. I have not had a return of the disease and am confident that this medicine made a complete cure.

"We have never found anything to equal DR. A. W. CHASE'S SYRUP OF LINSEED AND TURPENTINE as a cure for severe colds and coughs of long standing. Many of my friends have used both these medicines with most gratifying results."

Doctors Gave Her Up

MISS MARY D. TAPLEY, Lakeville, N.B., writes:—"For about eighteen years I suffered with torpid liver, which resulted in general debility and extreme weakness. My doctor said I could not live for six months. I was advised to try DR. CHASE'S LIVER CURE, and did so because it is one of the few medicines which is advertised that is not claimed to be a cure for **ENTERIC** N.S. Several bottles taken during the last year have restored me to health and I take great pleasure in testifying to the character. People around here regard my case a miracle, as when I took it I felt like a corpse for days at a time."

Confidence in Dr. Chase's Medicines

It is not necessary to have faith in DR. CHASE'S Medicines to be cured by their use. They are not faith cures, and many have started their use in a very skeptical frame of mind.

But those who know these medicines best believe in them. Their confidence is based on the good results they know to have come from their use.

Many first believed in these medicines when they learned the life story of A. W. CHASE, M.D., the famous Receipt Book author, of his struggle for an education, of his remarkable success in private practice, and of his gift to the public of the most successful prescriptions with which he came in contact in his wide experience.

Where can you find a medicine which has brought about so many remarkable cures of complicated kidney and liver disorders as DR. CHASE'S KIDNEY-LIVER PILLS?

Where is there a treatment for piles that can be for a moment compared with DR. CHASE'S OINTMENT, both as a means of relief and cure? And so it is with DR. CHASE'S NERVE FOOD and other medicines. Each one is intended for a class of diseases and each one has made for itself an enviable record.

People believe in these medicines because of the actual cures they have brought about.

Special Notices

Some people seem to think that by increasing the dose they will be cured more quickly. This is a mistake. Whether you are using a doctor's prescription or other medicines you will obtain the best results by following the directions closely. It is not large doses, but persistent and regular use which brings about the desired results.

If, on account of exposure to dampness, or other causes not under our control, any of DR.

CHASE'S medicines reach you in a damaged condition, you will confer a favor by returning same to our offices, when we shall gladly replace them at our expense with similar goods in proper condition.

Interesting Letters

Next to personal experience with a medicine, the most satisfactory evidence of its value is obtained from some person who has used it in a case similar to your own and this is why so many letters are published in this almanac.

The original letter in each case is signed by the person using the medicine and is kept on file in these offices as a guarantee of the genuineness of the published statement. Under no circumstances do we use testimonials which are not properly signed or from persons who are not respectable and reliable.

Most persons who have used DR. CHASE'S medicines are enthusiastic in their praise and will gladly give full particulars of their case to any enquirer. We want you to investigate the cases which interest you. If you cannot write call personally on these persons, write to them, enclosing stamp for reply, and you will no doubt obtain the information you desire.

How to Order by Mail

When you cannot procure Dr. Chase's Medicines from your Dealer.

DR. CHASE'S MEDICINES are so thoroughly well known in every district of Canada and the United States that nearly every dealer keeps them in stock. If you cannot get them from your dealer, or live at a distance from town, write direct to these offices, enclosing the price for the medicines you want, and they will be forwarded postpaid to your address. Always send money by postal note, express order or registered letter and we will guarantee that the medicines ordered will reach you.

PRICES OF Dr. Chase's Medicines

Dr. A. W. Chase's Kidney-Liver Pills, one pill a dose, 25 cents a box, 5 boxes for \$1.00.

Dr. A. W. Chase's Ointment, 60 cents a box.

27 S. A. W. Chase's Nerve Food (Pills), 50 cents a box, 6 boxes for \$2.50.

28 S. A. W. Chase's Catarrh Powder, 25 cents a box, blower free, 5 boxes for \$1.00.

29 S. A. W. Chase's Syrup of Linseed and Turpentine, 25 cents a bottle. Family size, times as much, 60 cents. Can only be sent by express at buyer's cost.

30 M. Chase's Liver Cure, 50 cents. Can only be sent by express at buyer's cost.

31 T. Chase's Plackache Plaster, 25 cents each, 5 for \$1.00.

MANSON, BATES & CO., Limited,
Dr. Chase Building, Toronto, Ont.

Dr. Chase's Backache Plaster

As a counter-irritant to relieve pain and draw out the inflammation there is nothing to be compared to the plaster. Liniments are soon absorbed or evaporated but the plaster retains its strength for several days and is working all the time.

Besides relieving pains and soreness the plaster strengthens and supports the weak, lame, aching back, and in this way brings great comfort.

In this plaster the most powerful drugs are so combined as to promptly eradicate the worst pains and aches, and at the same time not blister the most delicate skin.

DR. A. W. CHASE'S BACKACHE PLASTER is equally effective as a conqueror of pain in all parts of the body and promptly relieves and cures

**Backache, Lumbago,
Pains over the Kidneys,
Weak, Lame Back
Rheumatism,
Sciatica,
Stiffness and Soreness
of Joints and Mus-
cles.
Stomach Pains and
Cramps,
Pleurisy and Sore
Throat,
Chest Pains and Pains
and Aches where-
ever located.**

Full directions for use are found on the wrapper of each plaster.



BACKACHE

"I was troubled with severe backache for six years and after having used two of DR. CHASE'S BACKACHE PLASTERS the pain entirely disappeared. I had previously tried many remedies without avail."—MRS. A. DICK, St. Ouens, Man.

STOMACH TROUBLES

"The DR. CHASE'S BACKACHE PLASTER which you sent me last week was applied at once as I was suffering intense misery from stomach trouble. It brought relief in short time and was of more benefit than anything I have used for a long time for which I am very grateful."—MRS. A. R. SHILSON, Ruscom, Essex Co., Ont.

BRONCHIAL TROUBLES

"Nearly every winter I am laid up with contraction of the bronchial tubes. This winter I have used DR. CHASE'S BACKACHE PLASTERS on my chest and by so doing have escaped the bronchial trouble entirely."—MR. W. J. CRAVEN, Shelburne, Ont.

LAME, ACHING BACK

"Having suffered for over a year with lame, aching back and finding it difficult to do any work, I used DR. CHASE'S BACKACHE PLASTER. I tell you it was not long before all the pain was gone and I felt a changed man. I cannot recommend this plaster too highly."—MR. PETER RENNIE, Farmer, Pomquet, Antigonishe Co. N.S.

For sale at all dealers, 25 cts. each, 5 for \$1.00, or sent, postpaid, on receipt of price, by EDMANSON, BATES & CO., LIMITED, TORONTO

DR. A. W. CHASE'S REMEDIES ARE KNOWN

**DR. A. W. CHASE'S
K. & L. KIDNEY AND
LIVER PILLS**
USED IN THE TREATMENT OF
HEAD ACHES, BRUISES, DEPOSITS
IN WATER

WORTH \$5 A BOX

CURES
Itching,
Protruding
and
Bleeding
Piles,
Eczema,
Nettle
Rash,
Handwritten: Psoriasis



Barbers'
Itch,
Hives, Itch,
Pin
Worms,
Salt
Rheum,
Psoriasis.

No. 39 Proprietary or Patent
Medicine Act.

Dr. Chase's Ointment
For Irritation of the Skin.

**FROM
COAST
TO
COAST**

DR. A. W. CHASE'S

IMPROVED



PRICE 25¢

CATARRH POWDER

DR. CHASE'S
MEDICINAL
NERVE FOOD