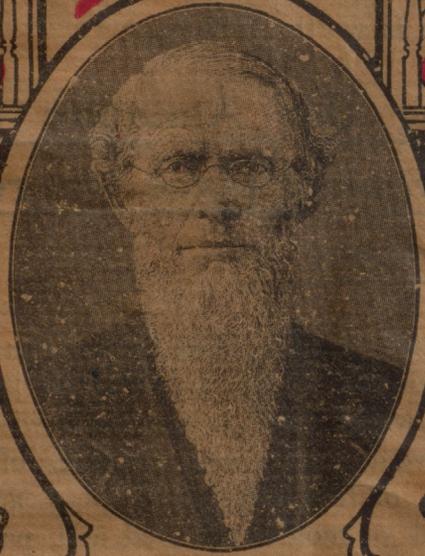


# DR. A. W. CHASE'S CALENDAR ALMANAC

1917



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

FOR THE  
**HOME, FACTORY  
FARM, OFFICE**

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



# A New Dress

**T**HIS year Dr. Chase's Almanac greets you in a new cover. This kraft paper is much more expensive than that used in the old style cover but is also more durable and will not fade when exposed to the light.

In hundreds of thousands of homes this almanac hangs the year round by the dining room or kitchen window and we have tried to select a cover that will stand the wear and not be easily soiled.

The Tables of Weights and Measures found on the back cover alone make it worth while to

Hang this Almanac in a  
convenient place for ready  
reference.

You will notice that the diary contest has been discontinued as we feel that this feature of the almanac is now well known and people everywhere have learned the wisdom of keeping a record of daily events and a memorandum of business transactions. The value of this habit of keeping an account of sales and purchases and of monies received and paid out cannot be overestimated. A single entry may save you many dollars by refreshing your memory as to an account already paid.

We have tried to make the Almanac more interesting and useful than ever and hope that you will like it.

**Edmanson Bates & Co., Ltd., Toronto, Ont.**

20.00  
31

28130

# 1917

Golden Number . . . . . 18  
Roman Indiction . . . . . 15

Dominical Letter . . . . . G  
Solar Cycle . . . . . 22

Epoct . . . . . 6  
Julian Period . . . . . 6,630

## Zodiacal Signs

♈ Aries, Head and face

### The Seasons

Sun enters Aries—  
Spring begins, Ont.  
and Que. Mar. 20th  
Mid. Mar. Prov.  
Mar. 21st, 1 a.m.

Sun enters Cancer—  
Summer begins, Ont.  
and Que. June 21st,  
7 p.m. Mar. Prov.  
June 21st, 8 p.m.

Sun enters Libra—  
Autumn begins, Ont.  
and Que. Sept. 23rd,  
10 a.m. Mar. Prov.  
Sept. 23rd, 11 a.m.

Sun enters Capricornus—  
Winter begins,  
Ont. and Que. Dec.  
22nd, 5 a.m. Mar.  
Prov. Dec. 22nd,  
6 a.m.

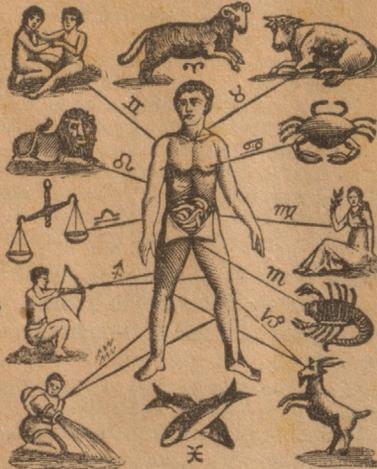
♊ Gemini,  
Arms

♌ Leo,  
Heart

♎ Libra,  
Reins

♏ Sagit-  
tarius,  
Thighs

♐ Aquari-  
us,  
Legs



♉ Taurus,  
Neck

♋ Cancer  
Breast

♍ Virgo,  
Bowels

♏ Scorpio,  
Loins

♑ Capri-  
cornus,  
Knees

♒ Pisces, the Feet

The year 5678 of the  
Jewish Era com-  
mences at sunset  
Sept. 16th, 1917.

The year 1336 of the  
Mohammedan Era  
commences Oct.  
17th, 1917.

The 8th year of the  
reign of King George  
V. begins May 6th,  
1917.

The 142nd year of the  
Independence of the  
United States begins  
July 4th, 1917.

## Festivals, Anniversaries, Etc.

New Year's Day . . . . .	Jan. 1	Easter Monday . . . . .	Apr. 9	St. John Baptist (Midsum- mer day) . . . . .	June 24
Epiphany . . . . .	" 6	Low Sunday . . . . .	" 15	" " " " " " " " " "	July 1
Septuagesima Sunday . . . . .	Feb. 4	St. George . . . . .	" 23	Dominion Day (Sunday) . . . . .	Sept. 3
Quinquagesima—Shrove Sun. . . . .	" 18	Accession of K. George V. . . . .	May 6	Labor Day . . . . .	" "
Ash Wednesday . . . . .	" 21	Rogation Sunday . . . . .	" 13	St. Michael (Michaelmas Day) . . . . .	" 29
Quadragesima—1st Sunday in Lent . . . . .	" 25	Ascension Day (Holy Thurs.) . . . . .	" 17	All Saints . . . . .	Nov. 1
St. David . . . . .	Mar. 1	Victoria Day . . . . .	" 24	St. Andrew . . . . .	" 30
St. Patrick . . . . .	" 17	Birthday of Queen Mary . . . . .	" 26	Birthday of Queen Alexandra . . . . .	Dec. 1
Annunciation—Lady Day . . . . .	" 25	Whit-Sunday—Pentecost . . . . .	" 27	First Sunday in Advent . . . . .	" 2
Palm Sunday . . . . .	Apr. 1	Trinity Sunday . . . . .	June 3	Conception Day . . . . .	" 8
Good Friday . . . . .	" 6	Birthday of K. George V. . . . .	" 3	St. Thomas . . . . .	" 31
Easter Sunday . . . . .	" 8	Corpus Christi . . . . .	" 7	Christmas Day (Tuesday) . . . . .	" 25
		Birthday of Prince of Wales . . . . .	" 23		

## Morning and Evening Stars

MERCURY—Will be at its greatest eastern elongation Jan. 2nd, April 24th, Aug. 22nd, Dec. 17th, when it may be seen soon after sunset in the western sky about those dates. At its greatest western elongation Feb. 12th, June 11th, Oct. 4th, when it may be seen early in the morning before sunrise in the eastern sky.

VENUS—A morning star to April 26th, then evening star rest of year. It will be at its greatest elongation Nov. 30th, 47 degrees 18 minutes east.

MARS—Evening star to Feb. 28th then morning star for the rest of the year.

JUPITER—Evening star to May 9th. Morning star to Nov. 29th then evening star rest of the year. Its Satellites are not visible from April 23rd to May 31st, owing to proximity to the Sun.

SATURN—Morning star to Jan. 17th. Evening star to July 27th, then morning star rest of year.

## Eclipses, 1917

In the year 1917 there will be seven eclipses, four of the Sun and three of the Moon.

I.—A total eclipse of the Moon Jan. 7-8th. The Moon enters the penumbra Jan. 7th, 11h 36m p.m., enters the shadow Jan. 8th., 0h 5m a.m. Total eclipse begins 2h 0m a.m. Middle of the eclipse 2h 45m a.m. Total eclipse ends 3h 29m a.m. Moon leaves the shadow 4h 39m a.m. Moon leaves the penumbra 5h 53m a.m. Magnitude 1.369 (moon's dia. 1.0). Eastern standard time.

II.—A partial eclipse of the Sun Jan. 23rd. Invisible in America.

III.—A partial eclipse of the Sun June 19th, visible in British Columbia and N.W. portion of N.W. Provinces and Alaska during early morning. Magnitude of greatest eclipse 0.473 (Sun's dia. 1.0).

IV.—A total eclipse of the Moon July 4th invisible in N. America. Magnitude of eclipse 1.625.

V.—A partial eclipse of the Sun July 18th, very small. Invisible in N. America. Magnitude 0.086.

VI.—An annular eclipse of the Sun Dec. 14th, invisible in N. America. The central line of the Annular passes over the South Pole.

VII.—A total eclipse of the Moon Dec. 28th. The Moon enters the penumbra, Dec. 28th, 1h 54m a.m., enters the shadow 3h 5m a.m. Total eclipse begins 4h 38m a.m. Middle of the eclipse 4h 46m a.m. Total eclipse ends at 8h 55m a.m. Moon leaves the shadow 6h 27m a.m., leaves the penumbra 7h 39m a.m. Magnitude of the eclipse 1.011.

## Explanation and Use of the Calendar with Examples

Owing to the use of *Standard Time* instead of *Local Mean Time* throughout Canada it is impossible to give a general table of the times of sunrise, sunset, moonrise, etc., that would be accurate for every place, therefore the Calendar has been calculated for *Standard Meridian* and *Mean Latitude* of the more thickly settled parts of the various Provinces. This necessitates a correction to be applied to the calendar times for places not on this meridian or latitude. Table I. contains the correction to the calendar times for differences in longitude to be used for both Sun and Moon. Table II. contains the correction for differences in latitude for use in case of the Sun only, for the reason that the Moon's changes in declination are so very rapid compared to that of the Sun that no table of corrections can be conveniently made for it. Table I. may be used for the Moon and will give for all practical purposes its time of rising and setting sufficiently near enough. The following examples show how the tables are used. The sign + indicates the correction is to be *added* and the sign — to be *subtracted* from the calendar times.

**EXAMPLES.**—What is the time of sunset at Cochrane on June 19th? We find in the calendar the Sun sets at 7 h. 50 min., and the correction in Table I. for Cochrane is 24 min. to be added and in column H for June in Table II. 18 mins. more is to be added, which makes for the time of sunset, 8 h. 32 min.

Find the time of sunrise at Sherbrooke, Que. on Aug. 15th. We see the calendar time is 5 h. 1 min., and the correction in Table I. is 12 min. to be subtracted, and in Table II., column E for August, 2 minutes to be subtracted which gives 4 h. 47 min. as time of sunrise.

### TABLE I. Corrections for Differences in Longitude For the Sun and Moon

**Nova Scotia and Prince Edward Island.**—All corrections are in minutes to be *added* to the calendar. Charlottetown + 13E, Halifax + 14D, Parrsboro + 17D, Sydney + 1E, Truro + 13D, Windsor + 16D, Yarmouth + 24C.

**New Brunswick.**—All corrections are to be *added*. Chatham + 22F, Dalhousie + 9G, Fredericton + 26E, Moncton + 19E, St. John + 24D, St. Stephen + 29D.

**Quebec.**—All corrections are *subtractive*. Brome — 10D, Chicoutimi — 16G, Father Point — 27H, Montreal — 6E, Quebec — 15F, Richmond — 11E, Sherbrooke — 12E, Three Rivers — 10E.

**Ontario.**—All corrections to be *added*. Aurora + 18C, Barrie + 19C, Berlin + 22B, Brantford + 21B, Belleville + 9C, Brockville + 3D, Bobcaygeon + 14D, Cobalt + 19F, Caledonia + 20B, Cochrane + 24H, Collingwood + 20D, Chatham + 29A, Clinton + 26C, Cobourg + 13C, Elora + 22C, Galt + 22B, Gravenhurst + 17D, Guelph + 21C, Goderich + 27C, Georgetown + 20C, Haileybury + 18F, Hamilton + 19B, Haliburton + 17D, Huntsville + 17D, Ingersoll + 23B, Kingston + 6C, Kinmount + 14D, London + 25B, Lindsay + 15C, Mount Forest + 23C, Midland + 19D, Napanee + 8C, North Bay + 18E, New Liskeard + 19G, Orillia + 18D, Ottawa + 3D, Orangeville + 20C, Port Stanley + 25B, Perth + 5D, Pembroke + 8E, Picton + 9C, Port Hope + 13C, Peterboro + 13C, Parry Sound + 20D, Ridgetown + 28A, Renfrew + 7D, Southampton + 25D, Stratford + 24B, Strathroy + 27B, St. Catharines + 17B, St. Thomas + 25B, Toronto + 18C, Woodstock + 23B, Wiarton + 25D, Wingham + 26C, Windsor + 32A.

**NOTE.**—The letters attached to the figures in this table have reference to the lettered columns in Table II. and are used in connection with finding the rising and setting of the Sun. For the Moon the figures in Table I. without reference to the attached letters are the only corrections to be applied to the calendar times.

**Table II. Corrections for Differences in Latitude of Places and Declination of the SUN**

*See full explanation on preceding page*

	A		B		C		D		E		F		G		H	
	Sun Rise	Sun Set														
January.....	-9	+9	-6	+6	-3	+3	0	0	+3	-3	+7	-7	+11	-11	+15	-15
February.....	-6	+6	-4	+4	-2	+2	0	0	+1	-1	+3	-3	+5	-5	+7	-7
March.....	-1	-1	-1	+1	0	0	0	0	0	0	+1	-1	+1	-1	+1	-1
April.....	+5	-5	+3	-3	+2	-2	0	0	-1	+1	-3	+3	-5	+5	-7	+7
May.....	+9	-9	+6	-6	+3	-3	0	0	-3	+3	-6	+6	-9	+9	-13	+13
June.....	+12	-12	+8	-8	+4	-4	0	0	-4	+4	-9	+9	-13	+13	-18	+18
July.....	+10	-10	+7	-7	+4	-4	0	0	-3	+3	-7	+7	-11	+11	-16	+16
August.....	+6	-6	+4	-4	+2	-2	0	0	-2	+2	-5	+5	-7	+7	-10	+10
September.....	+1	-1	+1	-1	+1	-1	0	0	-1	+1	-2	+2	-2	+2	-3	+3
October.....	-3	+3	-2	+2	-1	+1	0	0	+1	-1	+2	-2	+3	-3	+4	-4
November.....	-8	+8	-6	+6	-3	+3	0	0	+3	-3	+6	-6	+8	-8	+11	-11
December.....	-11	+11	-7	+7	-4	+4	0	0	+4	-4	+8	-8	+12	-12	+16	-16

## Have You Confidence in Your Druggist

No good impression is created by the druggist who tries to sell you something which he claims is "just as good" instead of handing out the article you ask for. He has presumed to know more about your affairs than you do yourself. He has even destroyed your confidence in him, for if he tries to give you something else in place of the proprietary medicine for which you ask you naturally become suspicious of how he will treat the prescription you take to him. The best policy is to deal with the druggist who respects your judgment and gives you what you ask for.

## An Unwise Question

The cross-examining lawyer had adopted a rather unpleasant tone in questioning the witness, who, however, kept his temper.

"Have you ever been arrested?" was among the questions put.

"No, Sir."

"Have you been in this court before?"

"No, Sir."

"Are you sure of that?"

"Yes, Sir."

"Your face looks very familiar—very familiar. Where have I seen it before?"

"I am the bartender in the saloon across the street."

Willie was being measured for his first made-to-order suit of clothes.

"Do you want the shoulders padded, my little man?" inquired the tailor.

"Naw," said Willie significantly, "Pad de pants."—Selling Sense.

DAY OF MONTH	DAY OF WEEK	ZODIACAL SIGNS	WEATHER FORECAST	Moon's Phases			Local Mean Time Ontario, Quebec and Maritime Provinces					
				Ont.	and Que.	Mar. Prov.	Sun R ses	Sun Sets	Moon Sets			
Jan. 1917				d.	h.	m.	d.	h.	m.	h.m.	h.m.	h.m.
1	M									7.39	4.29	1.14
2	T		Year							7.39	4.30	2.26
3	W		begins							7.39	4.31	3.33
4	T		very							7.38	4.32	4.41
5	F		stormy.							7.38	4.33	5.40
6	S									7.38	4.34	6.32
7	S		Cold							7.38	4.35	7.17
8	M		and							7.38	4.36	rises
9	T		clear							7.37	4.27	6.08
10	W		followed							7.37	4.38	7.13
11	T		by							7.37	4.39	8.15
12	F		light							7.36	4.40	9.18
13	S		snow							7.36	4.41	10.21
			falls.									
14	S		Cold							7.35	4.43	11.25
15	M		rains							7.35	4.44	a.m.
16	T		if wind							7.34	4.45	0.32
17	W		in West							7.33	4.46	1.44
18	T		snow							7.33	4.47	2.53
19	F		if in							7.32	4.49	4.04
20	S		East.							7.32	4.50	5.12
21	S									7.31	4.51	6.09
22	M		Turns							7.30	4.53	6.56
23	T		cold							7.29	4.54	sets
24	W									7.28	4.56	7.07
25	T		and							7.27	4.57	8.28
26	F		remains							7.27	4.59	9.44
27	S									7.26	5.00	11.00
28	S		fine and							7.25	5.02	a.m.
29	M		clear							7.24	5.03	0.13
30	T									7.23	5.05	1.25
31	W		to end.							7.22	5.06	2.32

### About the Human Body

The average weight of a male child at birth is 7 pounds; female 6½ pounds.

At about 12 years male and female have the same weight.

The male attains maximum weight (140 pounds) at 40 years; the female (124 pounds) at 50.

Children lose weight during first three days after birth.

Before 70 years of age there is an average of two years' sickness or 10 days per annum.

At about 36 the lean man becomes fatter, the fat man leaner.

Most children are born in February, fewest in July.

On the average, men have their first-born at 30 and women at 28.

### A-A-A-Ah

Dentist: "Open wider, please—wider."

Patient: "A-A-A-Ah."

Dentist (inserting rubber gag, towel and sponge): "How's your family?"

### Character Told by the Eyes

Black (dark brown), passionate ardor in love.

Dark Blue, great affection and purity, but not much intellectuality.

Clear, Light Blue, with steadfast glance, denotes cheerfulness, good temper and constancy.

Pale Blue or Steel Colored, with shifting motion, deceitfulness and selfishness.

Russet Brown, affectionate disposition, sweet and gentle.

Gray, or Greenish Gray, are the most intellectual and denote impulsive temperament, poetic and artistic natures.

Light Brown or Yellow denote inconstancy.

Eyes weak in color denote a listless feeble disposition and a cold, selfish nature.

### Foolish Query

Said Mable: "Tell me, dear Louise,

Did John propose while on his knees?"

"How could he?" asked Louise, she did.

"When I was sitting on 'em, kid?"—Imp.

### Leap Year Proposal

Ysabelle: Why don't you propose to Percy? He's as good as gold.

Lucia: Yeah, but my motto is "Accept no substitutes."—Chaparral.

## Every Man His Own Physician

No two human beings are alike in constitution. Where one is strong another is weak. It therefore becomes the duty of each individual to study his own body so as to learn the tendencies and weaknesses of his bodily organs, as well as how to regulate them and thereby maintain health and prolong life.

There is much information to be found in this almanac, not only as to symptoms of diseases but also in descriptions of DR. CHASE'S medicines which will help anyone to be his own physician. You will learn here how others have been cured and will be encouraged to profit by their experiences.

DR. CHASE'S system for the home treatment of disease is so simple that almost anyone can decide for himself what medicine is required. Study the symptoms given in this book, read the letters of cured ones and then put the medicines to the test in your own case.

Not one of these medicines is ordinary in any sense of the word. They were only placed on public sale after long testing in private practice and when the doctor found that he could not personally supply the demand.

Time has proven what a great service DR. CHASE has conferred on humanity by his system of medicines, for to-day no medicines have such enormous sales. They cure where ordinary doctors and ordinary medicines fail and for this reason they are in demand everywhere.

"What did she say when you turned out the gas and kissed her?"

"She said she felt as if she never wanted to see my face again."

"Do you know of any cook who will remain in the country?"

"Not unless she is buried there."

## A Message of Good Cheer

To all who are weak, tired, discouraged and run down in health and strength

With weakness of the body there comes feelings of gloom and discouragement, with fear and forebodings of the future. But to any who find themselves in such a condition to-day we bring a message of good cheer.

We do not tell of miracles performed or quick cures made in a day, but we bring assurance of restoration to health and strength by a natural upbuilding process.

**New Blood.**—It is only through the blood that new vigor can be instilled in the human system and by supplying the elements from which new blood is created DR. CHASE'S NERVE FOOD increases the quality and quantity of rich, red blood.

**New Nerve Force.**—The nervous system is first to feel the benefit of rich, nourishing blood. New vitalizing nerve force is sent tingling along the intricate nerve fibres until every organ in the human body feels the rejuvenating effect.

**New Strength.**—This means new strength of limb and muscle as well as a resumption of the natural functions of the vital organs.

**New Hope and Courage.**—With new strength of mind and body your hope and courage are restored and you take a new interest in life. Gradually you find your old ambitions coming to life again and new aspirations forming.

**New Cheerful Outlook on the Future.**—This is the test of the restored nervous sufferer. When by patient, persevering use of DR. CHASE'S NERVE FOOD the starved and depleted nerve cells have been nourished back to strength and vigor and you find that you can forget the weeks and months of depres-

sion and discouragement and look forward cheerfully to the future you will fully realize this message of good cheer which we bring to you. For then you will be restored to strong, robust health and will say "good by" to weakness and disease.

## Nervous Prostration

MRS. CONRAD SCHMIDT, R.R. No. 1, Milverton, Ont., writes: "Two years ago last spring I was run down, had nervous prostration, and was in a terribly nervous condition. I could not sleep or eat, could scarcely count the nights that I passed without sleep, and if I did eat, had sick headaches and vomiting spells. My limbs would swell so badly that it hurt me to walk. I would jump up in bed, awakened by bad dreams. In fact, I was so bad, thought I could not live, and started to use DR. CHASE'S NERVE FOOD without much hope.

"It was not long before I began to improve under this treatment, and I can truthfully say it has done me a world of good. It took some time to get the nervous system restored, but I kept right on using the Nerve Food regularly, and gradually gained in health and strength. I have a fine baby now. He weighed 12 lbs. at birth, and, though my friends were anxious after the condition I was in, I got over that fine, and now weigh 120 lbs. Before using the Nerve Food I was a mere skeleton."

## Nervous Breakdown

MISS HAZEL SMITH, Huxley, Alta., writes: "I think it is my duty to let you know the good DR. CHASE'S NERVE FOOD has done in our family. Five years ago my mother was stricken with a nervous breakdown, had severe headaches all the time, could not sleep and could scarcely walk as her feet became numb and she feared paralysis. She tried doctors and medicines but got no better. Finally she began the use of DR. CHASE'S NERVE FOOD and with most satisfactory results. The numbness has disappeared, she is free from headaches and rests and sleeps well. We feel sure that her cure will be complete and are recommending the NERVE FOOD to all who suffer from diseases of the nerves."



This cure is easily available and awaits alone your action in applying it. There is no question of the merits of this food cure. Enquiry among your friends will prove to you that many thousands of women, and men, too, are being restored to health and vigor by use of DR. CHASE'S NERVE FOOD.

## Neurasthenia

or Exhaustion of the Nervous System

It is quite possible for the nervous system to be considerably exhausted before you realize the seriousness of your condition. You do not feel up to the mark, are easily tired out, worry over little things, and get cross and irritable, but do not consider yourself sick.

For this reason we shall give an outline of the symptoms so that you may be warned in time and use preventive treatment at a time when it will do most good.

1. General discomfort—excitement and depression alternating.
2. Headache and sometimes dizziness, and deafness.
3. Disturbed, restless, unrefreshing sleep, interrupted by dreams.
4. Weakness of memory, particularly of recent events.
5. Blurring sight, noises and ringing in the ears.
6. Disturbance of sensibility or feeling, as in hands, or, with women, in the breasts.
7. Coldness of parts of body or flushing and sweats.
8. Lack of tone, easily fatigued, dyspepsia.
9. Fear to be alone, or in a crowd, fear of things falling, fear of travelling, etc.

These symptoms indicate that the nerves are being starved for lack of rich, red blood. Certain elements are lacking which can best be supplied by DR. CHASE'S NERVE FOOD.

## How to Tell

If you are in need of Dr. Chase's Nerve Food

This food cure was devised for use in two great classes of diseases, one of which usually develops from the other—Anæmia or bloodlessness, and Nervous Exhaustion. If the blood is thin and watery, as is indicated by pallor of the lips, eyelids and gums, or if you are afflicted by some form of nervous trouble, you will find in DR. CHASE'S NERVE FOOD the most certain means of relief and cure. Some of the symptoms and ailments which come under this heading are:

Thin blood,	Neurasthenia,
Sallow complexion,	Nervous prostration,
Pallor of eyelids,	Nervous headache,
lips and gums.	Indigestion,
Tired feelings,	Sleeplessness,
Loss of energy and ambition,	Irritability.
Tendency to fear and anxiety,	Nervousness,
Loss of breath and easily fatigued,	Twitching of nerves and muscles.
Weak heart action,	Sensitiveness to sound and light
Loss of flesh and weight.	Gloomy forebodings,
	Loss of memory,
	Inability to concentrate the mind.

DR. CHASE'S NERVE FOOD is easily the greatest of restoratives. By forming new red corpuscles in the blood this food cure nourishes the starved and depleted nerves back to health and vigor. Try it when you are run down and out of sorts. It will restore vigor and energy and make you feel that life is worth living.

DAY OF MONTH	DAY OF WEEK	ZODIACAL SIGNS	WEATHER FORECAST	Moon's Phases			Local Mean Time		
				Ont. and Que.	Mar. Prov.	Ontario, Quebec and Maritime Provinces			
Feb. 1917				d. h. m.	d. h. m.	Sun Rises h.m.	Sun Sets h.m.	Moon Sets h.m.	
1	T	♈				7.21	5.07	3.34	
2	F	♈	Milder			7.19	5.09	4.29	
3	S	♈	with			7.18	5.10	5.15	
4	S	♉	heavy			7.16	5.12	5.53	
5	M	♉	snow			7.15	5.13	6.25	
6	T	♊	storms.			7.14	5.14	rises	
7	W	♊				7.12	5.16	6.06	
8	T	♊	Turns			7.11	5.17	7.09	
9	F	♋	very			7.09	5.19	8.12	
10	S	♋	cold.			7.08	5.20	9.17	
11	S	♋				7.07	5.21	10.23	
12	M	♋	Zero			7.05	5.23	11.29	
13	T	♋				7.04	5.24	a.m.	
14	W	♌	weather			7.02	5.26	0.37	
15	T	♌	continues.			7.01	5.27	1.49	
16	F	♌				7.00	5.28	2.54	
17	S	♌				6.58	5.30	3.55	
18	S	♌	Clear			6.57	5.31	4.46	
19	M	♌	spell is			6.55	5.33	5.26	
20	T	♌	followed			6.54	5.34	6.02	
21	W	♌	by heavy			6.52	5.35	sets	
22	T	♌	snow			6.50	5.37	7.15	
23	F	♌	storms.			6.49	5.38	8.35	
24	S	♌				6.47	5.40	9.51	
25	S	♌	Month			6.45	5.41	11.07	
26	M	♌	ends			6.43	5.42	a.m.	
27	T	♌	very			6.41	5.44	0.19	
28	W	♌	cold.			6.40	5.45	1.24	

### To Measure Shelled Corn in Crib

Multiply the length, breadth and height of crib and divide by 2 (cubic feet of corn in ear to bushel shelled corn). The result is in bushels of shelled corn.

### To Measure Hay in the Mow

Multiply the length, breath and height of space occupied and divide by 512 (cubic feet to a ton). The result is tons of hay.

### To Find Bushels of Apples or Potatoes in Bin

Multiply the length, breadth and height and this product by 8, cutting off one figure for decimals. The result is in bushels.

### Amount of Hay Per Day

Working horse.....	3.08 pounds.
Milch cows.....	2.40 "
Growing cattle.....	3.08 "
Steers.....	2.84 "
Sheep.....	3.00 "

See relative value of food for equivalents of hay.

### To Estimate the Weight of a Stack of Hay

To the height in feet of the stack to the eaves add one-half of the height from the eaves to the ridge. Multiply the result first by the length in feet, then by the width in feet, and divide the result by 27, which will give the contents of the stack in cubic yards. A yard of new hay averages 6 stones (of 22 lbs.) in weight, and old hay from 8 to 9 stones; therefore, to get the weight of the stack, the number of cubic yards must be multiplied by from 6 to 9 according to the age of the hay

### Saving Daylight

"I say, Mike, what's all this talk about savin' daylight?"

"Well, you see, Peter, it's like Rafferty's blanket."

"It was too short to cover his feet, so he cut a fut aff the top an' sewed it on the bottom, an' be the powers the blanket wasn't a bit longer than it was before."

He: "You used to say there was something about me you liked."

She: "Yes; but you've spent it all now."

## Nervous Prostration

Was almost crazy with headaches and could not sleep—Statement certified by clergyman

No ailment is more discouraging than Nervous Prostration. You may feel better for a day or two, only to find the next day that you have lost ground and are worse than ever. The headaches are worse, languid feelings are terribly depressing. As you lose strength you lose hope and courage and look to the future with fear and trembling.

DR. CHASE'S NERVE FOOD is the greatest blessing that has ever come to the sufferer from nervous exhaustion. It is not narcotic in its influence. It does not deaden the trembling, irritated nerves, but through the medium of the blood nourishes them back to health as nothing else can.

Mrs. ALONZO C. EISNER, Billtown, King's county, N.S., writes: "I was very low with nervous prostration and was about discouraged, as I could not sleep nights and was almost crazy with the pain in my head. I had tried many doctors, but seemed to get little benefit from their treatments.

"A friend handed me DR. CHASE'S Almanac, so that I might read about the Nerve Food. A single box of this treatment convinced me of its value, for I was better. I cannot tell how many boxes I used, but the results were so highly satisfactory that I cannot praise it too much. My health and strength have been restored so that I can do all my own work, and I recommend the Nerve Food to all who suffer from nervous prostration."

"This is to certify that I am acquainted with Mrs. A. B. Eisner and believe her statement in regard to DR. CHASE'S NERVE FOOD to be true and correct."—REV. ARTHUR A. WHITMAN.

Some patience is required in the treatment of nervous prostration, but you will not be using DR. CHASE'S NERVE FOOD long before you begin to find your strength and good cheer returning. You will then be encouraged to continue the use of the food cure until cured.

British Matron (to young man milking cow): "How is it you're not at the front, young man?"

Milker: "'Cause there ain't no milk at that end, mum."

## Eyesight Restored

Most remarkable experience of girl  
who was losing sight because  
of Exhausted Condition

Nine people out of ten who wear glasses might better be without them. Glasses do not cure. Frequently they are not properly selected to even afford relief. In most cases the nervous system is broken down and the optic nerve, being subjected to the greatest strain, is first to cause trouble.

The case here described may be extreme but it proves the wonderful efficiency of DR. CHASE'S NERVE FOOD as a means of building up the exhausted nervous system and thereby removing the cause of failing eyesight.

Mrs. L. DAUPHINAIS, Farming, Starbuck, Man., writes:

"My daughter Mary at the age of 13 was almost a complete wreck. One of her eyes was blind and she had such headaches she was almost useless. She never seemed to have enough sleep and was so pale and thin I hated to ask her to help with anything. I took her to a specialist for the eyes and the doctor told me her right eye was gone forever. So one day I got a small book from I don't remember where and read about the cures effected by DR. CHASE'S NERVE FOOD and determined to try some. I sent for two boxes and they only helped a little, but I could see a change. Then I sent for six more and still the improvement was growing more noticeable, so I ordered a dozen. Before she had used all of these I can honestly say that she was cured. She does not have those terrible headaches now and is the picture of health. I took her down to have her eyes tested again and the doctor told me that her blind eye is now just as good as the other and asked me what treatment I had used to obtain such wonderful results. I was glad to tell him that it was DR. CHASE'S NERVE FOOD, for I was overjoyed to know her sight was restored. I am writing this letter because we were benefitted by the experience of others and hope this may help some one else."

The first and most important rule of health is "Daily Movement of the Bowels." DR. CHASE'S KIDNEY-LIVER PILLS will help you to maintain this rule.

## Was Paralyzed Could Not Speak

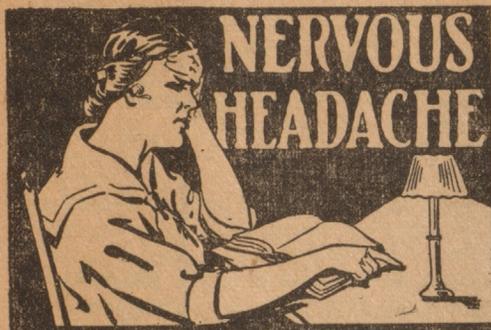
Mrs. GEO. H. ROBINSON, 410 Magdalen St., Point St. Charles, Montreal Que., writes: "Eleven years ago, I used DR. CHASE'S NERVE FOOD for paralysis with splendid results. I suffered a great deal from nervous headaches and sleeplessness, and finally lost my memory, and the vocal organs were paralyzed so that I could not speak. A friend told me about DR. CHASE'S NERVE FOOD, and the first box I used did me good. I kept on with this treatment until I had used 24 boxes, and was restored to health and strength. I am therefore in a position to recommend DR. CHASE'S NERVE FOOD as a splendid restorative for exhausted nerves."

This statement is certified to by Mr. DONALD TURNBULL, Justice of the Peace, who writes: "This is to certify that I am personally acquainted with Mrs. George H. Robinson, and believe her statement in regard to the use of DR. CHASE'S NERVE FOOD to be true and correct."

The bile is Nature's cathartic. Keep the liver active by using DR. CHASE'S KIDNEY-LIVER PILLS and there will be no constipation or biliousness.

## Paralyzed for a Month

Mrs. JAMES PHILLIPS, Cornwall, Ont., writes: "I am writing to let you know the benefit I have received from the use of DR. CHASE'S MEDICINES. Last January I had a stroke of paralysis and my right arm and leg were partially paralyzed for a whole month. I could not walk without holding on to chairs and things about the house to keep me from falling. My strength seemed to be all gone and the least thing would make me fall down. I had no faith in doctors for there were different cases around here of the same kind and the doctors didn't seem to help them. So I began the use of DR. CHASE'S NERVE FOOD and DR. CHASE'S KIDNEY LIVER PILLS and my strength was gradually restored so that I am able to do my own work and I am thankful for the benefit I have obtained and shall recommend them to others afflicted as I was."



Headache is not a disease in itself, but comes as a warning to tell you that there is something wrong with the system. Consequently when you stop a headache by the use of powerful narcotic drugs, you merely stifle the "danger signal" by which Nature tells you that there is trouble ahead.

A starved condition of the nervous system is by far the most frequent cause of headache. You may be going too fast a pace and burning the candle at both ends. The nervous system has no opportunity to renew its vigor, and the result is nervous headache, sleeplessness, indigestion and irritability.

Why not select a treatment that aims to remove the cause of trouble by enriching the blood and building up the starved and exhausted nerves. Such is DR. CHASE'S NERVE FOOD, and the effectiveness of this food cure is so well known that we scarcely need tell you about it.

In almost every newspaper you will find some cure reported as a result of using DR. CHASE'S NERVE FOOD. The mention of it among your friends will reveal the fact that nearly everybody knows it as the standard medicine for diseases of the nerves and other ailments arising from a watery condition of the blood.

"Why do they call it strawberry shortcake?"

"I guess it is because one finds it usually short on strawberries."

## Had Consulted Great English Specialist

But It Remained for Dr. Chase's Nerve Food to Cure

Mr. HENRY F. VENN, Cefu Ranch, Malakwa, B.C., writes: "DR. CHASE'S NERVE FOOD has restored my nervous system and given me new health. Having met with a severe accident 7 years ago, from which I was unconscious and which left my nerves in a very sore plight I was treated by doctors galore and consulted one of the greatest nerve specialists in England, but nothing seemed to do me much good. Hypophosphites and in fact, all and every kind of nerve mixture in almost every form was used, but never with more than temporary benefit.

"But DR. CHASE'S NERVE FOOD has acted very differently, for it has built up my nervous system until I feel like my old self again. If this medicine will do for others what it has done for me, I shall not regret having written this letter. I have recommended the Nerve Food personally to many and shall always esteem its great restorative value."

## Boy Had Fits

Doctor said Epilepsy and gave no Hope—  
Dr. Chase's Nerve Food Effected Cure

Mrs. HENRIETTA M. NOXEL, R.R. No. 1., Humberstone, Ont., writes: "I cannot help writing to you as I want you to know what a blessing DR. CHASE'S NERVE FOOD and KIDNEY-LIVER PILLS have been to my boy. He was taken with very violent fits, would twitch all over, his eyes would turn towards his nose, his jaws set and his lips turn almost purple. He would clench his fists tightly, become unconscious and then go into a long sleep. After several hours, he would wake up sighing and so weak he could not stand. I was afraid he would die and took him to the doctor who pronounced his case epilepsy. As his medicine was not effective and the fits continued, I took him to another doctor at Fonthill but his medicine seemed to make him worse.

"As the boy's nerves were in such a state that he could not sit down or lie down and the fits continued, I took him to a third doctor who said that he would not undertake to cure epilepsy as no doctor could cure it. That night I went home very much discouraged and when I

DAY OF MONTH	DAY OF WEEK	ZODIACAL SIGNS	WEATHER FORECAST	Mar. 1917			Local Mean Time Ontario, Quebec and Maritime Provinces		
				Moon's Phases	Ont. and Que.	Mar. Prov.	Sun Rises	Sun Sets	Moon Sets
				d. h. m.	d. h. m.	d. h. m.	h. m.	h. m.	h. m.
1	T	♈	Comes	☾ Full Moon . . . . .	8 4 58 p.	8 5 58 p.	6.38	5.47	2.23
2	F	♈	in	☾ L. st Quarter . . . .	16 7 33 a.	16 8 33 p.	6.36	5.48	3.14
3	S	♈		☾ New Moon . . . . .	22 11 5 p.	23 0 5 a.	6.34	5.49	3.53
4	S	♈	like a	☽ First Quarter . . . .	30 5 36 a.	30 6 36 a.	6.33	5.51	4.28
5	M	♈	lion.						
6	T	♈	A						
7	W	♈	week						
8	T	♈	of						
9	F	♈	clear						
10	S	♈	weather						
11	S	♈	High						
12	M	♈	winds						
13	T	♈	prevail						
14	W	♈	Very						
15	T	♈	stormy						
16	F	♈	wet						
17	S	♈	period.						
18	S	♈	Clears						
19	M	♈		again					
20	T	♈	for						
21	W	♈	few						
22	T	♈	days.						
23	F	♈							
24	S	♈							
25	S	♈	Mueh						
26	M	♈		rain					
27	T	♈	at						
28	W	♈	end.						
29	T	♈							
30	F	♈							
31	S	♈							

took my dose of DR. CHASE'S NERVE FOOD, I gave my boy a dose and that was the first night in weeks that he slept well. I kept on giving him the Nerve Food three times a day and occasionally a Kidney-Liver Pill to keep the kidneys and bowels active. I can with a clear conscience say that he has not had even one fit since beginning this treatment. I give him no other medicine. He looks and feels well and as there have been no returns of the old trouble for four months, I believe he has been cured. I can never cease to be grateful to the manufacturers of these medicines for I am sure I would have lost my boy if it had not been for DR. CHASE'S NERVE FOOD."



Read it in the Faces  
of the People  
You Meet

The Irritability, the Worry, the Gloom, the  
Despair of Nerve and Brain Troubles,  
The Blood is Watery, the  
Nerves Are Starved

**Relative Value of Foods for Stock**

100 lbs. good hay equals:—

669 lbs. beets.	59 lbs. oats.
373 lbs. clover (green).	37½ lbs. peas (dry)
88 lbs. clover (dry).	350 lbs. potatoes.
371 lbs. carrots.	53½ lbs. rye.
368 lbs. mangolds.	429 lbs. rye-straw.
317 lbs. oat-straw.	469 lbs. turnips.

**Drain Tiles Per Acre**

	12 in.	14 in.
Drains 15 feet apart require.....	2904	2489
" 18 " " .....	2420	2074
" 18 " " .....	1815	1556
" 30 " " .....	1452	1245
" 36 " " .....	1210	1037

**Wonders of the Body**

The skin contains more than 2,000,000 pores or openings, which are outlets of sweat glands.

The human skelton consists of 200 bones.

An amount of blood equal to the whole quantity in the body passes through the heart every minute.

The capacity of the lungs is about 320 cubic inches.

There are more than 500 muscles in the body with an equal number of nerves and blood vessels.

The heart weighs 8 to 10 ounces.

It beats 100,000 times in 24 hours.

The average man takes 9½ pounds of food and drink in a day or one ton in a year.

A man breathes about 18 times a minute, ¾ of a pint of air, 3,000 cubic feet every hour.

This is the age of nervous troubles, of brain fag, of heart failure, of paralysis and bodily weakness. You can read it in the faces of the people you meet.

The business man, the factory hand, the professional man, the woman in the home, all find their nervous systems giving way before the terrible strain of modern life and keen competition. Nervous force is consumed at a terrible rate, and the blood which must make good this loss becomes thin and watery, lacking in quality as well as quantity.

The whole secret of preserving health and curing disease in all such cases is to supply an abundance of rich, red blood. Stimulants may drive the heart at a more rapid pace for a time, but the breakdown will come with greater force.

The blood demands nourishment, the nerves cry for sustenance. They call for just such help as is supplied by Dr. CHASE'S NERVE FOOD, the great blood builder and nerve restorative.

In many, many thousands of cases of this kind DR. CHASE'S NERVE FOOD has proven exactly what was needed. In using it you are not experimenting, but are supplying to the system the very ingredients from which Nature reconstructs the wasted nervous system. For this reason its cures are both thorough and lasting.

## The Heart Fails From Overstrain

Ten times as many people die from diseases of the heart and blood vessels as died from these diseases a generation ago. People eat more, hurry more, worry more than they did when life was taken more leisurely and lived more simply.

To-day we are subject to all sorts of excesses at the expense of the nervous system. The nerves are overtaxed, the heart soon feels the strain and the results are most disastrous. Moderation must be the rule if health is to be maintained. In middle life and after you must learn to conserve your energy and replace lowered vitality by the use of such treatment as DR. CHASE'S NERVE FOOD.

This food cure forms new blood which in turn revitalizes the wasted nerves, including those of the heart, the action of this great pumping organ is strengthened, circulation improves and new vigor is imparted to every part of the human system. The dread of heart failure disappears and you feel again the joy of living.

## Heart's Action Weak Circulation Poor

Was tired, nervous and Sleepless—  
Health now fully restored

MRS. E. A. HUTCHINGS, "Prairie View," Elva, Man., writes: "Before using DR. CHASE'S NERVE FOOD my husband had tried almost every remedy recommended as a tonic. He suffered with cold feet, poor circulation of the blood and was always tired. He had pains in his feet and legs, and could get no rest or sleep at night. After the first box of the NERVE FOOD we could see an improvement, and now after using it for six months, he is an entirely different man. He eats and sleeps well and has no pains in his feet and legs. It has built up his health wonderfully and we can recommend it as a splendid nerve tonic."

## A Nervous Wreck at Eleven Years

Was tired out, pale and sallow—  
Nerves were so weak she would  
shake with fear

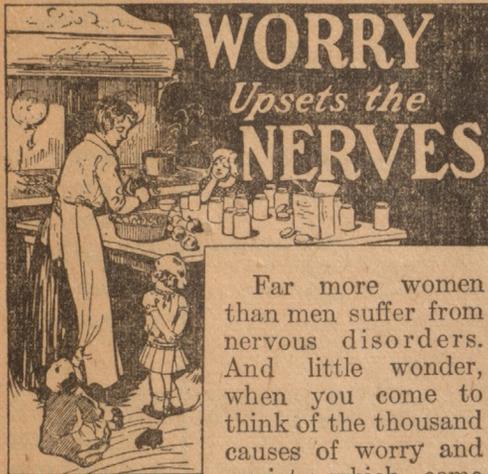
MRS. STEPHEN HARTMAN, Italy Cross, Lunenburg Co., N.S., writes: "My little sister at eleven years of age became nervous, irritable and seemed all tired out. She had no appetite, was lifeless and drowsy, and her complexion grew pale and sallow. Finally she had to keep her bed and somebody with her all the time. She was afraid of everything, would get excited and tremble till the bed would shake. As she seemed to be getting worse under the doctor's treatment, mother decided to try DR. CHASE'S NERVE FOOD. After she had used about four boxes improvement was noticeable, and it was wonderful to see how much brighter and stronger she grew week by week. She used ten boxes altogether and they cured her. She got fat and rosy, and went to school every day with an ambition that she never seemed to have before. I do not hesitate to recommend DR. CHASE'S NERVE FOOD to anyone for it was indeed wonderful what it did for her."

## Heart Trouble 20 Years

MRS. JAS. F. WARREN, RENFREW, ONT., writes: "My mother was bothered with heart trouble for about 20 years. She consulted seven different doctors with little benefit. She had pains over the heart and also bad cough, could not sleep much at night, her blood was thin and the nerves in poor condition. When she had used two boxes of DR. CHASE'S NERVE FOOD, she felt some improvement and purchased six more boxes from which she is getting great benefit. She sleeps well now, has a good appetite and feels no pains about the heart."

## Tired and Languid

MRS. I. MCGEE, 247 Park St. Peterboro, Ont., writes: "One year ago I was suffering from a nervous breakdown. I was tired and languid all the time and could not sleep at night. Almost every day I would break down and cry, apparently without reason. I started using DR. CHASE'S NERVE FOOD and began to feel better before I had finished the first box. With the use of seven boxes I considered myself cured."



Far more women than men suffer from nervous disorders. And little wonder, when you come to think of the thousand causes of worry and anxiety which come

daily to the woman in the home.

Particularly to those who are nervously energetic the many demands of society, the numberless details of home life, and the exacting attention required by the children, sooner or later wear on the nervous system.

You begin to worry, and worry upsets the nerves. The more irritable the nerves become the more you worry. And thus is formed a vicious circle, and there is no end to your troubles. Since the nervous system holds in control all the functions of the body there soon arises a thousand little ills to make life a burden.

Nervous headaches, spells of indigestion, irritable temper and attacks of the blues tend to make you feel miserable. You cannot rest by day or sleep at nights, and what reserve force you have rapidly disappears.

It may not be convenient for you to get away for a change and a rest, but there is within your reach DR. CHASE'S NERVE FOOD, and there never was found a nerve restorative which could be compared to it.

Use DR. CHASE'S NERVE FOOD regularly and you will soon be able to take a cheerful view of life, enjoy your daily

work and forget to worry. For with good health comes new energy and strength, new hope and courage, happiness and success.

## Nerves Were Upset By Slightest Noise

Keen suffering from neuralgia  
headaches and extreme  
nervous condition

MRS. JAS. JENSEN, Gwynne, Alta., writes: "About ten years ago I was troubled with severe attacks of neuralgia and nervousness, and was for several months so bad that I could not get a night's rest. I used several medicines recommended by the druggist. My doctor also prescribed, but nothing he gave me brought any relief. Instead I got worse and worse until I could scarcely do anything or bear the least bit of noise. My nerves were all upset.

"My husband read about DR. CHASE'S NERVE FOOD and got me some. Although I had no faith in it, I began its use, and after a few doses began to sleep well and the neuralgia left me entirely. I used six more boxes and have never had any troubles from neuralgia or the nerves since."

"This is to certify that I know Mrs. Jensen and believe this statement to be true and correct. FRED FREEMAN, J.P."

## Young Man Paralyzed

MR. AVERY HYATT, Blacksmith, St. Ann's, Lincoln Co., Ont., writes: "I am a blacksmith by trade, and ten years ago became afflicted with paralysis. I could not walk or read or write, and could talk with difficulty, so that it was a hard matter to understand anything I would say. Being only a young man, I was nearly discouraged. Two doctors told me it was brought on by overwork, and that my case was hopeless.

"One day my father read about DR. CHASE'S NERVE FOOD, and advised me to try it. I bought 12 boxes, and when the fifth was used I saw that I was getting better. By the time the 12 boxes were used I was cured. I am well and strong and working every day, thanks to DR. CHASE'S NERVE FOOD."

This statement is certified to by NR. ELMON J. HODGKINS, J.P.

DAY OF MONTH	DAY OF WEEK	ZODIACAL SIGNS	WEATHER FORECAST	April 1917			Local Mean Time Ontario, Quebec and Maritime Provinces		
				Moon's Phases	Ont. and Que.	Mar. Prov.	Sun Rises	Sun Sets	Moon Sets
				d. h. m.	d. h. m.	d. h. m.	h. m.	h. m.	h. m.
1	S	♈	First	☾ Full Moon . . . . .	7 8 49 a.	7 9 49 a.	5.40	6.28	2.57
2	M	♉	week	☾ Last Quarter . . .	14 3 12 p.	14 4 12 p.	5.38	6.29	3.22
3	T	♊	"	☾ New Moon . . . . .	21 9 1 a.	21 10 1 a.	5.36	6.30	3.44
4	W	♈	clear	☽ First Quarter . . .	29 0 22 a.	29 1 22 a.	5.35	6.32	4.05
5	T	♉	and				5.33	6.33	4.23
6	F	♊	and				5.31	6.34	4.43
7	S	♈	cold.				5.29	6.35	rises
8	S	♉	Change-				5.27	6.36	8.19
9	M	♊	able				5.26	6.38	9.28
10	T	♈	spell				5.24	6.39	10.37
11	W	♉	cloudy				5.22	6.40	11.39
12	T	♊	but				5.20	6.41	a.m.
13	F	♈	little				5.19	6.43	0.33
14	S	♉	rain.				5.17	6.44	1.19
15	S	♊	Weather				5.15	6.45	1.57
16	M	♈	clears				5.14	6.47	2.28
17	T	♉	and				5.12	6.48	2.56
18	W	♊	and				5.10	6.49	3.20
19	T	♈	is				5.08	6.50	3.45
20	F	♉	mild.				5.07	6.52	4.11
21	S	♊					5.05	6.53	sets
22	S	♈	Colder				5.03	6.54	8.45
23	M	♉	with				5.02	6.55	9.53
24	T	♊	some				5.00	6.57	10.51
25	W	♈	rain.				4.59	6.58	11.41
26	T	♉	Month				4.57	6.59	a.m.
27	F	♊	ends				4.55	7.00	0.23
28	S	♈	fine				4.54	7.01	0.55
29	S	♉	but				4.52	7.03	1.24
30	M	♊	cool.				4.51	7.04	1.47

### Shingles Required on a Roof

To the square foot it takes 9 if exposed 4 inches; 8 if exposed  $4\frac{1}{2}$  inches, and 7 1-5 if exposed 5 inches to the weather.

### To Find Length of Rafters

The span is the distance between the studs on which the roof rests.

If  $\frac{1}{4}$  pitch, multiply span by 5.59.

If  $\frac{1}{3}$  " " " 6.

If  $\frac{2}{3}$  " " " 6.25.

If  $\frac{1}{2}$  " " " 7.1.

If  $\frac{5}{8}$  " " " 8.

If full " " " 1.12.

Example.—Span 24 feet, pitch  $\frac{1}{2}$ ,  $24 \times 7.1 = 17.04$  or 17 feet add one foot for eaves and length required is 18 feet.

### How to Measure Boards

Multiply the length in feet by the width in inches and divide by 12; the result is in square feet.

### How to Measure Scantling, Etc.

Multiply the width and thickness in inches by the length in feet, and divide by 12; the result is square feet.

### Amount of Paint for Surface

Divide the number of square feet to be covered by 200. The result will be the gallons of liquid paint to two coats or divide by 18 and the result will be the number of pounds of pure white lead for three coats.

### Barbed Wire Required

To fence 1 square acre you will need 50 pounds, allowing each pound to measure 1 rod ( $16\frac{1}{2}$  feet) for each line of wire.

### The Little Lawyer Man

"It was a little lawyer man  
Who softly blushed as he began  
Her poor, dead husband's will to scan.  
He smiled while thinking of his fee,  
Then said to her so tenderly,  
"You have a nice, fat legacy."  
And when next day, he lay in bed  
With bandages upon his head  
He wondered what on earth he said."

## Your Health, Vitality, Energy

Your ability to think, your usefulness, success and happiness depend on the condition of your nerves

What a useless, helpless mass of flesh this human body is when anything goes wrong with the nerves. The optical nerve is affected and sight fails, the nerves to the heart become exhausted and the heart beats feebly or stops, the motory nerves are weakened and you lose control of the limbs, the nerve cells of the brain become depleted and you lose capacity to think.

Nerve force is the all-essential power which runs the machinery of the body. Too often this fact is overlooked and derangements of the nervous system are neglected as not being of great importance. You are attacked by kidney disease or appendicitis, suffer great pain and are immediately alarmed for your life. But let the nerves go wrong and you say "Oh! I will soon be all right," and neglect to take active means to obtain cure.

Perhaps you do not sleep well, have nervous headaches, suffer from nervous indigestion, find yourself nervous and easily irritated, unable to concentrate your mind or to attend to your daily task. Your nerves are fast becoming exhausted and you do not realize the seriousness of your condition. You do not recognize this as the approach of nervous prostration or some form of helplessness.

To regain health, vitality, energy, you need the assistance of DR. CHASE'S NERVE FOOD. It forms new blood, feeds the starved nerve cells back to health and vigor and replenishes the wasted nerve force.

# Healthy, Happy People

**A**FTER all it is results like these that count. You can only judge a Medicine by the cures it makes. Read the evidence and then put Dr. Chase's Nerve Food to the test.

## Nervous Prostration

Mrs. S. Dickson, 169 Edinburgh Road, Guelph, Ont., writes:—"For about nine years, I was a sufferer from nervous prostration and severe headaches. My nervous system was very much exhausted and I could not sleep at night. A friend asked me to try Dr. Chase's Nerve Food and after I had used the first box, I certainly felt much benefited. Altogether I have taken about nine boxes and find that this treatment has built up my nervous system and improved my health in every way."

## Nervous Headache

Mrs. John Hamilton, Newmarket, Ont., writes:—"I have used Dr. Chase's Nerve Food for nervous headache and sleeplessness and find it to be a splendid restorative."



# Paying Tribute To Dr. Chase's Nerve Food

## Anaemia—No Appetite

Miss Ethel McKerman, 244 Coursol St., Montreal, Que. writes:—"Before using Dr. Chase's Nerve Food, I suffered a great deal from anaemia and loss of appetite. I had taken treatment from two doctors but did not get any relief. After the first box of Nerve Food, I noticed an improvement and with a continuation of this treatment, the appetite gradually returned and I am pleased to be able to say that I have been completely cured and my system thoroughly restored."

## Broken-Down Nerves

Mr. John Stevens, Glenella, Man., writes:—"Three years ago I was so severely injured that I was left with a broken-down nervous system. I could not rest or sleep and though I tried several medicines, could get no relief. Reading about many being cured by Dr. Chase's Nerve Food I decided to try it and after using nine boxes I felt like a different man. I now enjoy good sound sleep instead of feeling tired in the morning and I am strong and healthy and well fitted for my work."

## Strength Restored After Sickness

Miss E. J. Buswell, Centralia, Ont. writes:—"Last winter my mother contracted a bad cold. She was bothered with shortness of breath, wheezing, fevered, and too sore to cough. Our doctor prescribed treatment which brought relief from these symptoms but when she got up she was tired, always tired and weak. I got her three boxes of Dr. Chase's Nerve Food and she soon improved. Her eyes became clear and bright, the ashen hue left the face and she began once more to take up the reins and look after the household duties."

## Severe Headaches

Mrs. N. Fancy, Italy Cross, N. S., writes:—"I have suffered a lot from stomach trouble, nervousness, severe headaches and loss of appetite. My system was all run down and though I tried several medicines, I did not get any better. I heard about so many people being cured by Dr. Chase's Nerve Food that I decided to give it a trial. It did me lots of good and I would not think of using anything else if my health got run down again."

## Nervous Indigestion

Mrs. Walter Wright, of Muniac, N.B., writes:—"I suffered for about six years with stomach trouble described by the doctor as indigestion. There was a keen distress in the pit of the stomach, so bad at times as to cause vomiting. I had very severe headaches and was also much run down when I began taking Dr. Chase's Nerve Food. The use of four boxes completely cured me and I want to express my appreciation of this medicine."

## Partial Paralysis

Mrs. C. A. Kidd, Bishop's Crossing, Que., writes:—"For a year my hands and feet were numb and kept gradually getting worse, till I got so I could not walk alone and could only use my hands so as to eat with a spoon. I was like that for six months, and the doctors failed to help me, so I began using Dr. Chase's Nerve Food. I have used fourteen boxes of the Food, and have been so greatly benefitted that I can walk alone without difficulty and can use my hands knitting and doing the usual work. I believe this to be the best treatment obtainable for the nerves."

DAY OF MONTH	DAY OF WEEK	ZODIACAL SIGNS	WEATHER FORECAST	Moon's Phases Ont. and Que. Mar. Prov.			Local Mean Time Ontario, Quebec and Maritime Provinces		
					d. h. m.	d. h. m.	Sun Rises h.m.	Sun Sets h.m.	Moon Sets h.m.
<b>May 1917</b>				Full Moon.....	6 9 43 p.	6 10 43 p.			
				Last Quarter...	13 8 48 p.	13 9 48 p.			
				New Moon.....	20 7 47 p.	20 8 47 p.			
				First Quarter..	28 6 34 p.	28 7 34 p.			
1	T	♈	Begins				4.49	7.05	2.07
2	W	♈	clear				4.48	7.06	2.27
3	T	♈	and				4.46	7.07	2.46
4	F	♈	fine.				4.45	7.09	3.07
5	S	♈					4.43	7.10	3.30
6	S	♈					4.42	7.11	rises
7	M	♈	Then				4.41	7.12	3.23
8	T	♈	very				4.39	7.13	3.30
9	W	♈					4.38	7.15	10.27
10	T	♈	change-				4.36	7.16	11.17
11	F	♈	able.				4.35	7.17	11.59
12	S	♈					4.34	7.18	a.m.
13		♈	Threat-				4.33	7.19	0.31
14	M	♈	ening				4.32	7.20	0.58
15	T	♈	rain				4.31	7.21	1.24
16	W	♈	and				4.30	7.22	1.43
17	T	♈					4.28	7.23	2.12
18	F	♈	keeps				4.27	7.25	2.39
19	S	♈	cool.				4.26	7.26	3.08
20	S	♈					4.25	7.27	sets
21	M	♈	Some				4.24	7.28	3.39
22	T	♈	fine				4.23	7.29	3.32
23	W	♈	days				4.22	7.30	10.17
24	T	♈	and				4.22	7.31	10.53
25	F	♈	warmer.				4.21	7.32	11.25
26	S	♈					4.20	7.33	11.49
27	S	♈	Cool				4.19	7.34	a.m.
28	M	♈	again,				4.18	7.35	0.09
29	T	♈	very				4.18	7.36	0.30
30	W	♈	backward				4.17	7.37	0.49
31	T	♈	spring.				4.15	7.38	1.10

**Height and Weight of Men**

Table of Average Height and Weight of Males, based on analysis of 74,162 accepted applicants for life insurance as reported to the Association of Life Insurance Medical Directors.

Height	Age	Age	Age	Age	Age
	15-25	30	40	50	60
	Lbs.	Lbs.	Lbs.	Lbs.	Lbs.
5 ft.	120	128	133	134	131
5 ft. 1 in.	122	129	134	136	134
5 ft. 2 in.	124	131	136	138	137
5 ft. 3 in.	127	134	139	141	140
5 ft. 4 in.	131	138	143	145	144
5 ft. 5 in.	134	141	146	149	148
5 ft. 6 in.	138	145	150	143	153
5 ft. 7 in.	142	150	155	158	158
5 ft. 8 in.	146	154	160	163	163
5 ft. 9 in.	150	159	165	167	168
5ft. 10 in.	154	164	170	172	174
5 ft. 11 in.	159	169	175	177	180
6 ft.	165	175	180	182	185
6ft. in.	170	181	186	188	189
6 ft. 2 in.	176	188	194	194	192
6ft. 3 in.	181	195	203	201	...

**Height and Weight of Women**

The following gives a fair indication of proper proportions in height and weight:

Height	Lbs.	Height	Lbs.
5 ft.	100	5 ft. 1 in.	106
5 ft. 2 ins.	113	5 ft. 3 ins.	119
5 ft. 4 ins.	130	5 ft. 5 ins.	138
5 ft. 6 ins.	144	5 ft. 7 ins.	150
5 ft. 8 ins.	155	5 ft. 9 ins.	163
5 ft. 10 ins.	169	5 ft. 11 ins.	176
6 ft.	180	6 ft. 1 in.	186

He: Just think, darling! Only one more day and we will be alone like this all the time in our own little cottage.

She: Yes, Harold dear, and think of all the lovely wedding presents we have.

Pat went to a druggist to get an empty bottle. Selecting one that answered his purpose, he asked:

"How much?"

"Well," said the clerk, "if you want the empty bottle it'll be one cent, but if you have something put in it we won't charge anything for the bottle."

"Sure, that's fair enough," observed Pat. "Put in a cork."

**Be Suspicious When You Lose Weight**

Look for other symptoms of kidney disease

On this page is printed the average weights of men and women of given height. You may weigh more or less and still be in good health but when your weight changes from normal, either increasing or decreasing it is wise to look for the cause.

Gradual and persistent loss of weight is one of the marked symptoms of Bright's disease of the kidneys. Other symptoms are headache, pains in the back, dry, harsh skin, pallor of the skin, tired, wornout feelings and irregularities in urinating or deposits in the urine.

In its advanced stages Bright's disease cannot be cured because there is a deterioration of the tissues of the kidneys not unlike the wasting of the lungs from consumption.

It is therefore wise to be on guard against kidney troubles and begin the use of DR. CHASE'S KIDNEY-LIVER PILLS promptly, as soon as there are any irregularities of kidneys, liver, or bowels. By quickly awakening the action of these organs DR. CHASE'S KIDNEY-LIVER PILLS affords relief at once, thoroughly cleanse the system and prevent the development of serious disease.



ONE PILL A DOSE

AT BEDTIME

25 cents a Box, 5 Boxes for \$1.00

## Symptoms of Kidney Disease

Few diseases are more often fatal than those of the kidneys. None are more painful. Old people are especially subject to kidney ailments, but all ages are its victims. Kidney disease is usually the result of neglect for its symptoms are pronounced and its development is usually slow.

The three distinct features of kidney disease are:

1. Backache, or lame, sore back.
2. Deposits in the urine after standing twenty-four hours.
3. Difficulty or too great frequency in urinating.

By applying this test to your own case you can decide for yourself whether or not you have kidney disease. Other symptoms are irregular action of the bowels, stomach troubles, pains in the limbs, puffiness under the eyes, hard, dry skin, paleness and general weakness.

If you will read carefully the letters published here from persons who have been cured by DR. CHASE'S KIDNEY-LIVER PILLS you will understand why we have such unbounded confidence in this treatment as a preventive and cure for diseases of the kidneys.

## Certified Cure of Kidney Disease

MR. SIMEON SHIELOFF, Birchbrook Orchards, Birchbank, B.C., writes: "For several years I suffered greatly from kidney disease. I was weak and could do very little work. My back was lame and ached and I suffered much from headaches. Tried doctors and obtained no relief. DR. CHASE'S KIDNEY-LIVER PILLS were recommended by a friend, and after taking four boxes I think I can say that I am cured, for I feel as well as I ever did."

This statement is endorsed by Mr. Harry Anderson, J.P., who writes: "This is to certify

that I am personally acquainted with Mr. Simeon Shieloff and believe his statement in regard to DR. CHASE'S KIDNEY-LIVER PILLS to be true and correct."

## Twice Operated on for Kidney Trouble

Disease grew worse and Cure was  
Effected by Dr. Chase's Kidney-  
Liver Pills

MR. JOHN E. PUMFREY, farmer, Viceroy, Sask., writes: "I think it is my duty to let you know the benefits I have obtained from the use of DR. CHASE'S KIDNEY-LIVER PILLS. For years I suffered from weak kidneys. The urine was scanty, thick and was accompanied by burning sensations. The trouble grew worse until there was total stoppage of urine and I suffered most excruciating pains. Besides private treatment by medical men I was twice operated on at a hospital in Oxford, England.

"Soon after coming to this country the trouble returned with great severity, and the druggist to whom I went recommended DR. CHASE'S KIDNEY-LIVER PILLS, for which I am very thankful. I am now enjoying excellent health and I am positive this is due to the use of DR. CHASE'S KIDNEY-LIVER PILLS. The water is clear and no difficulty in passing it. I am making this statement voluntarily so that others may know of this medicine which has given such wonderful results."

## Bright's Disease

Shortness of breath, unusual pallor, failing health, swelling of the feet and legs, recurring headaches, attacks of dizziness and impairment of the sight, are some of the symptoms of Bright's disease.

In its advanced stages this ailment can seldom if ever be cured, and for this reason it is most important that any derangements of the kidneys should have prompt attention. Keep the kidneys healthy, the liver active and the bowels regular by using DR. CHASE'S KIDNEY-LIVER PILLS and you need not fear such dreaded ailments as Bright's disease and dropsy.

## MAN IS AS OLD AS HIS ARTERIES



The failure of the arteries is one of the tragedies of modern life. Men in the very prime of life, and in the midst of business activities, are suddenly cut off. In many cases the blow comes before they realize their condition.

And what is the cause? Most usually overeating and drinking, combined with too little bodily exercise. The blood becomes overloaded with poisons. The kidneys break down in an effort to filter the blood, degeneration of the arteries takes place, an artery in the brain bursts, a clot is formed and paralysis results. Or it may be an artery in the heart that gives way and causes heart failure.

And how is this condition to be avoided? By moderation in eating and drinking, and by keeping the liver, kidneys and bowels regular and active. If you do not get sufficient exercise to accomplish this, it is necessary to use such treatment as DR. CHASE'S KIDNEY-LIVER PILLS. It is only by the action of these organs that the blood can be purified and the poisons removed from the system. In using DR. CHASE'S KIDNEY-LIVER PILLS you are not making any experiment, for they have no equal as a means of awakening the liver, kidneys and bowels to healthful activity. They prevent such serious troubles as hardening of the arteries, and thereby promote comfort and health and prolong life.

## Kidneys Deranged 20 Years Treated in Two Hospitals

Mr. L. D. GRIFFIN, Bulwer, Compton Co., Que., writes: "I can add one more statement of Kidney disease cured by DR. CHASE'S KIDNEY-LIVER PILLS. For about twenty years, I was bothered more or less with the kidneys, then the disease became worse and I was sick in bed for one year, took doctor's medicine to no avail and on his advice went to Sherbrooke Hospital, where I was benefitted, but the old trouble returned and I tried a Montreal Hospital.

"On the advice of a friend, I began to use DR. CHASE'S KIDNEY-LIVER PILLS and I now thank that friend for to-day I am as free from kidney disease as I ever was in my life. I owe the cure to DR. CHASE'S KIDNEY-LIVER PILLS for they undoubtedly did the work. I am 68 years old and have spent 35 years as a traveller calling on the drug trade. Everywhere I am told that DR. CHASE'S medicines are the best sellers and give

the best satisfaction of any medicine on the market. Shall be glad to answer any questions in regard to my cure if people care to write me."

## Wonderful Results From This Medicine

Mrs. AMOS DAMAH, West Glassville, N.B., writes: "When I began the use of DR. CHASE'S KIDNEY-LIVER PILLS, I was badly troubled with kidney disease and constipation and have obtained wonderful results by the use of this treatment. I had tried so many medicines during the eight years in which I suffered from this ailment that I had lost faith and did not expect to find a cure. After the kidney-liver pill had corrected this trouble, I began the use of DR. CHASE'S NERVE FOOD and can truthfully say that these two medicines have done me a wonderful lot of good."

DAY OF MONTH	DAY OF WEEK	ZODIACAL SIGNS	WEATHER FORECAST	June 1917			Moon's Phases		Ont. and Que.		Mar. Prov.		Local Mean Time Ontario, Quebec and Maritime Provinces					
				☾ Full Moon.....	☾ Last Quarter...	☾ New Moon.....	☽ First Quarter..	d.	h.	m.	d.	h.	m.	d.	h.	m.	Sun Rises h.m.	Sun Sets h.m.
1	F	♈	Much															
2	S	♈	rain.										4.16	7.39		1.33		
													4.15	7.39		1.56		
3	S	♈																
4	M	♈	Clears										4.15	7.40		2.28		
5	T	♈	for										4.15	7.41		3.08		
6	W	♈	few										4.15	7.42		rises		
7	T	♈	days										4.14	7.42		9.12		
8	F	♈											4.14	7.43		9.55		
9	S	♈											4.14	7.44		10.32		
													4.13	7.44		11.03		
10	S	♈	Then															
11	M	♈	frequent										4.13	7.45		11.28		
12	T	♈	showers										4.13	7.46		11.51		
13	W	♈	for										4.13	7.46		a.m.		
14	T	♈	several										4.13	7.47		0.16		
15	F	♈	days.										4.13	7.47		0.41		
16	S	♈											4.13	7.48		1.10		
													4.12	7.48		1.43		
17	S	♈																
18	M	♈	Unusually										4.12	7.49		2.22		
19	T	♈											4.12	7.49		3.09		
20	W	♈	wet										4.12	7.50		sets		
21	T	♈											4.12	7.50		8.52		
22	F	♈	spell.										4.12	7.50		9.24		
23	S	♈											4.13	7.50		9.50		
													4.13	7.50		10.14		
24	S	♈	Clearing															
25	M	♈	and										4.14	7.50		10.35		
26	T	♈	warmer.										4.14	7.50		10.53		
27	W	♈											4.14	7.50		11.14		
28	T	♈	Fine										4.15	7.50		11.33		
29	F	♈	and										4.15	7.50		11.57		
30	S	♈	warm.										4.16	7.50		a.m.		
													4.16	7.50		0.24		

**To Compute Weight of Cattle**

Length is measured from square of buttock to point of shoulder blade.

Girth	Length	Lbs.
5 feet 0 inches	3 feet 6 inches.....	294
5 " 0 "	4 " 0 " .....	324
5 " 6 "	3 " 9 " .....	378
5 " 6 "	4 " 0 " .....	380
6 " 0 "	4 " 6 " .....	430
6 " 0 "	5 " 0 " .....	603
6 " 6 "	4 " 6 " .....	639
6 " 6 "	4 " 9 " .....	672
7 " 0 "	6 " 0 " .....	985
8 " 0 "	6 " 6 " .....	1,394
8 " 0 "	7 " 0 " .....	1,503

**Gross and Net Weight of Hogs**

Gross weight diminished by 1-5 or 20 per cent. gives net weight. You get the result by multiplying by .8 or 8 tenths.

**Distances in Plowing**

In plowing a furrow 8 inches wide you walk 12½ miles when you have ploughed an acre, and if you work 9 hours and walk 18 miles you will have plowed 1½ acres.

At the same rate with 10 inch furrow you travel 9 9-10 miles and plough 1 4-5 acres.

**Sciatic Rheumatism**

MR. WM. PARKER, 105 Cayuga Street, Brantford, Ont., tells in the following letter of his remarkable experience with DR. CHASE'S KIDNEY-LIVER PILLS: "My doctor treated me for some time for sciatica, rheumatism, lumbago; but to no purpose, for I had to lay off work. The visiting officer of sick benefit called to see me and advised the use of DR. CHASE'S KIDNEY-LIVER PILLS, stating that he had been cured of the same trouble by their use. I asked the druggist about them and he recommended them highly. Not being satisfied with this, I went back to my doctor, and when he said they were good I began their use. The promptness with which they enlivened the action of the kidneys and bowels was wonderful, and it was not long before I was rid of all my trouble.

"I was so bad that I could only walk by hanging on to a chair or the wall. My wife had to lace my shoes, Only those who have had this ailment can realize the way I suffered. You are at liberty to use this letter."

**Rheumatism and Lumbago**

**As well as backache, headache and aching limbs result from internal uncleanness**

Poisons in the blood cause pain. Pain is Nature's way of warning you that there is something wrong in the working of the bodily organs. This is to enable you to remove the cause of trouble and thereby escape dire results.

Relief may be obtained by the use of drugs which deaden the nerves to the sensibility of pain but it is our object to direct you to a means of removing the cause of such suffering and thereby bringing about lastingly beneficial results.

The system is poisoned by the failure of the liver, kidneys and bowels to remove the waste matter from the blood. Too much eating of heavy, highly seasoned foods and too little outdoor exercise are the most frequent causes. The liver is upset, becomes torpid and inactive, the bowels are constipated, the kidneys are overworked in an effort to get rid of the accumulating poisons and breakdown. Headache, backache, aching limbs sound a warning note and when this is not heeded the natural development is rheumatism, lumbago, and painful and fatal forms of kidney disease.

To best overcome this condition DR. CHASE worked out in his private practice a prescription which has come to be known as DR. CHASE'S KIDNEY-LIVER PILLS because of their combined action on these filtering organs. No treatment has ever proven so successful in awakening the action of the kidneys, liver and bowels and thereby cleansing the system of all impurities. For this reason DR. CHASE'S KIDNEY-LIVER PILLS have a world wide reputation as the most thorough cure for rheumatism, lumbago, chronic indigestion and constipation.

## Functional Activity The Secret of Power

Sluggish action of the vital organs upset digestion and poison the system. You feel tired and are neither efficient in mind or body. Awaken the activity of liver, kidneys and bowels by using DR. CHASE'S KIDNEY-LIVER PILLS and at once there is a marvellous change.

The system is cleaned, the blood is purified, poisons are swept from the body and you feel like an entirely different being. You now benefit from what you eat and the food you eat is turned into power—brain power and muscular force. You feel again the confidence and vigor which makes for success in life.

## Sea Captain Had Consulted Specialists

CAPT. W. W. LEARY, Sandy Cove, Digby County, N.S., writes: "About 12 years ago I contracted African Fever when trading on the Gold and Grain coast of Africa. I was sick when I returned home. My kidneys troubled me very much and every time my feet got cold, would have chills and nausea as well as urinary troubles. For some years I consulted specialists in Boston, England and elsewhere but did not get much better.

"For years, I suffered severely by spells and would go to bed several days at a time. I was told of DR. CHASE'S KIDNEY-LIVER PILLS and cannot tell you just how many boxes I used but they made a complete cure of the fever and kidney trouble. I have retired from the sea and live on a farm. I am 68 years of age, am strong and well and can do nearly all my farm work without assistance, thanks to DR. CHASE'S medicine. Any one wishing to know how I suffered with my back and kidneys for years and how I was cured, have only to write me and I'll give them particulars."

Mr. Ingram Saunders, J.P., endorses this statement as follows: "This is to certify that I am well acquainted with and have lived in Sandy Cove with Capt. Leary for 50 years and know his statement to be correct."

## First Rule of Health

When you call the doctor his first question refers to the condition of the bowels, and his first medicine is intended to ensure the activity of these organs. Whether you have a cold or appendicitis, kidney disease or rheumatism, there are poisons in the system which must be removed, and which would not have lingered to cause trouble if the bowels had been healthful and active.

For this reason we claim that the first and most important rule of health is "Daily Movement of the Bowels."

If the bowels can be kept in healthful action at all times there is little need for either doctor or medicine, and about nine-tenths of the annoying and dangerous ills of life are avoided.

The ideal corrective treatment for the bowels is DR. CHASE'S KIDNEY-LIVER PILLS. Not only because of their promptness of action, but also because they immediately arouse the sluggish liver, and by so doing cure constipation.

## Kidney Disease Pains in Back

Suffered for a long time before he  
found Cure in Dr. Chase's  
Kidney-Liver Pills

WILLIAM LONEY, Marysville, N.B., writes: "I am glad to recommend DR. CHASE'S KIDNEY-LIVER PILLS to anybody who is suffering from kidney trouble or constipation. I suffered for a long time from kidney disease and pains in the back but have found that by using one pill a week, that the kidneys and bowels are kept in good order and I do not have any more pains in the back or head like I used to have. I was also a great sufferer from piles and could get no relief until I used DR. CHASE'S OINTMENT. This ailment is entirely cured now but we always keep both the pills and the ointment in the house for use when they are needed."

This statement is endorsed by Mr. F. Saunders, Town Marshall, who writes that Mr. Loney's letter is true and correct.



## Doctor Certifies to Cure of Indigestion

By the use of Dr. Chase's Kidney-Liver Pills

MRS. J. J. HURLEY, Upper Hanwell, York Co., N.B., writes: "I suffered from indigestion for two years and tried a great many kinds of medicine but got no lasting relief until I used DR. CHASE'S KIDNEY-LIVER PILLS. I would take severe vomiting spells and be weakened down so that I could not do my own work. I shall never be able to give the medicine enough praise for the benefit derived from its use and will strongly recommend it to all my friends.

"My brother has also used DR. CHASE'S KIDNEY-LIVER PILLS and they have entirely cured him of lame back and kidney trouble. He is always telling others about them."

Dr. E. L. Brine, writes: "I can certify that this statement of Mrs. J. J. Hurley is correct in all details."

## What Happens When You Overeat

To occasionally overeat may not cause you more than temporary discomfort but to the habit of overeating may be attributed many of the serious ills of life. The bad effects are most noticeable during the winter season, when confined to overheated and poorly ventilated houses, we eat heavy, highly seasoned foods and take little outdoor exercise.

With a constant surplus of food to look after the filtering and excretory organs are unable to take care of the waste material. The liver is usually first to break down. Bile is left in the blood to cause biliousness, headaches, indigestion and constipation. Sooner or later the kidneys give out and serious disease results.

This is the usually history of the development of kidney troubles, Bright's disease, hardening of the arteries and high blood pressure. In the first place overeating and later neglect to keep the filtering and excretory organs regular and active by the use of such treatment as DR. CHASE'S KIDNEY-LIVER PILLS. One pill a dose at bed time, as often as is necessary to keep the bowels regular, is all the directions you need for using this great family medicine. The result will be better health, more comfort and happiness and longer life.

## Constipation and Pimples on the Face

The doctor feels your pulse and looks at your tongue, but at the same time he is reading your condition in your face. The sallow complexion tells him that your liver is not doing its work, the pimples tell him that the kidneys are not properly purifying the blood, he realizes that the bowels are constipated and the system overloaded with poisons.

MRS. F. N. HALL, 102 Queen Street, St. John, N.B., writes: "I am glad to say I have used DR. CHASE'S KIDNEY-LIVER PILLS with splendid results. I was greatly troubled with constipation and pimples on the face. I tried other remedies and used liquid arsenic three times a day for a year to get rid of the pimples but received no benefit. I began the use of DR. CHASE'S KIDNEY-LIVER PILLS and it was not very long before I was completely cured. The pills acted on the bowels, kidneys and liver and cleansed them of all impure matter. I think they cannot be beaten as a means of ridding a person of that tired aching due to weak kidneys, and I would not be without them in the house for any money."

DAY OF MONTH	DAY OF WEEK	ZODIACAL SIGNS	WEATHER FORECAST	Moon's Phases Ont. and Que.		Mar. Prov.		Local Mean Time Ontario, Quebec and Maritime Provinces		
				d. h. m.		d. h. m.		Sun Rises	Sun Sets	Moon Sets
				☾ Full Moon.....	4 4 41 p.	4 5 41 p.				
				☾ Last Quarter...	11 7 12 a.	11 8 12 a.				
				☾ New Moon.....	18 10 0 p.	18 11 0 p.				
				☽ First Quarter..	27 1 40 a.	27 2 40 a.				
							h.m.	h.m.	h.m.	
1	S	♈					4.17	7.50	1.00	
2	M	♈	Opens				4.17	7.49	1.43	
3	T	♈	fine				4.18	7.49	2.39	
4	W	♈	and				4.19	7.49	rises	
5	T	♈	very				4.20	7.49	8.30	
6	F	♈	warm.				4.20	7.48	9.01	
7	S	♈					4.21	7.48	9.30	
8	S	♈	Clear				4.22	7.48	9.56	
9	M	♈	spell				4.22	7.47	10.20	
10	T	♈	followed				4.23	7.47	10.45	
11	W	♈	by				4.24	7.46	11.14	
12	T	♈	changeable				4.25	7.46	11.46	
13	F	♈	weather.				4.25	7.45	a.m.	
14	S	♈					4.26	7.45	0.22	
15	S	♈					4.27	7.44	1.05	
16	M	♈	Clear				4.28	7.43	1.56	
17	T	♈	and				4.29	7.43	2.52	
18	W	♈	becomes				4.29	7.42	sets	
19	T	♈	extremely				4.30	7.42	7.56	
20	F	♈	hot.				4.31	7.41	8.19	
21	S	♈					4.32	7.40	8.39	
22	S	♈					4.33	7.39	8.59	
23	M	♈	Severe				4.34	7.38	9.18	
24	T	♈	thunder				4.35	7.37	9.40	
25	W	♈	storms				4.37	7.36	10.00	
26	T	♈	then				4.38	7.34	10.25	
27	F	♈	fine.				4.39	7.33	10.56	
28	S	♈					4.40	7.32	11.35	
29	S	♈	Extremely				4.41	7.31	a.m.	
30	M	♈	warm				4.42	7.30	0.22	
31	T	♈					4.43	7.29	1.23	

### To Find a Lady's Age

Ask her to put down the number of the birth month (8), multiply by 2 (16), add 5 (21), multiply by 50 (1050), add her age 15 (1065), subtract 365 (700), then add 115 (815). Age is told by last two figures 15.

### Woman's Chance of Marriage

Between the ages of:—

15 and 20 years.....	14½ per cent.
20 " 25 " .....	52 " "
25 " 30 " .....	18 " "
30 " 35 " .....	15½ " "
35 " 40 " .....	3¾ " "
40 " 45 " .....	2½ " "
45 " 50 " .....	¾ of 1 " "
50 " 55 " .....	¼ " 1 "

### Different Basis

"I'd like to ask you to stay for dinner," he told his country cousin, "but I don't know how things will be."

"That's all right. We frequently take pot luck in the country."

"Pot luck is all well enough, but we get our dinner out of a fireless cooker."

### Character by the Month

If a girl is born in January she is a prudent housewife, given to melancholy, but good tempered.

If in February, a humane and affectionate wife and tender mother.

If in March, a frivolous chatter box, somewhat given to quarreling.

If in April, full of life and activity, quick tempered and sometimes extravagant.

If in May, handsome and likely to be happy.

If in June, impetuous, will marry early and be frivolous.

If in July, passably handsome, but with a sulky temper.

If in August, amiable and practical, and likely to marry rich.

If in September, discreet, affable and much liked.

If in October, pretty and coquettish, and likely to be unhappy.

If in November, liberal, kind and of a mild disposition.

If in December, well proportioned, fond of novelty and extravagant.

## What This Medicine Will Cure

The action of the liver, kidneys and bowels are so closely associated and the disability of any one of these organs so quickly affects the others, that a medicine such as DR. CHASE'S KIDNEY-LIVER PILLS with specific and combined action on these organs is effective in a wide variety of symptoms. It is not in any sense a cure-all, but is phenomenally successful in the cure of all ailments arising from torpid sluggish action of the liver, kidneys and bowels and therefore relieves and cures

Constipation,	Kidney Disease,
Indigestion,	Deposits in Urine,
Headache,	Backache,
Impure Blood,	Bladder Troubles,
Feelings of Fatigue,	Dropsical Swelling,
Torpid Liver,	Pains in Sides and
Biliousness,	Limbs,
Liver Complaint,	Rheumatism,
Jaundice,	Lumbago.

## Operation Ordered for Appendicitis

Used Dr. Chase's Kidney-Liver Pills and was completely Cured

Appendicitis is caused by constipation. By positively curing constipation DR. CHASE'S KIDNEY LIVER PILLS remove the cause of appendicitis and thereby prevent and cure it.

MRS. J. A. BALLANTYNE, Sturgeon Falls, Ont., writes, "My husband was treated for appendicitis and the doctors ordered an operation. But he would not consent to an operation and began the use of DR. CHASE'S KIDNEY-LIVER PILLS. Since doing so he has had no need of an operation or even of a doctor as the trouble has completely left him. I cannot find words to speak our gratitude for his cure. DR. CHASE'S medicines have proven of wonderful benefit in our home as the Ointment cured my little girl of a severe burn, when nothing else would bring relief."

## How the Blood is Purified

By the searching and painstaking work of healthy kidneys

In its circulation through the body the blood not only carries nutrition to the cells and tissues, but also collects the waste material resulting from the breaking down of cells and tissues, the ashes left by the fire of life.

In due course the blood passes through the kidneys to be purified of these poisonous impurities, and these filtering organs extract each day about 50 ounces of liquids and 2 ounces of solids, 500 grains of urea and 10 grains of uric acid, the material which is found in rheumatic joints.

Sudden changes of temperature throw a great strain on the kidneys, but it is overeating and drinking that are the usual cause of trouble. In a vain effort to remove the excess of waste matter the kidneys break down, uric acid and other poisons are left in the blood and the whole system is poisoned by impure blood.

Pains in the back and limbs, severe headaches, lumbago and rheumatism are the natural result. Hardening of the arteries, excessive blood pressure, weakening of the heart's action, Bright's disease may be anticipated unless prompt action is taken.

We like to think of DR. CHASE'S KIDNEY-LIVER PILLS as preventive treatment, for by their timely use you can readily prevent all these dreaded disorders. Unlike other medicines for kidney troubles, they awaken the action of liver and bowels as well as the kidneys and thereby effect a prompt cleansing of the whole filtering and excretory systems.

There is no way by which the action of the kidneys can be so quickly aroused and the blood cleansed of impurities as by the use of DR. CHASE'S KIDNEY-

LIVER PILLS. It is therefore the greatest of blood purifiers and much sought for at this time of year, when everybody feels the need of a medicine to cleanse from the system the accumulation of poisonous matter.

## Excruciating Pains of Sciatic Rheumatism

Were overcome by this combined Treatment

MR. W. J. TALBOT, Edenwold, Sask., writes: "It is a great pleasure for me to recommend DR. CHASE'S KIDNEY-LIVER PILLS and NERVE FOOD as a cure for sciatic rheumatism. The pain I have suffered has been well nigh unbearable. It would start in the hips and run down the legs to the toes gradually getting worse. The nerves contract until one is practically useless. My doctor tried many different treatments but could only afford relief for a time.

"For about five years, I was subject to this trouble with severe attacks which would last about two months. The last attack I had was shortened to two weeks by the use of DR. CHASE'S KIDNEY-LIVER PILLS and NERVE FOOD. This treatment was continued until I was satisfied that the cure was lasting."

This statement is endorsed by Mr. H. E. Wooley, J.P.

## Weak Kidneys--Backache

MRS. O. BERGLAND, Dunkirk, Sask., writes: "I can highly recommend DR. CHASE'S KIDNEY-LIVER PILLS to all who are suffering from weak kidneys. I suffered from headache and backache, and heart flutterings and my sleep was so broken and unrefreshing that it was with difficulty that I could get any rest. I had rheumatism and always had a heavy feeling in the region of my kidneys. I was nervous and often dizzy. Reading about DR. CHASE'S KIDNEY-LIVER PILLS led me to use them and with the best results and I can recommend them to everyone who wants to be cured of kidney troubles."

Mr. W. E. Johnson, Commissioner to take oaths writes: "This is to certify that I know Mrs. Bergland and believe her statement in regard to DR. CHASE'S KIDNEY-LIVER PILLS to be true and correct."



Everything is good in its place. The bile, which, under certain conditions, causes so much distress, is of the greatest value as an antiseptic and cathartic when it is properly handled by the liver.

The chief function of the liver seems to be the filtering of bile from the blood, where it acts as a poison, and pouring it into the intestines, where it hastens the course of the food mass through the alimentary canal, and by its antiseptic influence presents fermentation of the food.

When you suffer from biliousness and indigestion and have a coated tongue, bitter taste in the mouth, headaches and loss of appetite, you will do well to look to the condition of the liver. Other symptoms are wind on the stomach, which causes belching, and the formation of gas, which gives rise to dizziness and pains about the heart.

Because the liver has failed, the food in the alimentary canal is fermenting instead of being digested, looseness and constipation of the bowels alternate, the whole digestive system is thrown out of order and the blood is poisoned.

By immediately awakening the action of the liver and bowels, DR. CHASE'S KIDNEY-LIVER PILLS afford relief for this condition most promptly. On this account they are generally recognized as the most effective cure for biliousness, liver complaint, indigestion, constipation, and the pains and aches which arise from poisons in the blood. The benefits are lasting because this medicine removes the cause of trouble.

## School Girl Had Bilious Headaches

This Cure was Certified to by a Justice of the Peace

MISS CORA COCHRAN, Salisbury, N.B., writes: "I was nearly always troubled with headaches and every two or three weeks would have to lose a day or two from school with bilious, sick headache. I have taken doctor's medicine and other preparations which did little good.

"When I had the sick headaches, I would vomit a lot and could keep nothing on my stomach. My mother got DR. CHASE'S KIDNEY-LIVER PILLS and I was soon improved and continued the treatment until entirely cured. My condition generally was greatly benefitted and I am now in the best of health."

### ENDORSEMENT

Mr. J. J. Keohan, J.P., writes: "This is to certify that I am personally acquainted with Miss Cora Cochran and believe her statement in regard to DR. CHASE'S KIDNEY-LIVER PILLS to be true and correct."

The ideal corrective treatment for the bowels is DR. CHASE'S KIDNEY-LIVER PILLS.

## Sluggish Liver Was Responsible

For much suffering from Indigestion and Constipation

MRS. HERBERT DOHERTY, of Beaver Brook, Albert Co., N.B., writes: "I can truthfully say that DR. CHASE'S KIDNEY-LIVER PILLS are a great medicine for constipation. I have suffered from constipation ever since I can remember but got to using DR. CHASE'S KIDNEY-LIVER PILLS and was so benefitted that I began to study this malady. I found that the indigestion resulted from a bad case of inactive liver and as soon as I got the liver working right, I didn't have any stomach trouble or indigestion. I cannot praise this medicine too highly and would advise anyone suffering from indigestion or constipation to use DR. CHASE'S KIDNEY-LIVER PILLS. My husband also claims that these pills have done him more good than any medicine he ever used. You are at liberty to use this letter."

DAY OF MONTH	DAY OF WEEK	ZODIACAL SIGNS	WEATHER FORECAST	Moon's Phases		Ont. and Que.		Mar. Prov.		Local Mean Time Ontario, Quebec and Maritime Provinces		
						d. h. m.		d. h. m.		d. h. m.	Sun Rises h.m.	Sun Sets h.m.
<b>Aug. 1917</b>				☾ Full Moon....	3 0 11 a.			3 1 11 a.				
				☾ Last Quarter...	9 2 56 p.			9 3 56 p.				
				☾ New Moon....	17 1 21 p.			17 2 21 p.				
				☽ First Quarter..	25 2 8 p.			25 3 8 p.				
1	W	♈	Begins						4.44	7.27	2.36	
2	T	♈	fine						4.46	7.26	3.54	
3	F	♈	and						4.47	7.24	rises	
4	S	♈	warm.						4.48	7.23	7.58	
5	S	♉							4.49	7.22	8.24	
6	M	♉	Some						4 50	7.20	8.50	
7	T	♉	thunder						4.52	7.19	9.16	
8	W	♉	storms						4.53	7.17	9.47	
9	T	♉	and						4.54	7.16	10.22	
10	F	♉	cooler.						4.55	7.15	11.04	
11	S	♊							4.56	7.13	11.53	
12	S	♊	Continued						4.58	7.12	a.m.	
13	M	♊	dry						4.59	7.10	0.43	
14	T	♊	period						5.00	7.09	1.43	
15	W	♊	and						5.01	7.08	2.51	
16	T	♊	very						5.02	7.06	3.53	
17	F	♊	warm.						5.04	7.05	sets	
18	S	♋							5.05	7.03	7.06	
19	S	♋							5.06	7.02	7.25	
20	M	♋	Beautiful						5.07	7.00	7.45	
21	T	♋							5.08	6.59	8.06	
22	W	♋	summer						5.09	6.57	8.30	
23	T	♋							5.10	6.55	8.57	
24	F	♋	weather.						5.12	6.54	9.31	
25	S	♋							5.13	6.52	10.15	
26	S	♌							5.14	6.50	11.08	
27	M	♌	Rain						5.15	6.48	a.m.	
28	T	♌	and						5.16	6.47	0.13	
29	W	♌	cooler						5.17	6.45	1.25	
30	T	♌	at						5.18	6.43	2.45	
31	F	♌	end.						5.20	6.41	4.08	

# 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 diseases 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 suffering 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 64 Haymarket, London, S.W., Eng., and today 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**

## DR. CHASE'S LIVER CURE

Is the nearest approach to a specific for derangement of the liver that medical science has obtained

Old Ben Jonson said, "the pleasure of living depends upon the liver," and anyone who has experienced the irritability of temper, the depressed feelings and the upset condition of the digestive system resulting from torpid, sluggish liver will heartily agree with this statement. 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 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. Your dealer will get it for you if he does not have it in stock. It can only be sent by mail at buyer's cost for postage and weighs under two pounds when packed.

### Despaired of Cure For His Sick Boy Four Doctors Had Given Up

Mr J. A. HILLIS, Petrolia, Ont., writes: "I may say that CHASE'S LIVER CURE saved a boy for me when I tried four different doctors and the last one I went to refused to give me any more medicine. He said, 'I don't know what is the matter with your boy, but still have the opinion that it is his liver and stomach, but my medicine don't seem to have the desired effect.' He advised me to take the boy for a trip as a change of air might help him. I did not know what to do. I had tried the best doctors in Petrolia, Wyoming and Sarnia and my child was suffering untold agony. My last resort was to Patent Medicines, and I began giving him CHASE'S LIVER CURE. This medicine left him all right. He is a healthy, rugged, young man to-day, thanks to DR. CHASE'S LIVER CURE. These are facts beyond contention."

## To Beautify the Skin

There can be no question that cleanliness is the greatest aid to beauty. It is not sufficient to merely use the wash cloth for to get the pores thoroughly cleaned out, hot water and a good pure soap should be used plentifully especially before retiring. This opens the pores, gets them thoroughly clean and affords the skin an opportunity to assume a finer texture.



If there is redness or roughness of the skin, pimples, blackheads or any form of skin irritation or eruption, apply DR. CHASE'S OINTMENT after the hot bathing and you will be surprised at the benefit derived in a single night.

Powders clog the pores of the skin and should therefore be thoroughly washed out of the pores every night. By following up the hot bath treatment along with the use of DR. CHASE'S OINTMENT you will be able to get the skin in such condition that you will not need to use harmful face powders.

## Eczema on the Face

MR. R. R. ZAVITZ, Union, Elgin Co., Ont., writes: "For about two years I was troubled with Eczema on the head and tried most everything in an effort to get rid of it. Hearing about DR. CHASE'S OINTMENT, I began its use and was completely cured by the use of two boxes. We keep the Ointment in the house at all times and find it useful in a great many ways."

This statement is certified to by MR. W. O. FOSTER, druggist of St. Thomas, from whom the Ointment was purchased.

## Had Skin Cancer

MRS. W. W. OLIVER, Port George, Annapolis, Co., N.S. writes: "I am going to tell you my experience with DR. CHASE'S OINTMENT. There was a spot came on my face something like a mole but it kept getting worse and several doctors whom I consulted said it was skin cancer and that it would have to be cut or burned out. I intended having this done but changed my mind when my brother recommended DR. CHASE'S OINTMENT. Before I had finished one box of the Ointment, this skin trouble had gone and has not bothered me since. I cannot praise DR. CHASE'S OINTMENT too much and you are at liberty to publish this letter."

## Child Was Scalded

MISS F. M. ALEXANDER, Woodford, Ont., writes: "My little sister received a horrible scald with hot lard. We bathed it with several different things and used some salves but all in vain and her leg was getting terribly sore. Knowing something of the healing power of DR. CHASE'S OINTMENT, we decided to try it and found that it soon helped her. The sore healed up quickly and since then we have all recommended DR. CHASE'S OINTMENT."

## Cured of Erysipelas

MRS. FRED LAWRENCE, 553 Richmond, St. W. Toronto, writes: "I have been looking through your Almanac for 1916 and it occurs to me that seeing no mention is made in it of the use of your Ointment as a remedy for erysipelas, you may possibly feel interested in hearing of the excellent results it has effected in my own particular case. I have been subject to recurrent attacks of this dreadfully distressing complaint for some years and about four years ago, I had a most violent attack, could not even see, my face being so enormously swollen. No doctor being available, I was persuaded, in order to try and get some relief, to apply some of DR. CHASE'S OINTMENT and to my great surprise, within a very short time, the water began to trickle down my face and within a few days I was up and about again, and used nothing whatever but DR. CHASE'S OINTMENT. Since that I never consult a doctor but rely entirely upon this Ointment and always with the same result."

DAY OF MONTH	DAY OF WEEK	ZODIACAL SIGNS	WEATHER FORECAST	Moon's Phases Ont. and Que.		Mar. Prov.		Local Mean Time Ontario, Quebec and Maritime Provinces		
				d.	h. m.	d.	h. m.	Sun Rises h.m.	Sun Sets h.m.	Moon Sets h.m.
<b>Sept. 1917</b>				☉ Full Moon.....	1 7 29 a.	1 8 29 a.				
				☾ Last Quarter...	8 2 5 a.	8 3 5 a.				
				☾ New Moon.....	16 5 28 a.	16 6 28 a.				
				☽ First Quarter..	24 0 41 a.	24 1 41 a.				
				☉ Full Moon.....	30 3 31 p.	30 4 31 p.				
1	S	♏	Wind				5.21	6.39	rises	
2	S	♏	and				5.22	6.37	6.49	
3	M	♏	rain				5.24	6.36	7.16	
4	T	♏	first				5.25	6.34	7.46	
5	W	♏	week.				5.26	6.32	8.21	
6	T	♏					5.27	6.30	9.02	
7	F	♏	Showery				5.29	6.28	9.49	
8	S	♏	and				5.30	6.26	10.44	
9	S	♏					5.31	6.24	11.42	
10	M	♏	change-				5.32	6.22	a.m.	
11	T	♏	able				5.33	6.20	0.45	
12	W	♏	weather				5.34	6.18	1.46	
13	T	♏	all				5.36	6.17	2.50	
14	F	♏	this				5.37	6.15	3.52	
15	S	♏	week.				5.38	6.13	4.54	
16	S	♏					5.39	6.11	sets	
17	M	♏	Clear				5.40	6.09	6.12	
18	T	♏	and				5.41	6.07	6.36	
19	W	♏	fine				5.42	6.05	7.02	
20	T	♏	third				5.43	6.03	7.35	
21	F	♏	week.				5.45	6.01	8.14	
22	S	♏					5.46	5.59	9.02	
23	S	♏	Some				5.47	5.57	10.00	
24	M	♏	rain				5.48	5.55	11.08	
25	T	♏	and				5.50	5.53	a.m.	
26	W	♏	wind.				5.51	5.52	0.22	
27	T	♏					5.53	5.50	1.43	
28	F	♏	Month				5.54	5.48	3.00	
29	S	♏	closes				5.55	5.46	4.21	
30	S	♏	fine.				5.57	5.44	rises	

### Was Just Peaceful

A fat colored woman was in court in Georgia for throwing a skillet at her neighbor's husband.

"Why did you strike this man?" asked the judge.

"We was discussin' the war, Jedge, and wuz talkin' about dem Germans and Frenchmen and Alleys an' he said I was a neutral. I couldn't jes' stan' for bein' called one of them critters, and I up an' hit 'im."

"So you are not neutral?" observed the judge.

"Na, sah, I's jes' a peaceful like culled lady."

## How to get Dr. Chase's Receipt Book Free

If you have used any of DR. CHASE'S MEDICINES with particularly good results we should like to have full particulars so that others may benefit from your experience and also be cured.

For a good letter of recommendation endorsed by a Justice of the Peace, Physician or Clergyman we shall send you free one full-sized copy of Dr. Chase's Last and Complete Receipt Book. This Book contains about 900 pages of the most valuable recipes and prescriptions ever collected. Besides giving the symptoms and treatment of disease it has a department devoted to cooking recipes, one to toilet preparations and another to veterinary, in which are found full directions for treating the diseases of horses, cattle and all domestic animals. This book is handsomely bound in cloth and is never sold for less than \$2.75.

In your letter you should mention all the symptoms of your trouble, length of time affected, what other means of cure you tried and also the benefits obtained by using DR. CHASE'S MEDICINES. What we want is a complete and definite statement of some one case in which cure was effected. Give all the facts and if you desire we shall arrange it to read well. Send on your letter and we shall forward you the large Receipt Book, postpaid.



## Sore Burning Feet

If you have any doubts about DR. CHASE'S OINTMENT as a relief for sore, aching, itching feet, ask the soldier boys what they think of it. Many thousands of boxes have been given away to soldiers in training throughout Canada and while the Ointment

is found useful in many ways they particularly emphasize the relief obtained by using the Ointment on their feet when they return from a long march foot sore and weary.

When the feet become sore from walking or standing and are inflamed, itching and burning, bathe them carefully in warm water and apply Dr. CHASE'S OINTMENT. The soothing effect will surprise and delight you.

## Had Chilblains Every Winter

MRS. GLENNA M. SIMMONS, R.R. No. 1, St. Stephen, N.B., writes: "I would like to recommend Dr. CHASE'S OINTMENT to all who suffer from chilblains. I have had chilblains every winter since I was a child until last year. Sometimes my feet would be almost purple and swollen so that I could not get my shoes on at all. A friend recommended Dr. CHASE'S OINTMENT after I had tried many salves and ointments without success, so I got a box and after a few applications, obtained relief. Last winter I kept free of them entirely by using this Ointment."

## Sore Inflamed Feet

MR. A. BRASSINGTON, Penge, Invermay, Sask., writes: "On several occasions after walking long distances, my feet had become inflamed to such an extent that I could not wear anything but large soft slippers for a couple of days. Last summer I arrived home in great pain with my feet, when my wife applied Dr. CHASE'S OINTMENT and I experienced immediate relief."

## Eczema

Nearly all forms of itching skin disease come under the common heading of eczema. A vesicle or small water pimple appears. This breaks and exudes a sticky substance which hardens and forms a crust. As this is accompanied by intense itching the suffering is often very keen and the temptation to scratch the irritated skin is almost irresistible.

Scratching should be avoided, however, and the use of DR. CHASE'S OINTMENT helps by relieving the itching. It also keeps the irritated skin soft, acts as an antiseptic in preventing poison and hastens the healing process.

Since water and rubbing aggravate this skin trouble the affected parts should be cleansed by the use of sweet oil and carefully dried before applying the Ointment. Cure is hastened by covering the Ointment with a linen or cotton cloth so as to keep the skin soft and thereby prevent the formation of hard scales.

The old idea that eczema was a disease of the blood has been abandoned. It is usually caused by chafing or irritation of the skin or by scratching or picking at a pimple. Powder should never be applied in the treatment of eczema. Use DR. CHASE'S OINTMENT freely, keep the skin soft and you may rest satisfied that you are doing all that can be done under the circumstances to obtain cure.

### Cured 28 Years Ago

MR. W. B. THORNE, J.P., Alderside, Alta., writes: "It was twenty eight years ago that I became acquainted with the merits of DR. CHASE'S OINTMENT and would not be without it on any account as it never fails to do its work. I was first induced to try it for piles. Less than one box cured me and I have never been troubled since. That was twenty-eight years ago, so I think the cure is permanent. It is good for sore lips and hands, chafing and in fact, all sorts of sores. You are at liberty to use this statement for the benefit of others."

## A Barber's Evidence

MR. GEORGE LEWIS, barber, 202½ Wellesley Street, Toronto, writes: "I was for some time troubled with an eczemic eruption on the scalp and obtained temporary relief by the use of a tonic. About six months later little blotches broke out on my face and the doctor pronounced the trouble to be eczema. I heard of DR. CHASE'S OINTMENT through a customer who was cured by this treatment after trying many remedies in vain, so I began the use of this Ointment and in a short time the eczema entirely disappeared from my face and scalp. You can imagine my relief as I am a barber by trade and having a face covered with pimples or blotches was not conducive to good business. I shall take great pleasure in recommending DR. CHASE'S OINTMENT to any customers with facial or other troubles of this nature."

## Eczema All Gone

MR. GEO. E. COMPTON, Brooklyn, Lot 61, P.E.I., writes: "I suffered for two years with Salt Rheum. Though I consulted three different doctors and tried many medicines, it was all to no effect. A friend advised me to try DR. CHASE'S OINTMENT and I am glad to say that when I finished the sixth box, the salt rheum was all gone."

## After Shaving



Many men suffer from skin irritations of an eczematic nature as a result of shaving. In its more aggravated form this is known as "Barber's Itch." If your skin is tender

you will find it is good to apply DR. CHASE'S OINTMENT after shaving. Wash thoroughly with hot water, dry the skin carefully without rubbing and apply the ointment. This heals the irritated skin, keeps it soft and pliable and by its antiseptic influence prevents the spread of skin trouble.



What is so beautiful as the soft, rosy, delicate skin of the baby. And yet baby's skin is so tender and so easily chafed and irritated that it must have care and consideration.

It is a fine habit for mothers to have DR. CHASE'S OINTMENT at hand for use after the bath. By its soothing, healing influence it soon allays the inflammation, brings relief and comfort and prevents the development of eczema, for eczema is the natural result of neglected skin irritation.

Powders should never be used where the skin is raw or broken for they irritate the trouble, and prove injurious. Powders clog the pores of the skin and therefore prevent the health of the skin as an eliminating agent. DR. CHASE'S OINTMENT can be used with beneficial results even on the most delicate skin and positively has no equal as a means of keeping baby's skin healthy and preventing and curing eczema and similar skin diseases.

Mrs. W. L. BARNES, Timmins, Ont., writes: "I want to tell you about the case of my little boy who had baby eczema when he was three months old. It started on the top of his head, on his forehead and around his ears. The doctors failed to do him any good so I tried DR. CHASE'S OINTMENT on the recommendation of a friend and in a month's time, the child was entirely free of this disagreeable skin disease. He is now four years old and has never had any further trouble from ailments of this kind. I also have great faith in DR. CHASE'S NERVE Food and believe that it cannot be beaten as a restorative for pale nervous women."

## In the Great War

**Dr. Chase's Ointment has proven a boon to soldiers as a relief from chafing and sore feet**

Many thousands of boxes of DR. CHASE'S OINTMENT have been given away to soldiers in training at the various camps throughout Canada and much has been sent direct to the trenches.

This gift was graciously acknowledged by Brigadier-General Sir Sam Hughes as well as by officers of all rank. These letters tell of long marches with heavy luggage and stiff clothing, of chafed skin and sore feet, and of the relief obtained by the application of DR. CHASE'S OINTMENT. One Colonel writes direct from the trenches in France expressing the appreciation of his men for a gift that has afforded them so much comfort.

One of the most interesting letters comes from an English Tommy who did his bit in the Gallipoli Campaign. He writes as follows:

"I have just returned after taking part in the campaign on the Gallipoli Peninsula and am writing to tell you how thankful I am for taking some of DR. CHASE'S OINTMENT with me. A Canadian soldier presented me with a box of DR. CHASE'S OINTMENT when I was leaving for the front, and he was so enthusiastic over it that I decided to take it with me. We tried it first of all for putting on our hands and faces after being blistered by the poisonous shrubs and bushes as well as bitten by the flies with which the peninsula abounds. We found that it afforded instant relief and got to using it for all manner of minor wounds and grazes. Whenever my friends had troubles of this nature they came to me for DR. CHASE'S OINTMENT.

"I need hardly say how thankful I was to get out alive, and fully made up my mind that if I did I would write and tell you how useful your Ointment was." Signed, CORPORAL E. TOMLINSON, of the 4th Essex Regiment of the British Army, Essex, Eng.

DAY OF MONTH	DAY OF WEEK	ZODIACAL SIGNS	WEATHER FORECAST	Moon's Phases		Ont. and Que.	Mar. Prov.	Local Mean Time Ontario, Quebec and Maritime Provinces		
				d	h. m.	d. h. m.	d. h. m.	Sun Rises h.m.	Sun Sets h.m.	Moon Sets h.m.
				<b>Oct.</b>						
				<b>1917</b>						
				☾ Last Quarter...	7 5 14 p.	7 6 14 p.				
				☾ New Moon....	15 9 41 p.	15 10 41 p.				
				☽ First Quarter..	23 9 38 a.	23 10 38 a.				
				☽ Full Moon.....	30 1 19 a.	30 2 19 a.				
1	M	♈						5.58	5.42	5.44
2	T	♈	High					5.59	5.40	6.15
3	W	♈	winds					6.01	5.39	6.57
4	T	♈	and					6.02	5.37	7.42
5	F	♈	cloudy.					6.03	5.35	8.34
6	S	♈						6.04	5.33	9.33
7	S	♈	Spell					6.06	5.31	10.35
8	M	♈	of					6.07	5.29	11.39
9	T	♈	very					6.08	5.27	a.m.
10	W	♈	fine					6.09	5.25	0.41
11	T	♈	clear					6.10	5.23	1.44
12	F	♈	weather.					6.11	5.21	2.46
13	S	♈						6.13	5.20	3.47
14	S	♈	Not					6.14	5.18	4.49
15	M	♈	much					6.15	5.16	sets
16	T	♈	rain.					6.16	5.14	5.05
17	W	♈	Succession					6.17	5.12	5.36
18	T	♈	of					6.18	5.10	6.15
19	F	♈	fine					6.20	5.09	7.01
20	S	♈	days.					6.21	5.07	7.55
21	S	♈						6.23	5.06	9.01
22	M	♈	Very					6.24	5.04	10.11
23	T	♈	change-					6.26	5.03	11.24
24	W	♈	able					6.27	5.01	a.m.
25	T	♈	spell					6.29	5.00	0.40
26	F	♈	is					6.30	4.58	1.57
27	S	♈	followed					6.32	4.57	3.15
28	S	♈						6.33	4.55	4.33
29	M	♈	by					6.34	4.54	5.52
30	T	♈	fine					6.36	4.52	rises
31	W	♈	days.					6.37	4.51	5.32

## Piles or Hemorrhoids

The cause of keen distress to thousands who do not know Dr. Chase's Ointment

Believing that many people who suffer from piles or hemorrhoids do so, not knowing the nature of their ailment or the means of obtaining a cure, we would explain that piles are small tumors which form in and about the orifice of the rectum, and cause keen agony on account of the itching which accompanies them.

They are caused by an enlarged or inflamed condition of the veins, which are very numerous in this part of the body, and are frequent among people subject to rheumatism or gout, constipation and kidney and liver disorders. They are also common during pregnancy and after child birth.

There are three kinds of piles—itching bleeding and protruding. The itching and burning usually increases at night, and the misery which many people endure is beyond description. The bleeding is sometimes so profuse as to cause death. Protruding piles are most dreaded because it is commonly believed that a surgical operation is the only means of cure.

If you will read the letters quoted in this book there will be little chance of you remaining skeptical as to the certainty of DR. CHASE'S OINTMENT as a cure for piles. It is the only absolute and guaranteed cure for every form of piles and is endorsed by physicians and druggists everywhere as the most satisfactory treatment for this wretched disease that has ever been discovered.

Never scratch a sore spot on the skin, since it may be eczema or may develop into eczema if irritated. Bathe it carefully with hot water and apply DR. CHASE'S OINTMENT. This allays the irritation, stops the itching and may save you much suffering and unpleasantness.

## Bleeding Piles Cured

MR. SAMUEL PARKER, Fruit Grower, Grimsby, Ont., has made the following declaration before M. W. W. KIDD, Notary Public of the same place: "I do solemnly declare that I was troubled with bleeding piles and was advised to go to the hospital to have an operation performed. My wife said 'No, get a box of DR. CHASE'S OINTMENT.' I did so and have used it according to directions while living in Manitoba and obtained a complete cure, for I have never been troubled with piles since. I am now seventy years of age and want to recommend DR. CHASE'S OINTMENT to all sufferers from piles. My wife has used it for itching skin and obtained complete cure."

## Cured 15 Years Ago

MRS. WM. SCHEITLER, Spy Hill, Sask., writes 'I have used DR. CHASE'S OINTMENT with great success as a treatment for piles. About fifteen years ago, I had this ailment very bad and suffered greatly. By using DR. CHASE'S OINTMENT a complete cure was effected and I have never had a return of the old trouble. It is undoubtedly the best Ointment made and no family should be without it.

"DR. CHASE'S KIDNEY-LIVER PILLS and NERVE FOOD have also been used in our family with most splendid results. This letter is written with the hope that others may be benefited by the use of these medicines of DR. CHASE'S for they do all that is claimed for them."

## The Cause of Piles

The most common cause of piles is straining at stool and consequently if permanent cure is to be effected this habit must be discontinued. You can restore the regular natural action of the bowels by using DR. CHASE'S KIDNEY-LIVER Pills occasionally as often as is necessary to keep the liver and bowels active.

With this cause of irritation removed the good work accomplished by DR. CHASE'S OINTMENT in healing up the ulcers becomes lasting and cure permanent.

## Terrible Itching of Piles

MRS. M. ROBINSON, Athol, N.S., writes: "I want to tell you how my husband was cured of itching and bleeding piles from which he suffered for about one year, by the use of DR. CHASE'S OINTMENT. He was working in a mill and the trouble became so bad that he was nearly crazy with the itching. As my father had DR. CHASE'S Receipt Book in his house, and had great faith in his medicines, we purchased a box of DR. CHASE'S OINTMENT. After bathing the parts with warm water and soap, the Ointment was applied and cure was effected in a few days. Only once or twice since that time has he ever been troubled from piles and then all he had to do was to apply a little of the Ointment and obtain relief at once. You are at liberty to use this statement."

## A Bad Case of Eczema

MRS. ALLEN WEBER, whose husband is proprietor of the Manitoulin Woolen Mills, Shegu'andah, Ont., writes: "I have had a bad case of eczema on my right leg below the knee. I tried all kinds of ointments and liniments but to no avail and was pretty well discouraged. Hearing of how DR. CHASE'S OINTMENT is curing eczema, I decided to give it a trial and I am glad to say that it made a complete cure. The sores healed up completely and I have no trace of the old trouble for over a year."

## Prairie Itch

MR. FRED COURTS, Bright Sand, Sask., writes: "I can give you my experience of a kind of itch I had which is rather common here in the west and known as Prairie Itch. For seven months, I suffered from this distressing ailment and though I bathed three times a week and used all kinds of ointments, they did not seem to do me a bit of good. A friend gave me some of DR. CHASE'S OINTMENT and it gave me such relief, that I bought more and in six weeks was entirely cured. I can tell you that I am certainly grateful to be freed of that annoying itching."

## Eczema on Hands

MRS. W. G. DOWDEN, Greenspond, Bonavista Bay, Nfld., writes: "I suffered with Eczema on my hands and for eighteen months was so bad that I could not use a needle to sew or do anything. I could scarcely dress myself. Though I had lots of salves from doctors, I could never get much benefit from them. Then I sent for a sample of DR. CHASE'S OINTMENT and found it very different in action. It was not long before my hands began to heal and four 60c. boxes made them well. I cannot praise DR. CHASE'S OINTMENT too highly, and frequently give some to others to get them using it for I know that it will cure."

## Mail this Coupon for Free Sample of Dr. Chase's Ointment

DR. CHASE'S OINTMENT tells its own story much more forcibly 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 and enclose a two-cent stamp to pay postage. Address EDMANSON, BATES & Co., Limited, Toronto, Ont.

NAME .....

POST OFFICE..... PROVINCE.....A 1917

## Last Winter's Colds Tested Medicines

The winter and spring of 1916 marked a new era in the history of coughs and colds. These ailments seemed to be entirely different to the usual variety and the verdict of doctors was that treatments which cured ordinary coughs and colds did not seem to have any effect.

This did not apply to DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE, however, for during this period the sales of this medicine doubled and there can be no more certain evidence that satisfactory results were obtained.

This is the kind of test we like, for DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE is a remarkable treatment for diseases of the throat, bronchial tubes and lungs and easily proves its superiority to ordinary cough mixtures. It is composed of some very costly as well as some simple ingredients and is manufactured by a long process which is required in order to obtain a perfect combination of the drugs.

You can depend on this thoroughly tried and tested medicine to do anything medical treatment can do to relieve bronchitis, asthma, croup, whooping cough, coughs, colds and sore throat. It is not claimed that it will cure consumption although it does afford relief from the coughing, thereby giving comfort to the patient and prolonging life.

## Cold in Throat

MR. JOSEPH REICHART, Edenwold, Sask., writes: "Some time ago I had a very bad cold in my throat and found that I could get no relief until I used DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE. I felt better as soon as I began the use of this treatment and by the time the bottle was empty, it had entirely cured my bad cold. This taught us the value of this medicine and since then we have always kept it in the house."

## Mothers Responsible For Family Health

Along with many other cares and worries it usually devolves upon the mother to protect the health of the family. Happy is the mother who has learned to keep at hand DR. CHASE'S medicines for use in time of emergency. The Linseed and Turpentine especially is often required at a moment's notice to relieve a midnight attack of croup or to check a sudden chest cold.

DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE is so universally used that it may be found in the great majority of homes. It is undoubtedly the mother's favorite treatment for coughs and colds, for it is pleasant for the children to take and wonderfully effective.

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MRS. J. W. BEERS, Emerson, N.B., writes: "We have used a great deal of DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE in our family and find that it always proves a satisfactory treatment for coughs and colds."

## How Pneumonia Begins

Catching cold when tired and run down is the usual starting point of pneumonia. You have not the resisting power necessary to throw off these germs and once they get the upper hand the fight for life is a losing one.

With this knowledge in mind it becomes the duty of everybody to try to keep up the vitality of the body by the use, when required, of such a restorative as DR. CHASE'S NERVE FOOD. Rich blood is the most deadly foe of disease germs and this food cure fortifies the system by enriching the blood.

When you are so unfortunate as to catch cold the use of DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE is the best means of getting rid of it and preventing pneumonia or consumption.

DAY OF MONTH	DAY OF WEEK	ZODIACAL SIGNS	WEATHER FORECAST	Nov. 1917		Moon's Phases Ont. and Que		Mar. Prov.		Local Mean Time Ontario, Quebec and Maritime Provinces				
						d.	h.	m.	d.	h.	m.	Sun Rises h.m.	Sun Sets h.m.	Moon Sets h.m.
				☾ Last Quarter...	6	0	4	p.	6	1	4			
				☾ New Moon...	14	1	29	p.	14	2	29			
				☽ First Quarter...	21	5	29	p.	21	6	29			
				☽ Full Moon....	28	1	41	p.	28	2	41			
1	T	♈	Begins									6.39	4.49	6.22
2	F	♈	very									6.40	4.48	7.19
3	S	♈	windy									6.41	4.47	8.21
4	S	♉	and									6.43	4.45	9.24
5	M	♉	dry.									6.44	4.44	10.29
6	T	♉										6.46	4.42	11.33
7	W	♊	Rainy									6.47	4.41	a.m.
8	T	♊	spell									6.48	4.40	0.34
9	F	♊	lasts									6.50	4.39	1.37
10	S	♊	for									6.51	4.38	2.37
11	S	♋	several									6.52	4.37	3.39
12	M	♋	days.									6.54	4.36	4.44
13	T	♋										6.55	4.34	5.50
14	W	♋	Clears									6.56	4.33	sets
15	T	♋	and									6.57	4.32	4.58
16	F	♋	remains									6.59	4.31	5.50
17	S	♋	fine									7.00	4.30	6.54
18	S	♌	and									7.01	4.29	8.03
19	M	♌	cool.									7.03	4.29	9.14
20	T	♌										7.04	4.28	10.31
21	W	♌	Very									7.05	4.27	11.45
22	T	♌	stormy									7.07	4.27	a.m.
23	F	♌	spell									7.08	4.26	0.59
24	S	♌										7.09	4.25	2.14
25	S	♍	with									7.10	4.24	3.29
26	M	♍	rain									7.12	4.24	4.47
27	T	♍	and									7.13	4.23	6.00
28	W	♍	wind.									7.14	4.23	rises
29	T	♍										7.15	4.22	5.03
30	F	♍										7.16	4.22	6.05

## Flattering to the Original

But Imitations Only Disappoint

There are many imitations and near imitations of this great treatment for coughs and colds. They usually have some sale on the merits of the original, and because they are sold at a lower price appeal to some people, who lose sight of the fact that the imitations are like it in name only.



This is a facsimile of the package bearing portrait and signature of A. W. Chase, M.D.

## Grip or Influenza

Beginning as this ailment does with cold in the head, stuffed up air passages and difficult breathing, DR. CHASE'S CATARRH POWDER is required to afford relief from these disagreeable symptoms.

When this stage has passed it is usual for the cold to work its way into the bronchial tubes and lungs. This is nearing the danger point where grippe is likely to develop into pneumonia. For this reason DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE should be used frequently to allay the inflammation and keep the cough loose.

Should your system become greatly run down by the ravaging effects of this or any other disease you will find in DR. CHASE'S NERVE FOOD a most effective restorative.

## Got Rid of Bronchitis

The worst feature of bronchitis is the tendency to return year after year until the system is worn out and gives way to consumption, or other ravaging disease.

DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE owes much of its great popularity to the fact that it positively cures bronchitis, and this is about as severe a test as can be made of a medicine of this kind.

MR. W. H. WALKER, Calmar, Alta., writes: "I am pleased to say that DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE has done much good to myself, wife and children. My eldest girl, 7 years, had bronchitis and the doctor who attended her did not seem to do much good. We got DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE for her and she soon got well. We always keep this medicine in the house now ready for use and find that it soon cures coughs and colds."

The dry, hard cough of bronchitis is soon loosened and relieved by this treatment, chest colds soon disappear when this medicine is used regularly. DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE should not be confused with ordinary cough medicines as it is of far-reaching effect on the system, loosening up the tightness on the chest and thoroughly curing the disease.

## Whooping Cough

MRS. GEO. BRIGDEN, 202 Silver Birch Ave., Toronto, writes: "I cannot speak too highly of DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE because I have proved its value. My four children had whooping cough and we could not get it cured until we used this medicine. I would not be without it in the house to use for the children when they have had colds. You may use this letter so that other mothers may learn what a good medicine this is."

## How to Use It

The best results are obtained from DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE by using it in frequent, small doses. If held in the throat for a time the fumes produced from the heat better penetrate the lungs and you derive the fullest benefit from the treatment.

DAY OF MONTH	DAY OF WEEK	ZODIACAL SIGNS	WEATHER FORECAST	Moon's Phases Ont. and Que. Mar. Prov.			Local Mean Time Ontario, Quebec and Maritime Provinces		
				☾ Last Quarter...	d. h. m.	d. h. m.	Sun Rises h.m.	Sun Sets h.m.	Moon Sets h.m.
<b>Dec. 1917</b>				☾ Last Quarter...	6 9 14 a.	6 10 14 a.			
				☾ New Moon....	14 4 17 a.	14 5 17 a.			
				☾ First Quarter..	21 1 7 a.	21 2 7 a.			
				☾ Full Moon.....	28 4 52 a.	28 5 52 a.			
1	S	♈					7.17	4.22	7.09
2	S	♈	Begins				7.18	4.22	8.13
3	M	♈					7.18	4.21	9.18
4	T	♈	fine				7.19	4.21	10.22
5	W	♈	and				7.20	4.21	11.22
6	T	♈					7.21	4.20	a.m.
7	F	♈	cold.				7.22	4.20	0.25
8	S	♈					7.23	4.20	1.25
9	S	♈	Unsettled				7.24	4.20	2.29
10	M	♈	spell				7.25	4.20	3.34
11	T	♈	with				7.26	4.20	4.39
12	W	♈	rain				7.28	4.20	5.46
13	T	♈	and				7.29	4.19	6.50
14	F	♈	sleet.				7.30	4.19	sets
15	S	♈					7.31	4.19	5.49
16	S	♈	Disagree-				7.32	4.19	7.03
17	M	♈	able				7.33	4.19	8.18
18	T	♈	weather				7.33	4.19	9.36
19	W	♈	but				7.34	4.20	10.49
20	T	♈	clears				7.34	4.20	a.m.
21	F	♈	third				7.35	4.21	0.04
22	S	♈	week.				7.35	4.21	1.20
23	S	♈	Fine				7.36	4.22	2.33
24	M	♈	and				7.36	4.22	3.46
25	T	♈	cold.				7.37	4.23	4.59
26	W	♈					7.37	4.23	6.02
27	T	♈					7.38	4.24	7.00
28	F	♈	Some				7.38	4.25	rises
29	S	♈	snow				7.38	4.26	5.57
30	S	♈	and				7.38	4.27	7.02
31	M	♈	sleet.				7.38	4.28	8.07



## DR. CHASE'S Catarrh Powder

The great difficulty in treating catarrh has been to get the medication in contact with the diseased parts in order to cleanse them and heal up the catarrhal ulcers.

It was only after experimenting with sprays, douches, ointments, etc., that DR. CHASE selected the powder form as being most effective. By means of the improved blower which is enclosed with each box of DR. CHASE'S CATARRH POWDER the medicated powder is sent directly to the seat of the trouble. There is no trouble or inconvenience in using it and the beneficial effects are felt at once.

Now a word about the powder itself for many have a misconception of the nature of this. In the first place the powder possesses great antiseptic and cleansing properties. Catarrh is a foul disease on account of the offensive discharge. One of the most disagreeable symptoms is the offensive breath. By its antiseptic and cleansing properties this treatment thoroughly cleans the diseased parts and hastens the discharge from the system, thereby removing the cause of bad breath as well as affording relief from the stuffed up condition of the air passages.

The second stage in the cure of catarrh is the healing up of the catarrhal ulcers which are formed on the delicate membranous lining of the air passages. This catarrh powder possesses extraordinary healing powers and therein lies its success in effecting complete cure of catarrh.

DR. CHASE'S CATARRH POWDERS therefore cures in the most simple, direct and effective manner imaginable. It positively does not contain cocaine or any dangerous or habit forming drugs. It can therefore be used with perfect safety for children as well as adults. Relief is speedily obtained and cure effected by persistent use.

MRS. A. J. LEGGE, Fraxville, N.S., writes: "For about fourteen years I suffered from catarrh with all its disagreeable and annoying symptoms. No treatment seemed to do more than afford temporary relief. Like others I began to think there was no cure for catarrh. Then I ran across DR. CHASE'S CATARRH POWDER and it afforded such thorough relief that I kept on using it until entirely cured."

## How to Know Catarrh

Hawking and spitting in an effort to clear the throat and running at the nose are among the first noticeable indications of catarrh. Frequent sneezing and the formation of little sores inside the nose are other early symptoms.

As the disease develops there is dropping of the discharge into the throat, the eyes become weak and watery, the breath becomes very offensive and deafness results from a clogging up of the air passages leading to the ears.

Headache is a persistent symptom of catarrh as is also huskiness of the voice and sore throat.

Catarrh is most dreaded because of its tendency to lead to consumption or to develop into catarrh of the stomach. There should be no delay in obtaining DR. CHASE'S CATARRH POWDER and using it regularly as it will certainly afford the greatest relief.

## Catarrh Exhausts the Whole System

**For this reason constitutional treatment is required in cases of long standing**

Catarrh of the head and throat can never be cured by internal treatment and for this reason a local application to the diseased parts to cleanse and heal the catarrhal ulcers is positively necessary. As is explained elsewhere DR. CHASE'S CATARRH POWDER is the most effective remedy obtainable to accomplish this purpose.

Chronic catarrh, however, is a most exhausting disease and gradually saps the vitality from the system. It is on this account that it so often leads to consumption or leaves the constitution so run down that pneumonia or other diseases are readily contracted.

DR. CHASE'S NERVE FOOD can be used to splendid advantage along with the CATARRH POWDER in order to enrich the blood and build up the system. This is an ideal combination for the treatment of catarrh and has proven to be successful in many stubborn cases of long standing.

## Had Catarrh 15 Years

**Whole system was ravaged but cure was effected by Dr. Chase's medicines**

MR. W. H. LABLANC, Bonfield, Ont., writes: "I was a sufferer from catarrh for fifteen years and could not get cured. The disease had so ravaged my system that I was nervous and very weak. I am now thankful to say that I am thoroughly cured by the use of DR. CHASE'S remedies. The CATARRH POWDER cleared out my head and healed the catarrh, while the Nerve Food built up and strengthened my body. This is in my opinion the ideal treatment for catarrh, and I shall willingly answer enquires as to my cure."

## Prompt Relief from Hay Fever

Hay Fever results from the effects of certain irritants on the eyes and mucous membrane of the nose and throat. Only certain people are subject to the trouble and to them it returns each season with most distressing symptoms, such as choked-up air-passages Intolerable irritation of the eyes causes them to become red and watery. Itching of the palate gives rise to hawking and spitting, and sometimes there is intermittent fever. The patient gets little sleep and becomes quite worn out.

Quick relief is found in the use of DR. CHASE'S CATARRH POWDER and the trouble gradually wears away. There is no permanent cure for hay fever for when subjected to the irritants again the old trouble returns.

## Operations in the Nose

The inflammation of catarrh is sometimes set up by growths in the nose and it has become very fashionable to have operations in the nose. In many cases it is quite unnecessary to undergo the pain and expense, to say nothing of the risk of such operations. It is worth while to give DR. CHASE'S CATARRH POWDER a chance first, as it frequently affords such relief as to make an operation unnecessary.

MRS. H. W. SARGENT, Dunkin, Que., writes: "DR. CHASE'S CATARRH POWDER cured me of catarrh from which I had suffered for twenty-two years. Last March I was so bad I thought I would choke to death. I could not breathe through my nose at all and my breath was terribly offensive. The doctor told me an operation was necessary, but three boxes of DR. CHASE'S CATARRH POWDER have cured me completely. I want to express my thanks and to tell other sufferers of this great medicine."

# Dr. Chase's Backache Plaster



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 injure the most delicate skin. Because most frequently used for pains in the back and weak or lame back, kidney pains, lumbago, and rheumatism, the fact must not be overlooked that **DR. CHASE'S BACKACHE PLASTER** is equally effective as a conqueror of pain in every part of the body.

**DR. CHASE'S BACKACHE PLASTER** relieves and cures—Backache, lumbago, pains over the kidneys, weak, lame back, sciatica, rheumatism, stiffness and soreness of joints and muscles, stomach pains and cramps, pleurisy, sore throat, chest pains and pains and aches wherever located. Full directions for use are found on the wrapper of each plaster, 25 cents each, 5 for \$1.00, at all dealers, or **Edmanson, Bates & Co., Limited, Toronto.**

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## 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.
- Dr. A. W. Chase's Nerve Food (Pills), 50 cents a box, 6 boxes for \$2.50.
- Dr. A. W. Chase's Catarrh Powder, 25 cents a box, blower free, 5 boxes for \$1.00.
- Dr. A. W. Chase's Syrup of Linseed and Turpentine, 25 cents a bottle. Family size, three times as much, 60 cents. Can only be sent by mail or express at buyer's cost.
- Dr. A. W. Chase's Liver Cure, 50 cents. Can only be sent by mail or express at buyer's cost.
- Dr. A. W. Chase's Backache Plaster, 25 cents each, 5 for \$1.00.

**EDMANSON, BATES & CO., Limited**

Dr. Chase Building, Toronto, Ont.

# WEIGHTS AND MEASURES



## Long Measure

12 Lines	1 Inch
4 Inches	1 Hand
12 Inches	1 Foot
3 Feet	1 Yard
3 Feet	1 Fathom
5½ Yards	1 Rod or Pole
40 Rods	1 Furlong
8 Furlongs	1 Mile
3 Miles	1 League
69¼ Miles	1 Degree
1760 yds. or 5280 ft.	1 Mile
6075.81 ft.	1 Nautical Mile

## Square or Land Measure

144 Sq. Inches	1 Sq. Foot
9 Sq. Feet	1 Sq. Yard
30¼ Yards	1 Sq. Rod
40 Poles or Rods	1 Rood
4 Roods	1 Acre
640 Acres	1 Sq. Mile

## Cubic, or Solid Measure

1728 Inches	1 Solid Foot
27 Feet	1 Solid Yard
42 Feet	1 Ton Shipping
128 Feet	1 Cord Wood

## Land Survey Measure

7.92 Inches	1 Link
100 Links	1 Chain
1 Chain	.66 Feet
10 Sq. Chains	1 Acre

## English Money Table

4 Farthings	1 Penny
12 Pence	1 Shilling
20 Shillings	1 Pound

## Avoirdupois Weight

16 Drams	1 Ounce
16 Ounces	1 Pound
14 Pounds	1 Stone
25 Pounds	1 Quarter, C
28 Pounds	1 Quarter, E
4 Quarters	1 Hund'w't
20 Hundredw't.	} 1 Ton
2000 lbs., Can.	
2240 lbs., Eng.	

## Paper

24 Sheets	1 Quire
20 Quires	1 Ream

## Apothecaries' Weight

20 Grains	1 Scruple
3 Scruples	1 Dram
8 Drams	1 Ounce
12 Ounces	1 Pound

## Troy Weight

24 Grains	1 Pennyw't
20 Pennyw'ts	1 Ounce
12 Ounces	1 Pound

## Cloth Measure

2¼ Inches	1 Nail
4 Nails	1 Quarter
3 Quarters	1 Flemish Ell
4 Quarters	1 Yard
5 Quarters	1 English Ell
6 Quarters	1 French Ell
37 Inches	1 Scotch Ell

## Measure of Capacity

4 Gills	1 Pint
2 Pints	1 Quart
4 Quarts	1 Gallon
9 Gallons	1 Firkin
36 Gallons	1 Barrel
63 Gallons	1 Hogshead

## Dry Measure

2 Pints	1 Quart
4 Quarts	1 Gallon
2 Gallons	1 Peck
4 Pecks	1 Bushel
33 Bushels	1 Chaldron

## Time Measure

60 Seconds	1 Minute
60 Minutes	1 Hour
24 Hours	1 Day
7 Days	1 Week
4 Weeks	1 Month
12 Months, or	} 1 Year
365¼ Days	
106 Years	1 Century

## Days in the Month

30 days hath September,  
 April, June and November;  
 February has 28 alone,  
 And all the rest have 31;  
 But Leap Year coming  
 once in four,  
 February then has one day  
 more.