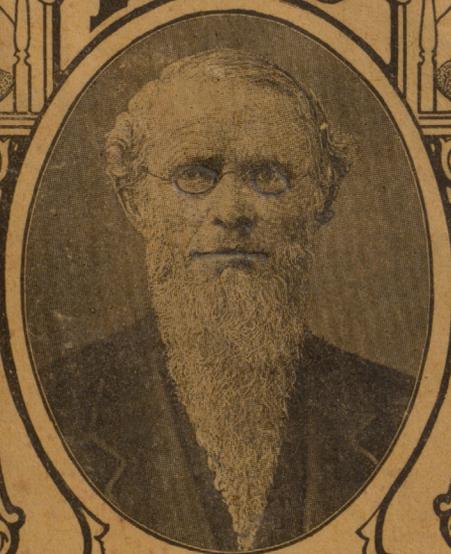


DR. A. W. CHASE'S CALENDAR ALMANAC

1920



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

FOR THE
HOME, FACTORY
FARM, OFFICE

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



366
365
751
520

ends 11b. 27m.
en. 59m., ends 11h.
itish Columbia.



A Mother's Tribute

THIS letter from Mrs. Roberts gives such a fine idea of the value of Dr. Chase's medicines for use in the home that we shall publish it without further comment.

Mrs. Everett Roberts, 44 Endicott Ave., Halifax, N.S., writes:

"I feel it a pleasure as well as my duty to recommend Dr. Chase's Nerve Food and Ointment. After the shock of the Halifax explosion my system was all run down, and I was so weak that I could not walk. Night after night I lay awake unable to sleep. Nothing did me any good until one of my neighbors recommended Dr. Chase's Nerve Food. After a treatment of this medicine I can positively say that my health and strength have been restored, and I can now sleep well and do my work as well as ever.

"I used Dr. Chase's Ointment for my baby, who had ringworms all over his face. I tried almost everything I knew of without success until I used Dr. Chase's Ointment. This cured him in a short time. I would not be without either of these medicines in the house, and trust this may induce others to give them a trial and be convinced of their merits."

You can scarcely ask for a stronger guarantee of the value of a medicine than the portrait and signature of A. W. Chase, M.D., on the box. This is for your protection against imitations and substitutes. Edmanson, Bates & Co., Ltd., Toronto.

1920

Golden Number 2
Roman Indiction 3

Dominical Letter DC
Solar Cycle 25

Epact 10
Julian Period 66,33

Zodiacal Signs

♈ Aries, Head and face

The Seasons

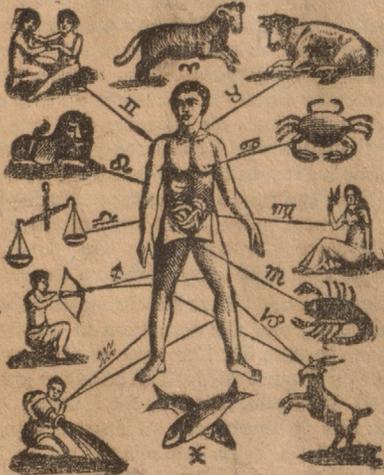
♊ Gemini, Arms

Sun enters Aries—
Spring begins, Ont.
and Que. Mar. 20th 4 Leo,
5 p.m. Mar. Prov. Heart
Mar. 20th, 6 p.m.

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

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

Sun enters Capricornus—
Winter begins, Ont.
and Que. Dec.
21st, 10 p.m. Mar.
Prov. 11 p.m.



♉ Taurus, Neck
The year 3681 of the Jewish Era begins at sunset Sept. 12th, 1920.

♋ Cancer, Breast
The year 1339 of the Mohammedan Era begins at sunset, Sept. 14, 1920. Gregorian Calendar.

♍ Virgo, Bowels
The 11th year of the reign of King George V. begins May 6th, 1920.

♎ Scorpio, Loins
The 145th year of the Independence of the United States begins July 4th, 1920.

♏ Capricornus, Knees

Festivals, Anniversaries, Etc.

New Year's Day (Thursday)	Jan. 1	St. George	Apr. 23	Hebrew New Year—Rosh Hashanah (Monday)	Sept. 13
Epiphany	" 6	Accession of K. George V.	May 6	Day of Atonement (Yom Kippur)	" 22
Septuagesima Sunday	Feb. 16	Rogation Sunday	" 9	First Day of Tabernacle (Succoth)	" 27
Quinquagesima—Shrove Sun.	" 15	Ascension Day (Holy Thurs.)	" 13	St. Michael (Michaelmas Day)	" 28
Ash Wednesday	" 18	Whit-Sunday	" 23	All Saints	Nov. 1
Quadragesima—1st Sunday in Lent	" 22	Victoria Day	" 24	First Sunday in Advent	" 2
St. David	Mar. 1	Birthday of Queen Mary 1867	" 26	St. Andrew	" 30
St. Patrick	" 17	Trinity Sunday	" 30	Birthday of Queen Alexandra	Dec. 1
Annunciation—Lady Day	" 25	Birthday of K. George V.	June 3	Conception Day	" 9
Palm Sunday	Apr. 28	Birthday of Prince of Wales	" 23	St. Thomas	" 21
Good Friday	" 2	St. John Baptist (Mideummer day)	June 24	Christmas Day (Saturday)	" 25
Easter Sunday	" 4	Dominion Day (Thursday)	July 1		
Low Sunday	" 11	Labor Day (Monday)	Sept. 6		

Morning and Evening Stars

MERCURY—Will be at its greatest elongation east on March 3, June 29, and October 25, when it may be seen soon after sunset in the western sky about those dates. At its greatest western elongation April 17, August 14, and December 3, when it may be seen early in the morning before sunrise in the eastern sky.

VENUS—Morning star to July 3, then evening star rest of the year.

MARS—Morning star to April 21, then evening star rest of the year.

JUPITER—Morning star to February 3, evening star to August 20, then morning star rest of the year. Its satellites or moons owing to proximity to sun are not visible from July 23 to September 15.

SATURN—Morning Star to February 27, evening star to September 7, then morning star rest of the year.

Eclipses, 1920

In the year 1920 there will be four eclipses, two of the Sun and two of the Moon.

I.—A total eclipse of the Moon May 2, 1920. The beginning visible generally in Europe, W. Asia, Africa and the Indian Ocean except the eastern portion, the Atlantic Ocean, E. North America, and S. America; the ending visible generally in W. Europe, W. Africa, the Atlantic Ocean, N. America except the extreme north-western portion, S. America, and the eastern portion of the Pacific Ocean. At Toronto the moon enters the umbra 7h. 1m. p.m., total eclipse begins 8h. 15m. p.m., middle of eclipse 8h. 51m., total eclipse ends 9h. 27m. p.m., moon leaves the umbra 10h. 41m., magnitude of the eclipse 1.224.

II.—A partial eclipse of the Sun, May 17, 1920, invisible in Canada.

III.—A total eclipse of the Moon, October 26-27, 1920 invisible in E. Canada; the beginning visible generally in W. North America, the Pacific Ocean, Australia, Asia except western portion, and the eastern portion of the Indian Ocean; the ending visible generally in the western portion of the Pacific Ocean, Asia, Australia, the Indian Ocean, E. Africa and Europe, except the western portion.

IV.—A partial eclipse of the Sun, November 10, 1920. At Montreal the eclipse begins 8h. 56m., the greatest phase 10h. 9m. a.m., ends 11h. 27m. a.m., the magnitude will be 0.41. At Toronto the eclipse begins 8h. 54m. a.m., greatest phase 9h. 59m., ends 11h. 10m. a.m., the magnitude 0.34. Visible generally over Canada to the eastern boundary of British Columbia.

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—At what time does the moon rise at Kitchener on July 1st? We find in the calendar the moon rises 7h. 50m. p.m., and the correction in Table I. for Kitchener + 22 which added to 7h. 50m. makes the time 8h. 12m. p.m. at Kitchener for moonrise. When does the moon rise at Halifax on August 2nd? The calendar gives 8h. 24m. p.m. and Table I. + 14 m. which makes 8h. 38m. p.m. moonrise for Halifax.

When does the sun rise at Sherbrooke on August 10th? We find the calendar time is 4h. 55m. The correction from Table I. is minus 12m. with letter E for use in Table II., which gives a further correction under sunrise for August of minus 2m. These two corrections subtracted from 4h. 55m. gives 4h. 41 m. as time of sunrise at Sherbrooke.

NOTE—During the portion of the year in which daylight saving time is used, one hour has to be added to all times in this calendar almanac.

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, 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, Kitchener + 22B, 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, Warton + 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 preceeding 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

How Dr. Chase Can Be Your Doctor

It Was With This Idea in Mind That Dr. Chase Worked Out His System of Family Medicines

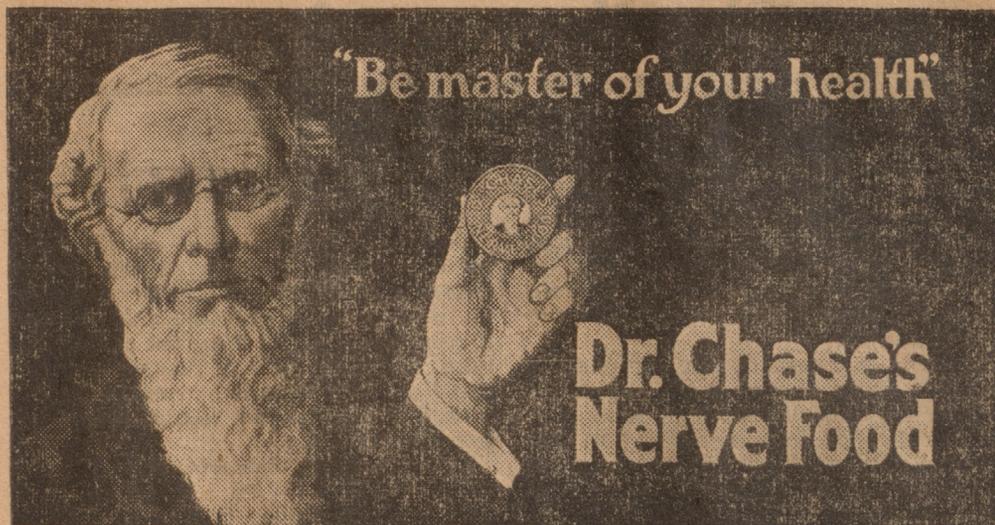
With the object of enabling people to control the common ills of life by applying their own judgment in the use of his prescriptions, DR. A. W. CHASE worked out a system of Family Medicines. A treatment for each class of diseases was his plan and as few medicines as possible.

With these medicines at hand it is a most simple matter to control symptoms as they may arise and prevent and cure ailments which if neglected, lead to the most serious results.

If ever there was a doctor well qualified to prepare a sytem of home medication that doctor was Dr. CHASE. Of this you will be convinced if you will read the record of his life on page 35 of this book. His medicines are not so much intended to afford mere temporary relief as they are to effect thorough cure by eradicating the cause of trouble

The success of these medicines may undoubtedly be largely attributed to this thoroughness of action and effectiveness in bringing about complete cure.

DAY OF MONTH	DAY OF WEEK	ZODIACAL SIGNS	WEATHER FORECAST	Jan. 1920			Moon's Phases			Ont. and Que.			Mar. Prov.			Local Mean Time Ontario, Quebec and Maritime Provinces		
				☉ Full Moon.....	d.	h.	m.	☾ Last Quarter.....	d.	h.	m.	☽ New Moon.....	d.	h.	m.	☽ First Quarter....	d.	h.
1	T	♈	Stormy	Took bed with malaria									7.39	4.28	2.38			
2	F	♈	at	dinner									7.39	4.29	3.51			
3	S	♈	first.										7.39	4.30	5.03			
4	S	♈											7.39	4.31	6.08			
5	M	♈	Clears	Alice went home									7.38	4.32	rises			
6	T	♈	and										7.38	4.33	6.01			
7	W	♈	remains										7.38	4.34	7.17			
8	T	♈	fine										7.38	4.35	8.28			
9	F	♈	and										7.38	4.36	9.38			
10	S	♈	frosty.	Aunt Mary came									7.38	4.37	10.44			
11	S	♈	Turns	Leopard report to bed									7.37	4.38	11.47			
12	M	♈	milder	Aunt Kate came									7.37	4.39	a.m.			
13	T	♈	with										7.37	4.41	0.50			
14	W	♈	some										7.36	4.42	1.51			
15	T	♈	snow										7.36	4.43	2.48			
16	F	♈	flurries.										7.35	4.44	3.45			
17	S	♈		appen box of tea									7.35	4.46	4.38			
18	S	♈	Temper-										7.34	4.47	5.26			
19	M	♈	ature	Aunt Mary went home									7.33	4.48	6.09			
20	T	♈	falls.										7.33	4.50	6.48			
21	W	♈	Clear										7.32	4.51	sets			
22	T	♈	and	Snowed up									7.31	4.52	6.48			
23	F	♈	cold.										7.30	4.54	7.54			
24	S	♈											7.30	4.55	9.00			
25	S	♈											7.29	4.56	10.07			
26	M	♈	Stormy	Aunt Kate went home									7.28	4.58	11.05			
27	T	♈	with	John Roman got a writing desk									7.27	4.59	a.m.			
28	W	♈	cold										7.26	5.01	0.26			
29	T	♈	high										7.25	5.02	1.37			
30	F	♈	winds.	went with a fig									7.24	5.03	2.45			
31	S	♈											7.23	5.05	3.51			



How To Be Master of Your Health

That DR. CHASE was a man of vision and foresight is best evidenced by his efforts to answer the question "How to prevent disease?"

He had spent much time and study in perfecting his medicines which aimed at alleviating suffering and curing disease. The prescriptions which proved most successful in his private practice repeated that success in the hands of the public.

But the doctor felt that the day was dawning when people would demand a means of "keeping well," quite as much as a means of combatting disease.

The result of the doctor's efforts in this line is found in DR. CHASE'S NERVE FOOD, for while this treatment cures derangements of the nerves it is above all a restorative and preventive treatment.

The nervous system is so little understood that many people do not realize that every breath they breathe and every heart-beat is the result of the expenditure of nervous energy.

Not only does every step you take and every muscle you move consume nerve force but the action of the stomach, kidneys and bowels and indeed of every organ of the body is dependent on the nervous system for motive power.

When nerve force runs low you feel tired and weak and the vital organs are tired and weak and fail in performing their functions. The results are indigestion, sleeplessness, headaches and all the annoying symptoms which tell of exhausted nerves and warn of serious trouble from nervous diseases.

Since nervous energy can only be manufactured from rich, red blood it is the mission of DR. CHASE'S NERVE FOOD to supply to the blood in condensed and easily assimilated form the ingredients which go to sustain and restore the exhausted nervous system.

In order to give you some idea of the grand work DR. CHASE'S NERVE FOOD is accomplishing in the restoration of health and the prevention of serious disease we shall quote in the following pages as many letters as we can find space for. These letters are from good, honest, respectable people. You can depend on what they say. If they appear at times to be enthusiastic over DR. CHASE'S NERVE FOOD you will appreciate why after you have tried this great restorative yourself.

The Nervous Age

And How Medical Science has Perfected a Treatment to Restore Exhausted Nerves

That diseases of the nerves are rapidly increasing, particularly on this North American continent, is a serious fact. Our forefathers, the pioneers in this great, new country, were obliged to spend much of their time in the open, hewing their way into the immense forests and wresting from the earth the very necessities of life.

Naturally they acquired good appetites and developed strong, vigorous bodies. There was little nervous trouble in those days and not much sleeplessness. The fresh air and exercise kept the blood pure and rich and there were not the excitements and attractions of large cities to disturb the serenity of peaceful country life.

To-day all is changed and everywhere you find people suffering from the effects of nervous exhaustion. The hospitals and sanitariums are full of people who are trying to win back health of body, while the asylums are overflowing with those whose minds have given out from loss of mental vigor.

Some have overworked while others have been brought low by worry and anxiety. Some have burned the candle at both ends by living too swift a pace, while others have merely neglected to be warned by such simple symptoms as nervous headaches, sleeplessness, bodily weakness, or indigestion.

It seems remarkable that only in recent years have nervous diseases come to be understood by the medical profession, particularly when you think of what keen anguish is caused when the nerves are jangled out of tune. Perhaps you have thought of physical suffering such as a broken limb being the height of suffering. But what does this amount to when compared to sciatic or neuralgic pains, or the intolerable agonies of a diseased mind. There is always hope with ordinary physical pain, but to the sufferer from nervous disease, there is often nothing ahead but gloom and despair.

Another type of nervous diseases is that which leads to physical weakness and helplessness, such as nervous prostration, paralysis and locomotor ataxia. These ailments, which were formerly seldom heard of, have come to be frightfully common and this is why everyone should know the indications

which point to these dangers and warn you to restore the nervous energy of the body while yet there is time.

Nerve cells are dependent on the blood for their nourishment and, on this account diseases of the nerves can only be cured when the blood is made pure and rich. Because it goes directly to the formation of rich, red blood, DR. A. W. CHASE'S NERVE PILLS have proven the most successful treatment for diseases of the nerves that medical science has been able to devise.

This is a strong statement, but one which will be endorsed by the best authorities on diseases of the nerves. It must be endorsed by them, because the formula is the result of an extensive investigation into many of the best prescriptions of the great nerve specialists.

Neuralgic Pains

MR. JOHN TUCKER, Elinville, Ont., writes:—"I suffered for a great many years from nervousness, heart trouble and neuralgia. I could not sleep at all, and had frequent headaches. My appetite also became poor and I was bothered with indigestion. I finally commenced using DR. CHASE'S NERVE FOOD and found it the best thing I ever tried. It relieved me right away and I soon got better. I cannot say too much in praise of this splendid medicine. My wife has also used it and we both think there is nothing to equal DR. CHASE'S NERVE FOOD."

Wild With My Nerves

MR. GARNET CHAMBERS, Grove Hill Farm, R. R. No. 2, Aylmer, Ont., writes:—"Before I began to take DR. CHASE'S NERVE FOOD I was just wild with my nerves. Everything went wrong and I was so sick that I could not do a day's work. Since taking DR. CHASE'S NERVE FOOD, however, I can work from 17 to 18 hours a day and do it easier than I could work five hours before. I never felt better in my life than I do now, and I thank you for this opportunity of giving you my experience with the NERVE FOOD."



He Cannot Sleep

It isn't the body that craves rest, but the mind.

When you are bodily tired you can usually fall to sleep at the first opportunity. But when the nerves are irritated by anxiety and worry rest and sleep seem to be impossible.

The mind seems to be most alert, and you are thinking, thinking, thinking—first of one thing and then of another—often matters of little or no importance. But you simply cannot sleep.

Sleeplessness is the most common and

often the first indication of a breaking down of the nervous system.

The object of sleep is to allow the body to rebuild tissue and the nerves to recover tone. Sleep is the ideal condition for this process.

If you cannot sleep you worry, and worry breaks down nerve cells at a tremendous rate, so that instead of laying up nerve force for the demands of the day you are using up the reserve.

After a sleepless night you get up feeling tired and lacking in mental energy. Your day's work seems more than you can face, and you become down-hearted and discouraged.

In DR. CHASE'S NERVE FOOD is found the most natural and the most rational treatment for the nerves imaginable, because this food cure contains the vital substances which go to the building up of the blood and the depleted nerve cells.

DR. CHASE'S NERVE FOOD does not induce sleep, but it does restore the nervous system, and after you have been using it for a few days you will begin to find yourself resting and sleeping naturally.

A little patience is necessary if your nervous system is greatly exhausted, but you will be encouraged by the benefits obtained to keep up the treatment until the exhausted nerves are fully restored, and you feel the energy and snap which means success and happiness.

Would Lie Awake

MR. W. J. WILSON, Grocer, Perth, Ont., writes:—"In fitting up this building for a grocery business, I worked very hard, and after putting in my stock I continued plugging away good and hard, too. I commenced to feel myself going down—my weight went from 180 pounds down to 154 pounds. My appetite began to fail, and of course upon retiring I could not get a good night's rest. Sometimes after going to sleep my nerves would twitch and I would waken up with a start, and then lie awake for hours. I remembered having used DR. CHASE'S NERVE FOOD before, so I started in again, and took a good treatment, using about half a dozen boxes. I soon felt my appetite returning. I could sleep well and commenced gaining in

weight, until I felt like a new man. From the benefits I have received from the use of DR. CHASE'S NERVE FOOD I cannot speak too highly of it."

System Run Down

MRS. GRACE McELROY, Hepworth, Ont., writes:—"My system was in a generally run-down condition, and I could not rest well at night. Usually it would be in the early morning hours when I would be able to sleep. I started to use DR. CHASE'S NERVE FOOD, and was soon able to sleep without difficulty. This treatment made me strong and healthy again. I think it is a wonderful blood-building medicine, and can recommend it to anyone needing a medicine of this kind."

DAY OF MONTH	DAY OF WEEK	ZODIACAL SIGNS	WEATHER FORECAST	Moon's Phases			Mar. Prov.			Local Mean Time Ontario, Quebec and Maritime Provinces							
				Ont. and Que.	d. h. m.		Mar. Prov.	d. h. m.		Sun Rises	Sun Sets	Moon Sets					
Feb. 1920				☾ Full Moon	4	3	42 a.	☾ Full Moon	4	4	42 a.	Sun Rises	h.m.	Sun Sets	h.m.	Moon Sets	h.m.
				☾ Last Quarter	11	3	49 p.	☾ Last Quarter	11	4	49 p.	Sun Rises	h.m.	Sun Sets	h.m.	Moon Sets	h.m.
				☾ New Moon	19	4	35 p.	☾ New Moon	19	5	35 p.	Sun Rises	h.m.	Sun Sets	h.m.	Moon Sets	h.m.
				☾ First Quarter	26	6	50 p.	☾ First Quarter	26	7	50 p.	Sun Rises	h.m.	Sun Sets	h.m.	Moon Sets	h.m.
1	S	♈		<i>Open the crop of wheat</i>							7.22	5.06	4.49				
2	M	♈	Very	<i>Shop for Aunt Kate birthday</i>							7.21	5.08	5.41				
3	T	♈	stormy								7.19	5.09	6.24				
4	W	♈	at								7.18	5.10	rises				
5	T	♈	first,								7.17	5.12	7.14				
6	F	♈	then								7.16	5.13	8.24				
7	S	♈	clears								7.14	5.15	9.30				
8	S	♉	and								7.13	5.16	10.35				
9	M	♉	becomes								7.12	5.18	11.37				
10	T	♉	very								7.10	5.19	a.m.				
11	W	♉	cold.								7.09	5.20	0.36				
12	T	♉									7.08	5.22	1.34				
13	F	♉	Mod-								7.06	5.23	2.28				
14	S	♉	erates.								7.06	5.25	3.19				
15	S	♊	Very								7.03	5.26	4.05				
16	M	♊	heavy								7.02	5.28	4.45				
17	T	♊	snow								7.00	5.29	5.21				
18	W	♊	falls.								6.59	5.30	5.54				
19	T	♊									6.57	5.32	sets				
20	F	♊	Clears								6.56	5.33	6.48				
21	S	♊	again.								6.54	5.35	7.56				
22	S	♋									6.52	5.36	9.07				
23	M	♋	Fine								6.51	5.37	10.17				
24	T	♋	and								6.49	5.39	11.27				
25	W	♋	very								6.47	5.40	a.m.				
26	T	♋	cold								6.46	5.42	0.37				
27	F	♋	to								6.44	5.43	1.42				
28	S	♋	end.								6.42	5.44	2.42				
29	S	♋									6.41	5.46	3.34				

\$533.⁸⁰ IN PRIZES

Will be awarded in the great Dairy Competition. For full particulars see pages 16 and 17.



Mending To Do

Whenever there are children there is plenty of mending to do, and what mother does not dread the mending of clothes and stockings?

Unfortunately, it is usually necessary for the busy mother to leave the mending until some quiet hour when the children have been got off to bed. This necessitates working by artificial light, with unusual straining of the eyes.

It is this straining of the eyes which makes one feel so tired after mending, sewing, shopping or doing fancy work.

When you think of how constantly the eyes are employed, and of the continual changing of the focus to suit the distance of the object viewed, you may not be surprised to know that the optic nerve consumes an enormous amount of nervous energy.

For this reason straining of the eyes brings on fatigue, and often leads to nervous breakdown.

There is no magical way by which exhausted nerves can be restored.

It takes time and patience in order that the depleted nerve cells may be nourished back to health and vigor, but you

may be sure of satisfactory results if you use DR. CHASE'S NERVE FOOD regularly.

We know that DR. CHASE'S NERVE FOOD is composed of the vital substances which go to the upbuilding of the nervous system. We have the utmost confidence in its curative properties, because we have seen it tested in so many thousands of cases. But how are we going to prove this to you unless you try it? You are the one to be benefited, so it remains for you to make the test.

Nearly Lost Sight

MRS. JAS. A. MUSGROVE, Decker, Man., writes:—"Two years and a half ago, I became afflicted with severe pains in my back and head. The pains in my head increased in intensity and affected my eyes so badly that I nearly lost the sight of one altogether. I consulted several specialists, but they gave me no encouragement. They believed that in a short time I should become blind in one eye, and they even despaired of my ever being restored to health.

"I began taking DR. CHASE'S NERVE FOOD, and soon noted a change in my health and eyesight. It was the first medicine that seemed to help me. I have been able for some time to do my own housework and can also work around the house without the aid of spectacles. DR. CHASE'S NERVE FOOD has been a boon to me, and I can cheerfully recommend it to any person affected in a similar manner."

TEACHER: What is an alibi?

BRIGHT BOY: Being somewhere where you aint.

Nervous Breakdown

MRS. G. N. AVERY, 346 Simcoe St., Woodstock, Ont., writes:—"I had a nervous breakdown, and could not seem to get built up again. My nerves were bad and I could not sleep. Finally I tried DR. CHASE'S NERVE FOOD, and it built up my system and made me feel much stronger. I have no trouble now in getting a good night's sleep."

If I Could Only Be Strong and Healthy

This is the longing of the girl who is pale, weak and anaemic.

She is lacking in energy and strength, and is so easily tired out that she does not feel like taking outdoor exercise or joining others in social gatherings.

The source of trouble is in the condition of the blood, which has become thin and watery, and utterly lacking in nutritive qualities.

The anaemic condition is shown in the pallor of the lips, the gums and the eyelids, as well as in the pale face and angular form.

The blood gets ever thinner and more watery, until the human system is literally starved.

The digestive system has failed, and your health must go naturally downhill until you can find some means of restoration.

Fortunately **DR. CHASE'S NERVE FOOD** furnishes the vital substances needed for re-generating the entire organism when in a run-down condition.

Gradually and certainly the building-up process is established, and the pure, rich blood created in the system carries health and strength to every part of the body.

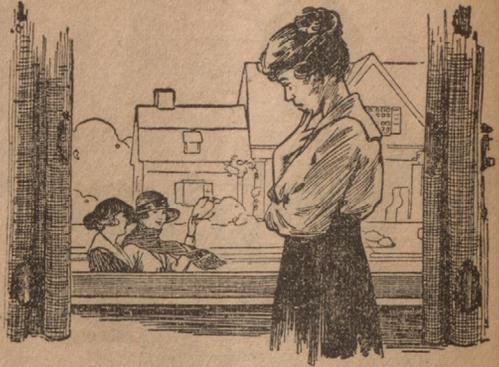
Weakness and disease, the cause of discouragement, failure and unhappiness, give place to new hopes, new confidence and stronger determination to succeed.

The appetite is sharpened, digestion improves, and you find yourself enjoying your meals and taking a new interest in life. As you gain in strength and energy you feel encouraged to keep up the use of this restorative treatment until thoroughly restored to health.

The rosy cheeks and healthful appearance of people who have used **DR. CHASE'S NERVE FOOD** is its strongest recommendation, and accounts for its ever-increasing popularity.

No Rest or Sleep

Mrs. A. CAVINET, 275 Slater St., Ottawa, Ont., writes:—"During the latter part of the summer I suffered from a run-down system. I was very nervous and could neither sleep nor rest at night. I bought some of **DR. CHASE'S NERVE FOOD** to try, and by the time I had taken three boxes I felt quite like my former self. My system was built up and I found no difficulty in getting a good night's sleep."



Very Ill With Anaemia

Miss ALICE HOWES, 21 Haddington St., Galt, Ont., writes:—"I was very ill with anaemia, could not sleep at night, and my appetite seemed entirely gone. I suffered in this way for nearly three years, and had treatment from two doctors in Toronto, where I was living at the time, but did not get any relief. I became completely run down, and as I did not see any immediate hopes of getting better, I went back to live with my mother in Galt. I thought perhaps the change of air might do me good. My mother saw that I was in a bad state, because my nerves were affected, and everywhere I went I used to take dizzy and fainting spells. My hands and limbs would become numb, I would see black specks before my eyes, and cold perspiration would come out on me. My mother had been taking **DR. CHASE'S NERVE FOOD** with excellent results, and she advised me to do the same. But it is hard for me to take pills, so I went to a doctor in Galt instead. However, his treatment did me no good, so I at last decided to follow my mother's advice. I began taking **DR. CHASE'S NERVE FOOD**, and gradually found myself getting better. I soon was able to sleep at night without any difficulty, my appetite came back, and I began to gain back my natural color. After taking about twelve boxes of this medicine, I was able to return to my work in Toronto. My friends there all noticed the improvement in my condition, and I am now stronger and healthier than I have been for a long, long time. I shall always recommend **DR. CHASE'S NERVE FOOD** wherever I go, as I really think it is the best treatment obtainable for worn out nerves and run-down system."



Nervous Indigestion

In these days of keen competition and quickly changing prices the business man lives under a more severe nervous strain than ever before.

When his nerves get played out the first indication of trouble are usually indigestion and sleeplessness.

In order to give you some idea of how DR. CHASE'S NERVE FOOD restores vigor and energy to the nervous system and overcomes such symptoms we shall quote here a few interesting letters.

Sleeplessness

MR. W. J. VAN DUSEN, Centre St., Napanee, Ont., writes:—"For some time I suffered from sleeplessness and all the weakness and tired feelings that follow continual loss of sleep. Gas would accumulate in my stomach and this also caused a great deal of trouble. Upon the advice of a friend I began a treatment of DR. CHASE'S NERVE FOOD and soon found them to be just what I required. By the time I had completed the treatment my system was in splendid condition and I felt much stronger. I could also get a good night's rest. I think DR. CHASE'S NERVE FOOD a splendid tonic for the nerves and heartily recommend it."

Indigestion

MR. CHAS. B. MORRISON, 728 Bedford St., Sandwich, Ont., writes:—"For almost a year I suffered from intestinal indigestion. I had

headaches, weak spells, felt drowsy after eating and was easily tired. I was nervous and could not sleep at night. My heart action was weak and my circulation poor. I consulted several doctors—one said I had lumbago, and another said I had appendicitis and wanted to operate, but I decided to see another doctor and try some different medicines before going under the knife. So I tried DR. CHASE'S NERVE FOOD, together with the Kidney-Liver Pills, and after the first ten days of this treatment, I felt much better. Before using these medicines I would bloat so after my meals that I could not even bear my clothes to touch me. I would be in terrible agony almost until the next meal time. Since using DR. CHASE'S NERVE FOOD and KIDNEY LIVER PILLS, however, I am relieved of all this suffering, and feel grateful for such a cure. My wife has used the KIDNEY-LIVER PILLS for backache and says nothing else relieves her as they do."

Stomach Trouble

MR. WM. ERSLAND, R. R. No. 2, Singhampton, Ont., writes:—"I had an attack of gastritis and ulcerated stomach some time ago, and the doctor dieted me down so much that when winter set in there was very little left of me but a frame. Therefore I caught a cold, which developed into pneumonia. I was so weak afterwards that my stomach would only stand soft or liquid food. When I returned to work a few hours would tire me completely, and the following spring I suffered with my stomach the same as before. I tried several remedies but could get nothing to do me much good until I tried DR. CHASE'S NERVE FOOD. After using this medicine for a week, I began to improve. I bought more and continued the treatment until I had taken six boxes. Since that time—about eleven years ago—I have never had an attack of stomach trouble. I would not be without DR. CHASE'S NERVE FOOD in the house, as it not only quiets the nerves, but seems to build up the whole system. I have also used DR. CHASE'S OINTMENT for piles with splendid results. I trust others suffering with the same complaints will try DR. CHASE'S medicines."

Dr. Chase's Nerve Food Restores
Tired 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					
				Full Moon	Last Quarter	New Moon	First Quarter	d.	h.	m.	d.	h.	m.	d.	h.	m.	Sun Rises	Sun Sets
Mar. 1920				4	12	20	27	4	12	20	27	4	12	20	27	4	12	20
				13 p.	57 p.	56 a.	45 a.	5	1	5	2	13 p.	1	57 p.	56 a.	45 a.		
1	M	♈	Weather												6.39	5.47	4.19	
2	T	♉	turns												6.37	5.48	4.57	
3	W	♊	milder												6.35	5.50	5.30	
4	T	♈	follow-												6.34	5.51	rises	
5	F	♉	ed												6.32	5.52	7.10	
6	S	♊	by												6.30	5.54	8.16	
7	S	♈	strong												6.28	5.55	9.21	
8	M	♉	winds												6.26	5.56	10.22	
9	T	♊	and												6.25	5.58	11.21	
10	W	♈	very												6.23	5.59	a.m.	
11	T	♉	severe												6.21	6.00	0.18	
12	F	♊	storms.												6.19	6.02	1.10	
13	S	♈													6.17	6.03	1.57	
14	S	♉	Rain												6.15	6.04	2.39	
15	M	♊	and												6.13	6.06	3.17	
16	T	♈	sleet,												6.12	6.07	3.51	
17	W	♉													6.10	6.08	4.23	
18	T	♊	then												6.08	6.09	4.52	
19	F	♈	clear												6.06	6.11	5.20	
20	S	♉	and												6.04	6.12	sets	
21	S	♊	fine.												6.02	6.13	8.02	
22	M	♈	Stormy												6.00	6.15	9.14	
23	T	♉	spell												5.58	6.16	10.26	
24	W	♊	and												5.57	6.17	11.34	
25	T	♈	very												5.55	6.18	a.m.	
26	F	♉	change-												5.53	6.20	0.36	
27	S	♊	able.												5.51	6.21	1.31	
28	S	♈													5.49	6.22	2.17	
29	M	♉	Month												5.47	6.23	2.57	
30	T	♊	ends												5.45	6.25	3.31	
31	W	♈	stormy.												5.43	6.26	4.01	



Youth and Age

"So this is your birthday, grandmother."

"Yes, dearie, I am seventy-five years old to-day. It doesn't seem possible, for I don't feel old."

"And you certainly do not look old. Besides, you are always so happy and cheerful that you do not seem at all old."

"A woman is only as old as she looks you know, and I have always tried to keep young and healthy."

"And were you never sick, grandmother?"

"Oh, yes, indeed, there was a time in my life when I never expected to live to be fifty, say nothing about seventy-five. When your mother and my other children were small I had my hands full and got run down in health. I got so nervous that I could not sleep and had frequent headaches. Every little thing the children would do seemed to annoy and worry me until, finally, I gave out entirely, and was in bed for months with nervous prostration."

"Did you have a doctor?"

"Yes, dearie, I had two or three doctors, but they only told me that it would take a long time for me to regain strength. One day your grandfather came in with some of DR. CHASE'S NERVE FOOD. He said some one told him that it would cure me, and he went away to the drug store and bought half a dozen boxes."

"And did it cure you?"

"Well, the best evidence is that I am here to-day, well and happy, after all these years. And I am more than ever enthusiastic for DR. CHASE'S NERVE FOOD, for I have used it several times during the last few years when I felt that

I needed some assistance to keep up vitality. As a person gets older I think their blood gets thinner, and they seem to need something like DR. CHASE'S NERVE FOOD to increase their strength and vigor."

"That is something worth knowing, grandmother."

"If you will take my advice, dearie, you will not forget about DR. CHASE'S NERVE FOOD when you get run down, tired out and nervous. This has been my advice to a great many people, and I know that it has done them good."

Heart and Nerve Trouble

MRS. E. O'NEILL, Anne St., Brockville, Ont., writes:—"I was troubled with nervousness, heart trouble, dizziness and a general run-down condition of the system, and it was only with difficulty that I could do my work. I had doctored for some time without much result; until a friend in Ottawa advised me to try DR. CHASE'S NERVE FOOD. I did so, and after taking a treatment found a great improvement. I can now get a good night's rest and am able to do my work much more easily. When I am not feeling just up to the mark, I take a few of the NERVE FOOD pills and find great benefit from them. I am glad to recommend the use of DR. CHASE'S NERVE FOOD to anyone suffering from nerve trouble of any kind."

Nervous Breakdown

MRS. W. C. CHEWTER, 55 Talbot St., Simcoe, Ont., writes:—"I had a nervous breakdown and suffered from headaches, sleeplessness and nervousness. There were pains all through my body, I had indigestion and poor circulation of the blood. My hands and feet were always cold, and I sometimes took weak spells. The doctor told me my system was all rundown and that I had to take a complete rest, as my nerves were in a bad state. I also had St. Vitus' Dance, with that twitching of nerves and muscles. The doctor's medicine did not do me much good, and my friends advised me to try DR. CHASE'S NERVE FOOD. The first box seemed to help me greatly, so I continued to use it, and after a treatment of four boxes I am quite well and strong again. I think DR. CHASE'S NERVE FOOD is a wonderful medicine and would advise anyone suffering from nervous trouble of any kind to try it."

The Voice-O-Phone

Brings The Best Music To Your Home

WHAT a wonderful invention this is which enables you to entertain your family and your friends with the best music of the ages.

The educational benefit derived from the use of the phonograph can scarcely be estimated, particularly where there are children in the home. It cultivates a taste for good music and develops the finer sensibilities of the children.

While there are several phonographs on the market, we believe that the Voice-O-Phone will appeal most strongly to you because in it are embodied all the new and special features which make it the ideal reproducing instrument.

New Features

1. The Voice-o-Phone plays all makes of records without any extra attachments.
2. The Motor, which is the very heart and life of a phonograph, is of special high grade construction and is perfectly noiseless.
3. The Inner Horn, or throat of the instrument is built like a violin of seasoned white spruce so as to give the natural clear, pure tone of the human voice.
4. The cases are carefully and strongly built and beautifully finished in oak and mahogany.

The Electric Voice-o-Phone

It is with some measure of pride that we call your attention to the Electric Voice-O-Phone, for this is; we believe, the ideal instrument of the future.

There is no winding to do—no running down in the middle of a selection—while

the Automatic Stop saves you the trouble of running to stop the mechanism at the end of every record.

This instrument is fitted with a perfect electric motor, which is positively noiseless and requires no special care. It is run by the house current or dry cells.

Style	PRICES	Electric Motor
A Double Spring Motor.	\$76.00	
B " " " "	110.00	140.00
C " " " "	140.00	170.00
D Triple " " "	180.00	200.00
E Quadruple " " "	200.00	210.00
Baby Grand.....	260.00	270.00
O Single Spring Motor...	40.00	

The Voice-O-Phone will be shipped direct if we have no agent in your locality.

Write To-day for Illustrated Catalogue
THE VOICE-O-PHONE CO.

246 Adelaide St. W., Toronto

AGENTS WANTED

Druggists get in touch with us



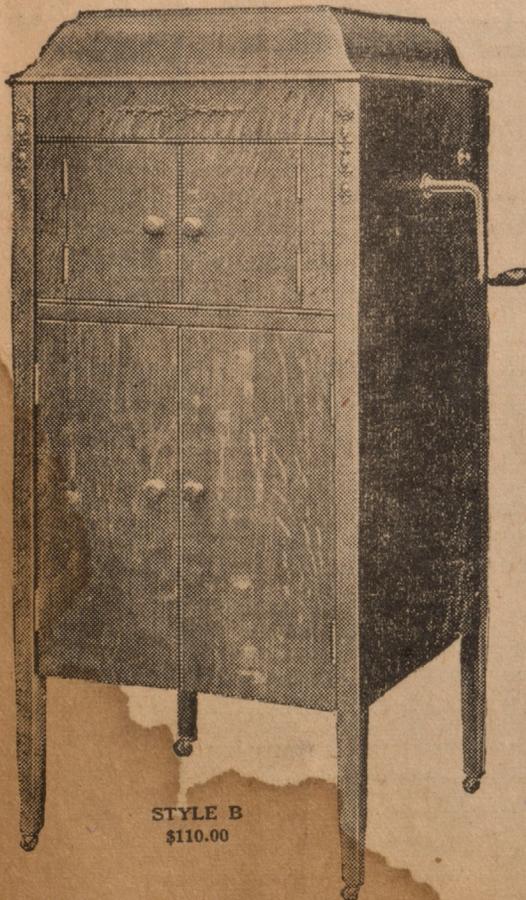
STYLE O, \$40.00

HOW TO WIN A VOICE-O-PHONE

NEVER in the history of Dr. Chase's Almanac has there been so great an interest shown in the Diary Competition as during the past year when we offered the Voice-O-Phones as prizes.

In order that there may be absolute fairness to all concerned the awards will be made by a committee of three well-known newspaper men. The writing should be in ink and preference will be shown for neatly kept records of everyday events in the life of the writer.

These items may be of a social or personal



STYLE B
\$110.00

IN THE GREAT DIARY CONTEST

nature or may take the form of a record of business transactions.

Farmers find the Almanacs invaluable as a record of time of planting, breeding, harvesting, work done on certain crops, prices obtained, money received and paid out, notes due, etc.

\$533.80 Worth of Prizes

To be Awarded as follows:

Prize		
1—Electric Voice-O-Phone, E.	\$210.00	
2—D.S.	B.	110.00
3—D.S.	A.	76.00
4—S.S.	O.	40.00
5—Records to value.....		15.00
6—Records to value.....		10.00
7 to 13 inclusive, Dr. Chase's Receipt Book in Keritol Binding, \$5.50 each.....		38.50
14 to 20 inclusive, Dr. Chase's Receipt Book in cloth binding, \$4.90 each.....		34.30

\$533.80

This competition is open to all but must be kept in DR. CHASE'S ALMANAC and sent in not later than January 15, 1921. Why not get an almanac and try for a prize? When sending in your Diary, address

Edmanson, Bates & Co., Limited
DIARY CONTEST TORONTO, ONT.

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

Name.....

Address.....

Kindly note that, as your Almanac contains writing, it is necessary to pay 6 cents postage, letter rate.

DAY OF MONTH	DAY OF WEEK	ZODIACAL SIGNS	WEATHER FORECAST	April 1920			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.
1	T	♈	Fine										5.42	6.27	4.30
2	F	♈	and										5.40	6.28	4.58
3	S	♈	clear,										5.38	6.30	rises
4	S	♈											5.36	6.31	8.08
5	M	♈	follow-										5.34	6.32	9.09
6	T	♈	ed										5.32	6.34	10.07
7	W	♈	by										5.30	6.35	11.00
8	T	♈	rainy										5.29	6.36	11.51
9	F	♈	spell.										5.27	6.37	a.m.
10	S	♈											5.25	6.39	0.34
11	S	♈	Change										5.23	6.40	1.13
12	M	♈	able										5.21	6.41	1.48
13	T	♈	with										5.20	6.42	2.20
14	W	♈	cold										5.18	6.44	2.49
15	T	♈	rains.										5.16	6.45	3.18
16	F	♈											5.14	6.46	3.47
17	S	♈	Clears.										5.13	6.47	4.17
18	S	♈	Fine										5.11	6.49	sets
19	M	♈	for										5.09	6.50	8.07
20	T	♈											5.08	6.51	9.19
21	W	♈	some										5.06	6.52	10.26
22	T	♈											5.04	6.54	11.26
23	F	♈	days.										5.02	6.55	a.m.
24	S	♈											5.01	6.55	0.15
25	S	♈	Much										4.59	6.56	0.57
26	M	♈	rain										4.58	6.59	1.33
27	T	♈	at										4.56	7.00	2.05
28	W	♈	end										4.54	7.01	2.33
29	T	♈	of										4.53	7.02	3.01
30	F	♈	month.										4.51	7.04	3.29



A Shell-Shocked Soldier

MR. FRED K. SANDERS, 66 Euclid Ave., London, Ont., writes:—"After having returned from the front with shell-shock, and while still in a nervous condition, I met with a painful accident due to a fall from the top of a ladder, striking my back on the edge of a desk, which confined me to bed for three weeks. After the sprain had been reduced and the pain eased so that I was able to be around, I was obliged to return to bed, suffering a complete nervous breakdown. My regular physician attended me until the middle of September, without results being in any way satisfactory.

"My nights were spent in tossing about the bed worrying about the future, which looked so black. The continual loss of sleep caused me to become light-headed, so that I would say and do things quite unrational. My heart action became quite deranged, together with my stomach and digestion. My skin and the whites of my eyes became yellow. My kidneys were deranged, and when I would try to get up everything would go black in front of me with dizziness, and I would fall if nobody was near. Following these dizzy spells I would become so weak, and a sickening feeling of faintness would creep over me, so that for two or three hours afterwards I would be helpless, and my head would

ache almost to the point of splitting. Nothing seemed to help these weak spells. I became so irritable that to speak to or answer anyone, even my wife, in a decent manner seemed almost impossible.

"About the end of October someone recommended DR. CHASE'S NERVE FOOD, and my wife got some for me. After taking only a few doses I thought I felt a little hungry and better in several ways. The weak, dizzy spells were gone after taking two boxes. About that time I noticed my yellow complexion, and decided to get DR. CHASE'S KIDNEY-LIVER PILLS, which I took occasionally at night. After taking seven boxes of DR. CHASE'S NERVE FOOD and two boxes of KIDNEY-LIVER PILLS I was able to get up and be around the house, gradually taking more interest in life.

"My heart action gradually became normal, my digestion good, and the dirty, muddy, yellow color of my skin and eyes disappeared; my hands and feet were no longer cold and clammy, and my weight increased at the rate of four pounds a week. I really think—in fact, I know—that DR. CHASE'S medicines saved me from the asylum or even paralysis, perhaps even saved my life. These are my reasons for saying that I swear by DR. CHASE'S medicines."



Oh, This Shopping!

"It certainly gets on my nerves. I come home all fagged out, and nearly always have a splitting headache.

"Yes, they say we women always like shopping. But if everybody feels as tired out afterwards as I do, it is no joke.

"I wonder if it is my nerves. I never could stand much sightseeing, anyway. The strain on the eyes seems to exhaust the whole system.

"I suppose I shall not be able to sleep to-night, and that will put me in fine condition for to-morrow.

"Why don't somebody invent a good medicine for the nerves?"

"But what was that Mrs. Crary was telling me about? I believe it was Nerve Food—DR. CHASE'S NERVE FOOD. I have heard so many talking about the way this Nerve Food helped them that I must give it a trial."

And this is what Mrs. Crary, of 515 Cedar street, Peterboro, Ont., writes about her experience with this well-known food cure:

"I was suffering from a rundown condition of the system, nervous debility and sleeplessness. I lost a good many nights' sleep, and sometimes after going to sleep would wake up with a start, and then lie awake for hours. I also had frequent headaches and pains through my back. I got so that I could hardly do any work. I had

taken doctor's medicine, but it did not seem to help me. Through reading in the newspapers of the help others had derived from the use of DR. CHASE'S NERVE FOOD I started taking this medicine. The first box helped me, so I continued, taking about five or six boxes. I found that I was a great deal better, able to sleep well and do my work without any trouble. My headaches and nervousness are gone. My mother lives with me, and she has also found great benefit from the use of the Nerve Food. I cannot speak too highly of DR. CHASE'S NERVE FOOD for nervous trouble of any kind."

Had His Way

"I'll just scream if you attempt to kiss me," said the sweet young thing.

"But I don't want you to scream," replied the young man.

"You don't want me to scream?"

"No."

"Oh, very well. That's like a man. You're bound to have your own way."

Hysteria and Loss of Weight

Mrs. PERCY MOULDING, 28 West Street, Orillian, Ont., writes:—"Some years ago my nerves got the better of me. I became so bad that on one occasion, during a thunderstorm, I had a severe attack of hysterics. Then I became anxious about my condition. It was sleeplessness and nervous debility that were my troubles. Some nights it would be 1 o'clock before I could get to sleep. Knowing the good results obtained from the use of DR. CHASE'S NERVE FOOD, I commenced a treatment. I took about seven boxes, and gradually I could feel my nerves becoming steady and my appetite returning. I could sleep well, and stay alone without any difficulty. Some little time ago I commenced losing in weight, and I began using the Nerve Food again as a tonic. I used only two boxes, and recovered the weight I had lost. I cannot speak too highly of DR. CHASE'S NERVE FOOD, and when I see anyone looking ill or nervous I say, 'Get busy and use some Nerve Food.'"



Children's Diseases Are Not Necessary

They Add Nothing to the Well-being of the Child and Invariably Leave the System in Worse Condition Than Before They came

In fact, they often sow the seed which, in adult life, develops into disorders of the heart and blood vessels and degenerative diseases of the kidneys.

So if children escape any child's disease they are the gainers in general health by just that much. It may be that years are added to their lives or chronic invalidism avoided.

Perhaps this does not agree with your idea of letting your children have these ailments when young, with the belief that they must have them some time. This old idea has cost many thousands of lives. It is time to forget it, and to put forth an effort to save the children from these ailments.

All these children's diseases are known as germ diseases, and germs are harmless to a body strong enough to fight them.

Rich blood is the greatest of germicides. Therefore, seek to keep your children's blood rich and pure by giving them whole-

some, nourishing food, and by allowing them to exercise freely in the open air.

If they grow pale and weak and languid—if they fail to derive proper nourishment from the food they eat—if their nervous systems get run down from the tax of school work—use DR. CHASE'S NERVE FOOD as the best means which medical science affords to enrich the blood and build up the exhausted system.

Children whose blood becomes thin and watery are helpless before an attack of measles, scarlet fever, whooping cough, or other contagious disease. They seem to "catch" everything that is going. They are always "catching" cold. Their resisting force is nil.

But their young bodies soon respond to the nourishing, invigorating influence of DR. CHASE'S NERVE FOOD. As their blood is enriched they become healthy, robust and rollicking—they enjoy their food—their play—their work at school, and grow into strong, healthy men and women.

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		
				May 1920		d. h. m.		d. h. m.		d. h. m.	Sun Rises	Sun Sets
										h.m.	h.m.	h.m.
1	S	♈	Rainy							4.50	7.05	3.57
2	S	♈	if							4.48	7.06	rises
3	M	♈	wind							4.47	7.07	7.57
4	T	♈	S. or S.W.							4.45	7.09	8.53
5	W	♈								4.44	7.10	9.44
6	T	♈	Remains							4.43	7.11	10.30
7	F	♈	cloudy.							4.41	7.12	11.11
8	S	♈								4.40	7.14	11.47
9	S	♈								4.39	7.15	a.m.
10	M	♈	Bright							4.37	7.16	0.20
11	T	♈	and							4.36	7.17	0.49
12	W	♈	clear							4.35	7.18	1.17
13	T	♈	becoming							4.34	7.19	1.45
14	F	♈	quite							4.32	7.21	2.14
15	S	♈	warm.							4.31	7.22	2.44
16	S	♈	Showery							4.30	7.23	3.18
17	M	♈	followed							4.29	7.24	3.58
18	T	♈	by							4.28	7.25	sets
19	W	♈								4.27	7.26	9.12
20	T	♈	cool							4.26	7.27	10.08
21	F	♈	weather.							4.25	7.28	10.55
22	S	♈								4.24	7.29	11.25
23	S	♈								4.23	7.30	a.m.
24	M	♈	Clear							4.22	7.31	0.07
25	T	♈	and							4.21	7.32	0.37
26	W	♈	fine.							4.21	7.33	1.06
27	T	♈	Warm							4.20	7.34	1.33
28	F	♈	spell							4.19	7.35	2.01
29	S	♈	with							4.18	7.36	2.30
30	S	♈	much							4.18	7.37	3.03
31	M	♈	rain.							4.17	7.38	3.38



Wash Day

In the days when every woman did her own washing, and did it better than it is done to-day by modern laundries, Dr. Chase devoted his talent and experience to keeping women fit for household work. They were the every day physical problems of the Average Man and the Average Woman that interested him. Remember, please, that is the secret of his success. That is the real reason why his name lives today, and will live for the future.

He reasoned in the days of our grandmothers that in order to keep the human machine in good working order, attention must be given to the condition of the filtering and excretory system. And his reasoning rings true in the year of Our Lord 1920. Wherever there is physical work to be done there is need of regulating human machinery by the Dr. Chase Plan of Health.

Everywhere he found people complaining of backache, of rheumatism, of lumbago, of pains in the limbs and of headaches. The woman at the tub, as well as the man with the hoe, was suffering the results of a poisoned system.

The kidneys failed to filter these poisons from the blood—the liver was torpid—the bowels constipated. To meet this condition DR. CHASE worked out the treatment now so well known as DR. CHASE'S KIDNEY-LIVER PILLS.

This treatment was long tested in private practice before it was given to the public. Time

has proven that the old doctor was thorough in his work, for there are many thousands of people ready to certify that there never was a real rival to this standard medicine.

A Feminine Solomon

He—"How about getting married?"

She—"Getting married—if it's the right girl—should double the life of your tires and cut your gasoline bills in two."

Pains in the Back

MRS. FRANK NOYES, 9 Stuart St., Brockville, Ont., writes:—"For years I was afflicted with kidney complaint. I became very nervous, was easily worried, and had frequent headaches and neuralgic pains, especially through the back. I had indigestion, poor circulation of the blood, and often was bothered with weak spells. I commenced using DR. CHASE'S KIDNEY-LIVER PILLS, and had only taken two boxes when I felt greatly relieved. I continued the treatment, however, until I was completely cured. In all, I took about ten boxes, and have not been troubled in this way since. I highly recommend DR. CHASE'S KIDNEY-LIVER PILLS; and I think also that the Plasters and Ointment can't be equalled."

Saved Doctor Bills

MRS. C. CARON, Montmartre, Sask., writes:—"I have found DR. CHASE'S KIDNEY-LIVER PILLS to be the best remedy I ever used. For the last fourteen years we have used them in our family and I have had specially good results from them. I was subject to bilious attacks and DR. CHASE'S KIDNEY-LIVER PILLS proved a great boon to me. By using them I am saving doctor bills, and at my old age of 65 years, I can say that it is by their use that I am still able to do all my own work. I trust this letter will help others suffering from kidney or liver complaint by inducing them to try DR. CHASE'S KIDNEY-LIVER PILLS."

("I hereby certify that the above letter of Mrs. Caron's is genuine." F. A. Cameron, J.P.)

How To Know Kidney Disease

It is not pleasant to contemplate the approach of Bright's disease, dropsy, gravel, rheumatism, or apoplexy, and yet these are the very diseases which any one may expect who neglects to cure derangements of the kidneys.

Among the symptoms of kidney disease are:—

- Backache.
- Scanty, highly colored urine.
- Deposits in urine after standing.
- Painful, scalding urination.
- Continued paleness.
- Loss of flesh.
- Swelling of ankles and legs.
- Irregular action of the bowels.
- Rheumatism and sciatic pains.

If you suffer in this way there is no time to lose in beginning the use of DR. CHASE'S KIDNEY-LIVER PILLS. You will search in vain for a treatment which will so soon call a halt to this terrible disease.

Could Not Lift a Stick of Wood

MR. E. C. OLTS, Benton, Carleton Co., N.B., writes:—"I am glad to let you know how much your medicine has done for me. I suffered from my kidneys, which at one time were so bad I could not lift a stick of wood without getting on my knees, and then would almost faint from the pain in my back. I consulted a doctor about it and he gave me some medicine, but it did not help me. My brother, who is a merchant, and carries all your medicines, advised me to try DR. CHASE'S KIDNEY-LIVER PILLS. I got one box and they helped me so I got another one, and kept on until I had taken five boxes, which cured me. I have had no trouble with my back since, and am never without DR. CHASE'S KIDNEY-LIVER PILLS in the house. Last summer I also suffered from Piles. I used three boxes of your Ointment, and it cured them. I can certainly recommend DR. CHASE'S PILLS AND OINTMENT."

Backache

MR. GEORGE STEVENSON, Rounthwaite, Man., writes:—"For seven months I suffered from kidney trouble, backache, and dizzy turns, and could get no relief. My back ached so severely that I could not turn in bed, and finally I had to quit work. One day I received a copy of Dr. Chase's Almanac through the mail, and after reading how highly DR. CHASE'S KIDNEY-LIVER PILLS were recommended, I gave them a trial. I had tried various other pills and remedies with no effect whatever, but immediately I started using DR. CHASE'S KIDNEY-LIVER PILLS I got relief, and two boxes completely cured me."

Pains in the Back Cost Agony to Move

MR. WM. HAYES, 162 James St., Belleville, Ont., writes:—"DR. CHASE'S KIDNEY-LIVER PILLS have been a great blessing to me. For a long time I suffered from a pain in my back, and could not move without agony. I used to be off work a couple of days a week on account of my back. I failed to get any relief and became worse until finally I was confined to bed. A friend advised the use of DR. CHASE'S KIDNEY-LIVER PILLS and after taking four or five boxes, I felt better, and went to work again. I am now feeling fine, but I always keep a box of DR. CHASE'S KIDNEY-LIVER PILLS in the house and take one occasionally.

"We also think DR. CHASE'S NERVE FOOD the finest medicine in the world for the nerves. My wife was in a terrible state, her nerves were all unstrung, and the slightest noise would make her start. I advised her to use DR. CHASE'S NERVE FOOD, and after taking a few boxes of this treatment, she commenced to gain in health and strength. She is now feeling fine, and able to do her work without any trouble, while previously she used to have to sit down to rest frequently while working.

"We would not be without DR. CHASE'S NERVE FOOD or KIDNEY-LIVER PILLS in the house for any money, for they save many doctor's bills. I trust this letter will do some one else good, and you may publish it any time you wish, for we recommend DR. CHASE'S medicine to all suffering from kidney trouble or weak and exhausted nerves."



House Cleaning

The unusual straining, reaching and bending of the back is what makes house-cleaning such hard work. The resulting pains in the small of the back are a consequence of the strain on the kidneys.

When you suffer from backache, it is time to think of DR. CHASE'S KIDNEY-LIVER PILLS, for there is no treatment which will afford you such quick and thorough relief. Not only are you soon free of suffering, but you prevent the development of painful and serious disease.

Excellent Remedy

MRS. JOHN KIRBY, 60 Cambridge St., Galt, Ont., writes:—"I have found splendid results from the use of DR. CHASE'S KIDNEY-LIVER PILLS. I used them for constipation, and they are an excellent remedy."

Lumbago

MRS. ROBT. WHITNEY, R. R. No. 3, Orillia, Ont., writes:—"My husband has used DR. CHASE'S KIDNEY-LIVER PILLS for twenty-five years. When we first began to use them, he was suffering from lame back, and these pills cured him. Since then he has always kept them in the house and whenever he feels a touch of lumbago resorts to DR. CHASE'S KIDNEY-LIVER PILLS. He usually takes only two pills a week, and they keep him in splendid condition."

Lame Back

MR. T. L. MCINTOSH, South Mountain, Ont., writes:—"I cannot speak too highly of the benefits afforded me by the use of DR. CHASE'S KIDNEY-LIVER PILLS. I was troubled with a lame back for a long time, and tried several remedies, even consulting our family doctor, but nothing seemed to do me any good. I kept getting worse all the time, in fact, I could hardly straighten up. I saw DR. CHASE'S KIDNEY-LIVER PILLS advertised, and decided to give them a trial. The first box relieved me and four boxes made a complete cure. I have not been troubled with my back since. I have been recommending DR. CHASE'S KIDNEY-LIVER PILLS to everyone I meet who suffers as I once did, and I have nothing but praise for DR. CHASE'S medicines, as we have used several of them in our household with splendid results."

"We have also used DR. CHASE'S LINSEED AND TURPENTINE AND OINTMENT and find them excellent household remedies."

Terrible Headaches

MRS. A. F. LETTS, South Fork, Sask., writes:—"I suffered from terrible headaches, so severe I thought sometimes I would go crazy from them. No remedy I ever tried helped me until I used DR. CHASE'S KIDNEY-LIVER PILLS. Since using them I can say I am never troubled with headaches now, and feel much better generally."

(Endorsed by Mr. O. P. Cole, Postmaster at South Fork, Sask.)

DAY OF MONTH	DAY OF WEEK	ZODIACAL SIGNS	WEATHER FORECAST	June 1920			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.	d. h. m.	Sun Rises h.m.	Sun Sets h.m.
1	T	♈	Begins								4.17	7.39	rises
2	W	♈	very								4.16	7.40	8.27
3	T	♈	wet								4.16	7.41	9.10
4	F	♈	and								4.15	7.41	9.48
5	S	♈	cool.								4.15	7.42	10.21
6	S	♈	Warm								4.14	7.43	10.51
7	M	♈	and								4.14	7.44	11.20
8	T	♈	fine.								4.14	7.44	11.47
9	W	♈	Great								4.13	7.45	a.m.
10	T	♈	grow-								4.13	7.46	0.14
11	F	♈	ing								4.13	7.46	0.43
12	S	♈	weather.								4.13	7.47	1.14
13	S	♈	Rainy								4.13	7.47	1.50
14	M	♈	spell								4.13	7.48	2.33
15	T	♈	and								4.12	7.48	3.23
16	W	♈	then								4.12	7.48	sets
17	T	♈	fine								4.12	7.49	8.45
18	F	♈	and								4.13	7.49	9.30
19	S	♈	warm.								4.12	7.50	10.07
20	S	♈	Change-								4.13	7.50	10.39
21	M	♈	able								4.13	7.50	11.08
22	T	♈	for								4.13	7.50	11.37
23	W	♈	few								4.13	7.50	a.m.
24	T	♈	days								4.14	7.51	0.05
25	F	♈	becom-								4.14	7.51	0.34
26	S	♈	ing								4.14	7.51	1.04
27	S	♈	fine								4.15	7.51	1.40
28	M	♈	and								4.15	7.51	2.18
29	T	♈	very								4.16	7.51	3.02
30	W	♈	warm.								4.16	7.50	3.51

Shocking

An elderly lady of very prim and severe aspect was seated next a young couple, who were discussing the merits of their motor-cars.

"What color is your body?" asked the young man of the girl at his side, meaning of course, the body of her motor.

"Oh, mine is pink. What is yours?"

"Mine," replied the man, "is brown with wide yellow stripes."

This was too much for the old lady. Rising from the table, she exclaimed:

"When young people come to asking each other the color of their bodies at a dinner-party, it is time I left the room."

Short of Breath

MR. WM. HYDE, Warton, Ont., writes:—"My wife and I have made use of DR. CHASE'S KIDNEY-LIVER PILLS as a household remedy for the last five or six years. My wife commenced using them first. She suffered from shortness of breath, and noticed this especially when going upstairs. When she reached the top she would be completely tired out. After using Dr. CHASE'S KIDNEY-LIVER PILLS for a while, this trouble disappeared, and she can now go about up or downstairs, without any difficulty. I have also used the Kidney-Liver Pills, and think them splendid."

To Prevent Bright's Disease

When the kidney cells get out of order and permit the proteins of the blood to leak away, that is Bright's Disease. The blood thereby loses its nourishing quality and the human system is starved. This is a terrible condition for one to find himself in since it means a slow, lingering death.

The moral is to look ever and always to the health and activity of the kidneys, so as to prevent such developments. There is nothing like DR. CHASE'S KIDNEY-LIVER PILLS to keep the liver, kidneys and bowels in healthful working condition.

Uric Acid from Defective Kidneys

Causes Stone or Gravel to form and results in excruciating pain

Uric acid is accumulated in the blood as a product of digestion. When the kidneys fail to remove this poison from the blood, pain and suffering result.

It is from the excess of uric acid in the blood that gravel and stone in the kidneys is formed. These sharp, jagged particles pass through the narrow tubes which lead to the bladder causing spasms of pain that are well-nigh indescribable. There is the gravest danger of the larger stones becoming fast in the passage, blocking the urine and endangering life.

By keeping the kidneys healthy and active by the use of DR. CHASE'S KIDNEY-LIVER PILLS you can avoid these serious painful and dangerous derangements.

Had Appendicitis In Its Worst Form

**Doctor said operation the only hope
—tells how he was perfectly cured**

MR. JOHN POOLE, R. R. No. 5, Dresden, Ont., writes:—"I was taken very sick with severe pains and cramps in my stomach. I called in a doctor who said I had appendicitis in the worst form and my case was very serious. He gave me medicine which relieved me at that time, but I was far from being cured. He said I would have to go through an operation before I would be well, but this I did not wish to do. One day in looking through DR. CHASE'S Almanac I saw that DR. CHASE'S KIDNEY-LIVER PILLS were recommended for appendicitis if taken in time, so I thought I would try them. I took them regularly for two years and now I am perfectly cured. I can do all kinds of hard work without any trouble. I would not be without DR. CHASE'S KIDNEY-LIVER PILLS in the house under any consideration, for I can truly say that they will do just what is claimed of them."

When the Liver Goes Wrong

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

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

Some of the symptoms of liver complaint and biliousness are:

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

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

Liver Trouble

MRS. WM. BARTEN, Hanover, Ont., writes:—"For some time I suffered from liver trouble. There was a hard, bearing down feeling in my back which I could not get rid of. Some one advised me to try **DR. CHASE'S KIDNEY-LIVER PILLS**. I did so, and found them excellent. The dragging feeling in my back disappeared and I felt much benefitted generally. I have great confidence in **DR. CHASE'S KIDNEY-LIVER PILLS**, and always keep them on hand for general use."

Excellent for the Liver

MRS. JAS. GARNER, 86 Chatham St., Hamilton, Ont., writes:—"My husband and I have both used **DR. CHASE'S KIDNEY-LIVER PILLS** for some time. For constipation, kidney and liver troubles, we find them an excellent remedy, and can heartily recommend them."

Splits Fifty-Fifty

Ma Grump says—"Education? I dunno. There's about the same number of old men that believe in hair tonics and the same number of young men that believe in women's promises as ever."

The Liver as Food Inspector

The liver is spoken of as "the food-inspector that really inspects."

For every particle of digested food is carried first to the liver through the great portal vein and there undergoes a filtering process.

Here the nourishing elements are retained and the harmful poisons are transformed into harmless bile and passed into the intestines to aid digestion and ensure healthful action of the bowels.

But if the liver is sluggish and torpid, it will not be long before its owner will be ill-tempered and morose, for an inactive liver will sour the sweetest disposition.

Failure of the liver to eliminate the poisons in the blood means that they travel through the system and cause pains, aches and disease.

As a regulator of the liver, **DR. CHASE'S KIDNEY-LIVER PILLS** are in a class by themselves.

Naturally and quickly they rouse the torpid liver, the new supply of bile floods the bowels and thoroughly cleanses the whole excretory system. A study of the letters quoted here will assure you of the splendid results of this treatment.



A Stitch in Time

The old proverb says, "A stitch in time saves nine."

If the man who said this first had been thinking of health and disease, he might have said, "A stitch in time saves life," for this idea of preventing serious trouble by prompt action is particularly applicable to disease and above all else to kidney disease.

It is so easy to correct derangements of the kidneys when they first appear, and so very difficult to cure advanced cases that it seems impossible to sound the warning note too often or to emphasize too strongly the benefits to be obtained from the use of DR. CHASE'S KIDNEY-LIVER PILLS.

In another column you will find the symptoms of kidney disease. Study these symptoms and when you find that you are losing flesh or suffering pains in the small of the back or other symptoms of kidney disease, do not lose a day until you get busy with DR. CHASE'S KIDNEY-LIVER PILLS and remove the cause of trouble.

"They Keep Me Well"

MR. E. E. CURSON, Coleville, Sask., writes:—"I have used your Kidney-Liver Pills for six years, and during that time have never felt better. I take about two pills every week, and they keep my blood and kidneys in working order. I think if others were to follow my example they would get rid of that headache, and many other complaints one hears so much about."

Safety First

Edith—"When it comes to love, I wouldn't give a thought to how much a man is making."

Maud—"Neither would I, dear. What would primarily interest me would be how much he had already made. There's no use taking chances."—Boston Transcript

Severe Pains in Back

MR. W. A. JENKS, Trenton, Ont., writes:—"I have used DR. CHASE'S KIDNEY-LIVER PILLS on and off for about 30 years and have always found them most satisfactory for kidney and liver complaints. The first time I used the pills was for severe pains in the back, and they did me so much good that I have continued to use them ever since, whenever any symptoms of the old trouble seem to show. I never fail to recommend this wonderful remedy."

Lumbago - Rheumatism

MRS. JOHN LANCASTER, farmer's wife, Chatterton, Ont., writes:—"We would not want to do without DR. CHASE'S KIDNEY-LIVER PILLS in the house for we have proven their merits in so many cases. I have weak kidneys and whenever I catch cold, it settles in the back and develops into Lumbago. I used to suffer terribly from Lumbago and Rheumatism but find that by using DR. CHASE'S KIDNEY-LIVER PILLS and applying DR. CHASE'S BACKACHE PLASTER that I obtain the greatest relief and am soon all right again. My daughter has also used the pills with splendid results as has also a neighbor woman who suffered greatly from constipation."

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		
				Full Moon.....	d. h. m.		d. h. m.			Sun Rises h.m.	Sun Sets h.m.	Moon Rises h.m.
July 1920				☾ Full Moon.....	1	2 41 a.	1	4 41 a.				
				☾ Last Quarter....	9	0 6 a.	9	1 6 a.				
				☾ New Moon.....	15	3 25 p.	15	4 25 a.				
				☾ First Quarter....	22	2 20 p.	22	3 20 p.				
				☾ Full Moon.....	30	6 19 p.	30	7 19 p.				
1	T	♈	Very						4.17	7.50	7.50	
2	F	♈	warm						4.17	7.50	8.24	
3	S	♈	at first.						4.18	7.50	8.56	
4	S	♉	Dry						4.18	7.50	9.26	
5	M	♉	and						4.19	7.49	9.52	
6	T	♉	temper-						4.20	7.49	10.19	
7	W	♉	ature						4.20	7.49	10.46	
8	T	♊	remains						4.21	7.48	11.15	
9	F	♊	high.						4.22	7.48	11.48	
10	S	♊							4.23	7.47	a.m.	
11	S	♋	Thunder						4.24	7.47	0.26	
12	M	♋	storms						4.24	7.46	1.11	
13	T	♋	and						4.25	7.45	2.05	
14	W	♋	cool						4.26	7.45	3.09	
15	T	♌	spell.						4.27	7.44	sets	
16	F	♌							4.28	7.43	8.01	
17	S	♌							4.29	7.43	8.37	
18	S	♍	Very						4.30	7.42	9.09	
19	M	♍	hot						4.31	7.41	9.38	
20	T	♍	for						4.32	7.40	10.07	
21	W	♍	several						4.33	7.39	10.36	
22	T	♍	days.						4.34	7.38	11.07	
23	F	♍							4.35	7.37	11.41	
24	S	♍							4.36	7.36	a.m.	
25	S	♎	Severe						4.37	7.35	0.19	
26	M	♎	thunder						4.38	7.34	1.01	
27	T	♎	storms						4.39	7.33	1.46	
28	W	♎	and						4.40	7.32	2.37	
29	T	♏	cool						4.41	7.31	3.33	
30	F	♏	spell.						4.42	7.30	rises	
31	S	♏							4.43	7.28	7.22	



Dish Washing

• Nobody likes washing dishes, and the worst of it is that it comes so often.

Three times a day—day after day—week after week—until it becomes very monotonous.

Then it is not so bad if one is strong and healthy. But if the kidneys are deranged and the back weak, dish washing causes much discomfort and pain.

Many who suffer from weak, lame, aching backs do not realize that this means weakness and derangements of the kidneys, and that unless these disorders are corrected, you may naturally expect the development of serious and painful disease, such as rheumatism, lumbago, Bright's Disease, and hardening of the arteries.

There is no time to waste when the kidneys go wrong and no quicker way to get them right than by using DR. CHASE'S KIDNEY-LIVER PILLS.

"Do you pasteurize your milk?" asked the summer boarder.

"No, ma'am; we pasteurize the cow," replied the intelligent farmer.

Sick Headache Constipation

MRS. JOHN J. DONOVAN, Ingónish Beach, N.S., writes:—"I wish to speak a word or two in praise of DR. CHASE'S KIDNEY-LIVER PILLS. I was troubled for years with sick headache and constipation, and was so bad that when the pain would strike me I would get blind, and would have to drop everything and go to bed. These spells used to come very frequently—sometimes as often as twice a week. I read in DR. CHASE'S Almanac of his KIDNEY-LIVER PILLS, and decided to try them. I hadn't used half the box, when I was completely cured. I have never had a headache since, and feel I that cannot speak too highly in praise of DR. CHASE'S KIDNEY-LIVER PILLS."

Conceit of Sex

The feeling of superiority in the sterner sex is inborn.

"Mama do you think you'll go to heaven?" said Jack, looking thoughtfully into his mother's face.

"Yes, dear, if I'm good," said the mother cautiously, wondering what was coming next.

"Then please be good, for papa and I would be lonesome without you."

Heart Disease

Any condition that produces poisons in the system is conducive to heart disease. This is why kidney trouble and derangements of the heart are so frequently linked together.

In the great majority of cases there is no need for great alarm or anxiety, for the trouble is in reality a symptom of indigestion, and disappears when the action of the liver, kidneys and bowels is regulated by the use of DR. CHASE'S KIDNEY-LIVER PILLS. By using this treatment the poisons are swept from the system, digestion improves, the pressure of gas about the heart is relieved and the heart resumes its normal condition.

"Everything I Ate Hurt Me"

MR. J. W. RUSS, Soda Lake, Alta., writes:—"I suffered with very bad kidneys and indigestion. Everything I ate hurt me so that at last I was forced to live on bread and milk. I became very weak, went to the drug store for some medicine, but it failed to do me any good.

"I saw DR. CHASE'S KIDNEY-LIVER PILLS advertised in the paper, and decided to try them. They helped me wonderfully and, after using two boxes I was a strong and able man once more. I was able to enjoy my meals, eating anything I wanted, without hurting me."

(Endorsed by A. M. Boutillier, P.M., Soda Lake.)

Gas About Heart

MRS. R. WALMSLEY, 403 Main St., Woodstock, Ont., writes:—"My husband was troubled with gas around the heart, and suffered in this way for some little time. A friend advised me to have him try DR. CHASE'S KIDNEY-LIVER PILLS, and acting upon her advice we got a box and gave them a trial. My husband found they helped him splendidly, completely relieving him of his old trouble. Since then he keeps them in the house, and if he feels any of his former symptoms returning, he always finds immediate relief in DR. CHASE'S KIDNEY-LIVER PILLS."

Rheumatic Pains

CAPT. A. PEABODY, Hereford, Que., writes:—"For years I suffered from indigestion, rheumatism and neuralgia. Lightning like pains would shoot all through my body, and I also had severe pains over my left kidney and through the hips. I doctored for years and tried all kinds of remedies, but the only result was money spent without relief. At last I read in DR. CHASE'S ALMANAC of his KIDNEY-LIVER PILLS and decided to try them. One box made such a change that I sent for five more. Before I had finished them the pains in my kidneys and hips had disappeared, and I was clear of those sharp, shooting pains through the body. I still take these Pills occasionally to keep my bowels regular, and would not be without them, as I have them to thank for my cure.

Poisoned by Indigestion

You cannot afford to ignore your dependence on your flesh and blood machinery—your digestive system. Your every thought, every effort, calls for the expenditure of energy derived from the food you eat.

It is not so much the amount you eat as the condition of the digestive system to turn the food into pure, rich, red blood.

There is the overfed man, whose organs work with difficulty on account of the accumulation of fatty tissues about them. He gets "puffy" at the least exertion. His heart pounds. His body is loaded with impurities and the blood circulates with difficulty and at a high pressure.

And there is the emaciated woman who is overfed and yet under-nourished. The food she eats seems to turn to poison instead of nourishment. She eats without appetite, but fails to gain in tissue and strength.

Aids to digestion are tried in vain in these chronic cases because the real trouble is with the kidneys, liver and bowels.

Overeating has overloaded the liver, which in turn has thrown its burden of filtering the blood upon the kidneys, until the kidneys and bowels become torpid and sluggish in action and through the circulation of the blood the whole human system is poisoned.

By the use of DR. CHASE'S KIDNEY-LIVER PILLS these filtering and excretory organs are quickly aroused to action, the poisoned condition is relieved and the digestive system resumes its natural functions. There is no means known which so quickly and so thoroughly affords relief and cure.



The Quick Lunch

"These Quick Lunches are great time savers."

"In what way?"

"Why, it only takes me five minutes to get lunch here, and it used to take me three quarters of an hour in other restaurants."

"The food is good, too."

"Yes, but do you know that with such a rush that I am suffering from indigestion."

"Why not try DR. CHASE'S KIDNEY-LOVER PILLS? For years I had indigestion, torpid liver and constipation, but I found that I could relieve this condition by using DR. CHASE'S KIDNEY-LIVER PILLS occasionally so as to keep the bowels regular."

"That is worth knowing, for I was beginning to worry about my health."

"Well, you need not worry if you will follow my advice. I tried all sorts of aids to digestion but I found that by awakening the action of the liver and bowels that DR. CHASE'S KIDNEY-LIVER PILLS cured me entirely."

What Was Needed Most

"Patience" was the subject of the teacher's discourse, and to illustrate her point she drew on the blackboard a picture of a small boy sitting on the bank of a stream fishing. "You see this lad, children," she said, beaming on her pupils; "he is fishing. Well, even the pleasure of fishing requires patience. He must be prepared to sit and wait." For a little while longer she dilated on the beauties of being patient. Then came the time for her to test her work. "Now, then, can any of you boys tell me what we need most when we go fishing?" she invited. Like one voice came a chorus from the class: "Bait!"

Bad Bilious Attack

MRS. MISHNER, Thornhill, Ont., writes:—"Last January I was seized with a very bad bilious attack, which caused me to have trouble with my liver, kidneys and bladder. I suffered so much with pain that I became completely worn out. Fortunately I resorted to DR. CHASE'S KIDNEY-LIVER PILLS, and the use of these pills has left me strong and able to do my work. DR. CHASE'S KIDNEY-LIVER PILLS, as well as his other medicines, have been of great benefit in our household, and in fact the house is never without them. Please publish this letter for the benefit of other sufferers."

Their Family Doctor

MRS. WM. HOMUTH, Claude St., Arnprior, Ont., writes:—"We have used DR. CHASE'S KIDNEY-LIVER PILLS in our home for a great many years. My husband when going to the woods, always takes some of these Pills with him, as he finds them excellent for lame back, kidney trouble or constipation."

"I may also say that both my husband and myself have been cured of piles through the use of DR. CHASE'S OINTMENT, so that we have every reason to speak well of DR. CHASE'S medicines."

("I am acquainted with Mrs. Wm. Homuth and believe her statement to be correct."—A. Grierson, J.P.).

DAY OF MONTH	DAY OF WEEK	ZODIACAL SIGNS	WEATHER FORECAST	Aug. 1920			Moon's Phases		Ont. and Que.		Mar. Prov.		Local Mean Time Ontario, Quebec and Maritime Provinces		
				☾ Last Quarter	☽ New Moon	☽ First Quarter	☾ Full Moon	d. h. m.	d. h. m.	d. h. m.	d. h. m.	Sun Rises h.m.	Sun Sets h.m.	Moon Rises h.m.	
1	S.	♋										4.45	7.27	7.57	
2	M	♋	Hot									4.46	7.26	8.24	
3	T	♋	spell									4.47	7.24	8.51	
4	W	♋	during									4.48	7.23	9.20	
5	T	♋	the									4.49	7.22	9.50	
6	F	♋	first									4.50	7.20	10.25	
7	S	♋	week.									4.51	7.19	11.06	
8	S	♋										4.53	7.18	11.55	
9	M	♋	Remains									4.54	7.16	a.m.	
10	T	♋	warm									4.55	7.15	0.53	
11	W	♋	and									4.56	7.13	1.58	
12	T	♋	very									4.57	7.12	3.10	
13	F	♋	dry.									4.59	7.10	sets	
14	S	♋										5.00	7.09	7.05	
15	S	♋	Thunder									5.01	7.07	7.37	
16	M	♋	storms									5.02	7.05	8.07	
17	T	♋	and									5.33	7.04	8.37	
18	W	♋	cool									5.05	7.02	9.08	
19	T	♋	for									5.06	7.00	9.41	
20	F	♋	few									5.07	6.59	10.17	
21	S	♋	days.									5.08	6.57	10.57	
22	S	♋										5.09	6.56	11.42	
23	M	♋	Fine									5.10	6.54	a.m.	
24	T	♋	and									5.12	6.52	0.32	
25	W	♋	warm.									5.13	6.50	1.25	
26	T	♋	Temper-									5.14	6.49	2.23	
27	F	♋	ature									5.15	6.47	3.22	
28	S	♋										5.16	6.45	4.24	
29	S	♋										5.18	6.43	rises	
30	M	♋	remains									5.19	6.42	6.55	
31	T	♋	high.									5.20	6.40	7.24	

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

A Practising 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.



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

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 medicines 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.

All foreign business is taken care of at the Toronto office, where orders are received from all parts of the civilized world.

☞ 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

The Cause and Cure of Eczema

Eczema is not a disease of the blood, and therefore cannot be cured by internal treatment. The curative agent must be applied directly to the inflamed, itching skin. To know this is to save much time and suffering, for it is on this account that DR. CHASE'S OINTMENT has been able to establish such an enviable record as a cure for eczema and kindred diseases of the skin.

Chafing and irritation of the skin is the usual cause of eczema. The irritation may be caused by the clothing or as the result of an injury of some kind. In some cases where the skin is extremely sensitive the frequent application of cold water or the use of impure soap is sufficient to set up an irritation of the skin which results in eczema.

But whatever may be the cause, of one thing you can be certain, that DR. CHASE'S OINTMENT will effect a cure if used persistently. You are not experimenting when you use it, for it is known the world over as the most effective treatment for eczema.

Eczema 12 Years

Mrs. MURRAY HOUGH, Warton, Ont., writes: "I had eczema for twelve years. Every once in a while it would break out and spread all over my arms. I tried all kinds of treatments to cure it, but without success. One spring it broke out and nothing gave me relief, even the salve I got from the doctor did no good. At last I tried DR. CHASE'S OINTMENT and it healed the eczema in a short time. That is over a year ago, and I have had no return of the trouble."

"A good mixer, isn't he?"

"You betcha!" replied a citizen of Grudge. "He can tell more funny stories, borrow more money, pay less of it back, get more signers to petitions, be elected to more lodge offices, and do less honest work than any other three men in town."

Severe Case of Eczema

Mrs. STAFFORD LEASON, Winchester, Ont., writes:—"I can heartily recommend DR. CHASE'S OINTMENT, as it cured me of a very severe case of eczema. After using several remedies without relief, I was about discouraged, thinking I could never endure the intense suffering. At last one evening when I felt I could not endure the pain another day or hour longer, I thought of DR. CHASE'S OINTMENT which I had seen advertised, and decided to give it a trial. To my great surprise after using it a few times, I obtained relief and in a few days my affliction began to completely disappear. My husband and I often speak of the quick and lasting cure I obtained in such a short time. That was ten years ago, and we have kept it in our home ever since, and it has been a great healer for many other complaints. I never fail to recommend DR. CHASE'S OINTMENT to my friends and neighbors.

"I might state that we have also used DR. CHASE'S NERVE FOOD in our household and I can recommend it as doing all that you claim for it."

Eczema on Hands

Eczema is usually aggravated by the application of water, and more particularly in the fall and winter, when the water is cold, many suffer keenly from itching, stinging eczema on the hands.

DR. CHASE'S OINTMENT has proven itself the most effective treatment obtainable for eczema, and on this account has enormous sales. It affords relief from the itching and burning almost as soon as applied, and with persistent use heals and cures.

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."



A Soft, Clear Skin

There is a very good reason why so many women always keep DR. CHASE'S OINTMENT at hand. The reason is apparent if you will but notice the soft, clear skin of the person who uses it.

Unlike pore-clogging powers, DR. CHASE'S OINTMENT promotes the healthful action of the pores of the skin, and while it heals and cures eczema and every form of irritating skin disease, it is also equally effective as a beautifier of the skin.

Rough, red, harsh skin becomes soft and velvety when this soothing, healing ointment is applied at night after a warm bath. Write to us for a free sample box, or buy a large box from your druggist and put this ointment to the test. You will be surprised and delighted at the results obtained.

Ivy Poison

MRS. ELIZABETH JONES, Consecon, Ont., writes:—"I take pleasure in recommending DR. CHASE'S OINTMENT as a cure for Ivy poisoning. This has broken out on my arms for a number of years and nothing ever helped it until I used

DR. CHASE'S OINTMENT. The first application helped me, and before the box was gone I was completely cured. I hope never to be without this splendid ointment in the house again."

Dr. Chase's Ointment

Is Invaluable Wherever There is Itching Skin or a Sore That Will Not Heal

Among the troubles for which DR. A. W. CHASE'S OINTMENT is used with splendid results are:

Eczema and Salt Rheum.
Shingles, Tetter and Ringworm.
Scald Head and Baby Eczema.
Pimples and Blackheads.
Chafing and Skin Irritation.
Sore Feet and Toes.
Ingrowing Toe Nails.
Rough, Red Skin. Erysipelas.
Chilblains and Frost Bites.
Poisoned Skin. Poison Ivy.
Itch, Barber's Itch, Prairie Itch.
Hives and Insect Bites.
Scalds and Burns.
Sore and Cracked Nipples.
Chapped Hands and Face.
Sore and Inflamed Eyelids.
Old Sores and Bed Sores.
Itching peculiar to Women.

DR. A. W. CHASE'S OINTMENT is a positive relief for every form of itching, bleeding and protruding piles, pin worms and fistula.

Buy The Large Box And Save Money

We have had so many requests for DR. CHASE'S OINTMENT in larger packages (or Family Size), for use after shaving and, for persistent cases of Eczema, Piles, etc., that we have gotten out a large box, containing about 5 times as much ointment as the regular 60c. box and which sells for \$2.00. In addition to the convenience of using the large box there is considerable saved by buying in this way.

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		
				Sept. 1920	d.	h.	m.	d.	h.	m.	d.	h.	m.	Sun Rises h.m.	Sun Sets h.m.
1	W	♈	Some									5.21	6.38	7.54	
2	T	♈	cloudy									5.22	6.36	8.28	
3	F	♈	weath-									5.24	6.34	9.07	
4	S	♈	er.									5.25	6.32	9.52	
5	S	♈	Becomes									5.26	6.30	10.46	
6	M	♈	warmer									5.27	6.29	11.46	
7	T	♈	and									5.28	6.27	a.m.	
8	W	♈	fine									5.30	6.25	0.54	
9	T	♈	for									5.31	6.23	2.05	
10	F	♈	some									5.32	6.21	3.18	
11	S	♈	days.									5.33	6.19	4.31	
12	S	♈	Some									5.34	6.17	sets	
13	M	♈	frost									5.36	6.15	6.35	
14	T	♈	at									5.37	6.14	7.06	
15	W	♈	night.									5.38	6.12	7.39	
16	T	♈	Clear									5.39	6.10	8.14	
17	F	♈	and									5.40	6.08	8.54	
18	S	♈	bright.									5.42	6.06	9.37	
19	S	♈	Rainy									5.43	6.04	10.25	
20	M	♈	spell									5.44	6.02	11.17	
21	T	♈	is									5.45	6.00	a.m.	
22	W	♈	followed									5.46	5.58	0.12	
23	T	♈	by									5.48	5.56	1.10	
24	F	♈	cool									5.49	5.55	2.10	
25	S	♈	weathe-									5.50	5.53	3.12	
26	S	♈	Month									5.51	5.51	4.16	
27	M	♈	ends									5.52	5.49	rises	
28	T	♈	fine									5.54	5.47	5.55	
29	W	♈	and									5.55	5.45	6.29	
30	T	♈	clear.									5.56	5.43	7.08	

Used After the Bath Dr. Chase's Ointment

Keeps Baby's Skin Healthy

If every mother could realize the danger which lurks in the neglect of chafing and skin irritation she would not take chances on being without DR. CHASE'S OINTMENT to apply after the bath.

This ointment is so clean and pure, and so delightfully soothing and healing, that it affords prompt relief to the little one's discomfort. It arrests the development of eczema and, makes a complete cure. Unlike pore-clogging powders, it promotes healthful action of the pores of the skin, and therefore leaves the skin in perfect condition.



Eczema on the Head

MRS. WM. BEATTY, Hampton, N.B., writes:—"I have much pleasure in testifying to the great value of DR. CHASE'S OINTMENT. About two years ago my little girl had eczema in her head and it was very bad. Our doctor treated her, but did not seem to do her any good. I tried different ointments and salves that people recommended, but none of them did her any good. At last I thought I would try DR. CHASE'S OINTMENT. I bought just one box and it made a complete cure, for which I am very thankful."

Boy Had Eczema

MR. LEONARD NEVILLE, Colquitz, B.C., writes:—"This is to certify that DR. CHASE'S OINTMENT completely cured our two-year-old boy of a horrible skin disease which he contracted when our neighborhood was over-run with it. Doctors prescriptions failed to show any improvement in his condition. Being advised of the wonderful cures of DR. CHASE'S OINTMENT, we decided to try it, with the result that one week's application left his face and body

as clean as though nothing had been wrong with him. We surely put great faith in DR. CHASE'S MEDICINES."

Eczema Very Bad

MR. WM. E. HARRIS, New Chelsea, Trinity Bay, Nfld., writes:—"A year ago, I had a little baby boy that was eight months old. From the time he was four months old he had eczema and it became very bad. We did not know what to do—we tried the Doctor, but he only did him good for the time, and then it would break out again. I tried several other remedies, but derived no benefit from them, and the baby only became worse. Everybody said I would never cure him, he was so bad, but I was determined to try everything I could. So I heard of DR. CHASE'S OINTMENT, and sent for four boxes of it. I used the first box, but did not see any very great results. However, I kept on using it, and before I started the third box, he was completely cured, and to-day he hasn't a sign of it. He is a fine boy at two years old. I cannot praise DR. CHASE'S OINTMENT too highly, and I can truly recommend it to anybody that has eczema or any skin trouble."

Piles or Hemorrhoids

Successfully Treated with Dr. Chase's Ointment

Piles and hemorrhoids are the cause of keen distress to thousands who do not yet know DR. CHASE'S OINTMENT.

There are three kinds of piles—itching, bleeding and protruding. The itching, burning, sensations usually increase 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 the daily press there will be little chance for scepticism as to the certainty of DR. CHASE'S OINTMENT as a cure for every form of piles. Or, better still, ask your friends about it, for DR. CHASE'S OINTMENT is recognized among doctors and druggists as well as by the public generally as the only real cure for this wretched disease.

Permanent Relief

Mrs. A. J. STEWART, 17 Turnbull St., Belleville, Ont., writes:—"About ten years ago, my husband was troubled with itching piles. He

tried different remedies, but without getting relief. He was advised by friends to try DR. CHASE'S OINTMENT, and found that it was just what was required, and obtained permanent relief. We cheerfully recommend it to all suffering from piles."

Piles for 15 Years

MR. WM. R. HENNESEY, Blackbille, N.B., writes:—"I hereby recommend DR. CHASE'S OINTMENT to all who suffer from piles. I had them for fifteen years, and tried all kinds of salves and treatment, but not go help. At last I used DR. CHASE'S OINTMENT, and it made a complete cure."

Tried Nearly Everything

MRS. A. OATES, 22 Gilkinson St., Brantford, Ont., writes:—"I have used DR. CHASE'S OINTMENT as a household remedy for ever so long and am particularly indebted to it for a cure from piles. I had suffered from this annoying trouble for ten years, and tried nearly everything I heard of. After using DR. CHASE'S OINTMENT a short while, I was completely cured."

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 1920



Applied After Shaving Dr. Chase's Ointment

Keeps the Skin Soft and Smooth

Many men suffer from irritation of the skin as a result of shaving. With some it assumes a form of eczema and becomes most annoying and unsightly. By applying a little of DR. CHASE'S OINTMENT after shaving the irritation is overcome and such ailments as Barber's Itch and Eczema are cured.

Skin Irritated After Shaving

MR. JOS. BLACKBURN, Mount Forest, Ont., writes:—"I have made use of DR. CHASE'S OINTMENT in many years, and have found it excellent. Occasionally after shaving, my neck becomes irritated and a rash appears. I immediately apply DR. CHASE'S OINTMENT, and it relieves the irritation and heals the skin.

"At one time I suffered from extreme heat, and portions of my skin broke out in red blotches. I used DR. CHASE'S OINTMENT for this also, and it soothed and healed up the affected skin at once. I can heartily recommend this OINTMENT as a splendid salve for general household use."

Chilblains

MRS. JACKSON, 173 Grand Ave. E., Chatham, Ont., writes:—"For the last ten years I have suffered from chilblains during the winter. They were so bad at times that my feet used to break out in water blisters. A year ago last winter, I was confined to the house all winter and could not get out at all. Last winter, I thought I would try DR. CHASE'S OINTMENT.

and it not only benefited, but cured me. I was able to wear my boots all winter, and attend to my work. I was even able to go out during the winter months, a pleasure that I could not enjoy previous winters. I am glad to be able to let you know of the wonderful cure DR. CHASE'S OINTMENT has made for me."

Worth More Than Its Weight in Gold

MR. JOHN A. TUCK, Watson, Sask., writes:—"For more than thirty years I was afflicted from time to time with itching and bleeding piles, with all the distressing symptoms of pain, soreness and loss of blood. Ordinary remedies failed to cure, and some five years ago I began to use DR. CHASE'S OINTMENT. The cure was as by magic. Constipation or the opposite condition may once in a while bring on the old symptoms, but a prompt application of DR. CHASE'S OINTMENT removes the trouble. DR. CHASE'S OINTMENT has been worth to me far more than its weight in gold."

("This is to certify that Mr. John A. Tuck is known to me personally and that he has declared the above statement to be true in every particular."—F. J. Vossen, J.P.)

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.
Oct. 1920				☾ Last Quarter....	4	7	54 p.	4	8	54 p.			
				☾ New Moon.....	11	7	50 p.	11	8	50 p.			
				☽ First Quarter...	19	7	29 p.	19	8	29 p.			
				☽ Full Moon.....	27	9	9 a.	27	10	9 a.			
1	F	♈	Fine								5.57	5.41	7.52
2	S	♈	weather.								5.59	5.39	8.42
3	S	♈	Some								6.00	5.38	9.41
4	M	♈	clouds								6.01	5.36	10.45
5	T	♈	and								6.02	5.34	11.54
6	W	♈	rain								6.04	5.32	a.m.]
7	T	♈	but								6.05	5.30	1.05
8	F	♈	mostly								6.06	5.28	2.16
9	S	♈	fine.								6.07	5.27	3.26
10	S	♈	High								6.09	5.25	4.34
11	M	♈	winds								6.10	5.23	sets
12	T	♈	pre-								6.11	5.21	5.37
13	W	♈	vail								6.13	5.19	6.11
14	T	♈	with								6.14	5.18	6.49
15	F	♈	cloudy								6.15	5.16	7.32
16	S	♈	sky.								6.16	5.14	8.17
17	S	♈	Clear								6.18	5.12	9.07
18	M	♈	and								6.19	5.11	10.02
19	T	♈	very								6.20	5.09	10.59
20	W	♈	fine								6.22	5.07	11.57
21	T	♈	for								6.23	5.06	a.m.
22	F	♈	days.								6.24	5.04	0.57
23	S	♈									6.26	5.02	1.59
24	S	♈	Fine								6.27	5.01	3.03
25	M	♈	and								6.28	4.59	4.10
26	T	♈	cool								6.30	4.58	5.18
27	W	♈	with								6.31	4.56	rises
28	T	♈	rain								6.32	4.55	5.46
29	F	♈	at								6.34	4.53	6.36
30	S	♈									6.35	4.52	7.34
31	S	♈	end.								6.37	4.50	8.36

DR. CHASE'S LIVER CURE

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

If you have experienced the irritability of temper, the depressed feelings and the upset condition of the digestive system resulting from torpid, sluggish liver you will read this page with interest and benefit. 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 instru-

mental in bringing about many extraordinary cures.

DR. CHASE'S LIVER CURE is sold in a large bottle containing 100 doses for \$1.00. 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.

Jaundice

Jaundice is known by the yellow tinge which it gives to the complexion. It is first seen in the white of the eye but later the face, neck and chest show the effects of the bile in the blood.

There is usually bitter taste in the mouth, the tongue is coated and the urine is dark colored. The spirits are much depressed and there are feelings of nausea and fatigue.

Jaundice results from inactivity of the liver. The bile remains in the blood and poisons and discolors the tissues of the body. The nutrition of the body is impaired, the general health fails and the patient becomes greatly emaciated.

The cure is found in the use of DR. CHASE'S LIVER CURE, which by its specific action on the liver immediately arouses this important filtering organ to the performance of its functions. By using this treatment the bile is filtered from the blood and passed into the intestines, where it aids digestion and ensures the healthful action of the bowels.

Dr. Chase's *Syrup of* Linseed *and* Turpentine

Colds Kill More Than Plagues

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

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

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

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

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

How It Saved Baby

MRS. HARRY DEEKS, R. R. No. 1, Mountain, Ont., writes:—"Last winter our baby contracted a very bad cold, which no doubt would have developed into pneumonia if I had not taken it in time. I rubbed her chest and back freely with camphorated oil and gave DR. CHASE'S LINSEED AND TURPENTINE. It only took one bottle to effect a cure. As the baby was only seven months old, I gave the Linseed and Turpentine in small doses, but often."

Very Sick With Croup

MRS. W. FURNISS, Hillside, Sask., writes:—"I have used DR. CHASE'S LINSEED AND TURPENTINE with great benefit for my little boy, age three years. He was very sick with croup, so I sent for a large bottle of DR. CHASE'S LINSEED AND TURPENTINE. The first few doses greatly eased the choking feeling, so I continued to give it to him, and before the first bottle was finished, he was quite well again. I also have three other boys, all of them subject to croup, and I never give them anything except DR. CHASE'S LINSEED AND TURPENTINE. I always keep a bottle in the house and would not be without it as we live so far from a town and croup or colds come on so suddenly. I think this medicine the best I ever used for coughs or colds."

("I know Mrs. W. Furniss and believe her statement in regard to DR. CHASE'S LINSEED AND TURPENTINE to be true and correct."—John H. Abbott, Druggist.)

MRS. W. T. McCLELLAN, Broadview, Sask., writes:—"I have seven children and have used DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE for every one of them with good results. We get four bottles at a time and find it a good remedy to break up cold on the lungs."



There is pleasure for the strong and healthy in the bracing Canadian winter air. But when we go out from our overheated homes to face the damp East wind colds are contracted and we must battle with bronchitis or pneumonia.

For this reason it is most necessary that there should be at hand in every home some effective means of controlling coughs and colds so that they may not develop into more serious trouble.

Fortunately there is to be found in almost every store where medicines are sold, DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE. Because of its long record as a cure for coughs, colds, and bronchitis, DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE has come to be

considered the standard treatment for ills of this kind.

Colds and Bronchitis

MRS. CHRIS DRESSER, Bayfield, Ont., writes: "We have used DR. CHASE'S LINSEED AND TURPENTINE in our household for some time, and have always received good results. I have used it for my children as well as for myself for colds and bronchitis, and we find it gives immediate relief. Three bottles of this medicine once cured me of an obstinate cold when doctor's medicine had failed. I cannot speak too highly of DR. CHASE'S LINSEED AND TURPENTINE, and would not be without it in the house. If you can make any use of this letter you are at liberty to do so."

Stubborn Cough

MRS. JEREMIAH M. BIGELOW, Bigelow, Ont., writes:—"I had a very stubborn cough for over four years, and I tried doctors and almost everything without results. One day an old friend came in and asked me to try DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE. I got a bottle at once, and it helped me. So I then got five more bottles, and it worked like magic. I have never been bothered since, and that is some years ago. I have praised it to all my friends and even strangers, and it has proved a help to them."

WARNING

Like most articles of exceptional merit and popularity, **Dr. Chase's Syrup of Linseed and Turpentine** is widely imitated. The imitations are like the original in name only, and the imitators do not dare to use the portrait and signature of A. W. Chase, M.D., the famous Receipt Book author, which are on every bottle of the genuine.



DAY OF MONTH	DAY OF WEEK	ZODIACAL SIGNS	WEATHER FORECAST	Nov. 1920			Moon's Phases			Ont. and Que.			Mar. Prov.			Local Mean Time Ontario, Quebec and Maritime Provinces		
				☾ Last Quarter.....	☽ New Moon.....	☽ First Quarter....	☾ Full Moon.....	d. h. m.	d. h. m.	d. h. m.	d. h. m.	d. h. m.	d. h. m.	Sun Rises h.m.	Sun Sets h.m.	Moon Rises h.m.		
1	M	♈	Month	6.38	4.49	9.46											
2	T	♈	begins	6.39	4.47	10.57											
3	W	♈	fine	6.41	4.46	a.m.]											
4	T	♈	and	6.42	4.45	0.07											
5	F	♈	clear.	6.43	4.43	1.17											
6	S	♈		6.45	4.42	2.24											
7	S	♈	Cloudy	6.46	4.41	3.31											
8	M	♈	spell	6.48	4.39	4.37											
9	T	♈	but	6.49	4.38	5.40											
10	W	♈	not	6.50	4.37	sets											
11	T	♈	much	6.52	4.36	5.26											
12	F	♈	rain.	6.53	4.35	6.10											
13	S	♈		6.54	4.34	7.00											
14	S	♈	Clears	6.55	4.33	7.52											
15	M	♈	and	6.57	4.32	8.47											
16	T	♈	is	6.59	4.31	9.45											
17	W	♈	fine.	7.00	4.30	10.44											
18	T	♈		7.01	4.29	11.43											
19	F	♈	Change-	7.03	4.28	a.m.]											
20	S	♈	able.	7.04	4.27	0.46											
21	S	♈	few	7.05	4.26	1.49											
22	M	♈	days	7.07	4.25	2.56											
23	T	♈	fine	7.08	4.25	4.04											
24	W	♈	then	7.09	4.24	5.15											
25	T	♈	cloudy	7.10	4.23	rises											
26	F	♈	with	7.12	4.23	5.17											
27	S	♈	very	7.13	4.22	6.21											
28	S	♈		7.14	4.22	7.31											
29	M	♈	strong	7.15	4.21	8.44											
30	T	♈	winds.	7.17	4.21	9.56											



“No, I Cannot Go”

“No, I cannot go.”

“But why?”

“You know what a bad breath I have. I am ashamed to go out any more.”

“What causes it?”

“Catarrh, the doctor says. You know I have had catarrh for years, and had headaches, droppings in the throat and bad breath. I do wish I could get rid of it.”

“But why don't you try DR. CHASE'S CATARRH POWDER? I feel sure that would cure you.”

“I have tried enough things already. I don't think anything would cure me.”

“Well, I got great benefit from DR. CHASE'S CATARRH POWDER and I know a girl who was just as bad as you are who was cured by this treatment.”

“Since you have such confidence in it I am going to try it for it is most humiliating to have to miss all the parties on account of bad breath.”

MRS. B. J. HOVER, R. R. No. 1, Bulwer, Que., writes:—“I have used DR. CHASE'S CATARRH POWDER with great success, having suffered a long time from catarrh. I tried all other remedies of which I heard; but of no avail, nothing seemed to help me. I could not sleep at night and going into the open air I could hardly breathe at times. Like others, I

began to think there was no cure for catarrh, but on hearing of DR. CHASE'S CATARRH POWDER through a friend, I purchased a box at my druggist's. I was greatly surprised at the relief it gave me, and the third box entirely cured me. I cannot speak too highly of DR. CHASE'S CATARRH POWDER, and I recommend it to all sufferers from catarrh.”

Symptoms of Catarrh

Sneezing.

Hawking and spitting.

Droppings in the throat.

Difficult breathing.

Hoarseness.

Deafness.

Running at the nose.

Offensive breath.

Watery eyes.

Redness of the nose.

General weakness and debility.

Headache.

Noises in the ears.

Stomach derangements.

Stuffed up air passages.

What Is Catarrh?

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

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

If people could but realize the proportion of cases of catarrh that eventually leads to consumption, there would be less neglect of this insidious and treacherous disease.

DAY OF MONTH	DAY OF WEEK	ZODIACAL SIGNS	WEATHER FORECAST	Moon's Phases		Ont. and Que.		Mar. Prov.		Local Mean Time		
				d.	m.	d.	m.	d.	m.	Sun Rises	Sun Sets	Moon Rises
				♄	Last Quarter	2	11 29 a.	2	0 29 p.	Ontario, Quebec and Maritime Provinces		
				☾	New Moon	10	5 4 a.	10	6 4 a.			
				♃	First Quarter	18	9 40 a.	18	10 40 a.			
				☽	Full Moon	25	7 39 a.	25	8 39 a.			
				♄	Last Quarter	31	11 33 p.	Jan. 1	0 35 a.			
										1921		

Dec. 1920

DAY OF MONTH	DAY OF WEEK	ZODIACAL SIGNS	WEATHER FORECAST	Sun Rises	Sun Sets	Moon Rises
1	W	♋	Rain	7.18	4.20	11.08
2	T	♋	and	7.19	4.20	a.m.
3	F	♋	sleet.	7.20	4.20	0.16
4	S	♋		7.21	4.19	1.23
5	S	♌	Cold	7.22	4.19	2.29
6	M	♌	and	7.23	4.19	3.32
7	T	♌	stormy	7.24	4.19	4.35
8	W	♌	then	7.25	4.19	5.34
9	T	♌	clear	7.26	4.19	6.31
10	F	♌	and	7.27	4.19	sets
11	S	♌	fine.	7.28	4.19	5.44
12	S	♌	Dull	7.29	4.19	6.39
13	M	♌	sky	7.30	4.19	7.36
14	T	♌	but	7.31	4.19	8.31
15	W	♌	not	7.31	4.19	9.33
16	T	♌	much	7.32	4.19	10.23
17	F	♌	rain.	7.33	4.20	11.55
18	S	♌		7.33	4.20	a.m.
19	S	♌		7.34	4.20	0.37
20	M	♌	Colder	7.35	4.21	1.43
21	T	♌	with	7.35	4.21	2.50
22	W	♌	snow	7.36	4.22	4.01
23	T	♌		7.36	4.22	5.11
24	F	♌	flurries.	7.37	4.23	6.18
25	S	♌		7.37	4.23	rises
26	S	♌	Clear	7.37	4.24	6.04
27	M	♌	and	7.38	4.25	7.20
28	T	♌	cold	7.38	4.25	8.35
29	W	♌	to end	7.38	4.26	9.48
30	T	♌	of	7.38	4.27	10.56
31	F	♌	month.	7.38	4.28	a.m.

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.



"See, Bessie, you put the glass to your nose, the rubber to your mouth and give one quick blow and away it goes. It will cure your catarrh."

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.

What People Say About It

MRS. WM. ALLEN, 183 Park St., Chatham, Ont., writes:—"For some time I suffered with what appeared to be developing into a chronic state of catarrh of the head. The symptoms of the trouble were a continual desire to clear the throat before speaking or singing, dull headache, blurred vision, bad taste in the mouth and a never-ending accumulation of phlegm in the throat.

"I tried a great many treatments in an effort to gain relief from such an intolerable depressing condition of health. I may say the ordinary head-cold remedies had no effect

whatever. My attention was attracted one day by an advertisement for DR. CHASE'S CATARRH POWDER. I at once secured a box and the most satisfactory results followed. After using one box I could breathe much freer, it entirely did away with the phlegm in my throat, and with the continued use of the CATARRH POWDER my other symptoms disappeared. I can heartily recommend DR. CHASE'S CATARRH POWDER and DR. CHASE'S OINTMENT also. I always keep a box of the latter on hand, and know of nothing superior to it."

Health Undermined Catarrh in Throat

Mr. J. E. HOWES, Rama, Sask., writes:—"I suffered from catarrh for over two years and was so run down that I used to take dizzy spells, and would sometimes fall to the ground. I had a horrible ringing noise in my head, night and day, and could not sleep. I felt very weak, and lost in flesh until I weighed only 123 pounds. I had seen Dr. CHASE'S medicines advertised, so decided to try them out. I bought four boxes of Dr. CHASE'S CATARRH POWDER and two of Dr. CHASE'S NERVE FOOD, and I feel like a new man since using these remedies. The CATARRH POWDER cleared out my head and relieved me of the ringing noise, while the NERVE FOOD built up my system. I now weigh 155 pounds, having gained 32 pounds since using this combined treatment."

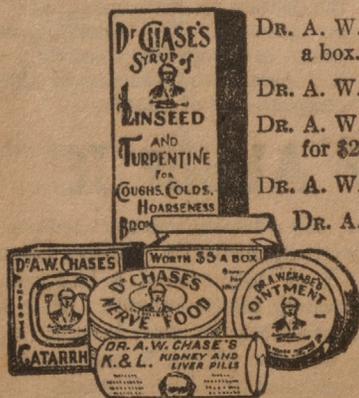
Mrs. JAMES MORRISON, Durham, Ont., writes:—"For two years I suffered from Catarrhal Throat trouble, with all its disagreeable and annoying symptoms. No treatment seemed to do more than afford temporary relief. Like others, I began to think there was no cure for catarrh.

"Finally I came across Dr. CHASE'S CALENDAR ALMANAC for 1917, and read all about Dr. CHASE'S CATARRH POWDER, and resolved to give it a trial. After carefully following the directions of one box, it afforded such thorough relief that I kept on using it until entirely cured. I wish to express my most sincere thanks, and highly recommend this great Remedy to all other sufferers from Catarrhal trouble."

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, at all dealers, or **Edmanson, Bates & Co., Limited, Toronto.**

PRICES OF DR. CHASE'S MEDICINES



DR. A. W. CHASE'S KIDNEY-LIVER PILLS, one pill a dose, 25 cents a box.

DR. A. W. CHASE'S OINTMENT, 60 cents a box, Family size, \$2.00.

DR. A. W. CHASE'S NERVE FOOD (Pills), 50 cents a box, six boxes for \$2.75.

DR. A. W. CHASE'S CATARRH POWDER, 25 cents a box, blower free.

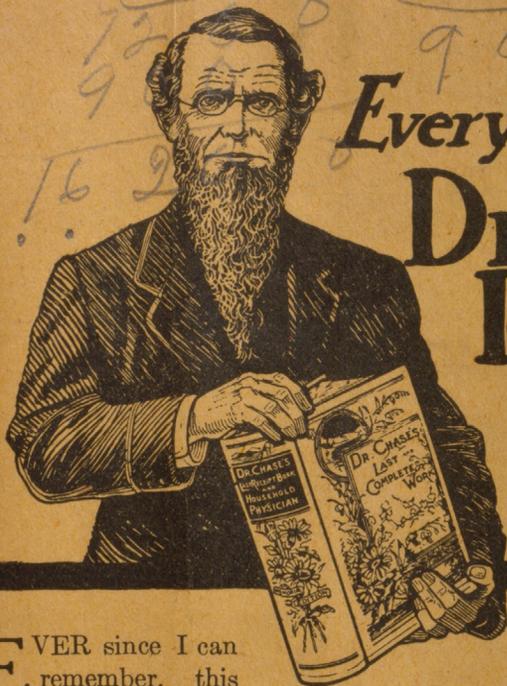
DR. A. W. CHASE'S SYRUP OF LINSEED AND TURPENTINE, 25 cents a bottle. Family size, three times as much, 60 cents. Can only be sent by mail or express at buyer's cost. Weight, 2 lbs.

DR. A. W. CHASE'S LIVER CURE, \$1.00. Can only be sent by mail or express at buyer's cost. 2 lbs.

DR. A. W. CHASE'S BACKACHE PLASTER, 25 cents each.

EDMANSON, BATES & CO., Limited

Dr. Chase Building, Toronto, Ont.



Everybody Knows Dr. Chase's Receipt Book

EVER since I can remember, this was the most valued book in the book case," writes Mrs. S. Thompson, Smith Street, Kingston, Ont., and these words voice the opinion of very many people in regard to Dr. Chase's Receipt Book.

Since the first small book was published by the doctor nearly half a century ago there have been

several editions and the latest is a large volume, known as Dr. Chase's Combination Receipt Book, comprising 1300 pages, much of which is new while the old and tried recipes are retained.

This book has always been a great favorite among agents because people know of it in advance, are eager to obtain it and the agent makes a friend wherever he makes a sale.

Men and Women Wanted to Sell Dr. Chase's Receipt Book

Both men and women are making good money selling Dr. Chase's Receipt Book. Many are paying their way through college by this means. Terms: 50 per cent. commission and a fifty dollar Victory Bond free with sale of 200 books. No experience necessary, for people are anxious to get this well-known book. Write for terms and exclusive territory. Edmanson, Bates & Co., Ltd., Toronto.

WEIGHTS AND MEASURES



Long Measure

12 Lines.....	1 Inch
4 Inches.....	1 Hand
12 Inches.....	1 Foot
3 Feet.....	1 Yard
6 Feet.....	1 Fathom
5½ Yards.....	1 Rod or Pole
40 Rods.....	1 Furlong
8 Furlongs.....	1 Mile
3 Miles.....	1 League
69½ 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'wt
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

2½ 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
36 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 } 365½ Days.....	1 Year
100 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.