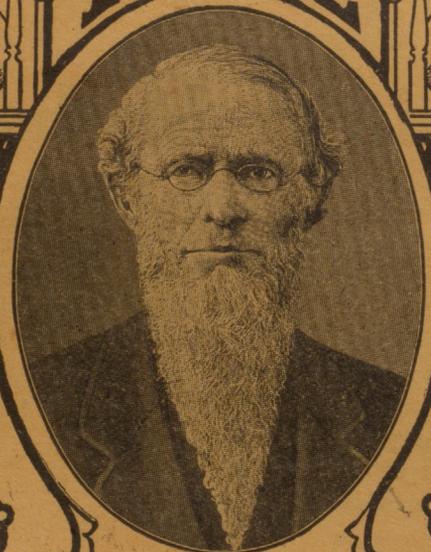


HANG ME UP

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

1922



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

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

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





## “Listen, Mother”

“**H**ERE is a letter from Bessie, and she says she is feeling fine again after using Dr. Chase’s Nerve Food.

“I knew it was just what she needed to build up her system after baby’s coming.”

“She says she is sorry she did not take your advice long ago instead of worrying along as a semi-invalid for so many weeks.”

“What else does she say?”

“I will read you the rest. She says: ‘My nerves got so upset that I could not sleep scarcely at all. Digestion was bad and I had palpitation of the heart. Baby got cross and irritable, and at times I got terribly discouraged.’”

“When I got mother’s letter urging me to try Dr. Chase’s Nerve Food I was about ready to give up, and decided to give the Nerve Food a trial on the strength of what it had done for her.”

“I cannot begin to tell you how thankful I am for that advice, for I am now well and happy, Baby is doing fine and I know that the credit is entirely due to the use of the Nerve Food.”

Dr. Chase’s Nerve Food, 50c a box, all dealers or Edmanson, Bates & Co., Ltd., Toronto. The portrait and signature of A. W. Chase, M. D., are on every box of the genuine.

# . . 1922 . .

Golden Number . . . . . 4  
Roman Indiction . . . . . 5

Dominical Letter . . . . . A  
Solar Cycle . . . . . 27

Epact . . . . . 2  
Julian Period . . . . . 6,635

## Zodiacal Signs

† Aries, Head and face

### The Seasons

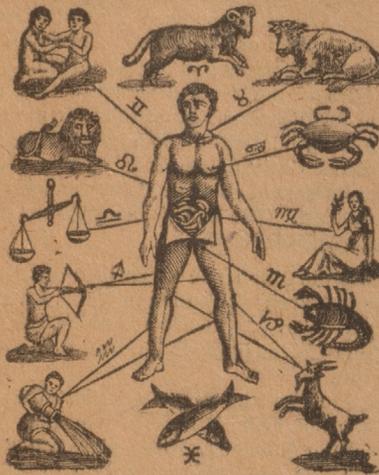
♊ Gemini  
Arms

Sun enters Aries—  
Spring begins, Ont.  
and Que., Mar. 21st,  
5 a.m. Mar. Prov. ♉ Leo,  
Mar. 21st, 6 a.m. Heart

Sun enters Cancer—  
Summer begins,  
Ont. and Que., June  
21st, mid. Mar. ♎ Libra,  
Prov. June 22nd, Reins  
1 a.m.

Sun enters Libra—  
Autumn begins,  
Ont. and Que., Sept.  
23rd, 3 p.m.; Mar.  
Prov., Sept. 23,  
4 p.m. ♏ Sagittarius,  
Thighs

Sun enters Capricornus  
—Winter begins,  
Ont. and Que., Dec.  
22nd, 10 a.m. Mar.  
Prov. Dec. 22nd,  
11 a.m. ♐ Aquarius,  
Legs



♉ Taurus,  
Neck

The year 5683 of the  
Jewish Era begins  
at sunset, Sept.  
22nd, 1922.

♋ Cancer,  
Breast

The year 1341 of the  
Mohammedan Era  
begins at sunset  
Aug. 23rd, 1922.  
Gregorian Calendar.

♍ Virgo,  
Bowels

The 13th year of the  
reign of King George  
V. begins May 6th,  
1922.

♏ Scorpio,  
Loins

The 147th year of the  
Independence of the  
United States begins  
July 4th, 1922.

♐ Capri-  
cornus,  
Knees

The 56th year of the  
Dominion of Canada  
begins July 1st, 1922.

♓ Pisces, the Feet

## Festivals, Anniversaries, Etc

New Year's Day . . . . .	Jan. 1	Accession of King George V. . . . .	6	Hebrew New Year—Rosh	
Epiphany . . . . .	6	Rogation Sunday . . . . .	May 21	Hashanah . . . . .	23
Septuagesima Sunday . . . . .	Feb. 12	Victoria Day (Wed.) . . . . .	24	St. Michael (Michaelmas Day) . . . . .	29
Quinquagesima—Shrove Sun. . . . .	26	Ascension Day (Holy Thurs.) . . . . .	25	Day of Atonement (Yom	
Ash Wednesday . . . . .	Mar. 1	Birthdays of Queen Mary 1867 . . . . .	26	Kippur . . . . .	Oct. 2
St. David . . . . .	1	Birthdays of King George V. . . . .		First Day of Tabernacle	
Quadragesima—1st Sunday		1865 . . . . .	June 3	(Succoth) . . . . .	7
in Lent . . . . .	5	Pentecost Whit-Sunday . . . . .	4	All Saints Day . . . . .	Nov. 1
St. Patrick . . . . .	17	Trinity Sunday . . . . .	11	St. Andrew . . . . .	30
Annunciation—Lady Day . . . . .	25	Corpus Christi . . . . .	15	Birthdays of Queen Alexandra	
Palm Sunday . . . . .	Apr. 9	Birthdays Prince of Wales 1894 . . . . .	23	[1844] . . . . .	Dec. 1
Good Friday . . . . .	14	St. John Baptist (Midsum- mer day) . . . . .	24	First Sunday in Advent . . . . .	3
Easter Sunday . . . . .	16	Domination Day (Monday) . . . . .	July 1	Conception Day . . . . .	8
Low Sunday . . . . .	23	Labor Day . . (Monday) . . . . .	Sept. 4	St. Thomas . . . . .	21
St. George . . . . .	Apr. 23			Christmas Day (Monday) . . . . .	25

## Morning and Evening Stars

**MERCURY**—Will be at its greatest eastern elongations January 29, May 23, September 20, when it may be seen soon after sunset in the western sky about those dates. At its greatest western elongations March 12, July 11, October 30, when it may be seen in the early morning sky before sunrise in the east.

**VENUS**—Morning star to February 9, evening star to November 25, then morning star rest of year. It will be at its greatest Eastern elongation, September 15, at its greatest brilliancy October 21, and again on December 30, as a morning star.

**MARS**—Morning star to June 10, evening star rest of the year. It will be nearest the earth June 18.

**JUPITER**—Morning star to April 4, evening star to October 23, and morning star rest of year. Its satellites or moons are invisible September 27 to November 17, owing to proximity to sun.

**SATURN**—Morning Star to March 25, evening star to October 4, then morning star to end of year.

## Eclipses, 1922

In the year 1922 there will be two eclipses, both of the Sun.

I.—An Annular eclipse of the Sun March 28. Invisible in Canada and the United States, except Florida where the extreme northern limit of the eclipse will touch. The path of the Annulus will sweep in a general N.E. direction over Brazil, just south of the Amazon River, crossing the Atlantic to the Sahara desert in Africa and gradually bending a little more easterly, and following the desert passing over Egypt and the north end of the Red Sea, ending in N. Arabia near the Gulf of Persia.

II.—A total eclipse of the Sun, September 20, invisible in N. and S. America. The path of totality will begin in the southern part of Abyssinia in the vicinity of Barri, and sweeps easterly out over the northerly part of the Indian Ocean and gradually curving south easterly, crossing the equator south of Ceylon and passing not far from the coast of Sumatra, striking the Australian coast near Condon in Western Australia, thence centrally across the full width of the continent to a point on the east coast of Queensland near Brisbane and out over the Pacific Ocean ending some distance from the extreme north point of New Zealand.

## 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 or 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 Quebec on August 9th? We find in the calendar the Moon rises 8h. 5m. p.m., and the correction in Table I. for Quebec—15, which subtracted from 8h. 5m. makes the time 7h. 50m. at Quebec for moonrise. When does the Moon rise at Guelph on September 7th? The Calendar gives 7h. 3m. p.m. and Table I. + 21 which makes 7h. 24m. p.m. moonrise at Guelph.

When does the Sun rise and set at Charlottetown on June 21st? We find the calendar times of rising 4h. 13m. a.m. and setting 7h. 50m. p.m. The correction from Table I. is plus 13m. with letter E. for use in Table II., which gives a further correction under sunrise for June of minus 4m. and for sunset plus 4m. The correction for sunrise amounts to plus 9m. and for sunset plus 17m., giving sunrise 4h. 22m. and sunset 8h. 7m.

**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 preceding page*

	A		B		C		D		E		F		G	
	Sun Rise	Sun Set												
January...	- 8	+ 8	- 4	+ 4	0	0	+ 4	- 4	+ 8	- 8	+ 12	- 12	+ 17	- 17
February..	- 4	+ 4	- 2	+ 2	0	0	+ 3	- 3	+ 5	- 5	+ 8	- 8	+ 10	- 10
March....	0	0	0	0	0	0	+ 1	- 1	+ 1	- 1	+ 1	- 1	+ 1	- 1
April.....	+ 3	- 3	+ 1	- 1	0	0	- 2	+ 2	- 4	+ 4	- 6	+ 6	- 8	+ 8
May.....	+ 7	- 7	+ 3	- 3	0	0	- 4	+ 4	- 8	+ 8	- 13	+ 13	- 17	+ 17
June.....	+ 10	- 10	+ 5	- 5	0	0	- 5	+ 5	- 10	+ 10	- 17	+ 17	- 23	+ 23
July.....	+ 9	- 9	+ 4	- 4	0	0	- 5	+ 5	- 9	+ 9	- 15	+ 15	- 20	+ 20
August....	+ 5	- 5	+ 2	- 2	0	0	- 3	+ 3	- 6	+ 6	- 9	+ 9	- 12	+ 12
September.	+ 1	- 1	0	0	0	0	- 1	+ 1	- 1	+ 1	- 2	+ 2	- 2	+ 2
October...	- 3	+ 3	- 2	+ 2	0	0	+ 2	- 2	+ 3	- 3	+ 5	- 5	+ 7	- 7
November.	- 7	+ 7	- 4	+ 4	0	0	+ 4	- 4	+ 7	- 7	+ 11	- 11	+ 15	- 15
December.	- 9	+ 9	- 5	+ 5	0	0	+ 5	- 5	+ 10	- 10	+ 16	- 16	+ 21	- 21

### Were You Ever A Country Boy?

A good story is the one about the boy who left the farm and got a job in the city. He wrote a letter to his brother, who elected to stick by the farm, telling of the joys of city life, in which he said:

"Thursday we auto'd out to the country club, where we golfed until dark. Then we motored to the beach, and Fridayed there."

The brother on the farm wrote back:

"Yesterday we buggied to town and base-balled all afternoon. Then we went to Med's and poked till morning. Today we muled out to the corn field and gehawed until sun-down. Then we suppered and then we piped for a while. After that we staircased up to our room and bedsteded until the clock fived."

"Mister," whined the beggar, "will you give a poor man something for a drink?"

"You bet I will," said the pedestrian, brightening. "How much you got with you?"

First Private—"Can you imagine anything worse than having cooties?"

Second Private—"Yes. Suppose you had 'em, and they chirped."

"I'll give you five dollars a day, spot-cash," said the farmer to the tramp who had stopped to beg a meal, "if you'll help me dig potatoes. We'll begin right now," he pointed at the big field, "because I'm afraid the frost will get them."

"No," yawned the tramp. "You better dig 'em. You planted 'em, and you know just where they are."

DAY OF MONTH	DAY OF WEEK	ZODIACAL SIGNS	WEATHER FORECASTS	Moon's Phases		Ont. and Que.	Mar. Prov.	Local Mean Time Ontario, Quebec, and Maritime Provinces		
				Jan. 1922	First Qtr....	d. h. m.	d. h. m.	Sun Rises	Sun Sets	Moon Sets
				☾	☾	6 5 24 a.	6 6 24 a.	h.m.	h.m.	h.m.
				☽	☽	13 9 37 a.	13 10 37 a.			
				☾	☾	20 1 0 a.	20 2 0 a.			
				☽	☽	27 6 48 p.	27 7 48 p.			
1	S	♈	Clear					7.38	4.28	8.12
2	M	♈	and					7.39	4.30	9.10
3	T	♈	and					7.39	4.30	10.09
4	W	♈	cold					7.39	4.32	11.07
5	T	♈	first					7.38	4.32	a.m.
6	F	♈	week					7.38	4.33	0.06
7	S	♈						7.38	4.34	1.07
8	S	♈	Milder					7.38	4.36	2.09
9	M	♈	with					7.38	4.37	3.12
10	T	♈	fre-					7.38	4.38	4.15
11	W	♈	quent					7.37	4.39	5.17
12	T	♈	snow					7.37	4.40	6.15
13	F	♈	flurries					7.36	4.41	rises
14	S	♈						7.36	4.42	6.33
15	S	♈	Turns					7.36	4.44	7.48
16	M	♈	cold					7.35	4.45	9.02
17	T	♈	with					7.34	4.46	10.16
18	W	♈	some					7.34	4.48	11.27
19	T	♈	severe					7.33	4.49	a.m.
20	F	♈	storms					7.32	4.50	0.36
21	S	♈						7.32	4.52	1.42
22	S	♈	Clear					7.31	4.53	2.45
23	M	♈	and					7.30	4.54	3.44
24	T	♈	fine					7.29	4.56	4.38
25	W	♈	and					7.28	4.57	5.27
26	T	♈	then					7.27	4.58	6.11
27	F	♈	stormy					7.26	5.00	sets
28	S	♈						7.25	5.01	6.04
29	S	♈	Ends					7.24	5.03	7.02
30	M	♈	very					7.23	5.04	8.00
31	T	♈	cold					7.22	5.05	8.58



## Dr. Chase in the Home.

The artist has made a true picture of the average Canadian home showing the high esteem in which DR. CHASE is held by the mothers who bear so largely the responsibility for the health of the family.

With DR. CHASE'S MEDICINES and Receipt Book at hand mothers feel that they are protected in case of sickness even though they may live many miles from doctor or druggist.

There is a nail in the window frame for DR. CHASE'S ALMANAC and as the new edition arrives each year it replaces the old copy.

It would not seem like home without DR. CHASE'S ALMANAC in its accustomed place for on its memorandum pages are kept the records of moneys received and spent, of planting and reaping of crops, of breeding dates, of visits made or visitors welcomed to the home.

Besides the calendar and medical information contained in the almanac it has become an invaluable record for future reference, recalling dates of business transactions or social pleasures.

There is sent out each year 1,450,000 copies of this almanac, one for every home in this great country. If you have not a hook or nail for your DR. CHASE'S ALMANAC it might be a good idea to start with this issue not only to hang up the Almanac but also to use it as a record of events and transactions. This is a habit which pays good dividends in cash as well as pleasure.

### Cash Prizes In Diary Contest

On page 17 you will find a list of the winners in the 1920 Diary Competition and also a list of prizes for 1922. Why not try your hand? You may be one of the successful ones this year.

# 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



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 out-stripped 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, so that he resolved to put up his greatest prescriptions in convenient form for home treatment and to place them in

the hands of local dealers.

## Extracts from Certificates

"University of Michigan,

College of Medicine and Surgery.

This certifies that A. W. CHASE has attended a full Course of Lectures in this institution.

(Signed)

SILAS H. DOUGLASS, DEAN.

University of Michigan,  
Ann Arbor."

"Eclectic Medical Institute, Cin., O.

"Know all men by these Presents, That A. W. CHASE has sustained an honorable examination before the faculty of this Institute, on all the departments of Medical Science, &c.—Wherefore we, the Trustees and Faculty,—by the authority vested in us by the Legislature of the State of Ohio, do confer on him the Degree of Doctor of Medicine.

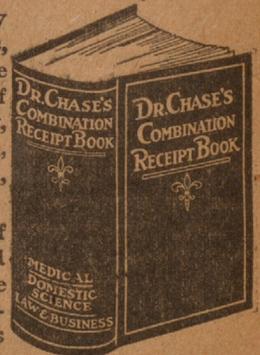
WM. B. PIERCE, PRESIDENT.

W. T. HULBERT, VICE PRESIDENT.

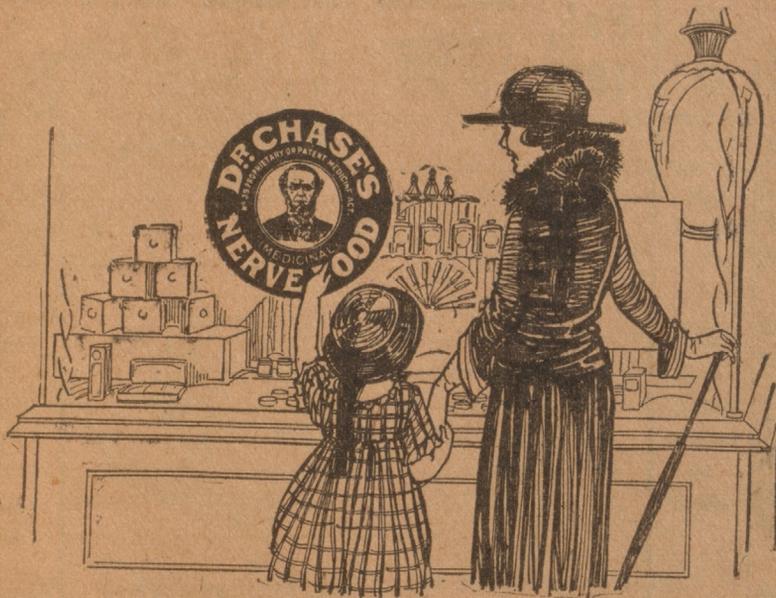
JAS. G. HENSHALL, SECRETARY.

Signed also by seven Professors, embracing the (seal) names of Scudder, Bickley, Freeman, Newton, Baldrige, Jones, and Saunders."

As the details of manufacturing and distributing the medicines 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.



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.



## “Your Medicine, Mama”

Even the children are now familiar with DR. CHASE'S NERVE FOOD since its use has become so general in the homes of Canada.

If ever there was a time when treatment for the nerves was required it has been during the last few years and the enormous increase in the demand for DR. CHASE'S NERVE FOOD proves that this great restorative is meeting the needs of the many people who suffer from nervous exhaustion and deficient blood supply.

The great nervous tension under which nearly everybody lived during the war was followed when hostilities ceased by nervous breakdown, so that where hundreds had nervous ailments previously thousands now find the necessity of treatment for the nerves.

Worries consequent on business depression and unemployment has further added to the numbers of persons affected by nervous troubles so that every year seems to witness more and more ailments of this nature.

Men quite as frequently as women are subject to nervous exhaustion and nervous breakdown and are just as susceptible to the upbuilding, restorative influence of DR. CHASE'S NERVE FOOD.

The unsettled conditions under which we are living, the constant strain of hurry and worry exhausts the nervous energy in the system more rapidly than it can be replaced and hence the necessity of assistance such as DR. CHASE'S NERVE FOOD.

By supplying in easily assimilated form the elements of nature which go directly to the formation of new rich blood DR. CHASE'S NERVE FOOD feeds the depleted nerve cells back to health and vigor.

It is not like experimenting when you use this great nerve and blood restorative for it has positively proven its value as a restorative agent in many thousands of cases during the last quarter of a century. There is now scarcely a community in this great country which cannot supply evidence in the form of health restored.

DAY OF MONTH	DAY OF WEEK	ZODIACAL SIGNS	WEATHER FORECASTS	Feb. 1922			Local Mean Time Ontario, Quebec, and Maritime Provinces		
				Moon's Phases	Ont. and Que.	Mar. Prov.	Sun Rises	Sun Sets	Moon Sets
					d. h. m.	d. h. m.	a. m.	a. m.	a. m.
				☾ First Quarter...	4 11 52 p.	5 0 52 a.			
				☽ Full Moon.....	11 8 18 p.	11 9 18 p.			
				☾ Last Quart....	18 1 18 p.	18 2 18 p.			
				☾ New Moon....	26 1 48 p.	26 2 48 p.			
1	W	♈	Severe				7.21	5.07	9.56
2	T	♉	cold				7.20	5.02	10.55
3	F	♊	weather				7.19	5.10	11.56
4	S	♈					7.18	5.11	a.m.
5	S	♉	Mild				7.16	5.12	0.57
6	M	♊	spell				7.5	5.14	1.58
7	T	♈	is				7.14	5.15	2.58
8	W	♉	followed				7.12	5.17	3.57
9	T	♊	by				7.11	5.18	4.52
10	F	♈	storms				7.10	5.20	5.43
11	S	♉					7.08	5.21	rises
12	S	♊	Clear				7.07	5.23	6.36
13	M	♈	and				7.05	5.24	7.53
14	T	♉	very				7.04	5.25	9.07
15	W	♊	cold				7.02	5.27	10.21
16	T	♈	zero				7.01	5.28	11.30
17	F	♉	weather				6.01	5.30	a.m.
18	S	♊					6.58	5.31	0.36
19	S	♈	Milder				6.56	5.32	1.38
20	M	♉	with				6.55	5.34	2.34
21	T	♊	very				6.53	5.35	3.25
22	W	♈	heavy				6.51	5.37	4.10
23	T	♉	snow				6.50	5.38	4.49
24	F	♊	storms				6.48	5.39	5.25
25	S	♈					6.46	5.41	5.57
26	S	♉	Month				6.45	5.42	sets
27	M	♊	ends				6.43	5.44	5.58
28	T	♈	fine				6.41	5.45	6.51



## Your Daughter

Is your daughter at that critical age, approaching womanhood, when nothing is so important to her as mother's care and mother's advice?

It is during this time that her whole future health and happiness may be at stake.

With most girls this important development takes place at a time when school work is most exacting and the nervous system is consequently under a most severe strain.

An enormous quantity of rich, red blood is necessary to meet the demands of the system, and this failing, there is the development of anaemia, chlorosis or some form of nervous trouble, such as St. Vitus' dance.

Most mothers now know about Dr. Chase's NERVE FOOD and the promptness with which it enriches the blood and builds up the nervous system of the growing girl.

It is mother's duty to see that a reasonable amount of rest and sleep is obtained, that the food is wholesome and nutritious, and that the treatment is used regularly and persistently so as to keep up an

abundant supply of pure, rich, nourishing blood.

Farmer's Wife—(to husband) "You watch for the mail all morning and read it all afternoon. You do nothing and that hired man does less."

Husband—"All you do is steal the milk from a dozen cows."

### HE SURE WILL

"Doctor, can't you help my husband?"

"What's the matter with him, madam?"

"Oh, he worries so."

"About what?"

"About his money. Can't you please do something for him, doctor?"

"I think I can. Send him to me. I'll relieve him of some of his trouble."

## Hard Work at School Injured Her Health

Miss Irene Grey, 157 Beech St., Halifax, N. S. writes:—"Two years ago I was going to school, it was my last year and I worked very hard day and night over my studies. I stayed indoors most of the time and my health was slowly but surely breaking down. I took a lot of medicines, but they all did me very little or no good. When the end of the term came and I graduated, I was a total wreck. I was thin and pale, my digestion was bad, I could not sleep nights, and my kidneys were in very bad shape.

"Cast on my own resources, I had to work, but finally my health broke down and I had to go away for a visit. The lady where I stayed told me of Dr. Chase's NERVE FOOD, and after using three boxes I felt so much better that I got three more. I steadily regained my health and am now working every day. I owe my good health to Dr. Chase's NERVE FOOD, and I hope that other persons who are in poor health will give it a fair trial.

"I also used Dr. Chase's KIDNEY-LIVER PILLS which I've found to be an excellent remedy for kidney disorders."

## From His Own Personal Experience

### This Clergyman Speaks Emphatically of the Merits of Dr. Chase's Nerve Food.

Rev. Wm. F. Wrixon, St. John's Rectory, Crapaud, P. E. I. writes:—"Two years ago I suffered a very severe attack of influenza, followed by a relapse and was naturally left in a very weak state. I tried several means of building up my system, but was not able for a considerable period to enjoy normal health. I became very nervous and was not equal to the tasks before me either in study or public. After hearing considerable about Dr. CHASE'S NERVE FOOD, I decided to try it, and after taking about six boxes found myself perfectly normal again and equal to the tasks before me. I have and always will recommend Dr. CHASE'S NERVE FOOD because of personal experience.

"What I have said about myself can be said about my wife, who also has great faith in Dr. CHASE'S NERVE FOOD."

## Nurse Now has Nothing But Good Health

Mrs. W. H. Parker, Obstetrical Nurse, 19 Wellesley St., Toronto, writes:—"Some years ago, I suffered with my back, and there were days when I could not walk, it was so painful. The doctor said it was from nothing but hard work. My nerves were so bad that I could not sleep, and I also suffered dreadfully with piles. I took different kinds of medicine and used salves which did me no good. Finally I started to take Dr. CHASE'S KIDNEY-LIVER PILLS, which relieved my back in a short time, and then I began taking Dr. CHASE'S NERVE FOOD also. I used five boxes of the NERVE FOOD and three of the KIDNEY-LIVER PILLS, and can say I am now as well as I ever was.

"After the results obtained from these two medicines, I decided to try Dr. CHASE'S OINTMENT for Piles, and I am now absolutely free from this trouble—no pains, no aches,—nothing but good health. I am a nurse, and always carry Dr. CHASE'S OINTMENT about with me—I have relieved dozens of babies of eczema with it."

## The Art of Beauty



### The Skin

Since cleanliness is the foundation of all personal beauty, frequent bathing, the use of good soap, and brisk rubbing with the towel are necessary to preserve the tone and healthy glow of the skin.

But internal cleanliness is quite as necessary if muddy, sallow complexion is to be avoided. One of Dr. CHASE'S KIDNEY-LIVER PILLS occasionally at bed time is the most satisfactory way of ensuring the regular action of the eliminating organs.

### The Complexion

#### MAGNOLIA BALM

Flake White, 4 oz.; Bay Rum 2 oz.; Rose Water, 2 oz.; Glycerine  $\frac{1}{4}$  oz.; Carmine, a sufficient quantity.

This is an excellent preparation for beautifying the complexion.

Directions: Shake the bottle well and apply to the face, hands and neck, with a small piece of sponge or soft cloth; then, before the balm has gone dry, wipe off with a small piece of flannel. A little practice will enable anyone to apply so that the most observant cannot recognize the balm.

(Continued on Page 16)



## When Baby Comes

What a joy to mother's heart when baby comes! What a relief after months of anxiety and nerve strain!

Mother is happy and expects soon to be strong and well again.

But frequently reaction sets in, and when the excitement is over she is left weak and limp and does not seem to build up the way she should.

Fortunate the mother who has at hand the kindly nurse or attentive friend to tell her how DR. CHASE'S NERVE FOOD will help her at this critical time.

Now more than ever the mother requires the assistance of a blood-forming, tissue-building, nerve-invigorating treatment, and these requirements are admirably met by DR. CHASE'S NERVE FOOD.

Mrs. Wm. Woods, Coldwater, Ont., writes:

—"After the birth of my baby I was run down, nervous and could not eat or sleep, jumping at the least noise. DR. CHASE'S

NERVE FOOD built me up and made me strong and well again."

Mrs. David Logan, Thorburn, N. S., writes:—"A friend of mine whom I went to see after baby was born told me she used DR. CHASE'S NERVE FOOD all through the expectant period and attributed her good condition and splendid baby to its use."

### "After My Boy's Birth"

Mrs. W. German, 213 Park St., Brockville, Ont., writes:—"Some years ago, after the birth of my boy, I became very weak, gradually lost weight until I was unable to do my work. I could not sleep, my nerves would twitch and jump so that I arose in the morning with heavy aching limbs and head. Indigestion helped to make the misery worse, and my heart would palpitate terribly. I doctored steadily for six years and never seemed any better, but just dragged from one year's end to another, feeling that I could never be well again.

"One lucky day, however, on the advice of friends, I commenced a treatment of DR. CHASE'S NERVE FOOD. I have only taken twelve boxes, but I wish you could see the difference. I am able to go about and enjoy myself again, and feel entirely like a new woman."

DAY OF MONTH	DAY OF WEEK	ZODIACAL SIGNS	WEATHER FORECAST	Moon's Phases			Mar. Prov.			Local Mean Time Ontario, Quebec, and Maritime Provinces				
				Out.	and	Que.	d.	h.	m.	d.	h.	m.	Sun Riser	Sun Sets
				<b>Mar. 1922</b>										
				☾	First Quarter..	6	2	22 p.	6	3	22 p.			
				☾	Full Moon.....	13	6	14 a.	13	7	14 a.			
				☾	Last Quarter...	20	3	43 a.	20	4	43 a.			
				☾	New Moon.....	28	8	3 a.	28	9	3 a.			
1	W	♈	Clear								6.40	5.46	8.48	
2	T	♈	fine								6.38	5.48	9.47	
3	F	♈	weather								6.36	5.49	10.47	
4	S	♈									6.34	5.50	11.47	
5	S	♉	Cloudy								6.33	5.52	a.m.	
6	M	♉	and								6.31	5.53	0.46	
7	T	♉	very								6.29	5.54	1.44	
8	W	♉	windy								6.27	5.56	2.39	
9	T	♉	Heavy								6.25	5.57	3.30	
10	F	♉	snow								6.24	5.58	4.16	
11	S	♉	fall								6.22	6.00	4.58	
12	S	♊	Some								6.20	6.01	5.37	
13	M	♊	fine								6.18	6.92	Rises	
14	T	♊	warm								6.16	6.04	7.55	
15	W	♊	days								6.14	6.05	9.09	
16	T	♊	and								6.12	6.06	10.19	
17	F	♊	then								6.11	6.08	11.25	
18	S	♊	colder								6.09	6.09	a.m.	
19	S	♋	Mild								6.07	6.10	0.25	
20	M	♋	again								6.05	6.11	1.19	
21	T	♋	and								6.03	6.13	2.07	
22	W	♋	very								6.01	6.14	2.49	
23	T	♋	fine								5.59	6.15	3.26	
24	F	♋	clear								5.58	6.16	3.58	
25	S	♋	days								5.56	6.18	4.29	
26	S	♌	Cloudy								5.54	6.19	4.50	
27	M	♌	with								5.52	6.20	6.41	
28	T	♌	cold								5.50	6.22	sets	
29	W	♌	rains								5.48	6.23	7.41	
30	T	♌									5.46	6.24	8.41	
31	F	♌									5.44	6.25	9.41	

## Restore the Blood

Faulty blood and improper nourishment of the nerve centres is the source of many troubles.

From lack of nervous energy the vital organs are weak and sluggish in action—the stomach fails to digest the food—the liver and kidneys are slow in filtering the impurities from the blood—the bowels become constipated.

By restoring the blood and nerves to normal condition by the use of DR. CHASE'S NERVE FOOD you overcome these annoying irregularities which, if neglected, lead certainly to serious disease.

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### THE POWER OF BEAUTY

First Constable—Did yer git that feller's number?

Second Constable—No, he was too goldernd fast fer me. Thet was a perty pert-lookin' gal in the back seat, wasn't it?

First Constable.—She shure was !—

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### Epileptic Fits

Miss Annie Blonski, Woodridge, Man., writes:—"I was very nervous and for four years was subject to epileptic convulsions. I used to take about three of these convulsions within a month, and during the four years while I was thus affected, I doctored continually, but without any apparent result. Some friends advised me to take DR. CHASE'S NERVE FOOD, and I found this treatment gave me great relief. I used it for about eight months, and the convulsions decreased until I would only take one in about four months. It is now over a year since I stopped using the Nerve Food, and I have not had one of those fits since, so I think I can safely say that DR. CHASE'S NERVE FOOD has given me permanent relief. I may also add that it gave me relief from headaches, from which I used to suffer almost all the time. You have my permission to use this letter in any way you wish, and I hope others reading it may find as good results from the use of DR. CHASE'S NERVE FOOD as I did."

(Certified by Rev. Oscar Bouvet, Woodridge, Man.)



## "At Forty-Five"

"Yes, at my age I suppose I should expect a change in my condition. But I am so nervous and irritable, so easily excited and worried, that I cannot understand what is wrong."

"I know just how you feel, my dear, for I have gone through exactly what you are experiencing now."

"But you are not nervous."

"No, not now, but I was in a far worse condition than you are, when a friend advised the use of DR. CHASE'S NERVE FOOD. I need not tell you more, for you know how well I have been for the last few years."

### Health Built-Up

Mrs. H. Alchorn, 23 Gerald St., Charlotte-town, P. E. I., writes: "DR. CHASE'S NERVE FOOD was recommended to me by an aunt who used it while passing through the change of life and was completely built up by its use. From my experience as a wife and mother I find that the majority of users are women, especially women passing through the change of life; next by young mothers to regain strength after baby comes, and also by mothers for their young daughters entering their womanhood. While it is good for all classes of humanity, I am sure it is especially so for women as they seem to be troubled most by nervous diseases."



## The Blood is Like Skim Milk

Just as milk is a perfect food, so is blood a perfect nourisher of the cells and tissues of the body.

But thin, watery blood is like thin, watery milk with the cream skimmed off, and you do not look for much nourishment in skim milk.

Impaired heart's action is one of the first results of a weakened condition of the blood. There is shortness of breath, the circulation of the blood is imperfect, you are easily tired and suffer from indigestion.

The heart is a tireless and prodigious worker so long as it is supplied with an abundance of pure, rich blood with which to replace its own waste.

To overcome this starved condition of the system it is necessary to supply to the blood in condensed and easily assimilated form the elements of nature which go directly to supply the nutritive factor in the blood.

These ingredients are found in happy combination in DR. CHASE'S NERVE FOOD. Gentle though wonderfully potent in action, this restorative treatment feeds the blood, and through the medium of the blood sends new vigor and energy to every cell and tissue of the human body. The heart's action is strengthened and the feelings of fatigue and lassitude disappear.

## The Art of Beauty

(Continued from page 12)

### BLOOM OF ROSES—ROUGE

Carmine, 15 gr.; Ammonia,  $\frac{1}{2}$  dr.; Rose Water, 2 oz.

Dissolve the Carmine in the Ammonia by letting it stand for a few days, shaking the mixture occasionally; then add the Rose Water. This makes the Rouge of commerce, used for imparting a rose blush to the cheeks and lips.

If your skin is rough or irritated or if you have pimples, blackheads, eczema or skin eruptions of any kind there is no treatment to compare to DR. CHASE'S OINTMENT.

The use of this healing, soothing ointment leaves the skin soft and velvety and no lady's toilet is complete without it.

### The Hair

It is impossible for a lady to possess anything that so adds to her charms as a good head of hair; indeed it seems to be the crown of her beauty. She may have a brilliant complexion, pearly teeth, exquisite features and a faultless figure; but all these go for very little should her hair happen to be thin, harsh, or of an ugly color.

#### FRENCH HAIR RESTORER

Lac Sulphur,  $\frac{1}{2}$  oz.; Sugar of Lead,  $\frac{1}{2}$  oz.; Litharge,  $\frac{1}{2}$  oz.; Tincture of Cantharides,  $\frac{1}{4}$  oz.; Glycerine, 2 oz.; Bay Rum, 8 oz.; soft water, 8 oz.

Directions: Shake the bottle well, and pour some of the restorer into the hands, and moisten the hair every morning.

This preparation is unequalled for restoring, invigorating, beautifying and rendering the hair soft, silky and glossy. It is also efficacious for restoring gray hair to its original color, and producing a luxuriant growth.

#### CREAM OF HAIR DRESSINGS

Lac Sulphur, 1 dr.; Sugar of Lead, 1 dr.; Glycerine, 1 oz.; Bay Rum, 1 oz.; soft water, 6 oz.

#### SEA FOAM—BARBER'S SHAMPOO MIXTURE

Carbonate of Potash,  $\frac{1}{2}$  oz.; Aqua Ammonia, 2 oz. Alcohol, 1 pt.; rain-water, 1 pt. Mix, and keep well corked.

As its name indicates, this is a perfect sea foam.

(Continued on page 20)

# Winners in 1920 Dairy Contest

Many Hundrhd's of Interesting Diaries sent in by Hopeful Contestants

**I**T was no small undertaking to decide on the best kept diaries, but the judges did their best to give justice to all, and after careful consideration placed the awards as follows:

- |   |  |
|---|--|
| 1st Prize—\$210 Electric Voice-o-Phone—Miss P. Florence Miller, Box 10, Topsail, Nfld.    | 11th Prize—\$5.50 receipt book—Mr. C. A. Thord, Box 176, Bridgeburg, Ont.      |
| 2nd Prize—\$110 Voice-o-Phone—Mr. P. P. Fowler, Valcourt, Que.                            | 12th Prize—\$5.50 receipt book—Mrs. Frans Erkelens, Hyas, Sask.                |
| 3rd Prize—\$76 Voice-o-Phone—Miss Sarah Lawrence, 295 Wharncliffe Rd. N., London, Ont.    | 13th Prize—\$5.50 receipt book—Mrs. R. Doncaster, R. R. 1, Fort Lawrence, N.S. |
| 4th Prize—\$40 Voice-o-Phone—Miss Adelaide Attridge, Highgate, Ont.                       | 14th Prize—\$4.90 receipt book—Mr. J. D. Ross, Mount Forest, Ont.              |
| 5th Prize—\$15 value in records—Mrs. Wm. Hirlehey, Bradford, Ont.                         | 15th Prize—\$4.90 receipt book—Mr. J. P. Cordukes, 8 Cobalt Ave., Ottawa, Ont. |
| 6th Prize—\$10 value in records—Mr. Ivor C. Bice, Clandeboye, Ont.                        | 16th Prize—\$4.90 receipt book—Miss Hazel C. Gould, West Jeddore, N.S.         |
| 7th Prize—\$5.50 receipt book—Mr. Jas. E. Poole, Lower Montague, P.E.I.                   | 17th Prize—\$4.90 receipt book—Mr. J. Hugh McGrea, R. R. 1, Moncton, N.B.      |
| 8th Prize—\$5.50 receipt book—Mrs. Emily White, 546 Colborne St., Brantford, Ont.         | 18th Prize—\$4.90 receipt book—Mr. A. E. Lee, 1461 Elgin Ave., Winnipeg, Man.  |
| 9th Prize—\$5.50 receipt book—Mrs. R. J. Small, Fergus, Ont.                              | 19th Prize—\$4.90 receipt book—Mr. J. A. Andrews, Port Dover, R. R. 2, Ont.    |
| 10th Prize—\$5.50 receipt book—Mr. Geo. Campbell, 825-5th Ave., Sunnyside, Calgary, Atla. | 20th Prize—\$4.90 receipt book—Mrs. H. Smith, 116 Menzie St., Victoria, B.C.   |

## \$363.<sup>55</sup> in Cash Prizes for 1922

To be awarded as follows:—

1st Prize, Cash	- - - - -	\$100 00
2nd " "	- - - - -	75 00
3rd " "	- - - - -	50 00
4th " "	- - - - -	25 00
5th " "	- - - - -	15 00
6th " "	- - - - -	10 00
7th to 13th inclusive, Dr. Chase's Receipt Book, leatherette, \$6.75		47 25
14th to 20th inclusive, Dr. Chase's Receipt Book, Cloth, \$5.90		41 30
		\$363 55

This competition is open to all but must be kept in DR. CHASE'S ALMANAC and sent in not later than January 15, 1922. Why not get an almanac and try for a prize?

The entries may be of a social or personal 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.

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; also enclose postage for the return of your Almanac.**

DAY OF MONTH	DAY OF WEEK	ZODIACAL SIGNS	WEATHER FORECASTS	April 1922			Moon's Phases		Ont. and Que.		Mar. Prov.		Local Mean Time Ontario, Quebec, and Maritime Provinces					
				First Qtr....	Full Moon....	Last Qtr....	New Moon...	d. h. m.	d. h. m.	d. h. m.	d. h. m.	Sun Rises	Sun Sets	Moon Sets				
1	S	♈						5 0 40 a.	11 4 44 p.	18 7 54 p.	27 0 4 a.	5 1 46 a.	11 4 44 p.	18 8 54 p.	27 1 4 a.	5.42	6.26	10.40
2	S	♈														5.41	6.28	11.38
3	M	♈	Turns													5.39	6.29	a.m.
4	T	♈	colder													5.37	6.30	0.33
5	W	♈	again													5.35	6.32	1.24
6	T	♈	with													5.33	6.33	2.10
7	F	♈	clear													5.31	6.34	2.51
8	S	♈	sky													5.29	6.35	3.30
9	S	♈														5.28	6.37	4.06
10	M	♈	Warm													5.26	6.38	4.42
11	T	♈	spell													5.24	6.39	rises
12	W	♈	for													5.22	6.40	7.55
13	T	♈	few													5.20	6.42	9.05
14	F	♈	days													5.19	6.43	10.10
15	S	♈														5.17	6.44	11.09
16	S	♈	Cold													5.15	6.46	a.m.
17	M	♈	back-													5.13	6.47	0.01
18	T	♈	ward													5.12	6.48	0.46
19	W	♈	Spring													5.10	6.49	1.25
20	T	♈	with													5.08	6.50	2.00
21	F	♈	little													5.07	6.52	2.31
22	S	♈	rain													5.05	6.53	3.00
23	S	♈														5.03	6.54	3.27
24	M	♈	and													5.02	6.56	3.54
25	T	♈	warm													5.00	6.57	4.22
26	W	♈	follow-													4.58	6.58	4.51
27	T	♈	ed													4.57	6.59	sets
28	F	♈	by													4.55	7.01	8.34
29	S	♈	cold													4.54	7.02	9.34
30	S	♈	spell													4.52	7.03	10.30



## If I Could Only Sleep

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.

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.

The nerve centres are sometimes likened to storage batteries. If you continue to consume the nervous energy in reserve, without paying back, these centres become sooner or later depleted, and you find yourself a nervous wreck.

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.

The future is not bright, for you must realize that the natural result is exhausted nerves, paralysis, locomotor ataxia or some form of helplessness.

IN DR. CHASE'S NERVE FOOD is found the most natural and the most rational treatment for the nerves imaginable, because it 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.

"The world is wide  
In time and tide,  
And God is guide:  
Then do not hurry.  
"That man is blest  
Who does his best  
And leaves the rest:  
Then do not worry."

## Sleepless Nights

Mr. A. McKeever, 91 Cambridge St., Ottawa Ont., writes:—"I assure you that I can sympathize with anyone troubled with sleeplessness. For months, after retiring, I would toss and turn, very often until the early hours of the morning. Some time ago I was advised to try DR. CHASE'S NERVE FOOD as a remedy for this. I did so and in a short time was enjoying a good night's rest. I will always have a good word to say for DR. CHASE'S NERVE FOOD."

## Sleepless for Years

### Unfit for Work

Mr. Albert L. Olson, Bergen, Alta, writes:—"I was troubled with sleeplessness for years and as I got older I became worse. For weeks at a time I could not sleep until three o'clock in the morning, I suffered a great deal from nervousness and was unfit for work. One day I happened to read some testimonials in DR. CHASE'S ALMANAC from people who had suffered as I was then suffering and had been restored by the use of DR. CHASE'S NERVE FOOD. I therefore began a treatment of this medicine, and after taking five boxes I feel like a new man, eat and sleep well. I think very highly of DR. CHASE'S NERVE FOOD and have recommended it to my neighbors."



## School Girls' Nerves

"I give my children Nerve Food during examinations, and am sure it helps them," writes a Vancouver lady.

After the long school term the children's nerves are keyed up to the highest pitch. The fear and worry of examinations are often the last straw which brings the nervous breakdown.

It is usually the naturally nervous child who has the greatest ambition, and by denying his or herself the requisite amount of outdoor exercise comes up to the examinations with too little energy and vitality left.

Fortunately the child's system quickly responds to such restorative treatment as DR. CHASE'S NERVE FOOD. The blood is enriched, the nerve cells are replenished and health and vigor are soon restored.

Mr. S. F. Flarity, Warton, Ont., write:

"My daughter, eleven years of age, was in a run-down condition and suffered from a nervousness which showed a tendency toward St. Vitus' dance. I got a few boxes of DR. CHASE'S NERVE FOOD for her, and by the time she had taken three boxes there was a big change in her. She is much stronger, and her system in general is built up. She has recovered from her nervous weakness, and you could not detect a trace of it now."

## The Art of Beauty

(Continued from page 16)

### The Teeth

Keep your teeth perfectly clean, is the simple and all important rule in respect to them, neglect of which is sure to result in unpleasantness and evil.

#### CAMPHORATED CHALK

Precipitated Chalk, 3 oz.; Gum Camphor, ½ oz. Mix well, and apply with brush.

#### CHARCOAL TOOTH POWDER

Precipitated Chalk, 2 oz.; Prepared Charcoal, 1 oz. Mix.

#### SOZODONT

Salts of Tartar, ½ oz.; Honey, 4 oz.; Alcohol, 2 oz.; water 10 oz.; Oil of Wintergreen and Oil of Roses, sufficient to flavor. Equal to the genuine article.

#### WASH TO HARDEN THE GUMS

Jamaica Spirit, ½ pt.; Powdered Alum and Saltpetre, ½ teaspoonful of each, and 1 oz. Powdered Myrrh.

## Isn't It Great?

It's great to have good health—to feel fit for work and ready for play.

Rich blood and steady nerves are the foundation of this condition and the result of using DR. CHASE'S NERVE FOOD.

## How You Can Tell a True Mushroom

"It almost invariably grows in rich, open, breezy pastures, in places where the grass is kept short by the grazing of herds and flocks. It never grows in wet, boggy places, never in woods or on or about stumps of trees. A true mushroom is never large in size; its cap very seldom exceeds 4 or 5 inches in diameter. On being cut or broken the flesh remains pure white; the cap has a frill; the gills are free from the stem; the pores are brown-black or deep purple-black in color, and the stem solid or slightly pithy."



## Why Grandpa is So Popular

Good health and good humor usually go hand-in-hand. The sufferer from torpid liver, indigestion or irritated nerves cannot easily maintain a happy countenance and a cheerful disposition, whether young or old.

The grandpa represented in this picture has succeeded in maintaining his good health and good spirits by the use of DR. CHASE'S NERVE FOOD to keep his blood rich and his vitality at high water mark.

Men and women of advancing years are learning more and more the benefits to be obtained by the use of this great restorative. It seems to supply exactly what elderly people require in order to keep feeling well and happy.

Mr. D. F. Armstrong, R. R. No. 3, Malorytown, Ont., writes:

"Through overwork and an extra amount of mental strain, I became very nervous and run-down. I began using DR. CHASE'S NERVE FOOD, and they certainly seemed to touch the right spot. It almost seemed for a time as though I fairly lived on them,

and I can recommend this treatment to anyone requiring a medicine of this kind. I am now over 61 years old."

## Steady Nerves at Eighty Years

Mr. Nathaniel Hebb, Justice of the Peace Blockhouse, N. S. writes:—"I am now eighty years old, and therefore cannot perform much active work outside of my office as I had been accustomed to do in years gone by, and in consequence am inclined toward constipation. For years past I have had to use something to keep my system in order. I found the ordinary kind of pills too active, but DR. CHASE'S NERVE FOOD gave me the amount of action I required. I have been using them at times for a number of years with the most satisfactory results. Although I am eighty years old, I find I have as steady a hand for writing as I ever had, which is a surprise to myself as well as many of my friends. I give DR. CHASE'S NERVE FOOD the credit for it, and often recommend it to others in similar circumstances."

DAY OF MONTH	DAY OF WEEK	ZODIACAL SIGNS	WEATHER FORECASTS	Moon's Phases		Ont. and Que.	Mar. Prov.	Local Mean Time Ontario, Quebec, and Maritime Provinces		
				d.	h. m.	d.	h. m.	Sun Rises h.m.	Sun Sets h.m.	Moon Sets h.m.
				<b>May</b>						
				<b>1922</b>						
					☾ First Quarter..	4 7 56 a.	4 8 56 a.			
					☽ Full Moon....	11 1 6 a.	11 2 6 a.			
					☾ Last Quarter...	18 1 17 p.	18 2 17 p.			
					☽ New Moon....	26 1 4 p.	26 2 4 p.			
1	M	♈						4.51	7.04	11.22
2	T	♈	Dull					4.49	7.06	a.m.
3	W	♈	rainy					4.48	7.07	0.08
4	T	♈	spell					4.46	7.08	0.51
5	F	♈						4.45	7.09	1.29
6	S	♈						4.43	7.10	2.06
7	S	♈						4.42	7.12	2.39
8	M	♈	Warm					4.41	7.13	3.13
9	T	♈	spell					4.39	7.14	3.49
10	W	♈	followed					4.38	7.15	4.26
11	T	♈	by					4.37	7.16	rises
12	F	♈	severe					4.36	7.18	8.53
13	S	♈	storms					4.34	7.19	9.50
14	S	♈						4.33	7.20	10.39
15	M	♈						4.32	7.21	11.22
16	T	♈	Cold					4.31	7.22	11.59
17	W	♈	spell					4.30	7.24	a.m.
18	T	♈	retards					4.29	7.25	0.32
19	F	♈	growth					4.28	7.26	1 02
20	S	♈						4.26	7.27	1.30
21	S	♈						4.26	7.28	1.56
22	M	♈	Turns					4.25	7.29	2.24
23	T	♈	very					4.24	7.30	2.52
24	W	♈	warm					4.23	7.31	3.23
25	T	♈	for					4.22	7.32	3.57
26	F	♈	few					4.21	7.33	sets
27	S	♈	days					4.20	7.34	8.24
28	S	♈	Fine					4.20	7.35	9.19
29	M	♈	and					4.19	7.36	10.08
30	T	♈	cool					4.18	7.37	10.53
31	W	♈						4.17	7.38	11.32

## Some Useful Recipes

### STICKY FLY PAPER

Melt together 4 oz. Castor Oil, 8 oz. Rosin, and ½ oz. Burgundy Pitch. Stir well and spread on paper, which must be previously sized in glue to prevent the mixture soaking through.

### FURNITURE POLISH

The great advantage of this polish over all others is its quick drying qualities. Dissolve 1 oz. Shellac in 8 oz. Alcohol; add 8 oz. Linseed Oil and 4 oz. Spirits Turpentine; when these are mixed, add 1 oz. Ether and 2 oz. Ammonia.

### TO CLEAN SILVERWEAR, GLASS

Precipitated Chalk, 1 oz.; Alcohol, 2 oz.; Aqua Ammonia, 2 oz.; shake and apply with a soft piece of cloth or sponge, rubbing and polishing dry with chamois leather or flannel.

### TO REMOVE CORNS AND WARTS

These may be removed without pain or inconvenience by applying the following corn solvent: Salicylic Acid, 1 dr.; Extract of Caninus Indicus, 20 gr.; Collodium, 1½ oz.; Mix; keep well corked, and in a cool place. Apply with a leather or with the cork.

### RECIPE FOR SORE THROAT

The following preparation makes an excellent gargle, and is very useful in all cases of sore throat: Chlorate of Potash, ½ oz.; Creosote, 10 drops; water, 4 oz. Mix; and use three or four times a day.

## Had Rheumatism and a Weak Stomach

Mr. Charles R. Tait, Newtown, Kings Co., N. B., writes:—"I suffered with rheumatism and my stomach was in a very weak state. I could eat no fruit of any kind and suffered nearly all the time. I tried several doctors but got no relief from any of them. I was in a drug store one day and overheard two men talking—one was telling the other about Dr. CHASE'S NERVE FOOD having relieved him of rheumatism. I bought a box, thinking it would result like all the rest of them, but after taking this one box, I felt so much better that I took two more, and now I can eat anything and do not suffer any more with rheumatism. I will gladly recommend Dr. CHASE'S MEDICINES to anyone who wishes to inquire."

"This is to certify that I am personally ac-

quainted with Mr. Charles R. Tait, and believe his statement is true and to my knowledge correct."—Signed A. S. Mace, J. P.)

## The Blood

Any means that improves the quality, quantity or movement of the blood will assist in eliminating disease.

DR. CHASE'S NERVE FOOD does just this and for this reason is the most effective means of restoring a run-down system.

## Mental Strain

Mr. D. F. Armstrong, R. R. No. 3, Mallorytown, Ont., writes:—"Through overwork and an extra amount of mental strain, I became very nervous and run-down. I began using DR. CHASE'S NERVE FOOD, and they certainly seemed to touch the right spot. It almost seemed for a time as though I fairly lived on them, and I can recommend this treatment to anyone requiring a medicine of this kind."

("Sworn before me at Mallorytown, this 7th day of March, 1921—D. S. Clow, J. P.")

## WOMAN'S WORK

"And how is your husband keeping?"

"E ain't keeping; 'e's on strike, and I'm doing the keeping."

## Nervous Dyspepsia

Miss Mary Murphy, 64 Arthur St., Ottawa, Ont., writes:—"Before using DR. CHASE'S NERVE FOOD I had been troubled for years with nervous dyspepsia, so much so that there were a great many things that I could not eat at all on account of the distressed feeling afterward. I tried a great many remedies, but nothing seemed to be of any use. I was almost in despair when DR. CHASE'S NERVE FOOD was recommended to me, but after using a few boxes of these pills I could eat and digest practically any kind of food. Since then I have always kept a box of DR. CHASE'S NERVE FOOD on hand and take a few if I ever feel any of the old symptoms returning."

("This is to certify that I am acquainted with Miss Mary Murphy, and believe her statement to be truthful and correct."—E. M. Ahearn, Druggist, Ottawa.)



## Health Hints

1. Breathe plenty of clean air both day and night.
2. Eat regularly and slowly, proper food, properly prepared.
3. Drink water free from impurities, especially disease bacteria.
4. Eliminate regularly all waste products of the body. If the liver is torpid and the bowels sluggish use DR. CHASE'S KIDNEY-LIVER PILLS. One pill a dose at bedtime.
5. Keep the body clean, bathe daily.
6. Prevent entrance of disease germs—when possible.
7. Exercise regularly in moderation, as form of play or recreation when possible.
8. Wear clean clothing which allows free use of body. Avoid too much in summer and too little in winter.
9. Sleep regularly and plentifully.
10. Live in some sunshine every day it is possible.
11. Do not worry.

## Sharp Pains Through Back

Mr. P. L. Laroque, Hammond, Ont., writes:—"I suffered from sore back for years, up until two years ago—about that time I met a man who told me he had been relieved of lame back by the use of DR. CHASE'S KIDNEY-LIVER PILLS. I tried a box, but could not see much change. However my case was so far gone I wanted to give them a fair trial, so I sent for five boxes. There was quite an improvement then, so I sent for more. After using these pills faithfully, I am very glad to be able to say I have derivate permanent relief."

## 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 attend to 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. A. W. CHASE'S KIDNEY-LIVER PILLS. You will search in vain for a treatment which will so soon call a halt to this terrible disease.

## THE QUITTER

You're "sick of the game,"  
Well, now, that's a shame!

You're young and you're brave and you're  
bright.

You've had a raw deal,  
I know, but don't squeal,  
Buck up, do your darndest and fight!  
It's the plugging away  
That will win you the day,

So don't be a piker, old pard;  
Just draw on your grit;  
It's so easy to quit—

It's the keeping your chin up that's hard.

—ROBERT W. SERVICE

## Lame Back Two Years

Mr. John G. MacQuarrie, Loch Ban, N. S., writes:—"I suffered a great deal from lame back for over two years. I tried different kinds of plasters, and spent thirteen dollars on different kinds of kidney pills without receiving any benefit. A friend advised me to try DR. CHASE'S KIDNEY-LIVER PILLS, I got one box, and before it was finished I was entirely freed from lame back."

(Mr. MacQuarrie's letter is certified correct by Angus Kennedy, Justice of the Peace.)



## “I’m So Tired”

Fatigue is caused by the presence of poisonous waste matter in the blood.

The kidneys and liver have failed in their functions of filtering these poisons from the blood. The result is fatigue, pains and aches in back or limbs and general depression.

By the use of DR. CHASE'S KIDNEY-LIVER PILLS you obtain quick relief from this condition because this medicine arouses the liver, kidneys and bowels to healthful activity so that they purify the blood and eliminate the poisons.

Nearly all the most painful and fatal diseases which afflict mankind have their origin in congestion of the liver, kidneys and bowels. Diabetes, Bright's Disease, Lumbago, Rheumatism, Chronic Indigestion, High Blood Pressure and Hardening of the Arteries are some of them.

But colds and most contagious diseases also find an easy victim in the person who neglects to keep regular and to keep the blood pure.

It is therefore, an excellent habit to use DR. CHASE'S KIDNEY-LIVER PILLS, one pill a dose at bedtime, just as often as is nec-

essary in order to keep the bowels regular, for it is so much easier to keep well than to get well once disease is established.

For over a quarter of a century, DR. CHASE'S KIDNEY-LIVER PILLS have been recognized as the most effective treatment for constipation, indigestion and the ills which arise from derangements of the kidneys, liver and bowels. They are for sale wherever medicines are carried in stock and never disappoint.

Put them to the test when you have a bilious headache, a torpid liver or pains and aches.

### Kidney Trouble 5 Years

Miss Annie Best, Pictou, N. S., writes:—"I had kidney trouble for more than five years and took different doctors' medicines without any permanent benefit. I had given up hope of ever being relieved, when at last I began to use DR. CHASE'S KIDNEY-LIVER PILLS. I read about them, and what they were doing for others, so decided to try them for myself. These pills gave permanent relief, and I feel I cannot give too much praise to such a splendid remedy. I would advise all people suffering from kidney trouble to try DR. CHASE'S KIDNEY-LIVER PILLS."

DAY OF MONTH	DAY OF WEEK	ZODIACAL SIGNS	WEATHER FORECASTS	Moon's Phases		Ont. and Que		Mar. Prov.		Local Mean Time Ontario, Quebec, and Maritime Provinces		
						d. h. m.	d. h. m.	d. h. m.	d. h. m.	Sun Rises h. m.	Sun Sets h. m.	Moon Sets h. m.
<b>June 1922</b>				☾ First Qtr....	2 1 10 p.	2 2 10 a.	9 11 58 a.	17 8 3 a.	25 0 20 p.			
				☽ Full Moon....	9 10 58 a.	9 11 58 a.	17 7 3 a.	17 8 3 a.	25 0 20 p.			
				☾ Last Qtr....	17 7 3 a.	17 8 3 a.	17 7 3 a.	17 8 3 a.	25 0 20 p.			
				☾ New Moon...	24 11 20 p.	24 11 20 p.	24 11 20 p.	24 11 20 p.	24 11 20 p.			
1	T	♈	Begins							4.17	7.38	a.m.
2	F	♉	fine							4.16	7.39	0.08
3	S	♊								4.16	7.40	0.42
4	S	♈	Great							4.15	7.41	1.15
5	M	♉	grow-							4.15	7.42	1.48
6	T	♊	ing							4.14	7.42	2.24
7	W	♈	weath-							4.14	7.43	3.02
8	T	♉	er							4.14	7.44	3.44
9	F	♊	this							4.13	7.45	rises
10	S	♈	week							4.13	7.45	8.30
11	S	♉	Cool							4.13	7.46	9.17
12	M	♊	spell							4.13	7.46	9.56
13	T	♈	with							4.13	7.47	10.32
14	W	♉	many							4.13	7.47	11.03
15	T	♊	show-							4.12	7.48	11.32
16	F	♈	ers							4.12	7.48	11.59
17	S	♉								4.12	7.49	a.m.
18	S	♊	Fine							4.12	7.49	0.26
19	M	♈	warm							4.13	7.50	0.53
20	T	♉	sun-							4.13	7.50	1.22
21	W	♊	shiny							4.13	7.50	1.54
22	T	♈	this							4.13	7.50	2.31
23	F	♉	week							4.13	7.50	3.14
24	S	♊								4.14	7.50	sets
25	S	♈	Thun-							4.14	7.51	8.02
26	M	♉	der							4.14	7.51	8.50
27	T	♊	storms							4.15	7.51	9.32
28	W	♈	and							4.15	7.51	10.07
29	T	♉	cooler							4.15	7.50	10.46
30	F	♊								4.16	7.50	11.20

## Formula by Which You Can Tell a Girls Age

Girls of a marriageable age do not like to tell how old they are; but you can find out by following the subjoined instructions, the young lady doing the figuring. Tell her to put down the number of the month in which she was born, than to multiply it by 2, then to add 5, then to multiply it by 50, then to add her age, then to subtract 365, then to add 115, then tell her to tell you the amount she has left. The two figures to the right will tell you her age, and the remainder the month of her birth. For example the amount is 822; she is 22 years old and was born in the eighth month (August). Try it.

## Severe Pains were from the Kidneys

Mr. H. M. Huey, Weatherley, Lunenburg Co., N. S., writes:—"In the fall of 1919 I was taken with severe pains in the back that almost stopped me from work. The pain was from my kidneys, with which I had a great deal of trouble, causing me to urinate almost every hour in the night.

"I read in Dr. CHASE'S Almanac how highly Dr. CHASE'S KIDNEY-LIVER PILLS were recommended for kidney troubles, so I bought a box right there, and took one every other night. I found they relieved the pain in my back, so I kept right on using them until I had taken ten boxes. Now I am as well as ever, with my kidneys in normal condition again and no backache. Dr. CHASE'S KIDNEY-LIVER PILLS deserve the credit for the relief I obtained and I shall always recommend them."

"Betsy," he whispered, as they sat together on the fence surrounding Mrs. Filligan's pigsty "ow beautiful you be! Jes' think of it, Betsy! When us be married us will have a pig of our own. Think of that, Betsy!"

"Ian," she whispered, a note of resentment in her voice, "what do I care for pigs! I shan't want a pig when I've got you!"

## Indigestion

Mrs. S. Hetherington, R. R. No. 1, Orangeville, Ont. writes:—"I was troubled with indigestion for a number of years, but on taking Dr. CHASE'S KIDNEY-LIVER PILLS I secured great relief with the first box, and after a few more boxes were taken I found I could do without them, and the trouble has not returned."

## Had Kidney Trouble and Rheumatism

Mr. John Daly, R. R. No. 1, Quyon, Que. (Former Justice of Peace) writes:—"I was troubled for some time with my kidneys and bladder. I doctored a great deal, but got very little relief. At last I became so bad with constipation, pains in the back and rheumatism, that I went to see a different doctor. After an examination he said he would fix me up in short order, but about ten days later I was so much worse I could not even leave my room. I got a box of Dr. CHASE'S KIDNEY-LIVER PILLS and they did me so much good that I bought another, and before I had half the second box taken I was able to go about my usual duties. Since that time I have always kept a box of Dr. CHASE'S KIDNEY-LIVER PILLS on hand, and whenever I feel any symptoms of the old trouble, I take a few doses and that ends it."

## Be Fair to the Medicine You Use.

When you have selected a medicine of proven merit and have reason to believe that it is suited to your needs give it a fair trial. Don't expect too much from the first box, but remember the length of time your trouble has been developing and give the medicine a chance to get in its work.

If on the other hand you are benefitted at once do not be satisfied until the relief is complete. Dr. CHASE'S MEDICINES are designed to make the relief lasting, but you must do your part by using them regularly and persistently until you are entirely well.

## Headache and Bilious Spells

Mrs. John Ireland, R. R. No. 2, King, Ont., writes:—"I was a great sufferer from severe headaches and bilious spells. I tried a number of remedies without obtaining any benefit until I was advised to use DR. CHASE'S KIDNEY-LIVER PILLS. These completely relieved me, and made me feel like a new person. I am very grateful to DR. CHASE'S MEDICINES for what they have done for me, and you may use my letter for the benefit of others."

## Sick Headache

Mrs. John Dillon, 23 Pollock St., Galt, Ont., writes—"I had been troubled with sick headache for some time, and also gas on my stomach. This was so bad at times that I felt I would suffocate before I could get relief. I got some of DR. CHASE'S KIDNEY-LIVER PILLS, and after using these found I was completely relieved of both the gas on my stomach and the headaches, and am now enjoying the best of health."

## Had Appendicitis In Worst Form

Escaped an Operation and now  
in good health

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 well. 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 restored. I can do all kinds of hard work without any trouble, and 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."



## Headache

### The Most Useful Pain in the World

Headache rarely indicates any trouble, in the head itself, but is a sort of fire-alarm which warns you that there is something wrong with some organ of the body.

Most frequently it is indigestion, torpid liver or deranged kidneys and the pain probably arises from the poisoned blood passing through the arteries of the brain and head.

What good can a headache powder possibly do under such circumstances? True it stops pain, but by tearing down more bodily tissues adds to the poisons in the blood and really increases the trouble.

When you have headache, take it as a warning symptom and look for the cause as well as for the other symptoms which will indicate what treatment you need.

Because the great majority of headaches come from derangements of the bowels, the liver and the kidneys, relief is effected promptly by the use of DR. A. W. CHASE'S KIDNEY-LIVER PILLS. The digestive, filtering and excretory organs are made active, the blood is purified and the cause of the trouble thoroughly removed. Take one pill at bed time and inside of twenty-four hours the whole system will be cleansed, regulated and invigorated.

## Why the Doctor Looks at Your Tongue

The tongue is to the skilled physician as a mirror to the condition of the patient's health.

If the tongue is heavily coated with a yellowish-white fur, morbid accumulations in the stomach are indicated and the need of cathartic treatment is apparent. This is sometimes described as a "dark-brown taste in the mouth" and the treatment indicated is DR. CHASE'S KIDNEY-LIVER PILLS.

If uniformly coated from base to tip with yellowish fur, full and moist, weakness of the small intestine is evident and cathartic treatment should be followed by the use of a good tonic.

If elongated and pointed, reddened at tips and edges we have evidence of stomach irritation. Avoid food which does not agree with you.

A yellow tongue tells of biliousness and a disordered liver.

If smooth and slick-looking, general weakness is denoted and lack of functional power. Restorative treatment is indicated and DR. CHASE'S NERVE FOOD fills the bill to a nicety.

The pale, trembling tongue denotes bloodlessness and run-down nervous system and indicates the necessity of building up the system by using DR. CHASE'S NERVE FOOD.

Fullness of the tissues, with relaxation of the tongue, denotes impaired circulation and muscular movement and again tonic treatment is required.

These are only a few of the things the skilled doctor sees when he examines your tongue.

## Chronic Indigestion

Mrs. Alvin Richards, R. R. No. 1, Seeley's Bay, Ont., writes:—"For two years I was afflicted with indigestion, and in the morning when I got up my breath was bad. I had a poor appetite, and just felt like eating certain foods. I used many different medicines as a laxative without benefit, and the doctor's medicine did not help me at all. Finally I tried DR. CHASE'S KIDNEY-LIVER PILLS, and found them better than anything I had ever tried. I can highly recommend them to anyone troubled with constipation or kidney troubles."

## "Very Effective"

Mr. A. Millar, 78 Bayswater Ave., Ottawa, Ont., writes:—"For a genuine good laxative I always take DR. CHASE'S KIDNEY-LIVER PILLS, find them very effective and would not be without them in the house. Their action is prompt and sure without leaving any of the sickening results that so often follow salts or other strong laxatives."

Hotel Clerk—"With or without bath, madam?"  
Boy—"Aw, mother, get it without a bath."

## Sluggish Bowels and Fermented Food

The cause of Chronic Indigestion,  
Appendicitis and many painful diseases

When the liver, kidneys and bowels get torpid and sluggish the food is delayed in its passage along the digestive tract and ferments instead of digesting. Here disease germs find their paradise and all sorts of suffering arises. It is this condition which leads to diabetes, Bright's disease, appendicitis, to say nothing of indigestion, rheumatism and the scores of more common ills which rob life of comfort and happiness and shortens the days on this earth.

By the use of DR. CHASE'S KIDNEY-LIVER PILLS the digestive and excretory systems are thoroughly cleansed and the regularity of the liver, kidneys and bowels re-established. By using one pill at bedtime two or three times a week or as often as is necessary to keep the bowels regular, you get these organs back to healthful and regular habits and thereby not merely obtain relief, but bring about lasting relief. It is in this point that DR. CHASE'S KIDNEY-LIVER PILLS differ so greatly from ordinary cathartic medicines. Their unique combined action on liver, kidneys and bowels gives them control over the most complicated derangements of these organs and enables them to afford lasting relief when the usual doctor's treatment has no effect.

DAY OF MONTH	DAY OF WEEK	ZODIACAL SIGNS	WEATHER FORECASTS	July 1922			Moon's Phases			Ont. and Que.		Mar. Prov.		Local Mean Time Ontario, Quebec, and Maritime Provinces		
				☾ First Quarter...	☽ Full Moon....	☾ Last Quarter...	☾ New Moon....	☾ First Quarter..	d. h. m.	d. h. m.	d. h. m.	d. h. m.	Sun Rises	Sun Sets	Moon Sets	
1	S	♈											4.16	7.50	11.52	
2	S	♈											4.17	7.50	a.m.	
3	M	♈	Very										4.18	7.50	0.36	
4	T	♈	hot										4.18	7.50	1.02	
5	W	♈	spell										4.19	7.49	1.42	
6	T	♈	followed										4.19	7.49	2.26	
7	F	♈	by										4.20	7.49	3.15	
8	S	♈	storms										4.21	7.48	rises	
9	S	♈											4.23	7.48	7.54	
10	M	♈	Fine										4.22	7.47	8.31	
11	T	♈	and										4.23	7.47	9.04	
12	W	♈	warm										4.24	7.46	9.34	
13	T	♈	with-										4.25	7.46	10.02	
14	F	♈	out										4.26	7.45	10.29	
15	S	♈	rain										4.26	7.44	10.56	
16	S	♈											4.27	7.44	11.23	
17	M	♈	Very										4.28	7.43	11.54	
18	T	♈	severe										4.29	7.42	a.m.	
19	W	♈	thun-										4.30	7.41	0.23	
20	T	♈	der										4.31	7.40	1.06	
21	F	♈	storms										4.32	7.40	1.52	
22	S	♈											4.33	7.39	2.44	
23	S	♈											4.34	7.38	3.54	
24	M	♈	Last										4.35	7.37	sets	
25	T	♈	week										4.36	7.36	8.08	
26	W	♈	is										4.37	7.35	8.46	
27	T	♈	very										4.38	7.34	9.21	
28	F	♈	hot										4.40	7.32	9.55	
29	S	♈											4.41	7.31	10.29	
30	S	♈											4.42	7.30	11.05	
31	M	♈											4.43	7.29	11.44	



## The Doctor's Test of the Kidneys

To satisfy himself as to whether the kidneys are performing their proper functions the doctor makes a test of the urine.

You can make this test yourself by allowing the urine to stand in a glass vessel for a few hours.

If the water is cloudy or you find brick dust deposits in the bottom of the vessel there is reason for alarm and the prompt use of DR. CHASE'S KIDNEY-LIVER PILLS.

Relief is quickly obtained by the use of this treatment and the accompanying symptoms such as backache, headache and pains through the body and limbs soon disappear.

## Diabetes

Mr. A. MacArthur, Excel, Alta., writes:—"In June, 1919, I was taken down with diabetes. I consulted my local doctor, and my case was so bad he told me to make my will and retire to a milder climate. His treatment did me no good, so I began the use of a treatment from DR. CHASE'S RECEIPT BOOK, in conjunction with DR. CHASE'S KIDNEY-LIVER PILLS. I also followed instructions as to diet, and now I am a well man at the age of 69, and doing all my own work on a 320 acre farm."

## Used in our Home for past 7 Years

Mr. M. E. Estey, Admiral, Sask., writes:—"For years I suffered from kidney trouble, and consulted several doctors, but their treatments

only helped me at the time. I suffered from such symptoms as weak back, bloating under the eyes, pain in the back after eating, etc. I saw DR. CHASE'S KIDNEY-LIVER PILLS advertised and decided to give them a trial. I found these pills did me more good than anything else, and I have never been without them in the house since.

"I have also used DR. CHASE'S OINTMENT with equally good results. Both these medicines have been in use in our household for the past seven years and I can highly recommend them."

Let's work and play,  
Let's live our day,  
Nor brood o'er cares or frets,  
Let's sing our song,  
And push along,  
Nor mind the weather;  
Let's!

## Weak Kidneys

Mr. A. D. MacKinnon, Kirkwood, Inverness Co., N. S. writes:—"I can highly recommend DR. CHASE'S KIDNEY-LIVER PILLS to all suffering from weak kidneys. I suffered from kidney disease for a long time. I may also say that for three years I was nearly always troubled with headaches, and no treatment seemed to do more than afford temporary relief. I was finally told of DR. CHASE'S KIDNEY-LIVER PILLS, and after using a few boxes the disease entirely disappeared. I have also used DR. CHASE'S OINTMENT with the best results, and never fail to recommend these wonderful remedies."

## Had Given up Hope

Miss Annie Best, Pictou, N. S. writes:—"I had kidney trouble for more than five years and took different doctors' medicines without any permanent benefit. I had given up hope of ever being well, when at last I began to use DR. CHASE'S KIDNEY-LIVER PILLS. I read about them, and what they were doing for others, so decided to try them for myself. These pills completely relieved me, and I feel I cannot give too much praise to such a splendid remedy. I would advise all people suffering from kidney trouble to try DR. CHASE'S KIDNEY-LIVER PILLS."

## Liver Disorders

"The governor of the organs of the body," is the way medical men describe the liver because of the wide influence it exerts over these organs.

Once the liver grows sluggish and fails to filter the bile poisons from the blood, there arises complications which bring pain, disease and death.

The head aches.

You get bilious.

The tongue is coated.

Indigestion and stomach troubles arise.

Constipation and looseness of the bowels alternate.

There are pains under the shoulder blades.

The complexion gets sallow and muddy.

You get down-hearted and depressed and suffer from weakness and dizziness.

DR. CHASE'S KIDNEY-LIVER PILLS are particularly well-suited as a treatment for liver complaint, and the complications which arise therefrom. Besides acting directly and specifically on the liver they invigorate the action of the kidneys and bowels, and so promptly open all the channels whereby the system is rid of poisonous impurities.

## Drowsy and Languid Liver Torpid

Mrs. Henry Cornelius, Boutilier Point, N. S. writes:—"I was sick for a fortnight, could not stand, I was so dizzy, and just had to remain in bed. I think the trouble must have been from my liver—I was so drowsy and languid, and had no appetite. My husband had to remain home from work to look after me, and nothing I took did me any good. I asked him to get me a box of DR. CHASE'S KIDNEY-LIVER PILLS, and even the first dose helped me. I kept right on taking them, and was soon on my feet and feeling well again. I have not been sick a day since then, but I always keep DR. CHASE'S KIDNEY-LIVER PILLS in my home."

("Signed before me—Elver E. Nash, a Justice of the Peace in and for the County of Halifax, N. S.")

## Why People Have Appendicitis

No person who has regular and healthful movement of the bowels need fear appendicitis. It is only when the bowels become constipated and clogged that a small portion of waste matter is forced into the appendix and there sets up inflammation or appendicitis.

Prevention is worth while when you think of the risks involved in operations. By their influence on the bowels and other excretory organs, DR. CHASE'S KIDNEY-LIVER PILLS positively prevent appendicitis as well as other dreaded diseases which arise from constipation.

## The Pulse in Health

New-born Infants.....	140 to 130
First Year.....	130 to 115
Second Year.....	115 to 100
Third Year.....	105 to 95
Seventh to Fourteenth Year.....	90 to 80
Fourteenth to Twenty-first Year.....	85 to 70
Twenty-first to Sixtieth Year.....	75 to 70
In Old Age.....	80 to 75

In inflammatory or acute diseases pulse may rise to 120 or 130 in adults, and much higher in infants. The pulse of a grown woman may exceed a man's of same age by 10 to 14 beats a minute and the pulse is less frequent in tall persons. A healthy man's pulse may beat 74 standing, 70 sitting and only 64 lying down. Thus the heart takes its rest at night and as the heart passes in its beat about six ounces of blood, it is saved the lifting of about 30,000 ounces of blood in eight hour's sleep.

## War vs: Tuberculosis

Senator F. L. Schaffner, M. D., Winnipeg, is the authority for the statement that while 45,000 Canadians fell in the war 43,000 died of tuberculosis in Canada.

The most certain way to avoid tuberculosis is by keeping up the quality of the blood and the general health by using DR. CHASE'S NERVE FOOD whenever you feel tired out or notice signs of waning strength.

CHASE'S OINTMENT I have found most excellent for all kinds of sores, burns and cuts."

## I Had Rheumatism for Eighteen Years

Mr. George Weathers, Huntsville, Ont. writes:—"I was troubled with rheumatism for eighteen years, and although I tried a number of different treatments nothing did me any good. Finally I tried DR. CHASE'S KIDNEY-LIVER PILLS, and can truthfully say they completely relieved me."

### THE MODERN VERSION

"Have you a little fairy in your home?"

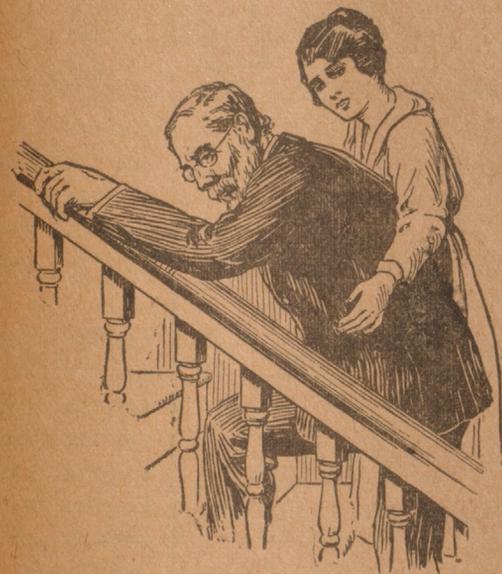
"No, but I have a little miss in my engine."

## Overeating is the Cause of Many Ills

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

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

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



## Had a Lame Back For Twenty Years

Mr. Ed Mose, Emo, Ont., writes:—"I suffered for twenty years with a lame back. Every time I caught cold it seemed to settle in my back, and at times I could hardly turn over in bed. It would last sometimes for a week or ten days. I tried several different kinds of pills, but got no relief. About six years ago, a friend told me to try DR. CHASE'S KIDNEY-LIVER PILLS, and I did with excellent results. I have not had a bad back for years, and I feel sure that I am quite permanently relieved."

## Constipation

Mrs. Wm. Nash, R. R. No. 1, Bellamy's Ont. writes:—"I suffered from constipation, sore back and kidney and liver derangements. DR. CHASE'S KIDNEY-LIVER PILLS relieved me and made me well again without having to be treated by a Doctor. I think that these pills are worth three times the price asked for them. In my girlhood home I remember having seen DR. CHASE'S NERVE FOOD and KIDNEY-LIVER PILLS always on hand, and we still use these in my own home with good results. DR.

DAY OF MONTH	DAY OF WEEK	ZODIACAL SIGNS	WEATHER FORECASTS	Aug. 1922			Moon's Phases		Ont. and Que.		Mar. Prov.		Local Mean Time Ontario, Quebec, and Maritime Provinces		
				☾ Full Moon....	☾ Last Qtr....	☾ New Moon....	☾ First Qtr....	d. h. m.	d. h. m.	d. h. m.	d. h. m.	Sun Rises h. m.	Sun Sets h. m.	Moon Sets h. m.	
1	T	♈	Severe									4.44	7.28	a.m.	
2	W	♈	heat									4.45	7.36	0.25	
3	T	♈	and									4.46	7.25	1.11	
4	F	♈	very									4.47	7.24	2.02	
5	S	♈	dry									4.49	7.22	2.57	
6	S	♉	Great									4.50	7.21	3.54	
7	M	♉	dam-									4.51	7.20	rises	
8	T	♉	age									4.52	7.18	7.36	
9	W	♉	from									4.53	7.17	8.05	
10	T	♉	thun-									4.54	7.15	8.31	
11	F	♉	der									4.56	7.14	8.59	
12	S	♉	storms									4.57	7.12	9.26	
13	S	♊	Cool									4.58	7.11	9.54	
14	M	♊	at									4.59	7.09	10.26	
15	T	♊	nights									5.00	7.08	11.02	
16	W	♊	fine									5.02	7.06	11.44	
17	T	♊	clear									5.03	7.05	a.m.	
18	F	♊	weath-									5.04	7.03	0.31	
19	S	♊	er									5.05	7.01	1.26	
20	S	♋	Very									5.06	7.00	2.28	
21	M	♋	dry									5.08	6.58	3.37	
22	T	♋	warm									5.09	6.56	sets	
23	W	♋	spell									5.10	6.55	7.17	
24	T	♋	for									5.11	6.53	7.55	
25	F	♋	days									5.12	6.51	8.25	
26	S	♋										5.14	6.50	9.05	
27	S	♌										5.15	6.48	9.44	
28	M	♌	Month									5.16	6.46	10.25	
29	T	♌	ends									5.17	6.44	11.10	
30	W	♌	cool									5.18	6.42	a.m.	
31	T	♌										5.19	6.41	0.00	

## For Health's Sake

It is wise to remember—

That one should not enter a sick room while perspiring because the moment you become cool your pores absorb.

That a bag of hot sand relieves neuralgia.

That warm borax water will remove dandruff.

That salt should be eaten with nuts to aid digestion.

That it rests you, in sewing, to change your position frequently.

That a little soda water will relieve sick headache caused by indigestion.

That a cupful of strong coffee will usually remove the odor of onions from the breath.

That a cupful of hot water taken before meals relieves nausea and dyspepsia.

That a fever patient can be made cool and comfortable by frequent sponging off with soda water.

That a consumptive's night-sweats may be arrested by sponging the body nightly in salt water.

That ginger in hot water is a useful remedy for bilious colic.

That a drink of hot, strong lemonade taken before going to bed will often break up a cold and cure a sore throat.

That a tickling in the throat is best relieved by gargling with salt and water.

That hot water is better than cold for bruises. It relieves pain quicker and often prevents an ugly black and blue mark.

That the white of eggs and powdered alum made into a plaster and applied to a sprained ankle often brings relief.

### "Did Wonders for me"

Mrs. Wm. Andrews, Arthur, Ont. writes:—"It is over twenty years since I first used Dr. CHASE'S KIDNEY-LIVER PILLS. I was in a very bad condition at that time, suffering from stomach trouble. At night I would often have to sit up in bed, unable to remain lying down on account of cramps in my stomach caused by gas. Then my kidneys became affected and almost completely refused to function. I felt sure from my symptoms that I must have had Bright's disease. Once while I was suffering from a very bad spell, it just seemed luck which brought a copy of Dr. CHASE'S ALMANAC

to my notice. In it I read all about Dr. CHASE'S KIDNEY-LIVER PILLS, and immediately sent for a box. These pills did wonders for me, and since that time when I first used them, I have had no stomach trouble nor any of the old symptoms. I have used no other medicine to regulate my bowels except Dr. CHASE'S KIDNEY-LIVER PILLS, and have recommended them to a great many others who have used them with good results."

#### PLENTY IN PROSPECT

"I shall love to share all your trials and troubles, Jack, darling."

"But, Daphne, dear, I have none."

"No, not now, darling, I mean when we're married!"

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

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

For a good letter of recommendation endorsed by a Justice of Peace, Physician or Clergyman, we shall send you free one full-sized copy of Dr. CHASE'S RECEIPT BOOK. This Book contains about 1300 pages of the most valuable receipts and prescriptions ever collected and sells for \$5.90. Besides giving the symptoms and treatment of disease it has a department devoted to cooking recipes, one to toilet preparations and another to business forms and book-keeping. This book is handsomely bound in cloth and is never sold for less than \$5.90.

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

The Receipt Book will only be sent to persons who comply with all the conditions. All endorsements are investigated and only the genuine signature of a Justice of Peace, Physician or Clergyman will be accepted.

## A Clear Skin

In an effort to have a clear and beautiful skin the first essential is cleanliness—thorough cleanliness.

There are millions of tiny openings or pores in the skin and these must be kept open and clean if the beauty of the skin is to be maintained.

Because it cleanses these pores and encourages the healthful action of the skin DR. CHASE'S OINTMENT is most effective as a skin beautifier. Roughness, redness, pimples and all sorts of skin blemishes disappear by its use and the skin is left clear, smooth and velvety.

In addition to being a beautifier of the skin DR. CHASE'S OINTMENT has a world-wide record as a treatment for eczema, ringworm, salt rheum and all sorts of irritation and eruptions of the skin. Once tried it is soon recognized as a household necessity.

## Erysipelas

Is an acute contagious disease most common to adults. It usually comes in the spring and has a tendency to return each year. It is marked by chills, high temperature, quick pulse and coated tongue. The redness of the skin and swelling begins most frequently at one ear and spreads on the face and neck, causing the patient to appear much disfigured.

The intense irritation of the skin causes the keenest suffering but by using DR. CHASE'S OINTMENT plentifully this most distressing symptom is quickly relieved and spreading of the disease prevented. In some cases the patient becomes very weak and run-down and under these circumstances DR. CHASE'S NERVE FOOD should be used to bring back vigor and strength. Usually, however, DR. CHASE'S OINTMENT will be found the best treatment obtainable for erysipelas.

## Granulated Eyelids

Mrs. C. P. Watson, R. R. No. 1, Vineland, Ont., writes:—"We have used DR. CHASE'S OINTMENT, and nothing can equal it for its mild, soothing and healing effects. My boy had granulated eyelids, and we took him to two

different doctors and a specialist. One doctor burned the lids with blue stone, which I think was cruel treatment, and made his lids that much worse. The more we doctored for him, the worse he got. His eyelids were just awful. The specialist helped him somewhat, but it came back again. Then we tried DR. CHASE'S OINTMENT, and after the second application, it was so soothing and healing that we kept on using it until he was completely relieved. His lids became clean and well, and have remained so.

## Granulated and Inflamed Eyelids

Redness and inflammation of the eyelids, a tendency of the lids to stick together in the mornings, a feeling as though particles of sand were in the eyes—

these are symptoms of granulated eyelids. Relief is obtained by the use of DR. CHASE'S OINTMENT, which

allays the irritation and inflammation at once and positively re-

moves the granulation. Wash the lids with warm water at nights and apply the ointment.



## Sore, Inflamed Eyes

Mrs. M. M. Peters, Oconto, Ont., writes:—"A few years ago, I caught cold from getting wet, and it settled in my eyes. I had to wash them every morning before I could get them open. If I did any sewing or reading they would become red and inflamed so that I could scarcely see. I tried everything I had recommended to me for sore eyes, but they were no better and remained in that condition all winter. One night I decided to try DR. CHASE'S OINTMENT—I applied it that night, and they felt so much better in the morning that I continued its use. In a week's time they were almost normal again, and I have had no trouble whatever with them since."

# Dr. Chase's Ointment Had Eczema Five Years In Foot and Ankle

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.

Mrs. M. E. Hughston, Craigmiller, via Czar, Alta. writes:—"I had eczema for at least five or six years, it broke out on my left ankle and spread all around my foot and knee. I spent dollars and dollars trying to get rid of it—tried everything from doctors to patent medicines—before using Dr. CHASE'S OINTMENT. This gave the best possible results, affording permanent relief.

"I am now using Dr. CHASE'S NERVE FOOD and although I have not finished the first box yet, I am feeling better already."

## Eczema Developed Into Running Sore

Mrs. Jacob Dentinger, Formosa, Ont. writes:—"I suffered from eczema on my hands and limbs for over twenty-five years, and doctored with several doctors, but never got relief. At last one limb became very bad and developed a running sore. I doctored with this for months, but it only kept getting worse. In reading one of Dr. CHASE'S ALMANACS one day I read of all the cases where Dr. CHASE'S OINTMENT had been used with such splendid success, and decided to try it. The first box gave me relief, and after I had used three boxes, the eczema and sore were completely gone."

### Mail this Coupon for Free Sample of Dr. Chase 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 today 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 1922

DAY OF MONTH	DAY OF WEEK	ZODIACAL SIGNS	WEATHER FORECASTS	Moon's Phases			Local Mean Time		
				Ont. and Que.	Mar. Prov.	Ontario, Quebec and Maritime Provinces	Sun Rises	Sun Sets	Moon Sets
				Sept. 1922	d. h. m.	d. h. m.			
				Full Moon...	6 2 47 a.	6 3 47 a.			
				Last Quart...	14 5 20 a.	14 6 20 a.			
				New Moon...	20 11 38 p.	21 0 38 a.			
				First Quarter...	27 5 40 p.	27 6 40 p.			
							h.m.	h.m.	h.m.
1	F	♋	Cool				5.21	6.39	0.53
2	S	♋	nights				5.22	6.37	1.49
3	S	♋	Con-				5.23	6.35	2.46
4	M	♋	tinues				5.24	6.33	3.44
5	T	♋	clear				5.25	6.32	4.43
6	W	♋	and				5.27	6.30	rises
7	T	♋	fine				5.28	6.28	7.03
8	F	♋	little				5.29	6.26	7.30
9	S	♋	rain				5.30	6.24	7.58
10	S	♋	Some				5.31	6.22	8.28
11	M	♋	cool				5.33	6.20	9.02
12	T	♋	cloudy				5.34	6.18	9.40
13	W	♋	days				5.35	6.16	10.23
14	T	♋	and				5.36	6.15	11.14
15	F	♋	then				5.37	6.13	a.m.
16	S	♋	warm				5.39	6.11	0.11
17	S	♋	Turns				5.40	6.09	1.15
18	M	♋	cold-				5.41	6.07	2.24
19	T	♋	er				5.42	6.06	3.38
20	W	♋	with				5.43	6.03	sets
21	T	♋	high				5.45	6.01	6.21
22	F	♋	winds				5.46	5.59	6.59
23	S	♋					5.47	5.57	7.39
24	S	♋	A				5.48	5.56	8.20
25	M	♋	fine				5.49	5.54	9.06
26	T	♋	clear				5.51	5.52	9.55
27	W	♋	sky				5.52	5.50	10.47
28	T	♋	all				5.53	5.48	11.43
29	F	♋	wee,				5.54	5.46	a.m.
30	S	♋					5.56	5.44	0.32

## Keeps Baby's Skin Soft and Healthy

The greatest enemy to baby's comfort is chafing and irritation of the skin which often lead to eczema, scald head and other disagreeable skin diseases.

Many mothers who do not know the value of DR. CHASE'S OINTMENT in this connection are accustomed to use powders, believing that because they absorb moisture they will overcome the trouble.

But powders are in reality only white dirt, which clogs the pores of the skin and prevents the healthful action of the skin in eliminating poisons from the system. The great value obtained from the daily bath is due to the cleansing of these myriads of pores in the skin. But of what use can the bath be if the pores are again filled with powder.

DR. CHASE'S OINTMENT is quickly absorbed by the skin, is in itself a cleansing agent and ensures the healthful action of the pores in their work of removing poisons from the system.

You can scarcely imagine any treatment being more acceptable to the baby suffering from chafed, irritated skin than DR. CHASE'S OINTMENT. It is delightfully soothing and healing, stops itching at once, and soon overcomes the most torturing skin diseases.

It is a good idea to keep a box of DR. CHASE'S OINTMENT along with baby's soap to be used at bathing times whenever there is redness or irritation of the skin. It is so much easier to prevent eczema than to overcome it.

## Eczema and Piles

Mrs. Richard Sonier, Shiela, N. B. writes:—"I have great confidence in DR. CHASE'S OINTMENT. My boy, aged fourteen, had his face half-covered with sores, especially all about his mouth. I tried DR. CHASE'S OINTMENT for it, and after a few applications the sores entirely disappeared, and they have never returned. I have also used it for the worst kind of piles with great benefit. A neighbor of mine was so bad with piles that he was confined to bed—I gave him a box of DR. CHASE'S OINTMENT and it worked wonders for him. He has never been bothered with piles since, and that was six years ago last March. I certainly can recommend DR. CHASE'S OINTMENT as the best I ever used."

## Skin Irritated Eczema Followed

Mrs. A. B. Welton, Tawatinaw, Alta, writes:—"During the winter of 1919 and 1920 my baby girl aged 15 months started an irritation of the skin. I tried nearly every kind of medicine that could be purchased locally without results. Our doctor pronounced it eczema, and gave me medicine which did no good. The eczema had by this time covered her whole back and down her little limbs. My husband purchased three boxes of DR. CHASE'S OINTMENT about Christmas time, and by the middle of February, 1920, my baby was completely relieved of the disease. I still have part of the third box of Ointment which it was not necessary to use. My advice is that every mother should keep a good supply of DR. CHASE'S MEDICINES on hand at all times, as they will be found very useful."

("Mrs. A. B. Welton, Tawatinaw, Alta., is personally known to me, and I have every reason to believe her to be a woman of her word under all circumstances.—Samuel E. B. Ellis, J. P.")

## Baby's Face and Hands A Mass of Sores

Mr. Gottschalk, Grayson, Sask., writes:—"Our baby, when three months old, had what two Doctors said was eczema, and two others who examined did not seem to know what it was. After doctoring for six months without any apparent results, we began trying different kinds of ointment, which did no good until one day we happened to pick up one of your Calendar-Almanacs, after reading which we decided to try DR. CHASE'S OINTMENT. Our child was then two years old and had steadily grown worse, his face and hands were running sores and scabs. After using your Ointment for a few days, these sores began to dry up and scabs began falling off. By the time we had used \$2.00 worth our boy was entirely relieved. I have recommended DR. CHASE'S OINTMENT to a number of my friends who can also testify to its healing virtues. During the year and nine months our boy was sick, we lost much sleep.

(W. A. F. Heather, Justice of the Peace, Grayson, Sask. says:—"This is to certify that I have known Mr. Gottschalk for a number of years, and can vouch for his honesty.")

## Four Boxes Put an End to Piles

Mrs. Ernest G. Weeks, Box 656, Trenton, Ont., writes:—"I believe DR. CHASE'S OINTMENT to be the best preparation on the market today for any kind of piles. I suffered for years with piles without any relief until I tried this Ointment. Two boxes of it relieved me, and two more boxes were all that I had to use and I have not been troubled with piles since.

"I also advise all women with young children to use DR. CHASE'S SYRUP OF LINSEED & TURPENTINE. This I have given to my children with excellent results, especially during the winter months."

## Bleeding Piles

Mrs. A. Cooper, Kingsmill, Ont., writes:—"My husband has used DR. CHASE'S OINTMENT with great satisfaction for bleeding piles, from which he suffered for a number of years. He found no relief until he tried DR. CHASE'S OINTMENT, and the second box gave him permanent relief with no return of them since."

("This is to certify that I am personally acquainted with Mrs. A. Cooper, and believe her statements regarding DR. CHASE'S OINTMENT to be true and correct."—Signed Rev. H. K. Franks, Aylmer, Ont.)

## Piles So Bad Could Not Walk

Mr. C. H. Parrott, R. R. No. 1, Odessa, Ont., writes:—"In the summer of 1919 I had a very bad attack of protruding piles. I was so bad I could not walk for a time, and the pain I suffered was something terrible. I tried different treatments, but they did me no good, and my condition was serious. My wife was talking to a lady in Napanee about me, and the lady said her husband had had piles very bad and that less than a box of DR. CHASE'S OINTMENT had completely relieved him, and advised my wife to get me some. I did not use one-half box, altogether, and I can say that since then I have had absolutely no sign of piles, but I always keep a box of DR. CHASE'S OINTMENT on hand, as I would not go through what I did for the price of 100 boxes."



"Oh, I am better but I do suffer something terrible from piles."

"You don't need to."

"But I am afraid to go back to the doctor for he told me that nothing short of an operation would help me."

"Well, he told me the same thing but I didn't have the operation and the piles are all gone. This is what I used—DR. CHASE'S OINTMENT."

"And do you really think it would help me?"

"I don't think anything about it. I know it would. You need not suffer another day from piles and in a few weeks with this treatment they will be all gone."

"That seems almost too good to be true after all I have suffered."

"Yes, I know but it is true nevertheless for since I got rid of the piles I have talked to lots of women who had the same experience as I had with DR. CHASE'S OINTMENT."

Judge—"What brought you here?"

Prisoner—"Two policemen."

Judge—"Drunk, I suppose."

Prisoner—"Yes, both of them."

"Do you think the motor will entirely supersede the horse?"

"I hope not," replied Farmer Corntossel. "There must be some market for hay. I depend on what I make on hay to buy gasoline."

## 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 obtaining lasting relief.

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 relief 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 last relief for this wretched disease.

## Soldier Contracted

### Piles in Trenches

Mr. J. E. Clarke, 181 Chester Ave., Toronto, states:—"When at the front I had the misfortune to contract a case of piles as the result of the exposure to dampness in the trenches, and suffered a great amount of annoyance and inconvenience. On returning to Canada I was recommended to try DR. CHASE'S OINTMENT, and obtained relief after the first dressing. By continuing this treatment until I had used two boxes of DR. CHASE'S OINTMENT, I was completely relieved and have not had any return of the trouble."

## Piles So Bad

### Could Not Sleep

Mr. Henry Beilstein, New Hamburg, Ont., writes:—"This is to certify that I have used DR. CHASE'S OINTMENT for itching and bleeding piles. I had them so bad that I would waken in the night and then could not sleep again for hours. I tried some so-called 'pile remedies' but they did me no good. I saw DR. CHASE'S OINTMENT advertised, and gave it a

trial. I used it exactly as directed, and two boxes completely relieved me. It is now over two years since I used the Ointment, and I have had no symptoms of the disease since, although I always keep a box of DR. CHASE'S OINTMENT on hand in case of an emergency."

## An Operation

### Seemed Inevitable

#### But bleeding protruding Piles were overcome by Dr. Chase's Ointment

Mr. A. Hummerston, Amaranth, Man., writes:—"I was a sufferer from bleeding and protruding piles for 12 years. During that length of time this trouble bothered me off and on, but three years ago I had a very severe attack which seemed to sap my strength more than usual. Besides a doctor's prescription, I used several other remedies, with no benefit except to relieve me for a short while. I had given up hope of gaining permanent relief without an operation when a friend advised me to try DR. CHASE'S OINTMENT. I immediately sent for some, followed the directions carefully and finally gained lasting relief. Mine was no ordinary case of piles, as I was very ill while suffering, and I feel convinced to have let it go much longer would have resulted in blood poison. I used altogether three large boxes and four small boxes of DR. CHASE'S OINTMENT and was well rewarded by the results which were most satisfactory. I hope this letter will help some one else suffering in the same way."

WANTED—Man to work in dog kennel; \$12 a week; sleep in or out.—C. L. Granger.

## The Large Box

### Is More Economical

On account of being so frequently asked for DR. CHASE'S OINTMENT in a larger quantity than the regular 60 cent box we began two years ago to put up a \$2.00 box. This contains nearly five times as much ointment as the smaller box and is therefore much more economical buying.

This \$2.00 box is now very popular with people who require to use a considerable quantity of the ointment.



# DR. CHASE'S LIVER MEDICINE

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 MEDICINE.

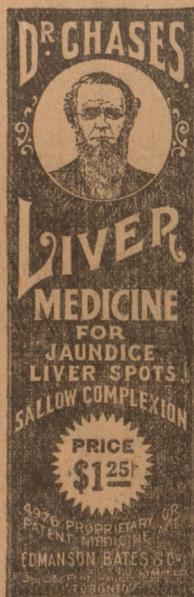
DR. CHASE'S LIVER MEDICINE is not recommended as a treatment for any disease that is not the direct result of disordered liver. If, however, your liver is sluggish or defective, if you have a yellow complexion, pain under the shoulder, bitter taste in the mouth, sick headache, liver spots, cold hands,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

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 MEDICINE affords a lasting relief 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 MEDICINE may be considered old fashioned by some because it is in liquid form, put up in large bottles

and is a little bitter to the taste, but it has worked its way into public favor solely on its merits and has been instrumental in bringing relief to many sufferers.

DR. CHASE'S LIVER MEDICINE is sold in a large bottle containing 100 doses for \$1.25. 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 bile in the blood.

There is usually a 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 relief is found in the use of Dr. CHASE'S LIVER MEDICINE, which by its specific action on the liver immediately arouses this important filtering organ to the performance of its functions.

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



## East Winds Bring Colds

DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE is not a mere cough mixture and should not be confused with preparations of this nature. It is a medicine which has a thorough and far-reaching effect on the whole system and positively relieves coughs and colds, croup and bronchitis.

You can give it to children knowing that it cannot do them any harm, when used according to directions, and with every assurance that the results will be entirely satisfactory. Small and frequent doses are most effective in affording relief and lasting benefit.

For many years this great medicine has constantly grown in popularity.

New fangled rivals have come and gone, but the people know that DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE will positively relieve all irritation and inflammation of the throat and bronchial tubes and depend on it when serious trouble arises.

DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE is sold at 35 and 75 cents a bottle. The large bottle contains about 3 times as much as the smaller and is therefore more economical buying.

If your dealer has not this medicine in stock it will be sent by mail if your remittance includes postage. Figure parcel post on 2 lbs.

## Severe Cold

Mr. Lloyd Ballem, Sunnybrook Farm, Pownal, Lot 49, P. E. I. writes:—"After I got over the 'flu' last winter, I took a very severe cold. I tried several kinds of cough medicines, but none of them gave me relief and I began to fear it would turn to something more serious. One day, however, I picked up a copy of Dr. CHASE'S ALMANAC and saw your SYRUP OF LINSEED & TURPENTINE advertised. I got one bottle immediately, which completely relieved me. I consider Dr. CHASE'S LINSEED & TURPENTINE the best cough medicine made, and would not be without it at any cost. I have also used Dr. CHASE'S OINTMENT with splendid success."

("This is to certify that I know Mr. Lloyd Ballem and believe this statement to be true and correct."—A. D. Berhant, J. P.)

## Asthma

Mr. Thomas Bond, Shel Drake, North Shore, Que., writes:—"I suffered for years with asthma, sometimes being unable to lie in bed, but after a treatment of Dr. CHASE'S LINSEED & TURPENTINE, I am now quite well and thank this medicine for restoring me."

## Whooping Cough

Motor Officer Fred Mogford, 56 Gilmore Ave., Toronto, states:—"Our boy, 5½ years of

age, was taken with whooping cough and for two weeks he could get no relief although several treatments were used. Then we began the use of Dr. CHASE'S SYRUP OF LINSEED & TURPENTINE, and in two days he was entirely relieved of the disagreeable symptoms of this ailment, the cough soon disappearing entirely. His sister, 2½ years of age, took the whooping cough from him but by prompt use of Dr. CHASE'S SYRUP OF LINSEED & TURPENTINE the ailment was kept in check and did not amount to much."

## Bronchitis

Mrs. E. Henry, 556 Romaine St., Peterboro, Ont., writes:—"My little boy, now three years old, was born with bronchitis. We doctored with our family physician but he got no relief. This he had for two years, and all hope had been given up when a friend recommended Dr. CHASE'S LINSEED & TURPENTINE. I used several bottles of this, and it relieved him permanently. I cannot recommend it too highly. Dr. CHASE'S KIDNEY-LIVER PILLS AND OINTMENT are also good. Should any person wish this letter confirmed, you are at liberty to give my name and address."

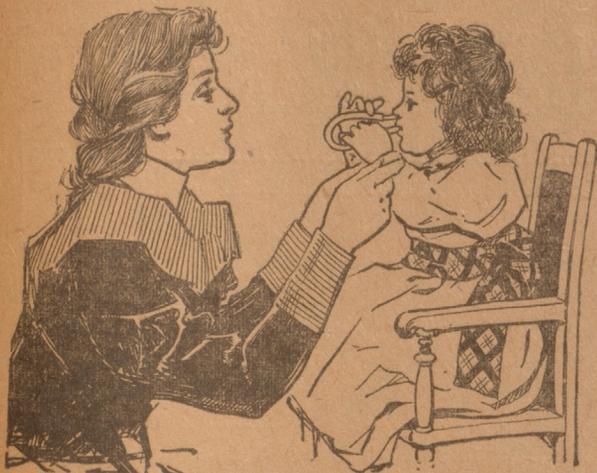
(Confirmed by: W. L. Allinson, Justice of the Peace and Notary Public, Wolfe Island Ont.)



# 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.





"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 relieve your catarrh."

It is Easy to Use  
**Dr. Chase's  
 Catarrh  
 Powder**

Blower is enclosed  
 in each box, Free

### 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.

### Offensive Breath

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

### Catarrh in Throat

Mr. A. D. Besserer, East Farnham, Que., writes:—"I had been troubled with nasal catarrh since I was a boy of fifteen years old, and now I am over sixty. I was treated by two of the best doctors in Montreal, also tried nearly every patent medicine in the market without success. The symptoms I had were hawking and spitting, dropping in the throat, offensive breath, stuffed up air passages. About two years ago a friend of mine advised me to try DR. CHASE'S CATARRH POWDER, so I bought a box and when I used it the first time, was surprised at the instant relief I got. I purchased four more boxes, and after using these I was so much better that I did not feel I required further treatment. I always keep a box on hand, however, and use it if I catch cold.

"I have also used DR. CHASE'S KIDNEY-LIVER PILLS and DR. CHASE'S OINTMENT, and cannot recommend them too highly.

"I have been a Justice of the Peace in the Township of Widdifield, North Bay, Ontario, for the last ten years, and only came down here lately."

#### OR GET ITS EARS PULLED

"Pa, why do they say in the market reports that wheat is nervous?"

"I guess, son, it is because it expects to be threshed."—*Row's Life*.

DAY OF MONTH	DAY OF WEEK	ZODIACAL SIGNS	WEATHER FORECASTS	Moon's Phases			Local Mean Time Ontario, Quebec and Maritime Provinces		
				Ont. and Que.	Mar. Prov.	Sun Rises	Sun Sets	Moon Sets	
Dec. 1922				d. h. m.	d. h. m.	h.m.	h.m.	h.m.	
1	F		Begins			7.17	4.20	4.08	
2	S		dull			7.18	4.20	5.08	
3	S		Clears			7.19	4.20	6.08	
4	M		and			7.20	4.19	rises	
5	T		is			7.22	4.19	5.50	
6	W		fine			7.23	4.19	6.46	
7	T		for			7.24	4.19	7.48	
8	F		days			7.25	4.18	8.53	
9	S					7.26	4.18	10.01	
10	S		Some			7.27	4.18	11.11	
11	M		snow			7.28	4.18	a.m.	
12	T		flurries			7.28	4.18	0.21	
13	W		but			7.29	4.18	1.32	
14	T		weather			7.30	4.19	2.44	
15	F		mild			7.31	4.19	3.56	
16	S					7.32	4.19	5.06	
17	S		Cloudy						
18	M		days			7.32	4.19	6.13	
19	T		are			7.33	4.20	sets	
20	W		follow-			7.34	4.20	5.58	
21	T		ed			7.34	4.20	6.59	
22	F		by			7.35	4.21	8.01	
23	S		fine			7.35	4.21	9.01	
			spell			7.36	4.22	10.01	
24	S								
25	M		Good			7.36	4.22	11.01	
26	T		fall			7.37	4.23	11.59	
27	W		of			7.37	4.24	a.m.	
28	T		snow			7.38	4.24	0.57	
29	F		Very			7.38	4.25	1.56	
30	S		fine			7.38	4.26	2.55	
						7.38	4.27	3.54	
31	S					7.38	4.27	4.53	



## "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 relieve you."

"I have tried enough things already. I don't think anything would help 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 permanently relieved 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."

## Health Undermined

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."

## Catarrh Ravages the Whole System

Constitutional as well as local treatment  
is necessary for the complete  
restoration of health

Though we firmly believe that there is no preparation extant which affords such prompt relief for the distressing symptoms of catarrh as DR. CHASE'S CATARRH POWDER, we recognize the necessity in the majority of cases of general treatment to rebuild the wasted tissues, and consequently desire to emphasize the importance of using DR. CHASE'S NERVE FOOD along with DR. CHASE'S CATARRH POWDER. This is the ideal treatment for catarrh, because while the Catarrh Powder clears and purifies the choked up air passages, relieves the pressure which causes headache, and heals the catarrhal ulcers on the membraneous linings, the NERVE FOOD enriches the blood, tones up the system and enables the constitution to entirely throw off the disease.

This combined treatment has proven so remarkably successful in scores of hundreds of chronic cases that we can, with unusual confidence, recommend it to all sufferers from catarrh. It is the easiest thing in the world to call catarrh "cold in the head" and to neglect treatment with the fond hope that the disease will gradually wear away. Unfortunately such is not the case. Each fresh cold adds new impetus to the disease, and slowly, but certainly, it fastens itself on the system until it becomes chronic and gradually eats out the life of its victim.

Dr. Chases Catarrh Powder is sent post-paid on receipt of 25 cts. a box. Ed-  
manson Bates & Co. Ltd. Toronto.

## Home Treatment

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

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

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

## Dr. Chase's Backache Plaster

relieves quickly—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, at all dealers, or Ed-  
manson, Bates & Co., Limited, Toronto.

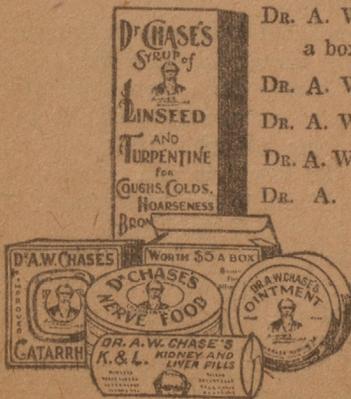
## Whooping Cough

Mrs. A. J. Rooth, Hepworth, Ont., writes:—"Five of my children had whooping cough and after trying all kinds of cough medicines I tried DR. CHASE'S LINSEED & TURPENTINE. They got along splendidly after that, and were soon running around again as well as ever. I also used DR. CHASE'S OINTMENT for the baby's eczema and scald head, and found it better than any thing else I tried."

## Croup

Mrs. H. J. GLAENEAN, Birch River, Man. writes:—"My little boy four years old, is subject to croup, and I use only DR. CHASE'S SYRUP OF LINSEED & TURPENTINE. I can recommend it as the best croup medicine I ever used—it is absolutely instant relief to the little sufferers."

## 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.

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

DR. A. W. CHASE'S SYRUP OF LINSEED AND TURPENTINE, 35 cents a bottle. Family size, three times as much, 75 cents. Can only be sent by mail or express at buyer's cost. Weight, 2lbs.

DR. A. W. CHASE'S LIVER MEDICINE, \$1.25. 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.



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 Barber's Itch and Eczema are permanently relieved.

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 unlike pore-clogging powders, it promotes healthful action of the pores of the skin, and therefore leaves the skin in perfect condition.



On page 37 you will find a coupon which entitles you to a free sample box of DR. CHASE'S OINTMENT. This will enable you to try out this great soothing, healing ointment without cost.

# 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'w't  
 20 Hundredw't... }  
 2000 lbs., Can... } 1 Ton  
 2240 lbs., Eng... }

## Paper

24 Sheets.....1 Quire  
 20 Quires.....1 Ream

## Apothecaries' Weight

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

## Troy Weight

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

## Cloth Measure

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

## Measure of Capacity

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

## Dry Measure

2 Pints.....1 Quart  
 4 Quarts.....1 Gallon  
 2 Gallons.....1 Peck  
 4 Pecks.....1 Bushel  
 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 }  
 365¼ 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.