

HANG ME UP *N. A. B.*

DR. A. W. CHASE'S CALENDAR ALMANAC

1934



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

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

PUBLISHED BY
THE DR. A. W. CHASE MEDICINE CO.
TORONTO CANADA LIMITED



Let Me Tell You My Experience

"As a nurse one soon gets on intimate footing in the home and receives many confidences. Based on this experience I am convinced that in these days of strain and worry every woman needs to give special attention to keeping her nerves in good condition.

"If one's nerves are exhausted one cannot see things in proper perspective and becomes irritable and nagging at home, listless in business and a burden to herself. Carelines and wrinkles are encouraged and she loses her youth and her attractiveness.

"So many cases have come to my attention in which Dr. Chase's Nerve Food has been the means of completely restoring health to women who were broken down nervously that I never lose an opportunity of recommending its use."



**Dr. Chase's
Nerve Food**

Restores Tired, Sleepless Nerves



Hello! Everybody



HAPPY NEW YEAR

ONCE again we bring you greetings for the New Year and best wishes for good health and happiness during 1934.

It is only necessary to look back a few years in order to recall the sunshine which came into the home when the family physician, Dr. A. W. Chase arrived.

He was a prince among doctors. Skilful to a degree and yet of a generous and kindly disposition which won the hearts of the children and their elders alike.

It is the mission of this Almanac to bring to you each year the remembrance of Dr. Chase and to remind you that his well-known medicines are more generally used than ever before and are everywhere maintaining the confidence which

people learned to have in Dr. Chase personally several years ago.

The Old Doctor

We always liked to have some trifling ill,
So we could send for him to come, and hear
His sprightly comment on things far and near,
Flavoured with kindness, like the sugared pill
He gave us for each slightest ache or chill;
And when there came a cause for graver fear,
We saw with hopes upheld by quickened cheer
His gaunt white pony toiling up the hill.
He held no cult of new and subtle arts,
Yet his keen skill their pretence might have
shamed;
Father-confessor to a thousand hearts,
He solved more woes than those their bodies
claimed.
Strong, human, wise, he eased their souls of pain,
And made both flesh and spirit whole again.

| Day of Month | Day of Week | Zodiac Signs | Weather Forecasts | Jan. 1934 | Moon's Phases | Ont. and Que. | | Mar. Provs. and Nfld. | | Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld. | | |
|--------------|-------------|--------------|-------------------|----------------|----------------------|---------------|------------|-----------------------|------------|--|---------------|-----------------|
| | | | | | | d. | h. m. | d. | h. m. | Sun Rises h.m. | Sun Sets h.m. | Moon Rises p.m. |
| 1 | M | ♈ | The | New Year's Day | ☾ Last Qtr. | 8 | 4 36 p.m. | 8 | 5 36 p.m. | 7.38 | 4.28 | 4.56 |
| 2 | T | ♉ | month | | ☽ New Moon. | 15 | 8 37 a.m. | 15 | 9 37 a.m. | 7.38 | 4.29 | 6.01 |
| 3 | W | ♊ | begins | | ☽ First Qtr. | 22 | 6 50 a.m. | 22 | 7 50 a.m. | 7.38 | 4.30 | 7.07 |
| 4 | T | ♈ | fair | | ☽ Full Moon. | 30 | 11 31 a.m. | 30 | 12 31 a.m. | 7.38 | 4.31 | 8.13 |
| 5 | F | ♉ | and | | | | | | | 7.38 | 4.32 | 9.19 |
| 6 | S | ♊ | mild. | Epiphany | | | | | | 7.38 | 4.33 | 10.25 |
| 7 | S | ♈ | Change- | | | | | | | 7.38 | 4.34 | 11.33 |
| 8 | M | ♉ | able | | | | | | | 7.38 | 4.35 | a.m. |
| 9 | T | ♊ | with | | | | | | | 7.38 | 4.37 | 0.44 |
| 10 | W | ♈ | cold | | | | | | | 7.38 | 4.38 | 1.58 |
| 11 | T | ♉ | rain | | | | | | | 7.37 | 4.39 | 3.17 |
| 12 | F | ♊ | or | | | | | | | 7.37 | 4.40 | 4.37 |
| 13 | S | ♈ | snow. | | | | | | | 7.37 | 4.42 | 5.52 |
| 14 | S | ♉ | | | | | | | | 7.36 | 4.43 | sets |
| 15 | M | ♊ | Wind | | | | | | | 7.36 | 4.44 | p.m. |
| 16 | T | ♈ | and | | | | | | | 7.35 | 4.45 | 6.04 |
| 17 | W | ♉ | rain | | | | | | | 7.35 | 4.46 | 7.27 |
| 18 | T | ♊ | a | | | | | | | 7.34 | 4.48 | 8.46 |
| 19 | F | ♈ | stormy | | | | | | | 7.33 | 4.49 | 10.01 |
| 20 | S | ♉ | week. | | | | | | | 7.33 | 4.50 | 11.14 |
| 21 | S | ♊ | Cold | | | | | | | 7.32 | 4.52 | a.m. |
| 22 | M | ♈ | with | | | | | | | 7.31 | 4.53 | 0.25 |
| 23 | T | ♉ | high | | | | | | | 7.30 | 4.55 | 1.34 |
| 24 | W | ♊ | winds, | | | | | | | 7.29 | 4.56 | 2.42 |
| 25 | T | ♈ | some | | | | | | | 7.28 | 4.57 | 3.47 |
| 26 | F | ♉ | snow- | | | | | | | 7.27 | 4.58 | 4.46 |
| 27 | S | ♊ | flurries. | | | | | | | 7.26 | 4.59 | 5.38 |
| 28 | S | ♈ | | | | | | | | 7.25 | 5.00 | 5.20 |
| 29 | M | ♉ | Month | | | | | | | 7.24 | 5.02 | rises |
| 30 | T | ♊ | ends | | | | | | | 7.23 | 5.04 | p.m. |
| 31 | W | ♈ | cold. | | | | | | | 7.22 | 5.05 | 6.04 |

Noting day, h.w. lost.

shipped two cases of Cream in Jan.



Always Tired

The most common ailment today is not, as many suppose, the common cold but the condition known under the rather long name of neurasthenia or loss of strength.

This is a chronic nervous condition which is marked by cold hands and feet, weak heart action, breathlessness with any unusual exertion, such as going up-stairs, chronic fatigue, nervousness, irritability and a strong tendency for taking colds, bronchial troubles or asthma.

Often strong in appearance, such people get little sympathy from others. Since they are easily tired by mental or physical effort, they feel themselves slipping and this leads to spells of "blues" and discouragement.

Medical examination shows no organic disease but blood pressure and pulse will likely be found abnormal. The skin lacks the glow of health and the blood fails to supply proper nutrition to the nervous system. Nervous energy has become exhausted and restorative treatment such as Dr. Chase's Nerve Food is required to build up new nerve force.

It will take a little time but you can be certain that with each dose of Dr. Chase's Nerve Food you are supplying

a certain amount of nutrition to the starved nerves. Day by day you will find yourself sleeping and resting better and gaining in energy, strength and ambition.

Desperate Effort

"Where's the cashier?"

"Gone to the races."

"Gone to the races in business hours?"

"Yes, sir, it's his last chance of making the books balance."

Young Husband.—"I can't stand this suspense any longer. It will kill me."

Doctor.—"Calm yourself, my dear sir. I've brought thousands of babies into the world and never lost a father yet."

Hard Times

"Well, old man, what are you doing in these days?"

"Selling furniture."

"Are you selling much?"

"Only my own, so far."

Silas.—"I didn't sleep very well last night."

Hiram.—"What was the matter?"

Silas.—"The shade was up."

Hiram.—"Why didn't you pull it down?"

Silas.—"I couldn't reach across the street."

Deserved

Henderson.—"You gave that cloak-room attendant a big tip, old boy."

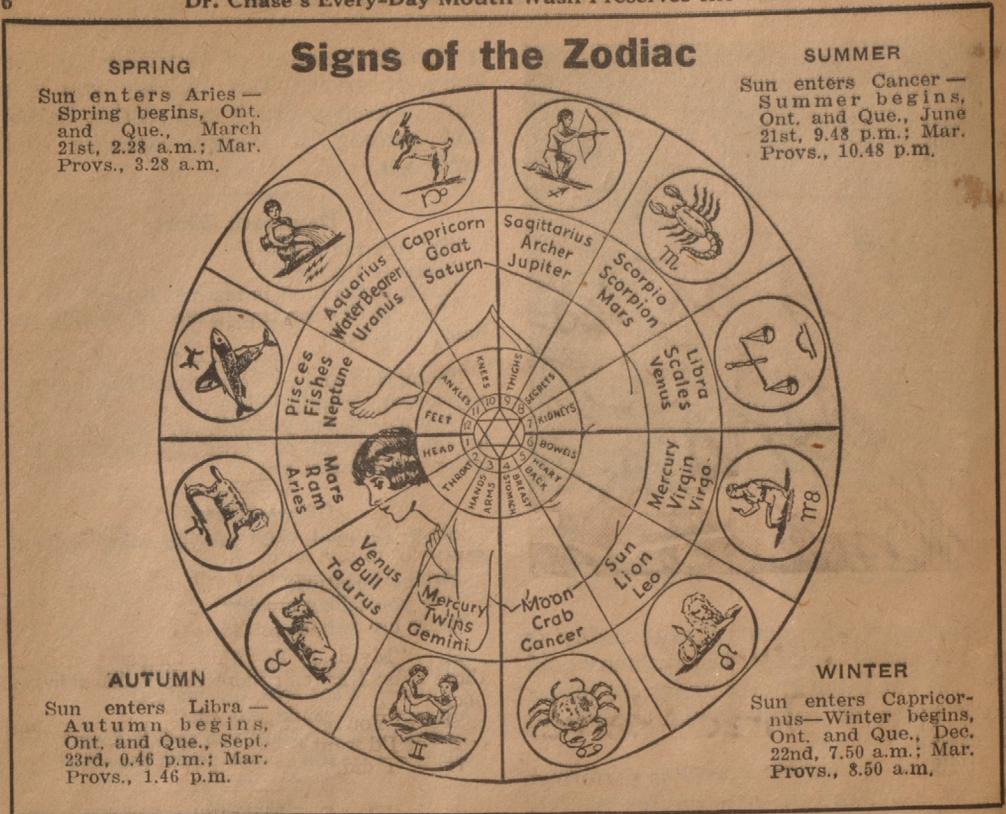
Johnson.—"Well, he gave me a good coat."

Is This Nerve Food For Men?

We are sometimes asked "Is Dr. Chase's Nerve Food for men as well as for women?" It most certainly is. Doctors agree that to-day more men than women suffer from nervous disorders.

Never was the strain on the nervous system so great. And never was the merit of Dr. Chase's Nerve Food as a restorative for the nerves so keenly appreciated.

Sleeplessness — tired feelings — headaches — nervous indigestion soon disappear when nerve force is restored to the body by this treatment.



1934

| | | | |
|--------------------|----|-------------------|----|
| Dominical Letter.. | G | Solar Cycle..... | 11 |
| Epact..... | 14 | Roman Indiction.. | 2 |
| Lunar Cycle or | | | |

Golden Number 16 | Julian Period.....6647

The year 5695 of the Jewish Era begins at sunset on September 9th, 1934, Gregorian Calendar.

The year 1353 of the Mohammedan Era or the Era of the Hegira begins at sunset on April 15th, 1934, Gregorian Calendar.

The 25th year of the reign of King George V. begins on May 6th, 1934.

The 159th year of the Independence of the United States begins July 4th, 1934.

The 68th year of the Dominion of Canada begins July 1st, 1934.

Eclipses

I.—A PARTIAL ECLIPSE OF THE MOON, January 30th, 1934, invisible in America, except in the extreme north-western part of North America.

II.—A TOTAL ECLIPSE OF THE SUN, February 13th and 14th, 1934. Invisible in America.

III.—A PARTIAL ECLIPSE OF THE MOON, July 26th, 1934. Invisible in America except in the extreme western and north-western part of North America.

IV.—AN ANNULAR ECLIPSE OF THE SUN, August 10th, 1934. Invisible in America.

One Method

Husband.—“We know, dear, we must economize.”

Wife.—“Why, George, that’s exactly what I’m doing. I’m buying practically everything on credit.”

Angler (to rival proudly displaying catch).—“Thank goodness, you’ve caught him. I’m tired of throwing the little beggar back.”

Deceiving Looks

Tommy came home looking rather dishevelled and bruised. “I thought I told you only to play with good boys,” said his mother. “Good little boys never fight.”

“Well,” answered Tommy, “I thought Charlie Johnson was a good little boy till I hit him.”



by the use of Dr. Chase's Nerve Food. Through the medium of the blood this great restorative nourishes the depleted nerves back to health and vigor. In this way it instills new nerve force into the body and thereby supplies the energy which runs the mental and physical machinery.

Ambition

"And are you really satisfied with walking about the country begging?" asked the housewife.

"No, ma'am," replied the tramp. "I'll soon have enough money saved up to buy a second-hand car."

Not Themselves

She.—"I don't care for men. In fact I've said 'No' to several of them."

He.—"What were they selling?"

Preparedness

He.—"My dear, it's no use for you to look at those hats; I haven't more than a dollar in my pocket."

She.—"You might have known when we came out that I'd want to buy a few things."

He.—"I did."

The Quick and the Dead

"If there were four flies on a table and I killed one, how many would be left?" inquired the teacher.

"One," answered the bright little girl. "The dead one."

Do You Say These Things

"I don't know what has happened to me. I used to be so well. But now, I can't sleep. I've lost my old zest. I'm tired most of the time and often nervous and irritable."

It is time to take definite action. You are headed for a nervous breakdown which may be mental as well as physical. Nervous disorders do not right themselves. It is necessary to restore the vital nerve force by such invigorating treatment as Dr. Chase's Nerve Food.

Neurasthenia or Tired Nerves

Every action of the body is performed by the expenditure of nerve force. Not only such actions as walking or talking but also the functioning of the vital organs. The heart, the lungs, the stomach, the filtering and excretory organs are all dependent on nerve force for motive power.

So when you are chronically tired and indisposed to work and action, the vital organs are also sluggish and you are really sick.

In health the nerve force is sufficient for ordinary demands but when by over-exertion, long strain or as a result of worry and anxiety the nerve force is greatly exhausted you are facing a nervous breakdown, or in other words a slowly developing paralysis.

Unfortunately nervous disorders do not right themselves. It is absolutely necessary for you to employ definite means of building up new nerve force.

Rest and change of scene are helpful but you can very greatly hasten recovery

Stomach troubles are relieved by Dr. Chase's Kidney-Liver Pills

| Day of Month | Day of Week | Zodiac Signs | Weather Forecasts | Feb. 1934 | | Moon's Phases | | Ont. and Que. | | Mar. Provs. and Nfld. | | Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld. | | | | | |
|--------------|-------------|--------------|---------------------|-----------|-------|-----------------|-------|---------------|-------|-----------------------|-------|--|---------------|-----------------|------|------|-------|
| | | | | d. | h. m. | d. | h. m. | d. | h. m. | d. | h. m. | Sun Rises h.m. | Sun Sets h.m. | Moon Rises p.m. | | | |
| 1 | T | ♈ | Comes | | | ☾ Last Qtr.... | 7 | 4 | 22 | a.m. | ☽ 7 | 5 | 22 | a.m. | 7.20 | 5.12 | 7.11 |
| 2 | F | ♉ | in | | | ☾ New Moon... | 13 | 7 | 43 | p.m. | ☽ 13 | 8 | 43 | p.m. | 7.19 | 5.13 | 8.17 |
| 3 | S | ♊ | cold. | | | ☽ First Qtr.... | 21 | 1 | 5 | a.m. | ☽ 21 | 2 | 5 | a.m. | 7.18 | 5.14 | 9.24 |
| 4 | S | ♈ | Fair | | | | | | | | | | | | 7.17 | 5.15 | 10.33 |
| 5 | M | ♉ | and | | | | | | | | | | | | 7.16 | 5.16 | 11.46 |
| 6 | T | ♊ | cold | | | | | | | | | | | | 7.15 | 5.16 | a.m. |
| 7 | W | ♈ | unless | | | | | | | | | | | | 7.13 | 5.17 | 1.00 |
| 8 | T | ♉ | wind | | | | | | | | | | | | 7.12 | 5.18 | 2.17 |
| 9 | F | ♊ | turns | | | | | | | | | | | | 7.11 | 5.19 | 3.32 |
| 10 | S | ♈ | south or southwest. | | | | | | | | | | | | 7.10 | 5.20 | 4.39 |
| 11 | S | ♉ | Change- | | | | | | | | | | | | 7.08 | 5.22 | 5.33 |
| 12 | M | ♊ | able | | | | | | | | | | | | 7.06 | 5.23 | sets |
| 13 | T | ♈ | but | | | | | | | | | | | | 7.04 | 5.24 | p.m. |
| 14 | W | ♉ | mostly | | | | | | | | | | | | 7.03 | 5.26 | 6.16 |
| 15 | T | ♊ | clear | | | | | | | | | | | | 7.02 | 5.27 | 7.35 |
| 16 | F | ♈ | and | | | | | | | | | | | | 7.01 | 5.28 | 8.50 |
| 17 | S | ♉ | cold. | | | | | | | | | | | | 7.00 | 5.30 | 10.04 |
| 18 | S | ♊ | Extreme | | | | | | | | | | | | 6.59 | 5.31 | 11.17 |
| 19 | M | ♈ | cold | | | | | | | | | | | | 6.57 | 5.33 | a.m. |
| 20 | T | ♉ | is | | | | | | | | | | | | 6.55 | 5.34 | 0.28 |
| 21 | W | ♊ | followed | | | | | | | | | | | | 6.54 | 5.35 | 1.35 |
| 22 | T | ♈ | by | | | | | | | | | | | | 6.52 | 5.36 | 2.38 |
| 23 | F | ♉ | high | | | | | | | | | | | | 6.50 | 5.37 | 3.32 |
| 24 | S | ♊ | winds. | | | | | | | | | | | | 6.48 | 5.39 | 4.18 |
| 25 | S | ♈ | | | | | | | | | | | | | 6.46 | 5.41 | 4.56 |
| 26 | M | ♉ | Month | | | | | | | | | | | | 6.44 | 5.43 | 5.26 |
| 27 | T | ♊ | ends | | | | | | | | | | | | 6.42 | 5.45 | 5.50 |
| 28 | W | ♈ | mild. | | | | | | | | | | | | 6.41 | 5.46 | 6.12 |

Papa & I went East

Quinquagesima (Shrove Sunday)

Ash Wednesday

very very cold

*castles built by the sea
27 years ago*



In Quest of Health

Nerve force is the most important thing in life. Whether you are a brain worker or depend more on the muscles, you are absolutely dependent on Nerve Force for the energy and controlling power.

The great British authority on the nerves states:—"It is my belief that the greatest single factor in the maintenance of health is that the nerves be in order."

In addition to the devastating effect of modern civilization, with all the hurry and turmoil, there has now been some years of intense worry and anxiety to further undermine the nervous systems of the present generation. Is it any wonder that there are so many sudden deaths and so many cases of insanity and suicide.

These are the warnings. We have to fortify the nerves by restorative treatment such as Dr. Chase's Nerve Food. No treatment has done so much to help tired, nervous, sleepless men and women back to the happiness of healthful living.

Name, Please

The Youth.—"Your teeth are like pearls."

The Girl.—"Pearl who?"

Mother's Cares Fade Away

Why does one mother drag herself listlessly through the day while across the street another sparkles with life and youth and beauty?

In most cases it is because the second mother has learned how to keep her health at high water mark and to have an abundance of energy and strength.

She can probably look back to a time when she was nervous, irritable and discouraged—when the noise of the children jarred on her nerves and nothing seemed to go right.

Then a friend told her about Dr. Chase's Nerve Food and after patient treatment and a determination to regain health and happiness she finally won out by the help of this treatment and can now laugh in the face of trivial cares and worries.

Aha!

He.—"I've been trying to think of a word for two weeks."

She.—"How about fortnight?"

Lady (reading sign in kangaroo cage, *Native of Australia*).—"And my sister just wrote and said she married one of them!"

This Will Lighten Your Burden

When you become cast down with depression and begin to feel that life is a burden too heavy for you to bear try this remedy.

Seek the open air and sunlight and walk, walk, walk. You can walk your troubles away.

The physical tiredness will drive away the mental strain. It will give you a good supply of rich blood to help relieve the nervous tension.

The Four Critical Periods in Human Life

There are four critical periods in everybody's life when nervous breakdown is most likely to come.

1. Early school days when the strain of rigid discipline and changed conditions of life cause emotional disturbances.

2. The adolescent age, 12 to 17, the most critical period of all when boys and girls become men and women. It is during this time that most cases of insanity begin. The condition of the nervous system and general health should be carefully watched and restorative treatment freely used while the important physiological changes are taking place.

3. Marriage brings added stress and responsibilities. There is the burden of motherhood and for fathers the financial worries. In times of economic distress the burden often becomes more than parents can bear and even though normally healthy they fall victims of nervous breakdown.

4. The dangerous age, the period represented by change of life. It is a time when the emotions become upset and women often develop a nervous breakdown. Men, also, at this time of life are liable to break



down under any unusual family trouble or business strain.

Especially at these times of life Dr. Chase's Nerve Food proves itself of incalculable value as a means of creating new nerve force and fortifying the nervous system. It soon restores vitality, confidence and robust health.

Dr. Chase's Nerve Food

Restores Tired, Sleepless Nerves



Has Your Child Talent As An Artist?

**HERE IS A GOOD OPPORTUNITY TO FIND OUT AND ALSO TO WIN
A PRIZE WHICH MAY BE AN INCENTIVE TO FURTHER EFFORT.**

What a joy it is to the father and mother whose boy or girl shows special talent with pencil or crayon. Many children show a natural ability in free hand drawing at an early age. For a time their efforts are encouraged but too often parents lose interest after the novelty wears off and the talent is allowed to waste.

The object of this contest is to encourage children to make a real effort to produce a worth-while portrait. While the competition is confined to children it is quite in order to ask for criticism and suggestions from the parents, or to seek the advice of the school teacher, who may wish to take this up in the class room. Several drawings may be made and then the best one entered in the contest.



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

\$100.00

In Cash Prizes

For the best portrait of Dr. Chase drawn by boys or girls not over 16 years of age. Everyone who enters the contest will receive an interesting present whether or not he or she may win a prize.

RULES

1. While the portrait produced here is given as a basis the drawing need not follow this style closely so long as it is a good likeness of Dr. Chase.
2. The portrait entered must not be less than 4 inches wide and 5 inches deep and must not be a tracing.
3. All entries must be received at these offices not later than February 15th, 1934.
4. A present will be sent on receipt of portrait. Awards will be announced as early as possible after the contest closes.

The DR. A. W. CHASE MEDICINE Co., Limited
Toronto - - Canada

PRIZES

| | |
|-----------------|---------|
| First Prize | \$25.00 |
| Second " | 10.00 |
| Third " | 5.00 |
| Ten Prizes Each | 2.00 |
| Forty " " | 1.00 |

Restore the depleted nerves with Dr. Chase's Nerve Food

| Day of Month | Day of Week | Zodiac Signs | Weather Forecasts | Mar. 1934 | | Moon's Phases | | Ont. and Que. | | Mar. Provs. and Nfld. | | Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld. | | |
|--------------|-------------|--------------|-------------------|-----------|--|----------------|---------------|---------------|----------|-----------------------|----------|--|----------|------------|
| | | | | | | ⊕ Full Moon... | ⊙ New Moon... | d. h. m. | d. h. m. | d. h. m. | d. h. m. | Sun Rises | Sun Sets | Moon Rises |
| 1 | T | ♈ | Comes | | | 1 | 5 | 26 a.m. | 1 | 6 | 26 a.m. | 6.39 | 5.47 | 6.07 |
| 2 | F | ♈ | in | | | 8 | 1 | 6 p.m. | 8 | 2 | 6 p.m. | 6.38 | 5.48 | 7.14 |
| 3 | S | ♈ | wet. | | | 15 | 7 | 8 a.m. | 15 | 8 | 8 a.m. | 6.37 | 5.49 | 8.24 |
| 4 | S | ♈ | | | | 22 | 8 | 44 p.m. | 22 | 9 | 44 p.m. | 6.35 | 5.50 | 9.36 |
| 5 | M | ♈ | Heavy | | | 30 | 8 | 14 p.m. | 30 | 9 | 14 p.m. | 6.33 | 5.51 | 10.50 |
| 6 | T | ♈ | snow- | | | | | | | | | 6.31 | 5.52 | a.m. |
| 7 | W | ♈ | falls | | | | | | | | | 6.29 | 5.54 | 0.06 |
| 8 | T | ♈ | block | | | | | | | | | 6.28 | 5.55 | 1.21 |
| 9 | F | ♈ | country | | | | | | | | | 6.26 | 5.56 | 2.29 |
| 10 | S | ♈ | roads. | | | | | | | | | 6.24 | 5.57 | 3.26 |
| 11 | S | ♈ | | | | | | | | | | 6.22 | 5.59 | 4.11 |
| 12 | M | ♈ | Con- | | | | | | | | | 6.20 | 6.01 | 4.46 |
| 13 | T | ♈ | tinues | | | | | | | | | 6.18 | 6.03 | sets |
| 14 | W | ♈ | stormy | | | | | | | | | 6.16 | 6.05 | p.m. |
| 15 | T | ♈ | and | | | | | | | | | 6.14 | 6.06 | 6.24 |
| 16 | F | ♈ | mostly | | | | | | | | | 6.12 | 6.07 | 7.39 |
| 17 | S | ♈ | cold. | | | | | | | | | 6.11 | 6.08 | 8.54 |
| 18 | S | ♈ | | | | | | | | | | 6.09 | 6.09 | 10.07 |
| 19 | M | ♈ | Mild | | | | | | | | | 6.07 | 6.11 | 11.17 |
| 20 | T | ♈ | spell | | | | | | | | | 6.05 | 6.12 | a.m. |
| 21 | W | ♈ | is | | | | | | | | | 6.03 | 6.13 | 0.23 |
| 22 | T | ♈ | followed | | | | | | | | | 6.01 | 6.14 | 1.22 |
| 23 | F | ♈ | by | | | | | | | | | 5.59 | 6.15 | 2.12 |
| 24 | S | ♈ | more | | | | | | | | | 5.58 | 6.17 | 2.53 |
| 25 | S | ♈ | frost. | | | | | | | | | 5.56 | 6.18 | 3.26 |
| 26 | M | ♈ | Keeps | | | | | | | | | 5.54 | 6.19 | 3.53 |
| 27 | T | ♈ | very | | | | | | | | | 5.52 | 6.20 | 4.15 |
| 28 | W | ♈ | back- | | | | | | | | | 5.50 | 6.21 | rises |
| 29 | T | ♈ | ward | | | | | | | | | 5.48 | 6.22 | p.m. |
| 30 | F | ♈ | for | | | | | | | | | 5.46 | 6.23 | 6.09 |
| 31 | S | ♈ | this | | | | | | | | | 5.44 | 6.24 | 7.21 |
| | | | date. | | | | | | | | | | | |

Lemonia Canine House

St. Patrick planted tomatoes

at Lemonia Mc Intyre's

finished 10 weeks

made a chum

very cold

little Phylis Muehe died

Palm Sunday Rory Malcom was buried

planted tomatoes

Good Friday

First Day of Passover



Vital Health Gives Personal Charm

Every woman wants to be beautiful but few, perhaps, really appreciate the close connection between vital health and personal charm.

A woman may be charming without perfection of features because real attractive personality depends so largely on vitality, animation and sound health of mind and body.

Many women quite rightly attribute much of their charm to the use of Dr. Chase's Nerve Food because it has enabled them to rid themselves of tired, languid feelings which brought worried looks and wrinkles. It enabled them to rest and sleep well and sound sleep is the greatest of beautifiers. By making the blood rich and red it brought a healthful glow to the complexion and that vivacity of manner which is one of woman's greatest charms.

No Marketing Necessary

"Liza," said Rastus, her darker half, "I favors a chicken dinner to-morrow."

"Now dat's too bad," replied Liza. "I'se 'traid de stores am all closed by now—it's after 9 o'clock."

"I specks so," agreed Rastus. "Did you aim to buy sompin'?"

The Climax

The famous poet, Walt Whitman, foresaw the tremendous increase in nervous disorders when he wrote as follows:—

"Go on, my dear Americans, whip your horses to the utmost—excitement! money! politics!—open all your valves and let her go—swing, whirl with the rest—you will soon get under such momentum you can't stop if you would. Only make provision betimes, old states and new states, for several thousand insane asylums. You are in a fair way to create a whole nation of lunatics."

One of the penalties of our complex civilization with its high pressure living is the enormous increase in nervous disorders.

Nervous exhaustion may be described as chronic fatigue—you are always tired and cannot get rested. You cannot sleep—memory fails you and you feel the approach of a nervous breakdown.

You can call a halt to nervous disorders by using Dr. Chase's Nerve Food to restore nerve force to the system.

Ask your doctor or druggist.

Have You Lost Your "Punch"

The worry and disappointments of recent months have broken down the spirits and the nervous systems of many a man and many a woman. Worry and sleeplessness consume enormous quantities of nerve force and the result is headaches, indigestion and general discouragement.

But you can restore the nerve force—you can banish sleeplessness and headaches—you can regain new hope and confidence by using Dr. Chase's Nerve Food.

Over a long period of years, hundreds of thousands of men and women have trusted to Dr. Chase's Nerve Food.

Nerve Force and Electricity

The vital energy known as nerve force and which is carried through the body by the myriad of nerve fibres is often likened to electricity. Like electricity it is unseen and little understood. It is as necessary for the functioning of the bodily organs as is the electric current which make the motor operate.

But where does this nerve force come from? It is created in the brain and nerve centres from blood which supplies the essential ingredients in the form of nourishment.

Without this electric current or nerve force the body and its organs would be a helpless mass of bones and tissues

This explanation may help to make clear the absolute necessity of supplying the necessary nutrition to the nervous system if health and strength and mentality is to be maintained. When the nerves are starved there must of necessity follow mental and bodily helplessness and disorders.

Because Dr. Chase's Nerve Food supplies in condensed and easily assimilated form the ingredients from which rich, red blood is formed it has proven a most prompt treatment for disorders of the nervous system.

Silence is Golden

Politician.—“Congratulate me, dear; I was elected.”

His Wife.—“Honestly?”

Politician.—“Why bring that up?”

“Eliza,” said a friend of the family to the old colored washwoman, “have you seen Miss Edith's fiance?”

“No, ma'am. It ain't been in the wash yet.”

Neither those who do not believe it is not socially incorrect to refuse to accept misplaced flattery nor those who believe the contrary will admit they are not right.

What, if anything, is the meaning of the foregoing sentence?

Willing

Rastus.—“You say anything to me, big boy, and I'll make you eat yo' words.”

Mose.—“Chicken dumplin's, hot biscuits an' watermelon.”

Lady.—“This milk isn't good any more.”

Milkman.—“I know it, lady. Our cows haven't been contented since they tore down the tobacco sign with the handsome bull on it.”

A nervous old lady was buying a portable wireless set.

“Now do you definitely assure me,” she asked, looking anxiously at the instrument, “that I shan't get a shock?”

“Madam,” said the assistant impressively, “I do definitely assure you that you won't get a shock—until you hear some of the programs.”

The Health of Your Child

It is during childhood that vital, vigorous health can be made a habit. This is the one period in life when a strong, beautiful body may be acquired. It is the time when is largely determined the health of a life time.

The pale, puny, nervous child of ten develops into the shiftless, inefficient, semi-invalid unless some step is taken to build up the vigor of the growing body.

Malnutrition is the chief source of trouble and malnutrition is not by any means confined to the home of the poor. The child in the well-to-do, or wealthy home often acquires bad habits of eating and does not eat enough of wholesome, blood-forming foods. Rickets or St. Vitus' dance may develop or the child may merely become weak and nervous and fail to properly develop in body and in mind.

Whether at this age or a little later when the child is developing into manhood or womanhood, Dr. Chase's Nerve Food will prove of astonishing benefit in building up the vigor of mind and body. New nerve force is instilled into the body and in a surprisingly short time the child's nature is entirely changed.



"Every spring for 30 years I have used Dr. Chase's Nerve Food to enrich the blood and tone up the system."

World's Smartest Man

Teacher.—"Who was the world's smartest man?"

Boy.—"Thomas Edison. He invented the phonograph and radio so that people would stay up all night and use his electric light bulbs."

"But surely you didn't tell him straight out that you loved him?"

"Goodness, no! He had to squeeze it out of me."

"Whenever I find myself getting nervous and irritable I always start in taking Dr. Chase's Nerve Food and use it until good health and good humor are restored."

Ancient History of Bridge

Adam was the first to be short-suited.

Cæsar took Cleopatra out.

Solomon bid on some guarded Queens.

Noah drew pairs and sat on the deck.

The young bride said sadly: "Men are too mean for anything."

"What's the trouble now?" asked her best friend.

"Why, I asked John for a motor-car to-day, and he said that I must be content with the splendid carriage that Nature had given me."

Your Face Tells the Story

A look in the mirror will show you how the condition of your health is read by those you meet.

A dull, muddy complexion, pimples and blemishes, dryness and harshness of the skin, tell of constipation and inactivity of the liver.

You have noted other indications of trouble, such as, headaches and pains caused by the poison in the blood, tired feelings and other discomforts.

The use of Dr. Chase's Kidney-Liver Pills will arouse the activity of the liver and bowels, rid the poisons from the blood and restore the glow of health to the skin. A few days use will prove the value of this treatment.

Cost of Piping

The colored preacher was talking to his congregation about free salvation. Finally he asked brother Smith to take up the collection. At this point an old darky got to his feet and said: "Parson, I thought you said that salvation was free—free as the water we drink!"

"Salvation is free, brother," replied the preacher. "It's free and water is free, but when we pipes it to you, you have to pay for the piping."

Iron Restores Color to the Blood

Iron is the chief constituent of the blood. It gives the blood its colour. Hence pallor of lips and gums indicate lack of iron in the blood. In old age the blood is usually lacking in iron. The vital blood-forming organs are deteriorating.

One of the main ingredients of Dr. Chase's Nerve Food is iron in an easily assimilated form. Hence its established success as a treatment for anæmia and the bloodlessness of aged people. There are other ingredients of equal value which help to make this great restorative effective as a means of restoring richness to the blood.



Health as a Basis of Happy Marriage

How many girls who are looking forward to marriage realize the importance of vital womanhood as the foundation of happiness in wedded life.

The girl who is weak and anæmic, tired and listless and with just enough blood to keep alive, should not think of marriage until the quality and quantity of her blood is restored.

The girl who is nervous and irritable, subject to frequent headaches and spells of despondency is wise if she delays marriage until she has built up the exhausted nervous system.

In either case Dr. Chase's Nerve Food is the treatment indicated because it goes directly to the formation of rich, red blood and the restoration of the vital nerve force. Married women, everywhere, will tell you of the splendid benefits obtained by the use of Dr. Chase's Nerve Food in maintaining vital womanhood.

"They say a garden keeps a woman out of mischief."

"It didn't do much for Eve."

"In the Fall I always use Dr. Chase's Nerve Food to fortify the system against winter's ills and always get the same good results."

Quenched

Romeo (throwing himself on his knees).—"Light of my life! Star of my existence! Hope of—"

Juliet.—"Aw, dowse the glimmer, kid, an' while you're down there, button my shoe."

Mrs. O'Reilly.—"An' what are ye going to name the bybe?"

Mrs. Mulcahey.—"We'll name her Hazel."

Mrs. O'Reilly.—"What! With twenty-five saints to choose from ye name her after a nut?"

"I am subject to anæmia and nervous disorders and always keep Dr. Chase's Nerve Food in the house to restore the blood and the nerves."

The Wrong Implement

Irritable husband (to wife driving a nail).—"However do you expect to knock a nail in the wall with a clothes brush? For goodness sake use your head, dear!"

Mary, aged four, paying a visit to a friend with her mother, who is of a talkative nature, got tired and began to inquire about going home.

Her mother rebuked her, and said, "it is very rude to interrupt while I am speaking; you should wait until I have finished."

"But," said Mary sadly, "you don't finish."

To Ward off Old Age

Age is not so much a matter of years as of defective circulation of the blood. Overeating and lack of exercise brings constipation and that in turn interferes with digestion and the elimination of poisons. These poisons irritate the linings of the arteries and cause them to harden, shrink in size and become blocked.

To prevent the development of this condition the filtering and eliminating organs must be kept healthy and active. Dr. Chase's Kidney-Liver Pills quickly arouse the action of the liver, kidneys and bowels, and thereby rid the system of the poisonous impurities which bring disease and old age.

Three Causes of Common Ills

The eating of too much food, the breathing of impure air and the taking of too little exercise are responsible for many of our common ill.

You know how weak the muscles of the arms and legs become when you are not working or taking exercise. Exactly the same thing happens to the muscles of the bodily organs such as the heart, the stomach, the liver, the kidneys and the intestines.

These organs become weak and sluggish in action, and the whole system is filled with poisonous impurities. As a result we suffer from indigestion, pains and aches, high blood pressure and serious heart affections.

If you fail to exercise it is necessary to use such treatment as Dr. Chase's Kidney-Liver Pills to arouse the activity of the liver, kidneys and bowels and thereby to sweep the poisons from the body. By using Dr. Chase's Kidney-Liver Pills you restore the vigor of these vital organs and remove the cause of discomfort as well as serious disease.

Argument for Industry

Old Hen.—"I'll give you a piece of good advice."

Young Hen.—"What is it?"

Old Hen.—"An egg a day keeps the butcher away!"

"Professor, a man wishes to speak to you."

"Tell him I am out."

"I did, but he would not go."

"Send him to me and I will tell him myself."

Young Wife.—"If this is an all-wool rug, why is it labeled 'cotton'?"

Shop Assistant.—(confidentially)—"That, madam, is to deceive the moths!"

Good Training

A lady was entertaining her friend's small son. "Are you quite sure you can cut your meat, Tommy?" she asked. "Yes, thank you," replied Tommy, without looking up. "We often have it as tough as this at home."



"Now don't you forget my Nerve Food"

It is the busy woman of today, nearly always overworked, who needs and values Dr. Chase's Nerve Food most highly.

It soon brings relief from nervous irritability and that "all in" feeling which comes with the care of children and the work and worry consequent on looking after the home.

One lady writes:—"Dr. Chase's Nerve Food is used mostly for a run down nervous condition, when nerves and heart and brain seem to have reached the breaking point."

What comfort comes with the restoration of nerve force by use of this great restorative. You rest and sleep well, headaches disappear and you regain the vigor which enables you to laugh at your nervous breakdown.

Why delay a single day when good health is within your reach.

Not Long

"We all owe something to our country," says an M.P.

"Yes, but the income tax people won't let us do so for long."

Chronic Fatigue or Exhaustion

Nervous exhaustion may be described as chronic fatigue—fatigue for which there seems to be no rest until the condition of the nerves is improved.

One of the penalties of our complex civilization with its high pressure of living is the enormous increase of nervous disorders.

There comes failing memory, difficulty in concentrating the mind; you become nervous, irritable and impatient; you cannot rest or sleep, indigestion is experienced, and you may have palpitation of the heart.

You are threatened with a complete nervous breakdown unless active means of restoring the nerve force is resorted to. Rest, of course, is essential but it is

equally necessary to use such treatment as Dr. Chase's Nerve Food to restore vigor to the depleted nervous system.

In Dire Need

"Do I really need brushing off?" asked the passenger in the Pullman.

"Does you!" exclaimed the porter, with great emphasis. "Boss, I'se broke!"

All Set

Farmer.—"I've arranged so as not to be caught by any drought next summer."

Friend.—"What have you done?"

Farmer.—"I've planted onions and potatoes in alternate rows. The onions will make the potatoes' eyes water and irrigate the soil."

A Smile

Teacher.—"Who can name one important thing we have now that we did not have 100 years ago?"

Student.—"Me."

"You are the most beautiful girl I've ever seen! I long to hold you in my arms, to caress you, to kiss your eyes, your hair, your lips—to whisper in your ear, 'I love you!'"

"Well, I dare say it can be arranged."

The Business Girl

Do you realize that your nerves govern your health—your success—your happiness?

You have no energy or pep if your nerves are not in good condition. Your memory fails and you cannot think quickly and clearly. You feel tired and wornout and cannot get the sleep which is so necessary for your restoration.

Unless you seek relief in the use of such treatment as Dr. Chase's Nerve Food you are courting disaster in the form of a nervous breakdown.

Nervous disorders are comparatively easy to prevent and check by use of this great nerve restorative. The struggle back from a complete breakdown is at best a slow, tedious process. Prevention is best.



| Day of Month | Day of Week | Zodiac Signs | Weather Forecasts | May 1934 | | Moon's Phases | | Ont. and Que. | | Mar. Provs. and Nfld. | | Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld. | | | |
|--------------|-------------|--------------|-------------------|---|---|---------------|-------|---------------|-------|-----------------------|-------|--|---------------|-----------------|-------|
| | | | | ☾ | ☽ | d. | h. m. | d. | h. m. | d. | h. m. | Sun Rises h.m. | Sun Sets h.m. | Moon Rises p.m. | |
| 1 | T | ♈ | Bright | | | | | | | | | 4.51 | 7.04 | 10.08 | |
| 2 | W | ♈ | sun- | <i>planted first Callis.</i> | | | | | | | | | 4.50 | 7.05 | 11.14 |
| 3 | T | ♉ | shiny | | | | | | | | | | 4.48 | 7.06 | a.m. |
| 4 | F | ♉ | weath- | <i>sowed the wheat.</i> | | | | | | | | | 4.46 | 7.07 | 0.07 |
| 5 | S | ♊ | er. | | | | | | | | | | 4.44 | 7.08 | 0.48 |
| 6 | S | ♊ | Con- | Accession of King George V..... | | | | | | | | | 4.43 | 7.10 | 1.19 |
| 7 | M | ♊ | tinues | | | | | | | | | | 4.41 | 7.11 | 1.45 |
| 8 | T | ♋ | fair | | | | | | | | | | 4.40 | 7.12 | 2.07 |
| 9 | W | ♋ | and | | | | | | | | | | 4.39 | 7.14 | 2.27 |
| 10 | T | ♋ | warm | Ascension Day <i>W. m. S. Pterygeria.</i> | | | | | | | | | 4.38 | 7.15 | sets |
| 11 | F | ♋ | this | | | | | | | | | | 4.37 | 7.16 | p.m. |
| 12 | S | ♌ | week. | | | | | | | | | | 4.35 | 7.17 | 6.41 |
| 13 | S | ♌ | Change- | | | | | | | | | | 4.34 | 7.18 | 7.51 |
| 14 | M | ♌ | able | | | | | | | | | | 4.33 | 7.19 | 8.56 |
| 15 | T | ♌ | with | | | | | | | | | | 4.32 | 7.20 | 9.54 |
| 16 | W | ♌ | many | | | | | | | | | | 4.31 | 7.21 | 10.42 |
| 17 | T | ♌ | show- | | | | | | | | | | 4.30 | 7.21 | 11.22 |
| 18 | F | ♌ | ery | <i>planted last potatoes.</i> | | | | | | | | | 4.29 | 7.22 | 11.53 |
| 19 | S | ♍ | days. | <i>One Lemons are up.</i> | | | | | | | | | 4.28 | 7.24 | a.m. |
| 20 | S | ♍ | Some | Pentecost (Whit Sunday)..... | | | | | | | | | 4.27 | 7.26 | 0.19 |
| 21 | M | ♍ | high | <i>sitting King</i> | | | | | | | | | 4.26 | 7.28 | 0.40 |
| 22 | T | ♍ | winds | | | | | | | | | | 4.25 | 7.29 | 1.00 |
| 23 | W | ♍ | and | | | | | | | | | | 4.24 | 7.30 | 1.18 |
| 24 | T | ♎ | un- | Victoria Day..... | | | | | | | | | 4.23 | 7.31 | 1.36 |
| 25 | F | ♎ | pleasant | | | | | | | | | | 4.22 | 7.32 | rises |
| 26 | S | ♎ | weather. | <i>sowed corn.</i> | | | | | | | | | 4.21 | 7.33 | p.m. |
| 27 | S | ♎ | Becomes | | | | | | | | | | 4.20 | 7.34 | 6.27 |
| 28 | M | ♎ | warm | | | | | | | | | | 4.20 | 7.35 | 7.46 |
| 29 | T | ♎ | and | | | | | | | | | | 4.19 | 7.36 | 8.58 |
| 30 | W | ♏ | ends | | | | | | | | | | 4.18 | 7.37 | 9.58 |
| 31 | T | ♏ | fair. | Corpus Christi..... | | | | | | | | | 4.17 | 7.38 | 10.45 |



Spring is Here

Once again all Nature is renewing its youth. The buds on the trees are bursting, flowers are beginning to bloom, the birds are singing their welcome to Spring.

Are you in accord with the grand spring song? Or are you feeling the ill effects of a winter spent too much indoors and with too little fresh air and exercise?

Tired feelings tell of poisons in the blood. Pallor and weakness indicate an anæmic condition—bloodlessness.

Most people need a tonic in the spring, such as Dr. Chase's Nerve Food, to enrich the blood and restore nerve force to the body. You will not be using this great restorative long before you, too, will be able to join in the spirit of gladness which comes with this happy season of rejuvenation.

Cash Preferred

Rich Suitor.—“I—er—suppose you are aware that I've been making advances to your daughter.”

Impecunious Father (extending hand).—“Yes; put it there, son. And now what about her poor old father?”

“Folks,” said the colored minister, “the subject of my sermon this evening an ‘Liars.’ How many in the congregation has done read the 69th chapter of Matthew?” Nearly every hand in the audience was raised. “Dat's right,” said his reverence. “You is just the folks I want to preach to. Dere is no 69th chapter of Matthew.”

The Tongue Tells the Story

You can often read the condition of your health in the appearance of the tongue. It tells of the disturbances of the vital organs.

If the tongue has a swollen appearance and a grayish coating showing red spots here and there, your stomach and intestines are deranged.

When the liver is in difficulty the coating takes on a yellowish tinge, indicating that the acid poisons are not being filtered from the blood.

If the tongue loses its healthy, moist appearance and becomes dry and cracked, you may know that there is trouble in the kidneys.

You can usually clear up the tongue in short order by using Dr. Chase's Kidney Liver Pills because of their direct action on the liver, kidneys and bowels.

Most digestive troubles are caused by slow passage of the food through the alimentary canal. By arousing these filtering and excretory organs Dr. Chase's Kidney-Liver Pills remove the cause of coated tongue, headache, indigestion, backache and constipation.

Typographical Errors

And they were married and lived happily even after.

Send mother a gift of hardly ever-blooming rose bushes.

Dig the ground over thoroughly and then pant.

I—I didn't know you cared for me . . . I've always thought of you as just a great big bother.

Wanted—position in cabaret; no bad habits; willing to learn.

The evening was spent in an infernal way, a radio program being the main diversion.

She doesn't kiss or neck or anything—she is nobody's fuel.

A kindergarten teacher smiled pleasantly at the gentleman opposite on the trolley car. He did not respond. Realizing her error, she said aloud, “Oh, please excuse me. I mistook you for the father of two of my children.”

She got out at the next corner.

Why Do Men Grouch And Women Nag?

In most cases you can blame the liver. So great is the influence of the liver over the other vital organs that it is often spoken of as the governor of the body.

When the liver becomes sluggish in action the sweetest disposition is often spoiled. You get up in the morning with a furred tongue and a dark brown taste in the mouth. You may have headaches and pains under the shoulder blades and in the side. The skin becomes yellow and muddy, appetite fails, digestion is upset, the bowels become constipated and sooner or later kidney disorders result.

Above all you feel "out of sorts" and too often there is a tendency to take it out of those with whom you come in contact.

Relief comes quickly with the use of Dr. Chase's Kidney-Liver Pills because they act directly and definitely on the liver and arouse this filtering organ to healthful action.

Diplomatic

As soon as Mr. Jones saw Mrs. Chippleigh coming up the garden path he fled to his study and left his wife to her fate. Half an hour later, hearing a door shut, he went down and put his head inside the drawing-room.

"Has the old crow gone?" he asked.

"Yes, dear," said his wife. "About an hour ago. And now dear Mrs. Chippleigh has called. Isn't it sweet of her!"

Visitor.—"Well, Joe, how do you like your new little sister?"

Joe.—"Oh, she's all right, I guess, but there are lots of things we needed worse."

History Lecturer.—"Can any of you tell me what makes the Tower of Pisa lean?"

Corpulent Lady.—"I don't know, or I'd take some myself."

Symptoms of Torpid Liver

Distaste for food, indigestion, flatulence or gas on the stomach, headache, dizziness and muddy complexion are among the symptoms. You may have pain in the side and under the shoulder blades, biliousness and feelings of discomfort. The sweetest disposition is often upset by a disordered liver.

BACKACHE

TELLS OF KIDNEY DISORDERS

These all important filters have failed to eliminate the uric acid poisons from the blood and poisons cause pain.

You may have headache, pains in the limbs, rheumatism or lumbago. The skin becomes dry and you may lose weight.

The quickest way to sweep the poisons from the system is by using Dr. Chase's Kidney-Liver Pills. They will not fail because they immediately arouse the action of the kidneys, the liver and the bowels, cleanse the system and bring relief from pains and aches. For half a century Dr. Chase's Kidney-Liver Pills have proven their superiority.





Break the Habit of Ill Health

When you hear of people having a serious condition of the kidneys, liver or other vital organs, of adhesions of the bowels and other derangements which require major operations, does it ever occur to you that the beginning was with indigestion and constipation and that with reasonable care these serious conditions could have been avoided.

These ailments do not develop over night but only come after months or years of constipation and sluggishness of the liver and kidneys.

We like best to think of Dr. Chase's Kidney-Liver Pills as a preventative of serious disease. Used once or twice a week as a means of securing the regular healthful action of the liver, kidneys and bowels this time-proven treatment saves you the discomforts of indigestion and liver disorders and adds years to your life.

It is time to break the habit of ill-health and to keep the vital organs active and blood pure by using this favorite prescription of Dr. Chase.

"Worry," says a writer for women "produces wrinkles." Circumstances alter faces.

Helpless Female

Smart Boy.—"I've a great mind to rock the boat and frighten you."

Modern Girl.—"Once before a young man like you tried to do that with me and the boat upset."

"And what did you do?"

"I swam ashore and notified the coroner."

Speaking of unemployment, the average man has 12,000,000,000 brain cells.

Her parents displayed no great emotion at the wedding, but I imagine her father shed a few cheers.

Big accident.—Machine skidded and hit a lady in the safety zone.

"Why on earth are you putting that green crayon on your lips?"

"Why, silly, I've a date with a railroad man."

A young lady entered a stationery store the other day and asked for a pound of floor wax.

"I'm sorry, miss," replied the assistant. "We sell only sealing wax."

"Don't be silly," she remarked. "Why would anyone want to wax their ceiling?"

Acidosis

In the human body there is a constant battle going on between acid formation and alkaline formation, with the latter always a little ahead; otherwise death would result.

Excessive eating of meats without corresponding quantities of fruit and vegetables is the most frequent cause of acidosis.

To an acid condition of the blood there is now attributed a number of the most common and most annoying diseases. Among others may be mentioned rheumatism, lumbago, sciatica, hay fever, eczema and piles.

The excess of acid in the blood and the accompanying indigestion and putrefaction of food are quickly relieved by the use of Dr. Chase's Kidney-Liver Pills which arouse the action of the filtering organs—the liver and kidneys and thereby rid the system of the acid poisons.

| Day of Month | Day of Week | Zodiac Signs | Weather Forecasts | June 1934 | | | Moon's Phases | | | Ont. and Que. | | | Mar. Provs. and Nfld. | | | Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld. | | | |
|--------------|-------------|--------------|-------------------------------------|--|----------------|-------------------|-----------------|----------|----------|---------------|----------|----------|-----------------------|----------------|---------------|--|-------|------|-------|
| | | | | ☾ Last Qtr. | ☾ New Moon ... | ☽ First Qtr. | ☽ Full Moon ... | d. h. m. | d. h. m. | d. h. m. | d. h. m. | d. h. m. | d. h. m. | Sun Rises h.m. | Sun Sets h.m. | Moon Rises p.m. | | | |
| 1 | F | ♈ | Begins | | | | | | | | | | | | 4.17 | 7.38 | 11.20 | | |
| 2 | S | ♈ | fine. | | | | | | | | | | | | 4.16 | 7.39 | 11.48 | | |
| 3 | S | ♉ | Fre-quent showers and becomes cool. | King George's Birthday | | | | | | | | | | | | | 4.16 | 7.40 | a.m. |
| 4 | M | ♉ | | | | | | | | | | | | | | 4.15 | 7.41 | 0.12 | |
| 5 | T | ♊ | | | | | | | | | | | | | 4.15 | 7.42 | 0.32 | | |
| 6 | W | ♊ | | | | | | | | | | | | | 4.14 | 7.42 | 0.52 | | |
| 7 | T | ♋ | | | | | | | | | | | | | 4.14 | 7.43 | 1.12 | | |
| 8 | F | ♋ | | | | | | | | | | | | | 4.14 | 7.43 | sets | | |
| 9 | S | ♌ | | | | | | | | | | | | | 4.13 | 7.44 | p.m. | | |
| 10 | S | ♌ | A | <i>Discharge here</i> | | | | | | | | | | | | | 4.13 | 7.45 | 6.46 |
| 11 | M | ♌ | week | <i>Explosive storm in the P. ...</i> | | | | | | | | | | | | | 4.13 | 7.45 | 7.46 |
| 12 | T | ♍ | of | <i>St. John's Bay</i> | | | | | | | | | | | | | 4.13 | 7.46 | 8.38 |
| 13 | W | ♍ | clear | <i>set turkey</i> | | | | | | | | | | | | | 4.12 | 7.46 | 9.20 |
| 14 | T | ♍ | warm | | | | | | | | | | | | 4.12 | 7.47 | 9.54 | | |
| 15 | F | ♎ | weath- | | | | | | | | | | | | 4.12 | 7.48 | 10.21 | | |
| 16 | S | ♎ | er. | | | | | | | | | | | | 4.12 | 7.48 | 10.44 | | |
| 17 | S | ♏ | Con- | <i>Area can be seen from last</i> | | | | | | | | | | | | | 4.13 | 7.49 | 11.05 |
| 18 | M | ♏ | tinues | | | | | | | | | | | | 4.13 | 7.49 | 11.22 | | |
| 19 | T | ♏ | clear | | | | | | | | | | | | 4.13 | 7.50 | 11.39 | | |
| 20 | W | ♏ | and | | | | | | | | | | | | 4.13 | 7.50 | 11.58 | | |
| 21 | T | ♐ | very | | | | | | | | | | | | 4.13 | 7.50 | a.m. | | |
| 22 | F | ♐ | warm. | <i>George Wade in Mexville</i> | | | | | | | | | | | | | 4.14 | 7.50 | 0.18 |
| 23 | S | ♐ | | Birthday of Prince of Wales, 1894 | | | | | | | | | | | | | 4.14 | 7.50 | 0.43 |
| 24 | S | ♑ | Showers | | | | | | | | | | | | 4.14 | 7.51 | rises | | |
| 25 | M | ♑ | follow- | | | | | | | | | | | | 4.14 | 7.51 | p.m. | | |
| 26 | T | ♑ | ed | | | | | | | | | | | | 4.15 | 7.51 | 7.41 | | |
| 27 | W | ♒ | by | <i>Social Newington</i> | | | | | | | | | | | | | 4.15 | 7.51 | 8.36 |
| 28 | T | ♒ | very | | | | | | | | | | | | 4.15 | 7.50 | 9.17 | | |
| 29 | F | ♒ | warm | <i>Social Glen Sandhill</i> | | | | | | | | | | | | | 4.16 | 7.50 | 9.49 |
| 30 | S | ♒ | spell. | <i>at Cornwall opening of new Bridge</i> | | | | | | | | | | | | | 4.16 | 7.50 | 10.14 |

NOW I DO ENJOY MY MEALS!



Indigestion Brings Other Ailments

It may be safely claimed that indigestion, in some form, is the starting point of many serious diseases.

As the food travels through the alimentary canal by way of the stomach and intestines, it ferments and fills the body with poisonous impurities of various kinds. In spite of the efforts of the liver and kidneys to eliminate these poisons they too often fail to overcome the effects of overeating, lack of exercise and the evil results of sluggish action of the bowels.

Poison causes pain and hence come headaches, backaches, rheumatic pains and such derangements as biliousness, jaundice, bladder and urinary disorders.

Because these troubles result from sluggish action of the liver, kidneys and bowels they are most quickly overcome by the use of Dr. Chase's Kidney-Liver Pills.

Conversation

He who laughs last laughs best but he soon gets a reputation for being dumb.

No Audience

Mrs. 'Uggins.—"This 'ere fellow thinks 'e can sing like Caruso."

Mrs. 'Iggins.—"Well, they do say as 'ow Caruso 'ad a beautiful voice, but 'ow could they know with 'im stranded on that island with nobody but Friday to 'ear 'im?"

You can't believe everything you hear—but you can repeat it.

A Mermaid?

When a man jumps into the river one can be pretty sure there is a woman at the bottom of it.

How Overeating Poisons the System

Food passed into the stomach when it is not ready to digest it often turns into poison. It becomes putrid and the poisonous matter is absorbed into the tissues of the body.

In an effort to filter these poisons from the blood the liver and kidneys are strained to the limit and in due course become sluggish and clogged.

A most effective treatment for this form of indigestion is Dr. Chase's Kidney-Liver Pills. Aroused to action by this medicine the liver, kidneys and bowels quickly eliminate the poisons from the system and restore appetite and healthful digestion.

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 The Dr. A. W. Chase Medicine Co., Limited, Toronto.

Middle Age Is Dreaded

There comes a time in the forties when the change of life or menopause is likely to bring much discomfort of body and mind to every woman.

In most cases the greatest trouble is with the nerves. There is fear and dread which wastes the nerve force and undermines the general health. Headaches, dizzy spells, digestive troubles result. There is a tendency to give way to invalidism and develop too much fat.

This time of life need not be dreaded by women who know about Dr. Chase's Nerve Food and use it to fortify their nervous systems and general health.

Above all things have some work or hobby to take up your attention. Get out into the sunshine, take a reasonable amount of exercise and feed the nerves by using Dr. Chase's Nerve Food regularly throughout this period.

Don't Be a Glum One

"Cheerful people," says a doctor, "resist disease better than glum ones." The surly bird catches the germ.

Pretty Schoolteacher (having written sentence on the blackboard—"It's a month since I been to the movies").—"Willie, what must I do to correct that?"

Willie.—"Tell your boy friend, miss."

She.—"Will you vote to abolish capital punishment?"

He.—"No! Capital punishment was good enough for my father and it's good enough for me."

BEFORE AND AFTER CHILDBIRTH

If a vote were polled to register the uses of Dr. Chase's Nerve Food the married women would probably vote that its help to them before and after childbirth is most to be emphasized.

Most women find that during the expectant period they need a blood-forming treatment to keep up the necessary supply of rich, red blood and to keep the nerves in health and vigor. Otherwise they become pale and weak and subject to spells of depression and lack of confidence.

Fortified by the use of Dr. Chase's Nerve Food during this time the critical period is passed with safety and comparative ease and the mother does not experience undue strain from nursing her baby. The use of the Nerve Food during the nursing period is also of very great benefit in keeping up the energy and vitality of the mother.

Ask your doctor or druggist.





You Can Win Back Health and Beauty

KEEPING house—bringing up children—keeping up with social duties—the woman in the home is under tremendous nervous strain. How does she ever do it—it would drive a man insane—all the little worries and trivial annoyances that are associated with woman's work.

Many women fall under this strain—worn out—tired—irritable—sleepless. Care lines and wrinkles appear to make them look far older than they really are.

The benefits you will experience by using Dr. Chase's Nerve Food may seem almost too good to be true, for the headaches will soon disappear, you will find yourself resting and sleeping well and you will be able to greet your friends with a smile.

The new nerve force instilled into the system by this restorative treatment will make you feel like a different person. Your friends will soon tell you how well you are looking. Cares and worries will disappear for you will have the strength and confidence to overcome them.

**Dr. Chase's
Nerve Food**



Restores Tired, Sleepless Nerves

| Day of Month | Day of Week | Zodiac Signs | Weather Forecasts | July 1934 | | | Moon's Phases | | | Ont. and Que. | | | Mar. Provs. and Nfld. | | | Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld. | | |
|--------------|-------------|--------------|-------------------|--|---------------|-----------------|----------------|----------|----------|---------------|----------|----------------|-----------------------|-----------------|-------|--|--|--|
| | | | | ☾ Last Qtr.... | ☽ New Moon... | ☽ First Qtr.... | ☽ Full Moon... | d. h. m. | d. h. m. | d. h. m. | d. h. m. | Sun Rises h.m. | Sun Sets h.m. | Moon Rises p.m. | | | | |
| 1 | S | ♏ | Very | Dominion Day..... | | | | | | | | | 4.16 | 7.50 | 10.36 | | | |
| 2 | M | ♏ | warm | dance Avonmore..... | | | | | | | | | 4.17 | 7.50 | 10.57 | | | |
| 3 | T | ♏ | spell | started the League..... | | | | | | | | | 4.18 | 7.49 | 11.18 | | | |
| 4 | W | ♏ | follow- | Centennial week Brimwell..... | | | | | | | | | 4.18 | 7.49 | 11.40 | | | |
| 5 | T | ♏ | ed | over to see Donald's new house at Harris..... | | | | | | | | | 4.19 | 7.49 | a.m. | | | |
| 6 | F | ♏ | Bad storm | of mosquitoes here Mary & Erna..... | | | | | | | | | 4.19 | 7.49 | 0.05 | | | |
| 7 | S | ♏ | showers. | in Avonmore at dentist with Clarence..... | | | | | | | | | 4.20 | 7.48 | sets | | | |
| 8 | S | ♏ | Fair | | | | | | | | | | 4.20 | 7.48 | p.m. | | | |
| 9 | M | ♏ | and | just back..... | | | | | | | | | 4.21 | 7.47 | 6.34 | | | |
| 10 | T | ♏ | warm | 11 bears..... | | | | | | | | | 4.22 | 7.47 | 7.20 | | | |
| 11 | W | ♏ | all | | | | | | | | | | 4.22 | 7.46 | 7.56 | | | |
| 12 | T | ♏ | this | Orange Walk Morewood & Barb..... | | | | | | | | | 4.23 | 7.46 | 8.25 | | | |
| 13 | F | ♏ | week. | | | | | | | | | | 4.24 | 7.45 | 8.49 | | | |
| 14 | S | ♏ | | | | | | | | | | | 4.25 | 7.45 | 9.10 | | | |
| 15 | S | ♏ | Extreme | Annie, Muck, Aunt Kate & Jay here..... | | | | | | | | | 4.26 | 7.44 | 9.28 | | | |
| 16 | M | ♏ | heat | at Moose creek..... | | | | | | | | | 4.27 | 7.44 | 9.45 | | | |
| 17 | T | ♏ | follow- | | | | | | | | | | 4.28 | 7.43 | 10.03 | | | |
| 18 | W | ♏ | ed | Clive Dunbar married..... | | | | | | | | | 4.29 | 7.42 | 10.22 | | | |
| 19 | T | ♏ | by | Mission meeting Lewis Duff..... | | | | | | | | | 4.30 | 7.41 | 10.44 | | | |
| 20 | F | ♏ | severe | took Aunt Annie & Muck east..... | | | | | | | | | 4.31 | 7.40 | 11.11 | | | |
| 21 | S | ♏ | storms. | | | | | | | | | | 4.32 | 7.40 | 11.46 | | | |
| 22 | S | ♏ | Fair | | | | | | | | | | 4.33 | 7.39 | rises | | | |
| 23 | M | ♏ | again | | | | | | | | | | 4.34 | 7.38 | p.m. | | | |
| 24 | T | ♏ | but | | | | | | | | | | 4.35 | 7.37 | 6.21 | | | |
| 25 | W | ♏ | weather | | | | | | | | | | 4.36 | 7.36 | 7.08 | | | |
| 26 | T | ♏ | is | | | | | | | | | | 4.37 | 7.35 | 7.45 | | | |
| 27 | F | ♏ | change- | | | | | | | | | | 4.38 | 7.34 | 8.14 | | | |
| 28 | S | ♏ | able. | | | | | | | | | | 4.39 | 7.32 | 8.38 | | | |
| 29 | S | ♏ | Severe | Janet & Harold here & Muriel & Isabel S.A. & Kils..... | | | | | | | | | 4.40 | 7.31 | 9.00 | | | |
| 30 | M | ♏ | Thunder- | | | | | | | | | | 4.41 | 7.30 | 9.21 | | | |
| 31 | T | ♏ | storms. | Ottawa Orchestra at Finch dance..... | | | | | | | | | 4.42 | 7.30 | 9.43 | | | |



Your Vacation Can be Profitable

Few people know how to rest. They are nervous and fidgety and do not let up even when on a vacation.

To afford proper rest a vacation should be varied from the regular routine, but it should not be strenuous. If you are to be benefitted mind and body should be restored by rest and sleep.

If you are tired out and run down in health vacation is a wonderful time to build up new vigor and energy by using Dr. Chase's Nerve Food. In this way you supply to the body the ingredients from which nature creates new, rich blood and the vital nerve force which runs the machinery of the body.

Why Increase the Risk?

A life insurance agent approached Rastus the other day.

"Better let me write you a policy, Rastus."

Rastus (emphatically).—"No, sah! Ah ain't any too safe at home as it is."

Mollie.—"Jack is so original. He says things to me that nobody else would dream of saying."

Gladys.—"What's he been up to now—asking you to marry him?"

Many Diseases From Few Causes

Diseases are multiplying from year to year. But disease does not come as a thief in the night. Even infectious and contagious diseases only take root where the soil is fertile.

Health is natural. By keeping the body in vibrant, vigorous health you can largely avoid the inroads of disease. Since the most common cause of disease is sluggish action of the digestive and excretory organs the first rule of health is "Keep the bowels regular."

To make this rule a little broader we might say "Keep the liver, kidneys and bowels regular" for the action of these organs in filtering poisons from the blood and eliminating the poisons from the body are so intertwined that the failure of one of these organs means the failure of all.

This is the idea behind Dr. Chase's Kidney-Liver Pills, a medicine designed to quickly arouse the torpid liver and the sluggish kidneys and bowels to healthful, vigorous action. It would be difficult to imagine a treatment better designed to maintain the general health and the test of time has proven its effectiveness. In many thousands of homes Dr. Chase's Kidney-Liver Pills are the standby of the family in maintaining general health and thereby avoiding many diseases.

The Difference

"Have you seen Miss Ransome since she inherited a fortune?"

"Yes. She is greatly changed."

"How?"

"Well, she used to be frightfully skinny, and now she's divinely slender!"

The Perils of Peace

Sweet Young Thing.—"Colonel, you must have had some narrow escapes in your time."

Colonel Tiffin.—"I did, my dear."

Sweet Young Thing.—"Did you get that scar during an engagement?"

Colonel Tiffin.—"No, I got that when I broke it off."

Watch Out For Kidney Troubles

Kidney disease begins so slowly and insidiously that everybody should know something of the symptoms. Persons of sedentary habits and with lusty appetites are most susceptible.

Once the kidneys falter in their work of filtering the blood the system becomes poisoned, high blood pressure develops and the heart becomes affected.

Headaches, breathlessness, disturbances of eyesight are early symptoms. Indigestion and constipation are the rule.

By taking care of the kidneys and other excretory organs when such symptoms appear you can avoid serious developments and keep these organs healthy to a good old age.

There is a very good reason why Dr. Chase's Kidney-Liver Pills are considered a most effective and satisfactory treatment and that is because of their direct and combined action on the kidneys, liver and bowels. The work of these organs in eliminating poisons from the system is so intertwined that they must all be kept active if the health and effectiveness of the kidneys are to be maintained.

A Remarkable Echo

"There's a wonderful echo around here," said the guide; "Now, you just stand there and shout 'Two glasses of beer.'"

So the stranger shouted, and loud.

"I don't hear any echo," he said.

"Oh, well, it doesn't matter," replied the guide, "here comes the man with the beer."

The Twinges of Lumbago

One may go to bed feeling perfectly well and on attempting to rise in the morning be suddenly seized with the excruciating pains of lumbago. It comes quickly and is slow to leave. The slightest move of the back causes intense suffering.

For immediate relief heat should be applied in the form of hot water bottle or poultices.

To rid the poisons from the blood and remove the cause of trouble there is nothing like Dr. Chase's Kidney-Liver Pills.

This medicine is so direct in its action on the liver, kidneys and bowels that it quickly filters the pain-causing poisons from the blood and leaves the system thoroughly cleansed and rejuvenated.

SAMPLE COUPON

DR. CHASE'S KIDNEY-LIVER PILLS

Try them for backache, and kidney derangements.

Put them to the test when you are bilious and the liver is sluggish.

Give them a trial for constipation, indigestion and headache.

You will be surprised and delighted with the results.

It won't cost you anything to make this test, but send to-day while it is on your mind. To-morrow never comes.

Name

Post Office Prov.

Enclose 2 cent stamp for packing and postage and address your envelope to The Dr.
A. W. Chase Medicine Co., Limited, Toronto 2, Ont.

A 1934



Fatigue is Caused By Poisons

The doctors know that a tired person is more susceptible to infectious diseases such as colds, influenza and pneumonia. Remember that when you are tired all of your internal organs are also tired. Digestion is delayed. The liver and kidneys are weak and sluggish in action. Constipation of the bowels develops and the system is filled with poisonous impurities which cause pains and aches and serious disease.

By the use of Dr. Chase's Kidney-Liver Pills you can arouse the action of the liver, kidneys and bowel and rid the digestive system of the poisons which cause pains and aches and tired feelings.

News

Bertie (beaming).—"Oh, I have the most glorious news! Peggy has promised to be my wife!"

Gertie.—"So that's what you call news! A month ago she asked me to be her bridesmaid."

They were quarrelling.

"Kindly return my lock of hair," she said, angrily. The young man was sarcastic.

"All right. Do you want the blonde lock, or the one you gave me when you were a brunette?"

Nowadays when a girl sets her cap for a man, it's her knee cap.

"Stroke" or Apoplexy

Rupture of a small artery in the brain and consequent pressure of blood on the brain causes the victim of a "stroke" to become unconscious. If the hemorrhage is mild the patient may recover but there is usually some form of paralysis.

Apoplexy is not a disease in itself but results from disorders of the kidneys and excretory system which can be avoided or relieved by suitable treatment. This is a case in which prevention is all important. It is a warning to all to keep the kidneys, liver and bowels regular and active by such well-known treatment as Dr. Chase's Kidney-Liver Pills.

2/c.—"Every time I kiss you it makes me a better man."

O.A.O.—"Well, you don't have to try to get to Heaven in one night."

Girl (to one-armed driver).—"For goodness' sake, use two hands."

Driver.—"Can't. Gotta drive with one."

Warning Symptoms of Kidney Trouble

Scanty, highly coloured urine, headache, backache and constipation are among the early symptoms of kidney disease. The appetite is fickle, the tongue is furred and in time there is pallor and loss of weight.

The functions of the kidneys in filtering the uric acid poisons from the kidneys are halted and these poisons set up pains and aches, rheumatism, gout and lumbago.

Dr. Chase's Kidney-Liver Pills are recommended as an effective and prompt means of relief because they quickly arouse the activity of the liver and bowels and thoroughly cleanse the system of the acid poisons. Relieved of undue strain the kidneys soon resume again their natural functions and the painful symptoms disappear.

Awaken the liver with Dr. Chase's Kidney-Liver Pills

| Day of Month | Day of Week | Zodiac Signs | Weather Forecasts | Aug. 1934 | Moon's Phases | Ont. and Que. | | Mar. Provs. and Nfd. | | Local Mean Time Ontario, Quebec, Mar. Provs. and Nfd. | | |
|--------------|-------------|--------------|-------------------|-----------|-------------------|---------------|------------|----------------------|------------|---|---------------|-----------------|
| | | | | | | d. | h. m. | d. | h. m. | Sun Rises h.m. | Sun Sets h.m. | Moon Rises a.m. |
| 1 | W | ♌ | Begins | | ☾ Last Qtr. | 2 | 1 27 a.m. | 2 | 2 27 a.m. | 4.43 | 7.30 | 10.08 |
| 2 | T | ♍ | fair | | ☾ New Moon... | 10 | 3 46 a.m. | 10 | 4 46 a.m. | 4.44 | 7.28 | 10.36 |
| 3 | F | ♎ | and | | ☽ First Qtr. | 17 | 11 33 p.m. | 17 | 12 33 p.m. | 4.45 | 7.26 | 11.11 |
| 4 | S | ♏ | warm. | | ☽ Full Moon... | 24 | 2 37 p.m. | 24 | 3 37 p.m. | 4.47 | 7.24 | 11.53 |
| 5 | S | ♐ | Week | | ☽ Last Qtr. | 31 | 2 40 p.m. | 31 | 3 40 p.m. | 4.48 | 7.22 | sets |
| 6 | M | ♑ | of | | | | | | | 4.49 | 7.20 | p.m. |
| 7 | T | ♒ | cool | | | | | | | 4.50 | 7.19 | 5.58 |
| 8 | W | ♓ | show- | | | | | | | 4.51 | 7.18 | 6.29 |
| 9 | T | ♈ | ery | | | | | | | 4.53 | 7.17 | 6.54 |
| 10 | F | ♉ | weath- | | | | | | | 4.55 | 7.16 | 7.16 |
| 11 | S | ♊ | er. | | | | | | | 4.56 | 7.15 | 7.35 |
| 12 | S | ♋ | Warm | | | | | | | 4.57 | 7.13 | 7.52 |
| 13 | M | ♌ | spell | | | | | | | 4.58 | 7.11 | 8.10 |
| 14 | T | ♍ | is | | | | | | | 4.59 | 7.09 | 8.28 |
| 15 | W | ♎ | follow- | | | | | | | 5.00 | 7.07 | 8.48 |
| 16 | T | ♏ | ed | | | | | | | 5.01 | 7.05 | 9.13 |
| 17 | F | ♐ | by | | | | | | | 5.02 | 7.04 | 9.44 |
| 18 | S | ♑ | cool | | | | | | | 5.03 | 7.03 | 10.24 |
| 19 | S | ♒ | nights. | | | | | | | 5.05 | 7.01 | 11.17 |
| 20 | M | ♓ | Warm- | | | | | | | 5.06 | 6.59 | rises |
| 21 | T | ♈ | er | | | | | | | 5.07 | 6.57 | p.m. |
| 22 | W | ♉ | with | | | | | | | 5.08 | 6.56 | 5.39 |
| 23 | T | ♊ | severe | | | | | | | 5.10 | 6.54 | 6.11 |
| 24 | F | ♋ | thunder- | | | | | | | 5.11 | 6.53 | 6.38 |
| 25 | S | ♌ | storms. | | | | | | | 5.12 | 6.51 | 7.01 |
| 26 | S | ♍ | Fair | | | | | | | 5.14 | 6.49 | 7.23 |
| 27 | M | ♎ | and | | | | | | | 5.15 | 6.47 | 7.45 |
| 28 | T | ♏ | becom- | | | | | | | 5.16 | 6.45 | 8.09 |
| 29 | W | ♐ | ing | | | | | | | 5.17 | 6.44 | 8.37 |
| 30 | T | ♑ | quite | | | | | | | 5.18 | 6.42 | 9.10 |
| 31 | F | ♒ | cool. | | | | | | | 5.19 | 6.40 | 9.50 |

got pail Honey. 8 pts. (35 lbs)

George Wake in Maxville.

R. Douglas & Clara here

shipped two cars ^{Ky. & Va.}

finished thrashing, big crop

Jim & Rosa went to Ottawa for

All went to Douglas in Rockbank



The Summer Camp

"I never go to camp without Dr. Chase's Ointment. It is one of the first things I pack.

"There is always someone getting a cut or wound and I don't believe in taking a chance with blood poisoning.

"Then it is also great for insect stings and bites, ivy poison and sunburn.

"I find that hunters and fishermen nearly always have Dr. Chase's Ointment with them when they go into camp."

Sure Sign

Mrs. Brown.—"I saw a young man trying to kiss your daughter in the park last night."

Mrs. Green.—"Did he succeed?"

Mrs. B.—"No."

Mrs. G.—"That wasn't my daughter."

"My girl has a beautiful gown that she wears only to teas."

"Who?"

"Me!"

And then there's the Scotchman who said he'd like to be a divorce lawyer because he could get so many women free.

Seasickness

Cure for seasickness.—A plan you might try is to bolt down your meals.

Importance of the Liver

The liver regulates the supply of sugar and fat and eliminates uric acid when there is an excess of proteid, or in other words overeating of meats and similar foods. Another extremely important function of the liver is that of filtering the bile from the blood, where it acts as a poison to the system, and pouring it into the intestines where it acts as a cathartic in regulating the action of the bowels.

Because of these important functions the liver is known as the regulator of the human body. When the liver becomes sluggish and torpid in action, there is an upsetting of the process of digestion, the kidneys and bowels become deranged and pains, aches and serious disease frequently result.

Fortunately the liver can be quickly aroused to healthful activity by the use of Dr. Chase's Kidney-Liver Pills. As its natural functions are restored the bowels resume their action and the troublesome poisons are soon swept from the body.

Edison Predicted the 200 Year Old Man

He was quoted as saying: "Life is now balanced against environment. On one side is vitality, on the other side are hostile features of environment. These hostile features are always trying to kill us. Sooner or later they succeed. They will not always succeed. Man will intervene in his own behalf."

Man's greatest difficulty is his lower bowel. The average human being is a poison factory. It is inevitable that the poisons should be made but they should not be carried around. What is kept inside is absorbed and put into the blood stream. Poisons tear down the tissues and give rise to a great variety of diseases. Get rid of the poisons and you will live much longer and more comfortably.

Almost Everybody Plays Checkers

Each in His or Her Own Way

From tender years to old age the pleasure derived from this ingenious game of pure skill has delighted mankind in many lands since the birth of civilization.

Statesmen and generals, great financiers and brainy athletes, have enjoyed its infinite variety and strategy.

Not so long ago—but before we published our own little book—a famous British Prime Minister admitted: "I have always played, but never understood," while a celebrated American ambassador has written in most cordial terms of the beauties and benefits of this innocent and delightful recreation. Even poets have painted its charms, as in "Evangeline".

Introduced into North America by the early French colonists centuries ago, it is played everywhere in English-speaking lands to-day, and as Checkers, or English Draughts, with the same rules as employed by Pierre Mallet, mathematician to the King of France, who published the first work on our identical game at Paris in 1668.

Just as every healthy-bodied boy has at some time a lively ambition to become a baseball or hockey star, so also every wholesome-minded youth ardently deserves to become a champion at checkers.

And here's his chance!

Unable to secure in print a really simple as well as sound and scientific book on the game for beginners, and in response to many thousands of eager enquirers, The Dr. Chase Company has had especially prepared and published during 1933 what is applauded by experts—and all experts in Checkers know their books—as "A Bully Little Book for Beginners." Such is the opinion of men who have recently won both the Canadian and U. S. A. Checker Championships. It is beautifully printed and illustrated.

"How to Play Checkers to Win" shows just how the greatest experts open their games, conduct their forces throughout the midgame and carry through to a successful finish. The expedients of the "pin", the "semi-block", the

"block", the "sacrifice", the "cut" and other exchanges, are clearly explained and illustrated. The two different methods of calculating "The Move"—that by Sturges, and the "pieces" method by Paterson—and the indispensable "Long Move" are likewise graphically shown. Each and every possible "Opening" by your opponent is met in clear-cut and definite detailed reply—safe, sound and scientific. More than 150 "lines of play," many by such eminent players as Wyllie, Yates, Martins, Barker, Hefner, and scores of others, are given, including the "Second Double Corner Gambit" introduced by Robert Stewart, the present World Champion. You simply must have a copy of this little book if you really wish to WIN.

The "Great Secret" of the game, the solid foundation of all true skill, has not since 1852 been so clearly and pointedly brought to the attention of learners who would excel in practical play with "all comers."

A ten-cent cost and postage charge is all you have to pay for this excellent booklet for beginners that has been praised by experts of the highest skill and knowledge in the game.

Get your copy at once. Our edition will soon be exhausted when its merits become known to ambitious checker players. Enclose 10 cts. in stamps or coin. Address:

The DR. A. W. CHASE MEDICINE CO., Ltd.
Toronto, Canada.

Advice to Girls

Don't always expect silk presents, for you must remember that into each one's life a little rayon must fall.

For Health's Sake

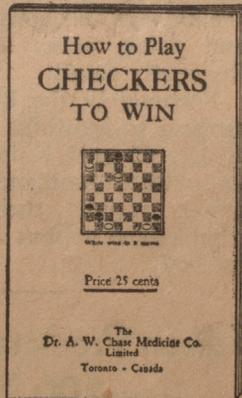
Here are some suggestions, which, if followed, will benefit your health and enable you to live longer.

1. Breathe pure air by proper house ventilation.

2. Reasonable amount of exercise, out-of-doors in the sunshine whenever possible.

3. Eat moderately of wholesome, nourishing foods which agree with you.

4. Thorough cleanliness of the interior as well as the exterior of the body. To this end the use of Dr. Chase's Kidney-Liver Pills, once or twice a week, are invaluable as a means of ensuring regular action of the liver, kidneys and bowels and thereby eliminating poisons from the system and keeping the blood pure.



PUZZLES -- *To please all tastes*

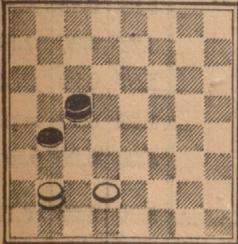
Both boys and girls—as well as dad and grandad—will find much amusement in solving these little end games in Checkers.

Bring out the old checkerboard and set up these critical positions, noting down your own solutions. Then compare with those published elsewhere in this almanac. All diagrams are arranged with the Black side at the top, and in all cases White is to play and win.

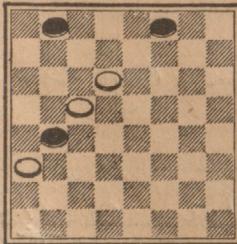
Reference Board—BLACK

| | | | |
|----|----|----|----|
| 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | 32 |

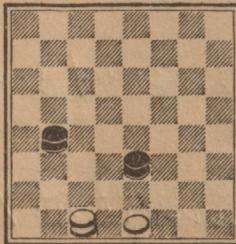
WHITE



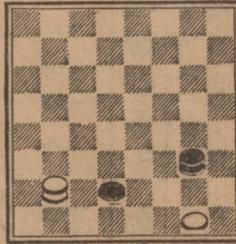
1—White Wins in 2 Moves



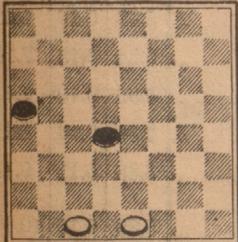
2—White Wins in 3 Moves



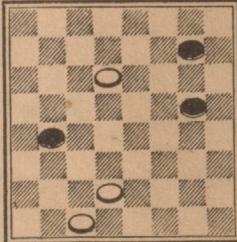
3—White Wins in 3 Moves



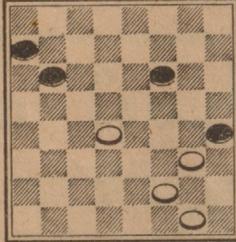
4—White Wins in 3 Moves



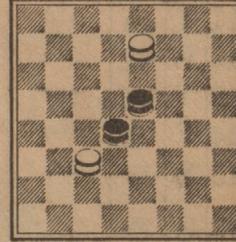
5—Can White Win in 3 Moves?
—Write us.



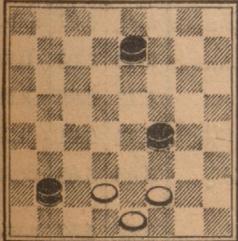
6—White Wins in 4 Moves



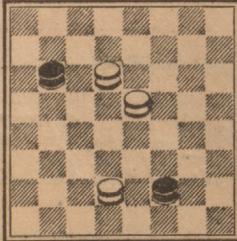
7—White Wins in 5 Moves
By F. H. Lewis.



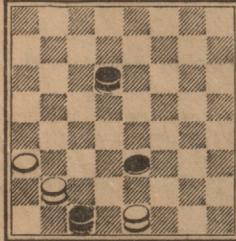
8—White Wins in 4 Moves
By Payne.



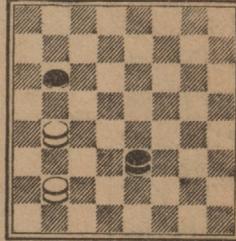
9—White Wins in 5 Moves



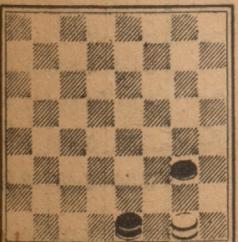
10—White Wins in 6 Moves



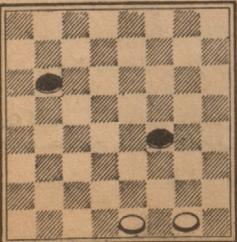
11—White Wins in 5 Moves
—By W. D. Bonstead.



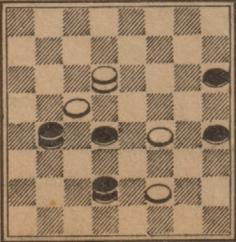
12—White Wins in 5 Moves
By Dr. T. J. Browe.



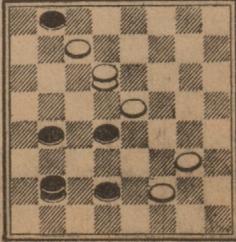
13—Can White Win in 3 Moves?
—Write us.



14—White Wins in 4 Moves



15—White Wins in 4 Moves
By A. Campbell.



16—White Wins in 3 Moves
Copyright 1933 by H. C. Baatz

Chronic Indigestion is relieved by Dr. Chase's K. & L. Pills

| Day of Month | Day of Week | Zodiac Signs | Weather Forecasts | Sept. 1934 | | | Moon's Phases | | Ont. and Que. | | Mar. Provs. and Nfld. | | Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld. | | |
|--------------|-------------|--------------|-----------------------------------|---|-----------------|----------------|----------------|----------|---------------|----------|-----------------------|----------------|--|-----------------|--|
| | | | | ☾ New Moon... | ☽ First Qtr.... | ☽ Full Moon... | ☾ Last Qtr.... | d. h. m. | d. h. m. | d. h. m. | d. h. m. | Sun Rises h.m. | Sun Sets h.m. | Moon Rises p.m. | |
| 1 | S | ♏ | Fair. | | | | | | | | | 5.20 | 6.39 | 10.38 | |
| 2 | S | ♏ | Keeps fine and turns rather cool. | <i>all down east of the G. M. L. Journal</i> | | | | | | | | | | | |
| 3 | M | ♏ | | Labor Day | 5.23 | 6.35 | a.m. | | | | | | | | |
| 4 | T | ♏ | | 5.24 | 6.33 | 0.34 | | | | | | | | | |
| 5 | W | ♏ | | 5.25 | 6.30 | 1.38 | | | | | | | | | |
| 6 | T | ♏ | | 5.27 | 6.29 | 2.43 | | | | | | | | | |
| 7 | F | ♏ | | 5.28 | 6.27 | sets | | | | | | | | | |
| 8 | S | ♏ | | 5.29 | 6.26 | p.m. | | | | | | | | | |
| 9 | S | ♏ | Warm | <i>Sandwich Island with Mrs. R. M. Gray spoke</i> | | | | | | | | | | | |
| 10 | M | ♏ | again | Hebrew New Year (Rosh Hashanah) | 5.32 | 6.20 | 6.35 | | | | | | | | |
| 11 | T | ♏ | and | | 5.33 | 6.19 | 6.55 | | | | | | | | |
| 12 | W | ♏ | this | | 5.34 | 6.18 | 7.18 | | | | | | | | |
| 13 | T | ♏ | week | | 5.35 | 6.16 | 7.47 | | | | | | | | |
| 14 | F | ♏ | very | | 5.36 | 6.14 | 8.23 | | | | | | | | |
| 15 | S | ♏ | fine. | | 5.38 | 6.12 | 9.11 | | | | | | | | |
| 16 | S | ♏ | Much | | 5.39 | 6.10 | 10.10 | | | | | | | | |
| 17 | M | ♏ | wind | | 5.40 | 6.09 | 11.22 | | | | | | | | |
| 18 | T | ♏ | and | | 5.41 | 6.07 | a.m. | | | | | | | | |
| 19 | W | ♏ | some | Day of Atonement (Yom Kippur) | 5.42 | 6.05 | 0.41 | | | | | | | | |
| 20 | T | ♏ | heavy | | 5.43 | 6.03 | 2.03 | | | | | | | | |
| 21 | F | ♏ | rain. | <i>school fair Puka in Ottawa</i> | | | | | | | | | | | |
| 22 | S | ♏ | | <i>ball, 10.15-4.8.1934</i> | | | | | | | | | | | |
| 23 | S | ♏ | | 5.47 | 5.57 | p.m. | | | | | | | | | |
| 24 | M | ♏ | Mostly fair | Feast of Tabernacles (Succoth) | 5.48 | 5.55 | 6.09 | | | | | | | | |
| 25 | T | ♏ | but | | 5.49 | 5.53 | 6.36 | | | | | | | | |
| 26 | W | ♏ | keeps | | 5.50 | 5.52 | 7.07 | | | | | | | | |
| 27 | T | ♏ | quite | | 5.51 | 5.50 | 7.45 | | | | | | | | |
| 28 | F | ♏ | cool. | <i>mea camethon from Ottawa</i> | | | | | | | | | | | |
| 29 | S | ♏ | | 5.53 | 5.48 | 8.31 | | | | | | | | | |
| 30 | S | ♏ | Rain. | | 5.54 | 5.46 | 9.24 | | | | | | | | |
| | | | | | 5.55 | 5.44 | 10.23 | | | | | | | | |

The Skin, An Important Organ

The skin is the largest and, in some respects, the most important organ of the body. It is the protective medium between the body and its environment.

Much of the poison which accumulates in the body is eliminated through the pores in perspiration. Hence the importance of keeping the pores clean.

The skin protects against changes of temperature as the pores contract against cold. Some skins are very sensitive to the effect of cold and moisture—hence the susceptibility to eczema, ivy poisoning and other irritating diseases of the skin.

Frequent bathing keeps the pores clean and the use of Dr. Chase's Ointment relieves irritating, skin diseases.

The Important Thing

Teacher.—“And what lesson do we learn from the busy bee, children?”

Boy.—“Not to get stung.”

Porter.—“Where's you' trunks, suh?”

Salesman.—“I use no trunks.”

Porter.—“But ah tho't you was one o' these travelin' salesmen.”

Salesman.—“I am, but I sell brains understand? I sell brains.”

Porter.—“Excuse me, boss, but youse the fust travelin' fella that's been here who ain't carryin' no samples.”

Pedestrian (to boy leading a skinny mongrel pup).—“What kind of a dog is that, my boy?”

Boy.—“This is a police dog.”

Pedestrian.—“That doesn't look like a police dog.”

Boy.—“Nope, it's in the secret service.”

Baby's Skin Troubles

Everywhere Dr. Chase's Ointment is known and appreciated by mothers who have, with gratitude, expressed the benefit it has brought to their suffering children.

Chafing and cracking of the skin is often the beginning of eczema. The trouble develops where two surfaces of skin rub together—as in the neck, armpits or between the legs of fleshy infants.

Dr. Chase's Ointment applied after the bath brings relief from this condition and prevents eczema.

Young babies develop milk crust when nursing. Oily scales or crust form on the head disfiguring the infant and worrying the mother. Dr. Chase's Ointment soon brings relief from this trouble as well as from prickly heat and other irritations of the skin which cause the baby so much discomfort.



| Day of Month | Day of Week | Zodiac Signs | Weather Forecasts | Oct. 1934 | | | Moon's Phases | | Ont. and Que. | | Mar. Provs. and Nfld. | | Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld. | | | |
|--------------|-------------|--------------|-------------------|--|---|---|---------------|----|---------------|----|-----------------------|------|--|-------|------|----------------|
| | | | | ☾ | ☽ | ☾ | d. | h. | m. | d. | h. | m. | d. | h. | m. | Sun Rises h.m. |
| 1 | M | ♈ | Week | | | | | | | | | 5.57 | 5.42 | 11.26 | | |
| 2 | T | ♉ | of | | | | | | | | | 5.58 | 5.40 | a.m. | | |
| 3 | W | ♊ | very | | | | | | | | | 5.59 | 5.38 | 0.31 | | |
| 4 | T | ♈ | fine | | | | | | | | | 6.00 | 5.36 | 1.36 | | |
| 5 | F | ♉ | weath- | | | | | | | | | 6.02 | 5.34 | 2.40 | | |
| 6 | S | ♊ | er. | | | | | | | | | 6.04 | 5.32 | 3.45 | | |
| 7 | S | ♈ | Cooler | <i>August Basin Pine</i> | | | | | | | | | | 6.05 | 5.30 | 4.50 |
| 8 | M | ♉ | and | | | | | | | | | 6.06 | 5.29 | 5.57 | | |
| 9 | T | ♊ | very | | | | | | | | | 6.08 | 5.27 | sets | | |
| 10 | W | ♈ | change- | | | | | | | | | 6.09 | 5.25 | p.m. | | |
| 11 | T | ♉ | able | | | | | | | | | 6.10 | 5.23 | 6.25 | | |
| 12 | F | ♊ | weath- | | | | | | | | | 6.11 | 5.21 | 7.09 | | |
| 13 | S | ♈ | er. | | | | | | | | | 6.12 | 5.20 | 8.05 | | |
| 14 | S | ♉ | Clears | <i>egg load from Glen Sand Hill</i> | | | | | | | | | | 6.14 | 5.18 | 9.13 |
| 15 | M | ♊ | and | <i>stopped. Smith</i> | | | | | | | | | | 6.15 | 5.16 | 10.28 |
| 16 | T | ♈ | remains | | | | | | | | | 6.16 | 5.14 | 11.47 | | |
| 17 | W | ♉ | fine | | | | | | | | | 6.17 | 5.13 | a.m. | | |
| 18 | T | ♊ | rest | <i>Graham</i> | | | | | | | | | | 6.18 | 5.12 | 1.06 |
| 19 | F | ♈ | of | <i>shipped pig iron export to</i> | | | | | | | | | | 6.20 | 5.10 | 2.24 |
| 20 | S | ♉ | week. | <i>Norman D. King buried</i> | | | | | | | | | | 6.22 | 5.08 | 3.42 |
| 21 | S | ♊ | Wet | <i>went down home ^{with} Mr. Beck</i> | | | | | | | | | | 6.23 | 5.06 | 4.58 |
| 22 | M | ♈ | and | | | | | | | | | 6.24 | 5.05 | 6.14 | | |
| 23 | T | ♉ | windy | | | | | | | | | 6.25 | 5.03 | 7.31 | | |
| 24 | W | ♊ | with | | | | | | | | | 6.26 | 5.02 | rises | | |
| 25 | T | ♈ | some | <i>Waterbury Mr. Rae died</i> | | | | | | | | | | 6.28 | 5.00 | p.m. |
| 26 | F | ♉ | severe | | | | | | | | | 6.29 | 4.59 | 7.13 | | |
| 27 | S | ♊ | storms. | <i>plum can Chilton buried</i> | | | | | | | | | | 6.30 | 4.57 | 8.11 |
| 28 | S | ♈ | The | <i>proa went down last night</i> | | | | | | | | | | 6.32 | 4.55 | 9.14 |
| 29 | M | ♉ | month | | | | | | | | | 6.33 | 4.54 | 10.18 | | |
| 30 | T | ♊ | ends | | | | | | | | | 6.34 | 4.53 | a.m. | | |
| 31 | W | ♈ | stormy. | | | | | | | | | 6.35 | 4.51 | 0.27 | | |



The Secret is Out

"Talking about hemorrhoids I am beginning to believe that almost everybody experiences the annoyance of this ailment at one time or another. Doctors have told me that the proportion is three out of four."

"Well, that doesn't worry me for I know how to treat them."

"Why not let us have the secret?"

"There is no secret for what I use is Dr. Chase's Ointment and I guess everybody knows about it even if they do not realize that it is a most effective treatment for the relief of piles or hemorrhoids."

"How did you find it out?"

"It was a doctor who first recommended it to me. He said an operation was about the only thing for piles but added that I might try Dr. Chase's Ointment as so many people had told him about being relieved by its use. It was no joke the way I suffered, but as the result of the quick relief obtained I am certainly an enthusiast about Dr. Chase's Ointment as a positive relief for piles."

Mr. A. DESJARDINS, Naughton, Ont., writes: "I suffered for many years with Itching Hemorrhoids and though I tried many treatments, could get only temporary relief. A friend told me of being relieved with your wonderful Ointment, so I tried this and was soon all right. It is over a year since I used your Ointment and I haven't been troubled with this painful and annoying complaint since."

A FINE HABIT

To rinse the Mouth after each Meal with a cleansing, Antiseptic Lotion

The pleasant, refreshing effect of using Dr. Chase's Every-Day Mouth Wash for rinsing the mouth in the mornings and after meals is a reward in itself. But more than that, it is also a most effective means of preserving the teeth and keeping the gums and mouth in a clean, antiseptic condition.

Remnants of food find lodgment between the teeth and at the base of the teeth. In spite of all efforts with the tooth brush, acid forms. The flint-like enamel of the teeth is cut into by this acid and the germs of decay gain entrance. This is known as acid decay.

To relieve this condition and to prevent further trouble the regular use of a strong antiseptic, such as Dr. Chase's Every-Day Mouth Wash, is absolutely necessary. It is at all times the surest safeguard against the germs of disease, most of which gain entrance to the body through the mouth.

Use it when the pink tinge on the tooth brush tells of tender gums and threatens pyorrhea. Use it to sweeten the breath. Use it regularly because of the pleasant, refreshing sensation you get from having the mouth clean, sweet and antiseptic.



DR. A.W. Chase's
Every-Day
Mouth Wash

Piles Cause Much Discomfort

Piles or hemorrhoids are among the most common, and at the same time, most distressing ailments of mankind. Fortunately relief from the distress caused by piles is readily obtained by the use of Dr. Chase's Ointment.

The most common cause seems to be improper food and sedentary habits, with the resulting constipation. Exposure to cold and dampness is responsible for many cases and it is not unusual for women to suffer from this ailment after childbirth.

For nearly half a century Dr. Chase's Ointment has been best known because of its success as a relief from the suffering and discomfort of piles.

In order to obtain lasting freedom from piles steps should be taken to correct the habits of eating and exercising. Torpidity of the liver and constipation may be quickly corrected by the use of Dr. Chase's Kidney-Liver Pills.

First Steno.—"George's mustache makes me laugh."

Second Steno.—"Tickled me, too."

Nurse's Evidence

NURSE VAN WYCK, 2018 Barker Street, Niagara Falls, Ont., writes:—"I feel it my duty to tell you how highly I value Dr. Chase's Ointment. I am a graduate nurse and take in private patients at my home. I have recommended it to I may say hundreds of my patients, as I consider it to be unequalled by any other Ointment, especially for hemorrhoids."

Piles after Childbirth

MRS. MABEL EDGETT, 83 Havelock Street, Amherst, N.S., writes:—"I suffered terribly with hemorrhoids after the birth of my first baby and I could not get any relief. A friend of mine advised me to try Dr. Chase's Ointment, so I procured two boxes and used them. This treatment completely healed me. It is now three years ago and I have had no recurrence of this painful complaint."

Protruding Piles

MR. C. G. ROBERTS, Penticton, B.C., writes:—"I suffered from an extreme case of protruding hemorrhoids some time ago and was advised by a friend to use plenty of Dr. Chase's Ointment. I did so and was soon able to go back to work and have not had any return of this painful complaint since. Thanks to Dr. Chase's Ointment, I was spared the necessity of undergoing an expensive operation."

Scientific Age

"And I ask you," said the lugubrious orator, "what is a home without a mother?"

"An incubator!" came a voice from the gallery.

Mary had a little dress,
Dainty, chic, and airy;
It didn't show the dirt a bit,
But gosh, how it showed Mary!

Mary.—"I didn't know Ted had any idea of marrying you."

Ann.—"He didn't. That was my idea."

What is Eczema?

The name eczema is applied to a great variety of diseases of the skin. In addition to the annoyance of having the skin affected, there is often keen distress from the intense itching and burning sensations.

Eczema is not confined to age or sex, but is most commonly present during infancy, adolescence and old age. It may be caused by irritation from the clothing, especially when the skin is softened by excessive perspiration.

People subject to rheumatism and a gouty condition are frequently troubled with eczema.

As a means of relief from the itching and stinging sensations and as a soothing, healing treatment for acute eczema Dr. Chase's Ointment has proven its intrinsic value for nearly half a century. As eczema is often irritated by the application of water the affected parts may be cleaned with olive oil before applying the ointment. If found advisable the ointment may be spread on cotton and laid over the irritated parts.

Avoid Irritation in Acute Eczema

Because of the discomfort caused by the intense itching and burning sensations, there is always temptation to scratch or pick at the affected skin. This should be avoided and in the case of young children it may be necessary to cover the sore parts.

Water usually aggravates eczema and in drying the towel should be patted gently instead of rubbed. If necessary use olive oil to cleanse the parts before applying Dr. Chase's Ointment.

Asking Too Much

"The roof is so bad that the rain comes through on my head. How long is this going to continue?" wrote the angry tenant.

"What do you think I am—a weather prophet?" replied the landlord.

Doctor.—"You are all run down. You must take a trip to Europe."

Patient.—"Great Scott! I'm just back from there."

Eczema on Face and Body

MRS. LOUISE HANNAH, 725 Lipton Street, Winnipeg, Man., writes:—"I think it is my duty to let you know the good Dr. Chase's Ointment did me. I had a bad case of Eczema on my body and worse on my face. I suffered Spring and Fall. I was almost giving up in despair when I saw in the paper where an aged minister in Toronto had been relieved by using Dr. Chase's Ointment. I immediately sent out and purchased a box. The first application relieved me so much that I persevered in using it and three boxes completely healed me."

Dr. Chase's Ointment Is invaluable wherever there is itching skin or a sore that refuses to heal

Among the troubles for which Dr. A. W. Chase's Ointment is used with splendid results are:

Acute Eczema.

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, Sunburn.

Sore and Cracked Nipples.

Sore and Inflamed Eyelids.

Old Sores and Bed Sores.

Itching peculiar to Women.

Dr. A. W. Chase's Ointment is a positive relief for itching, bleeding and protruding piles, pin worms and fistula.

Wets and Dries

"There are just two things that break up most of the happy homes nowadays."

"What are they?"

"Woman's love for dry goods and man's love for wet goods."

Small Boy.—"Daddy was run into by an automobile and he wants to know if you'll let him have groceries on credit."

Grocer.—"Has he got a good lawyer?"

New Sample Tube FREE

DR. CHASE'S OINTMENT

To show you what the new tube package looks like and to prove the superior merits of Dr. Chase's Ointment we will send you one sample tube free. Just fill in your name and address plainly and enclose 3 cent stamp for postage and packing.

Name..... Address.....1934

| Day of Month | Day of Week | Zodiac Signs | Weather Forecasts | Nov. 1934 | | | Moon's Phases | | Ont. and Que. | | Mar. Provs. and Nfld. | | Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld. | | |
|--------------|-------------|--------------|-------------------|---|-----------------|----------------|----------------|----------|---------------|----------|-----------------------|----------------|--|-----------------|--|
| | | | | ☾ New Moon... | ☽ First Qtr.... | ☽ Full Moon... | ☾ Last Qtr.... | d. h. m. | d. h. m. | d. h. m. | d. h. m. | Sun Rises h.m. | Sun Sets h.m. | Moon Rises a.m. | |
| 1 | T | ♈ | Fair | | | | | | | | | 6.37 | 4.50 | 0.27 | |
| 2 | F | ♈ | and | <i>1 lb. tea</i> | | | | | | | | | | | |
| 3 | S | ♈ | cool. | | | | | | | | | 6.40 | 4.47 | 2.35 | |
| 4 | S | ♉ | Fine | | | | | | | | | 6.42 | 4.45 | 3.41 | |
| 5 | M | ♉ | at | <i>pay for 4 Cans Cream</i> | | | | | | | | | | | |
| 6 | T | ♉ | first | | | | | | | | | 6.45 | 4.42 | 6.01 | |
| 7 | W | ♉ | week | | | | | | | | | 6.46 | 4.41 | 7.15 | |
| 8 | T | ♊ | ends | <i>spend tag for 3</i> | | | | | | | | | | | |
| 9 | F | ♊ | stormy. | | | | | | | | | 6.48 | 4.39 | p.m. | |
| 10 | S | ♊ | | | | | | | | | | 6.49 | 4.37 | 7.04 | |
| 11 | S | ♋ | This | Remembrance Day..... | | | | | | | | | | | |
| 12 | M | ♋ | week | | | | | | | | | 6.52 | 4.35 | 9.37 | |
| 13 | T | ♋ | is | <i>first answer 12 tags for 3 cans. good slugling</i> | | | | | | | | | | | |
| 14 | W | ♋ | cold. | | | | | | | | | 6.55 | 4.33 | a.m. | |
| 15 | T | ♋ | if | | | | | | | | | 6.56 | 4.32 | 0.13 | |
| 16 | F | ♋ | wind | | | | | | | | | 6.58 | 4.31 | 1.28 | |
| 17 | S | ♋ | N. or N.E. | | | | | | | | | 6.59 | 4.30 | 2.42 | |
| 18 | S | ♌ | High | <i>born at uncle Allen's</i> | | | | | | | | | | | |
| 19 | M | ♌ | winds | | | | | | | | | 7.02 | 4.29 | 5.11 | |
| 20 | T | ♌ | pre- | <i>fine warm water. 4 cans</i> | | | | | | | | | | | |
| 21 | W | ♌ | vail | | | | | | | | | 7.04 | 4.27 | rises | |
| 22 | T | ♌ | with | | | | | | | | | 7.06 | 4.26 | p.m. | |
| 23 | F | ♌ | cloudy | | | | | | | | | 7.08 | 4.25 | 5.59 | |
| 24 | S | ♌ | skies. | <i>at Aunt Mary's Leslie married</i> | | | | | | | | | | | |
| 25 | S | ♍ | Fair | | | | | | | | | 7.10 | 4.23 | 8.04 | |
| 26 | M | ♍ | weath- | <i>born Mark R. after</i> | | | | | | | | | | | |
| 27 | T | ♍ | er | | | | | | | | | 7.12 | 4.22 | 10.13 | |
| 28 | W | ♍ | and | <i>2 cans cream</i> | | | | | | | | | | | |
| 29 | T | ♍ | quite | | | | | | | | | 7.14 | 4.21 | a.m. | |
| 30 | F | ♍ | cold. | St. Andrew <i>raining.</i> | | | | | | | | | | | |



Dr. Chase's Favorite Liniment

The splendid results obtained by the use of Dr. Chase's Liniment are due to the potent and expensive ingredients of which it is composed. There is, we believe, no liniment on the market to-day which costs so much to manufacture. But results were all that Dr. Chase considered in the perfecting of his medicines. They were prescriptions used in his practice before they became proprietary medicines, and this helps to account for their unprecedented success.

Because of its agreeable odor and the readiness with which it is absorbed by the skin, Dr. Chase's Liniment is always pleasant to use, as well as promptly effective.

Use it for Headache, Backache, Rheumatism, Lumbago and Sciatica.

Rub it in for Sprains, Strains, Bruises, and as a relief from swelling and inflammation.

The Hardest

Professor.—“What do you find the hardest part of the Bible?”

Student.—“The book about work.”

Professor.—“What is the name of it?”

Student.—“It's called Job.”

Customer.—“Ouch! This towel is scalding hot.”

Barber.—“Sorry, sir! But I couldn't hold it any longer.”

“Do you ever hear of the money you lend your neighbour?”

“Rather. He bought a gramophone with it.”

Slightly Mixed

I know hundreds and hundreds of girls,

But the dumbest is Lillian Dare.

She thinks the Eternal Triangle

Is something that babies wear!

“So you call your canary Joe. Does that stand for Joseph or Josephine?”

“We don't know—that's why we call it Joe.”

Blowing Off Steam

Husband.—“I shall lose my temper with this confounded carpet in a minute!”

Wife.—“That's right, dear, do. Then take a stick and give it a jolly good hiding out on the lawn.”

The Value of Rubbing

In regard to rubbing, Dr. Chase says: “You will allow me one remark about liniments—they ought in all cases to be rubbed in, from twenty to thirty minutes, until the part burns from the effects, instead of two or three minutes, as is the usual custom. Wetting flannel with the liniment and binding on is a good manner of application.”

Rubbing improves circulation, draws the blood to the skin away from the inflamed parts, and stimulates the blood vessels of the skin to healthful action.

How To Rub

Pour a little of Dr. Chase's Liniment into the palm of the hand and rub it into the painful part until it is absorbed by the skin. Repeat this operation until there is a warmth and tingling of the skin and a glow of redness.

The Common Cold

Medical authorities claim that cold germs, as well as those of other diseases, are always with us. When the bodily resistance is lowered by wet feet, exposure or sudden changes of temperature, we catch cold. Other disturbing factors are emotional upset or a run down condition of the system.

5 Colds are to be avoided not only because of the dangers of serious developments in the lungs but also because they often stir up dormant diseases such as kidney disorders, rheumatism, neuritis, etc.

Solutions of Checker Puzzles

- 1.—25-21; 17-22 (or elsewhere)—White Wins.
- 2.—10-6; 1-10; 14-7; 3-10; 21-7—White Wins.
- 3.—31-26; 23-18 (or elsewhere); 26-22; 17-26; 30-14—White Wins.
- 4.—32-27; 24-31; 25-30; 31-27; 30-32—White Wins.
- 5.—NO: but if White tries to do so by 31-26, Black replies 18-22; 26-17; 13-22; 30-25; 22-29 and Black Wins. White, however, can draw by any other initial move.
- 6.—30-25; 17-21; 10-7; 21-30; 7-3; 30-23; 3-26—White Wins.
- 7.—27-23; 20-27; 18-15; 11-18; 23-14; 9-18; 32-14; 5-9; 14-5—White Wins.
- 8.—7-11; 15-8 (or 18-25); 22-15; 8-3; 15-11; 3-8; 11-4—White Wins.
- 9.—26-22; 25-18; 27-23; 18-27; 31-15; 7-2; 15-10; 2-7; 10-3—White Wins.
- 10.—15-19; 27-23; 10-14; 9-18; 26-22; 23-16; 22-15; 16-20; 15-19; 20-16; 19-12—White Wins.
- 11.—25-22; 10-15; 21-17; 30-26; 22-25; 26-30; 31-26; 30-14; 26-17—White Wins.
- 12.—17-13; 9-14; 25-22; 14-17; 22-26; 23-30; 13-22; 30-25; 22-29—White Wins.
- 13.—NO: if White plays 32-28, Black replies 31-27; 28-19; 27-32 and draws.
- 14.—32-27; 9-14 (or 9-13); 27-23; 19-26; 31-22; 14-17; 22-13—White Wins.
- 15.—27-24; 20-27; 19-16; 12-19; 10-15; 17-10; 15-6—White Wins.
- 16.—27-23; 18-27; 10-14; 1-28; 14-32—White Wins.

Young Girl.—“Yes! I feel an intense longing to do something for others.”

Friend.—“Just whom do you mean by others?”

Young Girl.—“Well, I suppose almost anybody outside of my immediate family.”

Why Grocers Go Crazy

“I’ve forgotten what the other thing was I came for,” said the small girl in the grocer’s shop. The grocer tried to be helpful.

“Was it cheese, bacon, butter, margarine, lard, cocoa, sugar, jam, marmalade, biscuits, bottled fruit, piccalilli, meat, baking powder, soap, soda, spice, rice, tapioca, macaroni, currants, raisins—”

“I remember now. It was, can you tell me the right time, please?”

Spinster.—“So the waiter says to me, ‘How would you like your rice?’ ”

Friend.—“Yes, dearie, go on.”

Spinster.—“So I says, wistfully, ‘Thrown at me, big boy.’ ”

“Am I good enough for you?” sighed the fond lover.

“No,” said the girl candidly, “you’re not; but you’re too good for any other girl.”

Many Ailments

Begin with a Cold

Half the ills of to-day have their origin in coughs and colds. Scarcely a member of your family but loses days if not weeks each year as a result of colds, bronchitis, flu or pneumonia.

But in addition to many discomforts and much loss of time there is always the danger of serious complications which may prove fatal.

Cold in the head and catarrh can be readily and quickly relieved by the use of Dr. Chase’s Catarrh Powder which cleanses the air passages of the head and nose, stops the droppings into the throat and enables you to rest and sleep comfortably.

If the cold has developed to the stage when the throat and bronchial tubes are affected or you have a cough, Dr. Chase’s Syrup of Linseed and Turpentine should be used to allay the inflammation, loosen the phlegm and soothe the irritated membranes.

By using these treatments you can effectively check a cold at any stage and protect yourself against serious developments.



A Cold is a Disease

About one person in every four takes cold easily, has three or four colds a year and loses one to three days employment. The most serious results from colds come in babyhood, at about 25 years, and in old age.

The common cold is a disease with almost unlimited possibilities of trouble. For this reason every cold should be taken seriously and checked as soon as possible.

One of the best known and most acceptable treatments is Dr. Chase's Syrup of Linseed and Turpentine. It certainly affords relief from coughs and colds, bronchitis, croup and asthma when nothing else seems to be effective.

This treatment is pleasant to take and is therefore especially suitable for children. At the same time it is wonderfully potent in checking these ailments in adults as well.

Manager.—“Have you seen the cashier this morning?”

Clerk.—“Yes, he came in without a mustache and borrowed the railway timetable!”

The Knock

A deaf old lady went to live near one of the naval ports. Shortly afterward a battleship fired a salute of ten guns. The old lady, who lived alone, got out of her chair, smoothed down her dress, patted her hair, and said, sweetly: “Come in.”

In constipation the refuse retained in the intestines becomes a breeding place for bacterial poisons which the lowest bowel automatically absorbs and passes into the blood stream.

“My luck's died out lately. First, I lost a pot of money in a deal; then I had my car stolen; now my boy's broken his leg. How's that for a run of bad luck?”

“Not as bad as mine. Listen. I bought a suit with two pairs of trousers and three days later burned a hole in the coat!”

The definite sources of poisons in the blood are chronic indigestion, chronic constipation and intestinal putrefaction. These conditions are corrected by the use of Dr. Chase's Kidney-Liver Pills which awaken the activity of the liver, kidneys and bowels.

An Absent-minded Beggar

“Where is the car?” asked Mrs. Diggs.

“Dear me,” exclaimed Professor Diggs. “Did I take the car out?”

“Of course you did. You drove it to town.”

“I remember now that after I got out I turned around to thank the gentleman who gave me a lift and wondered where he had gone.”

Try This For Your Cold

A surprising lot of people have found that by taking one of Dr. Chase's Kidney-Liver Pills, at bedtime, just as soon as there is any evidence of a cold, they can check it promptly.

This quickly rids the poisons from the system and appears to drive out the cold. Perhaps you will remember to try this the next time you have the misfortune to catch a cold.

| Day of Month | Day of Week | Zodiac Signs | Weather Forecasts | Dec. 1934 | | Moon's Phases | | Ont. and Que. | | Mar. Provs. and Nfld. | | Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld. | | |
|--------------|-------------|--------------|-------------------|-----------|--|---------------|-------|---------------|-------|-----------------------|-------|--|---------------|-----------------|
| | | | | | | d. | h. m. | d. | h. m. | d. | h. m. | Sun Rises h.m. | Sun Sets h.m. | Moon Rises a.m. |
| 1 | S | ♋ | Fair. | | | | | | | | | 7.16 | 4.20 | 1.24 |
| 2 | S | ♋ | Very | | | | | | | | | 7.18 | 4.20 | 2.30 |
| 3 | M | ♌ | cold | | | | | | | | | 7.19 | 4.20 | 3.39 |
| 4 | T | ♌ | spell | | | | | | | | | 7.20 | 4.20 | 4.52 |
| 5 | W | ♍ | and | | | | | | | | | 7.21 | 4.19 | 6.07 |
| 6 | T | ♍ | then | | | | | | | | | 7.22 | 4.19 | sets |
| 7 | F | ♍ | some | | | | | | | | | 7.24 | 4.19 | p.m. |
| 8 | S | ♎ | rain. | | | | | | | | | 7.25 | 4.19 | 6.02 |
| 9 | S | ♎ | | | | | | | | | | 7.26 | 4.19 | 7.22 |
| 10 | M | ♏ | Change- | | | | | | | | | 7.27 | 4.18 | 8.43 |
| 11 | T | ♏ | able | | | | | | | | | 7.27 | 4.18 | 10.02 |
| 12 | W | ♏ | with | | | | | | | | | 7.28 | 4.18 | 11.19 |
| 13 | T | ♏ | rain | | | | | | | | | 7.28 | 4.18 | a.m. |
| 14 | F | ♐ | or | | | | | | | | | 7.29 | 4.18 | 0.33 |
| 15 | S | ♐ | snow. | | | | | | | | | 7.30 | 4.19 | 1.47 |
| 16 | S | ♑ | | | | | | | | | | 7.31 | 4.19 | 3.00 |
| 17 | M | ♑ | Week | | | | | | | | | 7.32 | 4.19 | 4.13 |
| 18 | T | ♑ | is | | | | | | | | | 7.32 | 4.20 | 5.23 |
| 19 | W | ♑ | fair | | | | | | | | | 7.33 | 4.21 | 6.29 |
| 20 | T | ♑ | and | | | | | | | | | 7.33 | 4.21 | rises |
| 21 | F | ♑ | quite | | | | | | | | | 7.34 | 4.21 | p.m. |
| 22 | S | ♑ | mild. | | | | | | | | | 7.35 | 4.21 | 5.51 |
| 23 | S | ♑ | Remains | | | | | | | | | 7.35 | 4.22 | 6.56 |
| 24 | M | ♑ | fair | | | | | | | | | 7.36 | 4.22 | 8.01 |
| 25 | T | ♑ | but | | | | | | | | | 7.36 | 4.23 | 9.04 |
| 26 | W | ♑ | grad- | | | | | | | | | 7.37 | 4.23 | 10.07 |
| 27 | T | ♑ | ually | | | | | | | | | 7.38 | 4.24 | 11.10 |
| 28 | F | ♑ | becomes | | | | | | | | | 7.38 | 4.25 | a.m. |
| 29 | S | ♑ | colder. | | | | | | | | | 7.38 | 4.26 | 0.14 |
| 30 | S | ♑ | Ends | | | | | | | | | 7.38 | 4.27 | 1.20 |
| 31 | M | ♑ | cold. | | | | | | | | | 7.38 | 4.28 | 2.29 |

Dec. 1934

pouring rain.

*got the little puppy.
Sageas must get Play Avenue*

*Mr. Beckley's friend Morison & Paul Rose
Clarence, Sam & John here.*

*Harry Franklin married.
Mr. Beckley moved to Glen S.*

Christmas Day. Play Newington



Children's Colds

Children's colds should be got rid of just as quickly as possible. It is the neglected hanging-on cold that weakens the lungs and develops into serious trouble.

No treatment for coughs and colds was ever so popular with the children as Dr. Chase's Syrup of Linseed and Turpentine. It is so pleasant to the taste, so delightfully soothing and healing and affords relief so quickly that children soon turn to it instinctively when choked up with a cold or annoyed by coughing.

It is mother's favorite treatment for croup and bronchitis, for she knows it will bring relief when the midnight coughing spasms set in. It is wise to always have a bottle at hand for prompt use in emergency.

Dr. Chase's Syrup of Linseed and Turpentine is well-known as a most effective treatment for coughs, colds, bronchitis, croup and asthma. For many years it has held its place in the homes of Canada as absolutely dependable and was never so popular as it is to-day.

Catarrh

Catarrh may be described as chronic "cold in the head." In addition to the cold symptoms such as sneezing, running at the nose, watery eyes and red nose, there is a further inflammation of the mucous membranes of the nose and throat. The sense of smell may be lost, the breath becomes offensive, there is deafness and disagreeable dropping into the throat of purulent matter which upsets digestion.

The spread of catarrh to the throat and bronchial tubes gives rise to hawking and spitting in an effort to clear the throat. A continuation of catarrh undermines the general health and tends to give the patient a pale, weak and emaciated appearance.

A treatment which has stood the test of time and is to-day one of the most effective means of relief is Dr. Chase's Catarrh Powder. It soothes the inflamed and irritated mucous membranes, thoroughly clears out the air passages of the head and brings relief from the many disagreeable symptoms of catarrh.

As a Fall Tonic

To fortify the system against colds and other germ diseases.

It is said that 50 per cent of disabling diseases start with a cold. The cold germs are always with us and when the resistance is lowered by wet feet, exposure or sudden changes of temperature we catch colds which readily develop into more serious trouble.

It is surprising what a host of people use Dr. Chase's Nerve Food every fall in order to tone up their systems and build up power of resistance against winter's ills.

Cold in the Head and Catarrh

Experience has impressed on everybody the disagreeable symptoms of cold in the head. The stuffed up air passages, the aching head, the distressing running at the nose and the general feelings of malaise.

The danger is that the cold in the head, if not checked, may develop into bronchitis or some other serious disease. Repeated colds in the head are likely to become catarrh.

As a precaution, as well as for the comfort it brings, you are well advised to use Dr. Chase's Catarrh Powder as a relief from colds. It soothes the inflamed mucous membranes, clears out the stuffed up air passages and hastens recovery.

Rank Extravagance

Insurance Agent.—"But you surely agree to taking out an insurance policy to cover your burial expense?"

Wily Scot.—"Na, na, mon; I might be lost at sea."

Doctor.—"Is the night nurse giving you proper attention?"

Patient.—"Not exactly, but I'm perfectly satisfied."

Could Scarcely Breathe

MR. ARTHUR LAPOINTE, Breckenridge, Que., writes:—"I suffered from Catarrh for over five years, contracting this ailment from working in damp tunnels. At times I was unable to breathe and had pains in the head periodically and even after being treated by several physicians with some success, the Catarrh would again appear from time to time. One day on a train I met a man who told me to try Dr. Chase's Catarrh Powder. I started to use this the same day and used it for ten days, with good results. I felt better, breathed easier and after I had used it regularly for one month, I had no trace of Catarrh left and have never been bothered with this unpleasant malady since and that is over two years ago now. Needless to say, I am now a great booster of Dr. Chase's famous Catarrh Powder."

On and Off

An American film actress was applying for a passport.

"Unmarried?" she was asked.

"Occasionally," she answered.

Read this trick sentence

Federal fuses are the result of years of scientific study combined with the experience of years.

How many F's are there in that sentence?
Count them only once—mark down your answer. Now check carefully each letter and see if you were correct.

Hay Fever

Once this annoying ailment is acquired it usually returns each year to cause the patient some weeks' of distress. The symptoms are similar to those of cold in the head and catarrh but more exaggerated, with most difficult breathing and burning and stinging of the eyes. Relief is quickly afforded by the use of Dr. Chase's Catarrh Powder which clears the air passages and soothes the irritated mucous membranes. Attention to the general health is advisable. Especially the elimination of acid poisons by the use of Dr. Chase's Kidney-Liver Pills.

Had Catarrh for Many Years

MRS. AUSTIN McDONNELL, Lower Hillsdale, Judique North, Inverness Co., C.B., N.S., writes:—"For many years I had Catarrh. At the beginning of each winter I used to take a severe cold and would not get rid of it all winter, but was sneezing and my nose would be all choked up and I could not get my breath. I also suffered with severe headaches and weakness and tried three different doctors and took a lot of medicines, but to no avail. Then a friend from Western Canada advised me to take Dr. Chase's Catarrh Powder in conjunction with Dr. Chase's Nerve Food, as my nerves were bad and I was in a run-down condition. Before I had finished the second box of Catarrh Powder, I was feeling greatly benefitted. I could breathe with less difficulty and the headaches left me. I took six boxes in all and can truthfully say I have never had a bad cold in my head since. I also took six boxes of the Nerve Food, which made my appetite good and built me up wonderfully and I have felt well and strong ever since. I will never cease to praise your invaluable medicines, which gave me such complete relief."

Dr. Chase's Liver Medicine

Devoted exclusively to the regulation of the Liver

So important is the liver as a filter of the blood that Dr. Chase considered it advisable to prepare a medicine which has as its sole and definite object the regulation of this organ.

Dr. Chase's Liver Medicine is not recommended for any ailments which are not the direct result of disordered liver. The most common symptoms of congestion of the liver are—fickle appetite, coated tongue, impaired digestion, constipated bowels, muddy or yellowish complexion, hemorrhoids may develop and there is great mental depression and irritability of temper.

In order to correct the disordered liver and positively remove the cause of these annoying symptoms you are well advised to use Dr. Chase's Liver Medicine.

The healthy liver filters the acid poisons from the blood and supplies to the bowels the bile which acts as a cathartic in keeping the bowels regular and active. Because Dr. Chase's Liver Medicine restores the liver to healthful activity it gets at the root of the trouble so far as the torpid action of the liver and bowels is concerned.

This medicine may be considered a little old fashioned because it is in liquid form, but many prefer a liquid medicine because it is so easy to regulate the dose to exactly suit your condition. The large bottle contains 100 doses and sells for \$1.25.

The Opportunist

Teacher (warning her pupils against catching cold).—"I had a little brother seven years old and one day he took his new sled out in the snow. He caught pneumonia, and three days later he died."

Silence for ten seconds.

Then voice from the rear.—"Where's his sled?"

Taking Due Precaution

Prisoner.—"There goes my hat. Shall I run after it?"

P. C. Casey.—"And not come back! No. You stay here and I'll run after the hat!"

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 definite action on the liver immediately arouses this important filtering organ to the performance of its functions.

Easy Job

"What was all dat noise ovah at youah house last night, Rose?" asked one colored woman of another. "Sounded lak a lot ob wile cats broke loose."

"Huh! Dat? Why dat was nuffin' but de man frum de furniture stoh collectin' his easy payments."

Unnecessary

The Question.—"What do they mean by 'superfluous,' Bill?"

The Answer.—"Aw, somethin' unnecessary, like 'Will yer' in 'Will yer have a drink?'"

Life Story of A. W. Chase, M.D.

Dr. A. W. Chase was born near Buffalo, N.Y., and after studying medicine at the Michigan State University at Ann Arbour, he settled down to practice in that university town in 1860.

At that time, doctors were few and far between and as he travelled back and forth from Ann Arbour, Michigan, to Buffalo, New York, passing through Southern Ontario, he was accustomed to stay for a day or two at London, Cayuga, and other points, in order that people might consult him in regard to their ailments.

In this way, he formed many acquaintances in Canada, as well as the United States.

During this time he made a habit of collecting prescriptions which had proven of especial value in the hands of other doctors and general recipes which had been found of merit in the homes of the people.

In 1863, there was published the first edition of Dr. Chase's Receipt Book.



This book has since gone through a considerable number of editions and enlargements until its circulation is said to have exceeded 1,500,000 copies.

As a result of this wide practice of medicine and the popularity of this Receipt Book, it was not long until a demand was established for his medicines by mail. This demand came partly from people to whom he had actually prescribed medicines and from others who consulted him as a result of reading this book.

It was not long before the work of supplying these medicines became a business by itself and a company was organized to manufacture and ship the medicines to the drug trade.

As the result of the annual mailing of Dr. Chase's Almanac to practically every home in Canada—a total edition of 1,800,000 copies, as well as the use of practically all the leading newspapers and magazines in Canada and the distribution of millions of samples, Dr. Chase's Medicines are now known in the great majority of homes and are freely recommended by druggists because of the universal satisfaction they have given for a considerable number of years.

Dr. Chase's Medicines

For your protection the portrait and signature of A. W. Chase, M.D., are found on every package of his medicines.

- DR. CHASE'S NERVE FOOD for Sleeplessness, Headache, Irritability, Anæmia, Weak Blood and Exhaustion of the Nervous System, 60 cents a box.
- DR. CHASE'S KIDNEY-LIVER PILLS for Constipation, Indigestion, Bilioussness, Liver Complaint, Backache, Rheumatism and Kidney Disorders, 35 cents a box.
- DR. CHASE'S OINTMENT for Eczema, Chafing, Hemorrhoids and Irritations of the Skin, 60 cents a box or tube; family size, \$2.00.

- DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE for Coughs, Colds, Croup, Bronchitis, etc., 35 cents and 75 cents.
- DR. CHASE'S CATARRH POWDER for Cold in the Head, Catarrh and Hay Fever, 35 cents a box.
- DR. CHASE'S LIVER MEDICINE for Liver Disorders and Jaundice, \$1.25 a bottle.
- DR. CHASE'S LINIMENT for Rheumatism, Lumbago, Backache, etc., 50 cents a bottle.
- DR. CHASE'S EVERY-DAY MOUTH WASH, an antiseptic for throat and gums, 50 cents a bottle.

For sale by all druggists

The DR. A. W. CHASE MEDICINE CO., Limited
Dr. Chase Building, Toronto, Ont.

WEIGHTS AND MEASURES



Long Measure

12 Lines.....1 Inch
 4 Inches.....1 Hand
 12 Inches.....1 Foot
 3 Feet.....1 Yard
 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 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

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

Measure of Capacity

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

Dry Measure

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

Time Measure

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

Days in the Month

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



How Young She Looks

**There's a Sparkle to the Eye
Which Health Alone Can Give**

IT is a real problem these days to retain youth and beauty in face of the worries which are so many.

For worry brings irritability and sleeplessness and headaches. Care lines and wrinkles show themselves. You almost dread to look into the mirror.

And yet there is a way to overcome the nervous condition in which you find yourself. Many have proven the value of Dr. Chase's Nerve Food as a means of restoring health and beauty and youthful appearance.

They have found that under this treatment they are soon resting and sleeping well, appetite and digestion improve, headaches disappear, dark clouds of depressed feelings roll away and new hope and courage banish the worries that were breaking down the nervous system.

It is certainly worth while to give Dr. Chase's Nerve Food a trial for the reason that it supplies the elements from which nature rebuilds the run down body and nervous system.

Almost everywhere you meet other women you hear some remarks about Dr. Chase's Nerve Food and the benefits obtained by its use. It is only reasonable to expect that it will benefit you just as it has so many thousands of others.

Dr. Chase's Nerve Food

**Enriches
the Blood**



**Restores
the Nerves**