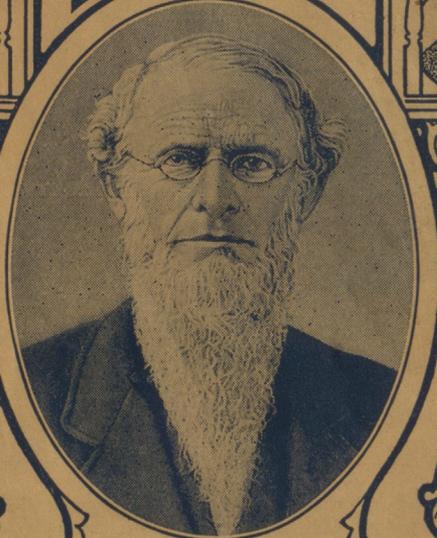


HANG ME UP

DR. A. W. CHASE'S CALENDAR ALMANAC

1935



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

FOR THE
HOME, FACTORY
FARM, OFFICE



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



Health Vitality Beauty

By artificial means you may redden white lips and faded cheeks but you cannot in this way restore the allurements of natural beauty.

Real beauty is based on good health. The blood must be rich, the nerves healthy, so that you may have the sparkling eye, the glowing complexion and the poise which is impossible when the nerves are irritable.

Worry, irritability and sleeplessness are the greatest enemies of health and beauty. By using Dr. Chase's Nerve Food you regain health, personal charm and attractiveness, as well as add to your pleasures in life.

Dr. Chase's Nerve Food



The Family Doctor

This famous painting so beautifully represents a scene in the life of the family doctor that we have borrowed it to recall to the minds of our readers the fact that Dr. Chase was a family physician of wide and varied experience and that his medicines were perfected under circumstances which enabled him to put them to the most severe tests in his own practice.

Specialists were few and hospitals were crude compared to present day equipment. In Michigan and Western Ontario skilled doctors were not so plentiful and from many towns and villages people were accustomed to send for Dr. Chase, who was known to them as author of Dr. Chase's Receipt Book as well as a physician of outstanding skill and integrity.

Be Master of Your Health

Any one who is familiar with the contents of Dr. Chase's Receipt Book will recognize this heading as expressing the frequent advice of Dr. Alvin Wood

Chase whose life work consisted of teaching people how to keep in good health and avoid the discomfort and suffering which results from disease.

With this object in mind Dr. Chase's Medicines were intended to maintain or to restore health rather than to afford mere temporary relief.

This advice "Be Master of Your Health" seems to apply most definitely to Dr. Chase's Nerve Food which has proven the most popular and widely used of his medicines.

On account of the enormous increase of nervous disorders during recent years, this product has had an ever increasing demand until it is today one of the best sellers which the druggist has in his store.

The same high principle applies to all of Dr. Chase's Medicines, such as his Kidney-Liver Pills, Ointment, Linseed and Turpentine, Liniment, etc. Several years of his busy life as a practising physician were devoted to the perfecting of his medicines which have proven so eminently successful over nearly half a century of time.

Day of Month	Day of Week	Zodiac Signs	Weather Forecasts	Jan. 1935	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	Sun Sets	Moon Rises
					☾ New Moon...	5	0 20 a.m.	5	1 20 a.m.	h.m.	h.m.	a.m.
					☽ First Qtr....	11	3 55 p.m.	11	4 55 p.m.			
					☾ Full Moon...	19	10 44 a.m.	19	11 44 a.m.			
					☾ Last Qtr....	27	2 59 p.m.	27	3 59 p.m.			
1	T	♈	Month	New Year's Day.....					7.38	4.28	3.41	
2	W	♈	begins					7.38	4.29	4.55	
3	T	♉	clear					7.38	4.29	6.06	
4	F	♉	and					7.38	4.31	7.08	
5	S	♊	quite					7.38	4.32	sets	
6	S	♊	cold.	Epiphany.....					7.38	4.33	p.m.	
7	M	♋	Change-					7.38	4.34	7.42	
8	T	♋	able					7.37	4.36	9.03	
9	W	♋	weather					7.37	4.37	10.21	
10	T	♌	all					7.37	4.38	11.36	
11	F	♌	this					7.37	4.39	a.m.	
12	S	♍	week.					7.36	4.40	0.50	
13	S	♍						7.36	4.41	2.04	
14	M	♎	Spell					7.36	4.42	3.15	
15	T	♎	of					7.35	4.44	4.22	
16	W	♏	fine					7.35	4.45	5.22	
17	T	♏	mild					7.34	4.46	6.13	
18	F	♏	weather.					7.34	4.48	6.55	
19	S	♐						7.33	4.49	rises	
20	S	♐	Falling					7.33	4.50	p.m.	
21	M	♑	baro-					7.32	4.51	6.54	
22	T	♑	meter					7.31	4.52	7.57	
23	W	♑	precedes					7.31	4.54	9.00	
24	T	♒	cold					7.30	4.55	10.02	
25	F	♒	north					7.29	4.56	11.06	
26	S	♒	winds.					7.28	4.58	a.m.	
27	S	♓						7.27	4.59	0.13	
28	M	♓	Month					7.26	5.00	1.22	
29	T	♈	ends					7.24	5.02	2.33	
30	W	♈	mild.					7.23	5.04	3.43	
31	T	♈						7.22	5.05	4.48	

Natural Sleep

Rests The Nerves

It is as natural to sleep
When you are tired,
As it is to eat when you are hungry,
Or drink when you are thirsty.
The ability to sleep long and soundly,
And awake refreshed and happy,
Is proof of a sound nervous system,
One of Life's greatest blessings.
When you cannot sleep
You know it is the nerves
And are fortunate if you know about
Dr. Chase's Nerve Food.
This great restorative is known
As a most effective relief
For disorders of the nervous system.

Study The Inside Nerves

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

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

It is only when you think of the nervous system in this way that you begin to realize its true importance and to appreciate the far-reaching effects of any derangement of the nerves.

If there is ever a time when sympathy is needed it is when the nerves give way. But you must have more than sympathy if you are to recover your nervous energy. The feeble, exhausted nerve cells must be nourished back to health by the use of such treatment as Dr. Chase's Nerve Food.

This treatment is so gentle and natural in action that it admirably suits the delicate condition of the exhausted nervous system and at the same time is wonderfully potent in restoring vigor and strength.

Radish seeds soaked for 2 hours in coal oil before planting will not be troubled with white worms.

If white hair has turned yellowish, shampoo always with white of egg and castile soap and add a couple of drops of bluing to the last rinsing water.

Dainty Desserts

BANANA RICE RING

Pack cooked rice to fill a ring mold, loosely at first and more firmly on top. Unmold on serving plate and fill and garnish with four bananas sliced. Serve hot or cold with lemon sauce. Mix 1 tablespoon cornstarch, $\frac{1}{2}$ cup sugar, $\frac{1}{8}$ teaspoon salt with a little cold water. Add $\frac{1}{4}$ cup boiling water, stirring constantly. Boil five minutes. Add one beaten egg yolk. Cook one minute. Remove from fire. Add 2 tablespoons butter and $1\frac{1}{2}$ tablespoons lemon juice. Four generous portions.

RAINBOW JUNKETS

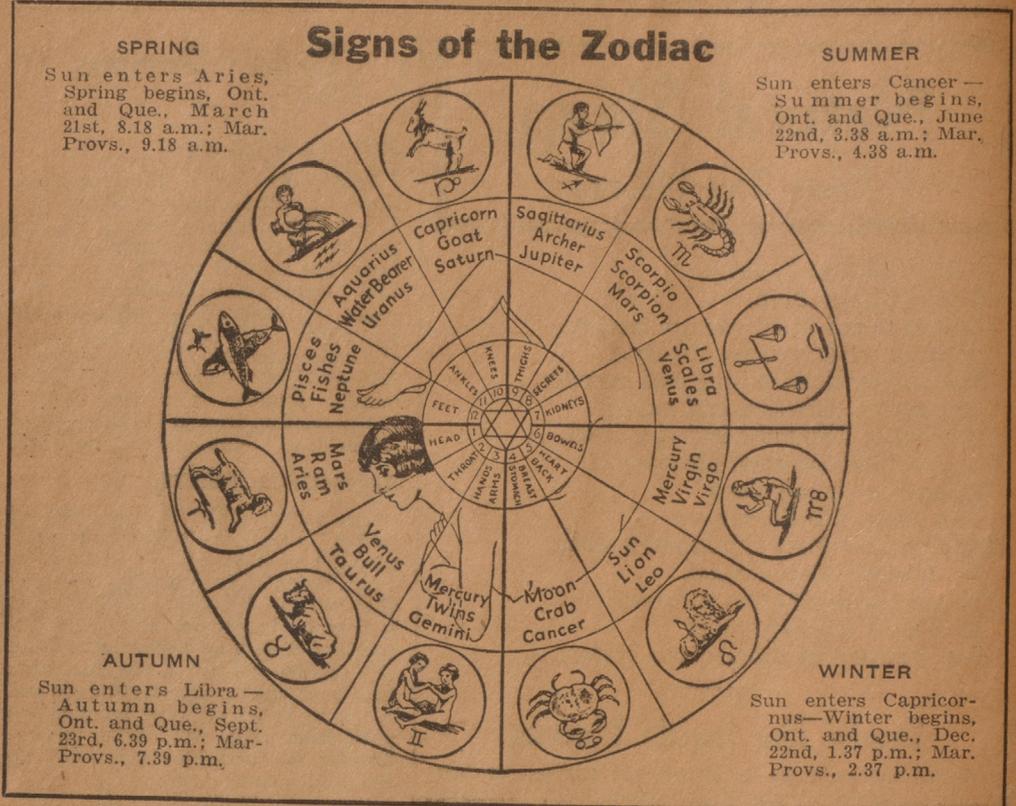
One junket tablet makes a pint of junket. Crush the tablet in a tablespoonful of cold water. Dissolve in 1 pint tinted lukewarm milk (or cream) that has never boiled. Add about 3 tablespoons sugar and from $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon flavouring, according to kind. Stir rapidly for just a few moments, then pour quickly into serving glasses. Allow to stand at room temperature until firm, then with little motion, transfer to refrigerator and chill. To tint, add colour to warm milk.

APPLE TAPICOA

1-2 cups quick-cooking tapioca, 1 teaspoon salt, 1 quart hot water, 6 tart apples, 1 cup sugar, $\frac{1}{4}$ teaspoon nutmeg, $\frac{1}{2}$ teaspoon cinnamon, 1 tablespoon butter. Cook tapioca and salt in hot water in double boiler 15 minutes, stirring frequently. Pare and quarter apples. Place in buttered baking dish and cover with sugar and spices. Dot over with butter. Pour tapioca mixture over all and bake in moderate oven, 350 degrees F., until apples are soft. Serve with cream and sugar. 8 servings.

CHOCOLATE PUDDING

Two cups hot milk, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup cold milk, 3 tablespoons cornstarch, $\frac{1}{8}$ teaspoon salt, 1 ounce chocolate, $\frac{1}{4}$ teaspoon vanilla. Mix sugar, salt and cornstarch with cold milk, add to hot milk and cook in top of double boiler, stirring until thick. Add the chocolate which has been melted over hot water. Cook thirty minutes, remove from fire and add vanilla. Serve with whipped cream.



1935

Dominical Letter.. F	Solar Cycle..... 12
Epact..... 26	Roman Indiction.. 3
Lunar Cycle or Golden Number 17	Julian Period..... 6648

The year 5696 of the Jewish Era begins at sunset, September 27th, 1935, Gregorian Calendar.

The year 1354 of the Mohammedan Era begins at sunset, April 4th, 1935, Gregorian Calendar.

The 26th year of the reign of King George V. begins on May 6th, 1935.

The 69th year of the Dominion of Canada begins July 1st, 1935.

The 160th year of the Independence of the United States of America begins July 4th, 1935.

Eclipses

I.—A PARTIAL ECLIPSE OF THE SUN, January 5th, not visible in North America.

II.—A TOTAL ECLIPSE OF THE MOON, January 19th, visible in western North America.

III.—A PARTIAL ECLIPSE OF THE SUN, February 3rd, Ont. and Que., begins 9.30 a.m., ends 1.01 p.m. Maritime Provs. begins 10.30 a.m., ends 2.01 p.m.

IV.—A PARTIAL ECLIPSE OF THE SUN, invisible in Canada.

V.—A TOTAL ECLIPSE OF THE MOON, Ont and Que., begins July 15th, 11.09 p.m., ends July 16th, 0.50 a.m. Maritime Provs. begins July 16th, 0.09 a.m., ends July 16th, 0.49 a.m.

VI.—A PARTIAL ECLIPSE OF THE SUN not visible. July 30th, 1935.

VII.—AN ANNULAR ECLIPSE OF THE SUN, December 25th, 1935, not visible.

Sensitive

Two men were seated together in a crowded street car. One of them noticed that the other had his eyes closed.

"Whassamater, Bill," he asked, "feeling ill?"
"I'm all right," answered Bill, "but I hate to see ladies standing."

Jim.—"If you keep looking at me like that I'm going to kiss you."

Joan.—"Well, I can't hold this expression much longer."



What "Nerves" Do To Feminine Loveliness

Worry, and other forms of nerve strain are the greatest destroyers of feminine beauty. The offices of many nerve specialists are filled with women who are broken by worry. The evidence is seen in care lines and wrinkles, and the excessive use of powders and cosmetics, to disguise the appearance of age.

To retain health and youth and beauty it is necessary to keep the blood rich and red and to thereby nourish the depleted nerves back to health and vigor. You can do this by using Dr. Chase's Nerve Food. This restorative treatment puts iron in the blood. It enables you to rest and sleep well, quiets the irritable nerves and makes you feel and look fine.

The Tiresome Part

Old Lady.—"Don't you ever feel weary going up and down in the elevator all day?"

Elevator Operator.—"Yes'm."

"Is it the motion of going down?"

"No'm."

"The motion of going up?"

"No'm."

"The stopping?"

"No'm."

"What is it then?"

"The questions!"

Do You Worry because You are Sick? Or are You Sick because You Worry?

One thing certain—worry and exhausted nerves are closely allied and it seems impossible to get rid of worry until the vigor of the nerves is restored.

In addition to worry you find yourself irritable and ready to fly into a fit of anger or to drop into the dumps with despair. It is impossible for you to rest or sleep properly. The slightest noise startles and annoys you. The bodily functions are disturbed and you have headaches and indigestion.

You have tried to calm yourself and to stop worrying—but in vain.

The condition of the nervous system must be corrected by such restorative treatment as Dr. Chase's Nerve Food. By its use the blood is made rich and red and the irritated and depleted nerves are nourished back to health and vigor.

In a few weeks under this treatment you will find that you can laugh at your old worries. Natural rest and sleep will calm your excited nerves and you will know again the joy of healthful living. Your friends will tell you how well you are looking.

Looking Ahead

"How's that patient of yours who's always worrying about his food?" asked the doctor's wife.

"I've ordered him to eat only the plainest of foods and very little of it," replied the medical man.

"Do you think that will help him to get well again?" she asked.

The doctor smiled artfully.

"Probably," he replied; "but it will also help him to save money so that he can pay my bill."

Giving Him a Boost

"Sistah Jones, I'se takin' up a collection fo' de benefit of our worthy pastah," exclaimed one of the brethren. "You know he's leavin' us fo' to take a church down in Mobile, an' we thought we'd get together an' give him a little momentum!"

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

Day of Month	Day of Week	Zodiac Signs	Weather Forecasts	Feb. 1935		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	F	♈	Snow-			☾	New Moon...	3	11	27	a.m.	☾	12	27	p.m.	7.20	5.07	5.45
2	S	♈	flurries.			☾	First Qtr....	10	4	25	a.m.	☾	5	25	a.m.	7.19	5.08	sets
3	S	♈				☾	Full Moon...	18	6	17	a.m.	☾	7	17	a.m.	7.19	5.09	p.m.
4	M	♈	Turns			☾	Last Qtr....	26	5	14	a.m.	☾	6	14	a.m.	7.18	5.11	6.34
5	T	♈	very													7.17	5.12	7.56
6	W	♈	cold													7.15	5.14	9.15
7	T	♈	with													7.14	5.15	10.33
8	F	♈	chilling													7.12	5.17	11.50
9	S	♈	winds.													7.11	5.18	a.m.
10	S	♈														7.10	5.19	1.04
11	M	♈	Some													7.09	5.20	2.13
12	T	♈	heavy													7.07	5.22	3.17
13	W	♈	snow													7.06	5.23	4.11
14	T	♈	falls				Valentine's Day									7.04	5.25	4.55
15	F	♈	this													7.03	5.26	5.31
16	S	♈	week.													7.02	5.27	6.01
17	S	♈					Septuagesima Sunday									7.01	5.29	6.25
18	M	♈	Extreme													6.59	5.30	6.45
19	T	♈	cold													6.57	5.32	rises
20	W	♈	followed													6.55	5.34	p.m.
21	T	♈	by													6.54	5.35	8.58
22	F	♈	stormy				<i>dark</i>									6.52	5.37	10.03
23	S	♈	weather.													6.50	5.38	11.10
24	S	♈														6.48	5.39	a.m.
25	M	♈	Milder				<i>snow on the 25</i>									6.47	5.40	0.19
26	T	♈	with				<i>to Easter</i>									6.45	5.42	1.28
27	W	♈	rain or				<i>drizzle</i>									6.43	5.44	2.33
28	T	♈	snow.													6.41	5.46	3.31

A Beauty Secret From The Far East

One of the greatest beauty secrets of the ages
Comes to us from the Far East.

Like the Spanish the Eastern peoples

Take their after dinner siesta.

But in addition to this method

Of resting the nerves,

They have learned to follow the injunction

"Don't Worry."

Worry is the greatest enemy of beauty.

It makes you look haggard and wrinkled.

Worry becomes a habit,

Which consumes nervous energy

At a tremendous rate.

You can overcome worry

And revitalize the nervous system

By using Dr. Chase's Nerve Food.

Teacher.—"Johnny, what is a cannibal?"

Johnny.—"I don't know."

Teacher.—"Well, if you ate your father and mother
what would you be?"

Johnny.—"I'd be an orphan."—*L. & N.*

Worry

"Worry," we are told, is from an old Anglo-Saxon word which means "harm," and is another form of the word "wolf." It is something harmful, and bites and tears as a wolf which mangles a sheep. There are times, no doubt, when we must feel anxious because of harm suffered or anticipated by ourselves or others, this may be beneficial because it rouses to necessary activity; but often worry has the opposite effect, paralyses us and unfits us for duty. It distracts our thoughts and obscures our vision.

An old story tells us of an angel who met a man carrying a heavy sack, and inquired what was in it. "My worries," said the man. "Let me see them," asked the angel. When the sack was opened it was empty. The man was astonished and said he had two great worries. One was of yesterday, which he now saw was past; the other of to-morrow, which had not yet arrived. The angel told him he needed no sack, and the man gladly threw it away. Better keep no worry sack.

"It is dangerous to sit down too suddenly in a hot bath," says a Winnipeg doctor. One way to avoid this is to make sure the soap is in the soap holder.

Refreshing Drinks

NECTAR COCKTAIL

Quarter cup lemon juice, $\frac{1}{4}$ cup orange juice, $\frac{1}{4}$ cup cherry juice, $\frac{1}{4}$ cup sugar, 1 cup water, 1 cup ginger ale. Serve in tall glasses, garnished with mint sprigs.

CHERRY ALE

One cup prepared cherry juice, 2 cups ginger ale, 4 stalks mint, crushed, 2 cups water. Blend and stand for one hour. Remove mint stalks and pour over cherry-centred ice cubes. Serve in cocktail cups garnished with mint sprigs.

GINGER POP

White sugar, $\frac{3}{4}$ lb.; cream of tartar and ginger root, bruised, each $\frac{3}{4}$ oz.; juice and grated yellow of 1 lemon; water, 1 gallon; fresh yeast, 1 tablespoonful; essence of winter green or sassafras, as preferred, or half of each, if mixed flavour is liked. Put all into a jar, except the yeast and essence; and pour over the water, boiling hot; cover and let stand until it is only lukewarm and add yeast and essence and let stand in a cool place 24 hours, strain and bottle, securing the corks tightly. It will be ready in about 3 days.

CREAM SODA

Sugar, $2\frac{1}{4}$ lbs.; citric acid, 2 ozs. juice of 1 lemon, water, 3 pints. Dissolve by heat and boil 5 minutes. When cold, add the beaten whites of 3 eggs, beaten into a small cup of flour, then stir in the extract of lemon, or the extract of any other flavour you desire; bottle and keep cool; put 2 tablespoonfuls, more or less as you prefer, into a tumbler of cold water and stir in $\frac{1}{2}$ to $\frac{1}{2}$ teaspoonful of soda and drink at leisure, as the eggs and flavour holds a cream on top.

Regulating the Weather

Weather Man.—"Put down rain for a certainty this afternoon."

Assistant.—"Are you positive, sir?"

Weather Man.—"Yes, indeed. I've lost my umbrella, I'm planning to play golf and my wife's giving a lawn party."

Advice to motorists: Just because you see its tracks is no sign that a train has just passed.

A Nurse's Report

"In my work one soon gets on an intimate footing in the home so I receive many confidences and am convinced that in these days of strain and worry every woman needs her nerves to be in the best possible condition. If one's nerves are exhausted one cannot see anything in proper perspective and becomes irritable and nagging at home, despondent and listless in business and a burden to one's self.

"A patient of mine, the mother of a large family of growing boys, confided in me that she sometimes felt so irritable and nervous that she had even lost her love of her boys. Her nerves had all gone to pieces, she said, and every little noise or excitement made her want to scream. She felt she could not go on that way.

"I explained to her that for years she had been drawing on her reserve force of nervous energy without putting anything back and no wonder she was on the verge of a bad nervous breakdown. If she had been wealthy, I told her, her doctor would have prescribed change of scenery and an expensive trip but that she could get just as much benefit by using Dr. Chase's Nerve Food right in her own home.

"She saw the sense of what I told her, followed my advice and in six weeks she could laugh at her old harrassed self."

"Another kind of case which frequently came to my attention was the particular benefits which were obtained from using Dr. Chase's Nerve Food by women during the change of life.

"Even the best balanced women are apt to see things out of proportion at this time, become abnormally sensitive, imagine slights and suffer greatly from nervous exhaustion. I always advise women in this condition to get their nerves and health in order by using that well-tried physician's prescription now known as Dr. Chase's Nerve Food."

Let Go—Relax

Rest the Overstrained Nerves

Today we are living at high tension. We have forgotten how to relax. The nerves have no chance to rest. Life is shortened by a score of years. Exhausted nerves can be restored by using Dr. Chase's Nerve Food.

Rest will greatly hasten the recovery, sleep will be natural and restful while using this treatment. The beneficial, upbuilding effect is both thorough and lasting.



Getting More Out of Life

Are you one of those women who find life more or less of a burden because of poor health?

With many people poor health becomes more or less of a habit.

Perhaps your blood is weak and lacking in nourishing qualities so that your nerves are starved and you always feel tired and oppressed by the duties and cares of the day.

Why not get out from under this burden by restoring the vigor of the body? You can readily do this with the assistance of Dr. Chase's Nerve Food. Many thousands have done so and why shouldn't you?

"Be Master of Your Health"

Easily depressed, quickly tired, no power to concentrate, sensitive, irritable, forgetful, lacking pep in daily work, cannot get proper sleep at night—perhaps this describes your condition. In addition you may have digestive troubles. Maybe you spend too much energy in worry. Worry is one of the most frequent causes of nervous breakdown.

But you can change all this. You can be master of your health. Dr. Chase's Nerve Food will be your greatest help, because it restores richness to the blood and feeds the starved nerves back to health and vigor. First say, "I can and I will get well," and say it as though you meant it. Then begin with this well-known restorative, and keep using it

faithfully and regularly until your nerves are thoroughly restored and you can say "I am master of my health."

Neuritis and Rheumatic Pains

Nearly every person with exhausted nerves has trouble with indigestion and constipation. Instead of being digested the food ferments and gives off dangerous poisons, which irritate the nerves, and cause neuritis and rheumatic pains. New nerve force is necessary to run the vital organs of the body.

You need Dr. Chase's Nerve Food to supply this motive power. With nerve force restored the digestive and eliminating organs resume their normal functions and soon you are feeling fine.

He.—"My treasure!"
She.—"My treasury."

Put on the Brakes

Or Worry will get You

Many a man and many a woman is going under these days because of worry. Worry is a destroyer of the vital force. It robs the digestive organs of the nerve force required for digestion. It slows down the heart, the lungs and other vital organs of the body. It is necessary for you to put on the brakes.

If you are to avoid a nervous breakdown, Dr. Chase's Nerve Food can be of great help to you. It puts iron into the blood and by nourishing the nervous system enables you to conquer worry. There's vibrant health in every box.

Dr. Chase's
NERVE FOOD



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

Day of Month	Day of Week	Zodiac Sign	Weather Forecasts	Mar. 1935		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	F	♉	Turns	St. David								6.39	5.46	4.20
2	S	♊	colder									6.38	5.47	5.00
3	S	♈	but									6.37	5.48	5.32
4	M	♈	fine									6.35	5.50	sets
5	T	♈	weather									6.34	5.51	p.m.
6	W	♈	pre-	Ash Wednesday								6.32	5.53	8.06
7	T	♈	vails.									6.30	5.54	9.25
8	F	♈										6.28	5.55	10.43
9	S	♈	Some									6.26	5.56	11.58
10	S	♈	high									6.23	5.58	a.m.
11	M	♈	winds									6.21	5.59	1.06
12	T	♈	but									6.20	6.01	2.04
13	W	♈	mostly									6.19	6.02	2.53
14	T	♈	fair.									6.17	6.04	3.32
15	F	♈										6.15	6.05	4.03
16	S	♈										6.14	6.06	4.29
17	S	♈	Weather	St. Patrick								6.11	6.07	4.51
18	M	♈	un-									6.09	6.09	5.10
19	T	♈	usually									6.07	6.10	rises
20	W	♈	cold									6.05	6.12	p.m.
21	T	♈	for									6.04	6.13	7.54
22	F	♈	March.									6.02	6.14	9.01
23	S	♈										6.00	6.15	10.10
24	S	♈	Tempera-									5.57	6.17	11.18
25	M	♈	ture									5.55	6.18	a.m.
26	T	♈	rises									5.54	6.19	0.24
27	W	♈	and									5.52	6.20	1.23
28	T	♈	weather									5.51	6.21	2.14
29	F	♈	mild.									5.49	6.22	2.55
30	S	♈	Ends									5.47	6.24	3.29
31	S	♈	fine.									5.45	6.25	3.58

Handwritten notes in the table:

- St. David
- Ash Wednesday
- St. Patrick
- first duck eggs
- first Hen eggs
- It was a fine day

Your Nervous Habits Annoying to Others

Tapping with the fingers,
Piano playing on the bridge table,
Above all, biting the finger nails
Are nervous habits
Which are annoying to others
And should be a warning to you.
Your nerves are at high tension,
You are wasting in worry and irritability
The nerve force which should be available
To run the machinery of the body
Hence the indigestion, the headaches and sleep-
lessness.
Physicians say that 60% of the present day ills
Are the result of exhausted nerves.
You can increase the nerve force in the body
By using Dr. Chase's Nerve Food.
This is Nature's way of restoring
Health, strength and vigor to the system.

The Dangers of Low Vitality

There is not only the discomfort of continuous fatigue and inability to enjoy life but there is positive danger associated with low vitality.

You are indeed an easy prey to all sorts of ailments. Your blood is not in a condition to fight off colds, influenza or other germ diseases. You have no protection and no reserve force to resist the attack of disease.

The quality of your blood must be restored and the greatest of blood restoratives is Dr. Chase's Nerve Food.

This is not a mere statement but is based on an experience of many years in watching the results reported from many thousands of people who owe their present good health and in many cases life itself to the upbuilding influence of this great prescription.

Be True

I am not bound to win, but I am bound to be true. I am not bound to succeed, but I am bound to live by the light that I have.

I must stand with anybody that stands right, stand with him while he is right, and part with him when he goes wrong.—*Abraham Lincoln.*

"I hope you got my cheque?"

"Yes, twice—once from you and once from the bank."

For The Farmer

To Measure Hay in the Mow

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

Amount of Hay Per Day

Horse	3 lbs.
Young Cattle.....	3 lbs.
Cow.....	2½ lbs.
Steers.....	2¾ lbs.
Sheep	3 lbs.

Relative Value of Foods

100 lbs. of hay equals:
669 lbs. Beets; 373 lbs. Clover (green) 88 lbs.; Clover (dry); 469 lbs. turnips; 59 lbs. Oats; 37 lbs. Peas (dry); 53 lbs. Rye; 317 lbs. Oat Straw,

How to Measure Boards

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

How to Measure Scantling

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

Amount of Paint for Surface

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

Bushels of Apples or Potatoes in Bin

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

A Fare Go!

"Hello, Donald—travelling on business or pleasure?"

"Pleasure, laddie, pleasure, wi' a twenty per cent reduction in fares."

Doctor.—"Now, before I examine you, may I ask what you drink?"

Harry C'L.—"Thank you, doctor. A small whiskey and soda will do for me."

Adam and Eve were the first book-keepers. They invented the loose leaf system.

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A Splitting Headache

"Why did I make that date for to-day? I might have known that I would be unwell at this time. Now I can't go. With pains in the back and a splitting headache, the place for me is at home."

"But I do want to see that game. I must manage somehow. What did I read about how actresses and movie stars manage to keep their engagements? Oh! Yes. Now I remember. Dr. Chase's Paradol is for this very trouble. You take a tablet and away goes pain. Well I am certainly going to try Paradol and without delay. Perhaps I may make the game yet."

The photo on the opposite page shows how well she felt after using Dr. Chase's Paradol.

For girls and women who endure pains and discomforts at certain times this will be a message of good cheer.

We want to tell you about a modern scientific treatment for the relief of the pains which come to so many girls during the regular monthly periods.

If you have been accustomed to dread these times, you can now dismiss the thought from your mind, because it will no longer be necessary for you to suffer from headaches, pains in the back and the general discomforts which develop monthly.

Dr. Chase's Paradol affords prompt relief from these pains and aches and discomforts and enables you to carry out

your social and business engagements as usual.

Soon after you have taken a Paradol tablet the pains and aches disappear and the gloom and irritability give place to comfort and good cheer.

What a satisfaction it will bring you to know that with Dr. Chase's Paradol you will no longer suffer at these monthly periods and be compelled to remain at home and deny yourself many pleasures.

A Quick Relief

The most active ingredients contained in Dr. Chase's Paradol are shown on the label and any physician will be able to assure you that they are among the most effective drugs known for the relief of pain and an uncomfortable, fevered condition. There is no narcotic contained in Paradol. No disagreeable after effects. Relief comes quickly.

Once you have used Paradol and experienced the quick relief from pain which it brings, you will never want to be without it. While Paradol is designed especially for the relief of monthly pains, it is equally effective in affording relief from headaches, backaches and pains resulting from other causes.

Doctor.—“Your master is decidedly better, Thompson, but very irritable. He mustn't be thwarted.”

“But he expressed a desire to wring my neck, sir.”

“Well—ah—humor him.”

What Every Girl Should Know

That it is not necessary to suffer with distressing pains and a fevered condition at certain times. That she can obtain relief in a few minutes by the use of Dr. Chase's Paradol.

That this medicine is prepared for this particular purpose and leaves no disagreeable after effects.

That she need no longer hesitate about making social or business engagements at any time in the month.



But She Went

Fortunately there was a drug store near by. She got a vial of Dr. Chase's Paradol and soon the pains and aches and discomforts disappeared. She enjoyed the game to the limit and knows now that she need have no dread of these periods or hesitate to make engagements for any time during the month.

Should your druggist not be able to supply you, Dr. Chase's Paradol will be sent, plainly wrapped, on receipt of price—35c a box—or we shall allow you 10c for the name and address of your druggist.

COUPON WORTH 10c

The Dr. A. W. Chase Medicine Co., Ltd.,
Toronto, Canada

You will please send me in a plain wrapper one 35 cent package Dr. Chase's Paradol for which I am enclosing 25 cents and the name and address of my druggist.

Druggist.....

Address.....

My Name.....

Address.....

Dr. Chase's Nerve Food restores puny children

Day of Month	Day of Week	Zodiac Signs	Weather Forecasts	April 1935		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.
1	M	♈	April	<i>Snow still</i>						5.43	6.26	4.23		
2	T	♈	comes	<i>9</i>						5.41	6.27	4.47		
3	W	♈	in							5.39	6.29	sets		
4	T	♉	with							5.37	6.31	p.m.		
5	F	♉	rain.							5.35	6.32	9.33		
6	S	♉								5.34	6.33	10.46		
7	S	♊	Dis-							5.32	6.34	11.51		
8	M	♊	agreeable							5.30	6.36	a.m.		
9	T	♊	week,							5.28	6.37	0.45		
10	W	♊	wind							5.26	6.38	1.29		
11	T	♋	and							5.24	6.39	2.03		
12	F	♋	rain.							5.22	6.40	2.31		
13	S	♋								5.20	6.41	2.55		
14	S	♋	A	Palm Sunday						5.18	6.42	3.15		
15	M	♋	spell							5.17	6.44	3.34		
16	T	♌	of	<i>Monday</i>						5.16	6.45	3.52		
17	W	♌	fine							5.14	6.46	4.11		
18	T	♌	bright	First Day of Passover						5.12	6.48	rises		
19	F	♌	weather.	Good Friday						5.10	6.49	p.m.		
20	S	♌								5.08	6.50	9.08		
21	S	♌	Latter	Easter Sunday						5.07	6.52	10.16		
22	M	♌	part							5.05	6.53	11.18		
23	T	♌	of	St. George						5.03	6.55	a.m.		
24	W	♌	month							5.01	6.56	0.11		
25	T	♌	fair							5.00	6.57	0.54		
26	F	♌	and							4.59	6.58	1.30		
27	S	♌	cool.							4.57	6.59	1.59		
28	S	♌	Warmer							4.55	7.00	2.25		
29	M	♌	at month's							4.54	7.02	2.48		
30	T	♌	end.	<i>wery could</i>						4.52	7.03	3.12		

Fear of Middle Age

Severe Strain on the Nerves

The dread of middle age
 Has ruined the health of many a woman.
 To some it is a worry that brings a nervous
 breakdown.
 This period in life has its difficulties,
 But they are greatly exaggerated by the
 imagination.
 It is the fear and worry that depletes the
 nervous system,
 Rather than the natural change at this time
 of life.
 By keeping the blood rich and red,
 And thereby supplying nutrition to the nervous
 system,
 You need have no fear of middle age.
 By using Dr. Chase's Nerve Food regularly,
 Throughout this period of change,
 You can usually avoid any serious trouble.
 With a good supply of nerve force
 To ensure the health and vigor of mind and
 body
 You can dismiss from your mind any worry
 You may have had about middle life.

If your oven becomes too hot and threatens to burn
 the bread, sprinkle salt on the bottom of the oven.

A simple remedy for hoarseness is to lay a piece of
 borax on the tongue and let it dissolve gradually.

To remove iodine stain from cotton or linen, cover the
 stain with a soft paste of mustard mixed with water
 and let it stand for a few hours. Every trace of iodine
 will be removed.

For soot in a carpet, buckwheat flour is excellent.

False Modesty About Piles

Unfortunately there is a delicacy about mentioning
 this disease, even to the family physician. The dread of
 an operation keeps many from consulting their doctor.
 Seldom if ever is an operation necessary if Dr. Chase's
 Ointment is used. Relief from the burning, stinging
 sensations is obtained almost as soon as this Ointment is
 applied. Persistent use will usually overcome even the
 most serious case of long standing.

Three Mushroom Recipes

CARROTS WITH MUSHROOMS

12 new carrots (about 2 cups)
 scraped and cubed, 3 tablespoons
 butter, 4 tablespoons flour, 1½ cups
 milk, 1 can button mushrooms or 1½
 cups cleaned and diced mushrooms, 2
 tablespoons salt pork or bacon drip-
 ping, 1 teaspoon salt, ¼ teaspoon
 pepper. Boil the carrots until tender
 in salted water. Drain and reserve
 the carrot liquor for soup. Make a
 sauce of the butter, flour and milk,
 cooking it over hot water to avoid
 burning, then add carrots. Fry mush-
 rooms in dripping, drain and add to
 carrot mixture. Season with salt and
 pepper. If desired, this mixture may
 be turned into ramekins, dusted with
 dry bread crumbs, dotted with butter
 and browned in oven.

MUSHROOM CHOWDER

½ cup kidney beans, ½ cup diced
 potato, ½ cup diced celery, ½ cup
 diced mushrooms, 1 cup stock, ½ cup
 cream or milk, clove and allspice to
 taste, salt, pepper. Soak beans over-
 night. Cook until half done. Add
 remaining vegetables and stock and
 finish cooking, adding liquid if neces-
 sary. Add cream and seasonings and
 re-heat. Serve hot in soup plates.
 Serves 4.

CRAB-STUFFED MUSHROOMS

16 large mushroom caps, 1 can crab-
 meat (about 1 cup) 1 teaspoon finely
 chopped onion, 2 tablespoons butter,
 3 tablespoons flour, 1 teaspoon salt,
 1 cup milk, buttered bread crumbs.
 Wash and prepare mushrooms; sauté
 until a delicate brown in 2 tablespoons
 butter. Bring butter up to 2 table-
 spoons, brown onion in it; add flour
 and stir until smooth. Add milk and
 salt; stir and cook until thick; add
 boned and flaked crabmeat. Stuff the
 mushroom caps with this mixture and
 sprinkle with buttered crumbs. Place
 under broiler and brown. Serves 4.

If there is a large crack in plaster
 you wish to paper over, paste some
 table oilcloth on (oilcloth side out)
 and the paper will not crack when put
 over it.

Prize Winners in Drawing Contest

72,000 Drawings Were Received.
Many Showed Marked Ability With
the Pen or Pencil.

FIRST PRIZE—\$25.00

Therese Lecomte, Apt. 1, 15 Wellington (Sud),
Sherbrooke, P.Q.

SECOND PRIZE—\$10.00

Robt. G. Norbury, 852 Hall Ave., Windsor, Ont.

THIRD PRIZE—\$5.00

Russell S. Sullivan, Coaticook P.O., Que.

4th TO 13th PRIZES—\$2.00 EACH

- 4—Karl Wahl, 106 Park Street, Waterloo, Ont.
- 5—Jack Ball, 911 Dundas St. W., Toronto, Ont.
- 6—Bertha L. Smith, 624 Brunswick St., Fredericton,
N.B.
- 7—Lillian Daniels, 3877 Commercial Dr., Vancouver,
B.C.
- 8—Roger Bouvier, St. Simon, Co. Bagot, Que.
- 9—Roderick J. Sullivan, Coaticook, Que.
- 10—Sarah H. Dueck, Box 11, Plum Coulee, Man.
- 11—Muriel Abbott, 25 McRoberts Ave., Toronto, Ont.
- 12—May Sanderson, 1626-24th Ave. E., Calgary, Alta.
- 13—Arthur Fontaine, St. Vallier Station, Co. Belle-
chasse, Que.

14th TO 53rd PRIZES—\$1.00 EACH

- 14—Clotilde Tremblay, Montauban, Que.
- 15—Wayne Samson, 300 Keefer St., Vancouver, B.C.
- 16—Robert Reneau, 49 Regent St., Belize, British
Honduras.
- 17—Roy Goodwin, 97 Glenmore Rd., Toronto, Ont.
- 18—Albert Ranger, 27 Fourth Ave. E., North Bay, Ont.
- 19—Harvey Wegner, 934 Lipton St., Winnipeg, Man.
- 20—Paul Guy Brisson, 4223A, rue Hochelaga, Montreal,
Que.
- 21—Louis Philippe Pepin, Saint Ephrem, Co. Beauce, Que.
- 22—Freddie Gudmundson, 6139 Chester St., Vancouver,
B.C.
- 23—Mollie McLaren, Corbyville, Ont.
- 24—Harvey Ouellette, 840 McKay Ave., Windsor, Ont.
- 25—Jack Turner, 550-56th Ave. E., S. Vancouver, B.C.
- 26—Benoit Downing, St. Leolin, Glou. Co., N.B.
- 27—J. E. Paradis, St. Lin des Laurentides College
Co. l'Assomption, Que.
- 28—K. Alvin Ross, R.R. No. 2, West River Station,
Pictou Co., N.S.
- 29—Clyde Marshall, 68 Colborne St., Kingston, Ont.
- 30—Irene Bevan, c/o Mrs. Peter Maul Jr., Metiskow,
Alta.
- 31—Annie Michaluk, Okla, Sask.
- 32—Charles R. Gerow, 174 Denis St., Sault Ste. Marie
Ont.
- 33—Nora Townsend, Box 43, Humber Bay P.O., Ont.
- 34—Lilja Holm, Lunder, Man.
- 35—Margaret Eickmeyer, R.R. No. 3, Mitchell, Ont.
- 36—Solanges Page, 26 Carleton St., Cornwall, Ont.
- 37—Johnny C. Wong, 506 Main St., Vancouver, B.C.
- 38—Clement Pare, Deschambault, Co. Portneuf, P.Q.
- 39—Alfred Codallo, Rose Hill P.O., Trinidad.
- 40—Joseph Lacombe, 9 4em Avenue, Grand Mere, Que.
- 41—Doreen W. Westbrook, Suite 12, Richards Block,
Edmonton, Alta.
- 42—Max Marsan, 41 Petra St., Port-of-Spain, Trinidad.
- 43—Bernie Fine, 723 Bloor St. W., Ernsbert Court,
Apt. 0, Toronto, Ont.
- 44—Phylis D. Foster, 40 Greenfield Ave., Charlottetown,
P.E.I.
- 45—Margaret Millie, 379 Beatty Ave., Verdun, Que.
- 46—Annie Gazo, 1809 McDonald St., Regina, Sask.

- 47—Brenda W. Rashford, Little London P.O., Jamaica,
B.W.I.
- 48—Tereese Jean, St. Charles Borromé, Co. Chicoutimi,
Que.
- 49—Evelyn Brault, St. Jeanne d'Arc, Co. Matapedia,
P.Q.
- 50—Florence Pike, Downing St., Harbor Grace, Nfld.
- 51—Harry Bardsley, 39 Beech St., St. Catharines, Ont.
- 52—Antoinette Bernier, Cap Ste. Ignace, Co. Mont-
magny, Que.
- 53—Lillian George, R.R. No. 1, Port Haney, B.C.

Common Cold The Worst Offender

It is estimated that about 40 per cent of all time lost from employment is due to the common cold. This represents more than one-third of all loss of wages due to sickness. Young people, especially, are subject to serious colds and all colds are serious when you consider the dangers from pneumonia and other bronchial troubles.

It is comparatively easy to relieve a cough or cold when Dr. Chase's Syrup of Linseed and Turpentine is used promptly as soon as the throat is affected. And this only emphasizes the wisdom of the practice of many people of always keeping Dr. Chase's Syrup of Linseed and Turpentine on hand for use in cases of emergency.

Keeps The Breath Sweet

Many a business transaction has failed—many a friendship has been broken up—because of unpleasant breath.

And yet there is no good reason why anyone should give offense to others when it is so easy to keep the breath sweet by using Dr. Chase's Every-Day Mouth Wash.

Used morning and night, and after meals when convenient, this pleasant, antiseptic lotion keeps the mouth clean and the breath sweet.

And it does more than that.

A clean mouth is a healthy mouth—The gums are healthy—The teeth are healthy—Decay is prevented—Pyorrhœa is avoided.

It is a fine habit to rinse the mouth frequently with Dr. Chase's Every-Day Mouth Wash. It is a real safeguard against germs of disease, most of which gain entrance to the body through the mouth.

The refreshing sensations you get after using Dr. Chase's Every-Day Mouth Wash—the assurance you feel from having the mouth clean and the breath sweet—these are what win and retain your favour.

Are You Always Tired?

What does it mean to be "always tired?"

It means that the nerves are in a starved, weakened state. You may look well enough. The muscles of the body may be perfectly healthy and strong. But if nervous energy is lacking all action is impeded. Not only voluntary actions such as walking, but also the functions of the bodily organs.

So when you have tired feelings you also suffer from inactivity of the stomach, the liver, the bowels, etc.

New nerve force is necessary and you can most quickly build up nerve force by the use of Dr. Chase's Nerve Food.

This is why people who once use Dr. Chase's Nerve Food are so enthusiastic in its praise. Once they experience the invigorating effect of this restorative treatment they can never forget it.

Tired feelings soon disappear as do

also sleeplessness, irritability and discouragement. You are well again and you are happy. You find a joy in life which you never expected to experience again.

A well-known London bank manager, deservedly popular as a raconteur, considers the following as one of the best in his repertoire:

Two lunatics were airing their grievances in the asylum grounds.

Said one.—"It's an outrage. I've been in here ten years, and I'm as sane as anybody."

"So am I," chimed in the other, "and I've been here for 12 years. Let's go and tell the governor."

"Wait a minute," said the first, "I'm going to test you first."

Then, putting his hands behind his back, he said, "What have I got in my hand?"

"A tramcar," promptly answered the second.

"You cheat," was the heated retort. "You saw me pick it up!"

Worse and Worse

"The great men are all dead," she said, with evident regret.

"But the beautiful women are not," he replied, looking earnestly at her.

"Of course," she added, after a moment's reflection, "I always except present company."

"So do I," he replied.

Anemia - - Lack of Blood

You can easily make this test for anemia. Examine the gums, the eyelids and the lips. If they have a pale and bleached out appearance, you have reason to suspect anemia. Other symptoms are fatigue with slight exertion, shortness of breath on going upstairs, general weakness and fickle appetite. To overcome this condition it is necessary to increase the quantity, and improve the quality of the blood. Dr. Chase's Nerve Food can be of great help to you because it supplies iron of good quality and other minerals which are essential for the enrichment of the blood. A few weeks' use of this blood-building treatment will prove to you its efficacy in overcoming the depressing symptoms of anemia. It is especially valuable in treating chlorosis, a form of anemia, affecting growing girls.



Day of Month	Day of Week	Zodiac Signs	Weather Forecasts	May 1935		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 a.m.	
1	W	♊				☾ New Moon...	2	4	36 p.m.	2	5	36 p.m.			
2	T	♋	Begins			☽ First Qtr....	10	6	54 a.m.	10	7	54 a.m.	4.51	7.04	3.36
3	F	♌	fine.			☽ Full Moon...	18	4	57 a.m.	18	5	57 a.m.	1.50	7.05	4.04
4	S	♍				☾ Last Qtr....	25	4	44 a.m.	25	5	44 a.m.	4.49	7.06	sets
5	S	♍	Month										4.47	7.08	p.m.
6	M	♎	of										4.45	7.09	10.32
7	T	♎	very										4.44	7.10	11.21
8	W	♏	fine										4.42	7.11	a.m.
9	T	♏	weath-										4.41	7.13	0.01
10	F	♏	er.										4.39	7.14	0.31
11	S	♏											4.38	7.15	0.57
12	S	♏	Week										4.37	7.16	1.18
13	M	♏	begins										4.35	7.17	1.38
14	T	♏	cool										4.34	7.18	1.56
15	W	♏	and										4.33	7.19	2.15
16	T	♏	weath-										4.32	7.20	2.34
17	F	♏	er										4.31	7.22	2.57
18	S	♏	dry.										4.30	7.23	3.24
19	S	♏	Bright										4.29	7.24	3.58
20	M	♏	sun-										4.28	7.26	4.42
21	T	♏	shiny										4.27	7.27	rises
22	W	♏	days										4.26	7.28	p.m.
23	T	♏	all										4.25	7.29	11.31
24	F	♏	this										4.24	7.30	a.m.
25	S	♏	week.										4.23	7.31	0.02
26	S	♏	Mostly										4.22	7.32	0.29
27	M	♏	fair										4.21	7.33	0.50
28	T	♏	but										4.20	7.34	1.15
29	W	♏	some										4.19	7.35	1.38
30	T	♏	light										4.18	7.36	2.04
31	F	♏	showers.										4.18	7.37	2.34

very cold to day frost
very cold to day frost

Accession of King George V.....

Victoria Day.....

Ascension Day.....

The Doctor Says Your Blood Needs Iron

What does your doctor say
That your system most needs at this time of
year?

It is iron.

The blood is thin and pale in colour.

It is lacking in iron.

Iron makes the blood rich and red and
nourishing.

Put iron in the blood by using Dr. Chase's
Nerve Food.

There are other valuable ingredients

In this time-proven blood builder;

But most important just now is iron.

The iron is in easily assimilated form,

So that it soon finds its way into the blood
stream.

It drives out the tired feelings,

And gives you new energy and pep.

There's vibrant health in every box.

The Best Exercise

Walking is the greatest of all exercises. Walk briskly with an elastic step, and you will soon enjoy it. Athletes in training always do considerable walking. It seems to be necessary to give one the highest degree of vigour and vitality.

You do not need to spend money on expensive equipment when you can build vigour and buoyant health by this most natural form of exercise.

Why Sacrifice Your Teeth

There is a tendency these days to jump at the conclusion that the teeth must be the cause of every pain and ache. Often perfectly good teeth are sacrificed only to find out later that the cause of neuralgic or sciatic pains resulted from exhaustion of the nervous system.

Neuralgia, sciatica, neuritis and similar painful ailments soon disappear when nerve force is restored to the system by the use of Dr. Chase's Nerve Food.

It is certainly worth while to try this means of restoring vigour to the nervous system before yielding to the ruthless sacrifice of teeth or unnecessary operations. It is necessary to build up your general health and this is readily accomplished by using this well-known restorative of the blood and the nerves.

Tempting Tid Bits For Tea

ASPARAGUS FINGERS

Dip asparagus in mayonnaise and roll each section in a slice of freshly cut bread. Place on baking sheet (holding each roll with a toothpick if necessary) and leave in a cool place until time to serve. Then place under oven heat to brown, turning once. Serve from heated plate.

TOASTED SARDINE SANDWICHES

Three eight-ounce cans sardines, 3 tomatoes, 12 slices white bread, 6 leaves lettuce, 6 tablespoons mayonnaise. Place a leaf of lettuce on a slice of buttered bread and on it place 4 whole sardines. Place 2 or 3 very thin slices of tomato on sardines, cover with dressing and place another slice of bread on top. Toast in the oven, or in a sandwich grill. Serves 6.

BACON MUFFINS

Break into small pieces of one-half to one inch enough cooked bacon to make three-fourths cup. Sift together one cup corn meal, one cup flour, one teaspoon salt, four teaspoons baking powder and one-fourth cup sugar. Combine one slightly beaten egg with three-fourths cup milk and add to first mixture. Then add one-fourth cup melted butter and the cooked bacon. Pour into muffin pans which have been well greased or lined with paper muffin cups. Bake for twenty-five minutes at 400 degrees.

FRUIT SANDWICHES

Chop equal quantities of preserved figs and preserved ginger with one-half the quantity of seeded raisins. Add syrup of figs to blend to a paste and spread between fingers of white bread. Garnish with candied ginger chips.

CHOCOLATE WAFERS

Prepare mixture of one cup confectioner's sugar, two and one-half tablespoonsful milk, a few drops of vanilla and pinch of salt rubbed to a smooth paste with two tablespoonsful cocoa. Spread on very thin wafers and serve topless or with a second wafer to form a biscuit sandwich.

Wet a cold sore with camphor and cover it with powdered sub-nitrate of bismuth.

The Vicious Circle of Neurasthenia

When the nerves are overstrained by mental exertion, by accident or by shock the irritation makes rest or sleep impossible and consequently there is no restoration of the wasted nerve force.

In its turn digestion fails, because there is lack of nervous energy to control the flow of gastric juices in the stomach and to operate the other organs of digestion.

Failing to obtain the necessary nourishment, the blood becomes thin and watery and as a result the nerves are further starved and rendered less capable of standing the strain put upon them.

In this way is formed the vicious circle of neurasthenia or nervous prostration and there is no magical way in which the circle may be broken up.

The nerve cells are starved and must have nourishment. The blood fails to supply this want, so you must give to the blood, in condensed and easily assimilated

form, the elements from which Nature forms new blood and new nervous energy.

This is exactly what Dr. Chase's Nerve Food does and it does it so well that almost everywhere you find people enthusiastic in its praise.

To bleach the bath, keep a lemon cut in halves in the bathroom. Rubbed over the surface of the bathtub when the tub has been emptied after bathing, cleans it quickly and well.

Keep a small piece of Brussels carpet for dusting off the leaves of rubber, pandanus and other large plants. It will take off any scale that may be on the plant and will also give gloss to the leaves.

To remove blood stains, cover the spot with laundry starch and place in the sun; or press with a hot iron, with blotting paper between the iron and the starch-covered spots.

When packing a trunk or woollens for long storage, place in it a bottle of chloroform with a small hole in the cork. The fumes will permeate the garments and destroy the moths.

If there is a circle left after you have cleaned a gown with benzine try holding it over a steaming kettle or sprinkle it with talcum powder and shake the powder off when dry.

Mother's Nerves

It is the busy mother in the home, nearly always overworked, who values Dr. Chase's Nerve Food most highly. By increasing the nerve force it soon brings relief from nervous irritability and that "all in feeling" which comes with the care of children and the work and worry of house work.

The use of Dr. Chase's Nerve Food makes the blood rich and red, restores vigor to the tired nerves and enables you to rest and sleep naturally. You get up in the mornings with new energy and pep ready and fit for the daily task and with joy in the heart.

Almost everywhere you meet other women, you hear some remarks about Dr. Chase's Nerve Food and the benefits obtained by its use. Whynot profit by the experience of others.



School Age Children Often Have Nervous Disorders

Parents are worried
Over the health of their children.
Far too many school boys and girls
Are pale, weak and anæmic.
They have fickle appetites,
Are often irritable and cranky,
And sometimes distressing nervous ailments
Such as St. Vitus' Dance develop.
For school age children
Dr. Chase's Nerve Food
Is an ideal restorative treatment.
By making the blood rich and red
It quickly restores color to the cheeks
And new vigor to mind and body.

Helen.—“What are you knitting?”

Alice.—“Something to cheer up the boys.”

Helen.—“Why, the war was over long ago.”

Alice.—“This is my bathing suit.”

He (as they drove along a lonely road)—“You look lovelier to me every minute. Do you know what that's a sign of?”

She.—“Sure. You're about to run out of gas.”

“Let me kiss those tears away, sweetheart,” he begged tenderly.

She fell into his arms and he was very busy for a few moments. But the tears flowed on.

“Will nothing stop them?” he asked breathlessly.

“No,” she murmured. “It's hay fever, but go on with the treatment.”

The Spirit of Youth

It is impossible to estimate the value of youthful spirits as a means of maintaining health and success and happiness long after the younger days have past.

There is naturally a tendency for vitality to run low as age advances but you can do much to counteract this by using Dr. Chase's Nerve Food to restore the richness of the blood and to maintain the vigor of the nervous system.

When you come across men and women of advanced years who are youthful in spirits and who are enjoying good health you will frequently find that they attribute their fine condition to the use of Dr. Chase's Nerve Food in keeping up their supply of the all-essential nerve force.



Keeping Fit

It calls for plenty of energy and pep to play tennis. Every muscle of the body is called into action. The nerves are at high tension. For the person in good health tennis affords ideal exercise. But it is not for the person with weak heart or exhaustion of the nerves.

More gentle exercise, such as walking, can be more suitably adjusted for those who are in delicate health, and need the fresh air and exercise in the open. The walks can be lengthened from day to day as strength increases and you find yourself winning back your old time health and vigor.

To remove iron rust, cover spots with hot unsweetened rhubarb.

Dr. Chase's Every-Day Mouth Wash relieves acid mouth

Day of Month	Day of Week	Zodiac Signs	Weather Forecasts	June 1935		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....	☾ New Moon...	☽ First Qtr....	☾ Full Moon...	☽ Last Qtr....	☾ New Moon...	☽ First Qtr....	☾ Full Moon...	☽ Last Qtr....	Sun Rises
						d.	h. m.	d.	h. m.	d.	h. m.							
1	S	♈	Some			1	2 52 a.m.	1	3 52 a.m.	1	3 52 a.m.					4.18	7.37	3.55
2	S	♈	showers			9	0 49 a.m.	9	1 49 a.m.	9	1 49 a.m.					4.17	7.38	4.48
3	M	♈	but	King George V. Birthday		16	3 20 p.m.	16	4 20 p.m.	16	4 20 p.m.					4.17	7.40	5.48
4	T	♈	remains			23	9 21 a.m.	23	10 21 a.m.	23	10 21 a.m.					4.16	7.41	sets
5	W	♈	cool.			30	2 44 p.m.	30	3 44 p.m.	30	3 44 p.m.					4.15	7.42	p.m.
6	T	♈														4.15	7.42	11.21
7	F	♈		Hebrew Pentecost												4.14	7.43	11.41
8	S	♈	North													4.14	7.43	a.m.
9	S	♈	winds	Whitsunday												4.13	7.44	12.01
10	M	♈	keep													4.13	7.45	0.18
11	T	♈	temper-													4.13	7.45	0.37
12	W	♈	ature													4.13	7.46	0.58
13	T	♈	down.													4.12	7.46	1.23
14	F	♈														4.12	7.47	1.54
15	S	♈	Fair													4.12	7.48	2.33
16	S	♈	and	Trinity Sunday												4.12	7.48	3.23
17	M	♈	warmer.													4.13	7.49	4.25
18	T	♈	Rain													4.13	7.49	rises
19	W	♈	badly													4.13	7.49	p.m.
20	T	♈	needed.	Corpus Christi												4.13	7.50	10.32
21	F	♈														4.13	7.50	10.57
22	S	♈														4.14	7.50	11.20
23	S	♈	Change-	Prince of Wales' Birthday												4.14	7.50	11.43
24	M	♈	able													4.14	7.50	a.m.
25	T	♈	week													4.14	7.50	0.08
26	W	♈	with													4.14	7.50	0.36
27	T	♈	some													4.14	7.50	0.36
28	T	♈	showers.													4.14	7.51	1.09
29	F	♈	Ends													4.15	7.51	1.50
29	S	♈	very													4.16	7.51	2.39
30	S	♈	warm.													4.16	7.50	3.36

I Can and I Will

A Valuable Health Slogan

Because fear and worry and discouragement
Are usual symptoms of nervous disorders,
It is important that you assert your will power.
Dwelling on the thought that you are a nervous
wreck

Tends to hold you down and delay the return
to health.

It is necessary to take advantage of restorative
treatment.

Rich, nourishing blood is required

To restore nerve force to the depleted nervous
system.

But especially in derangements of the nerves
You should reckon with the influence of mind
over matter.

Dr. Chase's Nerve Food will supply the ele-
ments of nerve force.

You can greatly hasten the return of health

By adopting this motto: "I can and I will."

Refuse to be worried and blue and discouraged.

Assert your control over habits which are
holding you down.

Be master of your health.

When exploring in Egypt an archaeologist is said to
have found a Roman coin bearing the inscription 55 B.C.
When asked for a valuation he was told the inscription
proved the coin to be worthless. Why?

Teacher's Nerves

If there is one profession more than another which
consumes the last ounce of nerve force, it is that of
teaching. The result is sleeplessness and headaches—
persistent headaches.

Dr. Chase's Backache Plaster

relieves quickly—Backache, lumbago, pains over the
kidneys, weak lame back, sciatica, rheumatism, stiff-
ness 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.

Fish Dishes

OLIVE AND FISH SCALLOP

$\frac{1}{2}$ cup minced ripe olives, 2 cups
cold flaked fish, 4 tablespoons butter,
2 tablespoons chopped green pepper,
4 tablespoons flour, $1\frac{1}{2}$ cups milk,
1 teaspoon Worcestershire sauce, 1
teaspoon salt, $\frac{1}{4}$ teaspoon paprika,
Cayenne to season, $\frac{1}{2}$ cup buttered
bread crumbs. Melt the butter, add
chopped pepper and cook slowly for
5 minutes. Stir in the flour and add
the milk gradually. Cook until thick-
ened and smooth. Season with salt,
Cayenne, paprika and Worcestershire.
Add fish and olives and pour mixture
into buttered baking dish. Cover
with buttered crumbs and bake 25 to
30 minutes in moderate oven (350
degrees F.). Serve with baked po-
tatoes.

HALIBUT CUTLETS

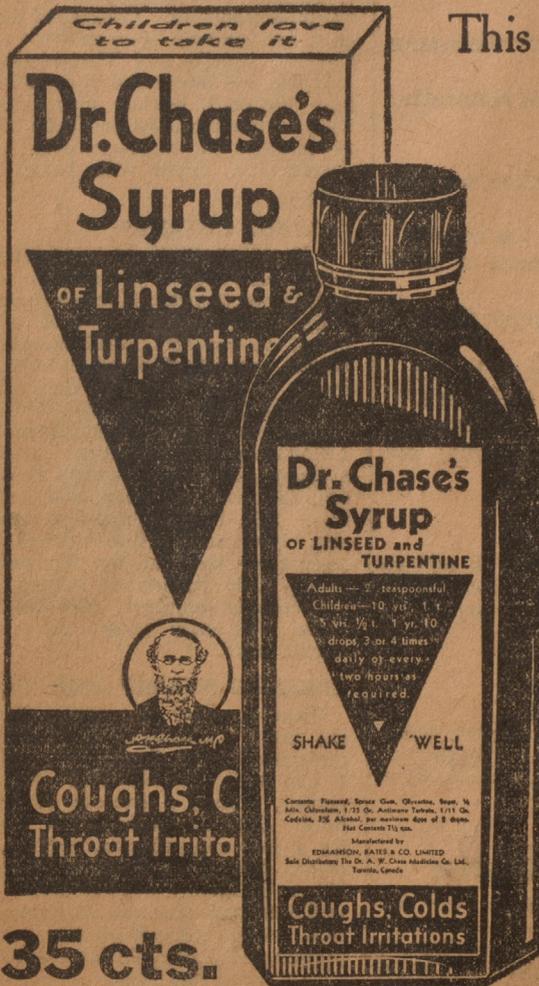
1 lb. raw halibut, $\frac{1}{4}$ cup butter, 3
tablespoons cream, $\frac{1}{2}$ teaspoon salt,
 $\frac{1}{2}$ teaspoon paprika, $\frac{1}{4}$ teaspoon onion
juice, diluted with 2 tablespoons
water, $\frac{1}{4}$ cup soft bread crumbs, 1
beaten egg, sifted bread crumbs for
frying. For eight cutlets the halibut
should weigh a pound after skin and
bones are removed. Pass fish through
a food chopper twice. Beat butter to
a cream and work it evenly through
fish, then work in cream and season-
ings. Add breadcrumbs and beaten
egg. Form mixture into cutlet shapes.
Keep these very flat, for they puff in
frying. Dip in beaten diluted egg
and crumbs; brown in deep hot fat.
Serve with crisp potato chips and
cheese sauce.

CREAMED SHRIMP AND PEAS

Blend together in a saucepan over
the fire 1 tablespoon butter and 1
tablespoon flour, then add gradually
1 cup milk; season with salt and
pepper, adding a squeeze of lemon
juice. Stir constantly until boiling
for a few minutes, then add 1 cup
picked shrimps and 1 cup cooked peas.
When thoroughly heated, divide into
well buttered ramekins and decorate
each with a picked shrimp, a little
parsley and a ring of peas around the
edge. Serve very hot.

Flirtation is paying attention with-
out intention.

\$300⁰⁰ IN CASH IN THE DR. CHASE



This Competition is open to every
50 Cash Prize

The New Style

This is the new style package of Dr. Chase's Syrup. A glance at the back cover of this Almanac will give you a better idea of its attractive appearance in blue and yellow. After forty years in plain black and white it seems about time for Dr. Chase's Syrup to take on a new modern dress. How do you like it?

In order to call attention to this change in style we are offering \$300.00 in cash prizes for the most words made from the letters contained in "Dr. Chase's Syrup". Note that the abbreviation "Dr." is to be used and not the full word "Doctor". This contest is open to everybody, old and young. There is no charge to enter and no strings. Just read over the rules carefully and begin making your list of words.

35 cts.
Family Size, 75 cts.

The Dr. A. W. Chase
Toronto

DASH PRIZES

THE WORD CONTEST

Everybody — It costs you nothing to enter — There are
 500 Prizes. Contest closes February 28th, 1935.

RULES

1. The prizes are awarded for the most words made from letters found in **DR. CHASE'S SYRUP**. The abbreviation Dr. and not the full word Doctor, is to be used.
2. All words under letter D for example must appear together, then all words starting with R, etc.
3. Give name, address and number of words in your list.
4. Name of your druggist.
5. Contest closes February 28th, 1935.
6. The list containing the largest number of correctly spelled English words will win 1st prize. Others will follow in order. All contestants on entering this contest agree to accept the decision of the judges as final.

PRIZES

First Prize - - - - -	\$100.00
Second Prize - - - - -	50.00
Third Prize - - - - -	25.00
Fourth Prize - - - - -	15.00
Fifth Prize - - - - -	10.00
50 Prizes, \$2.00 Each -	100.00
	<hr/>
	\$300.00
	<hr/>

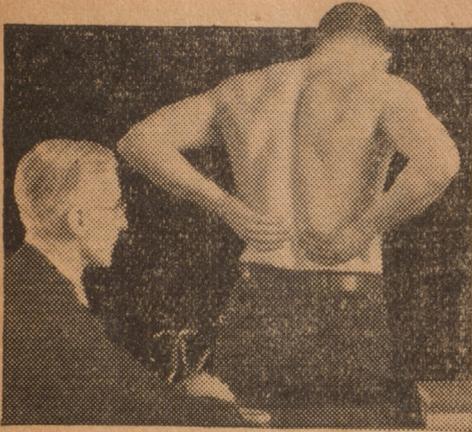
"Children Love To Take It"

This slogan is used for Dr. Chase's Syrup of Linseed and Turpentine because unlike some cough mixtures it is pleasant to the taste and palatable to old and young alike. Instead of choking and gasping for breath and raising a scene, the child takes his cough syrup regularly and soon obtains relief.

On the other hand Dr. Chase's Syrup of Linseed and Turpentine is a treatment of great potency which is proven by the way it controls and relieves bronchitis and severe chest colds. In the great majority of homes it is always at hand for use in cases of emergency. For this purpose the large family size package is most popular and the most economical.

Chase Medicine Co., Ltd.
 Toronto, Canada

Day of Month	Day of Week	Zodiac Signs	Weather Forecasts	July 1935		Moon's Phases		Ont. and Que.		Mar. Provs. and Nfld.		Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.				
						☾ First Qtr....	☽ Full Moon...	☾ Last Qtr....	☽ New Moon...	d. h. m.	d. h. m.	d. h. m.	d. h. m.	Sun Rises	Sun Sets	Moon Rises
						8 5 28 p.m.	16 0 0 a.m.	22 2 42 p.m.	30 4 32 a.m.	8 6 28 p.m.	16 1 04 a.m.	22 3 42 p.m.	30 5 32 a.m.	h.m.	h.m.	a.m.
1	M	♈	Month	Dominion Day.....							4.16	7.50	4.39			
2	T	♈	begins							4.17	7.50	sets			
3	W	♉	dry							4.18	7.50	p.m.			
4	T	♉	and							4.18	7.50	9.39			
5	F	♉	very							4.19	7.50	10.02			
6	S	♊	hot.							4.19	7.50	10.23			
7	S	♊	Mostly							4.20	7.49	10.41			
8	M	♊	fair							4.21	7.49	11.01			
9	T	♋	and							4.22	7.49	11.24			
10	W	♋	warm							4.22	7.48	11.51			
11	T	♋	some							4.23	7.48	a.m.			
12	F	♌	light							4.23	7.48	0.26			
13	S	♌	showers.							4.24	7.47	1.09			
14	S	♌	Ideal							4.25	7.46	2.05			
15	M	♌	weather							4.26	7.45	3.13			
16	T	♍	for							4.27	7.45	4.30			
17	W	♍	summer							4.28	7.44	rises			
18	T	♍	vacation-							4.29	7.43	p.m.			
19	F	♍	ists.							4.30	7.42	9.24			
20	S	♍								4.31	7.41	9.48			
21	S	♍	Cloudy							4.32	7.40	10.12			
22	M	♎	with							4.33	7.39	10.39			
23	T	♎	iew							4.34	7.38	11.11			
24	W	♎	scatter-							4.35	7.37	11.49			
25	T	♎	ed							4.36	7.36	a.m.			
26	F	♏	show-							4.37	7.35	0.35			
27	S	♏	ers.							4.39	7.34	1.29			
28	S	♏	Fair							4.40	7.32	2.30			
29	M	♏	and							4.41	7.31	2.34			
30	T	♏	very							4.42	7.30	4.40			
31	W	♏	warm.							4.43	7.29	5.45			



"The Pain is Right Here"
"Yes, it's the Kidneys"

Pains in the small of the back tell of kidney derangements.

Other symptoms are pallor, loss of weight, dryness of the skin and swelling of the limbs.

Backache is the most certain warning that the kidneys are failing to filter the poisonous uric acid from the blood.

You may also have frequent headaches and aching limbs, for acid poisons always cause bodily pains and aches.

If you want to remove the cause of such ailments, it is advisable to use Dr. Chase's Kidney-Liver Pills. For half a century they have proven their success as an effective means of restoring the health and activity of the kidneys, the liver and the bowels.

It is because of their direct and combined action on these organs that they prove effective when ordinary medicines fail. Put them to the test and you will certainly be pleased with the prompt benefits obtained.

Gold that buys health can never be ill spent,
 Nor hours laid out in harmless merriment.

—John Webster.

Colored Mammy.—"T'se wants a ticket fo' Florence."
 Ticket Agent, after weary minutes of thumbing railroad guide: "Where is Florence?"

Mammy.—"A'sittin' ovar dar on de bench."

Delicious Strawberry Desserts

STRAWBERRY FOAM

1 small box of strawberries, 1 egg white, $\frac{1}{2}$ cup granulated sugar.

Beat the egg slightly, adding a few drops of lemon juice. Take $\frac{1}{2}$ cup of strawberries which have been crushed (not strained) and the sugar and gradually whip in to the egg mixture. Whip until the mixture expands to fill a one quart bowl and is exceedingly light and fluffy. Chill, then pile in sherbert glasses and garnish with whole berries.

STRAWBERRY ICE CREAM MERINGUE

For each individual serving, arrange in a broad sherbert glass 2 meringue shells. Fill with an ice cream ball and cover with lightly sweetened crushed strawberries. Serve at once.

FRUIT SALAD

Halve 1 cup fresh strawberries and add 1 cup crushed or diced pineapple and juice and 1 cup diced pear. Sweeten if necessary with fruit sugar. Serve very cold, in tall stemmed glasses. Particularly delicious of topped with whipped cream and garnished with a whole berry.

STRAWBERRY PIE

Line a large pie pan with rich pie paste. Mix thoroughly 3 tbs. flour, $\frac{3}{4}$ to 1 cup sugar. Sprinkle $\frac{1}{4}$ of flour and sugar over unbaked pie shell, add 3 cups fresh strawberries. Sprinkle with remaining sugar, flour then dot with 1 to 2 tablespoons butter. Dampen rim of lower crust, adjust upper crust, in which gashes have been cut, to allow escape of steam. Seal edges firmly, trim off crust, crimp edges. If desired, the pie may be covered with paste in lattice style, instead of using an upper crust. Place pie in a hot oven (450 degrees F.). After 15 minutes, lower the heat to 375 degrees F., and bake until the berries are cooked. Do not fill the pie too full with berries, or the juice will cook out over the oven.

A husband is one who stands by you in troubles you wouldn't have had if you hadn't married him.

The Kidneys Are Filters

When thinking about the circulation of the blood through the human body it should always be kept in mind that in addition to carrying nutrition to the tissues and muscles and organs of the body, the blood gathers up the waste materials resulting from the breaking down of cells in the process of living.

To filter these poisonous impurities from the blood nature designed the kidneys, which may properly be called the filters of the blood.

It is when the kidneys fail to filter these impurities from the blood that the system is poisoned by uric acid and suffering from pains and aches, backaches, rheumatism and lumbago develop.

A very satisfactory treatment for sluggish kidney action is Dr. Chase's Kidney-Liver Pills, because they quickly arouse the action of the kidneys, liver and bowels and cleanse the whole system of poisonous waste materials.

To remove peach stains soak stained article in sweet milk.

If you bruise a finger nail, hold it for half an hour in as hot water as you can endure.

The honeymoon may be said to be over when he discovers that his pet lamb is a little bossy.
—Boston Herald.

Why Not Prevent Disease

In Canada alone there are about 200,000 people incapacitated by illness all the time. This represents a loss valued at \$311,000,000 per annum. About 75 per cent of this disease could be prevented. So that in addition to the discomfort and suffering caused by disease it is worth while from a dollars and cents point of view to prevent disease.

This subject is sometimes discussed at Medical Conventions and it is interesting to note that this idea was uppermost in the mind of Dr. Chase when perfecting his family medicines. In this Almanac year after year, is emphasized this idea of keeping the bodily organs in healthful activity and thereby preventing serious disease.

A very good example is Dr. Chase's Kidney-Liver Pills, which on account of their invigorating effect on the liver, kidneys and bowels ensure prompt elimination of poisonous impurities from the system and the prevention of the most serious and most painful ailments known to mankind.

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 1935



Kidney Action Weakens With Age

In recent years statistics show a marked increase in the mortality rate for people of 40 years and over. Kidney disorders and resulting heart conditions seem to be mostly accountable for this increase.

In spite of many warnings health is neglected until the system is loaded down with poisons and the kidneys are breaking down in a vain effort to purify the blood.

Realizing that something more than mere stimulation of the kidneys was necessary to overcome this serious condition, Dr. Chase's Kidney-Liver Pills were designed to relieve the failing kidneys by arousing the action of the liver and bowels and enable the kidneys to regain strength and resume their natural functions.

Because of their unique action on liver, kidneys and bowels, Dr. Chase's Kidney-Liver Pills afford relief in many cases where a mere kidney medicine fails.

Poison Kills

Therefore avoid disease and lengthen life by eliminating poisons.

In the process of digestion certain parts of the food are retained by the blood to nourish the tissues and muscles of the body. Other parts which are poisonous and injurious to the human system are cast out.

If you can successfully eliminate the poisons you can avoid about 75 per cent of all ills which affect mankind.

Since the liver and kidneys are the organs whose work it is to filter these poisons from the blood you can well centre your attention on keeping these filtering machines in healthful, active condition.

By doing so you prevent the formation of uric acid and other poisons which cause backaches, headaches, rheumatism, lumbago, and other painful and dangerous diseases. You also prevent the conditions which most frequently make surgical operations necessary.

As a means of regulating the action of the liver, kidneys and bowels and thereby ensuring elimination of poisonous impurities from the blood, Dr. Chase's Kidney-Liver Pills can be whole-heartedly recommended. They have proven their efficiency in many thousands of homes for half a century.

Wet a cold sore with camphor and cover it with powdered sub-nitrate of bismuth.

To banish the odor of onions from the breath, eat a few slices of lemon, peeling and all; or some dry tea leaves, or parsley dipped in vinegar.

When the air of a sickroom becomes heavy, pour a tablespoon of good cologne into a saucer and light it and hang a cloth wet with lime water in the room.

Dust perspiring feet with the following: One-half ounce powdered orris root, one ounce powdered boric acid, two ounces powdered starch, two ounces powdered Fuller's earth. Soak feet in alum water.

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

Day of Month	Day of Week	Zodiac Signs	Weather Forecasts	Aug. 1935			Moon's Phases		Ont. and Que.		Mar. Provs. and Nfld.		Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
							☾ First Qtr....	☽ Full Moon...	☾ Last Qtr....	☽ New Moon...	d. h. m.	d. h. m.	d. h. m.	Sun Rises h.m.	Sun Sets h.m.
1	T	♈	Comes									4.43	7.28	8.10	
2	F	♈	in									4.45	7.27	8.28	
3	S	♈	warm.									4.46	7.25	8.47	
4	S	♈	Change-									4.47	7.24	9.06	
5	M	♈	able									4.48	7.23	9.37	
6	T	♈	but									4.49	7.22	9.52	
7	W	♈	mostly									4.50	7.20	10.22	
8	T	♈	fair									4.52	7.19	11.01	
9	F	♈	and									4.53	7.17	11.49	
10	S	♈	warm									4.54	7.15	a.m.	
11	S	♈										4.56	7.14	0.50	
12	M	♈	Wind									4.57	7.12	2.02	
13	T	♈	and									4.58	7.11	3.22	
14	W	♈	heavy									4.59	7.10	4.44	
15	T	♈	thunder-									5.00	7.08	6.07	
16	F	♈	storms.									5.01	7.07	rises	
17	S	♈										5.02	7.06	p.m.	
18	S	♈	Clears									5.04	7.04	8.42	
19	M	♈	and									5.05	7.02	9.13	
20	T	♈	remains									5.06	7.00	9.49	
21	W	♈	fine									5.08	6.58	10.33	
22	T	♈	and									5.09	6.56	11.24	
23	F	♈	cool.									5.10	6.54	a.m.	
24	S	♈										5.11	6.53	0.23	
25	S	♈	Rain									5.12	6.51	1.26	
26	M	♈	if									5.13	6.49	2.31	
27	T	♈	wind									5.15	6.47	3.36	
28	W	♈	in									5.16	6.46	4.40	
29	T	♈	south									5.17	6.45	sets	
30	F	♈	or									5.18	6.44	p.m.	
31	S	♈	southwest.									5.19	6.43	7.18	



The Liver is Important

It is the largest organ and you cannot live without it.

You may sacrifice the appendix and gall bladder, and do without a kidney, or even the stomach, but the liver is necessary if life is to continue. The liver filters poisons from the blood and removes an excess of sugar which is stored for use in time of need. It secretes bile which is passed into the intestines to keep them active and to aid digestion.

It is readily seen that once the liver goes wrong there are all sorts of troubles, such as, indigestion, constipation and a poisoning of the system which soon brings pain and suffering and serious disease. Derangement of the liver throws an unbearable burden on the kidneys, those other purifiers of the blood and soon they break down and give rise to bladder and urinary disorders of a serious nature.

Scores of the most serious diseases are prevented by keeping the liver healthy and active and this can readily be accomplished by using Dr. Chase's Kidney-Liver Pills. It is a fine health habit to use one pill a week as a regulator of the liver, kidneys and bowels, making the

dose more frequent if found necessary to keep the bowels active.

Improper Elimination

The cause of many pains and aches

When you suffer from pains and aches or dizzy spells, indigestion and rheumatism, you may usually blame faulty elimination. Poisons cause pain and when the liver, kidneys and intestines fail to carry off the poisonous materials you are sure to suffer discomforts of one kind or another.

The activity of these organs can be thoroughly aroused and corrected by the use of Dr. Chase's Kidney-Liver Pills. Constipation of the bowels and torpid action of the liver and kidneys go hand in hand. It is by their direct and combined action in these filtering and eliminating organs that make Dr. Chase's Kidney-Liver Pills so remarkably effective as a relief for backache, rheumatism, lumbago and other painful ailments resulting from poisons in the blood.

Do Not Neglect Headache

It is often a warning of serious trouble

Headache is not a disease but rather a symptom. It is only wise to look for the cause and eliminate it. If it comes from biliousness or sluggish liver action, Dr. Chase's Kidney-Liver Pills will remove the cause by correcting the action of the liver. If you are subject to constipation and chronic indigestion, the headache is the result of the poisons which are lurking in the blood. Again Dr. Chase's Kidney-Liver Pills are the treatment indicated.

Nervous headache on the other hand comes when the nervous system is exhausted and in this case you need Dr. Chase's Nerve Food to restore nerve force to the body.

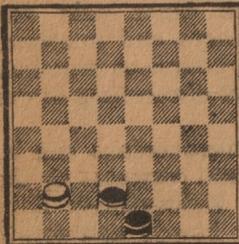
WINNING WRINKLES

Try these little winning wrinkles on your checkerboard. First number the playing squares of your board as shown on the Reference Board herewith. Then write down your solutions and compare with those shown elsewhere in this Almanac. The White pieces occupied squares 21 to 32 at the beginning of each game, and are NOW to play and WIN—to clear the board of Black's moves in the number of moves stated. Now for sixteen straight wins!

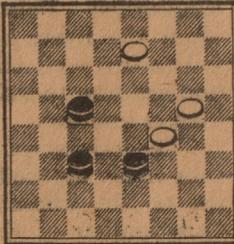
Reference Board—BLACK

	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	

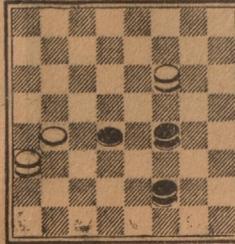
WHITE



1—White Wins in 2 Moves



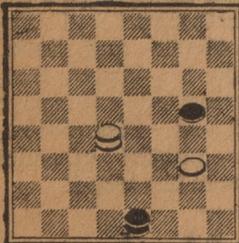
2—White Wins in 3 Moves



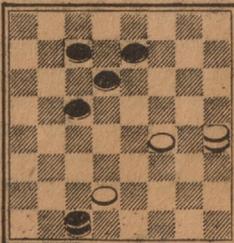
3—White Wins in 3 Moves



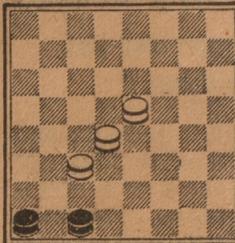
4—White Wins in 4 Moves



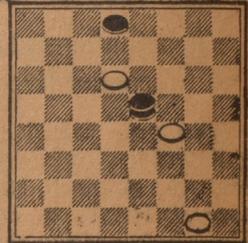
5—White Wins in 4 Moves



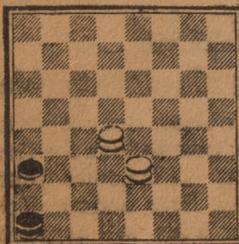
6—White Wins in 4 Moves



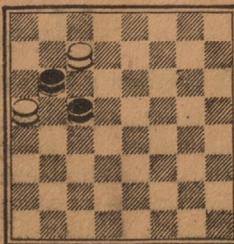
7—White Wins in 4 Moves
—By N. W. Banks



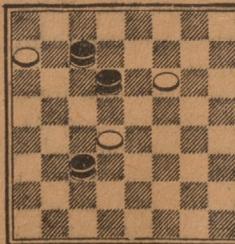
8—White Wins in 4 Moves



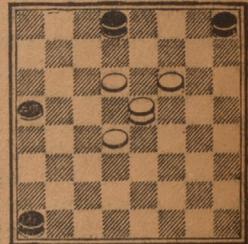
9—White Wins in 5 Moves
—By Payne



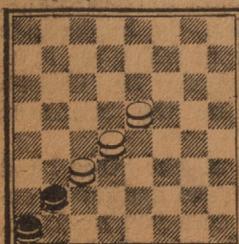
10—W. Wins in 5—Not 6 Moves



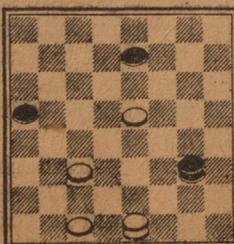
11—White Wins in 6 Moves



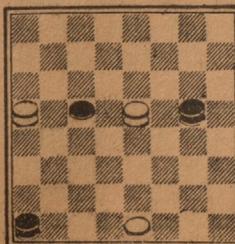
12—W. Wins in 7—Not 8 Moves
—By J. Frizzell



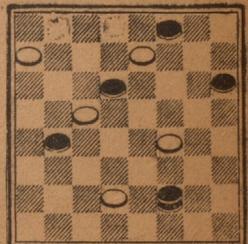
13—White Wins in 9 Moves



14—White Wins in 9 Moves
—By C. F. Barker



15—White Wins in 10 Moves



16—White Wins in 5 Moves
Copyright 1934 by H. C. Beatty



Indigestion and Acidity Caused by Constipation of the Bowels

The passage of food through the digestive system is slowed up by constipation. Instead of being digested the food ferments and forms acid which poisons the blood. Instead of getting at the cause of the trouble you swallow a tablet or take a dose of soda for temporary relief. Naturally this trouble gradually becomes more serious until troublesome and dangerous disease develops.

Why not get rid of the constipation and the sluggish action of the liver and kidneys? These are the only organs that can filter the poisons from the blood. When they are healthy and active digestion will be natural and the blood will be kept pure and nutritious.

To get rid of constipation and torpid action of the liver and kidneys it is only necessary to use Dr. Chase's Kidney-Liver Pills two or three times a week. If you have been a sufferer from constipation and chronic indigestion you will be surprised at the benefit derived from this time-proven medicine.

When the Liver Is Torpid

Is it any wonder that a person becomes irritable and ill-tempered when the liver is sluggish? Here are some of the symptoms. Headache, sickness of the stomach, drowsiness and sleepiness, loss of appetite, mental dullness, lack of energy, coated tongue, muddy complexion and dark circles about the eyes.

The whole system is being poisoned by impurities which the liver, when in health, filters from the blood and passes into the intestines in the form of bile.

One very satisfactory way of arousing the liver to healthful action is by the use of Dr. Chase's Kidney-Liver Pills. For half a century this medicine has been well known to the public and your druggist will tell you of the satisfaction it gives as a means of arousing a sluggish liver.

To rid plants of little cutworms or flies, put two or three slices of raw potato down well in the earth around the plant.

If stitching marks show after ripping, wet the marks thoroughly, and the goods will close together when dry. Cover with a wet cloth and press with a hot iron.

Backache

Usually Indicates Kidney Disorders

Aches and pains result from poisons in the blood. The kidneys are the filters which nature has provided to keep the blood pure. When the kidneys fail to do their work the poisons remain in the blood and sooner or later cause pains and aches, backache, rheumatism or lumbago.

Thorough relief from backache comes with the use of Dr. Chase's Kidney-Liver Pills which arouse the action of the liver, kidneys and bowels and thereby remove the pain producing poisons.

Day of Month	Day of Week	Zodiac Signs	Weather Forecasts	Sept. 1935	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	Sun Sets	Moon Sets
					☾ First Qtr.....	5	9 26 p.m.	5	10 26 p.m.	h.m.	h.m.	p.m.
					☾ Full Moon...	12	3 18 p.m.	12	4 18 p.m.			
					☾ Last Quarter.	19	9 23 a.m.	19	10 23 a.m.			
					☾ New Moon...	27	12 29 p.m.	27	1 29 p.m.			
1	S	♈	Fair							5.21	6.38	7.23
2	M	♉	spell	Labor Day						5.22	6.37	7.42
3	T	♊	fol-							5.23	6.36	8.24
4	W	♈	lowed							5.25	6.35	8.58
5	T	♉	by							5.26	6.34	9.42
6	F	♊	light							5.27	6.30	10.36
7	S	♈	show- ers.							5.28	6.28	11.40
8	S	♉								5.29	6.26	a.m.
9	M	♊	Clear							5.31	6.24	0.54
10	T	♈	and							5.32	6.22	2.14
11	W	♉	quite							5.33	6.20	3.35
12	T	♊	cool							5.34	6.19	4.58
13	F	♈	this							5.35	6.17	rises
14	S	♉	week.							5.37	6.15	p.m.
15	S	♊								5.38	6.13	7.12
16	M	♈	Cloudy							5.39	6.11	7.47
17	T	♉	spell							5.40	6.09	8.29
18	W	♊	with							5.41	6.07	9.19
19	T	♈	cold							5.43	6.05	10.17
20	F	♉	winds.							5.44	6.03	11.19
21	S	♊								5.45	6.01	a.m.
22	S	♈	Un- settled							5.46	5.59	0.24
23	M	♉	weather							5.47	5.58	1.28
24	T	♊	pre-							5.49	5.56	2.32
25	W	♈	vails							5.50	5.54	3.35
26	T	♉	this							5.51	5.52	4.36
27	F	♊	month.							5.52	5.50	5.37
28	S	♈		Hebrew New Year (Rosh Hashanah)						5.53	5.48	sets
29	S	♉	Ends							5.55	5.46	p.m.
30	M	♊	cool.							5.56	5.44	6.28

Athlete's Foot

A Polite Name for Ringworm

Almost everybody complains, at one time or another,

Of aching, burning, stinging feet or toes.
Whether from ill fitting shoes or disease germs,
The result is the keenest of discomfort.
Ringworm or Athlete's Foot begins between the toes.

There is redness, irritation and itchiness of the skin.

The skin becomes discoloured and peels off.
By bathing the feet in hot water,
And applying Dr. Chase's Ointment twice a day,

You can soon obtain thorough relief.
Most golfers, swimmers, tennis and ball players

Know of the effectiveness of this treatment.
This ointment kills the disease germs
And clings to the skin, soothing and healing it.

Pimples or Acne

Most Common of Skin Diseases

Inflammation of the glands of the skin is known as acne. The common name is pimples. The face, shoulders and back are usually attacked. It is the cause of worry and embarrassment to many young people of both sexes.

An anæmic, run down condition or trouble from indigestion seems to be the usual cause of this annoying skin trouble. Scrubbing with warm water twice daily and the application of Dr. Chase's Ointment is an effective treatment, while attention should also be given to the general health. Read about Dr. Chase's Kidney-Liver Pills as a means of purifying the blood and removing the underlying cause of acne or pimples.

If ink should be spilled on a carpet, cover immediately with salt. Scoop it up as it soaks up the ink and repeat until it comes off clean. Put on more and leave until the next day.

When your window plants are sick, try a few drops of ammonia in the water as a tonic.

For removing wax from congoleum or linoleum rugs in order to varnish, wash the rug thoroughly with benzine.

The Care of Poultry

Provide good ventilation in the hen-house. Hens can stand cold better than dampness.

Keep the henhouse clean. Cleanliness is the first law of poultry keeping. It is conducive to health. Neither disease germs nor insects thrive in a clean henhouse.

By spraying the roosts and dropping boards weekly with a good disinfectant you will keep away the lice and mites.

HENS THAT ARE FED RIGHT WILL LAY IN WINTER

Depend on Pullets for Your Winter Eggs.

Fresh eggs in winter are scarce and bring a high price. If you want your hens to lay in the winter, here are some feeding suggestions that will help you:

Variety is Important.—If the various feeds are within the reach of the hen, she will balance her own ration.

Grain.—Equal parts of corn, wheat, and oats make a good grain ration. Mix and scatter this in a deep litter.

Bran and Shorts with Milk or Beef Scrap.—These are important. They furnish the protein. Most people neglect to feed enough protein to their fowl.

Green Feed.—Alfalfa, clover, cabbage, turnips, make good green food.

Water.—About seventy-four per cent. of an egg is water. Often the lack of enough water in the winter is responsible for your not getting eggs.

Grit, Oyster Shell and Charcoal.—Keep a supply of these before the fowl. The more your hens eat, the more material they will have to turn into eggs.

You will find it easy to keep a daily record of eggs laid in the memorandum column of the calendar pages of this almanac.

Unlucky

"Above all," the doctor urged, "you must eat more fruit, and particularly the skin of the fruit. The skin contains all the vitamins and the virtues. What, by the way, is your favorite fruit?"

The patient looked gloomy. "Cocoanuts!" he said.

Day of Month	Day of Week	Zodiac Signs	Weather Forecasts	Oct. 1935			Moon's Phases		Ont. and Que.		Mar. Provs. and Nfld.		Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
				☾ First Qtr.....	☽ Full Moon...	☾ Last Qtr.....	☽ New Moon...	d. h. m.	d. h. m.	d. h. m.	d. h. m.	Sun Rises h.m.	Sun Sets h.m.	Moon Sets p.m.	
1	T	♈	Clear									5.57	5.42	7.01	
2	W	♈	and									5.58	5.41	7.40	
3	T	♈	cool									5.59	5.39	8.30	
4	F	♈	to									6.01	5.38	9.29	
5	S	♈	begin.									6.02	5.36	10.38	
6	S	♈	Some									6.03	6.34	11.52	
7	M	♈	wind									6.04	5.32	a.m.	
8	T	♈	and									6.05	5.30	1.10	
9	W	♈	rain									6.06	5.29	2.29	
10	T	♈	and									6.08	5.27	3.49	
11	F	♈	then									6.09	5.25	5.10	
12	S	♈	clears.									6.10	5.23	rises	
13	S	♈										6.12	5.21	p.m.	
14	M	♈	Much									6.13	5.19	6.21	
15	T	♈	cooler									6.15	5.18	7.10	
16	W	♈	but									6.16	5.16	8.06	
17	T	♈	re-									6.17	5.14	9.08	
18	F	♈	mains									6.18	5.12	10.13	
19	S	♈	fine.									6.19	5.10	11.19	
20	S	♈										6.21	5.09	a.m.	
21	M	♈	Week									6.23	5.08	0.24	
22	T	♈	of									6.24	5.06	1.26	
23	W	♈	fine									6.25	5.04	2.28	
24	T	♈	autumn									6.26	5.02	3.30	
25	F	♈	weath-									6.28	5.00	4.32	
26	S	♈	er.									6.29	4.59	5.35	
27	S	♈	Cold									6.30	4.58	6.40	
28	M	♈	and									6.32	4.56	sets	
29	T	♈	wet,									6.33	4.54	p.m.	
30	W	♈	ends									6.35	4.52	6.28	
31	T	♈	month.	Hallowe'en								6.36	4.51	7.24	

Before Baby Comes And After

Pale, weak, tired and nervous,
The expectant mother has times of discouragement.

The enormous demand made on the blood supply

Is a drain on her strength and energy.

Experience of many thousands of women

Has shown that Dr. Chase's Nerve Food

Is of very great benefit to mothers

Both before and after baby's coming.

This is only to be expected.

This treatment is a builder of new, rich blood,
And good blood, above all things,

Is what the mother needs at this time.

You are not experimenting,

When you use this time-tested medicine.

Enquiry among your friends will prove to you

How generally Dr. Chase's Nerve Food

Is used during this trying time.

Beware of Infection

You may save a finger, a hand or an arm by taking precautions against blood poisoning. Every scratch or wound, every scald or burn should be treated in order to guard against infection.

In many thousands of homes Dr. Chase's Ointment is kept on hand just for this purpose. In addition to protection in this way Dr. Chase's Ointment is a healing agent of rare value. It keeps the skin soft so that it heals smoothly and little or no scar is left.

Diaper Rash

Most babies, at one time or another, suffer with rash resulting from chafing of the skin by the diaper. Neglected, this condition develops into baby eczema and causes distressing itching and burning of the skin. The logical treatment is Dr. Chase's Ointment which because its medication soothes and heals the skin. It affords relief almost as soon as applied and does not clog the pores.

If your ferns are wilting, try pouring on their roots a solution of nitrate of soda and water, in the proportion of one teaspoon of soda to three quarts of water.

More Dainty Desserts

COCONUT CUSTARD

One quart milk, $\frac{3}{4}$ cup coconut, 1 tablespoon cornstarch, 2 tablespoons water, 2 eggs, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ teaspoon salt, 1 teaspoon vanilla. Use freshly grated, shredded, or moist canned coconut. If the fresh coconut is used, add an extra tablespoon sugar. Put milk and coconut into double boiler and bring to scalding point, stir in cornstarch which has been mixed smooth with cold water, stir and cook five minutes. Beat eggs, stir in sugar, salt and milk mixture. Mix well, add vanilla, turn into custard cups, place in pan of hot water and bake in a moderate oven until knife comes out clean. Time in oven, 25 minutes. Temperature, 325 degrees. Serves 6.

RHUBARB FLUFF

Three cups rhubarb, cut in pieces, 2 cups water, 2 tablespoons flour, 1 cup sugar, 1 teaspoon lemon juice, 3 egg whites. Cook rhubarb in water until tender. Mix flour and sugar together and stir into cooked rhubarb. Cook 5 minutes longer, stirring constantly. Add lemon juice, cool and fold in stiffly-beaten egg whites. Chill thoroughly and serve in individual glass dishes with

CUSTARD SAUCE

One and half cups milk, 3 egg yolks, $\frac{1}{4}$ cup sugar, $\frac{1}{8}$ teaspoon salt, $\frac{1}{2}$ teaspoon vanilla. Scald milk in double boiler. Beat yolks, sugar and salt together. Pour scalded milk over them, mix well and return to double boiler. Cook until mixture coats spoon, stirring constantly. Add vanilla and chill.

APRICOT WHIP

One tablespoon granulated gelatine, $\frac{1}{2}$ cup cold water, $\frac{1}{2}$ cup boiling water, 1 lemon, 1 cup sugar, 1 cup apricot puree, 3 egg whites (stiffly beaten). Wash $\frac{1}{4}$ lb. dried apricots, cover with cold water and soak over night. Cook in same water until soft (adding more water if necessary) then rub through puree strainer. Soak gelatine in cold water, dissolve in boiling water with sugar, then add strained apricot and lemon juice. Cook and when jelly begins to thicken, beat until light, then add egg whites and continue beating until mixture holds its shape. Chill and serve with whipped cream. Serves 6.

Eczema is a Puzzle

It has always been a puzzle as to what causes eczema but medical authorities now agree that it is not a blood disease and therefore should be treated with local treatment rather than with internal medication.

Over a long period of years Dr. Chase's Ointment has proven its effectiveness as a relief for eczema and similar irritations and eruptions of the skin. Almost as soon as applied the itching, burning sensations grow less and with persistent use the fire is taken out of the disease and the skin restored to a healthful natural condition by its healing qualities.

Eczema takes many forms and may affect any part of the body. Babies usually develop eczema as a result of chafing of the diapers or clothing or where the folds of skin come together. In man it often takes the form of Barber's Itch. Women sometimes develop eczema from the use of cosmetics or hair treatments which are irritating to the skin. Certain plants such as Poison Ivy and Primrose may cause this skin trouble.

It is important to try to remove the cause but so far as obtaining relief you will certainly make no mistake in using Dr. Chase's Ointment for it has proven its merits for over half a century.

Some men grow under responsibility, others only swell.

False Modesty about Piles

Unfortunately there is a delicacy about mentioning this disease, even to the family physician. The dread of an operation keeps many from consulting their doctor. Seldom if ever is an operation necessary if Dr. Chase's Ointment is used. Relief from the burning, stinging sensations is obtained almost as soon as this Ointment is applied. Persistent use will overcome even the most serious case of long standing.

That's O.K.

A woman driver ran into another vehicle and bent a mudguard. It worried her. So she went to a garage and asked the mechanic:

"Can you repair this mudguard so that my husband won't know it has been bent?"

The mechanic looked at the bent mudguard and then at the woman and replied:

"No, madam. I can't. But I can fix it up so that in a few days you can ask your husband how he bent it."

Gossip

Are you willing to sign your name to the story you are about to repeat regarding your neighbour? Would you go into court and swear it? No!

Ambition's Height

Visitor.—"Well, Johnny, what would you like to be when you grow up?"

Johnny.—"A retired Civil Servant."

One in Four Has Hemorrhoids

Nearly everybody suffers at one time or another from piles or hemorrhoids. Fortunately there is a dependable relief for this distressing ailment in the use of Dr. Chase's Ointment. For nearly fifty years Dr. Chase's Ointment has been best known for the prompt relief it brings to the sufferer from piles. Even the most obstinate cases are quickly relieved and are soon entirely overcome when this ointment is used regularly. Why not take advantage of this time-proven treatment.

Escaped Operation for Piles

Mrs. Wm. Hughes, Appin, Ont., writes:—"Dr. Chase's Ointment cannot be equalled. I used it for protruding piles of the worst kind. When the doctor said an operation was the only hope, I began to prepare for one, when I remembered reading about Dr. Chase's Ointment, I resolved to try it, and after using two boxes I had no trace of the piles. It was the greatest relief I ever got, and I only hope other sufferers who read this letter will lose no time in purchasing a box, and see for themselves the miracles it works. It will be the best investment they ever put their money into."



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.

Last Resort

"I hope that's a nice book for you to read, darling," said a conscientious mother to her very young daughter.

"Oh, yes, mummy, it's a lovely book, but I don't think you'd like it. It's so sad at the end."

"How is it sad, dear?"

"Well, she dies, and he has to go back to his wife."

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.

Name

Address

Avoid Infection By Hospital Methods

Every cut, burn or wound is serious and should be treated at home just as it would be in hospital. Doctors have a constant dread of blood poisoning and take the greatest precautions to prevent it. They appreciate the danger which accompanies every scratch or burn or scald of the skin.

If you have Dr. Chase's Ointment at hand you can treat every skin trouble surgically and avoid danger of serious results. Dr. Chase's Ointment is a medicinal product of proven merit and value. It soothes and heals the skin and prevents blood poisoning. Dr. Chase's Ointment should never be confused with creams and salves which may have a pleasant odor but were never intended for medicinal treatment.

Sore Itching Toes and Feet

Very many people suffer from inflammation, soreness and itching of the skin between the toes and do not know how to get relief. Let us help you.

After bathing the feet thoroughly in hot water, dry them and apply Dr. Chase's Ointment freely. Repeat this treatment daily until you are entirely free of this trouble. Any discomfort of the feet is very annoying but Dr. Chase's Ointment will certainly bring relief.

Day of Month	Day of Week	Zodiac Signs	Weather Forecasts	Nov. 1935	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 Sets p.m.
1	F		Begins	All Saints' Day.....	☾ First Qtr.	3	6 12 p.m.	3	7 12 p.m.	6.37	4.49	8.29
2	S		wet.		☽ Full Moon....	10	9 42 a.m.	10	10 42 a.m.	6.38	4.48	9.40
3	S		Fair		☾ Last Qtr.	17	7 35 p.m.	17	8 35 p.m.	6.39	4.47	10.55
4	M		unless		☽ New Moon...	25	9 35 p.m.	25	10 35 p.m.	6.41	4.46	a.m.
5	T		wind							6.42	4.45	0.02
6	W		in							6.43	4.43	1.24
7	T		south							6.45	4.42	2.46
8	F		or							6.46	4.41	4.03
9	S		S.W.							6.48	4.40	5.23
10	S									6.49	4.39	6.44
11	M		Cold	Remembrance Day.....					6.50	4.37	rises	
12	T		rain							6.52	4.36	p.m.
13	W		or							6.53	4.35	6.52
14	T		snow							6.54	4.34	7.58
15	F		this							6.56	4.33	9.05
16	S		week.							6.57	4.31	10.11
17	S									6.59	4.30	11.15
18	M		Fair							7.00	4.29	a.m.
19	T		but							7.02	4.28	0.18
20	W		turns							7.03	4.27	1.19
21	T		ex-						7.04	4.26	2.21	
22	F		tremely						7.06	4.26	3.23	
23	S		cold.						7.07	4.25	4.28	
24	S								7.09	4.25	5.33	
25	M		High						7.10	4.24	6.39	
26	T		winds						7.11	4.23	sets	
27	W		and						7.12	4.22	p.m.	
28	T		cloudy						7.13	4.22	6.22	
29	F		weath-						7.14	4.21	7.32	
30	S		er.						7.15	4.21	8.46	

60% Have Nerve Disorders Say Consulting Physicians

It is shown by medical statistics
That 60% of cases treated by physicians
Are attributable to disordered nerves.
Only those who have suffered
From nervous breakdown
Realize the torments endured
From loss of nerve force.
Health, strength and happiness are measured
By your nerve force.
When nerve force is lacking,
You become irritable, worried, discouraged and
blue.
You cannot rest or sleep well
And there is little chance of regaining health
Without the assistance of a good nerve restor-
ative,
Such as Dr. Chase's Nerve Food,
To create new nerve force in the body.

If a few drops of vinegar be added to the water in
which eggs are poached, they will set more quickly
and perfectly.

No Broadcast Necessary

First Workman (very angry).—"Did yo' tell Bill I
was three-parts daft?"
Second Workman.—"No, I thought he knowed."

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 tempera-
ture 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.

Weights and Measures

Avoirdupois Weight

16 Ounces.....	1 Pound
14 Pounds.....	1 Stone
25 Pounds.....	1 Quarter, C
28 Pounds.....	1 Quarter, E
4 Quarters.....	1 Hundredweight
20 Hundredweight.....	} 1 Ton
2000 lbs., Canada.....	
2240 lbs., England.....	

Apothecaries' Weight

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

Troy Weight

24 Grains.....	1 Pennyweight
20 Pennyweights.....	1 Ounce
12 Ounces.....	1 Pound

Paper

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

Measure of Capacity

20 Ounces.....	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

Golfer in the Rough

"Murphy got rich quick, didn't he?"
"He got rich so quick that he can't
swing a golf club without spitting on
his hands."

Too often they get married nowadays
for better or worse—but not for good.

Sign in a San Francisco cafe: We
know that your check is good, but we
don't trust the banks.

Walking to reduce or are you reduced
to walking?

Dr. Chase's Liniment

Trial Size Free

The speeded 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.

Trial size Dr. Chase's Liniment will be sent free if you enclose 10 cents to pay for postage and packing. The Dr. A. W. Chase Medicine Co., Limited, Toronto, Canada.



Solutions of Winning Wrinkles in Checker Endings

- 1.—25-30; 31-27; 30-32—White Wins.
- 2.—16-11; 23-16; 7-3; 16-7; 3-26—White Wins.
- 3.—11-15; 19-10; 17-14; 10-17; 21-32—White Wins.
- 4.—5-1; 6-2; 14-9; 13-6; 1-10; 2-7; 10-3—White Wins.
- 5.—18-23; 16-20; 23-27; 31-26; 27-32; 20-27; 32-30—White Wins.
- 6.—20-16; 30-23; 16-20; 23-16; 20-18; 10-15; 18-11—White Wins.
- 7.—15-11; 30-25; 18-15; 25-18; 15-22; 29-25; 22-29—White Wins.
- 8.—10-7; 15-24; 32-28; 2-11; 28-19; 11-16; 19-12—White Wins.
- 9.—23-26; 29-25; 26-30; 25-29; 18-22; 21-25; 30-21; 29-25; 21-30—White Wins.
- 10.—13-17; 14-21; 6-13; 21-25; 13-17; 25-30; 17-22; 30-25; 22-29—White Wins. If 6-10, etc., solution requires 6 moves.
- 11.—11-7; 10-3; 5-1; 22-15; 1-19; 3-7; 19-15; 7-2; 15-10; 2-7; 10-3—White Wins.
- 12.—18-14; 13-17; 10-6; 2-18; 15-13; 29-25; 13-17; 25-30; 17-22; 30-25; 22-29; 4-8; 11-4—White Wins. If 18-14, etc., solution requires 8 moves.

- 13.—In 4 moves take White King from square 15 to square 5 (or to square 32). Then, 18-14; 25-9; 5-14; 29-25; 14-17; 25-30; 17-22; 30-25; 22-29—White Wins.
- 14.—30-26; 24-19; 15-10; 7-14; 22-17; 14-21; 26-23; 19-26; 31-22; 13-17; 22-13; 21-25; 13-17; 25-30; 17-22; 30-25; 22-29—White Wins.
- 15.—15-10; 14-18; 10-15; 18-22; 13-17; 22-25; 15-19; 16-23; 31-26; 23-30; 17-21; 30-26; 21-23; 29-25; 23-26; 25-21; 26-22; 21-25; 22-29—White Wins.
- 16.—19-16; 12-19; 26-22; 17-26; 5-1; 10-17; 1-6; 3-10; 6-13—White Wins.

Bleeding Gums

The persistent use of a strong astringent and antiseptic such as Dr. Chase's Every-Day Mouth Wash is often effective as a relief from bleeding gums.

Used when the gums are tender and sore, it heals and hardens them. It also acts as a tonic in strengthening and building up the tissues.

Mr. Thompson.—“I'm convinced that China needs a firm hand.”

Mrs. Thompson.—“I've told the new maid that, but it's no use.”

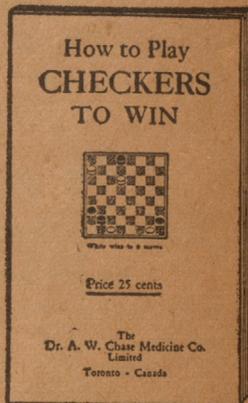
For Checker Fans

If you wish to study up checkers write for the booklet entitled, “How to Play Checkers”. It contains many interesting secrets on this great game and will help you to become an expert and to enjoy the game more than ever.

“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.

Get your copy at once. Our edition will soon be exhausted as it is now well known to ambitious checker players. Enclose 10 cts. in stamps or coin. Address:

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





Every Cold Serious

Every cold, especially in a young child, should be considered serious. The frequent development of middle ear inflammation, of sinus trouble, or of infection and swelling of the bronchial glands make it most important that the cold should be checked promptly.

A good cathartic should be used at once to arouse the bowel action and remove the accumulating poisons from the system and Dr. Chase's Syrup of Linseed and Turpentine should be taken regularly to check the cold and protect the bronchial tubes from infection.

Bronchitis Is Dangerous

Many people are careless about bronchitis calling it only a cold. But bronchitis is inflammation of the bronchial tubes and tends to become chronic. It often follows winter colds and may last for months. In its more chronic form breathing is difficult, there is wheezing in the chest and it is not unlike asthma.

The strain from coughing wears down the general health and is trying on the muscles of the heart. Relief from cough-

ing comes with the use of Dr. Chase's Syrup of Linseed and Turpentine. Its success in the relief of this distressing ailment has done much to make Dr. Chase's Syrup of Linseed and Turpentine popular. People say that if it relieves bronchitis it should be satisfactory treatment for any cough or cold.

An Adequate Diet Includes

1. Food for growth and repair—
 - (a) Proteins for new tissue and for growth—milk, eggs, cheese, nuts, lean meat, beans, peas, cereals.
 - (b) Iron gives good blood—green vegetables, eggs, lean meat, cereals.
 - (c) Lime gives good teeth and bones—milk, vegetables, cereals.
2. Food for heat and energy—
Sugar, starches and fat.
3. Protective food to prevent under-nourishment diseases—
Whole milk (not skimmed) cod-liver oil, eggs, green vegetables, raw fruit, liver, whole grains.
4. To prevent constipation—
Roughage such as bran, raw fruits and vegetables, skins of fruits and vegetables. Lots of water—5 to 8 glasses per day.

When you fail to obtain from the food you eat the necessary elements to keep the blood rich and red the use of Dr. Chase's Nerve Food is suggested because it goes directly to the formation of rich, red blood.

If the liver, kidneys and bowels become sluggish Dr. Chase's Kidney-Liver Pills are available as a proven regulator of the filtering and eliminating organs.

For Those Who Are Half Sick

Are you one of the great multitude of people who are half sick—never really well? You lack the energy and pep to fully enjoy life and to gain its rewards. Your low vitality is holding you down. You are not sick enough to give up your work and go to bed or to a hospital but you are robbed of success and happiness because you are tired and indifferent and downhearted.

What a world of good Dr. Chase's Nerve Food is doing every day for people in the half sick class. What a world of good it can do you. It forms new, rich blood and good blood is the only source from which you can obtain new nerve force, new energy and new strength. Why not get the most out of life by winning back health and vigor and vitality?

Day of Month	Day of Week	Zodiac Signs	Weather Forecasts	Dec. 1935			Moon's Phases		Ont. and Que.		Mar. Provs. and Nfld.		Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
				☾ First Qtr....	☽ Full Moon...	☾ Last Qtr....	☽ New Moon...	d. h. m.	d. h. m.	d. h. m.	d. h. m.	Sun Rises h.m.	Sun Sets h.m.	Moon Sets p.m.	
1	S	♈										7.16	4.20	10.02	
2	M	♈	Fre-									7.18	4.20	11.16	
3	T	♈	quent									7.19	4.20	a.m.	
4	W	♈	cold									7.20	4.20	0.30	
5	T	♈	rains									7.22	4.19	1.46	
6	F	♈	or									7.23	4.19	3.03	
7	S	♈	snow-									7.24	4.19	4.21	
8	S	♈	flurries.									7.25	4.19	5.37	
9	M	♈										7.26	4.19	6.50	
10	T	♈										7.27	4.19	rises	
11	W	♈	Week									7.27	4.18	p.m.	
12	T	♈	of									7.28	4.18	6.46	
13	F	♈	fine									7.29	4.18	7.54	
14	S	♈	clear									7.30	4.18	9.00	
15	S	♈	cold									7.31	4.19	10.04	
16	M	♈	weath-									7.31	4.19	11.08	
17	T	♈	er.									7.32	4.19	a.m.	
18	W	♈										7.32	4.20	0.08	
19	T	♈	Mostly									7.33	4.20	1.10	
20	F	♈	fair									7.33	4.20	2.13	
21	S	♈	but									7.34	4.21	3.17	
22	S	♈	ends									7.35	4.21	4.23	
23	M	♈	with									7.35	4.22	5.28	
24	T	♈	snow-									7.36	4.23	6.31	
25	W	♈	flurries.	Christmas Day								7.36	4.23	7.27	
26	T	♈										7.37	4.23	sets	
27	F	♈										7.37	4.24	p.m.	
28	S	♈	Clear									7.37	4.24	7.49	
29	S	♈	and									7.38	4.25	9.05	
30	M	♈	cold.									7.38	4.26	10.21	
31	T	♈										7.38	4.27	11.36	

Fear and Worry

Are Shortening Life

The sudden passing of so many men
Has startled many into thought,
Of what may have been the cause.
The more thorough the investigation
The more the attention centres on the nervous
system.

Nerve force which should be available
To run the machinery of the body,
The heart, the lungs, the stomach and other
vital organs,

Is consumed by intense emotions,
Such as fear, worry and anxiety.
Digestion fails and the action of the other
organs

Is slowed down until you become
Sleepless, irritable and finally a victim
To failure of the most vital organs.

You can restore nerve force to the body
By using Dr. Chase's Nerve Food.

Through the circulation of the blood
New vigor and energy is carried to every nook
and corner of the body.

Illness Costs More Than War

"Ill health costs us each year three times as much as our share of the expenditures in the great war," declared a prominent Canadian physician recently.

Much of this illness, loss of time, suffering, can be avoided by timely treatment. In the matter of colds alone, and the common cold is the most frequent cause of absence from employment, an enormous saving of expense and discomfort can be obtained by the use of Dr. Chase's Syrup of Linseed and Turpentine to relieve the cough and check the cold before it attacks the bronchial tubes and becomes a serious menace to life.

There is no better safeguard to be kept in the home than Dr. Chase's Syrup. For adults and children alike it is pleasant to take and of proven merit in the relief of coughs and colds.

To clean your wicker or reed furniture, use water and salt. Scrub with a brush and when dry apply a thin coat of shellac. The furniture will look almost like new.

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 yards or 5280 feet.....	1 Mile
6075.81 feet.....	1 Nautical Mile

Square or Land Measure

144 Square Inches.....	1 Square Foot
9 Square Feet.....	1 Square Yard
30½ Yards.....	1 Square Rod
40 Poles or Rods.....	1 Rood
4 Roods.....	1 Acre
640 Acres.....	1 Square 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 Square Chains.....	1 Acre

English Money Table

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

Winter is a season when you keep the house as hot as it was in summer when you kicked about it.

Kissing a girl is just like opening a bottle of olives—the first may come hard, but it's a cinch to get the rest.

Catarrh

Its Nature and Treatment

Next to the common cold catarrh is perhaps the ailment most prevalent throughout the American continent. In its early stages catarrh is often described as "cold in the head". It tends to become chronic and in addition to the cold symptoms such as sneezing, running at the nose, watery eyes and red nose, there is 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 droppings in 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 today 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.

Relief for Hay Fever

No victim of hay fever can look forward to the coming of summer and early fall except with anxiety. Once established this ailment returns year after year to bring all sorts of discomfort as well as to undermine the general health.

The symptoms are similar to those of catarrh but more exaggerated, with most difficult breathing and burning and stinging of the eyes. Dr. Chase's Catarrh Powder clears the air passages of the head, soothes the irritated membranes and affords prompt relief.

Deafness From Catarrh

The most frequent cause of deafness is a catarrhal condition which clogs the small tubes leading to the ears. It is therefore important that you clear up this condition if you are suffering from deafness.

Dr. Chase's Catarrh Powder is recommended because it thoroughly clears out the air passages and eradicates the disagreeable symptoms of catarrh. In many cases it affords relief from deafness.

General Health Undermined

In both catarrh and hay fever the general health becomes undermined and the patient usually becomes pale, run-down and nervous.

While the Catarrh Powder is used locally to relieve the disagreeable symptoms it is important that strength and vigor should be restored to the nervous system and the body, generally, by the use of Dr. Chase's Nerve Food.

Reduce Weight—Increase Health

The general principles of a sound reducing régime may be tabulated as follows:—

1. Cut the usual daily ration down by at least 50 per cent.
2. Restrict the meals to two or three articles.
3. Avoid all fatty, fried, and sweetened foods, including sweets and sugars.
4. Avoid starchy foods—breads, cereals, pastries and desserts.
5. Partake sparingly of liquid foods, but do not restrict the water intake too much.
6. Make up meals from the following foods:—Buttermilk, hard dry breads, eggs, lean meats, vegetable broths, citrus fruits, raw salad vegetables, and non-starchy vegetables.

The following foods should be avoided or used sparingly.

Foods rich in fat.—Butter, olive oil, fat meats, nuts, oatmeal, cheese, milk, cream, eggs, lard.

Foods rich in starch.—Cereals, breads, cakes, pastries, rice, arrowroot, sago, tapioca, peas, beans, lentils.

Foods rich in sugar.—Syrup, malt, honey, dates, figs, prunes, raisins, dry currants.

Miscellaneous.—Sweet potatoes, chocolate, cocoa, fried foods, fish, ice cream, junket.

AN HERBAL TREATMENT FOR THE LIVER

First of Dr. Chase's Medicines to Become Popular in Canada

Many people prefer medicines made from roots and herbs and such is Dr. Chase's Liver Medicine. It is put up in liquid form and is rather bitter to the taste as are most tonic treatments. Such roots as mandrake and dandelion have long been known to be especially effective as a means of arousing a torpid liver to healthful activity as well as sharpening the appetite and restoring good digestion.

When the liver slows up there are such symptoms as coated tongue, headaches, pains in the back under the shoulder blades and tired, languid feelings. Appetite fails, digestion is impaired and one is likely to become irritable and ill-tempered. Bilioussness and irregular action of the bowels naturally result.

There are a great many people of the opinion that when this condition develops the treatment to use is Dr. Chase's Liver Medicine. It has been a favorite home remedy for well over half a century. It will not fail or disappoint you if you are in need of a regulator of the liver and a general tonic to build up your health.

As a Spring Medicine

Dr. Chase's Liver Medicine fills all the requirements of a Spring Medicine. It sweeps the accumulated winter poisons from the body and quickly tones up

the whole human system. When you feel tired and languid in the spring and fail to take an interest in the food you eat, start in with Dr. Chase's Liver Medicine and you will soon be feeling fine.

Dr. Chase's Liver Medicine is sold in a large bottle containing 100 doses for \$1.25. As an invigorating and regulating medicine for the liver it is unapproached. Your dealer will get it for you if he does not have it in stock.



JAUNDICE

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

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

Jaundice results from inactivity of the liver. The bile remains in the blood and

poisons and discolors the tissues of the body. The nutrition of the body is impaired, the general health fails and the patient becomes greatly emaciated.

The relief is found in the use of Dr. Chase's Liver Medicine, which by its specific action on the liver immediately arouses this important filtering organ to the performance of its functions.

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 his Receipt 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., 35 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.

Banish Pains and Aches

This liniment is the result of much thought and experimenting on the part of Dr. A. W. Chase in his long and successful practice as a physician. He considered it the most effective liniment he ever used, and adds his personal experience with it as follows:—

"I freed my self of two severe attacks of rheumatism by its use, first in the knee and last in the shoulder, three years after. It is hard to think of anything which it has not relieved in the way of sprains, bruises, cuts, wounds, rheumatism, weak, aching back, reducing swelling, etc."

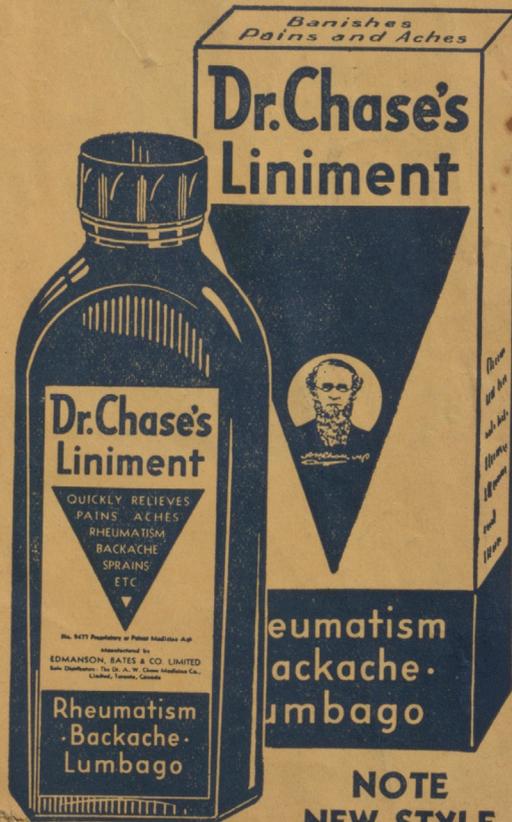
The splendid results obtained by the use of Dr. Chase's Liniment are due to the potent and expensive ingredients of which it is composed. There is, we believe, no liniment on the market to-day which costs so much to manufacture. But results were all that Dr. Chase considered in the perfecting of his medicines.

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.

Whatever else may be missing from your medicine cabinet there must always be found there a good liniment for the relief of aches and pains, strains and sprains, backache, lumbago and rheumatism. Dr. Chase's Liniment is a high class preparation which sells at a reasonable price.

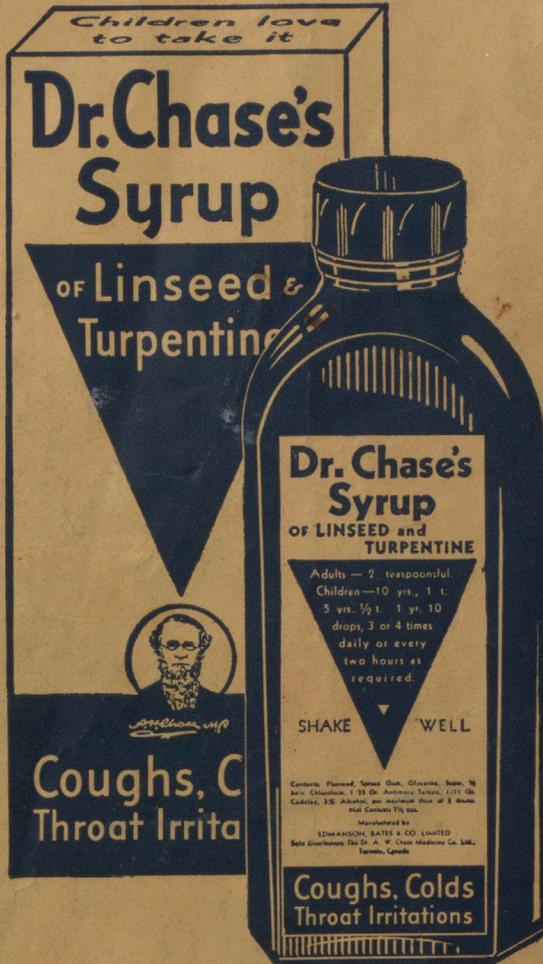
Dr. Chase's Liniment

New Low Price
35c a Bottle



UNCAT
Mm anacs...

Note the New Style



After nearly half a century of success, during which time it has won its way into the great majority of homes, Dr. Chase's Syrup has taken on a more modern dress. How do you like the new style?

This Cough Syrup has always been a great favorite among the children because it is so pleasant to the taste. It is just as effective for adults for the relief of coughs, colds, bronchitis, throat irritations, etc.

Dr. Chase's Syrup of Linseed and Turpentine
35c a Bottle - - - Family Size 75c