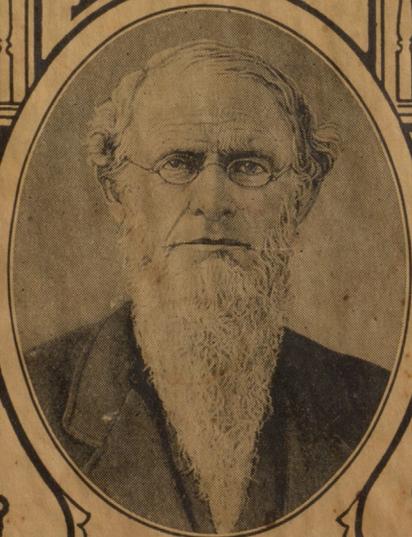


HANG ME UP

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

1936



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

FOR THE  
HOME, FACTORY  
FARM, OFFICE



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



## "Sure, I'm Going"

"What about the headache?" "Oh, that's all gone, I just took a Paradol and that soon put an end to the headache."

"You never heard of Paradol? Well, that's quite possible. It's just a new medicine but most girls know about it already. Good news travels fast, you know, and it's certainly good news for girls to be freed of the pains and discomforts which come at regular intervals.

"Oh, no, Paradol is different to anything you ever used. It's quicker. You only use one tablet at a dose. It does not upset the digestion and there are no disagreeable after effects.

"One fine thing, you can make engagements for any time when you know about Paradol.

"Well don't take my word. Ask some of the other girls or give it a try yourself.

"Oh sure, it is good for all kinds of pains but especially for the kind that are most annoying to you and me.

35  
Cents

DR. CHASE'S  
**PARADOL**  
FOR THE RELIEF OF PAIN

At All  
Druggists



## Our New Home

**A**NOTHER year has rolled around and so your Dr. Chase's Almanac arrives to bring you the Season's Greetings and Good Health for 1936.

This year we are greeting you from our new Home at Oakville, Ontario, for owing to the effectiveness and ever increasing popularity of Dr. Chase's Medicines, we have found it necessary to find larger quarters. At the top of this page is a picture of our new offices and laboratories where we will be always glad of the opportunity to welcome you and to show you through the new sanitary, sunlighted plant and let you see for yourself the spotless and healthy conditions under which Dr. Chase's Medicines are manufactured.

We believe that we were particularly fortunate in obtaining a plant such as the one pictured above, for it is a brand new building with ample room to take care of the increasing business and is situated on the sunny shores of Lake Ontario. So that Dr. Chase's Medicines are made for you under ideal conditions and in the pure, clean air of the country. Therefore we feel sure that they will be

the means of bringing to you fresh, glowing and bracing health.

So if you or any member of your family should show signs of illness, look through these pages and in them you will find the common ailments and their symptoms described for you. Then follow the treatment recommended and you will be surprised, at how quickly relief will be obtained and at what small cost you and yours can be kept in a condition of vibrant health throughout 1936.

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### Checkers

This year we have omitted the page of Checker Problems. If you would like this feature of the Almanac resumed kindly write and tell us. We still have on hand a quantity of the booklet "How to Play Checkers to Win," which sells regularly at 25 cents. If you would like to learn some ways by which you can Win against the other fellow enclose 10 cents and we shall send you a copy of this booklet. Address The Dr. A. W. Chase Medicine Co., Ltd., Toronto, Canada.

Day of Month	Day of Week	Zodiac Signs	Weather Forecasts	Jan. 1936		Moon's Phases		Ont. and Que.		Mar. Provs. and Nfld.		Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
						☾ First Qtr....	☽ Last Qtr....	d. h. m.	d. h. m.	d. h. m.	d. h. m.	Sun Rises h.m.	Sun Sets h.m.	Moon Sets a.m.
1	W	♈		New Year's Day.....								7.39	4.28	12.14
2	T	♉	Begins stormy.									7.39	4.29	12.52
3	F	♊										7.39	4.30	2.08
4	S	♈										7.38	4.31	3.23
5	S	♉										7.38	4.32	4.35
6	M	♊	Mostly fair,	Epiphany.....								7.38	4.33	5.41
7	T	♈	rain									7.38	4.34	6.37
8	W	♉	or snow.									7.37	4.35	rises
9	T	♊										7.37	4.36	p.m.
10	F	♈										7.37	4.37	6.43
11	S	♉										7.37	4.38	7.49
12	S	♊										7.36	4.39	8.52
13	M	♈	Fine spell									7.36	4.40	9.54
14	T	♉	and then									7.36	4.42	10.56
15	W	♊	cloudy.									7.35	4.43	11.58
16	T	♈										7.35	4.44	a.m.
17	F	♉										7.34	4.46	1.01
18	S	♊										7.34	4.47	2.06
19	S	♈										7.33	4.48	3.11
20	M	♉	High winds									7.33	4.50	4.14
21	T	♊	and snow									7.32	4.51	5.13
22	W	♈	flurries.									7.32	4.53	6.05
23	T	♉										7.31	4.54	sets
24	F	♊										7.30	4.56	p.m.
25	S	♈										7.29	4.57	6.46
26	S	♉										7.28	4.58	8.04
27	M	♊										7.27	4.60	9.22
28	T	♈	Cold and clear.									7.26	5.01	10.40
29	W	♉										7.25	5.03	11.57
30	T	♊										7.24	5.04	a.m.
31	F	♈										7.23	5.05	1.13

## When You Need Dr. Chase's Nerve Food

Because the brain and nerves control the actions and functions of the vital organs—the heart, the lungs, the stomach, the kidneys, etc., it is of supreme importance that the health and vigor of the nervous system shall be maintained.

Some medical doctors maintain that in these days 75 per cent of the patients who come to them for advice have as the cause of their troubles an exhausted condition of the nervous system.

### Symptoms of Exhausted Nerves

The most common symptoms are *sleeplessness, restlessness, irritability, nervous headaches, nervous indigestion and weakness of the vital organs of the body. There is the tendency to worry and to have gloomy forebodings of the future, tired feelings prevail, discouragement is common and there is lacking the vigor and energy to properly fulfil the daily task. Neuralgic pains, neuritis and rheumatism are not unusual when the nervous system is run down.*

Many disorders which are attributed to diseases of the bodily organs are really the result of weakness of the nervous system which supplies the energy and motive power to these organs. For this reason operations can often be avoided and the trouble entirely overcome by building up the strength and vigor of the nervous system. Your family physician will readily endorse this statement.

### Keeping Fit

It is the object of this Almanac to help you to keep fit. When seriously ill it is only wise to consult the best physician available in order to find out, if possible, what is the cause of your ailment.

There are scores of common ills which tell you at once the nature of treatment required and it is our object to supply to you reliable, dependable medicines which enable you to keep fit and avoid serious disease.

### Secret of Charm

Want to be popular? To be considered charming?

Of course, every woman does.

And here is the recipe, as prepared by a distinguished group of scientists and professors: Cultivate your voice.

That doesn't mean that you should study opera or try to make a career for yourself on the concert stage. It only means that a girl should do everything in her power to improve her speaking voice, which should be soft, gentle and understandable.

The scientists decided that there were eight types of feminine personality: the good neighbor, the pretty girl, the good fellow, the brilliant girl, the cultured girl, the square shooter, the entertaining girl and the diplomat . . . And underneath each of these popular types were the same identical four qualities: First, a sense of fairness; second, a certain originality; third, liveliness which is based on health and good vitality, and fourth, a pleasant voice. Beauty was left entirely in the shade.

Flattery is soft soap and soft soap is 90% lye.

The Bible tells us to love our neighbors, and also to love our enemies; probably because they are generally the same people.

If you think politics are easy, try standing on a fence while keeping one ear to the ground.

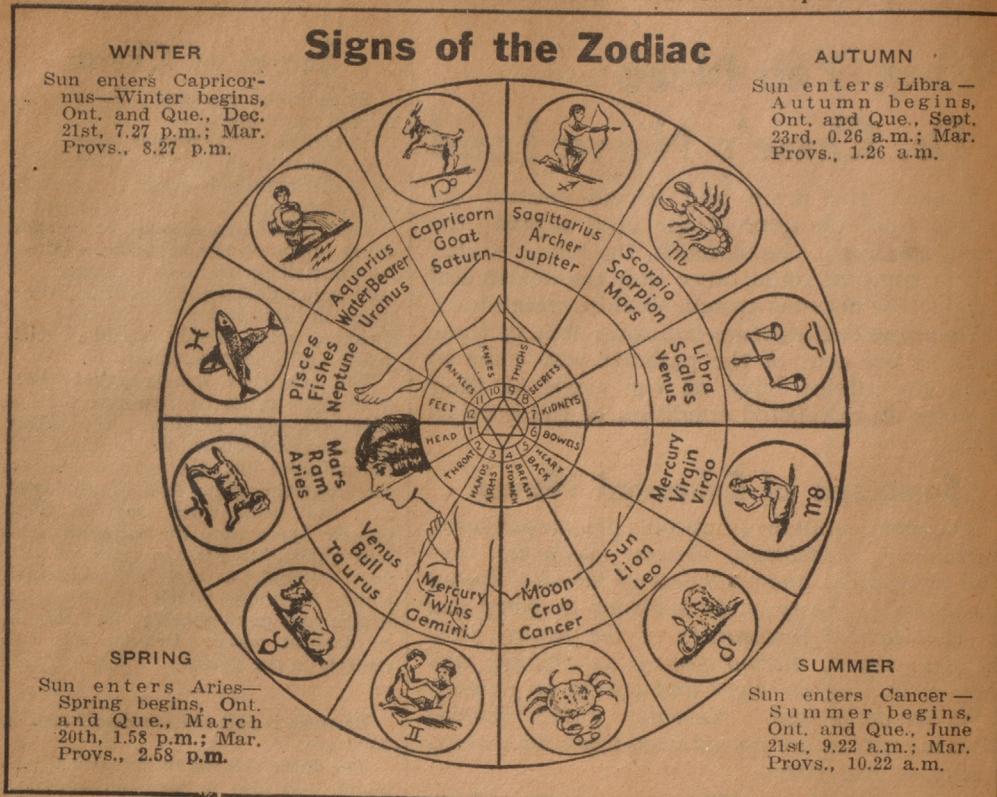
Jewish interpretation: A Christian is a person who pays retail prices.

A blotter is something you look for while the ink dries.

### Game

By using each letter of Paradol as the first letter of a word an interesting game can be made. For example: "P" stands for places, plants, plays. Ask first guest for the names of three places. Ask another for three plants and a third for three plays. Go through the whole list in this way.

- P—places, plants, pains.
- A—animals, artists, Americas.
- R—religious, rivers, races.
- A—anniversaries, ailments, autos.
- D—dramas, doors, dungeons.
- O—orators, onions, ointments.
- L—lakes, lovers, lies.



## 1936

Dominical Letter. ED	Solar Cycle..... 13	
Epact..... 6	Roman Indiction. 4	
Lunar Cycle or		

Golden Number 18	Julian Period... 6649	
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The year 5697 of the Jewish Era begins at Sunset, September 16th, 1936, Gregorian Calendar.

The year 1355 of the Mohammedan Era begins at Sunset, March 23rd, 1936, Gregorian Calendar.

The 27th year of the reign of King George V. begins on May 6th, 1936.

The 70th year of the Dominion of Canada begins July 1st, 1936.

The 161st year of the independence of the United States of America begins July 4th, 1936.

## Eclipses

I.—A TOTAL ECLIPSE OF THE MOON, January 8th, beginning visible Northwestern Canada, 9.58 a.m.

II.—A TOTAL ECLIPSE OF THE SUN, June 19th, 1936, invisible in North or South America.

III.—A PARTIAL ECLIPSE OF THE MOON, July 4th, 1936, invisible in North or South America.

IV.—AN ANNULAR ECLIPSE OF THE SUN, December 13th and 14th, 1936, invisible in North or South America.

### She Knows the Game

Katherine.—“Why do all the boys like to play golf with Sylvia Anne?”

Jerry.—“She always makes a wild drive deep into the woods at the fourteenth hole.”

A farmer arrived very late at a country doctor's house and requested him to come instantly to a distant farm. The doctor hitched up and drove furiously.

Upon arrival, the farmer enquired: “What fee?”

“Three dollars,” replied the doctor, surprised. The country man paid.

“There ye are, Doc.; that durned liveryman wanted five.”

“So he's teaching Vera swimming. What has she learned so far?”

“That he's 24, not engaged, works in a bank and his name is Cyril.”

# \$300<sup>00</sup> CASH

## to be won in the Dr. Chase Word Contest

This contest is absolutely free. You don't pay a cent to enter it and there are 50 cash prizes.

### HERE ARE THE RULES

1. The prizes are awarded for the most words made from the letters found in "Dr. Chase's Nerve Food".
2. The abbreviation "Dr." and not the full word Doctor is to be used.
3. Be sure that every word you put down is made up of only letters which are used in "Dr. Chase's Nerve Food". For example, a word with a "W" in it would not count as there is no "W" in "Dr. Chase's Nerve Food".
4. You can use each letter in a word as many times as it appears in the phrase "Dr. Chase's Nerve Food," that is: you could put down a word with three "E's" in it as there are three "E's" in the phrase, but a word with more than one "A" in it would not count as there is only one "A" in "Dr. Chase's Nerve Food".
5. Possessive and plural forms of words will NOT count.
6. The same combination of letters forming a word will only be counted once irrespective of any variation of meaning or use which it may have.
7. All words beginning with the same letter should be kept together and preferably in alphabetical order.
8. Give your name and address and the number of words in your list.
9. Name of your Druggist.
10. The list containing the largest number of correctly spelled English words will win first prize, others will follow in order. In the event of a tie,

the prize money will be divided. All contestants on entering this contest agree to accept the decision of the judges as final. The Standard Dictionary, Desk Edition, 1934, will be the final authority as to what words will be counted.

11. Contest closes February 29th, 1936.
12. Winners will be notified and the results published on or about April 1st, 1936.

### 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

### LAST YEAR'S WINNERS

The names of the principal winners of Last Year's Contest are:—

- FIRST PRIZE, \$100.00  
Mrs. Jane Dingwall, Clarkson, Ontario
- SECOND PRIZE, \$50.00  
Mrs. Annie Newcombe, Upper Canard, N.S.
- THIRD PRIZE, \$25.00  
Mlle G. Samson, 366 West Sherbrooke St.,  
Montreal, Quebec
- FOURTH PRIZE, \$15.00  
F. W. Leslie, Spry Bay, N.S.
- FIFTH PRIZE, \$10.00  
Mrs. K. Ripley, 3 Hoyle, Toronto, Ont.

Fifty prizes of two dollars each were also awarded and were won by people scattered all over Canada, Newfoundland and the British West Indies. The Dr. A. W. Chase Medicine Company, congratulates the winners and wishes those who were not so fortunate better luck this year.

**The DR. A. W. CHASE MEDICINE CO. LTD.**  
Toronto, Canada

Day of Month	Day of Week	Zodiac Signs	Weather Forecasts	Feb. 1936		Moon's Phases		Ont. and Que.		Mar. Provs. and Nfld.		Local Mean Time Ontario, Quebec Mar. Provs. and Nfld.		
						☉ Full Moon	☾ Last Qtr.	☽ New Moon	☽ First Qtr.	d. h. m.	d. h. m.	d. h. m.	d. h. m.	Sun Rises
1	S	♈	Clear.									7.22	5.06	2.26
2	S	♈										7.20	5.08	3.33
3	M	♈	Fine									7.19	5.09	4.32
4	T	♈	and									7.18	5.11	5.20
5	W	♈	cold									7.17	5.12	6.00
6	T	♈	this									7.15	5.14	rises
7	F	♈	week.									7.14	5.15	p.m.
8	S	♈										7.13	5.16	6.39
9	S	♈		Septuagesima Sunday								7.12	5.18	7.42
10	M	♈	Cloudy									7.10	5.19	8.44
11	T	♈	with									7.09	5.20	9.46
12	W	♈	some									7.08	5.21	10.48
13	T	♈	snow									7.06	5.22	11.51
14	F	♈	falls.	Valentine's Day								7.05	5.24	a.m.
15	S	♈										7.03	5.26	12.55
16	S	♈										7.01	5.27	1.58
17	M	♈	Clears									7.00	5.29	2.58
18	T	♈	and									6.58	5.30	3.52
19	W	♈	becomes									6.57	5.31	4.39
20	T	♈	very									6.56	5.33	5.19
21	F	♈	cold.									6.54	5.34	sets
22	S	♈										6.53	5.36	p.m.
23	S	♈		Quinquagesima (Shrove Sunday)								6.51	5.37	6.57
24	M	♈	Heaviest	<i>went with lead of sets</i>								6.49	5.39	8.18
25	T	♈	snow									6.47	5.40	9.38
26	W	♈	fall	Ash Wednesday								6.45	5.42	10.58
27	T	♈	of									6.43	5.43	a.m.
28	F	♈	winter.									6.41	5.45	0.14
29	S	♈										6.40	5.46	1.25

## Many a Man Has Escaped a Nervous Breakdown

It is now becoming generally known,  
By word of mouth from one person to another,  
That scores of nervous, worried business men  
Attribute their escape from nervous collapse  
To the use of Dr. Chase's Nerve Food.

Business cares and worries of recent years  
Have made men old before their time.  
Almost daily you read of prominent men  
dropping out

In the very prime of life.

Others have survived, because they learned  
in time

Of a way to restore nerve force to the body.

As a result weak, halting vital organs

Have again assumed their natural functions.

Rest and sleep have become possible,

And mind and body have been restored to  
normal.

If you find yourself slipping

Ask your friends about Dr. Chase's Nerve  
Food.

In almost every family there is some one

Who has profited by use of this modern restor-  
ative.

Park Orator.—"My friends, if we were to turn and look  
ourselves squarely in the face, what should we find we  
needed most?"

Voice from the Crowd.—"An India-rubber neck!"

### Colitis

Colitis may be described as a more serious form of  
nervous indigestion. It is associated with constipation  
and the patient usually suffers from indigestion and  
alternating constipation and diarrhoea.

Sufferers from colitis are usually thin and anæmic,  
fickle in appetite, are nervous, irritable and sleepless, and  
take a gloomy view of life.

Fearing indigestion they talk and fuss a great deal  
about their food and the tendency to worry only further  
depletes the nervous system.

The treatment called for is Dr. Chase's Nerve Food  
to make the blood rich and red and to restore to the  
nervous system the control of the digestive and excretory  
organs. These vital organs have failed because nerve  
force has become exhausted, and nerve force is the power  
which runs the machinery of the body.

## Telling Fortunes By The Tea Cup

**I**F you wish to be popular among your  
friends and associates, there is,  
perhaps, no easier way to attain this  
distinction than by a study of the art  
of tea cup reading. Every form of  
fortune telling is now more interesting  
to most people than ever before.  
There is so much uncertainty as to  
what a day may bring forth that most  
people like to hear the future foretold  
even though they may not take it very  
seriously.

To be a good tea cup reader requires  
some imagination and practice. From  
the more or less crude suggestions  
found in the tea cup you have to de-  
velop a good story to tell the person  
whose cup you are reading. It is  
surprising what facility is developed  
by practice and the encouragement  
which comes to you from those to  
whom you have told something in-  
teresting.

### HOW TO PROCEED

Pour the grounds of coffee or tea into  
a white cup; shake them well about in  
it, so that their particles may cover  
the surface of the whole cup; then re-  
verse it into the saucer, that all the  
superfluous parts may be drained off,  
and the figures required for fortune  
telling be formed. It is not to be  
expected upon taking up the cup that  
the figures will be accurately repre-  
sented as they are in the cards, but it  
is quite sufficient if they bear some  
resemblance to any of emblems men-  
tioned below; and the more fertile the  
fancy shall be of the person who  
inspects the cup, the more he will  
discover in it.

**Aircraft**—Unsuccessful projects.

**Arrow**—A disagreeable letter from  
the direction in which it comes.

**Axe**—Difficulties overcome.

**Basket**—An addition to the family.

**Birds in General**—In the clear, it  
signifies that the discomforts and  
troubles with which the person shall  
have to combat, will soon be over; in  
the thick, it is a sign of good living, and  
of a successful journey or voyage,  
which if there are dashes, will be  
directed to a great distance.

**Boat**—A friend will visit the con-  
sultant.

**Butterfly**—Success and pleasure.

*Continued on page 13*

## How Intelligently Alert Are You?

### Try These Five Sample Questions

The five questions listed for you here constitute a surprisingly interesting and informative "alertness test". They were especially designed by scientists to gauge an individual's capacity to react to new situations, or problems. Insofar as intelligence to the scientist is "the degree of accuracy and speed of mental reaction" they are also a test of intelligence. Surprisingly few persons are capable of answering them correctly in the specified time—which is ten seconds per question.

Try them on your own mental equipment by answering them quickly, one by one. Thus you will be able to form a good estimate of your own alertness.

1. *Would you rather have half a ton of \$20 gold pieces or a ton of \$5 gold pieces?*

2. *Can a man marry his widow's sister?*

3. *How much dirt is there in a hole two feet wide, two feet long but only three inches deep?*

4. *If a bottle and a cork cost you \$1.05 and the bottle cost \$1.00 more than the cork, how much would you pay for the cork alone?*

5. *Answer the following rapidly:*

A. *How much is 2 x 2?*

B. *How much is 2 plus 4?*

C. *How much is 2 plus 2?*

D. *How much is 6 x 1?*

F. *How many 2-cent stamps in a dozen?*

You will find the answers on page 47.

The customs official was asking the usual questions.

"Anything to declare, madam?"

"No," she replied, "not a thing."

"Then, madam," said the official politely, "am I to take it that the fur tail hanging down under your coat is your own?"

## Digestion Depends On the Nerves

What a mass of nerves and muscles is the human body. And how helpless is all this mass without a vital spark of nerve force, which makes the body a living entity. From the time the food enters the mouth until it is converted into nutrition the process of digestion depends on the nerves. The act of swallowing, the flow of gastric juices, the movement of food in the alimentary canal, all depend on the muscles being contracted by the power of nerve force.

When nerve force is dissipated by overwork, sleeplessness or disease, the digestive organs fail and the food ferments. The resulting poisons cause fatigue, and you feel depressed and discouraged and down hearted. But you can restore the nerve force by using Dr. Chase's Nerve Food, and soon you recover pep and energy and know again the joy of healthy living.

"Yes, dear," she said to her friend over tea. "My husband, I assure you, is the only man who has ever kissed me."

"Really, darling? Er—but tell me, are you bragging or complaining?"

**The FEET**

What is worse than itching burning, stinging of the feet and toes. Relief is quickly obtained by applying Dr. Chase's Ointment after bathing in warm water. This proven medicinal Ointment adheres to the irritated skin and soothes and heals it. In tube or box.

**Dr. Chase's OINTMENT**



## Charm and Personality Are Based on Health

“Keep happy—Keep the mind young—don’t worry.” This is the recipe of a famous actress. Worry, irritability and exhausted nerves are the greatest enemies to feminine beauty. They bring wrinkles and care lines and make you feel tired and discouraged.

There is nothing like Dr. Chase’s Nerve Food to restore pep and vigor to mind and body, to give you control of yourself and to bring the color back to faded cheeks. Charm and personality are based on health. The cheerfulness and vivacity, which add so greatly to woman’s attractiveness, can only exist when you are feeling well. Women, everywhere know and appreciate this fine restorative of blood and nerves.

## Operation or Illness

If you are just recovering from an operation or illness, bring yourself quickly back to good health and high spirits with Dr. Chase’s Nerve Food.

It is surprising the way this health builder takes a hold restoring your

strength and vigor, calming and replenishing the nerve force. So that before long you find yourself with an entirely new capacity for enjoying and getting the most out of life.

# \$75<sup>00</sup> IN CASH

in the

## Dr. Chase Junior Contest

The prizes will be awarded for the best snapshots or sketches which show in the most striking manner or tell the best story of how Dr. Chase’s Medicines are used to improve and guard the children’s health.

For example: you might send in a snapshot or a sketch of a child or children taking Dr. Chase’s Syrup of Linseed & Turpentine for colds, or perhaps using Dr. Chase’s Ointment for skin irritations. You will be able to think of lots of original ideas.

In all the pictures or sketches one or more of Dr. Chase’s Medicines must be easily distinguishable.

The person or persons in the sketch or picture must be under 16 years of age.

The prize is awarded to the person or persons who appears in the picture.

Write the name and address clearly on the back of the picture.

All snapshots must be taken with an ordinary camera. No professional photographs will be judged.

All entries agree to accept the decision of the judges as final.

Whether they win a prize or not all those whose pictures or sketches are sent in will be made a member of the **Dr. Chase Health League** and will be sent absolutely free a set of rules for “better health” to hang up in their bedrooms. If you enclose 5 cents to pay postage and packing a **Dr. Chase Health League Pin** will also be mailed to you.

Contest closes May 31st, 1936.

### PRIZES

FIRST PRIZE	- - - - -	\$30.00
SECOND PRIZE	- - - - -	15.00
THIRD PRIZE	- - - - -	10.00
THE FOUR NEXT BEST WILL RECEIVE		
	\$5.00 EACH.	

Day of Month	Day of Week	Zodiac Signs	Weather Forecasts	Mar. 1936	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 a.m.
1	S	♈			☾ Full Moon...	8	0 13 a.m.	8	1 13 a.m.	6.39	5.47	2.27
2	M	♈	Comes		☾ Last Qtr....	16	3 35 a.m.	16	4 35 a.m.	6.38	5.48	3.18
3	T	♈	in		☾ New Moon...	22	11 13 p.m.	22	12 13 p.m.	6.36	5.50	4.00
4	W	♈	like		☾ First Qtr....	29	4 22 p.m.	29	5 22 p.m.	6.34	5.51	4.34
5	T	♈	a							6.32	5.53	5.02
6	F	♈	lion.							6.30	5.54	rises
7	S	♈								6.29	5.55	p.m.
8	S	♈								6.27	5.57	6.34
9	M	♈	Cold							6.25	5.58	7.36
10	T	♈	north							6.23	5.59	8.38
11	W	♈	winds							6.21	6.00	9.41
12	T	♈	pre-							6.20	6.01	10.44
13	F	♈	vail.							6.18	6.03	11.46
14	S	♈								6.16	6.04	a.m.
15	S	♈								6.14	6.05	12.46
16	M	♈	Milder							6.12	6.07	1.41
17	T	♈	with							6.10	6.08	2.30
18	W	♈	rain							6.08	6.09	3.12
19	T	♈	or							6.06	6.11	3.47
20	F	♈	snow.							6.04	6.12	4.18
21	S	♈								6.02	6.13	sets
22	S	♈								6.00	6.15	p.m.
23	M	♈								5.59	6.16	7.08
24	T	♈								5.57	6.17	8.30
25	W	♈	Con-							5.55	6.19	9.52
26	T	♈	tinues							5.53	6.20	11.08
27	F	♈	cool							5.51	6.21	a.m.
28	S	♈	and							5.49	6.22	0.16
29	S	♈	fine.							5.47	6.24	1.13
30	M	♈								5.45	6.25	1.59
31	T	♈								5.43	6.26	2.35

St. David

*Papa's...*

St. Patrick

*went down with...**Moved to Summerstown*

## Overwrought Nerves

### The Bane of Many Women

Many women are slaves to their nerves,  
The thousands of cares and worries  
Which seem to come along every day  
Undermine and break down the nervous  
system.

The result is irritability, headaches, tired  
feelings.

Everything seems to go wrong at times  
And finally there comes the collapse of the  
nerves

With extreme weakness and discouragement.  
These spells of hysteria and weeping and  
despair

Are likely to become chronic  
Unless there is something done about it.

There is no question what to do

If you know about Dr. Chase's Nerve Food  
And the great benefits it is bringing to thou-  
sands of women.

Ask your friends about this fine restorative  
For most of them know of its value  
And soon begin its use once they are run down,  
And find the nerves getting the upper hand.

Taxi Driver (talking about his car to himself).—  
"What a clutch."

From the rear.—"Tend to your driving."

## Study Yourself

No one can know you as intimately as you  
know yourself. Take stock of yourself. See  
that you are properly nourished physically and  
mentally. Avoid foods or drinks that do not  
agree with you or interfere with your health or  
success. Devote your whole interest and effort  
to what you have in hand, whether that be work  
or play or rest.

Remember that the most important of all  
possessions is health. With health comes suc-  
cess and happiness. A most satisfactory way  
to keep fit for a full life is by using Dr. Chase's  
Nerve Food to keep up nervous energy and  
vigor of body and mind.

## Telling Fortunes by the Tea Cup

*Continued from page 9*

**Car**—(Motor), and Carriage, ap-  
proaching wealth, visits from friends.

**Chain**—An early marriage; if  
broken, trouble in store.

**Chair**—An addition to the family.

**Child**—In the clear part, it be-  
speaks innocent intercourse between  
the consulter and another person; in  
the thick part, excess in love affairs,  
attended with great expenses; at the  
bottom of the cup, it denotes the  
consequences of libidinous amours.

**Clouds**—If they be more light than  
dark, the person will have a good result  
from wishing, but if black, it must be  
given up.

**Coffin**—The emblem of death, prog-  
nosticates the same thing here, or at  
least a long and tedious illness; if it be  
in the thick at the top of the cup, it  
signifies a considerable estate left by  
some rich relation; in the same manner  
at the bottom shows that the deceased  
is not so nearly related to the con-  
sulting party.

**Cross**—Be it one or more, generally  
predicts adversities; its position varies,  
and so do the circumstances. If it be  
at the top, and in the clear, it shows  
that the misfortunes of the party will  
soon be at an end, or that he will easily  
get over them; but if it appears in the  
middle or at the bottom of the thick,  
the party must expect some severe  
trials.

**Cow**—A prosperous sign.

**Dog**—Being at all times the emblem  
of faithfulness or envy, has a two-fold  
meaning here. At the top, in the  
clear, it signifies true and faithful  
friends; but if his image be surrounded  
with clouds and dashes it shows that  
those whom you take for friends are  
not to be depended on; but if the dog  
be at the bottom of the cup, you have  
to dread the effects of extreme envy or  
jealousy.

**Fish in General**—Denote successful  
events by water, if in the clear, which  
will either happen to the consulter, or  
improve the state of his affairs beyond  
the water. If they are in the thick,  
the consulter will fish in troubled water,  
and place his confidence upon that  
which others have lost before him.  
Surrounded with dots, denotes that  
his fate calls him to some distant place.

*Continued on page 17*

# The Dr. Chase Almanac of the Air

## A Popular Radio Feature Over CFRB Toronto



*Mr. Rex Frost*

Those who followed this radio feature during the season of 1934-35 will be interested to know that it is being continued this season and will be better than ever. At 6.45 p.m. daily from Monday to Friday of each week this broadcast will go out from radio station CFRB (690 Kc.) Toronto.

The credit for the success of these programs is due to Mr. Rex Frost, who was master of ceremonies and also acted many of the parts and to Miss Estelle Fox who prepared the script and played the feminine rôles. They were supported by the following artists:— Mr. Lawrence Burford, Mr. Maurice Boddington, Mr. Wes. McKnight, Mr. Andrew Allen and Mr. Dick McDougall.

This season a longer time will be given to these programs and also a

greater variety of entertainment will be developed. Some very interesting amateur dramatics will be introduced and special guest artists will be employed from time to time to entertain listeners to this Dr. Chase feature.

### Long Distance Listeners

Last season when the new product Dr. Chase's Paradol was announced many replies were received from such far away points as Nova Scotia and Prince Edward Island on the East and Saskatchewan on the West as well as from many states in the American Union.

Be sure to listen in to the Dr. Chase Almanac of the Air for we can promise you interesting and profitable entertainment. Then write and tell us whether we are giving you the kind of program you most enjoy. We are especially interested in hearing from our friends at a distance. Won't you let us know how the program comes over to you from CFRB. Address your letters to The Dr. A. W. Chase Medicine Co., Ltd., Toronto, Canada.



*Miss Estelle Fox*

## Three Trying Times In Woman's Life

Because the womanly system is a mass of nerves women are naturally more subject to nervous troubles than men. During the three most critical times in woman's life large quantities of blood are required to maintain health and vigor and because Dr. Chase's Nerve Food goes to form new, rich blood it is of exceptional benefit.

First, there is the time when the growing girl is developing into womanhood. Important physiological changes are taking place at a time when school life is imposing a great strain on the nervous system. It is of greatest importance that this period be passed in good condition as the health and happiness of the future so much depends on this.

Second, there is the child bearing period when baby's coming throws such a tremendous strain on the mother's nervous system and when an abundance of rich blood is required to sustain two lives. Both before and after the birth Dr. Chase's Nerve Food is used with very great benefit to the mother and indirectly to the baby. By using the



Nerve Food during the expectant period a fine condition of health is ensured and quick recovery may be expected after baby's arrival.

Third, comes the change of life which is so dreaded by many women and without cause if care is taken to keep the blood rich and the nervous system in health and vigor. Otherwise there is likely to be high nervous tension and a disposition to be irritable and moody. It is a time to avoid too much excitement and overfatigue. Dr. Chase's Nerve Food is of almost priceless value at this time. It relieves one of worry and ensures good health for later years.

## Thinks Hay Fever Ailment of Nerves

Dr. H. J. Pacock when interviewed by a Toronto newspaper in regard to the cause of Hay Fever is quoted as follows:—

"Physicians who have made a special study of the disease recognize that it is generally due to an irritable nervous system. There are more sufferers in the city than in the country.

## In The Year B.P. She Wouldn't Have Dared To Go On This Particular Day

Because B.P. means Before Paradol. And Paradol means freedom and relief from headaches, pains and distress.

So now you can make engagements and know that you will be able to keep them.

For soon after you have taken a Dr. Chase's Paradol your aches and pains disappear to give place to a feeling of comfort and well being.

Therefore don't sit around the house and suffer. Instead buy a vial of Dr. Chase's Paradol today—take one tablet, for one, not two, is all that is necessary, then go out and enjoy yourself.

Day of Month	Day of Week	Zodiac Signs	Weather Forecasts	April 1936		Moon's Phases		Ont. and Que.		Mar. Provs. and Nfld.		Local Mean Time Ontario, Quebec Mar. Provs. and Nfld.		
						☾ Full Moon...	☾ Last Qtr....	☾ New Moon...	☾ First Qtr....	d. h. m.	d. h. m.	d. h. m.	d. h. m.	Sun Rises h.m.
1	W	♈										5.41	6.27	3.05
2	T	♈	Clear									5.40	6.28	3.30
3	F	♈	days.									5.38	6.29	3.52
4	S	♈										5.36	6.31	4.12
5	S	♉		Palm Sunday								5.34	6.32	4.32
6	M	♉	Dry	<i>Walter Hamilton Buried</i>								5.33	6.33	rises
7	T	♉	and	First Day of Passover								5.31	6.35	p.m.
8	W	♊	cold									5.29	6.36	8.36
9	T	♊	this									5.27	6.38	9.38
10	F	♊	week.	Good Friday								5.25	6.39	10.39
11	S	♊										5.24	6.40	11.35
12	S	♋		Easter Sunday								5.22	6.41	a.m.
13	M	♋	Back-									5.20	6.42	12.25
14	T	♋	ward									5.18	6.44	1.08
15	W	♋	weather									5.16	6.45	1.45
16	T	♋	for									5.15	6.46	2.16
17	F	♋	spring.									5.14	6.47	2.44
18	S	♌										5.12	6.48	3.10
19	S	♌										5.10	6.50	3.37
20	M	♌	Some									5.08	6.51	4.04
21	T	♌	rain									5.07	6.52	sets
22	W	♌	but									5.05	6.53	p.m.
23	T	♌	mostly	St. George								5.03	6.55	9.55
24	F	♍	dry.	<i>Dane died</i>								5.01	6.57	11.00
25	S	♍										4.59	6.58	11.52
26	S	♍										4.58	6.58	a.m.
27	M	♍	Ends	<i>Dane Buried</i>								4.57	7.00	12.33
28	T	♍	fine.									4.55	7.01	1.06
29	W	♍										4.53	7.02	1.33
30	T	♍										4.51	7.04	1.56

## Just a Reminder Of a Springtime Custom

There is a great host of people,  
From coast to coast of this great country,  
Who join in saying  
"I always use Dr. Chase's Nerve Food in the  
spring."

At this season more than any other  
The blood is thin and watery  
And the nerves seem to be on the ragged edge.  
You find yourself nervous and tired and  
irritable.

Appetite is fickle and digestion fails,  
Because the nerve force required for digestion  
Is wasted in cares and worries.

This is just a reminder  
Of what this nerve food has done for you in  
the past,

And of what it will do for you today.  
By making the blood rich and red  
It instils new energy and pep into the system,  
And lifts you out of the valley  
Of fatigue and weakness and low spirits.

### Yes. How?

Policeman.—"What are you standing here for?"

Loafer.—"Nothing."

Policeman.—"Well, move on! What if everybody was  
to stand in one place? How would the others get by?"

## "Oh, She Is a Nerve Food Baby"

How frequently you hear this remark from a mother  
who is being congratulated on the fine appearance of a  
new-born babe.

Especially young mothers who did not feel them-  
selves sufficiently strong and robust to bear up under the  
trying ordeal of child-birth.

An enormous amount of rich, red blood is required  
during the expectant period and after baby comes two  
bodies have to be nourished and the vitality of the nervous  
system must be maintained.

Dr. Chase's Nerve Food has proven itself to be exactly  
what is required by mothers during this experience.  
Mothers who have repeatedly lost their babies, have  
reported to us that this weakness was overcome by the  
use of this restorative treatment.

## Telling Fortunes by the Tea Cup

*Continued from page 13*

**Frog**—Success in love and com-  
merce.

**Hand**—To be read in conjunction  
with neighbouring symbols and accord-  
ing to what it points.

**Hat**—Success in life.

**Heart**—Pleasures to come; if sur-  
rounded by dots, through money, if  
accompanied by a ring, through mar-  
riage.

If it be in the clear, signifies future  
pleasure. It promises joy at receiving  
some money if surrounded with the  
dots. If a ring, or two hearts be  
together, it signifies that the party is  
about to be married or betrothed; if a  
letter be perceptibly near it, it shows  
the initial of a person's name; if a letter  
be in the clear, the party is a virgin;  
if in the thick a widow.

**Hen**—Increase of riches or an addi-  
tion to the family.

**Horse-shoe**—A lucky journey or  
success in marriage and choosing a  
partner.

**House**—Success in business.

**Key**—Money, increasing trade, and  
a good husband or wife.

**Ladder**—A sign of travel.

**Letter**—By letters we communicate  
to our friends either pleasant or un-  
pleasant news, and such is the case  
here; if this emblem is in the clear part,  
it denotes the speedy arrival of wel-  
come news; surrounded with dots, it  
announces the arrival of a considerable  
remittance of money; but hemmed in  
by clouds, it is quite the contrary,  
and bodes some melancholy or  
bad tidings, a loss, or some other  
sinister accident. If it be in the clear,  
and accompanied with a heart, lovers  
may expect a letter which secures to  
the party the possession of the beloved  
object; but in the thick it denotes a  
refusal.

**Lily**—If this emblem be at the top,  
or in the middle of the cup, it signifies  
that the consulting party either has,  
or will have, a virtuous spouse; if it  
be at the bottom it denotes quite the  
reverse. In the clear the lily further  
betokens long and happy life; if  
clouded, or in the thick, it portends  
trouble and vexation, especially on the  
part of one's relations.

*Continued on page 21*

## Questions and Answers

### Irritability

*Question:* My wife has become a problem to me and my family. For a year she has been so irritable, fault-finding and touchy that it is impossible to live with her. She is 43 years of age and formerly of a cheerful disposition.

*Answer:* The age indicates that your wife is in the change of life period and that as a result her nervous system is greatly upset. Unless her case is handled with delicacy complete nervous collapse may result. Help her to understand that her condition is natural at her age and that if she takes rest and builds up her general health she has nothing to fear. The regular use of Dr. Chase's Nerve Food during this time, when such a severe strain is thrown on the nervous system, is one of the surest ways to avoid serious results and regain complete health and vigor.

### Common Cold

*Question:* I am subject to frequent attacks of the "common cold". What is the cause?

*Answer:* The susceptibility to colds indicates a weakened resistance and the need of a blood-enriching treatment, such as Dr. Chase's Nerve Food to build up the general health.

### Forgetfulness

*Question:* I am always forgetting something when I go shopping. It seems that I am becoming dull and stupid. I am 48 years of age and in the change of life.

*Answer:* The last sentence explains the situation. Some women become sleepy, lazy, dull, all in, when going through this period. The profound changes taking place in the body make it necessary that you eat sparingly. A great many women have reported splendid results from the use of Dr. Chase's Nerve Food during this critical and nerve-racking time. It is an invigorator of both mind and body and prevents nervous disorders which sometimes become very serious.

### Athlete's Foot

*Question:* I suffer a great deal especially during the summer time with my feet. Whenever I walk much my feet burn and sting.

*Answer:* Whether caused by ill-fitting shoes or disease germs it is very distressing to have uncomfortable feet. Most people have troubles of this kind at one time or another. The treatment called for is thorough cleansing with warm water and soap, preferably tar soap, and the application of Dr. Chase's Ointment between the toes. Unlike liquid treatment this medicinal Ointment clings to the skin and soothes and heals it. Absolute cleanliness and frequent application of the Ointment are necessary for the best results.

### Hay Fever

*Question:* Every summer late in August I contract hay fever and experience several weeks of misery. Have tried inoculations with little benefit after first time. Other treatments have proven disappointing.

*Answer:* Hay fever like asthma is a catarrhal state. The catarrhal condition of the membranes render them hypersensitive to pollens, dust and other irritants. To overeating, weakened digestion and chronic constipation may be attributed the real unlying cause of hay fever and asthma. Quick and satisfactory relief from the paroxysms is obtained by the use of Dr. Chase's Catarrh Powder. This soothing, cleansing treatment clears the stuffed up air passages and brings delightful relief.

### Good Enough For Me

Judge.—"Aren't you ashamed to be here?"

Prisoner.—"No, sir. What's good enough for you is good enough for me."

## A Breakdown of the Nerves Can Usually Be Prevented

Your case may seem different. Doctors may disagree as to the cause of your trouble. The mystery usually disappears when Dr. Chase's Nerve Food is used to build up new nerve force.

When you feel mentally and physically tired—are unable to take an interest in your work—lie awake at night and worry, it is time for you to suspect that nerve force is running low. You may have palpitation, weakness of the legs, nervous indigestion and indefinite pains and aches. Possibly you have a dread of being alone, a dread of being in crowds and a dread of what is going to happen to you—physically or mentally.

It is possible that you may have dieted for indigestion and thereby further pulled down your nervous system, just when you should have been supplying greater nutrition. Dr. Chase's Nerve Food can certainly be of unquestioned benefit to you in the building up of new nerve force and driving out the fear and worry which are sapping your vitality.



## For All The Family

We are frequently asked, "Is Dr. Chase's Nerve Food for men as well as for women?" or "Should I give the Nerve Food to my son or daughter?" The answer is yes in both cases. Dr. Chase's Nerve Food forms new, rich blood and builds up the nervous system. Since good health depends very largely on the condition of the blood and the nerves the Nerve Food is for all the family.

Indeed, in these worrbersome times, many doctors claim that more men than women are breaking down from nervous exhaustion.

And many girls and boys, too, have a bad time during the 12 to 17 year period when trying physiological changes are taking place and school work also throws such a severe strain on the nervous system.

### For Children

Dr. Chase's Nerve Food is recommended for children of 10 years and over at the regular dose of one pill after each meal and at bed time. It is not recommended for younger children except under the doctor's care when the dose should be half a pill.

## Try This One

A farmer had three sons, who wanted to go to the circus. When they asked their father for money, he told them he did not have any but instead would give them some cabbages to sell and they could keep what they got for them providing they complied with the following conditions.

He would give the eldest 50 cabbages, the next 30 and the youngest 10 and they must each sell at the same price and realize the same amount each.

The boys managed to do this and went happily off to the circus.

But before turning to page 25 to find out how they did it, see if you can't figure it out for yourself.

### Time for Silence

Mike sent his city friend, Jerry, a crate of chickens.

Mike.—"Did you get the chickens?"

Jerry.—"Some of them. After I got them from the station they got out of the crates, and I was two hours scouring the neighborhood, and then I only caught ten."

Mike.—"sh-sh, Jerry, not so loud. I only sent you six."

Let no man think he is loved by any man, when he loves no man.

## You Can Fortify Against Disease

It is impossible to over emphasize the importance of keeping up the general health so as to avoid serious diseases or to withstand them when you are attacked.

Such ailments as pneumonia, cancer, nervous breakdown and serious mental disorders do not come to people whose health is at high water mark.

Especially if you are over 40 years of age you cannot allow your health to become run down. New rich blood and the all important nerve force are most essential for your health, well-being and happiness.

Day of Month	Day of Week	Zodiac Signs	Weather Forecasts	May 1936	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 a.m.
1	F	♌			☾ Full Moon	6	10 1 a.m.	6	11 1 a.m.	4.48	7.05	2.18
2	S	♌	Cloudy.		☾ Last Qt.	14	1 12 a.m.	14	2 12 a.m.	4.47	7.06	2.37
3	S	♌			☾ New Moon	20	3 34 p.m.	20	4 34 p.m.	4.46	7.08	2.58
4	M	♌	Dry		☾ First Qtr.	27	9 5 p.m.	27	10 5 p.m.	4.45	7.09	3.19
5	T	♍	spell							4.44	7.10	3.43
6	W	♍	broken							4.43	7.11	4.11
7	T	♍	by							4.42	7.12	rises
8	F	♍	some							4.40	7.14	p.m.
9	S	♍	rain.							4.39	7.15	10.22
10	S	♍								4.37	7.16	11.07
11	M	♍								4.36	7.17	11.45
12	T	♍	Fair							4.35	7.18	a.m.
13	W	♍	but							4.34	7.20	12.17
14	T	♍	con-							4.33	7.21	12.46
15	F	♍	tinues							4.31	7.22	1.12
16	S	♍	cool.							4.30	7.23	1.37
17	S	♍								4.29	7.24	2.02
18	M	♍								4.28	7.25	2.31
19	T	♍	Cloudy							4.27	7.26	3.03
20	W	♍	and							4.26	7.27	sets
21	T	♍	some-							4.25	7.28	p.m.
22	F	♍	what							4.24	7.29	9.38
23	S	♍	warmer.							4.23	7.30	10.26
24	S	♍								4.22	7.31	11.03
25	M	♍								4.21	7.32	11.34
26	T	♍								4.21	7.33	11.59
27	W	♍	Mostly							4.20	7.34	a.m.
28	T	♍	fair							4.20	7.35	12.21
29	F	♍	and							4.19	7.36	12.42
30	S	♍	warmer.							4.18	7.37	1.02
31	S	♍								4.18	7.38	1.23

## A Word to Parents

### About the Boys and Girls

The adolescent age is a most critical time  
In the life of the growing child.

Boys are developing into men; girls into  
women.

Whether the future life is to be healthy and  
happy

Or distressed by nervous disorders of body and  
mind

Depends largely on the health at this time.

Physiological changes are taking place

Which demand an abundance of rich, red  
blood.

If the body is anæmic and vitality weak,

If the nervous system is exhausted by school  
work,

Restorative treatment is a necessity.

Girls especially need help at this time,

Such help as is found in Dr. Chase's Nerve  
Food.

This treatment is gentle and yet powerful

In restoring vigor to the blood and nerves.

Young bodies respond quickly to this restor-  
ative.

Color returns to the faded cheeks

And vigor of mind and body is soon evident.

Actor.—"I insist on real food in the banquet scene."

Manager.—"Very well, then you shall have real poison  
in the death scene."

## DiETING For Nervous Indigestion

### Is a Great Mistake

In neurasthenia or exhaustion of the nerve centres one  
of the most noticeable symptoms is nervous indigestion.  
Too often the patient mistakes the indigestion for the  
cause instead of recognizing it as being the result of his  
weakened nervous condition. He resorts to the popular  
fad of starving himself and naturally grows weaker and  
weaker, loses his appetite and develops a serious form of  
constipation.

When the nerve centres are exhausted nourishment  
is called for. In Dr. Chase's Nerve Food are found the  
very elements which go to restore vigor to the weakened  
nerves. Soon the appetite improves and with gentle  
exercise in the open air you win back health and vitality.

## Telling Fortunes by the Tea Cup

*Continued from page 17*

**Lion, or any other Ferocious  
Beast**—At the top, in the clear, it  
signifies all kinds of good luck with  
people of high rank; at the bottom, it  
warns the consulter to shun all such  
intercourse, as he will, at all events,  
find persons who will be envious of his  
fortune, and not see it with indifference.

**Man**—A visitor arriving. If the  
arm is held out, he brings a present.  
If figure is very clear, he is dark; if  
indistinct, he is of light complexion.

**Monkey**—The consultant will be  
deceived in love.

**Mountain**—If it represents only  
one mountain, it indicates the favor of  
people of high rank, but several of  
them, especially in the thick, are signs  
of powerful enemies; if in the clear,  
denotes the contrary, or friends in  
high life, who are endeavoring to  
promote the consulting party.

**Pig**—Good and bad luck mixed; a  
faithful lover but envious friends.

**Pistol**—Disaster.

**Razor**—Lovers' quarrels and separa-  
tion.

**Ring**—Signifies marriage; if a letter  
is near it, it denotes to the person that  
has his fortune told, the initial of the  
name of the party to be married. If  
the ring is in the clear, it portends  
happy and lucrative friendship. Sur-  
rounded with clouds, denotes that the  
party is to use precaution in the friend-  
ship he is about to contract, lest he be  
insidiously deceived; but it is most  
inauspicious if the ring appears at the  
bottom of the cup, as it forebodes an  
entire separation from the beloved  
object.

**Roads**—Indicate ways; if they are  
covered with clouds they are said to be  
infallible marks of many past or future  
reverses. But if they appear in the  
clear and serene, are the surest tokens  
of some fortunate change near at hand;  
encompassed with many points or dots,  
they signify an accidental gain of  
money, likewise long life.

**Rose, or any other Flower**—The  
greatest success in the arts and sciences;  
if the consulting party be married, he  
will have good children, and all the  
fruits to be expected from their good  
education in his old age.

**Scissors**—Quarrels; illness; separa-  
tion of lovers.

*Continued on page 25*



## Hundreds of People Have Written To Us About PARADOL

From several hundreds of letters received from users of Paradol, the following have been culled for the Almanac.

**Quicker:**—"I suffer greatly from pains at certain times and I found Paradol just what I needed. It relieved my pains quicker and more effectively than other medicines that I have taken for the same thing."

**Headache:**—"I sent for Paradol for my daughter who is teaching school and has to be on the job all the time. She says she has used it for headaches and for pains and has found it very effective and prompt."

**For Colds:**—"We all had severe colds, headaches and other pains. Dr. Chase's Paradol brought relief more quickly than any treatment we have ever used."

**No Discomfort Now:**—"On the day I have trouble with the usual pains and

discomforts I used Dr. Chase's Paradol and was able to go to work and to a party that evening without experiencing any discomforts. I have told several friends that it is more effective than anything I have ever used."

**Pains at Certain Times:**—"I have found Paradol invaluable for headache, pains which come at certain times and other abdominal troubles."

**Unbearable Pains:**—"Until I used Paradol every month I suffered almost unbearable pains. It is the most quickly effective relief I ever used and has no disagreeable after effects."

**Avoids Usual Pains:**—"My daughter and I use Dr. Chase's Paradol at certain times and in this way avoid pains and discomforts. One Paradol tablet does the work of two or three tablets of other brands of which I have used."

## The New Product Dr. Chase's Paradol For The Relief of Pain

Three claims are made for Paradol and we feel sure that when you have used it for the relief of pain you will say that these claims are more than fulfilled.

1. Relief comes more quickly.
2. One tablet does the work of two or three ordinary pain tablets.
3. There is no disagreeable after effect.

These claims are based on many thousands of tests. A few reports are quoted here.

Try it as a relief for headache and neuralgia. Use it as a relief for sciatic and rheumatic pains, backache and the twinges of lumbago. You will be astonished to find how quickly the pain will stop.

## She Can Now Plan Ahead

Many girls find it awkward to make engagements on account of being so miserable at certain times. From scores of letters from girls telling how they manage we quote the following.

"Dr. Chase's Paradol enables me to carry out all plans which formerly appeared rather hopeless. One tablet is sufficient to ease pain and Paradol does not give me palpitation or feelings of weakness which I have experienced when using other tablets of this nature."

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

Paradol 35 cents at all dealers or The Dr. A. W. Chase Medicine Company, Ltd., Toronto, Canada.

## Neuralgia and Toothache

What will relieve neuralgia and toothache will put an end to most any pain. This quotation is one of many recently received which tells what Dr. Chase's Paradol does to neuralgia and toothache.

"Paradol gave me quicker relief from neuralgia than anything I ever used and I shall not be without it. I also gave it to my boy for toothache and it made quick work of it."



## 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.

Paradol 35c at all druggists or The Dr. A. W. Chase Medicine Company, Ltd., Toronto, Canada.

**DR. CHASE'S**  
**PARADOL**  
FOR THE RELIEF OF PAIN

Day of Month	Day of Week	Zodiac Signs	Weather Forecasts	June 1936	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
1	M	♈			Full Moon ..	5	0 22 a.m.	5	1 22 a.m.	4.18	7.39	1.46
2	T	♉	Begins		Last Qtr. ....	12	7 5 a.m.	12	8 5 a.m.	4.17	7.39	2.12
3	W	♊	Clear	King George V. Birthday.....	New Moon. . .	19	0 14 a.m.	19	1 14 a.m.	4.16	7.40	2.43
4	T	♈	and		First Qtr. ....	26	2 23 p.m.	26	3 23 p.m.	4.15	7.41	3.21
5	F	♉	bright.							4.15	7.42	4.07
6	S	♊								4.14	7.43	rises
7	S	♈		Trinity Sunday.....						4.14	7.44	p.m.
8	M	♉	Cloudy							4.13	7.45	10.20
9	T	♊	with							4.13	7.45	10.50
10	W	♈	some	Corpus Christi.....						4.13	7.46	11.16
11	T	♉	light							4.13	7.47	a.m.
12	F	♊	showers.							4.13	7.47	a.m.
13	S	♈								4.13	7.48	12.06
14	S	♉								4.13	7.48	12.32
15	M	♊								4.13	7.49	1.02
16	T	♈	Turns							4.13	7.49	1.36
17	W	♉	very							4.13	7.49	2.20
18	T	♊	warm							4.13	7.50	3.12
19	F	♈	and							4.13	7.50	sets
20	S	♉	remains							4.13	7.50	p.m.
21	S	♊	dry.	<i>Donell went to work at Rail Agency</i>						4.13	7.50	9.32
22	M	♈								4.14	7.51	10.00
23	T	♉		Prince of Wales' Birthday .....						4.14	7.51	10.24
24	W	♊								4.14	7.51	10.45
25	T	♈	Cool							4.14	7.51	11.06
26	F	♉	spell							4.15	7.51	11.26
27	S	♊	but							4.15	7.51	11.48
28	S	♈	ends							4.15	7.51	a.m.
29	M	♉	hot.							4.16	7.51	12.13
30	T	♊								4.16	7.51	12.42

## Encouragement For Young Mothers

The failure of mothers to easily go through the process of childbirth and the inability of the young to develop strong bones, good teeth and a stable nervous system is a blot on our so-called civilization.

The increased mortality of mothers is another circumstance which seems to prove that the general health of prospective mothers is not sufficiently taken care of.

During the expectant period an enormous amount of rich, red blood is required to keep up the strength and vitality of the mother as well as to nourish the developing body of the child. If the mother's strength is undermined her muscles become weak and flabby and she fails to go successfully through the experience of giving birth to her child.

In addition she becomes nervous and irritable and worries over the birth which to a healthy, robust woman should not be a cause for undue anxiety.

It is rather difficult to conceive of a treatment better suited for the mother under these circumstances than Dr. Chase's Nerve Food. It forms new rich blood, builds up the general health and ensures health and vigor of the nerves. The experience of a great many women have proven the exceptional value of this restorative for use both before and after childbirth.

## More Speed Shorter Life

Everybody is calling for more speed. The motorist, the flyer, the steamship companies and railway people are striving for more speed. But speed is not confined to transportation only. All through life there enters this element of speed, of ambition to get rich quick, of the inordinate expenditure of nervous energy.

It all resolves itself into the question of speed and short life or a more considerate pace and longer life. We are almost daily reminded of this by sudden deaths of prominent people. When to slow down is a question which each of us must decide for himself. A nervous breakdown, when not fatal, often takes many weeks or months to overcome.

It is only wise to have regard for your health while you still have it, to conserve your energy and strength and restore your vitality when need arises by the use of Dr. Chase's Nerve Food. You must know of many people who have used this well-known restorative to good effect.

## Telling Fortunes by the Tea Cup

*Continued from page 21*

**Star**—Denotes happiness if in the clear, and at the top of the cup; clouded or in the thick, it signifies long life, though exposed to various troubles. If dots are about it, it foretells great fortune, wealth, high respectability, honors, etc. Several stars denote some good and happy children, but surrounded with dashes, shows that the person's children will cause him or her grief and vexation in old age, and that you ought to prevent it by giving them a good education in time.

**Sword**—Dispute, quarrels between lovers; a broken sword, victory of an enemy.

**Tree**—One tree only, if it be in the clear, or thick part, points out lasting good health; several trees denote that your wish will be accomplished. If they are encompassed with dashes it is a token that your fortune is in its blossom, and will require some time to bring it to maturity. If it is accompanied with dots, it is a sign that you will make a fortune at a distance off, where you will reside.

**Triangles**—Always a sign of good luck and unexpected legacies.

**Umbrella**—Annoyance and trouble.

**Wheel**—An inheritance about to fall in.

**Windmill**—Success in a venturesome enterprise.

**Woman**—Signifies much joy in general. If in the clear, this emblem has a more favorable signification than in the thick; there it shows a very great happiness, here a great deal of jealousy. If dots surround the image, it explains the lady's fertility or her wealth. The different positions in the cup shows, at the top, and in the middle, that you will be in love with a virgin, but at the bottom it marks that she is a widow.

## Answer to Problem on Page 19

The first sold 49 at 1/7c each = 7c, and had one left which he sold for 3c giving him a total of 10c.

The second disposed of 28 at 1/7c each = 4c, leaving 2 which he sold at 3c a piece to make a total of 10c.

The third sold 7 at 1/7c each = 1c, leaving 3 which he sold for 3c a piece = 9c, giving him altogether 10c.

# Dr. Chase's

Nearly Half a Century of  
Outstanding Success

Established in 1840



## Dr. Chase's Nerve Food

Forms new rich blood and restores the vigor of the nerves and the body generally, thereby affording lasting relief of Headache, Irritability, Nervous Indigestion and other ailments arising from an exhausted condition of the blood and nerves. 60 cents a box.

## Dr. Chase's Paradol

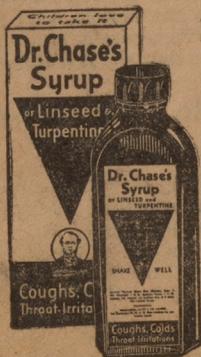
**DR. CHASE'S  
PARADOL**  
FOR THE RELIEF OF PAIN

Is a quick relief for Headaches, Neuralgic and rheumatic pains. It is especially recommended for the pains and discomforts from which many girls suffer at certain times. 35 cents a box.



## Dr. Chase's Catarrh Powder

Is recommended for the treatment of Cold in the Head, Catarrh and Hay Fever. 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 these ailments. 35 cents a box.



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

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. 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. 35 cents a bottle, Family size 75 cents.



A. W. CHASE

To most readers of this paper the name of Dr. Chase is already known. For nearly fifty years he has been in general use by thousands of people scattered all over the world. On account of his long training and wide experience as a practicing physician he was enabled to select and perfect the best medicines to bear his name. For your portrait and signature M.D., are found on every bottle of his medicines.

For Sale By All

The DR. A. W. CHASE MEDICINE CO.  
TORONTO, CANADA

# Medicines

Canada in 1887

The Name of Dr. Chase is the Guarantee of Reliability



CHASE, M. D.

of this book the name  
ly known and respect-  
years his medicines  
use by many thou-  
tered throughout the  
his thorough medical  
experience as a prac-  
as especially qualified  
the medicines which  
your protection the  
are of A. W. Chase,  
every package of his

All Druggists

THE MEDICINE CO., Ltd.  
CANADA

## Dr. Chase's Kidney-Liver Pills

Arouse the action of the liver, kidneys and bowels and relieve Constipation, Indigestion, Biliousness, Liver Complaint, Backache, Rheumatism and Kidney Disorders. One pill a dose, 35 cents a box.



## Dr. Chase's Ointment

Is for the treatment of Eczema, Chafing, Skin Irritations, Athlete's Foot, Barber's Itch, Scalds, Burns, etc. It has an enviable record as a quick relief for Piles and Hemorrhoids. 60 cents a box.



## Dr. Chase's Liver Medicine

Is an herbal treatment for the invigoration and regulation of the liver. It is sold for \$1.25 a large bottle containing 100 doses.

## Dr. Chase's Mouth Wash

Is an antiseptic for the gums and throat. Prevents tooth decay. 50 cent a large bottle.

## Dr. Chase's Backache Plaster

Contains Belladonna and affords relief from pains and aches, especially Rheumatism and Lumbago. 25 cents each.



## Dr. Chase's Liniment

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.

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. 35 cents a bottle.



Day of Month	Day of Week	Zodiac Signs	Weather Forecasts	July 1936	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 a.m.
1	W	♌			☾ Full Moon	4	0 34 a.m.	4	1 34 a.m.	4.16	7.50	1.17
2	T	♍	Very		☾ Last Qtr.	11	11 28 a.m.	11	12 28 p.m.	4.17	7.50	2.00
3	F	♎	warm.		☾ New Moon	18	10 19 a.m.	18	11 19 a.m.	4.17	7.50	2.51
4	S	♏			☽ First Qtr.	26	7 36 a.m.	26	8 36 a.m.	4.18	7.50	3.52
5	S	♐								4.18	7.49	rises
6	M	♑	Warm							4.19	7.49	p.m.
7	T	♒	spell							4.20	7.49	9.20
8	W	♓	all							4.21	7.48	9.46
9	T	♐	this							4.22	7.48	10.10
10	F	♏	week.							4.23	7.47	10.36
11	S	♎								4.23	7.47	11.04
12	S	♍								4.24	7.46	11.37
13	M	♌	Thunder							4.25	7.46	a.m.
14	T	♌	storms							4.26	7.45	12.16
15	W	♌	and							4.27	7.44	1.03
16	T	♌	then							4.28	7.44	2.00
17	F	♌	cooler.							4.29	7.43	3.04
18	S	♌								4.30	7.42	4.14
19	S	♌								4.31	7.41	sets
20	M	♌	Great							4.32	7.40	p.m.
21	T	♌	humidity							4.33	7.39	8.48
22	W	♌	followed							4.34	7.38	9.10
23	T	♌	by							4.35	7.37	9.30
24	F	♌	heavy							4.36	7.36	9.52
25	S	♌	rain.							4.37	7.35	10.15
26	S	♌								4.38	7.34	10.42
27	M	♌								4.39	7.33	11.14
28	T	♌	Dry							4.40	7.32	11.53
29	W	♌	and							4.41	7.31	a.m.
30	T	♌	cool.							4.42	7.30	12.40
31	F	♌								4.43	7.28	1.36

Dominion Day *Donald & Anna married*

*churning reception for Hon. & Anna*

*Orange Walk & Glendonville*

*got turkey eggs & set them*

*Uncle Angus, Arthur & Peter & Aunt Anna <sup>med. Rec.</sup>*

*Donald & Anna & Harold up*

*churning*

## Dr. Chase's Kidney-Liver Pills

Some Reasons For Their Popularity

There are many reasons why Dr. Chase's Kidney-Liver Pills are a most satisfactory means of arousing and regulating the action of the liver, kidneys and bowels.

1. They act promptly.
2. They do not lose their effect on the system and you do not have to increase the dose.
3. They are marked by half a century of outstanding success.
4. They stir up the torpid liver to properly perform its functions of eliminating poisonous waste matter from the system.
5. They encourage the kidneys in their arduous work of filtering the blood.
6. They relieve constipation and hasten the movement of the food mass through the body.

With this in mind you can readily understand why Dr. Chase's Kidney-Liver Pills prevent as well as relieve a multitude of ills, and why they find a place in the great majority of homes as the family regulator.

Rastus.—"Here am a telegram from de boss in Africa. He says he is sending us some lions' tails."

Circus Owner's Wife.—"Lions' tails, Rastus? What are you talking about?"

Rastus.—"Well, read it yourself. It say plain: 'Just captured two lions. Sending details by mail.'"

## You Can Apply This Test

In good health the urine is of sufficient quantity, limpid and light colored in appearance and indicates that you are drinking enough water and not overindulging in meats and eggs. When the digestive organs are overloaded with such foods and you are not taking sufficient liquids the urine becomes scanty, highly colored and ill-smelling.

This is a danger sign which many people ignore until a serious condition develops. Be warned, reduce your meat diet, drink more water and ensure the activity of the filtering organs, the liver and kidneys by using Dr. Chase's Kidney-Liver Pills.

## Fortune Telling By Cards

### *The Creole Method*

TELLING fortunes by cards has always been a popular method, made so mostly by wandering gypsies who often seem to have an uncanny way of foretelling events. The Creole Method explained in this book is used extensively in the West Indies and is said to be the system used by an old colored lady who told Josephine, the Empress of France and wife of Napoleon when still a girl that she would some day be "greater than a queen".

Josephine was born on the French Island of Martinique and grew up there retaining the idea that a king might propose to her. Becoming tired of waiting she married a French soldier named Beauharnais by whom she had two children. He died during the revolution and Napoleon who was then a poor lieutenant proposed to her.

He did not appear to be likely to fulfil the prophecy that she would become "greater than a queen" so she turned him down. He was so persistent in his courtship that she finally yielded and ultimately became Empress of France.

Some of the old gypsy foretellers of Martinique claim that this Creole Method is the same identical system that was used in telling Josephine's fortune. It is certainly a very interesting method and is made doubly so by this charming story of Josephine and her early days spent on the beautiful Island of Martinique.

Begin by shuffling all the fifty-two cards thoroughly. The inquirer then cuts them and takes the pack in his left hand, first holding it on his forehead and saying, "Que le cerveau parle!" which means, "Let the Brain speak,"—then holding it over the heart, saying, "Que le cœur décide!" or in English, "Let the Heart decide." The operator then takes the cards and spreads them fanwise before her on the table, with the backs up. The inquirer then draws out at random the mystic number of nine cards, arranging them as follows, face up:

1  
2 3  
4 5 6  
7 8  
9

*Continued on page 33*

## Eliminate The Poisons

### By keeping the kidney action regular

A motor, when running, consumes gasoline in the form of gas and sends out carbon dioxide through the exhaust.

The human machine in the process of digestion forms poisons which are eliminated through the lungs, the kidneys, the bowels and by perspiration.

The motor is fed exactly what it requires from which to form gas but the human machine is loaded with all sorts of material in all sorts of quantities.

The kidneys are the natural filters of the blood and on them is thrown the work of eliminating the poisons from all we eat and drink, especially the latter. If the quantity of poison is greater than the capacity of the kidneys can look after, we simply pass out with uremia or poisoning.

The secret of avoiding trouble of this kind is found in the use of Dr. Chase's Kidney-Liver Pills because they arouse the action of the liver, kidneys and bowels and promptly eliminate the poisons from the system. The kidneys are relieved of overwork and regain health and vigor. Pains, aches and tired feelings disappear and serious disease is prevented.

## Will You Answer This Question?

We would like to hear from a large number of people as to whether the Kidney-Liver Pill contains too large a dose.

Occasionally some one suggests that this pill should be milder. Others find it just right. Will you favor us with your opinion?

It is not a mere laxative but is intended to thoroughly arouse the activity of the liver and kidneys as well as the bowels. This it undoubtedly does; thereby ensuring a complete elimination

of poison waste matter and a thorough cleansing of the system.

The present dose seems to suit the great majority of people and they know that they can depend on Dr. Chase's Kidney-Liver Pills to arouse the action of these eliminating organs when they become slow and torpid.

Won't you tell us your experience?

### The Bright Lad

"What is cowhide chiefly used for?" asked the teacher.

A boy raised his hand.

"I know sir," he said, brightly.

"Tell the class," said the teacher.

"To keep the cow together, sir," was the reply.

Charlady (observing artist's small son drawing pictures).—"I do think Lionel's clever, mum. He must have inhaled it from his father."

## "The Mother Of Diseases"

Intestinal stasis (stoppage of the large intestine) is perhaps the greatest single cause of physical ailments that besets the modern, specialized and artificial human existence. It is a common form of chronic constipation and is known among medical men as "the mother of diseases".

To overcome this condition requires a powerful medical treatment which effects a complete elimination of waste matter from the colon or large bowel. For this reason Dr. Chase's Kidney-Liver Pills may be relied upon to effect satisfactory results. This medicine not only promptly effects movement of the bowels but by encouraging action of the liver tends to keep the bowels in healthful active condition.

"Constipation is a disease of civilization. Wild men and wild animals do not suffer from this malady which is perhaps responsible for more human misery, mental and moral disaster, than almost any other cause that can be named."



## Digestion Is Not Only In The Stomach

Contrary to the popular idea only a small part of digestion takes place in the stomach. Bread, potatoes and other starchy food pass quickly into the intestines. The fats lag behind and tend to delay the digestion of meats and eggs. Hence the indigestion resulting from foods fried in fat.

Chronic indigestion is not an ailment of the stomach so much as weak and torpid action of the liver, kidneys and bowels. When these organs lag the mass of food ferments and putrefies instead of being digested and gives rise to gas which crowds about the heart and causes feelings of discomfort and suffocation, belching of wind, nausea and headache.

For this reason the logical treatment for indigestion is the use of Dr. Chase's Kidney-Liver Pills which quickly arouse the action of the liver, kidneys and bowels, thoroughly cleanse the alimentary canal and hasten digestion of the food. The appetite soon returns and once again you enjoy your meals and benefit by them.

Customer (doubtfully).—"Is it a pedigree dog?"

Dealer.—"Pedigree? Why, if this dog could talk he wouldn't speak to either of us!"

## Water Benefits General Health

The amount of water required by the human body during a day is eight glass-fuls. In hot weather more should be taken to make up for perspiration. Any other liquid such as tea and coffee may be considered as equivalent to water.

Drink water freely before breakfast at luncheon and dinner and before retiring at night. Then one extra glass forenoon and afternoon will help to make up the quota.

The filtering work of the kidneys is greatly aided by the liberal use of water and the general health is greatly benefited.

## Disorders Of The Bowels Which Cause Rheumatism, Lumbago and Great Discomfort

With the advance of years, the lessening of physical activity and exercise and the keeping up of the full-size food supply there is often a marked impairment of intestinal activity.

The muscles of the bowels weaken and bowel irregularities develop. Often constipation and diarrhoea alternate and the result varies from feelings of languor and fatigue to pains and aches of a severe nature.

Though there may be movement of the bowels the large bowel is not fully emptied and the whole system is poisoned. Your doctor may find your teeth and tonsils good and be at a loss to account for the cause of rheumatism, lumbago and other pains.

Dr. Chase's Kidney-Liver Pills are recommended under these conditions because of their proven effectiveness in arousing the action of the liver, kidneys and bowels and quickly eliminating poisons from the blood and the system generally. You can depend on them not to lose their effect and will be surprised at their prompt and thorough action.

Day of Month	Day of Week	Zodiac Signs	Weather Forecasts	Aug. 1936				Moon's Phases		Ont. and Que.		Mar. Provs. and Nfld.		Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
				☾ Full Moon ..	☾ Last Qtr. ....	☾ New Moon. . .	☽ First Qtr. . .	d. h. m.	d. h. m.	d. h. m.	d. h. m.	Sun Rises h.m.	Sun Sets h.m.	Moon Sets a.m.		
1	S	♈	Clear.										4.44	7.27	2.40	
2	S	♈											4.45	7.26	3.51	
3	M	♈	Fine										4.47	7.24	rises	
4	T	♈	warm										4.48	7.23	p.m.	
5	W	♈	vacation										4.49	7.21	8.15	
6	T	♈	weather.										4.50	7.20	8.41	
7	F	♈											4.51	7.19	9.08	
8	S	♈											4.53	7.18	9.40	
9	S	♈	Keeps										4.54	7.16	10.17	
10	M	♈	very										4.55	7.15	11.01	
11	T	♈	dry										4.56	7.13	11.54	
12	W	♈	and										4.57	7.12	a.m.	
13	T	♈	cool.										4.59	7.10	12.54	
14	F	♈											5.00	7.09	2.01	
15	S	♈											5.01	7.07	3.10	
16	S	♈	Warmer										5.02	7.06	4.18	
17	M	♈	with										5.03	7.04	sets	
18	T	♈	down-										5.05	7.02	p.m.	
19	W	♈	pour										5.06	7.00	7.35	
20	T	♈	of										5.07	6.59	7.56	
21	F	♈	rain.										5.08	6.57	8.19	
22	S	♈											5.09	6.56	8.44	
23	S	♈											5.10	6.54	9.14	
24	M	♈	Bright										5.11	6.52	9.49	
25	T	♈	days										5.12	6.51	10.32	
26	W	♈	and										5.13	6.49	11.23	
27	T	♈	cool										5.14	6.47	a.m.	
28	F	♈	nights.										5.16	6.45	12.23	
29	S	♈											5.17	6.43	1.29	
30	S	♈	Fair.										5.18	6.41	2.41	
31	M	♈											5.19	6.40	3.57	

## Women Over Forty Need Have No Fear

The much talked of change  
Which occurs at about this time of life  
Is too greatly emphasized as a danger period.  
True there is for a time a strain on the nervous  
system.

There may be high nervous tension  
And a disposition to be irritable and moody.  
It is a time to avoid excesses;  
And too much excitement and over fatigue.  
It is essential that the blood be kept rich  
And the nervous system fully nourished.  
For this reason Dr. Chase's Nerve Food  
Is of almost priceless value at this time.  
You need have no fear for the future,  
For to the great majority of women  
The later years are the happiest of their lives.  
It is surprising the number of women  
Who attribute the safe passing of this period  
And the good health and happiness  
Of succeeding years to the use of this nerve  
food.

Teacher.—“I have went’—that’s wrong, isn’t it?”

Pupil.—“Yes, ma’am.”

Teacher.—“Why is it wrong?”

Pupil.—“Because you ain’t went yet.”

## Perhaps It Is The Teeth

### But There Are Other Sources of Poison.

Blaming the teeth and tonsils for rheumatism, lumbago and other pains is a fad of the day. True they do cause such troubles at times but far more poisons result from inactivity of the liver and kidneys and chronic constipation of the bowels.

By all means look after your teeth but before you sacrifice them and condemn yourself to the inconvenience and discomfort of artificial teeth for the rest of your life make sure that these filtering and excretory organs are doing their work thoroughly and well.

Poisonous impurities and acid condition arise when the liver falters and the kidneys are overworked. Putrefying materials lodge in the large bowel and set up pains, aches and serious disease. By using Dr. Chase's Kidney-Liver Pills you can sweep these poisons from the system and maintain regular, natural action of the liver, kidneys and bowels.

## Fortune Telling By Cards

*Continued from page 29*

The first card is called the “Key Card”, for it decides the interpretation to be put on the rest. If it is a Heart, it foretells the height of success; if a Diamond, it foretells wealth; if a Spade, it brings misfortune; if a Club, it denotes hard work.

The next two cards decide the time in which the fortune will be determined. The low spots indicate a short space, the higher spots, a longer space of time. The court cards indicate a remote fortune, but a happy one.

The next three cards indicate the rank or station to which Fortune will elevate the inquirer. If court cards, the Fates will be kind; if ordinary or low cards, the inquirer will have to be content with mediocrity.

The Ace means disgrace or, at best, a very low station.

The next two cards denote the course of married life. If court cards, the marital relations will be happy; if low cards, there will be trouble and friction. The Ace means unhappiness at home.

The last card is devoted to health. A court card means the best of health; the lower, more or less serious illness, according to the degree indicated by their spots. The Ace means an early death.

The cards that were drawn by Josephine were (so we are informed):

King of Hearts		
Ten of Diamonds	Nine of Diamonds	
Queen of Hearts	Queen of Diamonds	Queen of Clubs
King of Diamonds	King of Clubs	Ten of Hearts

It will be seen that every card denotes the height of fortune—a combination that is rarely met with. After reading the mystic nine, the remaining cards are again shuffled and the inquirer draws out thirteen cards at random from the pack. These are arranged in the form of a cross as shown in the diagram.

12
8
4
10 6 2 1 3 7 11
5
9
13

*Continued on page 37*

## A Health Rule For Young People That Is Worth More Than Money

If youth could value health as do those in more advanced years they could do much to avoid the common ills of life.

Perhaps the one best rule of health is, "A daily movement of the bowels". Have a definite time for this duty. Arrange your diet so as to encourage regularity. When necessary use Dr. Chase's Kidney-Liver Pills to restore the activity of the liver which in turn tends to keep the bowels regular.

No young man can accomplish big things in life if he feels tired and languid as the result of intestinal derangements. No young woman can keep her skin clear and retain the sparkling eye of health if her system is poisoned by constipation. Put good health first while you can command it and you will add happiness as well as years to your life.

Conductor.—"Sorry, madam, but we have learned that the station where you intend to get off has been burned to the ground."

Lady.—"That's all right; they'll probably have it rebuilt by the time this train gets there."

## An Inheritance

Worth more than riches to your children will be the knowledge of how to guard their health so that they are able to fully enjoy life.

Dr. Chase's Kidney-Liver Pills have become a tradition in thousands of homes. The fathers and mothers realizing that they are passing on a real blessing when they instruct their children to keep their kidneys, liver and bowels in a healthy and active condition by using Dr. Chase's Kidney-Liver Pills.

No experimenting for them. They know that Dr. Chase's Medicines have been helping people to better health for over half a century.

## 24 Hour Duty

That's what your kidneys are on—working ceaselessly to filter the poisons from your blood stream.

And when you consider how you are apt to change your diet suddenly, or perhaps over indulge, is it any wonder that they falter occasionally and allow the poisons to accumulate in your system, thus paving the way for headaches, biliousness, rheumatism, and lumbago to develop.

So help the kidneys to do their job efficiently by taking Dr. Chase's Kidney-Liver Pills. They restore vigor to the kidneys and keep your system clean and pure.

### A Good Joke

A passenger in an airplane was far up in the sky when the pilot began to laugh hysterically.

Passenger.—"What's the joke?"

Pilot.—"I'm thinking of what they'll say at the asylum when they find out I have escaped."

## Food Fads

### Menace Health

"Diet faddists—the vegetarians, the meat eaters, the drinkers of buttermilk, the growers of apples—have reached a point where they are a positive menace to the health of the community and an insult to the reasoning of intellectual men and women." Dr. Martin E. Rehfuss.

Hospitals were first established by the Romans in 293 B.C.

Quarantine was introduced at Marseilles, France, in 1348 A.D., at the time the Black Plague prevailed in Europe.

Surgery was first practiced about 1500 A.D. Barbers and bath house keepers were the only ones to undertake such work up to that time.

Circulation of the blood was first understood in 1618 as the result of Wm. Harvey's experiments.



## Let The Liver Warn You

### These Are The Symptoms

A healthy, active liver is a great preventive of disease. It eliminates the poisons which result from digestion and the breaking down of tissues in the process of living.

From these materials it forms bile which is emptied into the intestines and acts as Nature's Cathartic.

So when the liver fails you become constipated and the poisons remain in the blood stream where they are carried to all parts of the body. The tongue becomes coated—you may have headaches and a bilious attack, with indigestion and loss of appetite. If neglected jaundice may develop or serious forms of kidney disease because of the extra work thrown on the kidneys in their effort to rid the poisons from the blood.

So many serious and painful ailments have their beginning in torpid, sluggish liver action that Dr. Chase's Kidney-Liver Pills should be used at the first sign of irregularity of this vital organ. It is a fine habit to use one pill a week to ensure the health and activity of the liver.

## The Lazy Colon

It is said that one person in five suffers from inactivity of the large bowel or colon. Though there may be more or less movement of the bowels the colon is sluggish and waste material remains there to poison the blood and give rise to tired, languid feelings as well as keen suffering from such painful ailments as rheumatism and lumbago.

The teeth and tonsils are often blamed for poisons which originate in the colon.

By using Dr. Chase's Kidney-Liver Pills you are ensured a thorough cleaning out of the colon. It is a good practice to use this treatment once a week as a precaution against the accumulation of poisons and acids which bring pain and suffering as well as serious disease.

## A Muddy Complexion

### Tells of Torpid Liver Action and Constipation.

#### An Eminent Physician has said:

"No woman can have a good complexion or be physically at her best in attractiveness who is an habitual sufferer from constipation. Her complexion will not be good, the odors of her body frequently offensive, while her physical and mental reactions will be sluggish. It is strange that the feminine desire to please should not take into account this simple fact so well understood by medical men."

The chief defence against constipation and the poisoning of the blood is the liver; because it is the duty of the liver to eliminate the poisons before they reach the general circulation of the blood. Because Dr. Chase's Kidney-Liver Pills quickly arouse the torpid liver to action they can be depended upon to purify the blood and improve the complexion as well as the general health.

Day of Month	Day of Week	Zodiac Signs	Weather Forecasts	Sept. 1936	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
1	T				☾ Full Moon...	1	7 37 a.m.	1	8 37 a.m.	5.21	6.38	5.14
2	W		Some		☾ Last Qtr....	7	10 14 p.m.	7	11 14 p.m.	5.22	6.36	6.32
3	T		light		☾ New Moon...	15	0 41 a.m.	15	1 41 a.m.	5.24	6.34	rises
4	F		showers.		☾ First Qtr....	23	5 12 p.m.	23	6 12 p.m.	5.25	6.32	p.m.
5	S									5.26	6.30	8.17
6	S									5.27	6.28	9.00
7	M		Turns	Labor Day						5.28	6.27	9.51
8	T		cooler							5.29	6.25	10.49
9	W		as							5.31	6.23	11.54
10	T		moon							5.32	6.21	a.m.
11	F		wanes.							5.33	6.19	1.01
12	S									5.34	6.17	2.09
13	S									5.35	6.15	3.15
14	M		Great							5.37	6.13	4.20
15	T		damage							5.38	6.11	sets
16	W		from							5.39	6.09	p.m.
17	T		severe	Hebrew New Year (Rosh Hashana)						5.40	6.08	6.24
18	F		storms.							5.41	6.06	6.48
19	S									5.43	6.04	7.16
20	S									5.44	6.02	7.49
21	M		Some							5.45	6.00	8.29
22	T		rain							5.46	5.58	9.15
23	W		but							5.47	5.56	10.10
24	T		mostly							5.49	5.54	11.12
25	F		fair.							5.50	5.52	a.m.
26	S			Day of Atonement (Yom Kippur)						5.51	5.50	12.20
27	S		Fine							5.52	5.49	1.31
28	M		and							5.53	5.47	2.46
29	T		cool.							5.54	5.45	4.03
30	W									5.56	5.43	5.22

# Are You Sincere

## About Your Health

You may be one of those people  
Who do not realize the condition of your  
nervous system.

You may be spending sleepless nights  
With indigestion and headache.

You may notice your memory failing  
And find it difficult to make decisions.

As a matter of fact you are tired out  
Both mentally and physically,

And lack the necessary energy

To carry out your intentions.

Why not make this test?

Just send your name and address

To the Dr. Chase Medicine Co., Ltd., Toronto

For a free five-day treatment

Of Dr. Chase's Nerve Food.

If you carry out this decision

You will always be glad of it,

For a few weeks use of this restorative

Should give you new pep and energy

And overcome the annoying conditions

Which are robbing you of the joy of living.

"What did you think of the Horse Show?"

"I didn't see a single frock I liked."

## Growing Old Gracefully

Have you often wondered how some people  
wear their age so lightly—are always interested  
—ready for anything and enjoy life so thoroughly  
that you never stop to realize how old they  
really are.

It is not by chance or accident that they have  
become like this.

It is simply that they realize the importance  
of keeping themselves physically fit.

And one of the first rules of good health is  
regular and effectual elimination of the poisons  
that accumulate in the system each day and  
which if not gotten rid of are bound to depress  
your spirits and sap your vitality.

## Fortune Telling By Cards

*Continued from page 33*

Put the first card in the centre and  
the remaining cards to left, right, top  
and bottom as indicated by the  
numbers. The reading of the cards is  
as follows:

Hearts denote love; Diamonds,  
wealth; Clubs, hard work; and Spades,  
misfortune.

Of the court cards, Kings are lucky  
for women inquirers and Queens for  
men. Knaves are lucky if red and  
unlucky if black.

The Ace is always a sign of coming  
evil.

The odd numbers are lucky for men  
and unlucky for women, and the even  
numbers are the reverse. A two-spot  
means a gift; a three-spot, a letter; a  
four-spot, news; a five-spot, an acci-  
dent; a six-spot, a change; a seven-spot,  
friendship; an eight-spot, assistance; a  
nine-spot, home conditions; a ten-spot,  
business conditions.

Let us suppose the cards just laid  
out in a cross are the following:

	Knave of Hearts	
	Ten of Clubs	
	Ace of Spades	
Three of Diamonds		King of Spades
Eight of Hearts	Four of Hearts	Queen of Spades
Ten of Hearts	Seven of Diamonds	Four of Hearts
	Knave of Spades	
	Two of Clubs	

This we would read as follows, the  
inquirer being a lady:

The Knave of Hearts denotes luck in  
love; probably a suitor if the inquirer  
be unmarried, or a loving husband if  
the inquirer be married.

The Ten of Clubs indicates that  
business conditions will soon improve,  
for an even number is lucky for ladies.  
The Ace of Spades shows a very dark  
and pressing trouble that threatens.  
Three of Diamonds shows that money  
will be lost by a foolish transaction.  
Eight of Hearts shows that fortune  
assistance will be at hand. Ten of  
Hearts means that through friendship  
the business conditions will have  
greatly improved.

The King of Spades means that a  
dark man will have a disagreeable  
effect upon the inquirer, and the Queen  
of Spades, the man's wife, will be

*Continued on page 39*

Day of Month	Day of Week	Zodiac Signs	Weather Forecasts	Oct. 1936		Moon's Phases		Ont. and Que.		Mar. Provs. and Nfld.		Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.			
				d.	h. m.	d.	h. m.	d.	h. m.	d.	h. m.	Sun Rises h.m.	Sun Sets h.m.	Moon Rises p.m.	
1	T	♈		First Day of Feast of Tabernacles (Succoth).....									5.58	5.41	5.38
2	F	♈	Begins	.....									5.59	5.39	6.14
3	S	♈	fine.	.....									6.00	5.37	6.55
4	S	♈		.....									6.02	5.35	7.44
5	M	♈	Fine	.....									6.03	5.33	8.42
6	T	♈	days	.....									6.04	5.31	9.46
7	W	♈	and	.....									6.05	5.30	10.54
8	T	♈	clear	.....									6.06	5.28	a.m.
9	F	♈	cool	.....									6.08	5.26	12.02
10	S	♈	nights.	.....									6.09	5.24	1.08
11	S	♈		.....									6.10	5.22	2.13
12	M	♈		.....									6.11	5.21	3.16
13	T	♈	High	.....									6.12	5.19	4.18
14	W	♈	winds	.....									6.14	5.17	5.20
15	T	♈	and	.....									6.15	5.15	sets
16	F	♈	scattered	.....									6.17	5.13	p.m.
17	S	♈	showers.	.....									6.18	5.12	5.51
18	S	♈		.....									6.20	5.10	6.29
19	M	♈		.....									6.21	5.08	7.13
20	T	♈	Mostly	.....									6.22	5.06	8.04
21	W	♈	fair	.....									6.23	5.05	9.02
22	T	♈	but	.....									6.24	5.04	10.06
23	F	♈	rather	.....									6.25	5.02	11.13
24	S	♈	cloudy.	.....									6.27	5.00	a.m.
25	S	♈		.....									6.28	4.58	12.24
26	M	♈		.....									6.30	4.57	1.37
27	T	♈		.....									6.31	4.56	2.53
28	W	♈	Clear	.....									6.32	4.54	4.11
29	T	♈	fine	.....									6.34	4.52	rises
30	F	♈	days.	.....									6.35	4.51	p.m.
31	S	♈		Hallowe'en.....									6.37	4.50	5.31

# Weariness of Life

## Result of Nervous Troubles

When a morbid affection of the nerves  
Attacks one of a naturally gloomy tempera-  
ment,

The result may be great despondency  
And a weariness of life.

But why neglect nervous disorders  
Until such a serious condition develops.  
There is always plenty of warning.

At first you may have digestive troubles  
Or frequent attacks of headache.

You are almost sure to be sleepless  
As well as restless and irritable.

Then is the time to put a halt

To the wasting away of nervous energy

By the use of Dr. Chase's Nerve Food.

By its use you can establish a building up  
process

Which will supply the vital nerve force  
Necessary for the restoration of health.

Gloomy forebodings and despair

Will then give way to new hope and confidence,

And the healthful functioning of the vital  
organs

Will be thoroughly re-established.

Though we travel the world over to find the beautiful,  
we must carry it with us or we find it not.—Emerson.

# All Heads Were Turned

Someone enters a crowded room. Slowly  
heads are turned in that direction. Ribs are  
gently prodded as their owners are told to look  
—why?

Because a personality has entered, someone  
who because of his or her health and vitality  
has the power to attract.

Don't be a limp and colorless nobody!

Build up your body and nerve force with  
Dr. Chase's Nerve Food so that you to will have  
that vibrant health which always commands  
attention.

# Fortune Telling By Cards

*Continued from page 37*

instrumental in making things un-  
pleasant. Be careful not to get into  
their bad graces.

The Four of Hearts indicates wel-  
come news from a dear friend. The  
Seven of Diamonds shows that this  
friendship will bring gain of money as  
well. Knave of Spades means, "Be-  
ware of a treacherous man who is dis-  
posed to do you harm." The Two of  
Clubs means an unexpected gift from  
a business man, or possibly a gain  
through hard luck. Other interpre-  
tations may be put on these cards  
according to the temperament of the  
fortune-teller.

A modification of this method is to  
draw twenty-one cards instead of  
thirteen. Arrange twelve of these in  
the form of a semi-circle, and the other  
nine in the form of a triangle within  
the circle. To discover the past, read  
the circle first from left to right. Then  
to predict the future, read the triangle  
beginning at the left-hand angle, going  
up to the apex, down on the right-hand  
side, and across the base.

# Nerves Stir Appendix

Disorders of the nerves in the area  
surrounding the appendix may cause  
some cases of appendicitis, especially  
the kind diagnosed as "chronic," Dr.  
Louis C. Simard, of Montreal, reported  
to the section on general surgery at the  
annual meeting of the American  
Medical Association held at Atlantic  
City, in June, 1935.

# BABY ECZEMA

How you hate to  
see baby suffering  
from chafed, itching  
skin and Eczema.  
Applied after the  
bath Dr. Chase's  
Ointment prevents  
and relieves these dis-  
tressing ailments. It is a  
proven medicinal treat-  
ment which keeps the skin



healthy. In tube or box.



# Dr. Chase's OINTMENT



## The Shopper's Tired, Aching Feet

How you do suffer sometimes from tired, aching feet. It may be from ill-fitting shoes or it is possible that some germ is causing the trouble. Ringworm, or what is known as Athlete's Foot, may be responsible.

In either case you can soon obtain relief by bathing the feet in warm water and applying Dr. Chase's Ointment freely, especially between the toes where the skin is irritated and sore.

This ointment adheres to the skin, keeps it soft and hastens the healing process. By its antiseptic action it destroys disease germs and brings lasting relief.

The advantage of using an ointment is because it sticks to the skin and keeps the medication in contact with the sore, inflamed parts. With Dr. Chase's Ointment at hand you need not suffer further with tired, sore, aching feet.

## Ringworm or Athlete's Foot

Ringworm is a contagious skin disease which most frequently attacks the face, neck and hands. When it affects the soles of the feet or between the toes it is sometimes called "Athlete's Foot". It does not necessarily take the form of a ring.

Small watery blisters form and there is much discomfort from itching. Unless treated early it is likely to develop a serious condition.

Dr. Chase's Ointment is the logical treatment. It brings almost immediate relief from the itching and with persistent use the trouble is entirely overcome. Because it remains on the affected parts it is much more effective than the use of liquid treatments.

Welcome Stranger—Sinister-looking individual (significantly).—"Is yer 'usband at 'ome, ma'am?"

Lady (resourcefully).—"Well, if he's finished his revolver practice, he'll be playing in the back garden with the bloodhounds. Did you want to see him?"

## Pimples or Acne

This is the most common of skin diseases. Adolescent girls and boys seem to be most susceptible to it. Small pimples form on the face, mostly on the forehead and chin and on the shoulders and back.

Digestive troubles are sometimes held responsible but the real cause seems to be a run down condition of the nerves and the general health.

Dr. Chase's Ointment, applied after bathing with warm water, affords relief and helps to keep the skin soft. As a means of restoring the vigor of the nerves Dr. Chase's Nerve Food is recommended. By its use the blood is enriched and the general health is greatly improved.

## ECZEMA

Eczema is usually caused by injury to the skin, such as chafing and irritation by the clothing. It tends to become chronic and many people with unusually sensitive skin suffer attacks in cold weather or as the result of the application of cold water.

Eczema is marked by irritation and itching of the skin which sometimes causes much distress. It may be dry or moist. The crusty formations should be removed as they cause further irritation. Bathing with hot water often affords relief after which Dr. Chase's Ointment should be applied to keep the skin soft and destroy the germs of disease.

An essential feature of a good ointment is that of adhering to the skin. If applied on a cotton or linen cloth this ointment will adhere to the skin keeping it soft, relieving the inflammation and itching and greatly hastening the healing process

### Chronic Eczema

In cases of chronic eczema which are essentially of a nervous type great benefit is obtained by using Dr. Chase's Nerve Food to enrich the blood and build up the vitality of the nervous system while the Ointment is applied locally to relieve the attack of eczema.

### Baby Eczema

Babies, especially during the teething period, are very subject to eczema. Often the cause is found in chafing of the skin by the clothing or from wet diapers. At other times the trouble develops on the face or head or behind the ears.

A most satisfactory relief is found in Dr. Chase's Ointment which should be smeared on the affected parts several times a day. This quickly checks the inflammation and itching and since it adheres to the skin affords relief for a considerable time after applied.

## Care of the Feet

The health and comfort of the feet is absolutely necessary if you are to have health of body and peace of mind.

Careful fitting of the shoes and stockings and frequent changing of the latter is conducive to a better condition of the feet. If you are troubled with perspiration, blistering and itching between the toes, the feet should be washed daily with warm water to which is added all the baking soda that will dissolve and then the application of Dr. Chase's Ointment to soothe and heal the irritated skin.

Soft corns are also relieved by the application of this ointment and wrapping with a piece of cotton.



Day of Month	Day of Week	Zodiac Signs	Weather Forecasts	Nov. 1936		Moon's Phases		Ont. and Que.		Mar. Provs. and Nfld.		Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
						☾ Last Qtr. . . . .	☽ New Moon . . . . .	☾ First Qtr. . . . .	☽ Full Moon . . . . .	d. h. m.	d. h. m.	d. h. m.	d. h. m.	Sun Rises h. m.
1	S	♏		All Saints' Day.....								6.38	4.49	6.27
2	M	♏	Dark	.....								6.39	4.47	7.32
3	T	♏	No-	.....								6.41	4.45	8.40
4	W	♏	vember	.....								6.42	4.44	9.50
5	T	♏	days.	.....								6.44	4.43	10.59
6	F	♏		.....								6.45	4.42	a.m.
7	S	♏		.....								6.46	4.41	12.05
8	S	♏	High	.....								6.48	4.40	1.09
9	M	♏	winds	.....								6.49	4.39	2.11
10	T	♏	and	.....								6.51	4.37	3.13
11	W	♏	flecting	Armistice Day.....								6.52	4.36	4.14
12	T	♏	clouds.	.....								6.53	4.35	5.16
13	F	♏		.....								6.55	4.34	6.17
14	S	♏		.....								6.56	4.33	sets
15	S	♏	Fair	.....								6.58	4.32	p.m.
16	M	♏	and	.....								6.59	4.31	6.00
17	T	♏	cool	.....								7.00	4.30	6.56
18	W	♏	this	.....								7.02	4.29	7.59
19	T	♏	week.	.....								7.03	4.28	9.04
20	F	♏		.....								7.04	4.27	10.12
21	S	♏		.....								7.05	4.26	11.22
22	S	♏		.....								7.06	4.25	a.m.
23	M	♏	Stormy,	.....								7.08	4.25	12.33
24	T	♏	many	.....								7.09	4.24	1.46
25	W	♏	losses	.....								7.11	4.23	3.03
26	T	♏	at	.....								7.12	4.23	4.22
27	F	♏	sea.	.....								7.13	4.22	5.42
28	S	♏		.....								7.14	4.22	rises
29	S	♏		First Sunday in Advent.....								7.15	4.21	p.m.
30	M	♏		.....								7.16	4.21	6.18

## Exhaustion After Colds

### Very Trying at This Season

This is a bad time of year to have a cold. It seems to take so much more out of you. That is because at this season The blood is thin and weak And filled with the accumulation of poisons. After the cold you are left feeling tired, And have a struggle to get back pep and energy. Tonic and restorative treatment is required Such as Dr. Chase's Nerve Food. Iron and other well known blood-forming ingredients, Supply nature with the elements From which new, rich blood is created, Your appetite is pepped up, digestion improves, And soon you are feeling your old self again.

#### Unfair Advantage

Mrs. Potter.—"I notice your husband always has his hair cut short."

Mrs. Cotter.—"Yes, the coward!"

#### Patience Exhausted

"Well," said the dentist, cheerily, as he entered the waiting-room, "who has been waiting the longest?"

"I have," said the tailor, as he presented his bill.

## A Hint For Health

To help form the habit of regular elimination, exercise for about ten minutes each morning and night by bending the body forwards and backwards and from side to side.

It is also a good plan to clean out and sweeten up the whole digestive tract by taking a Dr. Chase's Kidney-Liver Pill at least once a week or oftener if you do not feel fit or have over-indulged.

By following these simple rules, you will soon find that you are greeting each day with a smile and getting the most out of life.

## 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

### 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

Continued on page 47

## Three Out Of Four Dr. Chase's Ointment Have Piles

### One Man's Experience

"Talking about hemorrhoids, I am beginning to believe that almost everybody experiences the annoyance of this ailment at one time or another."

"Thank goodness, I know how to treat them so that there is no torture and they soon disappear."

"Well, let us have the secret."

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

"How did you find out about it?"

"It was a doctor that first recommended it to me. He said an operation was about the only thing but added that I might try Dr. Chase's Ointment as so many people had told him about being relieved by its use."

"It is surprising what a lot of people I know now who have had a similar experience with this ointment. It was no joke the way I suffered and as a result of the quick relief obtained I am an enthusiast on the subject of Dr. Chase's Ointment as a positive relief for piles."

### Crazy

A girl can be crazy about some of the boys all of the time and all of the boys some of the time, but a boy can be crazy about all of the girls all the time.

### MAKE THIS TEST

On receipt of a 3 cent stamp to pay for postage and packing, we shall send you a sample box of Dr. Chase's Ointment to try. This will, we believe, convince you of the effectiveness of this medicine, for Dr. Chase's Ointment is a medical treatment of proven merit. Address The Dr. A. W. Chase Medicine Co., Limited, Toronto, Canada.

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:

Eczema, Athlete's Foot.  
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.  
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.

"Aunt Sue, if you had your life to live over again, what would you do?"

"I'd get married before I had sense enough to decide to stay an old maid."

## ATHLETE'S FOOT



Golfers, swimmers, tennis and ball players suffer from athlete's foot. All who walk much have aching, stinging, itching of the feet and toes. Applied after warm bath Dr. Chase's Ointment adheres to the irritated skin and quickly soothes and relieves. In tube or box.

**Dr. Chase's  
OINTMENT**



# 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. Biliousness and irregular action of the bowels naturally result.

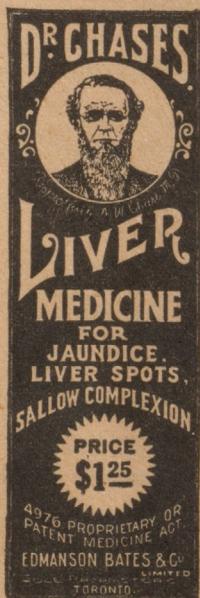
There are a great many people of the opinion that when this condition develops the treatment to use is Dr. Chase's Liver Medicine. It has been a favorite home remedy for well over half a century. It will not fail or disappoint you if you are in need of a regulator of the liver and a general tonic to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

Day of Month	Day of Week	Zodiac Sign	Weather Forecasts	Dec. 1936		Moon's Phases		Ont. and Que.		Mar. Provs. and Nfld.		Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
						☾ Last Qtr. ....	☽ New Moon....	☽ First Qtr....	☽ Full Moon...	d. h. m.	d. h. m.	d. h. m.	d. h. m.	Sun Rises h.m.
1	T	♈										7.18	4.20	7.31
2	W	♈	Cool									7.19	4.20	8.42
3	T	♉	and									7.20	4.20	9.51
4	F	♉	mostly									7.21	4.19	10.58
5	S	♉	fine.									7.22	4.19	a.m.
6	S	♊										7.23	4.19	12.02
7	M	♊	Cloudy									7.24	4.19	1.04
8	T	♊	with									7.25	4.18	2.06
9	W	♋	some									7.26	4.18	3.07
10	T	♋	light									7.27	4.18	4.09
11	F	♋	rain									7.28	4.18	5.10
12	S	♌	or									7.29	4.18	6.09
13	S	♌	snow.									7.30	4.18	sets
14	M	♌										7.31	4.19	p.m.
15	T	♍	Some									7.32	4.19	5.51
16	W	♍	fine									7.33	4.19	6.56
17	T	♍	cold									7.33	4.19	8.04
18	F	♎	days.									7.34	4.20	9.13
19	S	♎										7.34	4.20	10.23
20	S	♏										7.35	4.20	11.34
21	M	♏										7.35	4.21	a.m.
22	T	♏	Cloudy									7.36	4.21	12.46
23	W	♐	with									7.36	4.22	2.01
24	T	♐	snow-									7.37	4.22	3.18
25	F	♐	flurries.									7.37	4.23	4.34
26	S	♑										7.37	4.24	5.47
27	S	♑										7.37	4.24	rises
28	M	♑	Ends									7.38	4.25	p.m.
29	T	♑	cold.									7.38	4.26	6.17
30	W	♒										7.38	4.27	7.29
31	T	♒										7.38	4.28	8.39

Christmas Day.....

# Undue Tiredness

## The Result of Anaemia

Anaemia and nervous disorders are very closely allied.

Deficiency of iron in the blood

Robbs the blood of its nourishing qualities

And the necessary amount of nerve force

Is not supplied to the system.

Nerve force is lacking to run the machinery of the body,

And you become over tired.

Not only do you feel bodily tired,

But your brain is tired and sluggish.

Every organ of the body is slowed in action,

You have indigestion and headaches

And you are restless and sleepless at night.

To get rid of the tired feelings

Caused by anaemia of the blood

It is only necessary to use Dr. Chase's Nerve Food.

This medicine feeds iron and other restoratives to the blood.

Fills the system with new nerve force

And brings back vigor and energy,

New hope and confidence to the tired body.

Hero.—"Cur! Where are those papers?"

Villain.—"They are at the blacksmith's."

Hero.—"Ha! So you're having them forged?"

Villain.—"No, I'm having them filed!"

Joe.—"I'd like one of your chickens to take home."

Farmer.—"Do you want a pullet?"

Joe.—"No, thanks, I'll carry it in the usual way."

## Asthma and Hay Fever Are Both Catarrhal States

Asthma itself is a special form of catarrh that is located in the bronchial tubes. Neither hay fever nor asthma comes to a person who is in a normal condition of health. The resistance of the body is weakened before it yields to the attack of these ailments.

For this reason we are accustomed to recommend the use of Dr. Chase's Nerve Food to enrich the blood and build up the general health while Dr. Chase's Catarrh Powder is being used as a most effective means of clearing the stuffed up air passages and affording relief and comfort to the patient.

## Weights and Measures

Continued from page 43

### 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

### ANSWERS TO ALERTNESS TEST QUESTIONS ON PAGE 10

Note that with each answer is given the percentage of right answers scientists have found among large numbers of persons who have taken the test.

1. The ton, of course, for it is the weight that counts. Yet 65 per cent will ask for the half ton.
2. No, he is dead. Yet 50 per cent will answer yes.
3. None. Yet 30 per cent will change the three inches to a quarter of a foot and in doing so lose their alertness and start multiplying.
4. Two and one-half cents for the cork. Yet 80 per cent will say 5 cents.
5. Twelve. Yet when the questions are shot at them, nearly 85 per cent will say "six"!

Children are natural mimics. They act like their parents in spite of every effort to teach them good manners.

## Game

What are the wild waves saying?

Each guest is given a piece of paper large enough for seven short sentences. After each has written a sentence in answer to this question the paper is folded over to hide the answer and is passed to next guest. This is continued until each writes seven sentences when the hostess gathers up all the papers and reads each one through.

# Hay Fever

## Is Chronic

So persistent is hay fever in returning year after year that most persons who are victims of this distressing ailment can almost tell the date on which it will set in.

Others, with similar symptoms, call their trouble rose fever because the attack comes in June when the roses bloom instead of at harvest time in the late summer.

But the symptoms are much the same, sneezing and running at the nose, a fevered condition in the head causing the eyes to burn and the air passages to clog up with keen distress and sleeplessness. Seldom are patients seen in greater misery than those suffering from hay fever.

Dr. Chase's Catarrh Powder does certainly afford relief from these distressing symptoms. Every year many hay fever victims return to the use of this treatment as being a most satisfactory relief after other methods have failed.

## A Proven Relief For Hay Fever

There are many ways of treating hay fever. Most victims of this annoying and distressing ailment try one thing after another, sometimes finding temporary relief but rarely returning to the same treatment for a second season.

Up to date there is every reason for claiming that Dr. Chase's Catarrh Powder is as effective as any treatment obtainable and many people do certainly depend on it, year after year to bring them relief from the symptoms of hay fever.



# 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 emaciated appearance.

The logical treatment is Dr. Chase's Catarrh Powder, because it does afford prompt relief from these disagreeable symptoms. A catarrhal condition tends to become chronic and to develop into hay fever or asthma, both of which ailments are to be avoided if possible.

If It Is a Dr. Chase Product You Know That It



## Children's Colds

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

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

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

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

## A Cough Look

A cold may lead to all kinds of trouble. There are more serious illnesses start from a cold than from any other source.

So be prepared—always have a bottle of Dr. Chase's Syrup of Linseed and Turpentine on hand and at the first sign of a sneeze or cough, start using it at once. You will be surprised how quickly it will check and relieve that cold.

You are not gambling or experimenting when you buy this wholesome, soothing and effective remedy because for nearly half a century it has proven its worth.

Therefore protect your family and yourself by buying a bottle today.

Peck.—“My views on bringing up the family are——”

Mrs. Peck.—“Never mind your views. I'll bring up the family. You go and bring up the coal.”

## A Cold Is a Disease

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

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

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

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

# Hay F **OOD LINIMENT**

Is Chr

So persistent is **Is a Necessity In Every Home**

This <sup>after y</sup> agent 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 myself 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 today which costs so much to manufacture. But results were all that Dr. Chase



**Aching Muscles**

considered in the perfecting of his medicines.

Because of its agreeable odor and the readiness with which it is absorbed by



**Rheumatic Pains**

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. It is great for relieving sore, stiff muscles.

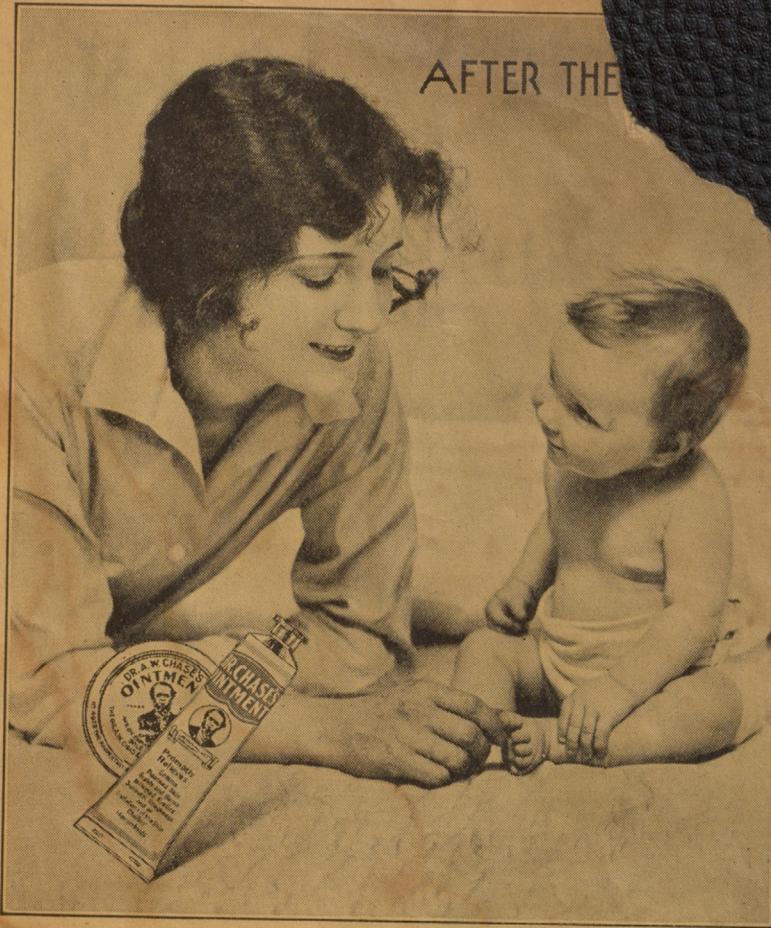
### SCALP TREATMENT

Because of the fine essential oils of which it is composed Dr. Chase's Liniment is used with splendid satisfaction as a treatment for the hair and scalp. It destroys the germs which cause dandruff and other irritations of the scalp and keeps the scalp clean and healthy.

### RUBBING EASES PAIN

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

AFTER THE



## Chafing and Eczema

Where two surfaces of the skin come together—as in the arm pits and between the legs—there is particularly in fleshy babies, much discomfort from chafing. Then there is the usual redness and irritation of the skin resulting from wetness of the diapers.

From chafing Eczema often develops. For this reason Dr. Chase's Ointment should be applied without delay.

Whether in young or old, Eczema

causes keen distress because of the itching, stinging sensations which are set up. In addition there is the extreme difficulty of bringing about a complete healing of the skin.

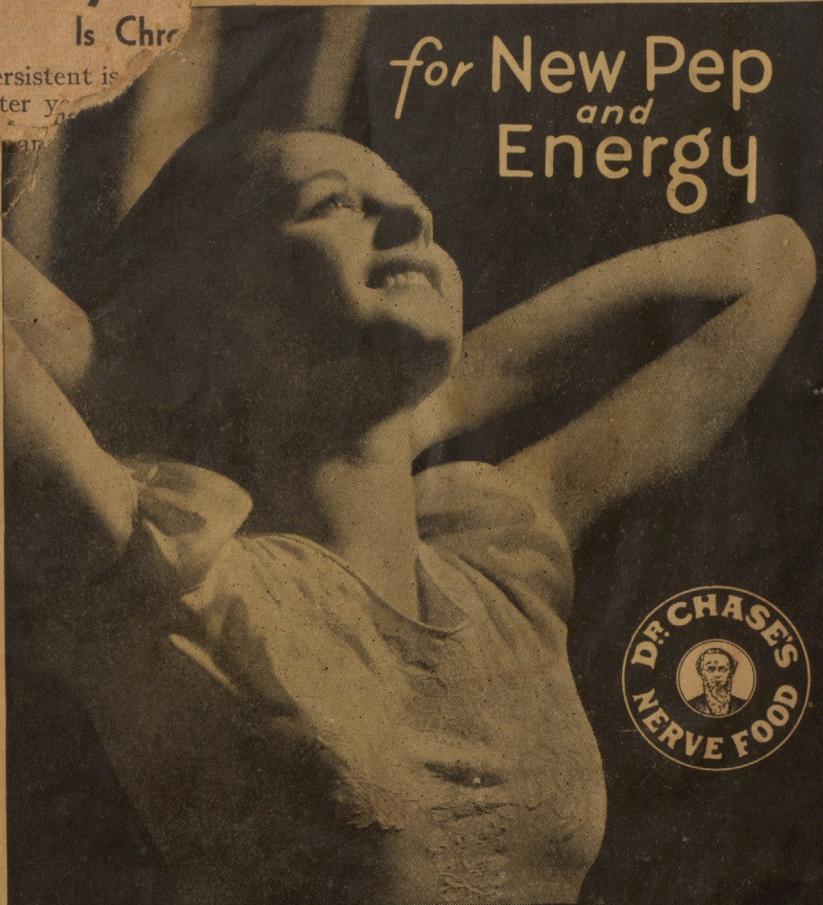
Because it does positively relieve the itching almost as soon as applied and effects a healthful healing of the skin, Dr. Chase's Ointment is unquestionably a most satisfactory treatment for Eczema.

# Dr. Chase's Ointment

Hay F  
Is Chro

So persistent is  
after y  
This

for New Pep  
and  
Energy



Dr. Chase's  
Nerve Food