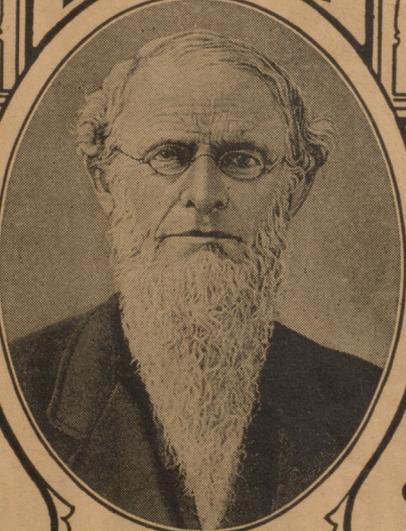


HANG ME UP

DR. A. W. CHASE'S CALENDAR ALMANAC

1942

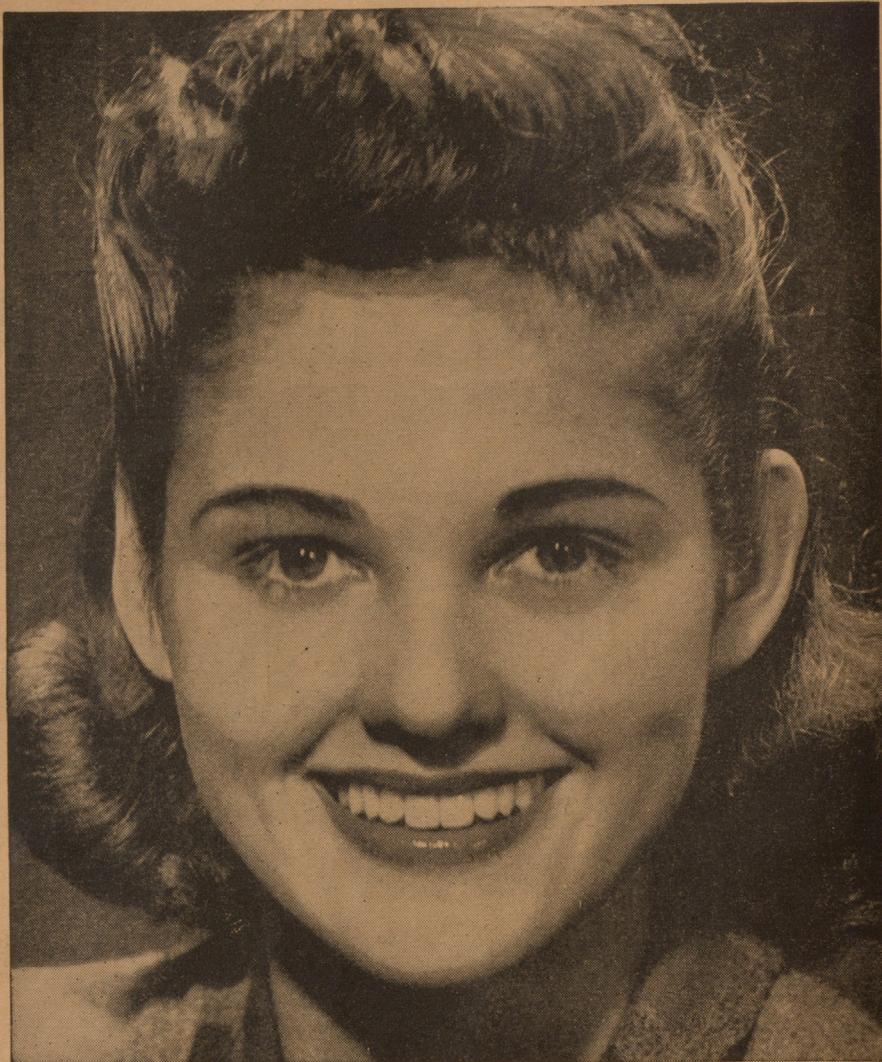


*Respectfully
A. W. Chase, M.D.*

FOR THE
HOME, FACTORY
FARM, OFFICE

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





You Will Smile With Her

If you too, let Dr. Chase's Paradol help to bring you relief from Periodic Pains, Headaches and Nervous Tension.

"It has helped so many others . . . why not let it help you?"

Dr. Chase's Paradol



Health and Beauty for You

A Sixty-Day Treatment

Why not make up your mind that sixty days from today you too are going to enjoy new health and new beauty. Good health is the first requirement for beauty and happiness.

Dr. Chase's Nerve Food can HELP to bring you health and vitality, it can help to add a glow to your skin, enrich your blood and give you the new sparkle and energy to enjoy life.

Dr. Chase's Nerve Food can help you to have these things—but it can only HELP. For the one most important thing in the whole treatment is YOU and YOUR determination to become healthy, more beautiful and happy.

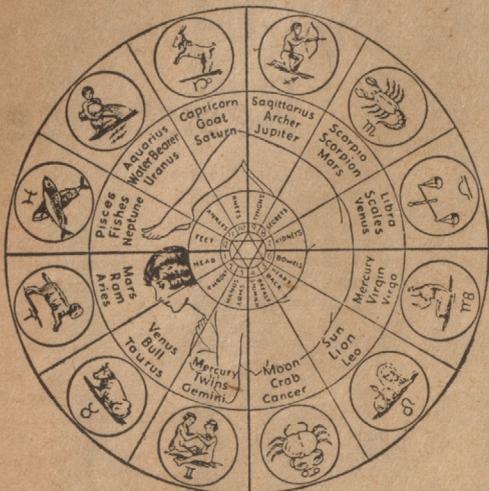
If you make up your mind NOW that you ARE going to be healthier and lovelier, then nothing can stop you, and Dr. Chase's Nerve Food can help you a great deal.

It usually takes six boxes of Dr. Chase's Nerve Food to rebuild your health, restore vigor to the nervous system and to give you new vitality. This treatment by enriching your blood, helps to give your whole body a fresher and more vital appearance.

Sixty days! Is that too long or too hard a task for the rich rewards at the end of only two months? Now you may be just *enduring life*—in sixty days you may be *living and enjoying every minute of it*—it is up to you.

Dr. Chase's Nerve Food is for sale at all Drug Stores. It contains Vitamin B₁.

SIGNS OF THE ZODIAC



1942

Dominical Letter.. D | Solar Cycle..... 19
 Epact..... 13 | Roman Indiction. 10
 Lunar Cycle or

Golden Number. 5 | Julian Period... 6655
 The year 5703 of the Jewish era begins at
 Sunset on September 11th, 1942, Gregorian
 Calendar.

The year 1361 of the Mohammedan era or the
 era of the Hegira, begins at Sunset, January 18th,
 1942, Gregorian Calendar.

The seventh year of the reign of King George
 VI begins December 12th, 1942.

The 76th year of the Confederation of the
 Dominion of Canada begins July 1st, 1942.

The 167th year of the Independence of the
 United States begins July 4th, 1942.

January 14th, 1942, Gregorian Calendar,
 corresponds to January 1st, 1942, Julian Calen-
 dar.

Eclipses

I.—A TOTAL ECLIPSE OF THE MOON, March 2nd and
 3rd, 1942, visible generally in North America, except
 the extreme north-western part, the Atlantic Ocean
 South America, and the eastern part of the Pacific Ocean.
 Beginning 9.27 p.m. and ending 3.15 a.m.

II.—A PARTIAL ECLIPSE OF THE SUN, March 16th and
 17th, 1942, not visible in North America. Mostly seen
 over the Southern Pacific Ocean. Beginning 9.44 p.m.
 and ending 1.29 a.m.

III.—A PARTIAL ECLIPSE OF THE SUN, August 12th,
 1942, invisible in North America. Beginning 2.08 a.m.
 and ending 3.20 a.m.

IV.—A TOTAL ECLIPSE OF THE MOON, August 26th,
 1942, visible in North America, except the north-western
 and extreme western part, South America and the south-
 eastern part of the Pacific Ocean. Beginning 1.01 a.m.
 and ending 6.34 a.m.

V.—A PARTIAL ECLIPSE OF THE SUN, September 10th,
 1942, visible only in the northern part of Canada and
 northern Alaska. Beginning 1.57 p.m. and ending 5.21 p.m.

These figures show Greenwich time. To find local
 time make deductions as follows: Ontario, Quebec,
 Jamaica and Panama, 5 hours; Maritime Provinces,
 Newfoundland, Trinidad and British Guiana, 4 hours;
 Manitoba and British Honduras, 6 hours; Alberta and
 Saskatchewan, 7 hours; British Columbia, 8 hours.

Seasons

Spring. Sun enters Aries—Spring begins, Ontario
 and Quebec, March 21st, 1.11 a.m.; Maritime Provinces
 and Newfoundland, March 21st, 2.11 a.m.

Summer. Sun enters Cancer—Summer begins,
 Ontario and Quebec, June 21st, 8.17 p.m.; Maritime
 Provinces and Newfoundland, June 21st, 9.17 p.m.

Autumn. Sun enters Libra—Autumn begins, Ontario
 and Quebec, September 23rd, 11.17 a.m.; Maritime
 Provinces and Newfoundland, September 23rd, 12.17 a.m.

Winter. Sun enters Capricornus—Winter begins,
 Ontario and Quebec, December 22nd, 6.40 a.m.; Mari-
 time Provinces and Newfoundland, December 22nd,
 7.40 a.m.

The Founder



The business of the Dr.
 A. W. Chase Medicine
 Company Ltd. was started
 by Dr. Alvin Wood Chase.

A man who sincerely de-
 sired that every sufferer should have an oppor-
 tunity to use his treatments.

He lived in Ann Arbor, Michigan, but occa-
 sionally travelled across Southern Ontario to
 visit his boyhood home in Buffalo, New York.

On these trips he would spend a day or two
 in different Ontario towns in order to give
 medical advice and to treat patients who de-
 manded his attention.

In this way he became well known to Canadians,
 and in order that they might continue with the
 treatment which he prescribed, he developed the
 idea of sending his medicines to them by mail.

As the business grew of its own momentum
 he finally felt that the only way it could be
 properly handled would be to put his most
 successful treatments on sale through the drug
 stores. This caused a good deal of criticism at the
 time, but the Doctor's reputation and character
 were such that the criticism soon died down.

Later The Dr. A. W. Chase Medicine Com-
 pany Ltd. was formed and acquired all rights to
 distribute Dr. Chase's Medicines throughout the
 world. These medicines are now on sale in many
 countries, and over 2,200,000 copies of Dr.
 Chase's Almanac are printed each year to tell
 the people of the merits of these medicines.

No business could ever grow continuously
 like this unless the products which it sold had
 won the confidence of the people by doing every-
 thing which it is claimed they will do.

That is why, when you buy a Dr. Chase prod-
 uct, you know that you are buying a medicine
 which is scientifically prepared, thoroughly
 tested and always dependable.



WHAT TYPE SHOULD YOU MARRY

By MARGUERITE BARZE

In Your Life

Answer these questions with *Yes* or *No*. Then count your *Yes* answers in each group. If you have seven or more *Yeses* in any division, you classify in that group. For example, if you have seven *Yeses* in Group 1 and eight in Group 3, you will find your ideal mate described in Type 1 and 3.

Of course it is all in fun, even though psychologically sound. But there are always exceptions—maybe yours is one of them—so don't be too serious about it. Think it over carefully, however, and see if the advice doesn't fit pretty well, after all.

Be sure you answered the questions honestly—and therefore correctly, for you. If you do not classify in any group, you belong under Type 4. There is a mate for you, too!

Group 1

- | | Yes | No |
|---|-------|-------|
| 1. Is it quite important to you to have everything neat and in order? | | |
| 2. Do you carefully plan your holidays in advance if possible? | | |
| 3. Do you keep up with all the little odd jobs you should? | | |
| 4. Can you stick pretty well to schedules and budgets? | | |
| 5. Does carelessness get your goat? | | |
| 6. Do you prefer monotony to a lot of change and confusion? | | |
| 7. Do you always remember birthdays and anniversaries and such? | | |
| 8. Do you sew the cap on the tooth paste each morning? | | |
| 9. Is it hard for you to leave things undone and go pleasuring? | | |
| 10. Do you have a pet way of doing most things? | | |

Group 2

- | | | |
|---|-------|-------|
| 1. Does being loved make you feel humble? | | |
| 2. Do you think husbands and wives should kiss good-bye each morning? | | |

Continued on page 7

Build Up Resistance

"Colds are the result of infection. Infection takes hold where there is little resistance. Little resistance is offered when the body is not nourished with proper food—containing sufficient vitamin B₁ and mineral substances."

That is the story of the expert. In a word it points to the use of DR. CHASE'S NERVE FOOD as a means of protection against colds, la grippe and other contagious diseases. For DR. CHASE'S NERVE FOOD supplies in easily assimilated form the minerals which build up the nerves and the bodily vigour and give you the resistance to fight disease germs. For all the family it affords the basis of good health, comfort and happiness. Dr. Chase's Nerve Food contains vitamin B₁.

The hour wasn't too late, the party wasn't too gay—with the result that the Met Star yawned openly in her escort's face.

"I hope I'm not keeping you up, darling, said he.

With a bored smile she replied, "Yes, but not awake."—Contributed by Linton Wells.

Careful Eating

For people in weak health the rule should be to eat light, easily digested meals and never too much at any one time.

The nerves and muscles need the right kinds of food with sufficient vitamins, minerals and proteins to sustain the vital organs in health and efficiency.

"Weakness of the bodily organs may be attributed," says Dr. Porter, "to lack of protein, particularly that obtained from eggs, milk and meat, and of vitamin B₁". You can get vitamin B₁ as well as the essential mineral substances by using Dr. Chase's Nerve Food.

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER FORECASTS	Jan. 1942		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	T	♈		New Year's Day.....									7.38	4.28	6.14
2	F	♈	Begins									7.38	4.29	7.03
3	S	♈	fine.									7.38	4.30	rises
4	S	♈										7.38	4.31	p.m.
5	M	♈										7.38	4.32	7.41
6	T	♈	Stormy	Epiphany.....									7.38	4.33	8.44
7	W	♈	days									7.38	4.34	9.49
8	T	♈	with									7.38	4.35	10.56
9	F	♈	snow									7.37	4.36	a.m.
10	S	♈	or									7.37	4.37	0.03
11	S	♈	rain.									7.37	4.39	1.13
12	M	♈										7.37	4.40	2.24
13	T	♈	Some									7.36	4.41	3.35
14	W	♈	fine									7.36	4.42	4.45
15	T	♈	clear									7.35	4.44	5.50
16	F	♈	cold									7.35	4.45	sets
17	S	♈	weather.									7.34	4.46	p.m.
18	S	♈										7.34	4.48	7.00
19	M	♈										7.33	4.49	8.08
20	T	♈	Dull									7.32	4.50	9.15
21	W	♈	and									7.32	4.52	10.18
22	T	♈	cloudy									7.31	4.53	11.20
23	F	♈	some									7.30	4.55	a.m.
24	S	♈	snow.									7.29	4.56	0.20
25	S	♈										7.28	4.58	1.19
26	M	♈	Month									7.27	4.58	2.17
27	T	♈	ends	<i>Sold call thompson 18.00</i>									7.26	5.00	3.12
28	W	♈	fine	<i>11 trucks marine</i>									7.25	5.02	4.06
29	T	♈	and	<i>3 men 31.25</i>									7.24	5.03	4.57
30	F	♈	cold.									7.23	5.04	5.44
31	S	♈										7.22	5.05	6.28

How Much Do You Know?

- Gherkins are young—whats?
- What is an adult tadpole?
- Is the head of the Sphinx that of a man or a woman?
- On what British-owned island would you be required to give up the use of your automobile?
- What women's names are missing from the following lines of well-known songs: "Oh, my darling . . ." "Just . . . and me, and baby makes three." "Don't you remember Sweet . . .?"

Get three out of five and you are better than average.

Answers on page 47



Nameless Fears and Worry

Perhaps you, like thousands of others, spend many miserable hours in the grip of nameless fear and unnecessary worry.

Fears which sap your vitality, undermine your health and make you feel that living is not worth the effort.

Don't be discouraged. There is one thing which you can do to overcome this condition, and which you can do at once. It is this, make up your mind that you are not going to be the slave and servant of something which does not even exist?

Hard as it may seem at first, you are quite capable of doing this. Thousands of people have done it and so can you.

One of the greatest helps in overcoming your condition, and one which we can sincerely recommend to you, is Dr. Chase's Nerve Food. It has helped so many others—why not let it help you?

The first thing it does is to restore richness to the blood and thus it helps to tone up and feed your starved and ragged nerves. Before long, you feel better and stronger physically, your nerves become stronger and you have more confidence.

Within the last few years medical science has proved that vitamin B₁ is of great help in restoring the nervous system. Dr. Chase's Nerve Food now contains vitamin B₁, and this, along with the iron and other essential minerals which it contains are just the things which will help you to regain your health and to possess new energy and vitality—then these nameless fears and worries no longer mean a thing to you.

It is not difficult to find someone amongst your friends who has used Dr. Chase's Nerve Food, for it has helped literally thousands upon thousands of people, and there is no reason why it cannot help you. Why not know what it is like, once again, to enjoy robust good health and freedom from fear? If you start taking Dr. Chase's Nerve Food today you may feel like a very different person two months from now.

What Type Should You Marry

Continued from page 5

	Yes	No
3. Is your friendship the kind that can include a large group of persons?
4. Can you love without being jealous?
5. Is it hard for you to keep from displaying your love by little signs of affection?
6. Do you choose friends of various ages and from different walks of life?
7. Are marriage vows as sacred to you as religion?
8. Would you love even if your love were not returned?
9. Do you give of yourself to others, regardless of what you get?
10. Are you easily affected by the moods of those you love?

Group 3

1. Are you apt to have too many irons in the fire?
2. Do you have very definite attractions and aversions?
3. Are you energetic at both work and play?
4. Are you frequently the one who instigates things?
5. Do you enjoy waiting (not for) someone you love?
6. Is it hard for you to stick to plain facts when telling a good story?
7. Are you apt to act possessive of one you love?
8. Do you shed a few tears over touching scenes in the movies?
9. Are you usually hankering for something, even though you may not know what it is?
10. Is it hard for you to fold your hands and wait?

Type 1

Cool and deliberate, you need a warmer, more tempestuous mate—one who does not take duty and responsibility as seriously as you do.

Take plenty of time, for you are a particular person, practical too, so would rue any haste or waste. And a broken marriage would mean a broken life for you.

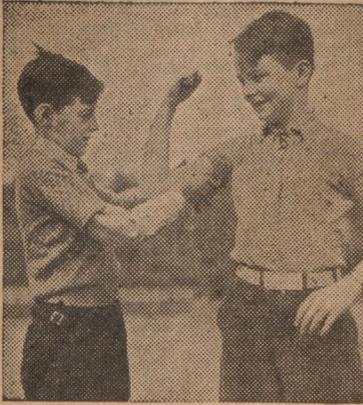
Pick out a thrifty, but generous person—one who has the knack of laughing at life, and self, in order to teach you the trick.

But he, or she, must not be too independent. You need to feel someone's dependence on you, to make your life happy and complete.

Type 1 — 2

Systematic even about loving, you should marry someone who wants to be loved and can take it in systematic

Continued on page 11



Rebuild Your Children's Health

In an examination of one hundred Canadian school children it was found that 27 per cent had defective vision, 30 per cent unhealthy throats, 48 per cent were underweight, 25 per cent showed evidence of malnutrition and 75 per cent had defective teeth.

What a picture of childhood in a young and growing country. And what is being done about it? Remember, these children are not from poor homes, where food is lacking, their ills come mostly from improper feeding.

If your school-age children are pale and weak and puny—if eyesight is defective—and if they are underweight—try giving them Dr. Chase's Nerve Food, for this food treatment supplies vitamin B₁ and minerals which are required to relieve these ills. What a joy you will experience in finding the colour and vigour of robust health restored. It is surprising how quickly children respond to this well-known treatment.

You Win

This is a very good puzzle to try on your friends. Count out 100 matches and put them in a pile on the table. Now, say to one of your company, "I challenge you to take as many matches from the pile as you like, but it must be less than ten. Then I will follow by taking as many as I like, but always less than ten. After that, we will continue to take alternately until the whole hundred are gone. And, I will wager that I pick up the last match." Let there be no mistake about it, the winner is not the one who gets most matches but the last match. The trick is explained on page 47.

Vitamin B₁ as Essential as Bullets

Declaring that a deficiency of vitamin B₁ in the diet may be deteriorating "national will" in certain countries, Dr. Russell M. Wilder, of the Mayo Clinic, told the American College of Physicians that "the necessity for action on the nutritional front is not less pressing than that for mobilizing physical equipment. That millions of people should live below the border line of minimum nutrition is a special danger in time of war. Such persons are not only unable to work effectively, but they easily succumb to infectious diseases and offer a breeding ground for such pandemics as the influenza of the first Great War."

Scrambled Holidays

"So your wedded life was very unhappy? What was the trouble—December married to May?"

"Lan' sake, no, mum. It was Labour Day wedded to de Day of Rest."

Hubby: "Yes, dear, you look very nice in that new dress, but it cost me a lot of money."

Wife: "What do I care for money when it is a question of pleasing you, dear?"

The High Cost of Ridicule

Do you know any parents who ridicule the enthusiasms of their children?

If you do, you might refer them to the beautiful story "Mother of Comptons", by Dr. Milton W. Meyer of the University of Chicago, which appeared in the *Scientific Monthly*. The four famous Comptons are Karl, president of the Massachusetts Institute of Technology; Mary, principal of a school in India and wife of a college president; Wilson, noted economist; and Arthur, one of the immortals of science—Nobel Prize winner in physics. As Dr. Meyer relates the story, Otelia Compton, the mother, said:

"The mother or father who laughs at a youngster's 'foolish' ideas forgets that those ideas are not foolish to the child. When Arthur was ten years old he wrote an essay taking issue with other experts on why some elephants were three-toed and others five-toed. He brought it to me to read, and I had a hard time to keep from laughing. But I knew how seriously he took his ideas, so I sat down and worked on them with him."

At this point Arthur—he of the Nobel Prize—broke in and said, "Mother, if you had laughed at me that day I think you would have killed my interest in research."

There can be little doubt that one laugh would have started a habit of failure and lost to the world one of the great pioneers in science. There can be little doubt, too, when the parents bought little Arthur a small telescope and let him sit up all night studying the stars, that had they laughed, as all the neighbours did, Arthur would not have later won over \$20,000 from his Nobel Prize and have received \$100,000 from the University of Chicago to equip the laboratory in which he has made discoveries that will advance the welfare of all mankind.

—A. E. Wiggam

For ALL The Family



A True Tonic

It's a good habit to keep Dr. Chase's Nerve Food on the dining table along with the salt and pepper shakers, so that no one misses the regular after meal dose.

Dr. Chase's Nerve Food is for all the family, from school age children to Grandma and Grandpa. When a tonic is needed for the blood and nerves, there is nothing like this well-known restorative treatment to give you new pep and energy and to help restore the activity of the bodily organs.

When you have decided to use Dr. Chase's Nerve Food, it is most important that you should take it regularly and persistently until you feel that normal health is restored. So many have told us of this plan of keeping the Nerve Food on the table beside the salt and pepper shakers that we now pass the word along for your consideration.

If you wish to carry Dr. Chase's Nerve Food with you in your pocket or handbag write for an Aluminum Box—smaller and thinner than a watch. This will be sent free if you write to THE DR. A. W. CHASE MEDICINE COMPANY, LTD., Oakville, Ontario, Canada.

You Save 30¢

Buying the Large Size

Regular Size

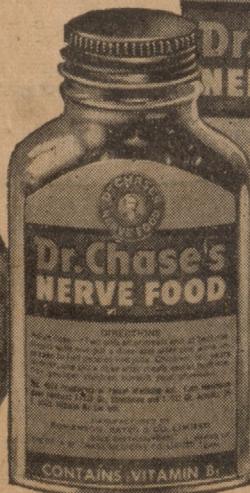
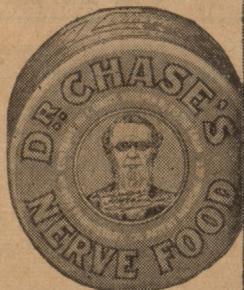
60 Pills

60¢

Family Size

180 Pills

\$1.50



DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER FORECASTS	Feb. 1942	Moon's Phases	Ont. and Que.		Mar. Provs. and Nfld.		Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
						d.	h. m.	d.	h. m.	Sun Rises	Sun Sets	Moon Rises
1	S	♌			Full Moon...	1	4 12 a.m.	1	5 12 a.m.	7.21	5.07	5.31
2	M	♍	Mostly		Last Qtr....	8	9 52 a.m.	8	10 52 a.m.	7.20	5.08	6.35
3	T	♎	fair		New Moon...	15	5 2 a.m.	15	6 2 a.m.	7.19	5.09	7.40
4	W	♏	some		First Qtr...	22	10 40 p.m.	22	11 40 p.m.	7.18	5.10	8.47
5	T	♐	snow							7.16	5.12	9.55
6	F	♑	flurries.							7.15	5.14	11.04
7	S	♒								7.13	5.16	a.m.
8	S	♓								7.12	5.17	0.14
9	M	♈	Cold							7.11	5.18	1.23
10	T	♉	stormy							7.10	5.20	2.31
11	W	♊	week							7.08	5.21	3.36
12	T	♋	having							7.06	5.23	4.36
13	F	♌	snow							7.05	5.24	5.28
14	S	♍	storms.		Valentine's Day					7.04	5.25	sets
15	S	♎			Quinguagesima (Shrove Sunday)					7.02	5.27	p.m.
16	M	♏	Succession							7.00	5.28	6.54
17	T	♐	of							6.58	5.30	8.00
18	W	♑	clear		Ash Wednesday					6.57	5.31	9.04
19	T	♒	cold							6.57	5.32	10.06
20	F	♓	days.		<i>Finished drawing up wood</i>					6.55	5.34	11.06
21	S	♈								6.54	5.35	a.m.
22	S	♉								6.52	5.37	0.05
23	M	♊	Month							6.50	5.38	1.01
24	T	♋	ends							6.48	5.39	1.56
25	W	♌	fine		<i>Sold steers \$90.00.</i>					6.46	5.41	2.48
26	T	♍	and		<i>13 loads</i>					6.45	5.42	3.36
27	F	♎	cold.		<i>Cleaned manure out again</i>					6.43	5.43	4.21
28	S	♏								6.41	5.45	5.03

How Much Do You Know?

1. If you travelled to Walla Walla then to Pago-Pago, then to Baden Baden, what countries would you pass through?
2. Among officers and crew of a ship at sea, who is known as Sparks? As Chips?
3. How many carats does pure gold contain?
4. What is the first name of Scrooge, the famous Dickens character in the Christmas Carol?
5. If you were going to gather peanuts, would you pick them off a vine, dig them out of the ground, or climb a tree and shake them down?

Get three out of five and you are better than average.

Answers on page 47



For Better Sleep

Anyone who has spent a sleepless night knows how limp and worn out you feel when morning finally arrives. Multiply this by ten or twenty nights and you will have some idea of how it feels to suffer from sleeplessness.

Dr. Chase's Nerve Food has been a great help in restoring the ability to enjoy a normal night's sleep to people who have almost despaired of ever resting properly again.

Dr. Chase's Nerve Food is able to help do this because it goes right to the root of your trouble by restoring your nerves, enriching the blood and giving you new health and vitality.

When your nerves are steady and you are enjoying good health you are almost bound to enjoy a good night's sleep EVERY night.

Of Interest To Every Man

"There is one subject of an immediate and personal interest to every man who has it—and that is insomnia." So writes Ida Jean Kain. "Lying awake becomes a nightmare in which one worry after another is reviewed; what to do about business, the next instalment on the mortgage and the state of our health."

You will be told to relax, not to worry, to forget about business and cares. All good advice—which you cannot follow. So why not really do something about it? There is, for example, Dr. Chase's Nerve Food, not to put you to sleep but to restore vigour to the nerves by means of vitamin B₁ and the essential mineral substances which it contains. This accessory food treatment is well worth your attention.

What Type Should You Marry

Continued from page 7

fashion! One who appreciates stability and worth, even though it may not glow and glitter.

Choose a mate who will sit by the fire and entertain you, but will also dig you away from it often, and keep you from being an old fogey. Take the one who is original and daring, if that's where your heart leads, but be sure he, or she, has a sense of humour.

Find a person who needs a refuge, for you are one, and you'll both be rightly anchored.

Type 1 — 3

Choose someone good-natured and friendly, who can love you even when you don't act lovable, for that is your best-bet mate.

Don't expect anyone to keep up with you in energy and achievement, but find someone who loves you not only for what you do but for what you are, and he (or she) will command your lasting respect; someone who can lighten your heart, for you find life a serious business.

Choose a person less dominating than you but more quietly forceful, for you would never be happy with a person you could wrap around your little finger, no matter how hard you may try.

Type 1, 2 — 3

You love people just because, and with all your heart, so choose someone who will keep your intriguing nature satisfied, not by matching it but by offsetting it with appreciation, calm, and affection.

Select above all a good companion—with high ideals. One who will let you have your way in most things, yet is dominant on occasion, for sometimes you need a firm hand to keep you from running away with yourself.

Choose a person of dignity and reserve, who can teach you to stop, look and listen, so you will not miss the satisfaction and peace you thought to gain by fire and zeal.

Type 2

Because your world could be well lost for love, choose someone whose world isn't and couldn't be—entirely.

You love till it hurts (perhaps because you are willing to be a doormat for a loved one) so do all you can to widen your horizon, by choosing a well-rounded mate.

Continued on page 15



More Vitamins for More Vitality

Modern foods are artificial and by refining and bleaching are robbed of vitamins. Even though we eat more than we can digest, we cannot secure adequate nourishment to maintain health and strength and build up resistance against disease. Functional disorders arise—constipation, nerve troubles, loss of appetite, indigestion, rheumatic pains, etc.

Since foods in many cases fail to supply the required vitamins and mineral elements, restoration of health depends on acquiring these ingredients from accessory supplies such as DR. CHASE'S NERVE FOOD. In this food treatment there is found the important vitamin B₁ along with iron and other elements which are essential for renewing the vigour of the blood and the nerves and helping to restore the health and natural functions of the bodily organs. Anæmia, indigestion, loss of appetite, nervous disorders, sleeplessness and tired, languid feelings are among the indications that your system is in a more or less rundown condition and you require such treatment as DR. CHASE'S NERVE FOOD. It has helped so many others—why not let it help you.

The Doctor's Diary Anaemia

"Today a young lady came into my office complaining that she always felt tired and found herself downhearted and despondent. Her lips and gums were pale and bloodless and it was not difficult to see that she was anæmic.

A few questions convinced me that her diet had failed to supply the necessary mineral substances and vitamin B₁ that are required to keep up the quality of the blood and the vigour of the nervous system."

The logical treatment for anæmia is DR. CHASE'S NERVE FOOD since it supplies the minerals as well as vitamin B₁, and may therefore, be expected to be of real assistance in restoring the richness of the blood and helping the nerves. Why not try DR. CHASE'S NERVE FOOD when you are in need of a true tonic treatment?

Aunt Becky was punctuating the Negro preacher's sermon with "Amen! Amen! . . . Praise de Lawd! . . ." as he lit into every sort of sin from murder to shooting craps. Then the parson moved on against snuff-dipping, and Aunt Becky exclaimed to her neighbour indignantly, "Dar now! He's done stopped preachin' and gone to meddlin'!"

Mrs. Charles Allan in *Progressive Farmer*

W. C. Fields collapsed into a restaurant chair, suffering a devastating hangover.

"Can I fix you a Bromo-Seltzer?" asked the waiter sympathetically.

"Ye gods no!" roared Fields. "I couldn't stand the noise!"—*Hollywood News*

Teacher: "Willie, what makes wind?"

Willie: "Why, windmills, I s'pose."



How To Be Happy Though Married

Comparatively few unhappily married couples ever reach the divorce courts and many do not even separate. They continue to live together, but romance has fled and nagging and disagreement have taken its place.

But why? In many cases ill health is to blame. The worries and cares of keeping up a home in these times have made the nerves jittery, and destroyed beauty and attractiveness. Impatience, irritability and nagging have caused bitter feelings.

Fading love can be saved by restoring the richness of the blood and the vigour of the nervous system. Why not rescue your beauty and happiness by using **Dr. Chase's Nerve Food**. You will be thankful for the suggestion if you use this revitalizing food tonic.

Poison Sometimes in the Mind

Fear and anger and worry can do much to waste your vital nerve force and to poison your mind so that you become depressed and discouraged and have difficulty in freeing yourself of illness and pain.

First select medical treatment in which you can have confidence and then put forth some real effort to get well. Dr. Chase's Nerve Food is such a treatment because it helps to build up better blood and nourish the nerves back to health and vigour.

Every time you take this food treatment you can say to yourself "I must be at least some better because I have supplied to the blood and the nerves the essential minerals and the vitamin B₁ which are acknowledged by modern medical authorities as being required for the restoration of the nervous system".

As new nerve force is added to the body you find yourself feeling better both mentally and physically and with a new outlook on life. You enjoy again the pleasure of healthy living.

Satisfied? You Shouldn't Be

Sad is the day for any man when he becomes absolutely satisfied with the life that he is living, the thoughts that he is thinking and the deeds that he is doing; when there ceases to be forever beating at the doors of his soul a desire to do something larger which he feels and knows he was meant and intended to do.—*Phillips Brooks*

One of the best prayers I ever heard was that of a little Negro boy who was competing in a race. He kept dropping behind and his chances seemed slim; then suddenly his lips began to move with great regularity, his legs picked up speed, and he won the race. Asked later what he was whispering to himself, he said he was talking to the Lord, saying over and over: "Lawd, You pick 'em up, and I'll put 'em down. You pick 'em up, and I'll put 'em down."

—*Reader's Digest.*

It Might Have Been Said To-day

Posterity! You will never know how much it cost the present generation to preserve your freedom. I hope you will make good use of it. If you do not I shall repent it in heaven that I ever took half the pains to preserve it.

—*John Adams, 1776.*

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER FORECASTS	Mar. 1942		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 Rises p.m.			
1	S	♈	Month	St. David.										6.39	5.47	4.20	
2	M	♈	begins	calf 225 lbs @ 15¢ 32.43										6.38	5.48	5.26	
3	T	♈	wet											6.35	5.49	6.34	
4	W	♈	and											6.33	5.51	7.43	
5	T	♈	stormy.											6.31	5.52	8.53	
6	F	♈												6.30	5.53	10.04	
7	S	♈												6.29	5.54	11.15	
8	S	♈												6.26	5.56	a.m.	
9	M	♈	Milder											6.25	5.58	0.24	
10	T	♈	with	sawed wood \$9.00 \$6.00										6.23	5.59	1.29	
11	W	♈	some	got little pigs 10.00										6.21	6.00	2.30	
12	T	♈	clear											6.20	6.01	3.23	
13	F	♈	days.											6.18	6.03	4.10	
14	S	♈												6.16	6.04	4.51	
15	S	♈												6.14	6.05	5.27	
16	M	♈	High											6.12	6.07	sets	
17	T	♈	winds	St. Patrick.										6.11	6.08	p.m.	
18	W	♈	and	sawed Bull \$65.00										6.08	6.09	7.51	
19	T	♈	wet											6.06	6.10	8.52	
20	F	♈	weather.											6.04	6.12	9.52	
21	S	♈												6.02	6.13	10.50	
22	S	♈												6.01	6.14	11.46	
23	M	♈	Tempera-											5.59	6.15	a.m.	
24	T	♈	ture	W.B. threshing 7.00										5.57	6.17	0.39	
25	W	♈	rises,											5.55	6.18	1.29	
26	T	♈	some											5.53	6.19	2.15	
27	F	♈	rain.											5.52	6.20	2.57	
28	S	♈		got springs & mattress										5.49	6.22	3.36	
29	S	♈		Palm Sunday										5.47	6.23	4.11	
30	M	♈	Ends	calf 235 lbs @ 15¢ 33.90										5.45	6.24	4.45	
31	T	♈	fine.	finished splitting H. wood										5.43	6.26	5.17	

How Much Do You Know?

1. Of the following weight divisions in boxing, which is the lightest and which the heaviest; Fly-weight, Bantamweight, Lightweight, Featherweight?
2. If you sailed in through the Golden Horn would you arrive at San Francisco or Istanbul?
3. What is the real name of Buffalo Bill?
4. What did Mrs. O'Leary's cow do?
5. In a pipe organ, do the long or the short pipes produce the high notes?

Get three out of five and you are better than average.

Answers on page 47



Mother and Child Doing Well

They are doing very well, thank you, because this wise and modern young mother took the precaution before baby was born of building up her health and resistance with Dr. Chase's Nerve Food.

Dr. Chase's Nerve Food with Vitamin B₁ added to it, not only helps a mother to withstand the nervous and mental strain before the baby arrives, but it also helps her to quickly recover strength and vigour afterwards and to supply abundant nourishment for the child.

Making a Comeback

After the debilitating effects of fevers, colds, nervous break-down, you need help to hasten recovery of health and strength. You feel tired, depressed and more or less helpless because nerve force has become exhausted and the pick-up seems slow.

You can greatly hasten recovery by using Dr. Chase's Nerve Food. In condensed form it supplies the ingredients from which new blood and nerve force are created. By it's use you will soon find yourself sleeping and resting better, enjoying your meals and gaining strength and energy to do things. What a joy to feel that you are getting well again and capable of shouldering the responsibilities and sharing the joys of life.

What Type Should You Marry

Continued from page 11

Find a person with zip and pep, with charm and colour, who will keep you on your toes. He, or she, will be restive and ambitious, a person who may often hurt and surprise you, but one you will lead by love—or just love anyhow, no matter who does the leading.

Type 2 — 3

Pick out a person who is durable and dependable, one who will stick to the knitting while you go wool-gathering; someone who loves you deeply but who is cool and wise enough to let you seem to do most of the loving; someone who will forever sing your praises, for another's belief in you is essential.

Find a person who is serious and self-sufficient, but not suspicious or jealous. For you are the type who creates attention and makes many friends.

Lovable, but erratic, you need a mate who is lively and capable, and practical as the dickens.

Type 3

Someone who idolizes you through thick and thin, no matter what you may surprise yourself by doing, is what you definitely need.

So find a person who makes you feel you could lick the world, yet would love you even if you failed.

Choose a mate who can kick up heels on the spur of the moment and adventure with you, yet sensible enough to remember all the details to make your adventures pleasant.

Choose a substantial person with a sense of values, for someone who trusts you and gives you free rein will draw you closer, but one who pulls at the bit will drive you further away.

Type 4

You are an individualist of a quiet, lone-wolf nature, so marry an individualist with a rollicking, friendly nature, but one who cares greatly for hearth and home.

Find a gay, philosophical person who can both love and understand you, and bring to your life happiness and dynamic pleasure, in exchange for the peace and comfort you will give.

Marry someone adaptable and spirited who will add zest to living. You probably never intended to marry anyone, so your mate will be someone who sweeps you up in a whirlpool, before you can catch your balance—keeping your life from being a misadventure.

125
12
3750
125
1625

Thought She Never Would Recover

208 Rectory St., London, Ont.,
The Dr. A. W. Chase Medicine Co., Ltd.,
Oakville, Ontario, Canada.

Dear Sirs:—"Mine is, no doubt, just one more of the thousands of letters you must receive, but I feel that I wish to write you too, in order that someone else who suffered as I did, might read this and be helped.

When I was going to school I became rundown and nervous. The doctor did all he could for me but he was afraid that I would not be able to ever fully recover.

Father was talking about my condition with an acquaintance of his who worked at the same place as he did. He explained to my father that his wife had been in ill-health, too, and had been greatly helped by Dr. Chase's Nerve Food. My father did not do anything, but that evening his friend came over and brought

a box of Nerve Food with him, explaining that he remembered how he had neglected to start his wife on it for some time, and did not want my father to delay in my case as he had.

So I took the Nerve Food and began to get better. I took several boxes until I was in really fit condition. Since that time I have told many people about the Nerve Food and really—words can never tell how much it has meant to me. Now, I am well and as strong as can be." Yours gratefully,

(Signed) Mrs. Beatrice Poirier.

All the average girl expects out of joining a correspondence club is some first class male.

When a dentist is buried he has filled his last cavity.

Sergeant (to rookie who has a stubble on his face): "Did you shave this morning, Jones?"

Jones: "Yes, sir."

Sergeant: "Well, next time stand closer to the razor."



A Care Free Vacation If You Have Paradol In The Handbag

Girls and women who know and use Paradol do not need to worry about the calendar. You need not miss a single engagement if you have Paradol with you to bring quick relief from headache, pain, and a fevered condition.

Many girls hesitate to use a relief for pain because they fear disagreeable after effects or upsetting of digestion. This does not apply when you use Dr. Chase's Paradol. This is one of the ways in which Paradol is entirely different from other treatments.

Vacation life with exposure to cold and dampness often brings on a touch of rheumatic pains, backache or neuritis. Any such pains or aches are soon relieved by the use of Dr. Chase's Paradol.

So be sure to take Dr. Chase's Paradol with you on your vacation.

Dr. Chase's Paradol

The Many Uses of Dr. Chase's Paradol

Paradol is like a well-balanced prescription, since it contains four drugs of high reputation as a means of relieving pains and aches. Combined, these five ingredients bring relief quickly and many tell us the relief lasts longer and there are no disagreeable after effects. Here are a few quotations from letters received:

SCIATIC PAINS. "I have used Paradol for sciatic pains and obtained great relief by using three tablets."

PERIODIC PAINS. "Since the age of twelve I have suffered agony every month. I never got real relief until I used Dr. Chase's Paradol."

ASTHMA. "I often have a severe attack of asthma. I can now go away from home with confidence for Paradol brings quick relief and I always carry it in my handbag."

NEURITIS. "I had neuritis very bad and obtained relief from pain within fifteen minutes by using Dr. Chase's Paradol."

SORE THROAT. "I had sore throat and fever and obtained quick relief by dissolving two Paradol tablets in warm water and using it as a gargle."

ARTHRITIS PAINS. "I have this dread disease very severely in the extremities and Paradol does relieve the severe aching."

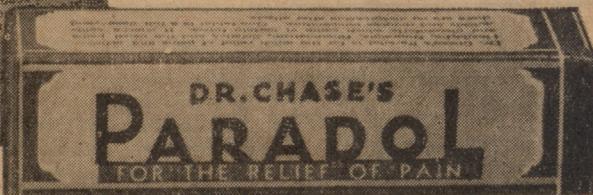
NEURALGIA. "I use Dr. Chase's Paradol for neuralgia and it helps greatly without leaving any disagreeable after effects."

Economy Size Saves You Money

Since Paradol has come to be used so generally by all the family there has been a persistent demand for a larger and more economical package.

You will see here an illustration of the new size bottle containing sixty tablets and selling for one dollar, less than two cents a dose.

When you need Paradol for the relief of pain you need it quickly. Hence the wisdom of buying the large size so as to always have Paradol at hand to afford relief from almost any kind of pain or ache. If your druggist does not have the new, large size, in stock he can soon get it for you, or it will be sent postpaid on receipt of the price. The Dr. A. W. Chase Medicine Company, Limited, Oakville, Ontario.



**Large Size
60 Tablets \$1.00**

Regular Size 12 Tablets 35c

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER FORECASTS	April 1942		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	Full Moon	d. h. m.	d. h. m.	d. h. m.	d. h. m.	Sun Rises	Sun Sets
1	W	♈		All Fools' Day.....								5.42	6.26	6.34
2	T	♈	April	First Day of Passover.....								5.40	6.28	7.48
3	F	♈	comes	Good Friday.....								5.38	6.29	9.01
4	S	♈	in									5.36	6.31	10.13
5	S	♈	wet.	Easter Sunday.....								5.34	6.32	11.22
6	M	♈		<i>started spreading manure</i>								5.33	6.33	a.m.
7	T	♈	Week	<i>got odds from B.M. 76.30</i>								5.31	6.34	0.25
8	W	♈	of									5.29	6.36	1.21
9	T	♈	clear									5.27	6.37	2.10
10	F	♈	bright									5.25	6.38	2.52
11	S	♈	days.									5.24	6.39	3.29
12	S	♈										5.22	6.41	4.02
13	M	♈	Cool									5.20	6.42	4.32
14	T	♈	backward									5.18	6.43	sets
15	W	♈	spring	<i>started cultivating & got</i>								5.16	6.45	p.m.
16	T	♈	weather.	<i>black currants bushes</i>								5.15	6.46	7.41
17	F	♈		<i>sowed next Caswell</i>								5.14	6.47	8.40
18	S	♈	Milder	<i>got the colt going on</i>								5.12	6.49	9.37
19	S	♈	followed	<i>harrows the first</i>								5.10	6.50	10.32
20	M	♈	by									5.08	6.51	11.23
21	T	♈	rainy	<i>Harold got berry bushes</i>								5.07	6.52	a.m.
22	W	♈	spell.	<i>St. George sowed knolls</i>								5.05	6.53	0.10
23	T	♈		<i>flower on pansies</i>								5.03	6.54	0.53
24	F	♈	Clear	<i>had rhubarb pl. 81°</i>								5.01	6.56	1.32
25	S	♈	and									4.59	6.57	2.08
26	S	♈	fine									4.58	6.58	2.42
27	M	♈	to									4.57	6.00	3.14
28	T	♈	end.									4.55	6.01	rises
29	W	♈										4.53	7.02	p.m.
30	T	♈										4.51	7.04	6.37

How Much Do You Know?

1. What common but very necessary substance is made up of two parts hydrogen and one part oxygen?
2. What two bodies of water does the Panama Canal join?
3. If you encountered "The Flying Dutchman", would you expect to see an aeroplane, a sailing vessel, or a bird?
4. Where are the following famous grass lands: The steppes; the veldt; the pampas?
5. Did any President of the United States ever sleep in Buckingham Palace while in office?

Get three out of five and you are better than average.

Answers on page 47



What Is Wrong With Me, Doctor?

And this is what the doctor answered to this important question.

"Like many people who come to me you have neglected to keep regular. I mean by this that you have neglected to keep the liver, kidneys and bowels active.

"Only these organs eliminate the poisons from the body and if you are constipated and the liver and kidneys are torpid in action, you feel tired and depressed and are likely to develop pains and aches, rheumatism and lumbago.

"I am going to tell you how to keep the liver active and kidneys and bowels in good working order.

"Go to your druggist and get a box of Dr. Chase's Kidney-Liver Pills and take one every week. Some people make it every Saturday night, but have a definite time and carry out this program faithfully. Use this medicine more often if required but take one every week to keep the liver active.

"In this country we are especially subject to torpid liver action, biliousness, indigestion and constipation. By keeping the liver active, you remove the cause of such disorders. You regain new vigor and energy and find yourself feeling well and happy."

A gangster rushed into a saloon, shooting right and left, yelling, "All you dirty skunks get outta here".

The customers fled in a hail of bullets—all except an Englishman, who stood at the bar calmly finishing his drink. "Well?" snapped the gangster, waving his smoking gun.

"Well," remarked the Englishman, "there certainly were a lot of them, weren't there!"—*Tit-Bits, Reader's Digest.*

Improved Formula of Dr. Chase's Kidney-Liver Pills

For more than half a century Dr. Chase's Kidney-Liver Pills have been widely used and during that time the formula has remained unchanged.

There has never been any question of the efficiency of this medicine as a means of correcting the action of liver, kidneys and bowels. But there have been complaints of them being too harsh in action.

The formula has now been improved by the aid of modern medication so that while they are equally effective medically they are more pleasant to use—do not gripe or cause pain—but are gently effective in correcting the action of the liver, kidneys and bowels. Many will welcome this change who have appreciated the medicinal value of this treatment but found the pill too severe in action.

Why not try the improved formula at our expense? We welcome the opportunity of sending you a trial sample of Dr. Chase's Kidney-Liver Pills. Just write to The Dr. A. W. Chase Medicine Company, Limited, OAKVILLE, Ontario.

"Once in Virginia," said a speaker who had received an introduction that promised more than he felt he could deliver, "I passed a small church displaying a large sign. It read: 'Annual Strawberry Festival,' and below in small letters, 'On account of the depression, prunes will be served'."

—*Boston Transcript.*

"Do you suggest he is a thief?" asked the counsel.

"I couldn't say he's a thief, suh," said the witness. "But if I was a chicken, I'd sure roost high!"

—*Family Herald and Weekly Star.*

Teacher: "Now, Johnny, if you put your hand in one pocket and pulled out 75 cents, then put your other hand in the other pocket and pulled out 75 cents, what would you have?"

Johnny: "Somebody else's pants."

—*Williams Purple Cow*

Why Use A "Sissy" Laxative?

Chronic constipation has to do with the colon or large intestine. Unless the large bowel is thoroughly emptied from time to time you become a victim of chronic constipation and poisoning of the system which may result in colitis or other serious disease.

Mild or "sissy" laxatives merely cause a movement of the bowels without effecting a thorough cleaning out of the colon or large bowel. For this reason you are misled into thinking that you are doing all you can to overcome a constipated and poisoned condition of the system.

Those who know Dr. Chase's Kidney-Liver Pills appreciate the value of a real medicine which not only effects a thorough cleansing of the colon or large bowel but also arouses the liver and kidneys to activity in filtering poisons from the blood.

Once you have proven the merits of Dr. Chase's Kidney-Liver Pills you will never return to the use of "sissy" laxatives. Keep regular by using Dr. Chase's Kidney-Liver Pills once or twice a week.

Saying It Differently

Critics straining at their adjectives.

(Fred Allen)

A kitten squatting on little furry fenders.

(Clarissa Fairchild Cushman)

Talking in an unbuttoned mood.

(Lin Yutang)

A few raindrops fell experimentally.

(Leslie T. White)

A white birch cellophaned by sleet.

(Muriel Tanner)

Politicians talking themselves red, white, and blue in the face.

(Clare Boothe)

Women are like elephants. I like to look at 'em but I'd hate to own one.

(Will Rogers)

Friends: People who borrow my books and set wet glasses on them.

(Edwin Arlington Robinson)

The kind of girl men toast—and women roast.

(Jimmie Fidler)

Go ahead—have fun at my expense.

(Fibber McGee)

The old narrow trails where two carts could barely pass without colliding are happily being replaced by splendid wide highways on which six or eight cars can collide at one time.

(The Wood-Worker)

British pilot's comment on an American plane: It takes off like a scalded cat.

(Quentin Reynolds)

—From Reader's Digest.

Are You Self-Reliant?

Yes No

1. Do you speak up when you think people are trying to cheat you?
2. Do you prefer to plan your own work rather than have someone else do the planning for you?
3. Can you do your work undisturbed when someone blames you?
4. Do you keep calm and unexcited when things go wrong?
5. Do you rarely ask people to suggest what you could do, where you might go, and such?
6. When you realize you have been in the wrong do you apologize for it?
7. Is it easy for you to talk with people?
8. Do you look forward to meeting new people?
9. Do you leave social gatherings and meetings at a sensible time, even though others are still staying?
10. Whether you like the taste or not, do you usually eat the kind and amount of foods you know are good for people?
11. Do you do your work and chores promptly without needing supervision and without being told to do it?
12. Do you keep at a job until the work is finished?

Eight YES answers is the average.

Fewer than this indicates proportionately low self-reliance.

A Fine Habit

Under modern conditions of life, the liver is almost sure to become torpid and slow in action and it then brings on constipation. It is a fine habit to use Dr. Chase's Kidney-Liver Pills once a week as a regulator of the liver and bowels. In this way you prevent an accumulation in the blood of poisons which cause pains and aches, and often give rise to dangerous diseases.



Rheumatic Pains and Lumbago

You Must Feel Better or
We Pay for the Treatment

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

We are so confident that Dr. Chase's Kidney-Liver Pills will help your case that we gladly make this offer:

If after using a box of Dr. Chase's Kidney-Liver Pills, you do not feel that you have been helped, just write your name and address across the direction sheet which you will find in the box and mail it to the Dr. A. W. Chase Medicine Company Limited, Oakville, Ontario.

Your money will be refunded at once—no box to return—no trip back to the store.

Why go on suffering the agonies of rheumatism, lumbago and backache when without risking a cent of your money you can take advantage of this opportunity to prove for yourself how much Dr. Chase's Kidney and Liver Pills will help you.

We have the confidence to make this offer because Dr. Chase's Kidney and Liver Pills have an unique combined action on the filtering and eliminating organs, Dr. Chase's Kidney-Liver Pills are usually effective where ordinary medicines fail. This is why they have established a Fifty-Year Record for dependability as a relief for rheumatic pains, lumbago, backache, constipation and indigestion and many additional diseases resulting from poisons in the blood.

They have helped so many others—why not let them help you?

Magic Words

Having obdurately passed by scores of would-be hitch-hikers from an army post, a motorist finally drew up and took one in. Pinned to his coat was the sign: "Good Company". And he was.

—*Reader's Digest.*

One boy among a group of bootblacks was doing all the business; as soon as he finished one customer he snared another. Investigation revealed that the other boys were saying, "Shine, mister?" The busy one said, "Shine for *Sunday*, mister?"—*Reader's Digest.*

A clever man tells a woman he understands her; a stupid one tries to prove it.

High Water

A travelling salesman, caught in a torrential rainstorm, stopped overnight at a farmhouse. In the morning, he looked out on a flood coursing through the front yard. He watched pieces of fence, chicken coops, branches, and an old straw hat floating past with the current. Then he saw the straw hat come back, upstream past the house! Then he saw it go down again. Pretty soon it came back upstream—and by now the salesman wondered if he had gone crazy.

Finally he called the farmer's daughter. "Oh," she said, after a glance out the window, "that must be Grandpa. He said yesterday that in spite of hell or high water he was going to mow the yard today."—*Reader's Digest.*

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER FORECASTS	May 1942	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. 7 7 13 a.m. 15 12 45 a.m. 23 4 11 a.m. 30 12 29 a.m.	d. h. m. 7 8 13 a.m. 15 1 45 a.m. 23 5 11 a.m. 30 1 29 a.m.	Sun Rises h.m.	Sun Sets h.m.	Moon Rises p.m.
1	F	♈		May Day.....				4.51	7.04	7.52
2	S	♈	Begins					4.50	7.05	9.05
3	S	♈	fine.					4.49	7.06	10.14
4	M	♈						4.47	7.07	11.15
5	T	♈	Month					4.45	7.08	a.m.
6	W	♈	of					4.43	7.10	0.08
7	T	♈	very					4.41	7.11	0.53
8	F	♈	fine					4.40	7.12	1.32
9	S	♈	weather.					4.39	7.13	2.06
10	S	♈		Rogation Sunday.....				4.38	7.14	2.36
11	M	♈						4.37	7.16	3.05
12	T	♈	Clear					4.35	7.17	3.33
13	W	♈	bright					4.34	7.18	4.01
14	T	♈	and	Ascension Day.....				4.33	7.19	4.31
15	F	♈	becoming	<i>20 rods of wire fence</i>				4.32	7.20	sets
16	S	♈	warmer.	<i>turned cattle out</i>				4.31	7.22	p.m.
17	S	♈						4.30	7.23	9.18
18	M	♈	Some	<i>pigs weighed 8.5 lbs</i>				4.29	7.24	10.07
19	T	♈	spring					4.28	7.25	10.52
20	W	♈	showers					4.27	7.26	11.32
21	T	♈	this					4.26	7.28	a.m.
22	F	♈	week.	Hebrew Pentecost (Shebuoth).....				4.25	7.29	0.09
23	S	♈						4.24	7.30	0.42
24	S	♈		Pentecost. Victoria Day.....				4.23	7.31	1.14
25	M	♈	Clear	<i>planted straw around berry bushes</i>				4.22	7.32	1.44
26	T	♈	fine					4.21	7.33	2.15
27	W	♈	weather	<i>planted carrots & onions</i>				4.20	7.34	2.47
28	T	♈	after	<i>planted potatoes early on</i>				4.19	7.35	rises
29	F	♈	full					4.18	7.36	p.m.
30	S	♈	moon.					4.17	7.37	7.53
31	S	♈		Trinity Sunday.....				4.17	7.38	9.00

How Much Do You Know?

1. Where is Shiva's Temple?
2. In Greek mythology—what giant bore the earth on his shoulders?
3. Which is sweeter—sugar or saccharine?
4. What words would a sailor use when he means—right, left, rear?
5. If you read that someone was a hypochondriac, would you conclude that he was temperamental, a dope addict, or morbid about his health?

Get three out of five and you are better than average.

Answers on page 47



They're Healthy and Happy Again

There is plenty of discomfort when the liver action slows up. Constipation soon develops for lack of bile which is nature's cathartic. The tongue becomes coated, digestion is upset, appetite fails and your disposition is soured.

But there is no need for sluggish liver, for Dr. Chase's Kidney-Liver Pills act directly and quickly on the liver and arouse this governing organ of the body to action. Bile is filtered from the blood and poured into the intestines—thereby overcoming constipation.

Biliousness, indigestion and constipation are quickly overcome by this well-known medicine which was given to humanity by Dr. Chase.

It is a fine habit to use Dr. Chase's Kidney-Liver Pills once a week as a regulator of the liver, kidneys and bowels, and as a preventive of trouble, disease and discomfort. In this way you can keep the body free of poisonous impurities which cause serious disease.

Why live under a handicap when Dr. Chase's Kidney-Liver Pills will help to keep you buoyant and healthy and free from those poisons which would sap your strength.

"That's a hot number," said the steer, as the glowing branding iron was pressed against his tender flank.

Poison

Only the kidneys filter the poisons from the blood. If they are weak and faltering in action, the poisons circulate through the system to cause pains and aches and often serious disease.

For this reason you must keep the kidneys regular and active. And an effective way to do this is by using Dr. Chase's Kidney-Liver Pills. Backache, rheumatic pains, lumbago, aching limbs warn you of defective kidney action. If you want to remove the cause of the trouble use Dr. Chase's Kidney-Liver Pills.

Man Alone Can Smile

Nothing on earth can really *smile* but man. Gems may flash reflected light, but what is a diamond-flash compared with an eye-flash and a mind-flash? A smile is a light in the window of the face by which the heart signifies that it is at home and waiting.

There are persons so radiant, so genial, so kind, so pleasure-bearing, that you instinctively feel, in their presence, that they do you good, that their coming into a room is like bringing a lamp there.

Cheerful people are like sunshine, cheering up everybody around them. No one has a right to add to the sorrows of the world by shedding gloom around. Every person creates a certain soul atmosphere, and from his personality radiates whatever of light he has to give. Perhaps one of the most valuable gifts anyone can bestow upon the world about him is a cheerful spirit at all times. Good cheer, based upon joy in the heart, gives wings to the feet, sinews to the legs, muscles to the arms, elasticity to every motion . . .

Mirth is God's medicine. Everybody ought to bathe in it. Grim care, moroseness, anxiety—all this rust of life ought to be scoured off by the oil of mirth. It is better than emery. Every man ought to rub himself with it. A man without mirth is like a wagon without springs, in which everyone is caused disagreeably to jolt by every pebble over which it runs.

—Henry Ward Beecher in *Your Life*.



Young at Fifty Liver Bile Stimulates

The bile, a product of the liver, has a remarkably stimulating effect on the action of the colon, or large bowel, thereby helping to relieve the most serious form of constipation and colitis.

Bile salts, one of the ingredients in Dr. Chase's Kidney-Liver Pills, act directly on the liver ensuring a healthful flow of bile to help regulate the bowels.

This is one reason why Dr. Chase's Kidney-Liver Pills are so definitely effective as a relief for torpid liver, constipation, chronic indigestion and biliousness. By keeping the liver active you do much toward ensuring good health and happiness. Tired feelings, irritability, yellow complexion, and chronic indigestion are soon relieved when the torpid liver is aroused.

"Thank God that you're the lucky one that had it to lose," an old Irish friend consoled me, upon the loss of money.

"Oh, they has to preach hell at the boys to contrhol thim at all!" an earnest Irish maid argued with a Christian Scientist mistress. "Sure, if there wasn't a hell my brother'd have been there long ago!"

—Kathleen Norris in *Cosmopolitan*.

Weak Kidneys Call for Tonic

When the kidneys become weak in action and allow poisons to accumulate in the blood, the physician aims to take the burden off these filtering organs by building up the general health.

For this purpose a combined treatment is advisable. Take Dr. Chase's Nerve Food after meals and at bedtime. But once or twice a week substitute a Kidney-Liver Pill for the Nerve Food at bedtime.

This combined treatment ensures thorough cleansing of the system of poisonous impurities, and a building up of the health generally so as to restore the vigour of all the bodily organs.

How Happy is Your Marriage?

Material for this quiz on married happiness was obtained through examination of approximately 1,000 cases, the work being done in the Marriage Classes at Greensboro College, Greensboro, North Carolina. The items are arranged in the order of the frequency with which they appeared in the original questionnaires.

You are a good wife—

1. If you are neat, fragrant, and charming.
2. If you do not nag.
3. If you have a cheerful disposition.
4. If you are resourceful and economical.
5. If you are a good cook.
6. If you cater to likes and avoid dislikes.
7. If you are willing to have children.
8. If you are good company—a good playmate.
9. If you practice the Golden Rule.

You are a good husband—

1. If you tell your wife often that you love her.
2. If you are a good provider.
3. If you are neat about your person and clothes.
4. If you have a cheerful disposition.
5. If you are thoughtful and considerate.
6. If you are helpful with the children.
7. If you are loyal.
8. If you practice a reasonable amount of self-control.
9. If you don't refer to Mother too often.

If you both can say "Yes" to all these statements your married happiness is assured. One "No" answer by either mate is a danger signal. With two or more "No" answers, the marriage is in grave danger of going on the rocks. It would be wise to consult a "marriage doctor" or get in touch with a "marriage clinic".

—Enid S. Smith, Ph.D.



GUESS WHO

Has Discovered PARADOL?

You're right, the lady with the smile knows that she need not suffer with Periodic Pains when a DR. CHASE'S PARADOL will bring quick and comforting relief.

Why put up any longer with monthly pains, headaches or other pains when PARADOL will help you so quickly.

Many girls now insure themselves against pain by always carrying DR. CHASE'S PARADOL in their hand-bags.

Never has a product won its way so quickly into general use as PARADOL has. The reason for this success is "The Formula". It is on every package. Show it to your doctor. He will tell you that it is a quick and scientific relief for pain and one which it is safe to use.

Best of all—PARADOL has no unpleasant after effects.

Severe Headaches

"I was suffering from severe headaches which would last anywhere from one to fourteen days at a stretch. I took one Paradol and got almost instant relief, in fact, the second one cleared it right away.

They are the only tablets that relieve my headaches and since using them I have never had a headache for more than a few hours.

Now, when I go to the drug store and say 'Headache Tablets', the druggist knows that it is Paradol or nothing so he always has them on hand.

I have had great satisfaction in using them for all the family as well and I recommend them to all my friends for colds, sore throats and other pains."

Yours very sincerely,

Mrs. E. H. Green,
Dugald, Man.

Sir Josiah Stamp, in a speech at the Chicago Club, expressed a hope that he wasn't talking too long. "I wouldn't like to be in the position of the parson," he explained, "who in the midst of an interminable sermon, suddenly stopped to chide: 'You know I don't mind a bit having you look at your watches to see what time it is, but it really annoys me when you put them up to your ears to see if they are still running.'"

—"The Laughter Library" (Maxwell Droke).

Jack Grigsby of Oklahoma City soon unpicketed his butcher shop when striking employees stationed a man in front of it with a placard telling their troubles. He hired a Negro mammy, full of years and ample of beam, and had her walk alongside the picketer with a sign reading: "Just Married".—*United Press*.

The girl whose dress fits like a glove never fails to get a big hand from the men.

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER FORECASTS	June 1942				Moon's Phases		Ont. and Que.		Mar. Provs. and Nfld.		Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
				☾ Last Qtr....	☽ New Moon...	☽ First Qtr....	☾ Full Moon...	d. h. m.	d. h. m.	d. h. m.	d. h. m.	Sun Rises h.m.	Sun Sets h.m.	Moon Rises p.m.		
1	M	♈											4.17	7.39	9.59	
2	T	♈	Many										4.17	7.40	10.50	
3	W	♈	showers										4.16	7.40	11.32	
4	T	♈	during	Corpus Christi.....									4.16	7.41	a.m.	
5	F	♈	this										4.15	7.42	0.09	
6	S	♈	month.	<i>R. Bruce shingling</i>									4.15	7.42	0.40	
7	S	♈		<i>miss. 2.00</i>									4.15	7.43	1.10	
8	M	♈	North	<i>shingled 45' 6" 11.0</i>									4.14	7.44	1.38	
9	T	♈	winds	Birthday King George VI (Celebration).....									4.14	7.44	2.06	
10	W	♈	hold	<i>R. H. E. Earl → 2.50</i>									4.13	7.45	2.35	
11	T	♈	down	<i>Harvey 47.5.0</i>									4.13	7.45	3.05	
12	F	♈	tempera-										4.13	7.46	3.39	
13	S	♈	ture.	<i>Planted potatoes burbank 2</i>									4.13	7.47	4.16	
14	S	♈		<i>north rows. mountains south</i>									4.12	7.47	4.58	
15	M	♈											4.12	7.48	5.44	
16	T	♈	Warmer										4.12	7.48	sets	
17	W	♈	with										4.12	7.49	p.m.	
18	T	♈	light										4.13	7.49	10.45	
19	F	♈	showers.										4.13	7.50	11.16	
20	S	♈		<i>luckiest 4.50</i>									4.13	7.50	11.47	
21	S	♈	Succession										4.13	7.50	a.m.	
22	M	♈	of										4.13	7.50	0.16	
23	T	♈	clear	<i>barley 9.6.40</i>									4.14	7.51	0.46	
24	W	♈	fine	St. Jean Baptiste.....									4.14	7.50	1.18	
25	T	♈	days.	<i>finished seeding</i>									4.14	7.51	1.54	
26	F	♈											4.15	7.51	2.36	
27	S	♈	Ends	<i>started to cut hay</i>									4.15	7.51	3.24	
28	S	♈	very										4.15	7.50	4.21	
29	M	♈	warm.	<i>salt 5 lbs 9.4.00</i>									4.16	7.50	5.26	
30	T	♈											4.16	7.50	6.36	

How Much Do You Know?

1. If your rich uncle handed you a cheque and said, "I want you to take a trip to British Guiana," would you travel to Europe, South America, or Africa?
2. Where did Rip Van Winkle take his twenty-year nap?
3. What do we call a large group of ships? of sheep? of wolves?
4. What series of stories contains the adventures of Sinbad the Sailor?
5. Who was Russia's mad monk?

Get three out of five and you are better than average.

Answers on page 47



Her Safeguard

Her body and skin is nourished and energy is built up from the food she eats. But, in the process of digestion poisonous waste is also developed and this must be kept from the blood stream if pains and aches, blemishes and serious diseases are to be avoided.

Her defence is in the liver, for all substances derived from digestion must pass through the liver, which, if healthy and active, eliminates the foreign poisonous materials and allows the nourishing substances to pass on to the kidneys for further purification.

From these waste materials is manufactured by the liver the all important bile which regulates the bowels.

Perhaps no organ in the body has so much to do for general health, happiness and a clear skin as the liver, and Dr. Chase's Kidney-Liver Pills are unique in their direct action in stimulating the liver when it becomes sluggish and torpid.

Your liver is your safeguard. It protects your health, beauty and happiness. Help it to perform its duty thoroughly by taking Dr. Chase's Kidney-Liver Pills at least once a week.

"Evesdropping again," said Adam as his wife fell out of a tree.

Up To Date and Dependable

There is a very good reason why Dr. Chase's Kidney-Liver Pills are in a class by themselves as regulators of the liver—they contain "bile salts", the modern scientific way of arousing the sluggish liver.

The old, harsh way of stirring up the liver was by the use of calomel. Dr. Chase's Pills do not contain calomel. They are up-to-date as well as being thoroughly dependable as liver treatment, and when you arouse the liver to healthful action you usually get at the cause of constipation and chronic digestive troubles.

Are You In Love?

I know I'm in love because—

Right!

1. I experience ecstasy in his presence
2. I long for his company
3. I think constantly of him
4. I do things I know he likes
5. I have an indescribable feeling of pleasure whenever his name is mentioned
6. All plans centre around him
7. Our likes and dislikes are mutual
8. He has the qualifications of my ideal
9. He thinks of the "little things"
10. I am proud of him
11. I feel free to discuss anything with him
12. He has qualifications for a good father
13. I am quick to defend him
14. I want to take care of him
15. I am quite absentminded
16. I have faith in him and in his opinions
17. I am much concerned about my appearance when he is with me
18. I am greatly worried when he is late or does not keep an appointment
19. He expands my personality
20. Domestic life now has a romantic appeal for me

In using the above to indicate the temperature of your love, give 5 points to every item which represents your case, then multiply by the number of *Right!* answers. If your total is 50 or below, you are not in love. If you have a score of 70 to 90 you are definitely in love—an average of over 90 means Cupid has smitten you severely.

—Enid S. Smith, Ph.D., Head of Department of Sociology, Greensboro College, Greensboro, North Carolina, in *Your Life*.

Handwritten numbers: 260, 910, 910, 42

Thirty-Day Beauty Plan



Put yourself in a scant bathing-suit, stand in front of a full-length mirror, and look at yourself with cruel eyes. Those lazy lumps and misplaced curves that have been hiding under drapery and peplums are now about to see the light of day. There is still time to put yourself in firm shape—time to make yourself inches smaller in lumpy spots, three petalgrams softer as to epidermis. Decide to try this Thirty-Day Beauty Plan as outlined below. Why not plan to make it a year-around habit?

YOUR FIGURE

To smooth out that lumpy look that you can control with corsets in the winter, but not with bathing-suits in the summer, start doing exercises every morning (ten active minutes will work wonders if repeated relentlessly every day). Take simple, easy-to-do ones so that you won't get discouraged before you start. Roll forty times swinging your leg over with every roll (Figure 1). Bump on your back and on your sides as many times as you or your neighbours can stand the vibration (Figure 2). These two exercises are erasers for lumpy hips and thighs.

Do the three movements of this basic exercise (Figures 3, 4, and 5) twenty times a day. They are thinning for your stomach, your waist-line, your hips, your legs, and thighs, giving your muscles an

elastic firmness. Do the classic rowing exercise (Figure 6) ten times a day for a flat stomach. And learn to breathe properly for a better figure, better health, and general beauty. Lean forward with your hands touching across your back (Figure 7), and breathe deeply in this position until you push your fingers apart. Massage twice a week will aid and abet you in this Thirty-Day Plan against fat and flabbiness.



1



2



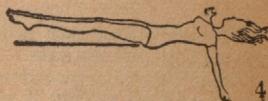
6



7



3



4



5

YOUR SKIN

Paradoxically, a little rough treatment will make your skin feel smooth and look healthy. Start to-day giving yourself a rubdown every morning with wet table salt before your bath or shower. Use a face-brush on your nose and chin if you have any big-pore problems. Drink skimmed milk to help your skin from the inside. Take sun-lamp treatments to tan it from the outside.—*From Vogue.*

Your Complexion

To be sure that your complexion will remain free from blackheads and blemishes be sure that your blood stream is free of poisonous impurities.

The one sure way to do this is by healthful action of the liver and kidneys.

Because DR. CHASE'S KIDNEY-LIVER PILLS do help to arouse the action of the filtering organs, they do work as purifiers of the blood.

The result is a fresh clear complexion and better still—a healthier and happier YOU.



Constipation Gone

New Life From Now On

If you suffer from constipation you are probably one of those unfortunate people who is spending every day of his life under a handicap.

You feel worn out before the day begins, so naturally, you are unable to do justice to your work or to get the enjoyment you should out of each day.

Don't let all your days slip by in this unhappy state, for when you understand the cause you CAN then do something about it.

Because your kidneys and liver have not been functioning properly, they have allowed poisons and waste matter to accumulate in your blood stream.

These poisons sap your energy and slow you up mentally and physically.

The solution then, is to get the kidneys and liver back into healthful action.

DR. CHASE'S KIDNEY AND LIVER PILLS are particularly successful at this task because of their unique double action on both the liver and the kidneys.

They soon have these filtering organs performing their work regularly.

The poisons are then swept from your blood stream. Before long you will notice that your complexion and skin have a better tone and you feel new life throughout your whole being.

Then you will be able to truthfully tell your friends that you feel like a new person.

If You Can't Take Pills

Some people write that they cannot swallow pills, and ask for liquid medicine. To all such we recommend the use of Dr. Chase's Liver Medicine. It is similar in action to Dr. Chase's Kidney-Liver Pills, and there is the additional advantage that you can so easily regulate the dose to your exact needs.

It is a liquid medicine composed of roots and herbs which are most effective in stimulating the action of the liver. It has proven its value over many years as a relief for biliousness, jaundice, constipation and chronic indigestion.

Blimey!

A philanthropic New York matron who wanted to do her bit for England offered to take care of two boys, provided they were not little gentlemen. She said she wanted underprivileged youngsters on whom she could really do a job, and the adoption centre took her at her word.

They sent her two little Cockneys whose first and most obvious need was a bath. While the maid filled the tub, she had the boys stripped, and as soon as the tub was filled popped one of them into it. Then she instructed the maid to take the pile of filthy clothes away and burn them. The poor youngster in the tub looked big-eyed at his trembling, naked companion and wailed, "Blimey, the old devil is goin' to drown us".—*Reader's Digest*.

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER FORECASTS	July 1942			Moon's Phases		Ont. and Que.		Mar. Provs. and Nfld.		Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
				☾ Last Qtr....	☽ New Moon...	☽ First Qtr...	☾ Full Moon...	d. h. m.	d. h. m.	d. h. m.	d. h. m.	Sun Rises h.m.	Sun Sets h.m.	Moon Rises h.m.	
1	W	♈		Dominion Day			9. Gibus \$1.00					4.17	7.50	10.07	
2	T	♉	Fair									4.17	7.50	10.42	
3	F	♊	and									4.18	7.49	11.13	
4	S	♈	very									4.18	7.49	11.42	
5	S	♉	warm.									4.19	7.49	a.m.	
6	M	♊										4.19	7.48	0.10	
7	T	♈	Warm									4.20	7.48	0.38	
8	W	♉	with									4.21	7.48	1.09	
9	T	♊	some									4.22	7.47	1.41	
10	F	♈	thunder									4.22	7.47	2.17	
11	S	♉	storms.									4.23	7.46	2.57	
12	S	♊										4.24	7.46	3.41	
13	M	♈	Week									4.25	7.45	4.31	
14	T	♉	of									4.26	7.45	sets	
15	W	♊	dry									4.26	7.44	p.m.	
16	T	♈	hot									4.27	7.44	9.21	
17	F	♉	weather.									4.28	7.43	9.51	
18	S	♊										4.29	7.42	10.20	
19	S	♈										4.30	7.41	10.49	
20	M	♉	Fine									4.31	7.40	11.20	
21	T	♊	vacation									4.32	7.40	11.53	
22	W	♈	weather									4.33	7.39	a.m.	
23	T	♉	this									4.34	7.38	0.31	
24	F	♊	week.									4.35	7.37	1.14	
25	S	♈										4.36	7.36	2.05	
26	S	♉	Some									4.37	7.34	3.04	
27	M	♊	rain									4.38	7.33	rises	
28	T	♈	after									4.39	7.32	p.m.	
29	W	♉	full									4.40	7.31	8.38	
30	T	♊	moon.									4.42	7.30	9.12	
31	F	♈										4.43	7.29	9.43	

How Much Do You Know?

- At what university did the "Four Horsemen" play football?
- If a pollywog is a tadpole, what is a polyglot?
- What mountain chain forms the backbone of the South American continent?
- Which Apostle is known as the Doubter?
- In which countries were the following people born: Louis Pasteur, Marie Curie, Andrew Carnegie.

Get three out of five and you are better than average.

Answers on page 47



Put Yourself In This Picture

Why not enjoy the sunny years now instead of always hoping to feel better tomorrow?

Many older people find that Dr. Chase's Kidney-Liver Pills are just the thing to keep their step light, put a sparkle in their eye and give them the good health and vigour to really live and enjoy each day.

There is a reason for this: A laxative like Dr. Chase's Kidney-Liver Pills is better than bulky food. Dr. Hugh Dunlop, King's College, London, warns elderly people against over-eating and the use of bulky foods to overcome constipation. The excessive bulk may not only irritate the bowel extremely but may add burden on the heart. For this reason he recommends a laxative treatment.

The regularity of the bowels depends upon the liver. Arouse the liver by using Dr. Chase's Kidney-Liver Pills and you restore healthy action of the bowels as well as the liver. Dr. Chase's Pills contain bile salts, the modern recognized ingredient which is effective in promoting healthful liver action.

Why not start now with Dr. Chase's Kidney-Liver Pills? You are not experimenting, for thousands of older people can tell you how much Dr. Chase's Kidney-Liver Pills have improved their health.

Clean

"Cleanliness is next to godliness," said John Wesley, and this applies to internal as well as external cleanliness, for cleanliness is a foundation of good health. By keeping the eliminating organs active you rid from the system the poisons which cause tired feelings and pain and serious disease.

As a thorough cleansing agent, you can use Dr. Chase's Kidney-Liver Pills to fine advantage. The torpid liver is quickly aroused to action, the kidneys filter the poisons from the blood and the waste matter is thoroughly eliminated. Behind this dependable household regulator stands fifty years of marked success.

Zestful Living—After Fifty

Florence Nightingale, not content with her contribution during the Crimean War, spent the last 40 years of her life (50 to 90) still campaigning for better hospitals. Praised for accomplishment along the way her response was always, "Yes, but there is so much yet to be done".

After 50 Sarah Bernhardt became more and more a worker, an apostle of energy. Asked in 1898 about her ideal of living, she answered: "My ideal? But I am still pursuing it. I shall pursue it until my last hour." She was then 54 years old.

Mrs. Bess Streeter Aldrich, author of *Song of Years*, finds contentment in her way of life. Her children grown, she stays on in her tiny town of Elmwood, Nebraska, where, as she puts it, "The neighbours are trained not to interrupt my working hours, but where I have friends in abundance and source material for novels yet to come."

Elsie Janis in a letter to Frank Case comments: "But to have known and seen so much beauty as we have makes it very easy to bow gracefully to life and say, 'You've been swell! Don't worry about me, I know my way about. Just look after these new kids. Teach them that a slap on the back or a sock on the chin are really the same if your balance is good.'"

Wake Up That Lazy Colon of Yours

The greater part of digestion takes place in the small or upper intestine. The poisonous waste matter accumulates in the colon or large bowel. It is here that chronic constipation takes place and continues in spite of the use of "sissy" laxatives which effect only the small intestine.

Unrelieved by proper treatment, the colon becomes a breeding place for disease germs. Here are generated the poisons which cause colitis, rheumatic pains, backache, lumbago and other painful and dangerous diseases.

A real medicine is required to thoroughly empty out the lazy colon and such a treatment is Dr. Chase's Kidney-Liver Pills. You can depend on each dose of this medicine to help rid the accumulated poisons from the colon and thereby afford satisfactory relief from chronic constipation.

In addition, Dr. Chase's Kidney-Liver Pills help to restore the healthful activity of the liver and kidneys and purify the blood. It is on this account that for fifty years this medicine has been a leader in the drug trade. It can always be depended on. One or two doses a week help to arouse the liver action and prevent constipation, and the many ills resulting therefrom.

Party Chatter

A very affected young man who had been holding forth at great length remarked, "I simply can't bear fools!"

"How odd," chimed in Dorothy Parker. "Apparently your mother could."—Contributed by Olga Swanson.

As the college boys clustered around a prominent New York debutante and she gushed sweet nothings at all of them, one wallflower turned to another and snorted, "Small-town stuff. Everybody listening in on Polly's party line."

—Contributed by Fred Rodell.

The late Mrs. Patrick Campbell visited a certain movie mogul's house in Hollywood. He asked her to sign the visitors' book when leaving. She wrote: "'Quoth the Raven'—Stella Campbell."—Contributed by Elsa Maxwell.

Symptoms of Kidney^a and Liver Trouble

1. Scanty, highly coloured urine.
2. Headache.
3. Backache.
4. Constipation.
5. Fickle appetite.
6. Tongue is furred.
7. Pallor.
8. Loss of weight.
9. Poor digestion.
10. Cross and easily irritated.

A Hollywood hostess, giving instructions to a new maid just before a party, cautioned: "Now remember, Marie, when you serve my guests, don't wear any jewelry."

"I haven't anything valuable, madam," answered the maid, "but thanks for the warning just the same."—Peggy McEvoy.

Dr. Chase's Kidney-Liver Pills

WHAT THEY ARE WHAT THEY WILL DO

They are purely vegetable in composition.

They are tonic laxative—promptly arousing action of the large and small intestines.

They act directly on the liver—relieving torpid liver, biliousness, headache, dizziness, depressed feelings.

They stimulate kidney action—relieving backache, rheumatic pains and lumbago.

They help to remove the cause of chronic or intestinal indigestion, acid indigestion, flatulence, gastritis.

They do not lose their effect by continual use, and the dose does not have to be increased.

Used once or twice a week they afford relief to the person who is naturally constipated or has chronic torpid liver.

Mrs. Smythe was making final arrangements for an elaborate reception. "Nora," she said to her veteran servant, "for the first half-hour I want you to stand at the drawing-room door and call the guests' names as they arrive."

Nora's face lit up. "Thank you, ma'am," she replied. "I've been wanting to do that to some of your friends for the last 20 years."

—Neal O'Hara in *New York Post*



Indigestion? No Appetite?

Chronic indigestion is closely associated with torpid liver action and constipation. The passage of the food through the body is delayed, fermentation is set up and a host of disagreeable symptoms result, such as—loss of appetite, headache, coated tongue, pain, flatulence, feverishness, and in some cases light-coloured stools, jaundice and highly coloured urine. The latter symptom indicating that both the liver and kidneys are upset.

Only medication which is effective in helping to arouse the action of the liver and kidneys and correct constipation can be satisfactory under these circumstances.

This is exactly what is sought to be accomplished by the use of Dr. Chase's Kidney-Liver Pills. They very promptly help the liver to secrete a plentiful supply of bile which passes into the intestines and arouses natural action. They also encourage an increased flow of water for filtration by the kidneys.

This treatment affords real relief for chronic or intestinal indigestion and helps to remove the cause of such disorders which otherwise may develop into serious disease.

Tip to June Grooms: The honeymoon is definitely over when she quits dropping her eyes and starts raising her voice!

Sciatica Pains

Anyone who has suffered with sciatica knows that this is one of the most torturous of pains.

Cold and dampness will, of course, bring on an attack, but usually the underlying cause is poor kidney action and a rundown nervous system.

A combined treatment is called for—Dr. Chase's Nerve Food to restore vigour to the nervous system and Dr. Chase's Kidney-Liver Pills to arouse thorough action of the liver, kidneys and bowels. The Nerve Food to be used after meals and at bedtime. The Pills at bedtime just often enough to keep the bowels regular and active.

Do You Believe That

	Yes	No
1. Hairy people have unusually strong muscles?
2. Beautiful people are inclined to be dumb?
3. Pus is poison coming out of the body?
4. Night air may cause pneumonia or colds?
5. An artistic disposition is shown by long, slender hands?
6. Dew falls from the sky?
7. By staring at someone's back you can make him turn around?
8. Winters used to be colder or longer 50 years ago?
9. Red-haired people have the worst tempers?
10. People with receding chins have weak wills?
11. A mustache strengthens the eyes?
12. A cold nose means a dog is in good health?
13. Lightning never strikes twice in the same place?
14. People used to live longer than they do today?
15. Plump people have good dispositions?
16. Insanity is caused by over-study?
17. When cousins marry, their children will likely be feeble-minded?
18. Birthmarks are caused by mothers being frightened before the birth of the child?
19. Darwin claimed that men descended from monkeys?
20. Children will inherit some of their parents' education?
21. Too much bathing weakens a person's body?
22. The shape of the head or other features reveals character?
23. Human beings have five senses?
24. Men are brainier than women?
25. Many geniuses were feeble-minded when children?
26. Some animals would be as smart as men if they could talk?
27. Much insanity is due to bad heredity?
28. Brainy people are likely to have weak bodies?

The average high school graduate marks 11 of these questions Yes. As a matter of fact, however, not a single one of the statements is true. These are 28 popular fallacies in which many folk believe.—*David Drezel.*

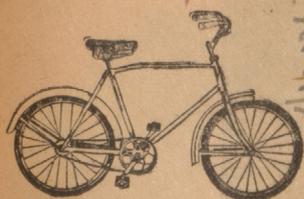
DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER FORECASTS	Aug. 1942			Moon's Phases			Ont. and Que.			Mar. Provs. and Nfld.			Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
				☾	☽	☾	d.	h.	m.	d.	h.	m.	d.	h.	m.	Sun Rises h.m.	Sun Sets h.m.	Moon Rises p.m.
1	S	♈														4.44	7.28	10.12
2	S	♈	Fine.													4.45	7.27	10.41
3	M	♈														4.46	7.25	11.11
4	T	♈	Week													4.47	7.24	11.42
5	W	♈	of													4.48	7.22	a.m.
6	T	♈	bright													4.50	7.21	0.17
7	F	♈	warm													4.51	7.19	0.55
8	S	♈	weather.													4.52	7.18	1.38
9	S	♈														4.53	7.17	2.26
10	M	♈	Continues													4.55	7.15	3.18
11	T	♈	very													4.56	7.14	4.14
12	W	♈	fine													4.57	7.12	sets
13	T	♈	and													4.58	7.11	p.m.
14	F	♈	clear.													4.59	7.09	8.24
15	S	♈														5.01	7.08	8.54
16	S	♈	Very													5.02	7.07	9.24
17	M	♈	severe													5.03	7.05	9.56
18	T	♈	thunder													5.04	7.03	10.31
19	W	♈	storms													5.05	7.01	11.11
20	T	♈	this													5.07	6.59	11.57
21	F	♈	week.													5.08	6.58	a.m.
22	S	♈														5.09	6.56	0.51
23	S	♈	Fine													5.10	6.54	1.52
24	M	♈	clear													5.11	6.53	3.00
25	T	♈	weather													5.12	6.51	4.11
26	W	♈	after													5.13	6.50	rises
27	T	♈	full													5.14	6.48	p.m.
28	F	♈	moon.													5.15	6.46	8.10
29	S	♈														5.17	6.44	8.40
30	S	♈	Cool.													5.18	6.42	9.10
31	M	♈														5.19	6.40	9.41

How Much Do You Know?

1. What was the name of the mountain on which the law was given to Moses?
2. How much of an iceberg is under water?
3. When travelling from San Francisco to Japan, does one lose or gain a day?
4. When it's springtime in the Rockies, what time is it in the Andes?
5. Do we use the Gregorian or the Julian calendar?

Get three out of five and you are better than average.

Answers on page 47



275'
275'
200
75' 0

4 BICYCLES 1000

SPITFIRE MODEL AEROPLANES



Boys and Girls Here's Your Chance

To win one of these great prizes, just finish this sentence in twenty-five words or less:

"I like to take Dr. Chase's Syrup of Linseed and Turpentine because - -"

and enclose the top of a carton of Dr. Chase's Syrup of Linseed and Turpentine.

That is all that you have to do—and what a great chance you have of winning one of these one thousand and four prizes.

If your sentence is judged to be one of the four best received, you will win a brand new shiny bicycle. If your sentence is one of the next thousand best received (which should not be hard to do) you will win a sleek fast-flying model Spitfire Aeroplane.

When you put it together it really flies and you will have lots of fun when you see how high it will go.

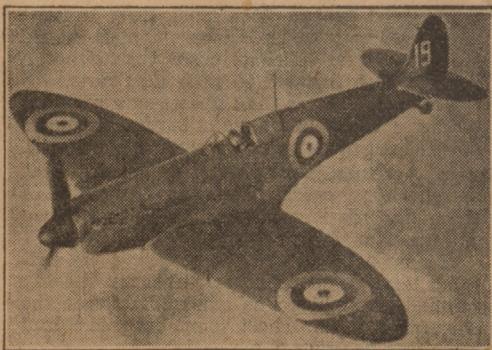
If you have taken Dr. Chase's Syrup of Linseed and Turpentine for a cough or a cold, you will not have any trouble completing the sentence. If you have not tried it, ask your mother to buy Dr. Chase's Cough Syrup next time.

When your mother sees how much you like to take it and how quickly it clears up a cold, she will be delighted that you asked her to buy it and will always want to keep it in the house.

If you turn to the next page, you will find some important information on Dr. Chase's Cough Syrup which will help you a great deal in writing your sentence.

Here are the Rules for the Contest:

1. Write plainly—on one side of the paper only. Write your name and address clearly at the top of the page and state your age. (No prizes will be awarded to those over sixteen on their last birthday.)
2. You may send in as many different sentences as you wish with the one carton top.
3. All entries must be received at this office not later than February 28th, 1942.
4. All winners ONLY will be notified immediately by mail not later than March 31st, 1942.
5. The contestants agree to accept the decision of the judges as final.
6. The Company cannot undertake to enter into any correspondence with the contestants, nor can we return any entries.
7. All entries become the property of the Dr. A. W. Chase Medicine Company, Limited.*
8. Address your entry to The Dr. A. W. Chase Medicine Company, Limited, Oakville, Ontario, Canada.





Mother! Here Are The Reasons Why —

Quick relief from coughing. It usually takes only about six or eight doses of Dr. Chase's Linseed and Turpentine Cough Syrup to bring surprisingly quick relief from even a hacking cough.

Loosens phlegm. Dr. Chase's Syrup of Linseed and Turpentine not only relieves the coughing, but also loosens the phlegm and helps to clear up the congestion in the chest.

It's pleasant taste. You never have to force your child to take Dr. Chase's Cough Syrup. It has such a delicious taste that children actually look forward to their next dose.

This is far better than upsetting a child by forcing a harsh, unpleasant tasting medicine down a little throat, already sore from coughing.

Croup, Asthma, Bronchitis. You can count on obtaining quick relief from any one of these ailments if you take Dr. Chase's Syrup of Linseed and Turpentine.

It soon helps to end the coughing, the irritated larynx and bronchial tubes are quickly soothed, the phlegm is loosened so that the congestion in the chest soon disappears and breathing becomes much easier.

A chest cold. To break up a chest cold as quickly as possible put the patient to bed and then administer Dr. Chase's Syrup of Linseed and Turpentine according to the directions.

It will help to ease the cough and the tickling in the throat almost at once. Then it helps break up the congestion in the chest and the patient is soon resting much easier and feeling much better.

When you can obtain such relief from colds, croup, asthma and bronchitis, it is the part of wisdom to always have a bottle of Dr. Chase's Syrup of Linseed and Turpentine ready for immediate use.

Price 35c
Large Economy
Size 75c





An Era Of
New Health
 Comes In With
Nerve Food
Plus Vitamin B₁

New health, new hope, new life.

These three are placed within your reach when you start to take a treatment of Dr. Chase's Nerve Food which now contains Vitamin B₁.

You not only get valuable iron and other essential minerals, but also Vitamin B₁, of which there is usually a very inadequate supply in the modern diet.

The combination of these essential minerals and Vitamin B₁ can make a great difference in your life and the pleasure which you will get out of living.

Your blood is enriched, your nerve force increased and your whole body is filled with a new sense of vigour and vitality.

You feel more exuberant, more healthful, and get a new zest out of life.

When you take Dr. Chase's Nerve Food, you are not experimenting with a new and untried medicine—instead, you know that you are taking a tonic which has helped many many others to discover new health and is now able to help you more than ever before.

Are You Self-Reliant?

- | | Yes | No |
|--|-------|-------|
| 1. Do you speak up when you think people are trying to cheat you? | | |
| 2. Do you prefer to plan your own work rather than have someone else do the planning for you? | | |
| 3. Can you do your work undisturbed when someone blames you? | | |
| 4. Do you keep calm and unexcited when things go wrong? | | |
| 5. Do you rarely ask people to suggest what you could do, where you might go, and such? | | |
| 6. When you realize you have been in the wrong, do you apologize for it? | | |
| 7. Is it easy for you to talk with people? | | |
| 8. Do you look forward to meeting new people? | | |
| 9. Do you leave social gatherings and meetings at a sensible time, even though others are still staying? | | |
| 10. Whether you like the taste or not, do you usually eat the kind and amount of foods you know are good for people? | | |
| 11. Do you do your work and chores promptly without needing supervision and without being told to do it? | | |
| 12. Do you keep at a job until the work is finished? | | |

Eight Yes answers is the average. Fewer than this indicates proportionately low self-reliance.—*Your Life.*

Do Your Best, You'll Be Paid

If ever you have had the slightest inclination to say "I'm not getting half enough for this job, so I'm not going to bust the brichtin' exerting myself on it," you've been wrong. No matter whether you are working for a stingy or for a generous employer, you are working for yourself. That is the big thing. You have a far greater stake than your monetary pay. You are developing a standard of work for yourself that is to serve you the rest of your life.

So no matter what you are doing or for what wages, do your best. You can't afford to do less. If you let down, you will lower the standard of your work and thereby become worth less if ever you chance to be engaged by a generous employer. Less than any man's best may be good enough for the employer, but it is never good enough for the employee. To keep the channels of energy open to their fullest, giving your best in quality and quantity, is the least you can afford. To maintain two standards of efficiency is as unwise as to maintain two standards of honesty or truthfulness or decency.

You are investing your life in what you are doing. The other party is merely investing some of his money. His interest in you is ephemeral; yours is permanent. You are building up a valuable or a worthless asset as you work. If you put half your heart into the work, asking "How little can I do for this pittance?" you are losing hourly. You are dwarfing your industrial and mental stature. The pay in money that you get today is transient almost to the point of negligibility. The effect on your life and your ultimate value is incalculable.—*Your Life.*

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER FORECASTS	Sept. 1942	Moon's Phases			Ont. and Que.			Mar. Provs. and Nfld.			Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
					☾ Last Qtr....	☾ New Moon...	☽ First Qtr....	☽ Full Moon...	d. h. m.	d. h. m.	d. h. m.	d. h. m.	Sun Rises h.m.	Sun Sets h.m.	Moon Rises p.m.	
1	T	♈											5.20	6.38	10.15	
2	W	♈	Month										5.22	6.36	10.52	
3	T	♈	begins										5.23	6.35	11.33	
4	F	♈	wet.										5.24	6.33	a.m.	
5	S	♈											5.25	6.31	0.19	
6	S	♈	Change-										5.26	6.29	1.09	
7	M	♈	able	Labor Day									5.28	6.27	2.04	
8	T	♈	weather										5.29	6.26	3.02	
9	W	♈	this										5.30	6.24	4.04	
10	T	♈	week.										5.31	6.22	5.07	
11	F	♈											5.32	6.20	sets	
12	S	♈		Hebrew New Year (Rosh Hashanah)									5.34	6.18	p.m.	
13	S	♈	Clears										5.35	6.16	7.58	
14	M	♈	and	348 lbs oats R.B.									5.36	6.14	8.32	
15	T	♈	remains										5.37	6.12	9.11	
16	W	♈	very										5.38	6.10	9.55	
17	T	♈	fine.										5.40	6.08	10.45	
18	F	♈											5.41	6.07	11.43	
19	S	♈	Heavy										5.42	6.05	a.m.	
20	S	♈	thunder										5.43	6.02	0.46	
21	M	♈	storms	Day of Atonement (Yom Kippur)									5.44	6.00	1.54	
22	T	♈	much										5.46	5.59	3.04	
23	W	♈	damage										5.47	5.57	4.14	
24	T	♈	done.										5.48	5.55	5.23	
25	F	♈											5.50	5.53	rises	
26	S	♈	Ends	Feast of Tabernacles (Succoth)									5.51	5.51	p.m.	
27	S	♈	clear										5.52	5.49	7.39	
28	M	♈	and										5.53	5.48	8.12	
29	T	♈	fine.										5.55	5.46	8.48	
100 30	W	♈		J. Caswell									5.56	5.44	9.28	

How Much Do You Know?

1. What do the letters D.F. stand for in the address of Mexico, D.F.?
2. Why do stars twinkle?
3. These are names familiar to farmers. To what does each refer? Clydesdale, Poland China, Cochin-China.
4. What is the Southern Cross?
5. If you were sailing around the southern end of South America, would you pass Cape Horn or Cape of Good Hope?

Get three out of five and you are better than average.

Answers on page 47

PARADOL

For
Head-
aches



When you have a headache, you do not want it to hang on for hours, wearing

you down and putting your nerves on edge—you want immediate relief.

So the next time your head aches try a Dr. Chase's Paradol. Then see how quickly your headache disappears with no unpleasant after effects—your headache is just forgotten.

PARADOL

For Pain

NEURALGIA,
RHEUMATIC PAINS,
NEURITIS,
SINUS PAINS.



When you want quick effective relief from the pain caused by any of these ailments, you can depend on Dr. Chase's Paradol to give you a good rest from your suffering.

For Paradol acts quickly, effectively, and for a long time.

Paradol is safe to use and does not leave you feeling groggy or depressed.

Help Yourself

"My family thinks there's something wrong with me," a woman complained to the psychoanalyst, "simply because I like buckwheat cakes."

"But there's nothing wrong about liking buckwheat cakes," the doctor murmured, puzzled. "I like them myself."

"Oh, do you?" The woman was delighted. "You must come up some day. I have seven trunks full."—Contributed by Oscar Schisgall in *Reader's Digest*.

PARADOL

For
Freedom



When you have Paradol handy you need never fear Periodic Pains.

For Paradol brings quick and comforting relief. It is now so popular that many girls would never think of being without it in their handbags.

When you have to keep a social engagement, a Paradol, not only helps relieve all pain, but it leaves you feeling perfectly relaxed and comfortable. Then you can go out and enjoy every minute of the party.

PARADOL

The
Formula



The formula for Paradol is right on the package. Show it to your doctor—he will tell you that it is made up of the finest medical ingredients known for the relief of pain. He will also tell you that it is perfectly safe to use.

Impatient with President Lincoln's order that detailed reports from the front be dispatched to the White House, General McClellan sent him the following telegram:

President Abraham Lincoln,
Washington, D.C.

We have just captured six cows. What shall we do with them?

George B. McClellan.

The President immediately answered:
General George B. McClellan,
Army of the Potomac

As to the six cows captured—milk them.

A. Lincoln.

—Coronet, *Reader's Digest*.

The nice thing about these wide-brimmed spring hats is that it makes it easier for a girl to keep a kiss under her hat!

Using Her Head To Save Her Feet



This young lady knows exactly what to do for sore, tired, aching feet at the end of a long, hard day in the store or on the farm.

After bathing them for ten minutes in warm water, she applies Dr. Chase's Ointment. It soothes and heals, and its antiseptic action prevents any foot disease from ever getting a start. Best of all, when the summer season comes, and she appears on the beach, her feet will be without a blemish.

If you are suffering from Athlete's Foot you can quickly clear it up by using Dr. Chase's Ointment—just bathe your feet as suggested above, apply the ointment and then you will be pleasantly surprised at how quickly your feet are cleared of the disease and of all blemishes, leaving the skin perfectly healthy once again.

Had Athlete's Foot Five Years

164 Preston Street,
Ottawa, Ontario.

Dear Sir:—"I have had Athlete's Foot for nearly five years and I could not seem to get rid of it until one day when I was reading your Almanac and read how much your ointment had done for those who suffered from Athlete's Foot.

I tried it and I want to tell you that in less than a week my feet were as well as ever.

I thought I should write to you so that somebody else may read this and try it and get the same results which I did." Yours very truly,

(Signed) ALFRED DODGE.

Pimples and Blackheads

If you are bothered with skin blemishes, such as pimples and blackheads, you will find that Dr. Chase's Ointment is just the thing you have been looking for.

It quickly clears up these troubles, and its antiseptic action helps to prevent further infection, and instead of ugly blemishes and blotches, your skin will be soft, smooth and white.

Sentence Symphonies

"We have been together many years; where you go I will go."—*Mrs. Isidor Straus, as she stepped out of a lifeboat to rejoin her husband on the deck of the sinking "Titanic".*

* * *

Man is a dog's ideal of what God should be.—*Holbrook Jackson.*

* * *

You may be as orthodox as the Devil, and as wicked.—*John Wesley.*

* * *

The trouble with most saints is that they will not mix with sinners.—*Peter Fletcher.*

If people knew how hard I have had to work to gain my mastery, it wouldn't seem wonderful at all.—*Michelangelo.*

* * *

One of the best of all his good manners was that million-hued miracle called a smile.—*Richard C. Cabot.*

* * *

Decision, clearly taken, brings calmness, strength, the quiet mind and a flow of power.—*Foster Kennedy.*

* * *

Who would venture upon the journey of life, if compelled to begin it at the end?—*Madame de Maintenon.*

—From *Your Life.*



How To Go Fishing

Bait and tackle are most essential, but so is Dr. Chase's Ointment for your protection.

This salve is not just a cream but an antiseptic ointment which not only heals, but also protects you from infection.

If you give your flesh a nasty tear with a rusty infected hook when you are miles from a doctor, you want an ointment which will heal the wound and act as an antiseptic as well.

That is why Dr. Chase's Ointment is the first choice of fishermen and woodsmen who know.

For your own and your friends' protection, be sure that Dr. Chase's Ointment goes along when you start out on a fishing, hunting or canoe trip.

Burns and Wounds

The first thing to think about is germs. For germs may cause inflammation and swelling and if they enter the blood stream—blood poisoning.

By using Dr. Chase's Ointment, freely, you afford relief from pain and discomfort and at the same time destroy any germs that may be present. The ointment may be applied directly to the wound or burn, or if you have some clean absorbent cotton apply the ointment to this and bind it on with a clean piece of linen or cotton. Dr. Chase's Ointment is strongly antiseptic, quickly destroys germs, and promotes natural healing of the skin.

Vacation Troubles

Sunburn

Sunburn may seem difficult to heal, but Dr. Chase's Ointment not only helps to heal it quickly, but it prevents infection and leaves the skin soft and smooth.

Poison Ivy

Poison ivy and other plant poisons are soon cleared up when you apply Dr. Chase's Ointment.

One of the advantages of this ointment is that it prevents infection and it clings to the skin until it heals.

Insect Bites

Just try Dr. Chase's Ointment once for insect bites and see how quickly it takes away the sting and how swiftly it heals the skin.

Eczema

Conquerall Banks,
Lunenburg Co., N.S.

Dear Friends:—"I was troubled with a bad attack of eczema and tried several treatments, but to no avail.

At last neighbours told me to try Dr. Chase's Ointment, I did so, and the first application gave me great relief, and by the time I had finished one box my eczema practically disappeared.

Thanks a lot to Dr. Chase's Ointment."

(Signed) Miss Marion Wagner.

The Only Hour

Cried Sue to Bill, in matrimonial strife:

"Cursed be the hour I first became your wife!"

"By all the powers," said Bill, "but that's too bad!"

"You've cursed the only peaceful hour we've had!"

At a party in Paris, the American bull-fighter, Sidney Franklin, was cornered by an American dowager who took him severely to task for the alleged cruelty of his art. She would have none of his careful explanations, but pattered on endlessly about the "poor, helpless bulls". After ten minutes of this, Franklin came to the limit of his patience.

"Madam," he said, "I can't agree with you. I have killed many bulls, but I have always spared them the ultimate cruelty—not one did I ever bore to death!"—Contributed by Ken W. Purdy.

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER FORECASTS	Oct. 1942	Moon's Phases ☾ Last Qtr ☉ New Moon ☽ First Qtr ☽ Full Moon	Ont. and Que.		Mar. Provs. and Nfld.		Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
						d.	h. m.	d.	h. m.	Sun Rises h.m.	Sun Sets h.m.	Moon Rises p.m.
1	T	♈								5.57	5.42	10.11
2	F	♈	Clear							5.58	5.39	11.00
3	S	♈	days.							5.59	5.38	11.52
4	S	♈								6.00	5.36	a.m.
5	M	♈								6.03	5.34	0.49
6	T	♈	Cold							6.04	5.32	1.48
7	W	♈	rains							6.05	5.30	2.51
8	T	♈	and							6.06	5.29	3.56
9	F	♈	high							6.07	5.27	5.03
10	S	♈	winds.							6.08	5.25	sets
11	S	♈								6.10	5.23	p.m.
12	M	♈	Week							6.11	5.21	7.09
13	T	♈	of							6.12	5.20	7.52
14	W	♈	charming							6.14	5.18	8.41
15	T	♈	fall							6.15	5.16	9.37
16	F	♈	weather.							6.16	5.14	10.39
17	S	♈								6.17	5.13	11.45
18	S	♈	Some							6.18	5.12	a.m.
19	M	♈	showers.							6.20	5.10	0.53
20	T	♈	but							6.22	5.08	2.01
21	W	♈	mostly							6.23	5.06	3.09
22	T	♈	fair.							6.24	5.04	4.16
23	F	♈								6.25	5.03	5.22
24	S	♈								6.27	5.01	rises
25	S	♈	Full							6.28	5.00	p.m.
26	M	♈	moon							6.30	4.58	6.44
27	T	♈	23rd							6.31	4.56	7.22
28	W	♈	brings							6.32	4.55	8.04
29	T	♈	fair							6.33	4.53	8.51
30	F	♈	weather.							6.34	4.52	9.41
31	S	♈								6.36	4.50	10.36

How Much Do You Know?

- Which has the right of way in an airport, the plane landing or taking off?
- Which two countries compose the Iberian peninsula?
- Is the Penguin found near the North Pole or the South Pole?
- If something should go wrong with your pulmonary system, would you call a plumber, a physician or an electrician?
- What is meant when it is said that an actor or radio announcer is—ad libbing?

Get three out of five and you are better than average.

Answers on page 47

Piles or Hemorrhoids

What brings more embarrassment and suffering than itching piles? Modesty prevents many from consulting their doctor about this ailment. Fear halts others for they know that the usual recommendation is a surgical operation with all the risk and expense involved. Besides an operation for piles is followed by great discomfort and does not necessarily afford lasting freedom.

You can obtain quick relief from the itching, stinging sensations of piles by using Dr. Chase's Ointment. By persistent use of this soothing medical treatment, you can usually entirely overcome this ailment. There is no treatment for piles so well known as Dr. Chase's Ointment which has a record of 50 years and remains today without a successful rival.

There are various forms of piles such as itching, bleeding and protruding, but you can depend on Dr. Chase's Ointment to bring relief no matter what form of this annoying ailment may afflict you.

Soldier Found Relief

2518-15½ St. N.W.,
Calgary, Alta.

Gentlemen:—"I have great pleasure in testifying to the great benefits which I have received through the use of Dr. Chase's Ointment.

I am a returned soldier of the last Great War and contracted hemorrhoids while in France. I have had two operations but the itching still persisted.

I spent many sleepless nights until I tried your ointment about a month ago, now I can have a good night's sleep after applying the

medicine as directed and furthermore, the itching is gradually getting less painful.

I cannot tell you how thankful I am for the great benefit which I have received. I am recommending your ointment to fellow sufferers."

Yours gratefully,

(Signed) D. BRUCE.

YOU Can Clear Up These Ailments

You will have no trouble in obtaining relief from any of the following list of ailments if you apply Dr. Chase's Antiseptic Ointment to them.

This ointment is not just a cream, but is a medical treatment which brings quick and soothing relief from these troubles.

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
Itch, Barber's Itch, Prairie Itch
Rough Red Skin
Chilblains and Frost Bites
Poisoned Skin. Poison Ivy
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
Itching, Bleeding and Protruding Piles or Hemorrhoids



Dr. Chase's Kidney-Liver Pills

35 Pills for 35 Cents

An Economical Treatment for Torpid Liver, Biliousness, Indigestion, Constipation, Backache, Kidney Disorders and the Aches and Pains arising from Poisons in the System.

WATCH FOR THESE SYMPTOMS OF KIDNEY DISORDERS

Scanty, highly coloured urine, Headache, Backache, Constipation, the appetite is fickle, the tongue is furred and in time there is pallor and loss of weight.

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



A Purely Vegetable
Tonic For The
Liver



This Offer is Good
Until May 31st,
1942

You Must Feel Better Or We Return Your Dollar

No Trip Back To The Store—No Bottle To Return

To prove to you that we are sincere in every word which we say about Dr. Chase's Liver Medicine, we first of all want to make this exceptional offer to you.

If, after taking a bottle of this tonic, you do not feel in much better health and enjoy your meals far more than you ever did before—just do this.

Print your name and address and the name and address of the druggist from whom you purchased the bottle across the direction sheet, which you will find enclosed with the bottle, and mail it to The Dr. A. W. Chase Medicine Company, Limited, Oakville, Ontario. Your money will be returned to you at once—you do not have to go back to the store, nor do you have to return the bottle or carton.

WHY HAVE WE THIS CONFIDENCE IN DR. CHASE'S LIVER MEDICINE?

Because after taking this tonic for a short while you will find that constipation disappears, your appetite returns and that you are not bothered any more with biliousness.

It will change a sluggish inactive liver, which allows poisons to accumulate and sap your vitality, into an active liver which functions so well that before long you will experience a new sense of good health and energy.

When you take this tonic before your meals, its rather bitter taste makes it an ideal appetizer, so much so, that in the first few days you will notice all signs of biliousness disappearing and that you are digesting and enjoying your food as easily and eagerly as you did when a child.

WATCH FOR THESE SYMPTOMS OF A DISORDERED LIVER — coated tongue, pains in the shoulderblades, tired and languid feelings, poor appetite, and poor digestion, you also find yourself becoming cross and easily irritated. If you experience any of these symptoms, start taking Dr. Chase's Liver Medicine at once.

This vegetable tonic is made up solely of roots and herbs. Two of the ingredients are Mandrake and Dandelion, both of which are particularly effective in stimulating the action of the liver, and thus creating a natural flow of bile.

Here then is a tonic which you cannot afford to miss, for without risking one cent of your own money, you can see for yourself how Dr. Chase's Liver Medicine will overcome biliousness, indigestion and constipation, and how it will improve your appetite. But more important, you will see how its action on your liver, which next to the heart is the most important organ of the body, will tone up your whole system so that you will enjoy an abundance of new health, energy and vitality. By acting now in a few short weeks you will feel like a different person.



Coaches and Athletes

Are Turning To

Dr. Chase's Liniment



The next time you suffer from strained and aching muscles, just rub in some Dr. Chase's Liniment. Notice how it penetrates right to the sore spot, how it quickly brings you ease and comfort. That is why more and more athletes are depending upon Dr. Chase's Liniment to keep them limber and ready for action.

When you use a liniment, you want quick relief, therefore, you want one which penetrates swiftly, relaxing the muscles and soothing the pain. One which will soon have you moving around in ease and comfort once again.

That is why we know you will never be disappointed if you use Dr. Chase's Liniment, instead, you will realize that at last you have found the liniment which really does the job.

It is for sale at all drug stores—the price is **Thirty-five Cents**—or, write to the **Dr. A. W. Chase Medicine Company, Limited, Oakville, Ontario.**

Rheumatic Pains

For relief from muscular rheumatism Dr. Chase's Liniment should be thoroughly rubbed in two or three times a day.

In treating chronic rheumatism every effort should be made to prevent the joints becoming set, thereby causing stiffness and lameness. Exercise should be continued and Dr. Chase's Liniment thoroughly rubbed in two or three times daily in order to relieve the pain and soreness. By kneading and working the joint back and forth, stiffness may be prevented.

When the rubbing is completed the joint should be wrapped or bandaged with flannel or by using the leg of a woollen stocking.

Sciatic Pains

The test for sciatica is to try to raise the leg at right angle to the body. If you have sciatica, you cannot do this. Walking is painful, if not impossible. You want to keep the knee bent.

Rubbing with Dr. Chase's Liniment affords relief, and should be carried out four or five times a day while the patient is resting in bed. After this treatment is completed, cover the leg with flannel or cloth. In severe cases the flannel should be moistened with hot water and sprinkled with liniment before applying.

For Dandruff

Because of the fine essential oils which it contains, Dr. Chase's Liniment has won a great reputation as a treatment for dandruff.

If you suffer from dandruff put this liniment to the test, you will be surprised at how quickly it will clear up your trouble for you.

You Can Get Quick Relief

With Dr. Chase's Liniment from the Following Ailments:

- Rheumatism
- Lumbago
- Backache
- Sore, Stiff Muscles
- Sciatica Neuralgia
- Throat and Chest Colds
- Cuts, Wounds, Burns
- Dandruff and Irritations of the Scalp



DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER FORECASTS	Nov. 1942	Moon's Phases	Ont. and Que.		Mar. Provs. and Nfld.		Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
						d.	h. m.	d.	h. m.	Sun Rises	Sun Sets	Moon Rises
1	S	♏		All Saints' Day	☾ Last Qtr.....	1	1 18 a.m.	1	2 18 a.m.	6.38	4.49	11.34
2	M	♏	Week		☾ New Moon...	8	10 19 a.m.	8	11 19 a.m.	6.39	4.48	a.m.
3	T	♏	of		☽ First Qtr....	15	1 56 a.m.	15	2 56 a.m.	6.40	4.47	0.34
4	W	♏	fine		☽ Full Moon...	22	3 24 p.m.	22	4 24 p.m.	6.41	4.45	1.37
5	T	♏	cool		☾ Last Qtr.....	30	8 37 p.m.	30	9 37 p.m.	6.43	4.44	2.42
6	F	♏	days.							6.45	4.42	3.50
7	S	♏								6.46	4.41	5.00
8	S	♏								6.47	4.40	sets
9	M	♏	High							6.49	4.39	p.m.
10	T	♏	winds	<i>finished plowing</i>						6.50	4.38	6.32
11	W	♏	do	Armistice Day (War 1914-18)						6.52	4.36	7.27
12	T	♏	much	<i>first snow</i>						6.52	4.35	8.29
13	F	♏	damage.	<i>cold. V. 9-65</i>						6.55	4.34	9.36
14	S	♏								6.56	4.33	10.44
15	S	♏								6.57	4.32	11.53
16	M	♏	Mostly							6.58	4.31	a.m.
17	T	♏	fine	<i>dug up parsnips 2 bu.</i>						6.59	4.30	1.01
18	W	♏	and							7.00	4.29	2.07
19	T	♏	cold.							7.02	4.28	3.12
20	F	♏		<i>old cedar nichols 45.00</i>						7.03	4.28	4.16
21	S	♏								7.05	4.26	5.18
22	S	♏	Cold							7.06	4.26	rises
23	M	♏	winds							7.07	4.25	p.m.
24	T	♏	and							7.09	4.24	5.59
25	W	♏	some							7.10	4.24	6.44
26	T	♏	rain.	<i>finished putting in wood</i>						7.11	4.23	7.33
27	F	♏		<i>sow</i>						7.12	4.22	8.26
28	S	♏								7.14	4.21	9.22
29	S	♏	Ends	First Sunday in Advent						7.15	4.21	10.20
30	M	♏	cold.	St. Andrew	<i>The first tied cattle all in for</i>					7.16	4.21	11.21

How Much Do You Know?

1. What is the difference between a sawbuck and a bucksaw?
2. If you had a Hotchkiss, would you tell time with it, shoot with it, eat it with lemon and nutmeg, or weigh yourself with it?
3. To what family did Henry VIII of England belong?
4. From what poem by what poet is the quotation "Water, water everywhere, nor any drop to drink"?
5. Can you name three of Santa Claus' eight reindeer?

Get three out of five and you are better than average.

Answers on page 47

Answers to "How Much do You Know?"

JANUARY

1. Cucumbers.
2. Frog or toad.
3. A woman.
4. Bermuda.
5. Clementine or Nellie Gray.
Molly. Alice.

FEBRUARY

1. United States—American Samoa
—Germany.
2. Radio Operator—Ship's Carpenter.
3. Twenty-four.
4. Ebenezer.
5. Dig them out of the ground.

MARCH

1. Flyweight—The lightest, Lightweight—The heaviest.
2. Istanbul.
3. William F. Cody.
4. Started the Chicago Fire by kicking over a lantern.
5. The short pipes.

APRIL

1. Water.
2. The Pacific Ocean and the Caribbean Sea.
3. Sailing vessel.
4. Asia and Europe, Africa, South America.
5. President Wilson.

MAY

1. Isolated mountain plateau in the Grand Canyon.
2. Atlas.
3. Saccharine.
4. Starboard. Port. Stern.
5. Morbid about his health.

JUNE

1. South America.
2. Catskill Mountains.
3. Fleet. Flock. Pack.
4. Arabian Nights.
5. Gregory Rasputin.

JULY

1. Notre Dame.
2. One versed in many languages.
3. The Andes.
4. Thomas.
5. France. Poland. Scotland.

AUGUST

1. Mount Sinai.
2. About eight-ninths.
3. A day is lost sailing westward across the International Date Line.
4. Autumn.
5. Gregorian.

SEPTEMBER

1. District Federal.
2. Illusion due to distortion of light rays passing through the atmosphere.
3. A draft horse. Pigs. Chickens.
4. A group of stars in southern hemisphere resembling Latin cross.
5. Cape Horn.

OCTOBER

1. The plane that is landing.
2. Spain and Portugal.
3. South Pole.
4. Physician.
5. Making up his line as he speaks.

NOVEMBER

1. A sawbuck is a frame with X shaped ends to hold wood for sawing. A bucksaw a saw set in an H shaped frame.
2. Shoot with it—it is a machinegun.
3. Tudor.
4. Line of The Ancient Mariner by Coleridge.
5. Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Donner and Blitzen.

DECEMBER

1. Indian Ocean.
2. The Three Musketeers.
3. Merchant of Venice.
4. Less than a mile.
5. Mediterranean and Red Seas.

"From the Sublime . . ."

At a meeting held by Sir Oswald Mosley, leader of the "British Fascists", Sir Oswald marched up to the platform surrounded by his bodyguard of Black Shirts and followed by a spotlight. Reaching the platform, he turned with infinite solemnity and raised his right arm in the fascist salute. In the silence came a clear voice from the balcony: "Yes, Oswald, you may leave the room."—R. Ellis Roberts in *The Newspaper P.M.*

The young man had taken too many cocktails and suspected his table partner was aware of it. With careful politeness he offered apology and explanation. "And anyway," he added, "though I may be slightly under the affluence of inkahol, I'm not so think as you drunk I am."

—Contributed by Don Rose.

Answer To "You Win"

The thing to do is to make his total and yours up to an even ten, i.e., 10, 20, 30, 40, 50, 60, 70, 80, 90. Say he begins low by picking up one match, you pick up nine, making 10. If he then goes high and picks up nine, you take one and make the total 20. You are bound to win, because you can always make the totals up to 20, 30, etc., to 90. Then no matter what he takes, you can have the last match.

Is Fifty Years The Danger Line?

Vitamin B₁ is likely to be insufficiently used after fifty say some experts. People of that age, it is said, avoid the foods which contain vitamin B₁.

This is one reason why the functions of vital organs of the body slacken up as age advances. Since this is the case there is great necessity for the use of a food treatment such as Dr. Chase's Nerve Food to supply vitamin B₁ and minerals which are essential if health and vigour are to be maintained.

Change of Life

15 Crystal Ave., St. Vital, Man.,
The Dr. A. W. Chase Medicine Co., Ltd.,
Oakville, Ontario.

Dear Sirs:—"I wish to tell you I have been a constant user of Dr. Chase's Nerve Food for more than four years and I am happy to say that I have been greatly helped over the trying time of change of life. The terrible nervousness has disappeared and I sleep well every night. Thanks to Dr. Chase's Nerve Food." Yours truly,
(Signed) Mrs. Lily Spence.

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER FORECASTS	Dec. 1942		Moon's Phases		Ont. and Que.		Mar. Provs. and Nfld.		Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
						☾ New Moon...	☽ First Qtr...	☽ Full Moon...	☾ Last Qtr....	d. h. m.	d. h. m.	d. h. m.	d. h. m.	Sun Rises h.m.
1	T	♈										7.17	4.20	
2	W	♉	Very									7.18	4.20	0.24
3	T	♊	cold									7.20	4.20	1.28
4	F	♈	this									7.21	4.20	2.36
5	S	♉	week.									7.22	4.19	3.46
6	S	♊										7.23	4.19	4.59
7	M	♈										7.24	4.19	sets
8	T	♉	Fine									7.25	4.19	p.m.
9	W	♊	clear									7.25	4.19	6.11
10	T	♈	weather									7.26	4.18	7.18
11	F	♉	and									7.27	4.18	8.29
12	S	♊	milder.									7.28	4.18	9.41
13	S	♈										7.29	4.18	10.51
14	M	♉	Week									7.30	4.18	11.59
15	T	♊	of									7.31	4.19	a.m.
16	W	♈	fine									7.31	4.19	1.04
17	T	♉	clear									7.32	4.19	2.09
18	F	♊	days.									7.32	4.20	3.11
19	S	♈										7.33	4.20	4.12
20	S	♉										7.33	4.21	5.12
21	M	♊	Many									7.34	4.21	rises
22	T	♈	snow									7.35	4.21	p.m.
23	W	♉	flurries									7.36	4.22	5.28
24	T	♊	this									7.36	4.23	6.20
25	F	♈	week.									7.37	4.23	7.14
26	S	♉										7.37	4.24	8.12
27	S	♊	Ends									7.38	4.24	9.11
28	M	♈	stormy									7.38	4.25	10.12
29	T	♉	and									7.38	4.26	11.14
30	W	♊	cold.									7.38	4.27	a.m.
31	T	♈										7.38	4.27	0.18

How Much Do You Know?

1. Name the third largest of the earth's oceans.
2. In what book would one find the characters—Porthos, Athos, and Aramis?
3. In which of Shakespeare's plays is Portia the heroine?
4. Is a kilometer more than a mile, less than a mile, or of the same length?
5. What two bodies of water does the Suez Canal connect?

Get three out of five and you are better than average.

Answers on page 47



Follow Her Example To Relieve Your Catarrh

Nothing is more upsetting and disagreeable than catarrh. In its early stages it might be just a cold in the head, but if neglected it becomes chronic and develops into catarrh. Then there is inflammation of the mucous membranes of the nose and throat. Your sense of smell may be lost, and your breath becomes offensive.

To add to the unpleasantness there are disagreeable droppings in the throat of purulent matter, which upsets digestion, and causes you to clear your throat and spit.

If you are suffering from these symptoms, let Dr. Chase's Catarrh Powder help to check them for you.

When you have blown Dr. Chase's Catarrh Powder up through the air passages of your head, it almost instantly helps to clear them of mucous, leaving your head clear and your breathing unlaboured.

You don't have to spend your time sniffing and spitting when Dr. Chase's Catarrh Powder can help you so much.

Here is how you use it:

As shown in the illustration, you will find in the carton, along with the bottle, a rubber tube with a glass at one end—put the glass into the powder about half an inch, insert the glass into the nose and blow on the other end of the rubber tube. In this way, you send powder into the air passages where it soothes and heals the irritated membranes. After a treatment or two, Dr. Chase's Catarrh Powder will help to give you immediate relief. Then as you persist, you will find that it is helping to clear up your condition entirely.

Catarrhal Cold

The catarrhal cold or catarrh has to do with the air passages of the head. It is here where most colds have their beginning.

You begin to sneeze and there is running at the nose and a clogging up of the air passages, particularly at night. A feverish condition develops and you begin to feel miserable.

By promptly using Dr. Chase's Catarrh Powder you not only clear the air passages of the head and obtain comfort so that you can sleep peacefully at night but you may also be able to stop the cold at this stage.

Why are the two little ink-spots crying?
'Cause their father was in the pen finishing out a sentence!

Good News! If You Suffer From Hay Fever

If you suffer from hay fever, no doubt you have tried a great many remedies, only to be disappointed.

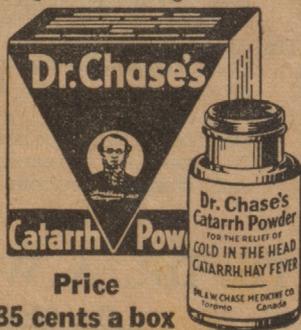
But this is one time we are confident that you are going to be MORE than satisfied, for Dr. Chase's Catarrh Powder has been very successful in bringing relief to those who suffer from hay fever.

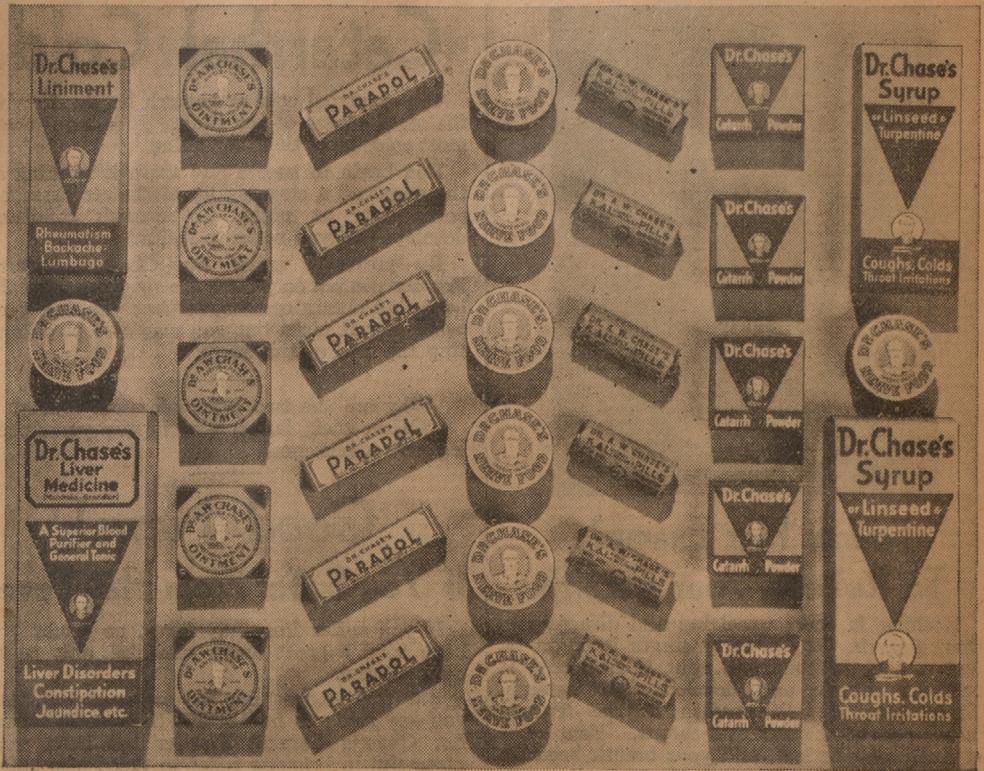
This soothing powder has such a healing effect on the irritated membranes in your nose and head, that it quickly relieves that burning, itching sensation in your nose and eyes.

It clears up the congestion in your head, thus making breathing much easier.

Don't put up next season with the feverish and irritated conditions which come with hay fever. Instead be sure you have Dr. Chase's Catarrh Powder handy, it will help almost instantly to clear your head, relieve the itching in your eyes, and stop that running nose. You

will never appreciate Dr. Chase's Catarrh Powder until you have used it and experienced the grand relief it is to get rid of the annoying symptoms of hay fever, and to be able to breathe freely once again.





Dr. Chase's Medicines

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

- DR. CHASE'S NERVE FOOD for Sleeplessness, Headache, Irritability, Anæmia, Weak Blood and Exhaustion of the Nervous System, 60 cents a box; family size, \$1.50.
- DR. CHASE'S KIDNEY-LIVER PILLS for Constipation, Indigestion, Biliousness, Liver Complaint, Backache, Rheumatism and Kidney Disorders, 35 cents a box.
- DR. CHASE'S OINTMENT for Eczema, Chafing, Hemorrhoids and Irritations of the Skin, 60 cents a box or tube; family size, \$2.00.
- DR. CHASE'S PARADOL. A quick relief for Headaches, Neuralgic and Rheumatic Pains. It is especially recommended for the pains and discomforts from which girls and women suffer at certain times, 35 cents a box; large economy size, \$1.00.
- DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE for Coughs, Colds, Croup, Bronchitis, etc., 35 cents and 75 cents.
- DR. CHASE'S CATARRH POWDER for Cold in the Head, Catarrh and Hay Fever, 35 cents a box.
- DR. CHASE'S LIVER MEDICINE for Liver Disorders and Jaundice, \$1.00 a bottle.
- DR. CHASE'S LINIMENT for Rheumatism, Lumbago, Backache, etc., 35 cents a bottle.
- DR. CHASE'S BACKACHE PLASTER for Backache, Rheumatic and other pains and aches, 25 cents each.

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The DR. A. W. CHASE MEDICINE CO., Limited
Dr. Chase Building, Oakville, Ontario, Canada

After the Bath



Dr. Chase's Ointment
for Chafing, Skin Irritations and
Baby Eczema

Guard your baby against infections which often start from diaper rash.

Dr. Chase's Ointment is an antiseptic medical treatment which quickly relieves and clears up scabs, sores, eczema and other skin diseases. For yourself and for baby's sake be sure that you always have a tin of Dr. Chase's Ointment in the house.

You start
to **LIVE!**



When
You
Take

DR. CHASE'S NERVE FOOD