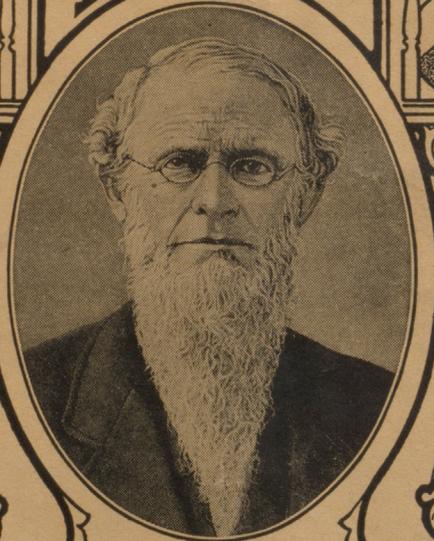


HANG ME UP

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

1943



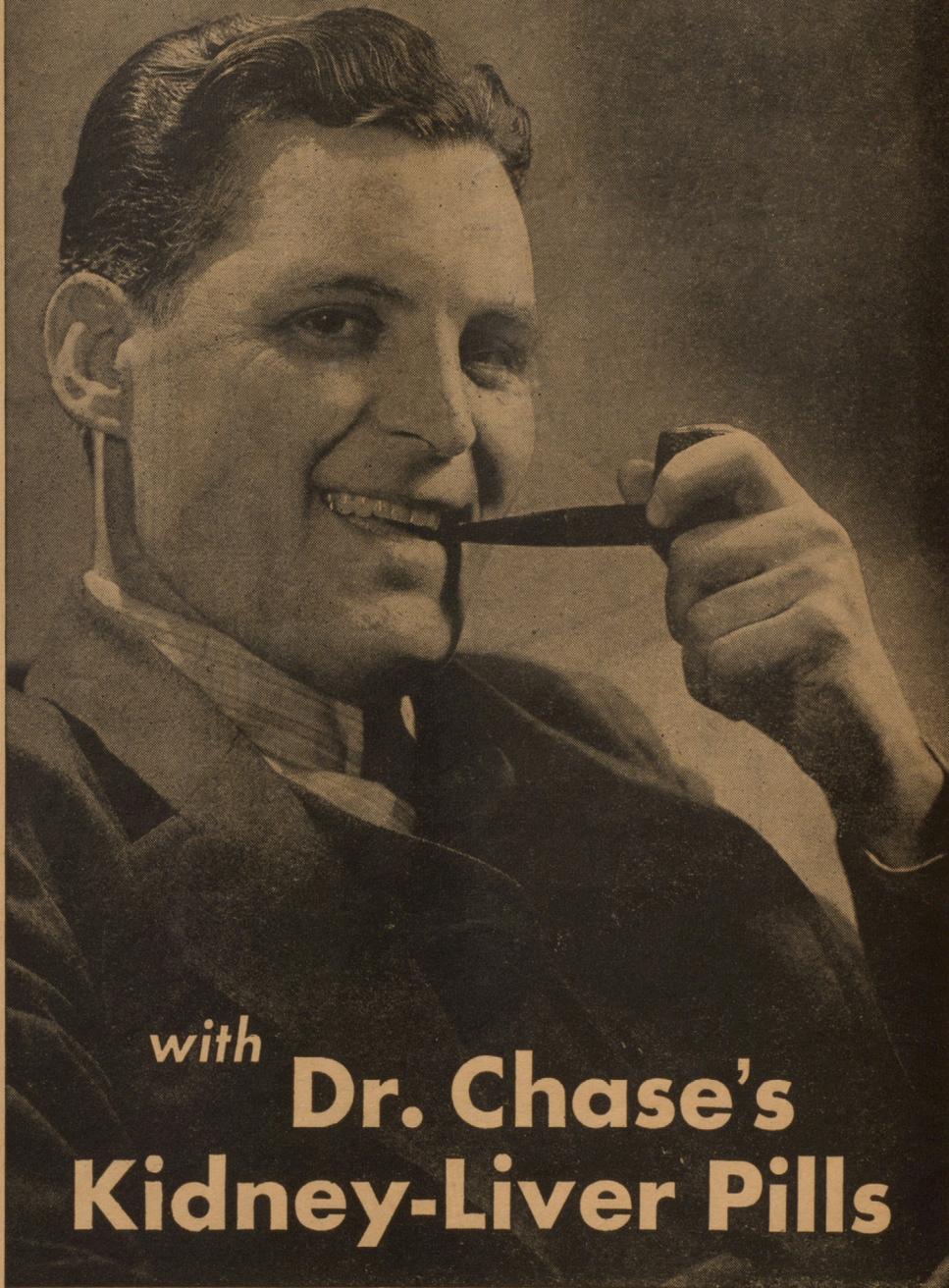
*Respectfully  
A. W. Chase, M.D.*

FOR THE  
HOME, FACTORY  
FARM, OFFICE

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



**Keep Regular**



*with* **Dr. Chase's  
Kidney-Liver Pills**

MLL  
- 2-10-36



## Step into a New Life

Up until to-day you may have been only half alive, only able to use half your brain power, put only half your energy into living.

WHY? Because you may have become run down and be suffering from nervous exhaustion.

Do you hesitate to make decisions? Are you restless, irritable and dissatisfied with what you have accomplished and with the way you are living?

If you are married do you feel that it is not as successful as it should be?

Does this helpless state "paralyze" every attempt you make to overcome these obstacles?

If the answer is yes to even one of these questions then you may easily be suffering from nervous exhaustion.

If so then you are spending your life in a shadow, without ever knowing the warm glow of accomplishment or the satisfaction of making the most of your abilities.

What a way to exist! You are not only

cheating yourself, but you are also cheating those you love.

Why not change all this to-day? Step out into the sunshine of a new life of real living and real accomplishment. To do this start now to regain your health, your nervous energy and your vitality.

If you make up your mind to-day that you are going to take a treatment of Dr. Chase's Nerve Food (*only six of the regular size boxes or two of the new large economy size boxes*) you will find that it will soon help you to regain your strength, greatly increase your vitality and give your nervous system the power which you require to fully develop your personality, and to carry out your daily tasks with decision and self-confidence.

If you make up your mind now, to see how much Dr. Chase's Nerve Food will help you, three months from to-day, you may find yourself a much healthier and happier person.

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER INDICATIONS	Jan. 1943	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	F	♈			☾ New Moon...	6	7 37 a.m.	6	8 37 a.m.	7.38	4.28	1.24
2	S	♈	Begins		☾ First Qtr. ...	13	2 48 a.m.	13	3 48 a.m.	7.38	4.29	2.34
3	S	♈	stormy.		☾ Full Moon...	21	5 48 a.m.	21	6 48 a.m.	7.38	4.30	3.45
4	M	♈			☾ Last Qtr. ....	29	3 13 a.m.	29	4 13 a.m.	7.38	4.31	4.58
5	T	♈								7.38	4.32	6.08
6	W	♈	Variable weather		Epiphany					7.38	4.33	7.14
7	T	♈	but		<i>Goldie calf</i>					7.38	4.34	sets
8	F	♈	mostly							7.38	4.35	p.m.
9	S	♈	cloudy.							7.37	4.36	8.32
10	S	♈								7.37	4.37	9.43
11	M	♈								7.37	4.39	10.52
12	T	♈	Week							7.37	4.40	11.59
13	W	♈	of							7.36	4.41	a.m.
14	T	♈	clear							7.36	4.42	1.03
15	F	♈	crisp							7.35	4.44	2.05
16	S	♈	cold		<i>Gersey's calf</i>					7.35	4.45	3.05
17	S	♈	weather.							7.34	4.46	4.03
18	M	♈			<i>Rose</i>					7.34	4.48	4.58
19	T	♈								7.33	4.49	5.49
20	W	♈	Some							7.32	4.50	6.36
21	T	♈	snow							7.32	4.51	7.18
22	F	♈	flurries							7.31	4.53	rises
23	S	♈	but							7.30	4.55	p.m.
24	S	♈	mostly		<i>Orange's calf</i>					7.29	4.56	8.05
25	M	♈	fair.							7.28	4.58	9.06
26	T	♈								7.28	4.58	10.09
27	W	♈	Continues							7.27	5.00	11.13
28	T	♈	fair							7.25	5.02	a.m.
29	F	♈	and							7.24	5.03	0.19
30	S	♈	cold.							7.23	5.04	1.27
31	S	♈								7.22	5.05	2.36

More Vitamins and Health from Your Meals

Vitamins A, B, C, are necessary for good health. Vitamin A will help you to get through the winter without colds. Vitamin B can help to give you and your family an abundance of energy and vitality.

Vitamin C will help to make you all healthier and happier people.

Fortunately, many of the foods richest in Vitamins are the most inexpensive, therefore you can serve meals rich in vitamins and easy on the budget.



# Serve

these foods  
every day

to keep your family healthy.



● Bread and Cereal—Whole grain products or enriched bread and flour.



● Milk—At least a pint for everyone, more for children—or cheese or evaporated or dried milk.



● Oranges, tomatoes, grapefruit, or raw cabbage—at least one of these.



● Eggs—At least two or four a week. Cooked any way you choose or in “made” dishes.



● Vegetables, green leafy and yellow—One big helping or more, some raw, some cooked.



● Potatoes and apples—and other vegetables and fruits.



● Lean meat, poultry or fish—Sometimes dried beans or peas.

---

At the bottom of the calendar pages of this edition of Dr. Chase's Almanac you will find information on how to get the most food value out of the foods you cook for your family.

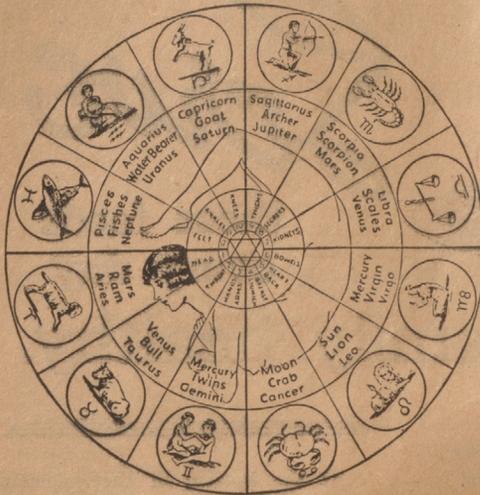
This information is important as a recent survey directed by Dr. L. B. Pett, Director of Nutrition Services for Canada, reveals that 60 per cent of the families interviewed regardless of income and education, were not eating the right foods for health. It will help you to give your family meals which will actually improve their health.

It will also help you to cook and serve meals which cost less but which contain more nutritional value for your family, than the food which you might now be preparing for them.

For when you know the vitamin values of foods you will realize that you can spend \$5.00 per person on a meal which will not necessarily supply your family with a properly balanced diet, but on the other hand, you can spend only a few cents per person on food and give your family the benefit of the vitamins which will protect them from illness and disease.

---

# SIGNS OF THE ZODIAC



## 1943

Dominical Letter . . .	C	Solar Cycle . . . . .	20
Epact . . . . .	24	Roman Indiction . . .	11
Lunar Cycle or			
Golden Number . . .	6	Julian Period . . . . .	6656

The year 5704 of the Jewish era begins at Sunset on September 29th, 1943, Gregorian Calendar.

The year 1362 of the Mohammedan era or the era of the Hegira, begins at Sunset, January 7th, 1943, Gregorian Calendar.

The eighth year of the reign of King George VI begins December 12th, 1943.

The 77th year of the Confederation of the Dominion of Canada begins July 1st, 1943.

The 168th year of the Independence of the United States begins July 4th, 1943.

January 14th, 1943, Gregorian Calendar, corresponds to January 1st, 1943, Julian Calendar.

## Eclipses, 1943

I.—A TOTAL ECLIPSE OF THE SUN, February 4th. Invisibile except in the extreme North West of the Continent. Eclipse begins February 4th, 5.47 p.m. At height 6.56 p.m. Ends 7.27 p.m.

II.—A PARTIAL ECLIPSE OF THE MOON, February 19th-20th. Visible over the Atlantic Ocean, North and South America and the Eastern part of the Pacific Ocean. Eclipse begins February 19th, 11.03 p.m. At height February 20th, 0.38 a.m. Ends 2.13 a.m.

III.—AN ANNULAR ECLIPSE OF THE SUN, July 31st and August 1st. Not visible on American continents. To be seen only in the Southern Pacific. Eclipse begins July 31st, 10.05 p.m. and ends August 1st, 0.25 a.m.

IV.—A PARTIAL ECLIPSE OF THE MOON, August 15th. Visible at the beginning in Southern Pacific. Not seen on the North American continent and only in the extreme South Eastern part of South America and

Southern Atlantic. Eclipse begins August 15th, 0.58 p.m. At highest 2.28 p.m. Ends 3.58 p.m.

These figures show Eastern Standard time which applies to Ontario, Quebec, Jamaica and Panama. Where daylight saving time prevails 1 hour should be added. In the Maritime Provinces, Newfoundland and Trinidad where Atlantic time is used 1 hour should be added. In Manitoba and British Honduras, 1 hour deducted. In Alberta and Saskatchewan 2 hours deducted. In British Columbia 3 hours deducted to find local standard time.

## Seasons

**Spring.** Sun enters Aries—Spring begins, Ontario and Quebec, March 21st, 7.03 a.m.; Maritime Provinces and Newfoundland, March 21st, 8.03 a.m.

**Summer.** Sun enters Cancer—Summer begins, Ontario and Quebec, June 22nd, 2.13 a.m.; Maritime Provinces and Newfoundland, June 22nd, 3.13 a.m.

**Autumn.** Sun enters Libra—Autumn begins, Ontario and Quebec, September 23rd, 5.12 p.m.; Maritime Provinces and Newfoundland, September 23rd, 6.12 p.m.

**Winter.** Sun enters Capricorn—Winter begins, Ontario and Quebec, December 22nd, 0.30 p.m.; Maritime Provinces and Newfoundland, December 22nd, 1.30 p.m.

The weather indications published in this Almanac are necessarily general in nature and subject to local conditions.

\*\*\*\*\*



## In Which Month

## Were You Born?

\*\*\*\*\*

You will be surprised at how accurate a description of yourself you will find if you look under the month in which you were born. You will discover what type of character you are, what you can do and what you should do.

It is all in a spirit of fun of course, and should not be taken too seriously. Nevertheless, we think you will find that it is not only amusing but also very revealing.

### JANUARY

If you were born in this month you are a natural leader. You love travelling and have a wide acquaintanceship. You have a kind and good disposition. You are a loyal and a true friend. You should succeed for you always stick to a thing until it is accomplished.

You are magnetic and draw people to you but do not like demonstrations of affection.

—Continued on page 9.



## Loss of Sleep and Worry Can Lead To This

As soon as you turn off the light, do the events of the day go racing through your head? Do all your worries come to life to torment you into wakefulness, with the result that you spend a long, weary restless night and get up in the morning feeling limp, and worn-out?

If this is your condition the thing to do is to get right at the source of your trouble by building up your nerve force, enriching your blood and giving your whole body the vigour, and vitality, which come with robust health.

You might feel that it is easy to suggest these things, but a very different matter to bring them about.

But if you personally, had received the thousands of letters which come into the Dr. Chase Office telling us how successful Dr. Chase's Nerve Food has been in helping to relieve both loss of sleep and worry, then you would be convinced that your condition can be relieved and that Dr. Chase's Nerve Food can help to do it for you.

For this is no more than Dr. Chase's Nerve Food SHOULD do. This tonic contains Vitamin B<sub>1</sub>, iron and other essential minerals, the very ingredients which your body may be lacking and without which your nervous system may become upset, causing you to lose your sleep.

Try Dr. Chase's Nerve Food for a few weeks, see how it helps to put colour in your cheeks, helps to fill you with new vigour and vitality and best of all helps to give you those quiet steady nerves which will enable you to drop off into a restful, sound and natural sleep.

## 370 Bombers Lost In Canada

Because of ill health 3,250,000 man-days were lost in Canada last February—this lost time and labour would have been sufficient to build 370 bombers.

Think of it, 3,250,000 hours lost in one month, through sickness—much of which could have been prevented by the very simple task of building up resistance to colds and disease.

It is not difficult to fortify your body so that you will not fall a victim to every germ and epidemic which is going around.

Dr. Chase's Nerve Food contains Vitamin B<sub>1</sub>, iron, and other essential minerals.

These are the things you need to help give you the robust health and vigour which will enable you to stay on the job and to work without fatigue. They also help to give you the resistance to germs and epidemics which would undermine your health, and rob you of valuable working hours.

A few weeks treatment of Dr. Chase's Nerve Food will convince you that this tonic contains just the ingredients which your system requires to help keep your body at the peak of efficiency.

Why drag a run-down, worn-out body through long hard days of endless work when by making up your mind *now* to start taking Dr. Chase's Nerve Food, you can soon help to give yourself the energy and vitality, which will make your work seem easy, the days shorter and enable you to arrive home with plenty of enthusiasm for an evening's pleasure with your family and friends.

## Oomph at Seven

A woman's most delightful age is seven. At seven she sits on a man's knee without hesitation, affected or genuine, and without putting the knee to sleep. She enjoys listening to him, encourages him to talk, and believes any story he tells. Her curiosity over what became of his hair is sometimes embarrassing, but her sympathy with him in his loss is unquestionably sincere. While unduly interested, perhaps, in the state of his exchequer and never too proud to accept pecuniary aid, she is no gold digger whose gratitude is measured by the amount of the contribution. For as little as two copper cents she will bear-hug his spectacles all out of shape, and he feels sure she means it. At seven she is more or less front-toothless, to be sure. But then she doesn't yet chalk her nose or paint her nails, and she hasn't begun to use tobacco. All in all, a charming age!

—Editorial in N.Y. Times

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER INDICATIONS	Feb. 1943	Moon's Phases	Ont. and Que.		Mar. Provs. and Nfld.		Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
						d.	h. m.	d.	h. m.	Sun Rises h.m.	Sun Sets h.m.	Moon Rises a.m.
1	M	♈	Change-		☾ New Moon...	4	6 29 p.m.	4	7 29 p.m.	7.21	5.07	3.46
2	T	♈	able	<i>grays calf</i>	☽ First Qtr. ...	11	7 40 p.m.	11	8 40 p.m.	7.20	5.08	4.52
3	W	♈	then		☾ Full Moon...	20	0 45 a.m.	20	1 45 a.m.	7.19	5.09	5.52
4	T	♈	very		☾ Last Qtr. ...	27	1 22 p.m.	27	2 22 p.m.	7.18	5.10	6.46
5	F	♈	cold.							7.17	5.12	sets
6	S	♈		<i>wood</i>				<i>12.00</i>		7.15	5.14	p.m.
7	S	♉	Somewhat							7.13	5.16	8.31
8	M	♉	milder	<i>threshing</i>				<i>9.00</i>		7.12	5.17	9.41
9	T	♉	with	<i>threshing</i>				<i>6.3</i>		7.11	5.18	10.48
10	W	♉	heavy							7.10	5.19	11.53
11	T	♉	snow	<i>wood</i>				<i>3.00</i>		7.08	5.21	a.m.
12	F	♉	storms.							7.06	5.23	0.56
13	S	♉								7.05	5.24	1.51
14	S	♉	Severe	Valentine's Day						7.04	5.25	2.51
15	M	♉	winter							7.03	5.26	3.44
16	T	♉	weather							7.00	5.28	4.33
17	W	♊	most							6.58	5.30	5.16
18	T	♊	of							6.57	5.31	5.57
19	F	♊	this							6.57	5.32	6.32
20	S	♊	week.							6.55	5.34	rises
21	S	♊		Septuagesima						6.54	5.35	p.m.
22	M	♊	Week	<i>calf meal</i>				<i>9.00</i>		6.52	5.37	8.02
23	T	♊	of	<i>chop</i>				<i>4.0</i>		6.50	5.38	9.06
24	W	♊	clear							6.48	5.39	10.11
25	T	♊	cold							6.47	5.40	11.18
26	F	♊	weather.							6.45	5.42	a.m.
27	S	♊								6.43	5.43	0.25
28	S	♊	Wet.							6.41	5.45	1.32

### More Vitamins and Health from Your Meals

The average adult requires approximately: 5,000 International Units of Vitamin A, 600 International Units of Vitamin B<sub>1</sub>, 1,500 International Units of Vitamin C.

We can get Vitamin A from green vegetables, dairy products and organ meats such as liver, kidneys, etc. Vitamin C from salads and fruit juices.

Vitamin B<sub>1</sub> is most difficult to get because no single food contains a great deal of this vitamin and much of it is lost by careless cooking.

The longer you cook foods the more Vitamin B<sub>1</sub> you lose. Remember 30% of the Vitamin B<sub>1</sub> in any food will dissolve in the water in which you cook it—so never throw this water away but use it for soup stocks or vegetable cocktails.



# Afraid of the Future ?

If you are tired, run down and lack energy, then you become an easy victim of worry and fear. The future looks black, and you wish you could run away from your responsibilities. But what a different shape things take when you are brimming over with strength and vitality.

Then your troubles do not become exaggerated and you feel confident in your ability to overcome them. We never realize how precious a thing our health is until we lose it. If you feel weak, nervous and run down, *right now* is the time to start winning back your health.

Dr. Chase's Nerve Food is a tonic which will help you to win this fight. It contains Vitamin B<sub>1</sub>—the Vitamin which supplies energy and strength to nerves.

It contains iron and other essential minerals needed to help restore your blood to a strong healthy condition, so that it can nourish the nerves and help replenish your supply of nerve force.

This tonic is not a miracle worker but a carefully prepared prescription which contains the ingredients which most people need to help them regain their health when they are tired, run down and on the verge of a nervous breakdown.

## Which Month Were You Born?

(Continued from page 6)

You should have a better chance for happiness if you marry when you are quite young.

When you lose your temper it makes you unhappy for keeping your poise is a great help to your happiness. You are ambitious and want to lead. You like lots of excitement and are fond of a good time.

You are original, so be sure and have faith in your own ideas and then follow them out.

You should try to get in business for yourself, for you are apt to be very successful, but you must concentrate on making the most of your talents. You must realize that you can create your own future and then go to work and do it.

## FEBRUARY

You are a great friend and a bad enemy. Women born in this month are splendid little home makers. The men will leave no stone unturned to provide for their wives and families.

You are very determined but are far too fond of outward appearances. If you are understood and appreciated you can accomplish almost anything. You must learn to concentrate and become independent.

Do not make engagements which you cannot keep. Read good books and try to increase your knowledge and remember when you make a promise keep it.

You work hardest when you have someone to work for. The more hard knocks you take the more you will develop your character. Do not build castles in the air unless you are prepared to put foundations under them.

Don't lose anytime worrying about lost opportunities but instead get busy and bring some of those dreams of yours into effect today. Don't wait until tomorrow.

## MARCH

If this is your month you have great theatrical, mechanical and literary ability. You would make a good architect.

You are inclined to be restless and sceptical and possess strong vitality.

You have a deep hidden love nature and are lavish with your affection.

You are magnetic and apt to wear yourself out trying to help others.

(Continued on page 11)

# Do Your Nerves Lack Vitamin B<sub>1</sub>?

By James L. Gardiner

Promise not to take this test *too* diagnostically (only a doctor can interpret symptoms which may mean many different things) and we will give you a chance to check up on possible vitamin B<sub>1</sub> deficiency in your diet. Of all vitamins, this is the one you are most likely not to consume in sufficient quantity. Mild and unrecognized B<sub>1</sub> deficiencies are believed to be far more common than is generally suspected. Here are a few indications:

I observe this symptom:  
*Never Sometimes Often*

Heaviness of the legs, tenderness of calf muscles when squeezed..	.....	.....	.....
Burning of soles of feet.	.....	.....	.....
Weakness or absence of patellar reflex (knee jerk).....	.....	.....	.....
Burning, numbness, weakness of hands....	.....	.....	.....
Loss of appetite and nausea.....	.....	.....	.....
Shortness of breath and heart palpitation after very mild exertion....	.....	.....	.....

Vitamin B<sub>1</sub> (also called thiamin) is needed by the body as a whole, not by any specific organ. If you eat a good deal of fat, you won't need so much B<sub>1</sub>, for fat "saves" the vitamin. But if your diet is rich in carbohydrates, you need much B<sub>1</sub>, since intake of this vitamin must be in proportion to the calories you consume. For this reason, if you drink alcoholic liquors in any quantity, you are pretty certain not to be getting enough B<sub>1</sub>, for alcohol supplies calories but not vitamins.

It took 17 years to isolate B<sub>1</sub>, present in only 20 to 30 parts per million in the richest food sources. It is just as necessary for plants and insects as it is for you. Gross lack of it causes beri-beri. Total lack of it in your diet will cause symptoms to appear in 20 days.

## IF YOU NEED B<sub>1</sub>

Dr. Chase's Nerve Food not only contains Vitamin B<sub>1</sub> but iron and other essential minerals.

A few weeks treatment of this well balanced tonic will help supply your body with the elements it needs for better health and more energy.



# Vitality!

"Too strenuous for me" you might say when you look at the illustration. But what a great difference there is between just managing to get by, as compared to the exuberance which comes with good health.

So why not get the most out of life—the most of health—of success—of happiness?

Unless you have some serious chronic disease you can do much towards building up new energy and vitality by using Dr. Chase's Nerve Food.

Lack of energy and ambition, sleeplessness, irritability, depressed feelings and discouragement—point to nervous exhaustion.

Lack of nervous energy leaves the organs of the body weak in action, resulting in indigestion, constipation and torpid action of the liver and kidneys.

It is truly surprising the benefit that can be obtained by the use of Dr. Chase's Nerve Food. More than ever now, because of the addition to the formula of Vitamin B<sub>1</sub>, the new vitamin which goes to build up nerve force and vitality.

For new pep and energy, for the vigour of mind and body that makes for health, success and happiness, use Dr. Chase's Nerve Food. You can depend on it to supply what it takes to restore tired, exhausted nerves, and to build up resistance against fatigue and disease.

A Chinese cook was walking through the woods. He turned around to see a grizzly bear following him, smelling his tracks.

"Hm," said the Chinaman, "you like my tracks? Velly good, I make some more."



## Anaemia and Nerves

Anæmia and nervous trouble often go together, for anæmia is caused by the blood deteriorating into a thin condition. The face and lips are pale and the patient feels tired and lifeless.

When the blood becomes of such poor quality as this, it also fails to nourish the nervous system properly, so that the nerves become ragged and jumpy. You feel in a perpetual state of fatigue and worry.

Iron is most important in helping to relieve anæmia. Vitamin B<sub>1</sub> is important in helping to restore the nerves. Therefore you can see what a well balanced prescription Dr. Chase's Nerve Food is to help anyone relieve both anæmia and nervous trouble.

For this tonic contains Vitamin B<sub>1</sub>, iron and other important minerals, all of which are most likely badly needed to help enrich the blood and restore the nervous strength to anyone who is suffering from anæmia.

Dr. Chase's Nerve Food by going right to the source of the trouble is a tonic which really helps to build. (1) Rich red blood. (2) Strong steady nerves. (3) Vigorous health and vitality. It is for sale at all drug stores. Why not let it start helping you today.

Morale is something like vitamins. You can't see it. You can't touch it. You can't taste it. Yet, if you haven't got it, you're sunk.

—Jan Struher, British author.

### Which Month Were You Born?

(Continued from page 9)

You are too modest and lack self-confidence. You talk too much and ask too many questions. You are honest and clean minded but never associate with those who are not the same. You should travel frequently.

You are apt to worry unnecessarily and are too generous with your money. You should learn to stick to things until they are finished.

You should lead a quiet sober life and have faith in your own abilities.

Remember don't worry about what is in the past. Cultivate self-confidence and faith in your own abilities, work hard *now* and the future is yours.

### APRIL

You know how to use your brain, and usually can think your way through any problem which confronts you.

You are inclined to expect others to be as efficient as yourself. You are a natural leader but you are not too easy to get along with.

In love or in married life you must be careful not to become jealous or imagine that you are being slighted.

Under normal conditions you are almost sure to succeed in anything you undertake but watch that temper and do not let it make you do anything you might regret.

You should not get married on the spur of the moment because your temperament is fiery rather than affectionate and so you should make sure that the one you marry is the one you can love always.

You should cultivate firmness, keep your eye on the goal you want to achieve and march straight for it.

Try and have more respect for the other fellow's opinion and be patient with others, for not everyone has your executive ability.

Once you overcome your faults your great abilities will take you anywhere.

### MAY

You who are born in this month are both fearless and kind.

You often permit your kindness of heart to lead you into assuming others burdens. You are fond of parties and of your friends.

You are sometimes too fond of people who put on a big front instead you should look for the real worth in people.

You should be a good speaker and perhaps a writer as well. You are a good friend and a relentless enemy.

Be careful that you do not spend too much time on the physical pleasures of life. You must learn to control your temper and not to be too flighty otherwise you will never have a really happy marriage. —Continued on page 13.

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER INDICATIONS	Mar. 1943	Moon's Phases	Ont. and Que.		Mar. Provs. and Nfld.		Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
						d.	h. m.	d.	h. m.	Sun Rises h.m.	Sun Sets h.m.	Moon Rises a.m.
1	M	♈		St. David						6.39	5.47	2.37
2	T	♉	Change-							6.38	5.47	3.38
3	W	♊	able							6.35	5.49	4.33
4	T	♈	weather.							6.33	5.51	5.22
5	F	♉		Red						6.31	5.52	6.04
6	S	♊	Many							6.30	5.53	sets
7	S	♈	colds.	Quingagesima (Shrove Sunday)						6.30	5.54	p.m.
8	M	♉								6.27	5.56	8.27
9	T	♊								6.25	5.58	9.35
10	W	♈	Heavy	Ash Wednesday						6.23	5.59	10.40
11	T	♉	snow							6.21	6.00	11.43
12	F	♊	blocks							6.20	6.01	a.m.
13	S	♈	country							6.18	6.03	0.42
14	S	♉	roads.							6.16	6.04	1.37
15	M	♊								6.14	6.05	2.27
16	T	♈	Colder	timothy seed			8.70			6.12	6.06	3.13
17	W	♉	and	St. Patrick			2.40			6.11	6.07	3.54
18	T	♊	continues	calif			2.40			6.08	6.09	4.31
19	F	♈	cold.	S. S. crop			8.00			6.06	6.10	5.04
20	S	♉		little pigs came						6.04	6.12	5.34
21	S	♊		mineral			5.0			6.03	6.13	rises
22	M	♈	Milder	iron for pigs			30			6.02	6.14	p.m.
23	T	♉	with	phitz			5.5			5.59	6.15	8.02
24	W	♊	rain	lax 1 bu			3.00			5.57	6.17	9.10
25	T	♈	or	licence for car			4.00			5.55	6.18	10.17
26	F	♉	snow	pis 2.08 lbs 150			26.50			5.53	6.19	11.25
27	S	♊		gorsey						5.52	6.20	a.m.
28	S	♈	Month	gopher seed			24.00			5.49	6.22	0.31
29	M	♉	ends	6 bags potatoes			9.00			5.47	6.23	1.32
30	T	♊	wet.							5.45	6.24	2.28
31	W	♈								5.43	6.26	3.17

More Vitamins and Health from Your Meals

Don't throw away cabbage leaves and core, carrot tops and scrapings, cauliflower leaves and stalks, outer leaves of lettuce, potato parings, beet tops and skins, broccoli leaves, celery stalks, butt ends of asparagus, spinach stalks, stalks and leaves of Brussels sprouts. You can save a tremendous amount of Vitamin B<sub>1</sub> and C by using these for soup stocks, serving cold as cocktails or as a basis for dressings.

Dr. Chase's Nerve Food is a splendid source of Vitamin B<sub>1</sub>, iron and other essential minerals. If you are run down take a few weeks' treatment of Dr. Chase's Nerve Food, and it will soon help to put you in top form.



## Over 80% For Mary

Mary gets high marks at school because her mother knows how important it is for a child to possess good health in order to do good work in school.

Mary's mother guards against her daughter becoming run down and anaemic by giving her one Dr. Chase's Nerve Food after each meal and before going to bed.

In this way Mary gets the Vitamin B<sub>1</sub>, iron, and other essential minerals which will help to keep her in high spirits and good health.

This treatment also helps to give her the added vitality and resistance throughout the long winter which will enable her to throw off the childhood diseases and colds which she is almost bound to come in contact with at school.

Why not give your children this added protection. It is so easy to do. For children 10 years or older just give them one Dr. Chase's Nerve Food after each meal and before going to bed.

By building up their resistance in the early fall and winter months you will help them to come through the whole winter with strong bodies and keen minds.

Better still, you will be surprised at how much this will improve their attendance record at school.

In the deep South a negro woman who applied for relief was asked the ages of her four children, to which she promptly replied, "I has a lap young 'un, a crawler, a porcher and a yard-runner."—Quote.

### Which Month Were You Born?

(Continued from page 11)

You are not a fault finder, nor are you hard to get along with so long as you do not allow that temper of yours to explode too easily. Remember, it takes all kinds of people to make a world.

You are apt to be happiest when you are in modest circumstances. Do not imitate others instead depend on your own personality.

Remember you have the ability to excel others if you make up your mind to do it.

### JUNE

You are apt to have a double nature, be sure that your higher nature wins out.

You are a good friend when others are in trouble. You are affectionate and unselfish and have a lot of family pride.

Try not to spend so much time whining and scolding others. If you are married this is most important.

Try not to be suspicious and try not to become offended at every imagined slight. Be careful in your choice of friends.

Do everything in moderation.

By being friendly and lovable you are bound to attract people to you.

Learn to keep your hands and feet still, and make a resolve that you are *not* going to complain.

Finish one task before you begin another.

Always be ready to assume responsibilities.

Do not be satisfied until you have developed your character to its highest peak and have reached the goal which you seek to obtain.

### JULY

As you were born in July, you should have a high intelligence and the ability to plan large undertakings.

You run your home and prefer to be surrounded by people whom you like.

You are generous and kind-hearted and should be on guard against the jealousy of your friends.

You like to travel and are fond of money and so must be careful not to become miserly.

You have an excellent memory and a quick and keen understanding.

—Continued on page 17.

## The Expectant Mother

In the early months of pregnancy if you are in your normal good health, then carry on and live just as you normally would.

Do not brood or worry about your condition but instead get outside, meet your friends and forget about yourself.

Eat plenty of good wholesome food but avoid rich dishes.

You will find Dr. Chase's Nerve Food a great help in enriching the blood and in building up your general health so that you will have the steady nerves and the reserve of energy for normal pregnancy and better still a healthy bouncing baby.

### After Baby's Arrival

The mother will find Dr. Chase's Nerve Food particularly helpful in assisting her to regain her strength and enabling her to have plenty of nourishment for a hungry child.

Landlord (to prospective tenant)—"You know we keep it very quiet and orderly here. Do you have any children?"

"No."

"A piano, radio, or victrola?"

"No."

"Do you play any musical instruments? Do you have a dog, cat, or parrot?"

"No, but my fountain pen scratches a little sometimes."

## Change of Life

Many women have found Dr. Chase's Nerve Food a great help in aiding them to get through their change in life.

For this tonic contains the very ingredients your system may need at this time, Vitamin B<sub>1</sub> (the vitamin that strengthens the nerves) iron and other essential minerals (to enrich your blood and help build up your health).

So you see, the formula of this tonic is one which can be of great help to you in coming safely and happily through this trying period of your life.

If you consult your doctor or ask your friends you will soon discover that you are not experimenting when you take Dr. Chase's Nerve Food.

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

## False Terrors of Middle Life

By LOUIS E. BISCH, M.D. writing in "Your Life"

Three out of every four women dread age forty-five. So much have they heard of the terrible things that can occur—especially insanity—when the menopause (popularly called "change of life") is reached, that many women are afraid even to inquire and learn the facts from their family physicians. They prefer to "let sleeping dogs lie".

So long have they feared this period of middle life, so many fantastic ideas have they conjured up in their minds, as to what may happen to them, that they feel, when all goes well, as though they have been cheated out of something. It's like getting yourself all worked up over the climax of a play that never comes.

The worst fear entertained is, of course, insanity. Practically every woman who is forty or thereabouts and who visits a doctor because of some mental or emotional upset, is sure that she is losing her mind.

Yet not one woman in a thousand is in danger of going insane at the menopause.

True it is that general nervousness may manifest itself at such a time, that emotional instability may be marked, but such manifestations are merely neurotic in character—not psychotic—and they pass and disappear once the gland changes incident to a cessation of menstruation have been completed. What's more, no emotional, mental or physical changes (other than a gradual diminution of the menstrual flow at regular intervals, characteristic of the individual's former periodicity) need occur at all. In other words as a physician would phrase it "the climacteric is uneventful". Nothing of a serious nature need happen at all.

So frequently do I see women patients alarmed over this menopause bugaboo, that I have asked several how they acquire such false notions. "At least, no physician ever told you that," I usually add, "nor can your knowledge be founded upon any scientific information you have heard or read."

"No but grandma always said that women must be careful after they turn forty," one woman confessed.

"Careful of what?"

"I don't know; just careful, I guess." And the patient smiled, for she realized how vague and absurd was the basis for her fears.

Women actually bring on the vast majority of their neurotic upsets themselves, simply because they listen to such stuff and nonsense and allow it to work on them, to agitate and to scare them, until they get themselves into a state of nerves that, in turn, makes their fears even worse.

If you find yourself in such a dilemma see your physician and receive the reassurance you so sorely need forthwith. If you, yourself, are unable to label as poppy-cock the silly chatter you hear about change of life, or if your judgment tells you that it is but you do not actually feel convinced that it is, don't allow such an evil seed to lie dormant in your mind. Some day it may sprout and alarm you at an unsuspected moment. Learn the facts about the menopause; find out the truth; dispel your doubts and fears; make knowledge about your physiology a certainty.

All women dread the time when they believe they will have grown unattractive, when their children will have left them to marry, when their chief duties in life will have been completed, when they will be—so they think—unloved, useless and discarded.

Yet the menopause is not the end of life for a woman. It is really the beginning of a new life. The popular expression change of life carries—as so often current vernacular does—a profound and fundamental psychological significance. The woman is altered in her biological, physiological and emotional make-up, yes; she changes. But—unless she wills it otherwise—she changes for the better not for the worse.



## Good News Travels Fast

Which explains why you hear more and more women talking about Dr. Chase's Paradol.

For it is good news to be told that you do not need to suffer from feverish headaches and periodic pains.

That you need not waste precious days away from work.

That you can now make engagements for parties, shows, or dances and *know* that you will be able to keep them.

The next time you are suffering from any type of pain, take one Paradol tablet and see for yourself how true this good news is.

Discover for yourself how quickly pain *can* be relieved. You will be pleasantly surprised to find that you are not left in a shaky and depressed condition but instead you are your natural self cool, comfortable and composed.

After you have experienced the relief which Paradol brings, you too will want to tell your friends the good news and when you tell them suggest that they ask their doctor about Paradol. He will tell them that it is one of the finest prescriptions known to medical science for the relief of headaches and other pains.

### Suffered Each Month

"I used to suffer so each month that I'd have given anything to 'Pass Out' if I may use such a term.

A friend recommended Paradol to me—saying they had given her splendid relief.

Not being easily persuaded to try unknown remedies, I hesitated, but finally my friend persuaded me to take one of her Paradol Tablets.

In a very short time I was up and around and my pain was greatly relieved.

So you can easily see how grateful I am to the makers of Paradol. For not only do I find them excellent for feminine ailments but for headaches and toothaches as well.

Thanking you on behalf of my friend and myself for Dr. Chase's Paradol, I remain",  
Your very truly, B.B.C., Port Carling, Ontario.

### Terrible Pains

"I was bothered with headaches and terrible pains until a friend advised me to use Dr. Chase's Paradol.

Now the headaches and pains are quickly relieved and I do not experience any more trouble," Yours very truly, Miss R. S. S.,  
Eden Grove, Ontario, R.R. No. 2.

*These letters are on file in our office and can be seen upon request.*

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER INDICATIONS	April 1943	Moon's Phases	Ont. and Que.		Mar. Provs. and Nfld.		Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
						d.	h.	m.	d.	h.	m.	Sun Rises h.m.
1	T	♈		All Fools' Day.....						5.43	6.26	4.00
2	F	♉	Fair	.....						5.40	6.28	4.37
3	S	♊	and	.....						5.38	6.29	5.11
4	S	♋	milder.	.....						5.36	6.31	sets
5	M	♌		.....						5.35	6.32	p.m.
6	T	♍	Bright	.....						5.34	6.33	8.22
7	W	♎	days	<i>Galat</i>						5.31	6.34	9.27
8	T	♏	but	.....						5.29	6.36	10.28
9	F	♐	still	<i>chop</i>						5.27	6.37	11.27
10	S	♑	cool.	<i>beets &amp; rubbers</i>						5.26	6.38	a.m.
11	S	♒		<i>Dr.</i>						5.25	6.39	0.20
12	M	♓	Bright	.....						5.24	6.41	1.08
13	T	♈	and	.....						5.22	6.42	1.51
14	W	♉	sunny	.....						5.20	6.43	2.29
15	T	♊	spring	.....						5.18	6.44	3.04
16	F	♋	weather.	.....						5.16	6.45	3.35
17	S	♌		.....						5.14	6.47	4.04
18	S	♍	Milder	.....						5.12	6.49	4.32
19	M	♎	followed	<i>Palm Sunday</i>						5.10	6.50	rises
20	T	♏	by	<i>Oranah</i>						5.08	6.51	p.m.
21	W	♐	heavy	<i>First Day of Passover</i>						5.07	6.52	8.05
22	T	♑	thunder-	<i>Dr.</i>						5.05	6.53	9.15
23	F	♒	storms.	.....						5.03	6.54	10.24
24	S	♓		<i>Good Friday and St. George</i>						5.01	6.56	11.28
25	S	♈	Some	.....						4.59	6.57	a.m.
26	M	♉	fine	<i>Easter Sunday</i>						4.59	6.58	0.26
27	T	♊	warm	<i>smoch</i>						4.57	7.00	1.17
28	W	♋	days	<i>Rosie Jr.</i>						4.55	7.01	2.00
29	T	♌	at	.....						4.53	7.02	2.38
30	F	♍	end.	.....						4.51	7.04	3.12

### More Vitamins and Health from Your Meals

Chop up the chicken liver. Mix the pieces with the stuffing for the chicken or put them in the gravy. Then the whole family will get their share of the high content of Vitamin A which it contains.

Add a ¼ lb. of chopped beef liver to the next beef loaf you make. It improves the flavour and you get over 2,800 International Units of Vitamin A.

By sprinkling cheese made from whole milk on potatoes or by making a cheese sauce to serve with cauliflower or asparagus, you add a good supply of Vitamin A to these dishes.



## You're Looking Much Better, Mother

"And so I should dear, for I have been taking Dr. Chase's Nerve Food regularly, to help me regain my strength."

This little scene might take place in a good many homes throughout the land, for Dr. Chase's Nerve Food is famous as a tonic, which will restore your strength after a long and perhaps serious illness.

The iron and other minerals which it contains help to make the blood rich and red, so that it can furnish nourishment to your body.

The Vitamin B<sub>1</sub> along with the minerals helps to restore vitality to the nervous system and when the nerves are strong, the will and determination to get well is also strengthened.

If you are convalescing and attempting to regain your strength decide to try this dual purpose tonic, if you do you will have taken a long stride forward on the road to recovering robust good health and fresh energy.

Senator Tom Connally, commenting on the need for preparedness during the debate on the Selective Service Act, cited the experience of Georgia's Civil War statesman, General Robert Toombs.

Toombs once promised: "We'll be able to beat the Yankees with cornstalks."

After the war Toombs was running for office again and was challenged: "I thought you said we'd be able to beat the Yankees with cornstalks."

"So I did," replied Toombs, "but they wouldn't fight with cornstalks."—Carlisle Barger on *This Week Magazine*.

### Which Month Were You Born?

(Continued from page 13)

If you have children do not give them all your affection. Remember that you are also a husband or a wife, as the case may be.

Try to control your likes and dislikes and look for the good in other people. Learn to depend on your own opinions and not those of others.

You will always be more successful working for yourself than for other people. When you have set out to accomplish anything, stick at it until it is completed.

Do not marry until you are absolutely sure of your feelings.

### AUGUST

You are kind hearted and magnetic. You have strong intuition which you should usually follow.

You have great power for good and could help others as well as yourself.

You like to have your own way and people usually let you have it.

You like to plan big things but dislike details. You are inclined to be lazy and enjoy lying around more than most people.

If you are a woman you are a natural home keeper. You can be trusted with responsibility.

You might blunder in your first marriage but the second time you will most likely be happy.

When you borrow articles, be sure and return them. It would be a splendid thing for you to read a good book at least once a month.

Remember that you are a born leader but can only lead when you have learned to govern yourself.

### SEPTEMBER

You are generous, affectionate and kind hearted.

You are inclined to be musical and would make an excellent teacher.

You can be trusted with a secret for you can keep other people's secrets as well as your own.

But remember, don't expect everyone else to be as perfect as you are. You like to accumulate money but you seem to be wise enough to enjoy life too.

You like everything around you to be in order.

—Continued on page 37.

# Six Reasons Why Your Medicine Cabinet Needs **PARADOL**



## KEEP YOUR ENGAGEMENTS

When you have Paradol handy, it is not necessary to miss movies or dances at certain times of the month.

For one Paradol tablet will soon help to bring quick relief from headaches and pain.

Better still, after taking a Paradol you feel like enjoying yourself, for Paradol leaves no depressing after effects.



## PERIODIC PAINS

If you suffer unnecessarily each month you will be greatly interested in this message.

"Since the age of twelve I suffered agony every month. I never got real relief until I used Dr. Chase's Paradol. It now saves me two or three days of keen suffering each month."

*Miss L. M. C.*



## RHEUMATIC PAINS

If you suffer from rheumatic pains, Paradol can help bring relief.

"I had rheumatic pains very badly in my right leg and shoulder. Had to have help to get on my coat and to get upstairs. After using three vials of Dr. Chase's Paradol the rheumatic pains have been relieved."—*Mr. J. B.*

## COLD—SORE THROAT

Here is what Paradol will do for a sore throat or a cold:

"My husband and son were greatly relieved of grippy colds by using Paradol. I had a sore throat and running at nose but took a Paradol tablet, gargled with one tablet in a half glass of water and next morning felt as well as ever."

—*Mrs. J. E.*



## YOUR HEADACHE

Don't go through a long day with an aching head, your spirits depressed, your nerves frayed and your interest and joy in the day completely ruined.

Instead do this—Take one Dr. Chase's Paradol tablet. Your headache will be quickly relieved with no depressing after effects.



## THE MORNING AFTER

Have you ever sat on the edge of your bed and wondered how you and your pounding head were going to get through the long day?

The thing to do on a morning like this, is to take a Dr. Chase's Paradol tablet. In a short time the headache is relieved, the tension gone and your nerves completely relaxed.





DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER INDICATIONS	May 1943	Moon's Phases			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	S	♈		May Day							4.51	7.04	3.43
2	S	♈									4.50	7.05	4.13
3	M	♈	First	Rosie							4.49	7.06	4.42
4	T	♈	week								4.47	7.07	sets
5	W	♈	is								4.45	7.08	p.m.
6	T	♈	bright	spread manure back field							4.44	7.10	9.15
7	F	♈	cheery	sold 4 little pigs							4.42	7.11	10.12
8	S	♈	weather.								4.40	7.12	11.02
9	S	♈									4.39	7.13	11.48
10	M	♈	Becomes	chick + dead chicken							4.38	7.14	a.m.
11	T	♈	warmer	chick + dead chicken							4.37	7.16	0.28
12	W	♈	as	pig + call head							4.35	7.17	1.04
13	T	♈	sunny	chick + dead chicken							4.34	7.18	1.36
14	F	♈	days	cool							4.33	7.19	2.05
15	S	♈	continue.	madst ends							4.32	7.20	2.33
16	S	♈		chickens							4.31	7.22	3.00
17	M	♈									4.30	7.23	3.28
18	T	♈	Mostly								4.29	7.24	3.59
19	W	♈	fair								4.28	7.25	4.33
20	T	♈	but	oil + rubber water							4.27	7.26	rises
21	F	♈	week-end	hot							4.26	7.28	p.m.
22	S	♈	showers.	drinking dishes							4.25	7.29	10.20
23	S	♈		turned a little out							4.24	7.30	11.15
24	M	♈		Victoria Day							4.23	7.31	a.m.
25	T	♈	Some								4.22	7.32	0.02
26	W	♈	cloudy								4.21	7.33	0.42
27	T	♈	skies								4.20	7.34	1.16
28	F	♈	and								4.20	7.35	1.48
29	S	♈	showery								4.19	7.36	2.17
30	S	♈	weather.	Rogation Sunday							4.19	7.37	2.46
31	M	♈									4.18	7.37	3.15

**More Vitamins and Health from Your Meals**

When you are cutting up beef for the stew, cut it into small pieces.

You will get two or three times as much Vitamin B<sub>1</sub> out of it as you will if you only cut it into large chunks.

Because the small pieces take only about one-half as long to cook.

When cooking vegetables don't add Baking Soda. It destroys Vitamin B<sub>1</sub>.

If you are feeling run down, nervous and irritable, take Dr. Chase's Nerve Food for a few weeks. It not only contains Vitamin B<sub>1</sub> but iron and other essential minerals as well. See how quickly you will recover your pep and energy.



## No Slow Down In Your System

When your kidneys and liver fail to function properly they allow poisons and waste matter to accumulate in your system. These poisons get into your blood stream and cause a slow down of your whole body.

They sap your energy and vitality. They make you an easy prey for any infectious germ.

Dr. Chase's Kidney-Liver Pills are a prescription put up by Dr. Chase's especially to help overcome this very condition.

They stimulate your kidneys and liver to quick and thorough action so that the poisons and waste matter are soon expelled from your system. Once this has been accomplished that worn out feeling soon disappears and you will experience a new flow of energy and vitality.

Many wise people take a Dr. Chase's Kidney-Liver Pill at least once a week because they know that by taking this precaution there is very little danger of their system ever becoming undermined by the accumulation of poisonous waste matter.

Dr. Chase's Kidney-Liver Pills are not habit-forming.

"Why don't you settle the case out of court?" said an Irish judge to the litigants before him.

"Sure, that's what we were doin', my lord, when the police came and interfered."

## Trained First Aid

Charles B. Scully in "Your Life"

Efficient first aid requires from 20 to 25 hours' training under a qualified instructor. But even without such training, everyone can remember a few simple rules. The next best thing to knowing what to do is knowing what *not* to do. Here are 14 important "don'ts."

**Never move an accident victim until the nature and extent of his injuries are known.** Neglect of this rule causes more serious damage than any other mistake. Don't even lift the victim's head to give him a drink of water; if his neck should be injured, that slight movement might sever the spinal cord. When a person cannot open and close his fingers, his neck is probably broken; when he cannot move his legs his back may be broken. Moving victims of such injuries requires so much skill that even doctors dread it. But if no further harm is done the injury often may be treated successfully.

Keep the injured person flat on his back until a doctor or a trained first-aid-er can take over. Don't let anyone stampede you into moving him. If he is in the middle of the road and obstructing traffic, place your car where it will divert passing cars. If he is jammed in a car, leave him there unless the car is on fire and you can't put the blaze out.

**If a person is unconscious, don't try to arouse him by shaking,** as excited bystanders often do. Loss of consciousness usually indicates some form of head injury, possibly skull fracture or brain concussion. Don't make an unconscious person drink anything—you may choke him to death. The windpipe is protected by a trap door called the epiglottis, which closes automatically each time one swallows; during unconsciousness it may fail to act.

*Continued on page 25.*

# Ask Yourself These Questions To See If You Might Be Suffering From Kidney and Liver Trouble

	Yes	No
1. Do you have a bowel movement at least once a day? .....		
2. Is your appetite poor? .....		
3. Do you suffer from indigestion? .....		
4. Is your tongue coated and furred? .....		
5. Is your urine scanty and highly coloured? .....		
6. Do you suffer from backache? .....		
7. Do you suffer from occasional headaches? .....		
8. Is your complexion pale and blotchy? .....		
9. Are you cross and easily irritated? .....		
10. Do you suffer from acidity? .....		

If you have a "YES" answer to any one of the above questions then the cause of your sickness might easily be that your kidneys and liver are not functioning properly.

For when they do not act as nature intended them to, poisons and waste material are allowed to stagnate in your system and these poisons could easily cause any or all of the troubles in the above list.

## Here's What To Do About It

We know from years of experience and from the thousands of letters which we have received from people who have recovered their health through the use of Dr. Chase's Kidney-Liver Pills, that these pills are exceptionally effective in stimulating the kidneys and liver to healthy action.

The poisons are then driven from your system and when this is done we know that you are going to be one more person that Dr. Chase's Kidney-Liver Pills have helped to feel that you have at last won new health, new vigour and new vitality.

We are so confident that Dr. Chase's Kidney-Liver Pills will help you, if you are suffering from any of the ailments listed above, that we are anxious and glad to send you a sample of Dr. Chase's Kidney-Liver Pills so that before spending one cent of your own money you can prove every one of our statements to your own satisfaction.

To get your trial sample of Dr. Chase's Kidney-Liver-Pills just drop a postcard to the Dr. A. W. Chase Medicine Company, Limited, Oakville, Ontario, Canada.

Your special trial sample of Dr. Chase's Kidney Liver Pills will be mailed to you immediately.

### Speech and Patter

From *Readers Digest*

Small waves chucking the rowboat under the chin.—*E. B. White.*

A pretty deb in her early nicoteens.—*W. L. Wilton.*

She can't dance so well, but gosh, how she can intermission.—*Private Arthur Hill.*

His studies were pursued but never effectually overtaken.—*H. G. Wells.*

After two days in the hospital I took a turn for the nurse.—*W. C. Fields.*

He always sits with his back to the check.—*Walter Winchell.*

Only a few strong characters can leave a ringing telephone alone. Its "brrr-rp-brrr-rp" is like a flame shouting, "Hey, moth!"—*Arthur Caylor.*

Visitor to the War Department: "I have crossed a homing pigeon with a woodpecker. It not only delivers the message, but it knocks on the door."—*Cartoon in Click.*

# Saved! One Bridge Game ● Lost! One Headache



"Surely you're not going now Mary? Why we are just going to start a game of bridge."  
"Sorry Jane, but I have a terrible headache and I am going home to lie down."



"You don't have to do that. Haven't you ever heard of Dr. Chase's PARADOL? Here take one of these and you'll be all set to play in five minutes."



"Well Jane, I never thought I would be able to enjoy myself as much as I have this afternoon. Thanks for telling me about PARADOL. On the way home I am going to get a package to carry in my own purse."

**Paradol will bring you the same quick and comforting relief whenever you suffer from Headache or Periodic Pains**

\*\*\*\*\*  
A drunk boarded one of those two-story busses they have in Chicago; it was crowded, but he finally found a seat by the driver.

He talked and talked, and finally the driver tactfully suggested that he go on the top deck and enjoy the fresh air and wonderful view.

The drunk amiably clambered through the crowd and disappeared upstairs. But in a few minutes he was back.

"What's the matter? Didn't you like the

fresh air, or the view?" asked the driver resignedly.

"Yep, nice view, nice air," answered the drunk. "But, 'taint safe—no driver!"

—Iowa Green Gander

"I wish we'd get a few shipwrecked sailors washed ashore," mused the cannibal chief. "What I need is a good dose of salts."

—Annapolis Log

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER INDICATIONS	June 1943	Moon's Phases	Ont. and Que.		Mar. Provs. and Nfld.		Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
						d.	h. m.	d.	h. m.	Sun Rises h.m.	Sun Sets h.m.	Moon Rises a.m.
1	T				☾ New Moon...	2	5 33 p.m.	2	6 33 p.m.	4.17	7.39	3.46
2	W		Showery		☽ First Qtr...	10	9 35 p.m.	10	10 35 p.m.	4.17	7.40	4.20
3	T		this	Ascension Day	☾ Full Moon...	18	0 14 a.m.	18	1 14 a.m.	4.16	7.40	sets
4	F		week.	<i>planted potatoes</i>	☽ Last Qtr...	24	3 8 p.m.	24	4 8 p.m.	4.16	7.41	p.m.
5	S									4.15	7.42	9.44
6	S		Bright							4.15	7.42	10.27
7	M		<i>warm</i>	<i>chick starts</i>				<i>11 30</i>		4.15	7.43	11.04
8	T		400 days							4.14	7.44	11.37
9	W		all	Birthday of King George VI (Celebration)						4.14	7.44	a.m.
10	T		this	Also Hebrew Pentecost (Shebuoth)						4.13	7.45	0.07
11	F		week.	<i>started sewing</i>						4.13	7.45	0.35
12	S									4.13	7.46	1.02
13	S		Mostly	Pentecost (Whit Sunday)						4.13	7.47	1.29
14	M		fair	<i>finished sewing</i>						4.12	7.47	1.57
15	T		but	<i>put in garden</i>						4.12	7.48	2.28
16	W		some	<i>planted potatoes</i>						4.12	7.48	3.04
17	T		showers.							4.12	7.49	3.46
18	F			<i>big feed</i>				<i>3 45'</i>		4.13	7.49	rises
19	S			<i>big cake &amp; rope</i>				<i>4 15'</i>		4.13	7.50	p.m.
20	S		Moon	Trinity Sunday						4.13	7.50	9.57
21	M		change							4.13	7.50	10.41
22	T		was							4.13	7.50	11.19
23	W		signal							4.13	7.50	11.19
24	T		for							4.14	7.50	11.52
25	T		fine	St. Jean Baptiste						4.14	7.50	a.m.
26	F		week.							4.14	7.50	0.22
27	S									4.15	7.50	0.51
28	S		Month							4.15	7.50	1.19
29	M		ends							4.15	7.50	1.49
30	T		showery.							4.16	7.50	2.22
30	W									4.16	7.50	2.57

### More Vitamins and Health from Your Meals

During warm weather serve raw vegetable salads. They are rich in Vitamins.

Vitamin A is necessary for good eye-sight, and sound teeth.

Carrots, spinach, broccoli and other fruits and vegetables contain Vitamin A, also eggs, butter, milk and cheese.

But remember, your liver is responsible for making Vitamin A from these foods—if your liver is not functioning properly then you do not get a proper supply of Vitamin A even if you stuff yourself with food.

If your liver is sluggish take a Dr. Chase Kidney-Liver Pill tonight. It will stimulate the action of the liver and help to make the Vitamin A which your system needs.



## Your Liver and Your Blood Stream

One-quarter of your blood is always in your liver. While it is there the cells of your liver are busy filtering out the poisons and purifying your blood stream.

If these poisons were allowed to stay in your blood they would cause great damage to your whole system.

Your liver also manufactures and distributes bile which is nature's method of stimulating bowel action.

It is easy to see then, why the liver is one of the most important organs in your body, and why your good health depends so much upon it functioning properly.

Dr. Chase, fully appreciated the importance of the liver when he prescribed Dr. Chase's Kidney-Liver Pills for his patients.

This medicine has always been very successful in helping to stimulate the action of the liver and kidneys.

That is why many people who have used Dr. Chase's Kidney-Liver Pills have been helped to regain their health and have even found better health than they ever enjoyed before.

If you have reason to feel that your kidneys and liver are not functioning properly you can take Dr. Chase's Kidney-Liver Pills with confidence knowing that you are not experimenting, but are taking a medicine that has helped many thousands of other people.

Dr. Chase's Kidney-Liver Pills are not habit-forming

"Why do they call this Fiddle Hotel?"

"Because it's such a vile inn."

—West Point Pointer

### TRAINED FIRST AID—Continued

**Don't assume, just because you detect the odor of alcohol, that an unconscious or semiconscious person is drunk:** he may have injured his head or suffered a "stroke" of apoplexy. Typical result of such a mistake is the fate of a New York businessman. He had one drink at a bar on his way home and as he stepped out of the door slipped and struck his head. The police, without examination, placed him in a cell with drunks and vagrants; when someone finally looked at him hours later, he was dead from a head fracture which might have been successfully treated.

**Don't forget that an accident victim suffers from shock.** The seriousness of shock is little realized outside hospitals. You may experience mild shock when you cut or smash your finger: you break into a cold sweat, your pulse quickens, you feel "all gone." This is because the nervous system loses control of the blood vessels, the blood stagnates—chiefly in the abdominal region—and the heart is not filled each time it pumps. In severe shock the victim is listless or perhaps unconscious, the eyes have a vacant expression, breathing is irregular. Severe shock often causes death; prompt care may be a life-saver.

The procedure is simple. Heat is most important: cover with blankets, coats or newspapers. If possible apply hot water bottles under the armpits and between the thighs, where they are near the large arteries. *Keep the injured person flat.* If he is conscious, give a stimulant—hot tea or coffee, or a teaspoonful of aromatic spirits of ammonia in half a glass of water.

**Never give any form of spirits to an accident victim.** Brandy or whiskey is the first thing most untrained laymen offer at accidents. First-aid instructors make this suggestion: "Drink it yourself." Don't administer any stimulant after a head injury—it may be fatal—or until severe bleeding is checked.

**Beware of the tourniquet! It is always dangerous and should not be used if bleeding can be checked otherwise.** A tourniquet shuts off the blood supply, and if left on too long gangrene sets in and

*Continued on page 29.*

# The Dr. Chase for Nation

## In Action For Over



**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.

**T**HIS Dr. Chase Campaign for National Health really began over fifty years ago in the University town of Ann Arbor, Michigan, where Alvin Wood Chase, M.D., received his medical education, and set up in the practice of medicine.

When his reputation as a dependable and successful physician spread abroad, he was accustomed to visit various centres in Michigan, Ohio and the province of Ontario.

The demand for the refilling of his prescriptions grew until finally his medicines were put up for sale in the drug stores. And so began a business which has since spread throughout many countries.

The foundation of the Dr. Chase Health Campaign was Dr. Chase's Kidney-Liver Pills to which was later added Dr. Chase's Nerve Food and other medicines.

Until quite recent years the time-tested formulæ of these medicines were never changed. Recent discoveries made some changes advisable but these do not interfere with the essential parts of the original prescriptions.

For example, to Dr. Chase's Nerve Food there was added Vitamin B<sub>1</sub>, in order to supply this vitamin as well as the essential

For sale by

**The DR. A. W. CHASE**

Dr. Chase Building, Oa



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

for Coughs,  
Colds, Croup,  
Bronchitis, etc.

Its pleasant taste makes it a treat for children.

35 cents  
and  
75 cents.

**Dr. Chase's Kidney-Liver Pills for Constipation, Indigestion, Biliousness, Liver Complaint, Backache, Rheumatism and Kidney Disorders, 35 cents a box.**



**Dr. Chase's Liniment**

for  
Rheumatism  
Lumbago  
Backache  
Sore,  
Stiff Muscles  
Sciatica  
Neuralgia  
Throat and  
Chest Colds

35 cents  
a bottle.

# se Campaign nal Health

## er Half a Century

minerals, which this product had always contained. So while nothing was taken away, Vitamin B<sub>1</sub> was added in order to bring this time-proven medicine up to date and make it more effective as an aid in the restoration of richness to the blood and vigour to the nervous system.

Naturally, after this Health Campaign of half a century Dr. Chase's Nerve Food is well known and depended upon by many people who find that from time to time they must get an increased supply of Vitamin B<sub>1</sub> and the essential minerals in order to regain the health and vigour which is necessary for comfort, happiness and success.

When you need Vitamin B<sub>1</sub> you also are likely to need the minerals which are only secured in such trifling quantities from the vegetables you eat. Dr. Chase's Nerve Food is a complete treatment because it contains both of these elements.

When you decide to use Dr. Chase's Nerve Food make up your mind to take it regularly and persistently for several weeks until you feel that your health is thoroughly restored. It is economical to buy the large bottle which contains 180 pills and sells for \$1.50.



**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.

all druggists

**MEDICINE CO., Limited**

Windsor, Ontario, Canada



**Dr. Chase's Catarrh Powder** for Cold in the Head, Catarrh and Hay Fever, 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 Liver Medicine**

A purely vegetable tonic of roots and herbs for Liver Disorders, and Jaundice.

\$1.00 a bottle



DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER INDICATIONS	July 1943		Moon's Phases		Ont. and Que.		Mar. Provs. and Nfld.		Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.			
				☾ New Moon...	☽ First Qtr...	☾ Full Moon...	☾ Last Qtr...	d. h. m.	d. h. m.	d. h. m.	d. h. m.	Sun Rises h.m.	Sun Sets h.m.	Moon Rises a.m.	
1	T	♈	Comes	Dominion Day									4.17	7.50	3.37
2	F	♈	in	.....									4.17	7.50	4.22
3	S	♈	hot.	<i>quite</i> .....									4.18	7.50	sets
4	S	♈		.....									4.18	7.50	p.m.
5	M	♈	Change-	<i>fine day with good</i> .....									4.19	7.50	9.39
6	T	♈	able	.....									4.19	7.49	10.10
7	W	♈	weather	.....									4.20	7.48	10.38
8	T	♈	with	.....									4.21	7.48	11.05
9	F	♈	some	.....									4.22	7.48	11.31
10	S	♈	warm	<i>hay tedder</i> .....									4.22	7.48	11.58
11	S	♈	days.	.....									4.23	7.47	a.m.
12	M	♈		.....									4.24	7.46	0.27
13	T	♈	Cooler	.....									4.25	7.45	0.59
14	W	♈	and	.....									4.26	7.45	1.37
15	T	♈	cloudy	.....									4.26	7.45	2.23
16	F	♈	this	.....									4.27	7.44	3.16
17	S	♈	week.	.....									4.28	7.43	rises
18	S	♈		.....									4.29	7.42	p.m.
19	M	♈	Rain	<i>grow mash</i> .....									4.30	7.41	9.16
20	T	♈		.....									4.31	7.41	9.52
21	W	♈	Clear	.....									4.32	7.40	10.24
22	T	♈	and	.....									4.33	7.39	10.54
23	F	♈	very	.....									4.34	7.38	11.23
24	S	♈	warm	.....									4.35	7.37	11.53
25	S	♈	days.	.....									4.36	7.36	a.m.
26	M	♈		.....									4.37	7.34	0.24
27	T	♈	Fine	.....									4.38	7.33	0.59
28	W	♈	and	.....									4.39	7.32	1.37
29	T	♈	very	.....									4.40	7.31	2.20
30	F	♈	warm	.....									4.42	7.30	3.07
31	S	♈	at end.	.....									4.43	7.29	3.59

**More Vitamins and Health from Your Meals**

If you suffer from rheumatism part of your trouble may be a lack of Vitamin C. Bleeding gums may also be a result of a shortage of Vitamin C. Juicy fruits are rich in Vitamin C, also young spinach, cabbage, beet greens, corn, beans and peas. As they become older and dried out, these foods contain less Vitamin C. When you have shredded or diced vegetables, cook them as soon as possible before they dry out and lose part of their Vitamin C content. Remember, that to get the most value out of your foods they must be properly digested. That is why a Dr. Chase Kidney-Liver Pill at least once a week, will help to keep you in splendid health.



## Indigestion, Headache No Appetite

When you suffer from one or all of these ailments it is very often a sign of constipation, torpid liver action or the failure of the kidneys to function properly.

The food you have eaten has been delayed in its passage through the digestive system, and it begins to ferment.

This causes headache, loss of appetite, a coated tongue and lack of energy, all of which is almost a sure path to a more serious illness.

Under these circumstances the thing to do is to get the kidneys and liver functioning again as quickly as possible. This is the time you can turn to Dr. Chase's Kidney-Liver Pills with confidence.

They are very prompt in helping the liver to send out a plentiful supply of bile which then acts as nature's laxative quickly clearing the fermented food and waste materials from the body. Dr. Chase's Kidney-Liver Pills also assist the kidneys, in performing their task of filtering the poisons from the system.

Do not wait for indigestion, headache or loss of appetite to develop into a serious illness, instead take a Dr. Chase's Kidney-Liver Pill at night before retiring. It will help you to feel like a much healthier and happier person tomorrow.

### WHAT DID THE MISSIONARY SAY?

A missionary was captured by aborigines and condemned to death. To decide the manner of execution, it was the tribal custom that a victim must make an affirmative statement. If the high priest considered the statement true, the victim was shot with a poisoned arrow. If the statement was considered false, the victim died by fire. But the missionary, thinking fast, made a short statement so perplexing that it was impossible to carry out the execution. What did the missionary say?

Answer on page 50.—Harold Hart, *Invitation to Fun*.

### TRAINED FIRST AID—Continued

amputation may be necessary. If used at all, it must be loosened every 15 minutes. Tourniquets have so frequently been forgotten or hidden under bandages, with disastrous results, that the British now mark a large "T" and the time the tourniquet was applied—with lipstick, soot, car grease, etc.—on the forehead or collar of the injured person. In the United States the letters "TK" are used.

Tourniquets should be used only to stop arterial bleeding, which may be recognized by the bright-red color of the blood and the fact that it flows in spurts; venous blood is darker and flows steadily. Even severe bleeding can often be stopped by a large compress—a handkerchief or piece of a shirt—held firmly in place until the blood clots and the wound can be bandaged. Never exert pressure on a head wound—you may force pieces of a fractured skull into the brain.

**Don't try to change the position of an injured elbow; you may further damage an injured joint.** Fix it in the same position with splints until a doctor can take charge.

**Don't apply oil or greasy ointments to deep or extensive burns.** The grease will have to be removed—at the cost of great pain and further shock—before the burn can be medically treated. And don't tear bits of burned clothing from the injured area. Safest emergency measure—if one must be applied before the doctor arrives—is gauze or freshly laundered cloth (never absorbent cotton) soaked in slightly warm sodium bicarbonate solution. In severe burns, the first treatment should be for shock.

**Don't treat frostbite by rubbing—above all, don't rub with snow.** The body is 65 per cent water, and those grayish-white areas are actually frozen. Therefore they are easily injured and gangrene may result. Thaw the frozen part gradually by covering with the hand, or if the hand is frost-bitten warm it gently under the armpit. Exposure of the frostbitten part to artificial heat may cause permanent injury.

**Don't give way to panic if bitten by a snake.** Fright alone has killed people bitten by *nonpoisonous* snakes.

Continued on page 33.



**"One Dr. Chase's Kidney Liver Pill taken each night before retiring until the bowels are regular and active."**

This medicine stimulates the action of the kidneys and liver and so helps to clear out of your system the deposits of uric acid poison which are causing the stiffness and pain. Dr. Chase's Kidney Liver Pills are particularly successful in helping to accomplish this because of their unique double action on both the kidneys and liver.

If at this minute you are suffering from rheumatic pains or lumbago, you owe it to yourself to see if Dr. Chase's Kidney Liver Pills will not bring you the relief which they have brought to so many others.

Dr. Chase's Kidney-Liver Pills are not habit-forming.

## Are You Quitting?

By JAMES W. BARTON, M.D.

You have been working on a proposition for some weeks. You have investigated it from all angles and believe you have found every objection to it that could be made. You have been able to find actual facts to overcome these objections. You are all set to meet the people interested. Then something happens. A few days before the meeting you begin to lose some of your enthusiasm. Your arguments do not seem as strong or your facts as convincing as you had thought.

Now, there is nothing wrong with your proposition or your plan of presenting it, but something has gone wrong with you. You feel like lying down on your job; you've become a quitter. Why?

It may be that you are tired, but in most cases it is because your liver and gall bladder have quit doing a real or complete job in that body of yours. Your brain has been influenced by your liver.

Is it possible that that aristocratic and highly specialized organ—the brain—can be influenced by the liver, which many of us consider a common organ?

First let me say, there is nothing common about the liver; it is rightly called the king of the organs. Not only is it the largest organ in the body, but, judging from the amount and various kinds of work it does, it is the most important.

One of its products—the bile—is not only yellow in appearance, but, if not functioning properly, may flow in the wrong direction, going up into the stomach instead

## Rheumatic Pain and Lumbago

Make You Just

## A Shadow of Yourself

Anyone who has suffered with rheumatic pains does not need to be told of the agony which they go through or how hard it is to bother with anything but the pain.

Many people go to great expense to achieve even partial relief. But many more fortunate ones have found real relief by the following simple and effective treatment:

of down into the intestine; or it may get into the tissues proper, causing you to turn yellow in appearance.

Not only is your skin yellow, but your mental outlook matches it. In other words, you are just as courageous as the bile that your liver makes and sends to the intestine to do its various jobs.

What does the bile do for that body of yours? It breaks up or emulsifies fat foods so that they can be absorbed into the body. The bile is a natural antiseptic and as it mixes with foods and other substances, it removes from them all harmful qualities. Finally, it stimulates bowel action and is rightly called "Nature's purgative."

What will happen if your bile isn't being manufactured and distributed properly?

It may flow upward into your stomach and give you that bitter taste, that fur coat on your tongue, a feeling of nausea, and, fortunately, no desire for food for the time being. This means that the fatty foods you eat remain undigested because they are not split up as they would be if the bile were present.

It means, further, that the fats ferment—due to lack of the anti-fermentative action of the bile. This undigested and fermenting fat lies in the intestine without moving along because of the lack of action which stimulates movement of the intestine.

So valuable is this bile that, unlike other juices made by the body which pass out after being used, the blood takes the bile back into itself and carries it to the liver to be used over again. The bile is just like the extra team of horses that is kept to help another team draw a load up a hill and, after the load is at the top, returns to help with the next load.



## I Suffered with Kidney Trouble for 2 Years

"I work in dripping wet mine shafts. Of course, I wear rubber clothes, but this does not mean much protection from dampness, as the rubber holds the humidity inside the clothing and in a few hours I am just as wet as if I wore no protective garments at all.

For two years I was bothered with kidney trouble, and at times became entirely unable to work.

I took all kinds of medicine but they gave me very little relief if any at all, until last summer another miner told me about your Kidney-Liver Pills. I only had to take two boxes and I have never been bothered with kidney trouble since.

Herewith, I wish to express my sincere thanks to Dr. Chase's for what their Kidney-Liver Pills have done for me and to tell you that I shall recommend Dr. Chase's Medicines to everyone."

Mr. Robert Craig,  
Quesnel Forks, B.C.

## They Saved My Life

"I am not exaggerating about what Dr. Chase's Kidney-Liver Pills have done for me, when I say, that I do not believe that I would be here today had it not been for them.

I really thought I was going to die as I was suffering so from constipation and upset stomach. But they actually gave me relief, and now I feel as well as I ever did in my life."

Mrs. Wm. Andrews,  
Arthur, Ontario.

"I've stood about enough", said the humorist as they amputated his legs. —*Annapolis Log*

## Won New Health with Dr. Chase's Kidney-Liver Pills

"One thing I have won and that is good health from using Dr. Chase's Kidney Liver Pills.

I have been three times in the hospital last year for kidney trouble. The doctors could not do anything for me, so I came home disappointed.

Mr. Wilson my druggist, on St. Clair Avenue, recommended your Kidney-Liver Pills to me and I am using them regularly now. I have had such remarkable relief that I feel that I will be fully recovered without further expense.

I am enclosing a folder from your Kidney-Liver Pill package, to show you that I mean it when I say that I do use your medicine."

Mrs. T. Payne,  
328 Boon Ave., Toronto, Ont.

### Strictly Personal

These Ads are from the Personal Column of *The Saturday Review*.

*For Barter Or Sale:* My gorgeous parrot Micawber, a truly depraved bird, whose plumage and command of profanity are miracles. Physically, I am allergic to Micawber—he fans my asthma—but psychically Micawber is a man's bird to his tail feathers. Those with sensitive maiden aunts should not apply. What am I offered? Yankee collector.

The man who got this bird turned out to be a retired sea captain, whose old ears were fairly aching for parrot profanity.

These ads brought anywhere from 12-150 responses.

"Square-Shooting but rather homespun southern gentleman desires to have corners polished by charming Yankee."

"Will out-of-doors man write city-bound girl describing dogwood and other spring things?"

"'Redhead' (masculine) seeks letters from a sweet, deep thing."

Not all the ads are romantic. Witness this dream-shattering announcement:

Roger: How can I forward your toupee in time for interview, if I haven't any forwarding address? Anyway, I've sent it to General Delivery, St. Louis, Bernice.

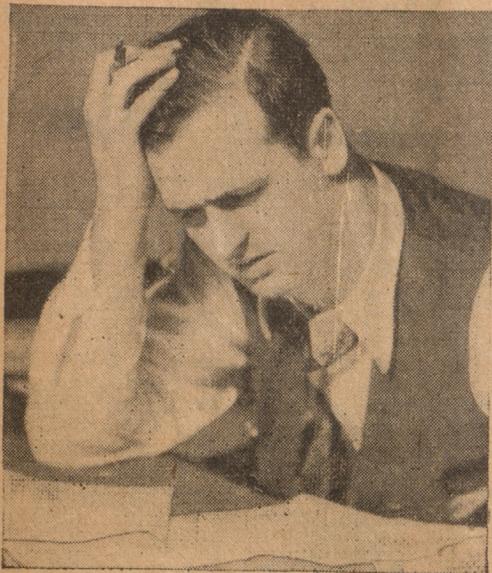
DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER INDICATIONS	Aug. 1943	Moon's Phases	Ont. and Que.		Mar. Provs. and Nfld.		Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.				
						d.	h.	m.	d.	h.	m.	Sun Rises h.m.	Sun Sets h.m.	Moon Rises a.m.
1	S	♋			☾ First Qtr. . . . .	8	10	36	8	11	36	4.44	7.28	4.54
2	M	♋	Month		☾ Full Moon . . . . .	15	2	34	15	3	34	4.45	7.27	sets
3	T	♋	begins		☾ Last Qtr. . . . .	22	11	4	22	12	4	4.46	7.25	p.m.
4	W	♋	fine	300	☾ New Moon . . . . .	30	2	59	30	3	59	4.47	7.24	9.09
5	T	♋	and									4.48	7.22	9.35
6	F	♋	warm.									4.50	7.21	10.01
7	S	♋										4.51	7.19	10.29
8	S	♋										4.52	7.18	10.58
9	M	♋	Week									4.53	7.17	11.32
10	T	♋	of									4.55	7.15	a.m.
11	W	♋	grand	25'00								4.56	7.14	0.12
12	T	♋	summer									4.57	7.12	1.00
13	F	♋	weather.									4.58	7.11	1.58
14	S	♋										4.59	7.10	3.04
15	S	♋										5.01	7.09	rises
16	M	♋	Severe									5.02	7.07	p.m.
17	T	♋	thunder-									5.03	7.05	8.21
18	W	♋	storms									5.04	7.03	8.53
19	T	♋	and									5.05	7.02	9.23
20	F	♋	cooler.									5.07	7.00	9.54
21	S	♋										5.08	6.58	10.25
22	S	♋										5.09	6.56	10.59
23	M	♋	Fair									5.10	6.54	11.37
24	T	♋	days	17.96								5.11	6.53	a.m.
25	W	♋	and									5.12	6.51	0.18
26	T	♋	cloudless									5.13	6.50	1.04
27	F	♋	skies.									5.14	6.48	1.54
28	S	♋										5.15	6.46	2.48
29	S	♋										5.17	6.45	3.45
30	M	♋	Cool.									5.18	6.43	4.44
31	T	♋										5.19	6.40	5.43

More Vitamins and Health from Your Meals

Do you feel like a change in menu, perhaps lighter meals? Then remember, that fruits and vegetables contain more Vitamin B<sub>1</sub> for every 100 calories than do meats and cereals.

Don't throw away the water in which you cook these vegetables—Vitamin B<sub>1</sub> dissolves in water and that pot water is rich in vitamins. Use it to make soups and sauces or keep cool in a tightly closed jar. Add a bouillon cube or tomato juice for flavouring and serve as a vegetable cocktail.

Modern diets never seem to give us enough Vitamin B<sub>1</sub>, the energy vitamin. That is why Dr. Chase's Nerve Food contains Vitamin B<sub>1</sub>, iron and other essential minerals.



## Constipation Steals Your Health

No thief in the night can do you more harm than constipation if you allow it to run on unchecked.

For then poisons seep through your system stealing your vitality, leaving you worn out and feeling half dead.

It is at this point that many people have turned to Dr. Chase's Kidney-Liver Pills and found just the help which they needed.

And so they should, for Dr. Chase's Kidney-Liver Pills are a prescription put up especially to overcome this condition. They act quickly and effectively on both the liver and kidneys so that in a very short time you get rid of the poisons which have accumulated in your system.

But this treatment does not stop at just giving you one action of the bowels and then requiring another-dose before they will act again.

Instead, Dr. Chase's Kidney-Liver Pills by their action on the liver, stimulate the flow of bile which is Nature's laxative and Nature's way of seeing that you get rid of the poisons in your system.

This natural and healthy action usually continues and so after a few treatments you are a long way towards relieving the cause of your constipation.

Next time you pass the drug store, why not purchase a package of Dr. Chase's Kidney-Liver Pills? You will only have to try them once to know that you have at last found the treatment which you have been looking for.

### TRAINED FIRST AID—Continued

Look at the marks left by the fangs. With poisonous snakes—copperheads, rattlesnakes, cotton-mouth moccasins and coral—there are one or two tiny wedge-shaped wounds. Non-poisonous snakes make a little horse-shoe of tooth marks or scratches. If the snake was venomous, make a cross cut an eighth of an inch deep over each fang mark to induce profuse bleeding, and rush the victim to a doctor. *Don't* try to suck the poison out of the wound by mouth; if you have a scratch or blister in your mouth, you too may be seriously poisoned. And remember that whiskey not only is no cure for snake-bite; it should not be given at all.

**Don't think that a handkerchief is a gas mask**, if you must enter a gas-filled room to rescue someone. Many have died in that belief. The cloth may filter out the irritating fumes but not the poison gas. In a *smoke*-filled room, however, a *wet* handkerchief tied over the face is useful.

**Don't lose your head if bitten by a dog suspected of rabies.** Rabies develops in dogs within ten days, but requires 21 days to two months to develop in humans, so there is plenty of time to take the Pasteur treatment if it proves necessary.

*Exception:* The Pasteur treatment should be given immediately for bites about the neck or head.

**Never try to revive an apparently drowned person by rolling him over a barrel or "jack-knifing" the body.** Death results from cutting off oxygen from the blood stream rather than from the presence of water in the lungs; often there is very little. Prone pressure artificial respiration is the only approved method of treating drowning, electric shock and gas poisoning, and should be learned thoroughly by everyone. Breathing has been re-established after eight hours of artificial respiration; therefore the usual tests for death should never be accepted.

**Don't allow a victim revived by artificial respiration to get up immediately, even if you must use force.** As breathing is resumed, a victim often attempts to rise and even becomes violent. Permitting him to get up may cause death.

## Gas On Your Stomach?

This very annoying ailment usually results from indigestion and the fermentation of food, which in turn causes the formation of gas.

Dr. Chase's Kidney-Liver Pills by quickly helping to stimulate the action of the kidneys, liver and bowels, soon bring relief from the indigestion.

When these organs are working properly the food passes quickly through the alimentary canal and there is no time for fermentation, flatulence, heat flashes, food repeating, and other disagreeable symptoms of indigestion.

## A Combined Treatment For Weak Kidneys

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 helps to cleanse the system of poisonous impurities, and to build up your health.

In this way it soon helps to restore strength and vigour to all the organs of the body.

## Your Back Aching?

Because it can come from a variety of causes, backache is one of the most frequent forms of pain.

Whether your particular backache comes from lumbago, rheumatism, sciatica or kidney trouble you can be satisfied that Dr. Chase's Kidney-Liver Pills will help you to clear it up.

For this treatment acts on the kidneys, liver and the bowels. Poisons and waste matter are quickly eliminated from your system thus getting right at the cause of your trouble.

"There's only one thing wrong with me blondie. I'm color blind."

"You sho' must be, mistah!"

—Colorado Dodo

## What Causes Sciatica Pains?

Sciatica is one of the most torturing of pains known to man. It is caused by inflammation of the largest and most sensitive of nerves, that running down through the hip and thigh. Cold or dampness is usually blamed for attacks of sciatica but there is usually an underlying cause—defective kidney action or a run down 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.

He: "Going to have dinner anywhere tonight?"

She: "No, not that I know of."

He: "Say, you'll be awfully hungry by morning."  
—Texas Ranger

## Your Lazy Colon

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.



## "The Other Side of the Hill"

This is the phrase which Sir Walter Scott used to describe the second half of our years.

It can be a pleasant time of life, especially if you protect your health.

The thoughtless rushing days of youth are over and with good health you can now take time to enjoy the beauties of life.

Many older people have found Dr. Chase's Nerve Food a great help in preserving their health and giving them the energy to lead a normal and happy life.

The Vitamin B<sub>1</sub> along with the iron and other minerals which it contains make it a dependable tonic for the blood, for they help to enrich the blood, build vitality and strengthen the whole nervous system.

If you feel that your health is not what it should be, that you are not as alert as you might be, then start now on a treatment of Dr. Chase's Nerve Food. Take it according to directions for about two months.

In these two months, it should help to give you better health, steady nerves and more energy.

With these priceless assets you are bound to get more enjoyment out of every day of your life.

## The Danger of Low Vitality

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

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

The quality of your blood must be restored and a dependable blood restorative is Dr. Chase's Nerve Food.

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

### Personally Presented

On the evening Mark Twain addressed the Washingtonian Lyceum Society at the Newark opera house a tall sparse-looking gentleman in full evening dress stepped up on the platform and proceeded to introduce the speaker: "Ladies and gentlemen, it gives me great pleasure to welcome such a splendid audience to such a momentous occasion. The Washingtonians have outdone themselves in presenting the very distinguished gentleman who is our guest. I will tell you about the trials of securing him. Not only did we have to take into consideration the astounding cost of his lecture, but in addition we had to pay his expenses from New York to Newark and back, to furnish him with a carriage to and from the railroad stations, and pay his hotel expenses. It amounted to a considerable sum, I can assure you, but on this occasion we were determined to have the very best that money could buy. And now, ladies and gentlemen, it gives me great pleasure to present to you Samuel L. Clemens, otherwise known as Mark Twain."

The speaker remained standing. No one came forward. Finally, it dawned upon the audience that the speaker was Mark Twain himself.—William Lyon Phelps in *Scribner's*.

Wife (angrily to drunken husband): "I suppose you expect me to believe that you came straight home from the office."

He: "Sure I did (hic): I just came home like the crow flies."

She: "So I see. Stopping frequently for a little corn."

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER INDICATIONS	Sept. 1943	Moon's Phases ☾ First Qtr. . . . ☽ Full Moon . . . . ☾ Last Qtr. . . . . ☽ New 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.
1	W	♊								5.20	6.38	7.40
2	T	♋	Cloudy							5.22	6.36	8.06
3	F	♌	with 300	finished drawing cats						5.23	6.36	8.32
4	S	♌	high	chicken mash					8.38	5.24	6.34	9.01
5	S	♍	winds.							5.25	6.32	9.33
6	M	♍		Labor Day						5.26	6.30	10.10
7	T	♎	Light 500	pig chop					8.43	5.28	6.28	10.53
8	W	♎	showers							5.29	6.26	11.44
9	T	♏	and	digging potatoes						5.30	6.24	a.m.
10	F	♏	then							5.31	6.22	0.44
11	S	♏	fair.							5.32	6.20	1.53
12	S	♐								5.34	6.18	3.06
13	M	♐	Moon							5.35	6.17	4.23
14	T	♐	change	chickens					25.70	5.36	6.14	5.40
15	W	♑	indicates							5.37	6.12	rises
16	T	♑	week	Henderson chickens					22.00	5.38	6.10	p.m.
17	F	♑	of							5.39	6.08	8.22
18	S	♒	fine							5.40	6.07	8.56
19	S	♒	days.							5.41	6.05	9.33
20	M	♒								5.43	6.02	10.14
21	T	♓	Continues							5.44	6.00	10.58
22	W	♓	fine							5.46	5.59	11.48
23	T	♓	and							5.47	5.58	a.m.
24	F	♓	dry.							5.48	5.55	0.41
25	S	♈								5.50	5.53	1.37
26	S	♈	Cloudy							5.51	5.51	2.35
27	M	♈	with							5.52	5.49	3.35
28	T	♉	some							5.53	5.48	4.35
29	W	♉	rain.							5.55	5.46	5.37
30	T	♉		Hebrew New Year (Rosh Hashanah)						5.56	5.44	6.40

### More Vitamins and Health from Your Meals

Be sure and use whole grain cereals. Why? Because, for example, whole wheat flour contains 49 International Units of Vitamin B<sub>1</sub> per ounce against only 8 International Units in white flour.

Whole wheat bread contains 27 International Units of Vitamin B<sub>1</sub>—white bread only 4 units. Whole rice contains 32 units—white rice only 2 units.

Get the most in food value and in good health by using the whole grain cereals.

Whenever possible, add a little lemon juice or vinegar to the food you are cooking. This helps to hold Vitamin B<sub>1</sub>.



# For Blackheads Pimples—a Clearer Complexion

*Do Two Things - -*

(1) Tonight before going to bed, smooth Dr. Chase's Ointment gently over the entire face, and leave it on all night—In the morning you will find that the blackheads, pimples and other blemishes are giving way to a clearer, healthier skin.

(2) Also before retiring, take one Dr. Chase's Kidney Liver Pill.

Blackheads, pimples and skin blemishes, are often caused by faulty elimination. Your kidneys and liver have failed to eliminate the poison and waste matter from your system and so they break out in skin blemishes.

Dr. Chase's Kidney Liver Pills get right at the source of this trouble, for they act on both the kidneys and liver, stimulating them to a healthy natural cleansing of the digestive system.

By using Dr. Chase's Kidney Liver Pills, once or twice a week, you are helping to assure yourself that when the Ointment has cleared up your complexion your trouble will not return.

You may also be delighted to find that not only have you a clearer complexion, but that you also have good digestion and a new sense of vivacious good health.

## Which Month Were You Born?

*(Continued from page 17)*

When you marry be sure to choose a happy and cheerful person and one that is not too exacting.

Try to look for the good in others instead of criticising their faults.

Be frank and above-board and never let outside appearances deceive you.

When you are tired, get outdoors by yourself for a few hours.

Learn self-control and develop the ability to turn your ideas into results, then you are going to have a happy life.

### OCTOBER

If you were born in this month, you are ambitious and full of enthusiasm—one defeat never discourages you.

But you must learn to be careful about money matters and curb your inclination to be extravagant.

If you go to work with a will, you will accomplish quickly almost anything you wish to.

Follow your own intuition for this is usually right.

Remember your own opinion of yourself is more important than anyone else's.

You are very susceptible to the influence of others and so be careful in your choice of friends.

Try not to do too many things at once. Success requires a little patience.

You want to be loved but remember, the way to secure love is by loving others.

To attain success and happiness, follow your own original ideas.

### NOVEMBER

You have great will power, poise and skill with your hands.

You are apt to have a great influence over others. In business you are blunt and to the point.

You are witty and would make a good speaker.

You are a hard worker when really interested but you are inclined to be too fond of praise and flattery.

You like to accomplish big things, the bigger the scheme the more daring and greater your success.

Try not to be sarcastic, and overcome your inclination to scold others.

Try to be more careful about the

*—Continued on page 45.*



## A Happy Marriage Ahead

If you realize that true love *Begins*  
rather than ends after marriage

If you can keep your love continuously growing after marriage then your happiness and personality will continue to grow as well.

When you do this you increase your enjoyment of every aspect of living and you increase your chances of achieving mutual harmony.

Surely one of the first duties of a young wife is to see that both she and her husband retain their good health, for if either one of them becomes nervous, cranky or run down, then needless quarrels and misunderstandings arise which cause unhappiness.

One of the best ways to keep in good health is to take Dr. Chase's Nerve Food at the first sign of nervous fatigue.

This tonic, with its Vitamin B<sub>1</sub>, iron and other essential minerals helps to restore vitality to the nervous system and to give you the energy and robust good health with which to build a lasting and happy married life.

Father (to young son): "When Abe Lincoln was your age, he was making his own living."

Son: "Yes, and when he was your age, he was president."—Carnegie Tech.

## Your Nervous Habits Annoying to Others

Tapping with the fingers,  
Piano playing on the bridge table,  
Above all, biting the fingers nails  
Are nervous habits  
Which are annoying to others  
And should be a warning to you.  
Your nerves are at high tension,  
You are wasting in worry and irritability  
The nerve force which should be available  
To run the machinery of the body  
Hence the indigestion, the headaches and sleep-  
lessness.

Physicians say that 60% of the present day ills  
Are the result of exhausted nerves.  
You can help to increase the nerve force in the body  
By using Dr. Chase's Nerve Food.  
This is Nature's way of restoring  
Health, strength and vigour to the system.

## Branteasers

From "Your Life"

Who was lawyer for the defense in the Scopes  
"monkey trial" in Dayton, Tenn.?

What is the name of the little lame boy in  
Dickens' Christmas Carol?

Who said "A rose by any other name would  
smell as sweet"?

When is the sun closer to the earth—during  
winter or summer?

Actors believe that if a certain line of a play  
is spoken during rehearsal, bad luck is sure to  
follow. What line is it?

Who wrote "The Autobiography of Benjamin  
Franklin"?

If a physician gives you a placebo, is he  
prescribing a potent medicine?

Who made Jumbo the most famous elephant  
in the United States?

If you lost your appetite, would you look for a  
tonic to restore your interest in food, for a piece  
of ore, or for an instrument used in surveying?

Name the author of each of the following  
works of fiction: *Penrod*; *Tom Sawyer*.

If you were asked to look at an old topiary,  
would you expect to see a confirmed drunkard,  
an ornamental garden, or an enclosure for  
housing birds?

Do any of the Seven Wonders of the Ancient  
World still exist?

How many matches are contained in a common  
paper packet?

Answers on page 50



## Wise Fishermen Take Along Dr. Chase's Ointment

IN CASE OF FISH-HOOK WOUNDS AND OTHER SKIN INFECTIONS

Dr. Chase's Ointment is not just a soothing cream but an antiseptic ointment which not only heals the wound quickly but by destroying the germs helps to prevent infection.

This is the kind of first aid you need when you are miles away from a doctor and have to have immediate treatment.

So whenever you are packing for even a day's fishing, remember that first aid treatment is just as important as your tackle, and that Dr. Chase's Ointment gives you *healing* first aid plus protection.

### Insect Bites

You will only have to apply Dr. Chase's Ointment once to realize that this is just the kind of treatment you have always wanted for insect stings and bites.

It helps the sting to soon disappear and the itching to cease almost at once.

### Plant Poisoning

#### Poison Ivy, Oak or Sumach Poisoning

If you should become infected by one of these plants, Dr. Chase's Ointment will help to bring quick and soothing relief as its strong antiseptic effects destroy the germs and so help to prevent infections.

### Sunburn

To take the fire out of sunburn, to help prevent infection, to heal and soothe your blistered skin, apply Dr. Chase's Ointment gently to the affected part.

You will be more than pleased with the quick way it promotes healing and with the soft and healthy condition in which it leaves your skin.

### 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 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.

### Ringworm or Athlete's Foot

You can soon obtain relief from Ringworm and Athlete's Foot by bathing the feet in warm water and applying Dr. Chase's Ointment freely, especially between the toes where the skin is irritated.

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

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

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER INDICATIONS	Oct. 1943	Moon's Phases	Ont. and Que.		Mar. Provs. and Nfld.		Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.				
						d.	h.	m.	d.	h.	m.	Sun Rises h.m.	Sun Sets h.m.	Moon Sets p.m.
1	F	♈			☾ First Qtr...	6	3	10 p.m.	6	4	10 p.m.	5.57	5.42	7.04
2	S	♈	Begins		☾ Full Moon...	13	8	23 a.m.	13	9	23 a.m.	5.58	5.40	7.35
3	S	♈	fair.		☾ Last Qtr...	20	8	42 p.m.	20	9	42 p.m.	5.59	5.39	8.10
4	M	♈			☾ New Moon...	28	8	59 p.m.	28	9	59 p.m.	6.00	5.37	8.50
5	T	♈										6.02	5.35	9.38
6	W	♈	A week		Day of Atonement (Yom Kippur)							6.03	5.33	10.34
7	T	♈	of		apples							6.04	5.31	11.38
8	F	♈	fine									6.05	5.30	a.m.
9	S	♈	bright									6.07	5.28	0.47
10	S	♈	weather.									6.08	5.26	2.00
11	M	♈										6.10	5.24	3.15
12	T	♈										6.11	5.22	4.30
13	W	♈	Becomes		3:00 hay mash							6.12	5.21	rises
14	T	♈	quite		First Feast of Tabernacles (Succoth)							6.14	5.19	p.m.
15	F	♈	cold									6.15	5.17	6.51
16	S	♈	with									6.16	5.15	7.26
17	S	♈	some									6.17	5.13	8.06
18	M	♈	rain.									6.18	5.12	8.50
19	T	♈										6.20	5.10	9.38
20	W	♈	Milder		5:00 chop							6.22	5.08	10.31
21	T	♈	with									6.23	5.06	11.26
22	F	♈	clear									6.24	5.05	a.m.
23	S	♈	sunny									6.25	5.04	0.24
24	S	♈	days.		fixing engine							6.27	5.02	1.23
25	M	♈										6.28	5.00	2.23
26	T	♈	High									6.30	4.58	3.24
27	W	♈	winds									6.31	4.57	4.27
28	T	♈	becoming									6.32	4.56	sets
29	F	♈	colder.									6.33	4.54	p.m.
30	S	♈										6.34	4.52	6.09
31	S	♈			Hallowe'en							6.36	4.50	6.48

### More Vitamins and Health from Your Meals

Tender well hung or ground beef will give more Vitamin B than tough beef. The tough meat takes longer to cook and so loses a lot of its Vitamin B content.

When you cannot afford the expensive cuts of meats add eggs and vegetables to the menu in order to make up for the vitamins which are lost when the meat has to be cooked for a long period. Patties are a splendid way to serve meats. The short cooking time required saves vitamins. They are economical and easy to digest.

Keep fruits and vegetables in a covered container, in the refrigerator. The Vitamin C which they contain is quickly lost when exposed to air.



# Your Baby Needs Dr. Chase's Ointment

## *After the Bath*

This is the time to protect baby's skin by preventing skin infections from ever getting started.

Baby's skin is so sensitive and tender that there is constant danger of skin infections developing.

After you have finished bathing the baby, if there is any sign of red or infected skin, apply Dr. Chase's antiseptic Ointment for this Ointment not only heals quickly but its antiseptic action will control the germs of skin infection.

## *Diaper Rash*

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



## *Eczema*

Babies usually develop eczema as a result of chafing of the diapers or clothing or where the folds of skin come together.

Medical authorities now agree that eczema is not a blood disease and therefore should be treated with local treatment rather than with internal medication.

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



## *Impetigo*

Impetigo usually attacks children from 3 to 10 years of age on their face, hands and feet.

There is no itching, but the skin becomes inflamed and pustules form about the size of split peas.

Impetigo runs its course in about two weeks. A crust forms, and when it falls off the skin is left a reddish colour. There is no danger of a lasting scar.

To clear up Impetigo, open the pustules as they mature and apply Dr. Chase's Antiseptic Ointment freely. This medical treatment will destroy the infection as well as soften and heal the skin.





## Are You Starving Your Figure

Prominent authorities state that many women and girls who are following unsupervised diets are undermining their health and ruining their figures.

They become so emaciated and run down that it is very difficult to recover their health and to regain their figure.

If you are thin, weak, and always tired, don't allow yourself to stay in this dangerous condition a day longer than is necessary, for when you are in this state, you are an easy prey to germs and disease.

Start now to regain your strength and to round out your figure. A good way to do this is to eat a well-balanced diet and to take Dr. Chase's Nerve Food before each meal and before going to bed.

This tonic with its Vitamin B<sub>1</sub> iron and other essential minerals, will supply your body with the elements it needs to help you regain your strength and to help you have a well rounded and shapely figure.

## You CAN Relieve Piles

While it is customary for the doctor to recommend a surgical operation for piles or hemorrhoids this is not at all necessary in the great majority of cases, nor is an operation a permanent relief for the trouble.

Piles are known as external when they form outside around the opening and internal when inside. When the internal piles come outside they are known as protruding. When blood is passed they are described as bleeding piles.

Over a long period of years Dr. Chase's Ointment has been known to a great many people as an effective relief for piles of whatever variety. First because it affords such quick relief from the distressing itching and burning which accompanies this ailment. And second, because, with persistent use, it heals up the pile ulcers and helps to make the relief lasting.

A soap and water enema should be used for internal piles and the application of warm or cold water to relieve the inflammation. As the Ointment is applied the piles if protruding should be gently pushed back into place.

Since piles are usually caused by a constipated condition, this should be overcome by the use of Dr. Chase's Kidney-Liver Pills.

## These Ailments Can Be Quickly Relieved By the Use of Dr. Chase's Ointment

Eczema, Athlete's Foot  
Tetter and Ringworm  
Scald Head and Baby Eczema  
Pimples and Blackheads  
Chafing and Skin Irritation  
Sore Feet and Toes  
Ingrowing Toe Nails  
Rough Red Skin  
Chilblains and Frost Bites  
Poisoned Skin. Poison Ivy  
Itch, Barber's Itch, Prairie Itch  
Hives and Insect Bites  
Scalds and Burns, Sunburn  
Sore and Cracked Nipples  
Sore and Inflamed Eyelids  
Old Sores and Bed Sores  
Itching peculiar to Women  
Itching, Bleeding and Protruding Piles or  
Hemorrhoids

## When You Sneeze

### IS THE TIME TO CHECK YOUR COLD

The common cold is man's greatest enemy. Half our sickness, half the loss of working time half the absence of teachers and pupils from school is attributed to the common cold.

Dr. Walter Campbell, addressing the Academy of Medicine in Toronto, said that 85 per cent of persons suffering from acute kidney disorders had previously had cold infections. Dr. Dachez, New York, says that colds cause relapses of rheumatism and neuritis.

#### What To Do About It

Medical doctors are now fully agreed on the importance of going to bed as soon as you have symptoms of a cold. If, at the same time you take one or two of Dr. Chase's Paradol tablets and a good big drink of ginger tea or hot lemonade, you have a good chance of quickly checking the cold and escaping days or weeks of illness.

If, for one reason or another, the cold has reached the throat or bronchial tubes, and you are distressed with hoarseness or coughing, Dr. Chase's Syrup of Linseed and Turpentine can be of great relief to you. It is far more than a mere cough mixture for it contains expensive drugs, in addition to the more simple ingredients, which help to overcome the cold before it may develop into more serious trouble.

## Bronchitis Is Dangerous

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

The strain from coughing wears down the general health and is trying on the muscles of the heart. Relief from coughing comes with the use of Dr. Chase's Syrup of Linseed and Turpentine. Its success in the relief of this distressing ailment has done much to make Dr. Chase's Syrup of Linseed and Turpentine popular. People say that if it relieves bronchitis it should be satisfactory treatment for any cough or cold.

## A Cold Is a Disease

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

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

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

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

## Dr. Chase's Syrup of Linseed and Turpentine and Your Guarantee of Quality

When you are purchasing a cough syrup, remember that you want a product that will check a cold promptly, thereby saving you the further expense of being really sick.

It is important, therefore, that you get a cough syrup of the highest quality and most effective ingredients, and exactly such a medicine is Dr. Chase's Syrup of Linseed and Turpentine.

The Dr. Chase Medicine Company, by sticking faithfully to the quality standards demanded by Dr. Chase have built up over the last 50 years, a steadily increasing and always faithful following for this now very popular medicine.

You will readily understand that sales which have kept increasing for nearly half a century are not achieved by stunt advertising methods. No—the successful record of Dr. Chase's Cough Syrup could only have been won by a high quality product which unflinchingly does all that is claimed for it.

So you can rest assured that you are getting the best for yourself or your child when you buy Dr. Chase's Syrup of Linseed and Turpentine.

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER INDICATIONS	Nov. 1943	Moon's Phases	Ont. and Que.	Mar. Provs. and Nfld.	Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
					☾ First Qtr. . . . . ☾ Full Moon . . . . . ☾ Last Qtr. . . . . ☾ New Moon . . . . .	d. h. m. 4 10 22 p.m. 11 8 26 p.m. 19 5 43 p.m. 27 10 23 a.m.	d. h. m. 4 11 22 p.m. 11 9 26 p.m. 19 6 43 p.m. 27 11 23 a.m.	Sun Rises h.m.	Sun Sets h.m.	Moon Sets p.m.
1	M	♈						6.37	4.49	7.34
2	T	♈	Month					6.38	4.48	8.28
3	W	♈	begins					6.40	4.47	9.30
4	T	♈	clear					6.41	4.45	10.37
5	F	♈	and					6.43	4.44	11.47
6	S	♈	cool.					6.44	4.43	a.m.
7	S	♈						6.45	4.42	1.00
8	M	♈	Cloudy					6.47	4.40	2.12
9	T	♈	with					6.49	4.39	3.24
10	W	♈	high					6.50	4.38	4.36
11	T	♈	winds					6.52	4.37	rises
12	F	♈	and	3:00				6.52	4.36	p.m.
13	S	♈	rain.					6.55	4.34	5.59
14	S	♈						6.56	4.33	6.41
15	M	♈	Dull	3:00				6.57	4.32	7.28
16	T	♈	days					6.58	4.31	8.19
17	W	♈	continue					6.59	4.30	9.14
18	T	♈	this					7.00	4.29	10.11
19	F	♈	week.					7.02	4.28	11.09
20	S	♈						7.03	4.28	a.m.
21	S	♈	Clear					7.05	4.26	0.09
22	M	♈	and					7.06	4.26	1.10
23	T	♈	fine					7.07	4.25	2.11
24	W	♈	then					7.09	4.24	3.15
25	T	♈	stormy					7.10	4.24	4.20
26	F	♈	weather.					7.11	4.23	5.27
27	S	♈						7.12	4.22	sets
28	S	♈	Ends					7.14	4.21	p.m.
29	M	♈	cold.					7.15	4.21	6.19
30	T	♈						7.16	4.21	7.20

*pulling started today*  
*3:00*  
*got the turnips in*  
*first snow five inches*  
**Armistice Day**  
*Ray mark*  
*finished spending money*  
*on back of Bill*  
*3:00*  
**Dull**  
*mixed chop*  
**ROSE**  
**WHITE**  
**GOLDIE**  
*dig parsnips & bus.*  
*church*  
**First Sunday in Advent**  
*8 loads black duck in garden*  
**St. Andrew's Day**  
*garden*

**More Vitamins and Health from Your Meals**

When cooking meats always save the extra meat juice for soup stock. Liver is a good source of Vitamin A.

Beef and calf liver have about the same food value but the calf is, of course, more tender. Liver is also rich in iron and copper and so is helpful in the treatment of anæmia.

That is why Dr. Chase's Nerve Food which also contains iron and other essential minerals has been so successful in helping to relieve anæmia.

Why not try Dr. Chase's Nerve Food for a few weeks and see for yourself how much better you will feel?

*Jimmie*



## Here Comes Dr. Chase's Cough Syrup!

When your child shows signs of developing a cough or cold, protect his health by prompt treatment. Colds can so easily lead to serious ailments, that it is dangerous to neglect them.

Put him to bed, and then administer Dr. Chase's Syrup of Linseed and Turpentine, according to the directions.

It quickly relieves the cough, loosens the phlegm, and makes breathing easier.

By giving your child Dr. Chase's Syrup of Linseed and Turpentine, as soon as you detect symptoms of a cold, you may check the cold before it has a chance to develop into a long, expensive illness, and you will prevent your child losing many valuable days at school.

### The Taste

Known for its pleasant taste, you will not have to force your child to take Dr. Chase's Syrup of Linseed and Turpentine. This is much better than upsetting a child by having to force harsh, unpleasant medicine down a little throat already sore from coughing.

### Croup, Asthma

You can count on obtaining quick relief from either 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.

### Which Month Were You Born?

(Continued from page 37)

feelings of others and less tender about your own.

For a really happy and successful life you must learn self-control.

### DECEMBER

You have a frank and energetic nature and you have great faith in other people.

You are optimistic and usually accomplish what you set out to do.

But try not to always be in such a hurry, remember others can not keep pace with you.

When you fall in love you fall completely in love.

You often feel that you are misunderstood because you act and think so quickly that others do not follow your ideas.

When you make a promise you mean it.

Try to cultivate calmness. Remember that often "Less hurry, more haste".

Be sure to get plenty of rest and sleep.

Take time to develop your talents for by developing them you are bound to succeed.

Be generous in your appreciation of others and try to be kind in your speech.

If you wish to have a happy marriage, try not to be so domineering.

Remember, whatever you resolve to do, you can accomplish it.

"Are you positive that the defendant was drunk?" asked the judge.

"No doubt," growled the officer.

"Why are you so certain?"

"Well," replied the officer, "I saw him put a penny in the patrol box on Fourth Street, then look up at the clock on the Presbyterian Church and shout: 'Gosh, I've lost fourteen pounds!'"—Lehigh Burr

Recruiting Officer: "I suppose you want a commission?"

Recruit: "Gosh no. I'm such a poor shot, I'd rather work on a salary."

We remember hearing somewhere or other that they had to discontinue the Roman holidays because of the overhead. The lions were eating up the prophets.



A Purely Vegetable Tonic  
for  
Liver Trouble, Biliousness,  
Constipation  
Helps To Give You  
A Keen Appetite and Better Health

After taking this tonic for a short while you will find that it will help your constipation to disappear, your appetite to return and that you are not bothered any more with biliousness.

It will help to 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. See for yourself how Dr. Chase's Liver Medicine will help to overcome biliousness, indigestion and constipation, and how it will help to improve your appetite. But more important, you will see how its action on your liver, which next to the heart is the most impor-

tant organ of the body, will help to 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 may feel like a different person.

## Jaundice

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

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

Jaundice results from inactivity of the liver. The bile remains in the blood and poisons and discolours the tissues of the body. The nutrition of the body is impaired, the general health fails and the patient becomes greatly emaciated.

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



# Dr. Chase's Liver Medicine



# Rub a Sore Back

with

## Dr. Chase's Liniment

FOR QUICK AND SOOTHING RELIEF

You will enjoy the way Dr. Chase's Liniment penetrates right to that sore and aching spot, the way it brings ease and quick relief from nagging backaches and pain.

You will also like the way it will help you to relax and be able to move around more freely.

The reason Dr. Chase's Liniment is able to do this, is found in its formula, for this formula calls

for the most expensive ingredients and even with the cost mounting higher every year, this quality liniment, true to the ideals of Dr. Chase, has never been cheapened.

For thoroughness, speed and effectiveness, in bringing soothing and quick relief to sore-back, sprains, rheumatic pains, stiff and aching muscles, you can depend on Dr. Chase's Liniment.

## Sciatic Pains

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 the liniment before applying.

## Rheumatic Pains

In treating chronic rheumatic pains 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.

## Dandruff

Because of the fine essential oils which it contains, Dr. Chase's Liniment has won a 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 help to clear up your trouble for you.

## Athletes

More and more athletes are appreciating the qualities which have made Dr. Chase's Liniment famous.

The way it penetrates to sore and tired muscles, limbering them up, and restoring them to free and easy use again.

This Liniment gives good results because it is made of high-grade essential oils.

If you take part in athletics of any kind, then the best liniment you can get is the one that you should have. That's why we suggest that you get a bottle of Dr. Chase's Liniment, for this quality liniment will keep you in good shape throughout the toughest season.

## Dr. Chase's Liniment

*Brings Soothing Relief To These Ailments*

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

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER INDICATIONS	Dec. 1943		Moon's Phases		Ont. and Que.		Mar. Provs. and Nfld.		Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
				☾ First Qtr. . . . .	☽ Full Moon . . . . .	☾ Last Qtr. . . . .	☽ New Moon . . . . .	d. h. m.	d. h. m.	d. h. m.	d. h. m.	Sun Rises h.m.	Sun Sets h.m.	Moon Sets p.m.
1	W	♏	Begins									7.17	4.20	8.27
2	T	♏	clear									7.18	4.20	9.38
3	F	♏	and	300	hen chop				5.10			7.20	4.20	10.50
4	S	♏	cool.		oyster shell				1.15			7.21	4.20	a.m.
5	S	♏		265'	peas				4.66			7.22	4.19	0.02
6	M	♏	Change-									7.23	4.19	1.13
7	T	♏	able		wheat				6.96			7.24	4.19	2.24
8	W	♏	but									7.25	4.19	3.33
9	T	♏	mostly									7.25	4.19	4.41
10	F	♏	fair.									7.26	4.18	rises
11	S	♏										7.27	4.18	p.m.
12	S	♏	Cold		Accession King George VI, 1936							7.28	4.18	5.19
13	M	♏	and		Cats for call				5.38			7.29	4.18	6.08
14	T	♏	windy		Birthday King George VI, 1895							7.30	4.18	7.02
15	W	♏	with									7.31	4.19	7.59
16	T	♏	rain									7.31	4.19	8.57
17	F	♏	or									7.32	4.19	9.56
18	S	♏	sleet.									7.32	4.20	10.56
19	S	♏										7.33	4.20	11.56
20	M	♏	Cloudy									7.33	4.21	a.m.
21	T	♏	with									7.34	4.21	0.58
22	W	♏	snow									7.35	4.21	2.01
23	T	♏	flurries									7.36	4.22	3.06
24	F	♏	fine									7.36	4.23	4.14
25	S	♏	week-end.		Christmas Day							7.37	4.23	sets
26	S	♏										7.37	4.24	p.m.
27	M	♏	Month									7.37	4.24	5.03
28	T	♏	ends									7.38	4.25	6.09
29	W	♏	fair									7.38	4.26	7.22
30	T	♏	and									7.38	4.27	8.36
31	F	♏	cold.									7.38	4.27	9.51

*Gimmil* →

*Gimmil* →

**More Vitamins and Health from Your Meals**

Everyone should eat at least 4 or 5 eggs per week. They are rich in vitamins and minerals. Coddled and poached eggs are the most digestible form in which to serve them. Cheese, for your money, supplies more Vitamin A and energy value than muscle meats. It is more easily digested when served with salads and crackers. Serve fish at least once a week if only because of the iodine which it supplies. Whenever you are suffering from digestive trouble take a Dr. Chase Kidney Liver-Pill. Their prompt action on the kidneys and liver will soon help to make you feel much better.



## Symptoms and Treatment of Catarrh <sup>163'</sup>

When you are afflicted with catarrh, the secretion is greatly increased.

You sneeze frequently, and the air passages of the nose are so stuffed up that often it is only possible to breathe through the mouth.

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.

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.

## "Had Catarrh Cold For Years"

"For many years I have suffered from an injurious head cold. I could not sleep at night, my vitality was sapped, and I was becoming rundown and miserable. So having heard of your Catarrh Powder, I resolved to try it.

The little vial was not half gone before I obtained relief, and I can now say that I have bid farewell to the worst cold I ever had."—Mr. N. M.

*This letter is on file in our office.*

## Paradol Relieves Feverish Condition of Hay Fever and Catarrh

When you are suffering with either hay fever or catarrh, the first thing to do is to use Dr. Chase's Catarrh Powder.

Only by using it, can you appreciate the way it helps to sooth the irritated membranes of the nose and throat. It helps clear the air passages in the head and so your breathing becomes unlaboured and free.

After using the Catarrh Powder, take one Dr. Chase's Paradol Tablet. It will help to relieve your feverishness, your irritated nerves and your pain. It will also help you to relax and to get a good night's rest.

Frantic Voice on Phone: "Help, a robber just broke into the old maid's home."

Cop: "Who's this calling?"

Voice: "The robber."

I went over to see a girl the other night. We turned on the radio and started to dance when her father came in. Without saying a word he grabbed me and threw me down the stairs. The next day I called the girl and asked her what the big idea was. "Oh," said she, "father is deaf and he couldn't hear the radio."—Carnegie Tech Puppet

# Office Workers More Susceptible To Hay Fever

Hay fever more frequently attacks office workers, rather than the brawn worker.

The nasal discharge in hay fever—or as medical interpreters label it, allergic rhinitis—is profuse and watery, either white or yellowish in colour, and the sufferer anticipates his needs with an extra supply of handkerchiefs. The discharge is acrid and irritating, and the tip of the nose, from constant rubbing, very often stands out like a red bulb.

The patient's face reveals the story of his suffering. The margins of the eyelids are congested, the eyes bloodshot, watery and sensitive to bright light. In the morning when the patient wakes, he may find his eyelids "glued" together with a fine mucilaginous film, which is easily wiped off. The patient also complains of itching of the eyes.

He may be in the act of walking or conversing when he suddenly halts, opens his mouth slightly to avoid an ear concussion, and with body completely relaxed awaits the nasal explosion. The seizure may last anywhere from a few minutes to several hours, depending upon the activity of the patient and climatic changes in the environment.

## What To Do For Hay Fever

1. Stay away from weeds, grasses and flowers. Put plants that are in bloom out of the house.
2. Avoid dust as much as possible either in your bed-room, the rest of the house, or out of doors.

### WHAT THE MISSIONARY SAID

(from page 29)

The missionary said: "I will die by fire." If the high priest decided that this statement was true, execution would have to take place by shooting. But that would make the statement false, and so the victim would have to be burned. But if he were burned, the statement would become true, thus prohibiting an execution reserved for liars.

3. Do not use a feather pillow.
4. Keep household pets out of the way during hay fever season. The shedding of particles of the hair is most irritating to the patient.
5. When out in the sunlight, wear coloured glasses.
6. When you are suffering from hay fever, be sure and use Dr. Chase Catarrh Powder. 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 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.

A college professor had checked out of his hotel and before getting more than a few blocks away realized that he had left his umbrella. Returning to the hotel and approaching the room he had just vacated, he learned that a newly-wedded couple had taken the room.

They were in that baby talking stage, and as the professor peeked through the keyhole, he saw the groom kiss the bride's tiny mouth, and heard him say:

"Whose 'ittle mouth is that?"

"Yours," she cooed.

"And whose 'ittle nose?" he continued.

"Yours, darling," she assured him.

"And whose 'ittle hands," he asked, kissing them.

"Yours of course, dearest," she replied.

"Listen here, young fellow," called the impatient professor, through the transom, "when you come to an umbrella, it's mine."

Don't be afraid of opposition. Remember, a kite rises against, not with, the wind.

—Hamilton Mabie in *Parade*

### ANSWERS TO BRAINTEASERS

(from page 38)

1. Clarence Darrow.
2. Tiny Tim.
3. Shakespeare in *Romeo and Juliet*.
4. Winter.
5. The last line.
6. Benjamin Franklin.
7. No, it is an inert medicine given merely to satisfy the patient.
8. P. T. Barnum.
9. Piece of ore.
10. Booth Tarkington; Mark Twain.
11. A garden with shrubs trimmed to ornamental shapes.
12. The pyramids.
13. Twenty.



Why don't you  
take a  
**PARADOL?**

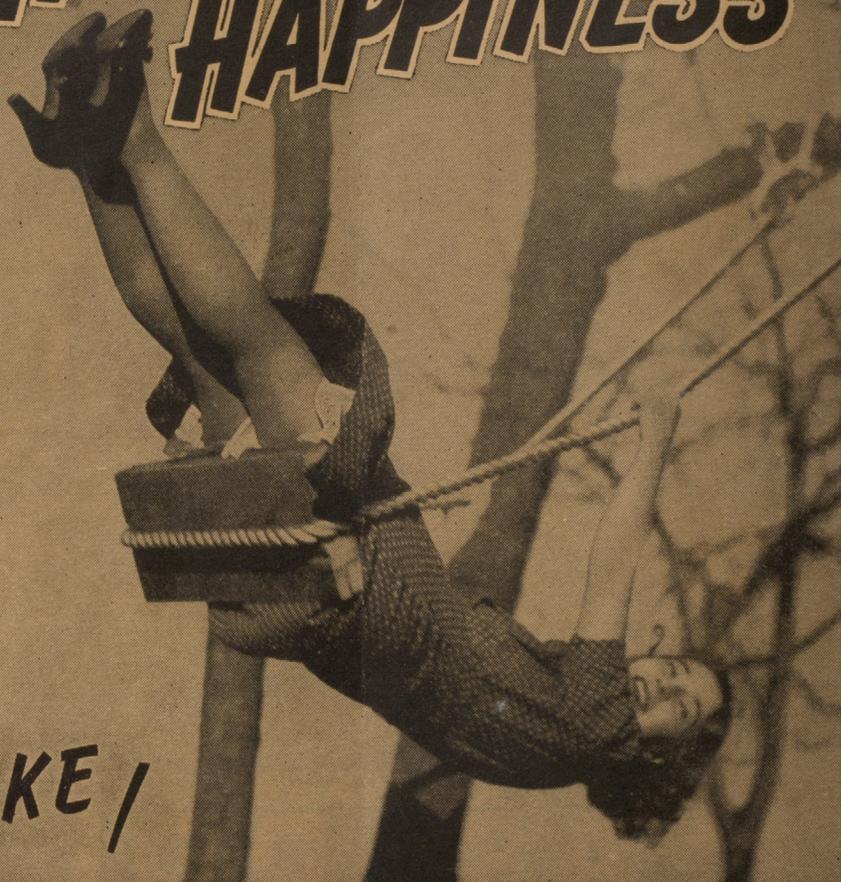
**DR. CHASE'S**  
**PARADOL**

*For Headaches and Other Pains*

Produced by the Ardiel Advertising Agency Limited, Oakville, Ontario. Printed by Murray Printing Co. Limited, Toronto, Canada

UNCAT  
Almanacs...

*Swing up to*  
**HEALTH and**  
**HAPPINESS**



**TAKE /**

**Dr. Chase's**  
**NERVE FOOD**