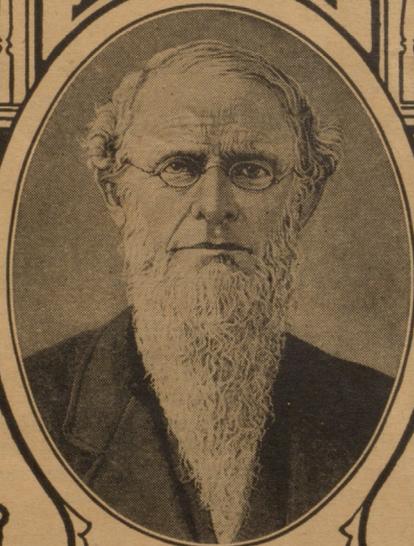


HANG ME UP

DR. A. W. CHASE'S CALENDAR ALMANAC

1944



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

FOR THE
HOME, FACTORY
FARM, OFFICE

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



**"Oh, Yes, It's a Boy"
"The Mother?
Oh, She's Fine"**



"You see, she has been using Dr. Chase's Nerve Food."

"Oh yes, she will continue its use during the nursing period to help supply Vitamin B₁ and the food minerals which are so essential at this time."

In most families, these days, there are excesses of work, worry and anxiety which overtax the nerves and cause headaches, irritability, loss of sleep and indigestion.

But these troubles do not need to get you down if you let Dr. Chase's Nerve Food help you.

Ask your druggist for the new economy size bottle of Dr. Chase's Nerve Food.

Dr. Chase's Nerve Food
CONTAINS VITAMIN B₁

50TH Anniversary

Of the Organization of this Company and the 57th Anniversary of the Introduction of Dr. Chase's Medicines into Canada



Happy New Year To All

Greetings to you all with the 40th edition of Dr. Chase's Almanac.

To the older readers of this Almanac it is scarcely necessary to say much about Dr. Chase, but some of the younger generation ask "Who is Dr. Chase?" So here is the story in a nut shell.

After completing his medical education at the State University, located at Ann Arbor, Michigan, Dr. Chase settled there to practise his profession.

Before many years he became widely known as a successful physician and his services were called for from far and near.

In his travels back and forth through Canada

to his old home near Buffalo, N.Y., he was accustomed to stop over for consultations and in that way made many friends in this country.

Repeated requests to have prescriptions re-filled led to the placing of his medicines in drug stores and thereby formed the basis for the present extensive business of this company in the manufacture and sale of Dr. Chase Medicines.

In later years the doctor devoted much time to the publication of Dr. Chase's Receipt Book which acquired an enormous circulation throughout the United States and Canada and wherever the English language was spoken.

Dr. Chase's Medicines were introduced into Canada in 1887 and in 1894 the present Company was organized. To the original line of medicines Dr. Chase's Nerve Food was added in 1898 and Dr. Chase's Paradol in 1935.

It is the mission of this Almanac to bring you each year the remembrance of Dr. Chase and to remind you that his well known medicines are more generally used than ever before and are everywhere maintaining the confidence which people learned to have in Dr. Chase, many years ago.

The Old Doctor

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

January

"A kindly good Janiveer
Freezeth the pot by the fire."

"If grass grows in Janiveer
It grows the worse for it all the year."

"A snow year, a rich year."

"A green winter makes a fat churchyard."

Star of Fate

If born between December 23 and January 20 Capricorn is your sign. You are high-minded and self-confident, lover of the beautiful, of literature and of science, public spirited, independent and a natural leader, executive and aspiring. You are faithful and sincere in affection and not easily changed. Should marry in Cancer (person born between June 22 and July 23). The snowdrop is your flower.

Birth Stone

By her whom in this month is born
No gem save garnet should be worn;
It will insure her constancy,
True friendship and fidelity.

A Sunny Smile

Girls, could you do with a little more pep and a lot more sparkle? If you do not feel this way why not let Dr. Chase's Nerve Food help you to feel well, look well and radiate good health and happiness?

Is it safe to feed sugar beet tops to an old bull?

It is not safe to feed anything to an old bull.
Let him starve.

Certain Minerals Necessary for Health

Your system demands minerals as well as Vitamin B₁ and Dr. Chase's Nerve Food supplies both.

Research has shown that chronic fatigue, digestive disorders and loss of sleep often result from a deficiency of Vitamin B₁ and certain minerals.

Many people do not obtain enough of these elements from the food they eat and need just such help as Dr. Chase's Nerve Food can so nicely give.



The Uplift of Youth

Courage—Ambition—High Ideals

With glowing dreams of the future, youth is the hope of this country and of the world.

If these dreams are to come true they must be backed by good health for there are danger spots in young womanhood and young manhood.

Dr. Chase's Nerve Food is a young people's treatment because it helps to maintain as well as to regain health and energy and vigor.

A deficiency of vitamin B₁ produces general lowering of body efficiency and leaves you feeling tired, nervous and irritable.

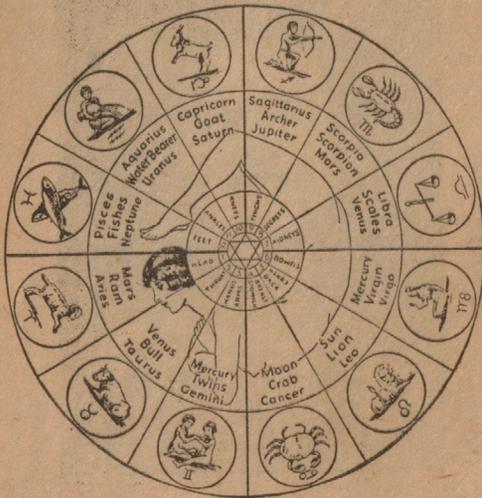
By supplying vitamin B₁ and essential food minerals Dr. Chase's Nerve Food helps to ensure better appetite, better digestion and the building up of nervous energy.

Why not let Dr. Chase's Nerve Food help you to better health, better efficiency and the full enjoyment of life. Ask for the new, economy size box of Dr. Chase's Nerve Food and keep it on the dining table so that you may not miss a simple after-meal treatment.

Ill Results from Reducing

In your anxiety to reduce weight perhaps your dieting has robbed you of Vitamin B₁ and food minerals which are so necessary to the health of the nervous system, resulting in nervousness, irritability, loss of sleep and digestive troubles. By using Dr. Chase's Nerve Food to help supply you with these important substances you may be able to hasten the recovery of health, vigor and the efficiency so essential at this time.

SIGNS OF THE ZODIAC



1944

Dominical Letter... BA | Solar Cycle... 21
 Epact... 5 | Roman Indiction... 12
 Lunar Cycle or

Golden Number... 7 | Julian Period... 6657

The year 5705 of the Jewish era begins at Sunset on September 17th, 1944, Gregorian Calendar.

The year 1363 of the Mohammedan era or the era of the Hegira, begins at Sunset, December 27th, 1943. The year 1364 begins at Sunset on December 16th, 1944, Gregorian Calendar.

The ninth year of the reign of King George VI begins December 12th, 1944.

The 78th year of the Confederation of the Dominion of Canada begins July 1st, 1944.

The 169th year of the Independence of the United States begins July 4th, 1944.

January 14th, 1944, Gregorian Calendar, corresponds to January 1st, 1944, Julian Calendar.

Eclipses, 1944

I.—A TOTAL ECLIPSE OF THE SUN, January 25th, 1944. Invisible in Canada and Newfoundland. Eclipse begins January 25th, 0.48 p.m. and ends 6.04 p.m. Greenwich time.

II.—AN ANNULAR ECLIPSE OF THE SUN, July 20th, 1944. Invisible on the American continents. Eclipse begins 2.42 a.m. and ends 8.43 a.m. Greenwich time.

Seasons

Spring.—Begins March 20th.—1.49 p.m. Maritime Provinces and Newfoundland; 0.49 p.m. Ontario; 11.49 a.m. Manitoba; 10.49 a.m. North West Provinces; 9.49 a.m. British Columbia.

Summer.—Begins June 21st.—9.03 a.m. Maritime Provinces and Newfoundland; 8.03 a.m. Ontario; 7.03

a.m. Manitoba; 6.03 a.m. North West Provinces; 5.03 a.m. British Columbia.

Autumn.—Begins September 23rd.—0.02 a.m. Maritime Provinces and Newfoundland. 22nd—11.02 p.m. Ontario; 10.02 p.m. Manitoba; 9.02 p.m. North West Provinces; 8.02 p.m. British Columbia.

Winter.—Begins December 21st.—7.15 p.m. Maritime Provinces and Newfoundland; 6.15 p.m. Ontario; 5.15 p.m. Manitoba; 4.15 p.m. North West Provinces; 3.15 p.m. British Columbia.

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

Only 40% of Canadians Properly Nourished

Here is a quotation from a speech which Mr. Leonard Knott, War Information Board representative, made at a special nutrition meeting held in Toronto:

"According to statistics, only forty per cent of Canada's population is at the present time properly nourished," stated Mr. Knott.

"Another forty per cent are on the dangerous borderline and the remainder are definitely undernourished. No fewer than 50,000 people are absent from work daily in this Dominion many of them engaged on vital war production."

If you find yourself easily tired and lacking in pep, energy and initiative, it is likely that you are undernourished and require treatment such as Dr. Chase's Nerve Food to bring you back to normal. Because Dr. Chase's Nerve Food contains in condensed and easily assimilated form the essential minerals and vitamin B₁ which may be lacking in your system, it helps to a speedy recovery of vigor and vitality.

Nervous Digestive Troubles

Most stomach digestive disorders are the result of fear, worry and an upset condition of the nerves.

The anxieties that upset man in modern civilized society steadily multiply—the impact of war, uncertainty of the future, perplexing indecisions consume the nervous energy which should go to carry on the functions of the body in the digestion and absorption of food.

In addition to ordinary digestive troubles there is a great increase in stomach and duodenal ulcers and colitis.

The removal of such ulcers by means of surgery has not proven a success for as long as the cause remains, new ulcers form to take the place of those removed.

Relief comes only with restoration of the nervous system by supplying to the body the elements which go to build up nervous energy.



What is the Secret of Family Health

One family is always healthy. In the next family there seems to always be someone sick.

Why?

It used to be customary to blame this condition on heredity.

But recent investigations show that far more depends on living and eating habits.

The underlying cause of low vitality is often traceable to a lack of vitamin B₁ and essential minerals derived from the food consumed.

As a result whole families may be found to be subject to a low condition of health which leaves them prey to serious and annoying ailments.

More and more intelligent thinking people are learning to depend on Dr. Chase's Nerve Food as a "pick-me-up" to help them out of a low condition of vitality.

It is usually the mother in the home who is largely responsible for the family health and most mothers know about Dr. Chase's Nerve Food and what it can do to help restore richness to the blood and vigor to the nervous system.

In most families, these days, there are excesses of work, worry and anxiety which overtax the nerves and cause headaches, irritability, loss of sleep and indigestion.

But these troubles do not need to get you

down if you let Dr. Chase's Nerve Food help you.

Ask for the new economy size bottle of Dr. Chase's Nerve Food and set it on the dining table along with the salt and pepper shakers so everyone who needs it may get his after meal supply of vitamin B₁ and food minerals.

Mr. Bracken on Health

"The human family is our greatest asset," said Mr. Bracken, in calling for the healthy development and training of human resources. "There are 11½ million human souls in Canada. Some come into the world handicapped from the beginning. Many grow up ill-nourished. Some die at an early age. Many are inefficient through undernourishment. It is reported that there are 340,000 sick on the average every day, and that the sick bill comes to \$300,000,000 a year. We have made a poor job of conserving and developing and training our human resources. We spend seven times as much on 'curing' people as we do on preventing illness. That isn't putting the emphasis in the right place. We must increase the preventive services. We must make ours a race of healthy and efficient men and women."

February

"If February give much snow,
A fine summer it doth foreshow."

"If Candlemas-day (February 2) be fair and
clear,
There'll be two winters in the year."

It is on Candlemas-day (February 2) that the bear is said to come out, and if the weather is fair so he can see his shadow there will be another winter.

If St. Matthias (February 24) does not break the ice he has lost his axe and the ice will remain unbroken until St. Joseph comes (March 19).

Star of Fate

If born between January 21 and February 19 Aquarius is your sign and Saturn your star. You are a good judge of human nature; are fitted to deal with the public; are conservative; fond of public entertainments; are a good companion and practical. You should marry a person in Leo (born between July 24 and August 23). The tulip is your flower.

Birth Stone

The February born will find
Sincerity and peace of mind,
Freedom from passion and from care
If they the amethyst will wear.

O health! health! the blessing of the rich! the riches of the poor! Who can buy thee at too dear a rate, since there is no enjoying this world without thee?—*Ben Jonson.*

Are You Starving Your System

Medical authorities attribute to unwise or excessive dieting much of the discomforts and ills of the present day.

Pallor, weakness and tired feelings bear witness to the lack of certain elements in the blood. An anemic condition is developed with nervous disorders, loss of sleep and indigestion.

By supplying the food minerals and Vitamin B₁ Dr. Chase's Nerve Food helps effectively to restore health, vigor and attractiveness.

With the blood rich and nourishing, the other symptoms soon fade away.



A Young Mother's Joy When she has good health

Many young mothers have been fortunate in having the advice of older mothers to tell them the advantage of using Dr. Chase's Nerve Food both before and after child birth in order to help ensure the well-being of both mother and child.

Dr. Chase's Nerve Food can be of real help to enable the mother to quickly regain her health and strength as well as to aid her during the period of lactation.

It is only natural that this experience should be a considerable strain on her vitality but by using this treatment to supply the vitamin B₁ and the food minerals, so essential for her health as well as that of her child, she should find joy in her motherhood.

Ask for the new, economy size bottle of Dr. Chase's Nerve Food.

You Must Have Vitamin B₁ Everyday

Do you know that vitamin B₁ is not stored in the body and consequently must be constantly renewed if the nervous system is to get the support it needs from this vitamin. And this is where Dr. Chase's Nerve Food proves its usefulness. In addition to vitamin B₁ it also supplies the iron and other minerals which are called for when one is ailing with irritability, nervousness, loss of sleep and digestive troubles.

If you have already proven the value of Dr. Chase's Nerve Food as a Vitamin B₁ tonic, you can now help on the Dr. Chase Campaign for Better National Health by telling others of your experience with this well-known restorative treatment.



Workers in Industries Need More Minerals and Vitamin B₁

Dr. William A. Sawyer of Rochester, N.Y., is quoted as saying that, as a rule, workers have a fairly good breakfast and a good dinner, but often their noon meal is not adequate and thus they do not get all of the vitamins and minerals they need.

In many industries it is suggested that vitamins and mineral preparations be given to employees who have frequent colds and sore throat, or who are underweight or overweight, or who work overtime, or are under great physical and nervous strain.

According to Dr. Sawyer when these supplements are given, the employees report that they are less fatigued, have more energy, better appetite and fewer colds. Most persons at one time or another have suffered a let down feeling in the middle of the morning or afternoon.

With work in industry now going at high speed, tired nerves, aching heads and weary muscles are common. Anything that will overcome these conditions and help to keep the workers fit is welcome.

You can scarcely think of a preparation better suited for use under these conditions than Dr. Chase's Nerve Food. It contains iron and other minerals as well as Vitamin B₁. It is inexpensive, pleasant to use and dependable, as is proven by its long and continued success.

Do I Need To Use Dr. Chase's Nerve Food?

This question is frequently asked and the best answer will be to refer you to the symptoms which tell of an exhausted condition of the nervous system and poverty of the blood.

Among the symptoms of nervous exhaustion are:—

- Twitching of the nerves and muscles.
- Sudden starting from sleep.
- Brain fag and headache.
- Nervousness and irritability.
- Tendency to worry and anxiety.
- Wakefulness at night.
- Nervous dyspepsia.
- Sensitiveness to light, sound or motion.
- Discouragement, despondency and dread of the future.
- Weakness of any of the bodily organs.
- Neuralgic and sciatic pains.

Rest and the use of Dr. Chase's Nerve Food is a successful treatment for the restoration of the nervous system.

Dr. Chase's Nerve Food is composed of nerve restoratives and helps to effect restoration in the only natural way by forming new, rich blood and new nerve force.

Poverty of the blood or anæmia is indicated by pallor of the gums and eyelids, impaired digestion, fickle appetite, and fatigue. The rational treatment is Dr. Chase's Nerve Food since by helping to enrich the blood it gets at the cause of the trouble.

Kitchen Lore

- "I like my kitchen in the fall,
With rows of fragrant jelly there."
- "A cake to bake and a floor to sweep,
And a tired little child to sing to sleep."
- "On each windowsill I want,
A painted flower box."
- "Trimmed her kitchen apron with a frill,"
"For cattle calmly strolling home,
Along a shady lane."



Loss of Sleep Exhausted Nerves

When you can't sleep, it may be from worry that poisons the nerves or anemia which starves them. In either case digestion is poor, appetite fickle and the blood is lacking in Vitamin B₁ and the mineral substances from which nerve force is produced.

Dr. Chase's Nerve Food supplies these essential ingredients, in condensed and easily assimilated form, so as to help quickly to restore the blood and nerves to health and vigor.

Test the new Dr. Chase's Nerve Food, with Vitamin B₁ added and see for yourself how soon you will be sleeping better, digesting your food more thoroughly and enjoying full healthful living.

You don't worry and toss sleeplessly at night when the blood and nerves are in healthy condition.

In the lexicon of youth, which fate reserves
For a bright manhood, there is no such word
As—fail! —*Bulwer-Lytton.*

The nearest way to glory is to strive to be
what you wish to be thought to be. —*Socrates.*

Every day in every way I'm getting better
and better. —*Emile Coué.*

Three Critical Times of Life for Women

There are three periods in every woman's life when Dr. Chase's Nerve Food may become of very special and vital interest to her.

The whole womanly system is dominated and controlled by an intricate network of nerves. So that from the time she enters womanhood until the change of life is complete, her health and comfort depends largely on the condition of the nerves.

The physiological changes which take place on the approach of womanhood demand much of the human system. Most girls require some restorative treatment during this time in order to increase the blood supply and keep up the vitality of the nervous system. Her whole future comfort and happiness depends to a considerable extent on the condition of health during this important stage of her career.

Later comes the time when the expectant mother feels the need of such assistance as Dr. Chase's Nerve Food affords, and after baby comes there is ever the demand for more rich blood to keep up the energy and strength during the period of lactation.

The third period is during the "change of life" when so many women become alarmed at a condition which they do not understand and worry themselves sick, not knowing that patient treatment with Dr. Chase's Nerve Food for a few months will help to bring them safely through to enjoy in health and strength the remaining years of life.

The Ills of Middle Age

Many of the nagging ailments of middle age seem to be the result of a deficiency of Vitamin B₁.

Fickle appetite, digestive troubles, loss of sleep, irritability and neuritis are among the symptoms which often disappear when Dr. Chase's Nerve Food is used. Because Dr. Chase's Nerve Food supplies the food minerals as well as Vitamin B₁, it is a complete treatment which usually brings good satisfaction. This is best proven by the fact that the sales of this medicine, were never so great as at the present time.

Ask for the new, economy size bottle of Dr. Chase's Nerve Food.

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER INDICATIONS	Mar. 1944	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 ... ☾ First Qr.	d. h. m. 1 3 40 p.m. 9 7 28 p.m. 17 3 5 p.m. 24 6 36 a.m. 31 7 34 a.m.	d. h. m. 1 4 40 p.m. 9 8 28 p.m. 17 4 5 p.m. 24 7 36 a.m. 31 8 34 a.m.	Sun Rises h.m.	Sun Sets h.m.	Moon Sets a.m.
1	W	♊		St. David.....				6.39	5.47	0.25
2	T	♋	Windy					6.38	5.47	1.29
3	F	♌	and					6.35	5.49	2.29
4	S	♍	wet.					6.33	5.51	3.22
5	S	♎						6.31	5.52	4.09
6	M	♏	Mostly					6.30	5.54	4.51
7	T	♐	cloudy					6.30	5.54	5.27
8	W	♑	with					6.27	5.56	rises
9	T	♒	cold					6.25	5.58	p.m.
10	F	♓	winds.	<i>oyster shell</i>			<i>115°</i>	6.23	5.59	6.30
11	S	♈						6.21	6.00	7.30
12	S	♉						6.20	6.01	8.31
13	M	♊	Week					6.18	6.03	9.34
14	T	♋	of	<i>sawed wood</i>			<i>6.00</i>	6.16	6.04	10.37
15	W	♌	fine	<i>men sawing</i>			<i>4.50</i>	6.14	6.05	11.41
16	T	♍	milder					6.12	6.07	a.m.
17	F	♎	weather.	St. Patrick.....				6.11	6.07	0.46
18	S	♏						6.08	6.09	1.48
19	S	♐						6.06	6.10	2.47
20	M	♑	High					6.04	6.12	3.40
21	T	♒	winds					6.02	6.13	4.27
22	W	♓	do					6.02	6.14	5.08
23	T	♈	much					5.59	6.15	sets
24	F	♉	damage.					5.57	6.17	p.m.
25	S	♊						5.55	6.18	7.40
26	S	♋	Some					5.53	6.20	8.55
27	M	♌	mild	<i>flax seed</i>				5.52	6.20	10.07
28	T	♍	spring	<i>finished splitting wood</i>				5.49	6.22	11.16
29	W	♎	like					5.47	6.23	a.m.
30	T	♏	days.					5.45	6.24	0.19
31	F	♐						5.43	6.26	1.16

Problem No. 1.

Dividing Legacy

A man left \$400 to be divided between his two sons John and Harry.

If one-third of John's legacy be taken from one-fourth of Harry's the remainder would be \$44.

What was the amount of each legacy?

Problem No. 2.

Buying Geese

A man bought a number of geese at a cost of \$240 and after reserving fifteen of the birds he sold the remainder for \$216, thus gaining 40 cents a head by these.

How many geese did he buy?

For answers see page 33.

March

"A wet March makes a sad harvest."

"A dry, cold March never begs its bread."

"See a pin and pick it up
All the day you'll have good luck."

"Friday is always the best or the worst day of the week."

"I have a mole above my right eye
And shall be a lady before I die."

"Sow wheat in dirt, rye in dust."

Star of Fate

If born between February 20 and March 21 your sign is Pisces. You are sensible and thoughtful, anxious to gain knowledge, have mechanical ability, are positive in your opinions and successful. You love faithfully and sincerely and should marry under Virgo (a person born between August 24 and September 23). Men are restless and absorbed and women weep without cause. The daffodil is your flower.

Birth Stone

Who on this world of ours their eyes
In March first open will be wise
In days of peril, firm and brave,
And wear a bloodstone to their grave.

An advertisement in the *Transcript* of Moncton, N.B., makes one think. It reads—
YOU . . .

Don't know where you are going . . .
Neighbor . . .

Stop at Highfield Baptist Church Tonight
at 7.45

Let Rev. G— V— tell you—he knows.

Subject: "I'm going to Hell."

A special seat for you—bring your friends.

Children's Fatigue

It is as important to protect children from fatigue as from autos. Regulation of work and sleep habits, of emotional and living habits, are necessary for the growing child. Over fatigue whether mental or physical is serious. Eyestrain is a great source of nervous fatigue for children.

Fortunately children respond quickly to restorative treatment. Dr. Chase's Nerve Food has always proven this. From the Nerve Food they get the vitamin B₁ and mineral substances from which nature rebuilds the energies wasted by mental or physical fatigue. It is indeed a pleasure to see them regaining the strength and colour which tells of robust health.



"Now are You Proud of Your Daughter?"

"Did You See My Report Card?"

Three months ago her nerves were all upset. She was cross and irritable, had no appetite, quarrelled with her school pals and worried her parents.

But see her since she has used Dr. Chase's Nerve Food. New pep and energy give her courage and confidence and this all shows on the report card which she has proudly shown to her parents.

Young people, boys and girls, respond quickly to the upbuilding influence of Dr. Chase's Nerve Food. Many of them need just such help at this critical time of life.

Two thoroughly inebriated men were driving like mad in an automobile. "Shay," one fumbled his words, "be sure to turn out for that bridge that's comin' down the road toward us."

"What do you mean, me turn out?" the other retorted. "I thought you was drivin'."

He that is of merry heart, hath a continual feast.
—Proverb.

Has Your Boy or Girl Talent as an Artist?

Here is a good opportunity to find out—Liberal prizes are offered as an incentive.

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

The object of this contest is to encourage children to make a real effort to produce a worth-while portrait. While the competition is confined to children of 16 years and under it is quite in order to ask for criticism and suggestions from the parents, or to seek the advice of the school teacher, who may wish to take this up in the classroom. Several drawings may be made and then the best one entered in the contest.

\$300.00 IN CASH PRIZES

For the best portrait of Dr. Chase drawn by boys or girls not over 16 years of age.

GRAND PRIZE—\$100.00

Open to all contestants

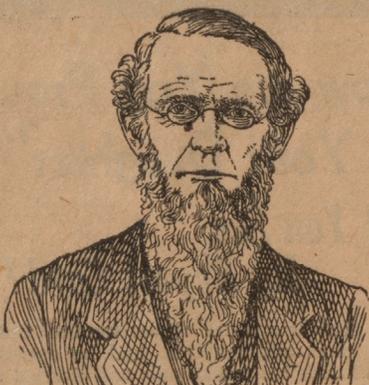
SECTIONAL PRIZES

Not open to winner of Grand Prize

1st Prize	\$25.00
2nd Prize	10.00
3rd Prize	5.00
4th (5 Prizes of \$2.00 each)	10.00

Sectional prizes are offered for each of the following districts:

1. Western Provinces and British Columbia.
2. Ontario.
3. Quebec.
4. Maritimes and Newfoundland.



Respectfully
A. W. Chase, M.D.

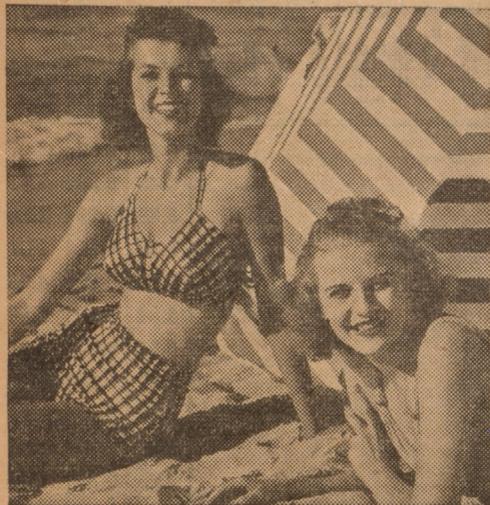
RULES

1. While the portrait produced here is given as a basis the drawing need not follow this style closely so long as it is a good likeness of Dr. Chase.
2. The portrait entered must not be less than 4 inches wide and 5 inches deep and must *not* be a tracing.
3. All entries must be received at these offices not later than February 15th, 1944.
4. Write your name and address on the back of the drawing and state your age last birthday.
5. Do not mail your drawing until you are sure it is the very best you can do.
6. Awards will be announced in papers as early as possible after the contest closes.

THE DR. A. W. CHASE MEDICINE COMPANY, LTD.

Oakville

Canada



This Year We Want a Rest

Vacation this year has a somewhat different meaning to many people. Real rest of body and mind is sought for and an opportunity to replenish the exhausted nervous system.

Long hours at work, worry, anxiety and loss of sleep have brought on a condition of chronic fatigue. You are nearly always tired, have fickle appetite and digestive troubles. Lack of energy tends to make you downhearted and discouraged.

Rest and the use of Dr. Chase's Nerve Food is a combination that is hard to beat when you are seeking to get back health and vigor.

Why not make the most of your vacation this year by trying out this plan of supplying to the system the Vitamin B₁ and minerals which are essential for your restoration.

In many summer places the tin can diet is so general that you fail to get in your food enough of these ingredients which your system so greatly needs. This is another reason why it is so advantageous for you to take with you Dr. Chase's Nerve Food as a means of helping to supply what is essential for the improvement of your health.

Ask your druggist for the new economy size bottle of Dr. Chase's Nerve Food and prove to your own satisfaction the benefits to be obtained from this treatment.

School Teacher's Nerves

"Worry got me down" writes a school teacher. "I worried all day and lay awake and worried at night. I got nervous, irritable and feared everything."

"Common ordinary worry is a great menace," writes a specialist in nervous diseases. "It can lead to almost any form of mental or physical disability."

If your nervous system is rundown by worry and anxiety why not give Dr. Chase's Nerve Food a chance to help you. So many others have proven its value under this condition that it should do as much for you.

Without definite action on your part you can only grow worse so why not decide now to benefit by the experience of others and use Dr. Chase's Nerve Food regularly until you regain the nervous energy which will enable you to throw off worry and live a normal healthy life.

ANSWERS TO CONUNDRUMS

(Appearing on page 8)

1. A lawsuit.
2. An onion.
3. You threw me out of the garden of Eden so it is better that I go to a picture show.
4. An egg.
5. The air.
6. The heavens and the stars.
7. A parrot.
8. Life.
9. A cricket.

The Bust Line

The up-to-date vitamin girl, who enjoys outdoor life, wearing swimming suits and sport clothes, must have a pleasing figure and a good bust line or she does not look the part.

Suitable outdoor exercise may add inches to the bust measurement but naturally you must see to it that your general health is good. Dr. Chase's Nerve Food may prove a real friend to you because it is a true tonic supplying the mineral substances which are necessary for firm healthy tissues and plenty of pep and energy.

Dr. Chase's Nerve Food also contains Vitamin B₁ which is so highly beneficial in building up the system and helping the nerves.

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER FORECASTS	April 1944	Moon's Phases	Ont. and Que.		Mar. Provs. and Nfld.		Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
						d.	h. m.	d.	h. m.	Sun Rises h.m.	Sun Sets h.m.	Moon Sets a.m.
1	S	♈		All Fools' Day.....						5.43	6.26	2.07
2	S	♈	Fair.	Palm Sunday.....						5.40	6.28	2.51
3	M	♈								5.38	6.29	3.28
4	T	♈	Some							5.36	6.31	4.01
5	W	♈	showery							5.34	6.32	4.30
6	T	♈	days							5.34	6.33	4.56
7	F	♈	this	Good Friday.....						5.31	6.34	5.21
8	S	♈	week.	First Day of Passover.....						5.29	6.36	rises
9	S	♈		Easter Sunday.....						5.27	6.37	p.m.
10	M	♈								5.25	6.38	8.30
11	T	♈	Clear							5.25	6.39	9.35
12	W	♈	bright							5.24	6.41	10.40
13	T	♈	warm							5.22	6.42	11.43
14	F	♈	days,							5.20	6.43	a.m.
15	S	♈	wet							5.16	6.45	0.42
16	S	♈	week							5.16	6.45	1.36
17	M	♈	end.							5.14	6.47	2.24
18	T	♈								5.12	6.49	3.05
19	W	♈	Mostly							5.10	6.50	3.42
20	T	♈	fair							5.08	6.51	4.15
21	F	♈	but							5.07	6.52	4.45
22	S	♈	still							5.05	6.53	sets
23	S	♈	cool.	St. George.....						5.03	6.54	p.m.
24	M	♈								5.01	6.56	8.55
25	T	♈	Month							4.59	6.58	10.03
26	W	♈	ends							4.59	6.58	11.05
27	T	♈	fine							4.57	7.00	a.m.
28	F	♈	and							4.55	7.01	0.00
29	S	♈	warmer.							4.53	7.02	0.47
30	S	♈								4.51	7.04	1.28

MUMPS

Symptoms appear 10 to 22 days and disappear in 14 days from beginning of disease. Marked by headache, quick pulse, chill and fever and swelling of salivary glands with pain when moving jaws.

WHOOPIING COUGH

Symptoms appear in about 14 days. Infection lasts for six weeks after whooping begins. Change of climate, as to lake side resort help to shorten term of whooping.

DIPHThERIA

A very serious disease of childhood. Symptoms appear in about two days. Headache, fever, languor, stiffness of the neck and sore throat are some of the symptoms. Time is all important. Call the doctor immediately.

April

"April weather
Rain and sunshine, both together."

"A cold April the barn will fill."

"When clouds appear like rocks and towers
The earth's refreshed by frequent showers."

"When the sky is dappled if it does not rain
at once it will not be long in coming."

"When the clouds are upon the hills
They'll come down by the mills."

Star of Fate

If born between March 22 and April 20 your sign is Aries. You are earnest and sincere; full of life and activity, are quick-tempered, ambitious, impulsive and fond of power. Men are drawn to politics, women are very extravagant and fond of entertainment. Jealousy frequently belongs to this sign. Tuesday is your lucky day and amaryllis your flower. Your mate is found in Taurus (person born between April 21 and May 21).

Birth Stone

She who from April dates her years
Diamonds shall wear, lest bitter tears
For vain repentance flow; this stone
Emblem of innocence is known.

The Many Uses of PARADOL



Paradol is a modern, scientific preparation devised for the quick relief of pain. It is popular because it brings relief so promptly and also because it has no disagreeable after effects, and does not upset digestion.

While it is recommended especially for the relief of the pains and discomforts from which many girls and women suffer so greatly at certain times, it is equally effective in the relief of other pains and aches.

Paradol quickly affords relief from

Headaches	Neuritis and
Backaches	Lumbago
Periodic Pains	Neuralgic
Grippy Colds	Sciatic and
Fevered Condition	Rheumatic Pains



The Girl Who Knew About PARADOL

The dance is on and you had looked forward for so long to enjoying it. And now you have a splitting headache and a fevered condition.

Perhaps you forgot the calendar. It is only the girls who provide themselves with Paradol that can eliminate dread of the calendar.

Most girls learn about Paradol just as you have through the kindness of a friend who has come to depend on it when these times come round.

Miss B. B. C., Port Carling, Ontario, writes:—"I will never forget the day when my friend persuaded me to take one of her Paradol tablets. In less than two minutes I was up and not feeling the slightest pain whatsoever.

"You can easily understand how grateful I am to the makers of Paradol for having discovered a remedy affording such quick relief for us women who suffer so much at times. Since then I have learned from experience that Paradol is just as effective in relieving other pains and aches as it is for feminine ailments."

Before Women Knew About PARADOL

Since the days of Eve women have been subject to pains, discomforts and a fevered condition at regular intervals. For generation after generation this trouble was looked upon as a necessary affliction and it became a fixed habit to avoid making engagements for this time and to submit patiently instead of really doing anything about it.

Since the introduction of Dr. Chase's Paradol this attitude of women toward this annoying trouble has entirely changed because they now know the folly of submitting to so much pain and discomfort when it can be avoided by the use of Dr. Chase's Paradol.

Not only is the pain almost immediately relieved by using this modern treatment, but also there are no disagreeable after effects or upsetting of digestion. Instead of this any dullness or lethargy you may feel at these times is thrown off and you are left feeling bright and cheerful and fit for any engagement or duty which may await you.

With Dr. Chase's Paradol in the handbag you may feel confident that you can readily obtain relief from headache, pain or nervous tension which is likely to annoy you.

When a man is born, people ask: "How is the mother?"

When he marries, they say: "What a beautiful bride!"

When he dies, they ask: "How much did he leave her?"

Athletic Girls

Most girls are interested in athletics these days and do not like to miss any engagements at their favourite sports.

Already they have learned that they can depend entirely on Paradol to free them quickly of headaches and other discomforts which come at certain times.

Paradol is safe to use, quicker in action and leaves no disagreeable after effects. One tablet a dose is sufficient to bring you complete relief. There is nothing that you can carry in your hand bag which will so certainly bring you comfort as Dr. Chase's Paradol. One girl writes:—"Until I used Paradol every month I suffered almost unbearable pains. It is the most quickly effective relief I ever used and has no disagreeable after effects."

Shortage Suspended

Memo for a round table discussion in 1945: What in the world are we going to do with all this synthetic rubber?

"Caroline is false to the league," a girl growled at a strawberry festival.

"False! How so?" said a visitor from the city.

"Here we are," the girl explained, "selling kisses for charity and Caroline is bootlegging them, outside in the moonlight."

Mistress: "Mandy, I found my new silk slip in your closet."

Mandy: "And you thought you'd lost it. Imagine that!"



What Every Girl Should Know

That it is not necessary to suffer with distressing pains and a fevered condition at certain times. That she can obtain relief in a few minutes by the use of Paradol. That this medicine is especially suitable for this particular

purpose and leaves no disagreeable after effects. That she need no longer hesitate about making social or business engagements at any time.

Dr. Chase's Paradol is quick in action, pleasant to use and leaves you feeling fine.

Let PARADOL

Relieve your
Headaches
Backaches
Colds
Rheumatic
Pains



Dr. Chase's
PARADOL
For Quick Relief of Pain

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.

Help Check Colds Quickly

You can often check a cold quickly if you follow these instructions.

Just as soon as you feel the cold coming on and experience headache, pains in the back or limbs, soreness through the body, take a Paradol tablet, a good big drink of lemonade or ginger tea and go to bed.

The Paradol affords almost immediate relief from pains and aches and helps you to get off to sleep. The dose may be repeated, if necessary, according to the directions. If there is soreness of the throat, gargle with two Paradol tablets dissolved in water. Just try Paradol the next time you have a cold and we believe that you will be well pleased. Paradol does not disappoint.

If You Have a Pain or Ache

use

PARADOL

This is what some people have written to us about Paradol. It will do as much for you. Paradol does not disappoint.

NEURITIS:—"I had neuritis very badly. In fifteen minutes after I had taken Paradol, all the pain was gone. I could scarcely believe it."

NEURALGIA:—"In wet weather I had bad attacks of neuralgia. Paradol brought relief quickly."

TOOTHACHE:—"My daughter got quick relief from a bad toothache by using Paradol."

BAD COLD:—"I had a bad cold, and ached all over. It was broken up in one day by using Paradol."

TOOTH EXTRACTION:—"I used Paradol after tooth extraction and found it very soothing and calming to the nerves."

PAINS IN THE BACK:—"Paradol entirely relieved me from severe pains in the back and that quickly."

TERRIBLE HEADACHES:—"Paradol is the most effective treatment I ever used for severe headache. I returned to work a few minutes after using it."

PERIODIC PAINS:—"Paradol acts more quickly and affords longer relief than any treatment I ever used."

NERVOUS SHOCK:—"Had a bad fall, shoulder hurt, pains and aches. I was amazed at how quickly Paradol brought relief and calmed nerves."

RHEUMATISM:—"I had rheumatism very badly in my right leg and shoulder. Had to have help to get on coat and to get upstairs. After using three vials of Dr. Chase's Paradol the rheumatism has left me completely."



Charlie's 3 1/2 rows south
 3 rows middle
 Newton
 3 1/2 rows north
 Leslie 3 rows middle

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER INDICATIONS	May 1944		Moon's Phases		Ont. and Que.		Mar. Provs. and Nfld.		Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
				d.	h. m.	☾	☽	d.	h. m.	d.	h. m.	d.	h. m.	Sun Rises h.m.
1	M	♈		May Day.....	4.51	7.04	2.03							
2	T	♈		4.50	7.05	2.33							
3	W	♈	Clear	4.49	7.06	3.00							
4	T	♈	bright	4.47	7.08	3.25							
5	F	♈	weather	4.44	7.10	3.49							
6	S	♈	all	4.44	7.10	4.14							
7	S	♈	this	4.42	7.11	rises							
8	M	♈	week.	4.40	7.12	p.m.							
9	T	♈		4.39	7.13	8.31							
10	W	♈		planted potatoes	4.37	7.16	9.37							
11	T	♈	Cold	4.37	7.16	10.39							
12	F	♈	winds	4.35	7.17	11.35							
13	S	♈	and	battery for fence 2.40	4.34	7.18	a.m.							
14	S	♈	some	Rogation Sunday	4.33	7.19	0.24							
15	M	♈	showers.	VET. for black ag 2.00	4.31	7.22	1.07							
16	T	♈		turned cows out	4.31	7.22	1.44							
17	W	♈		R 8:00	4.30	7.23	2.17							
18	T	♈	Mostly	Ascension Day carrots pumpkins	4.29	7.24	2.47							
19	F	♈	clear	4.28	7.25	3.16							
20	S	♈	and	4.26	7.27	3.45							
21	S	♈	becoming	4.26	7.28	4.17							
22	M	♈	warmer.	4.25	7.29	sets							
23	T	♈		putting in garden	4.24	7.30	p.m.							
24	W	♈		cold for fence 2.00	4.23	7.31	9.49							
25	T	♈	Cool	4.21	7.32	10.41							
26	F	♈	again	4.21	7.33	11.25							
27	S	♈	and	4.20	7.34	a.m.							
28	S	♈	some	Pentecost (Shebuoth).....	4.20	7.35	0.03							
29	M	♈	rains.	4.19	7.36	0.35							
30	T	♈		4.18	7.37	1.03							
31	W	♈		4.18	7.37	1.29							

How True

First Flapper: "I wouldn't wear a one-piece bathing suit; they're too immodest."

Second Ditto: "I haven't much of a shape either."

I have a gang of pennies in my bank and I'm going to take my father and mother to Hollywood to be movie actors. More fathers and mothers should be movie actors.

Advertisement in a New York paper: Young man who gets paid on Monday and is broke by Wednesday would like to exchange small loans with a young man who gets paid on Wednesday and is broke by Monday.

I am very lucky at auctions. The last one I went to I made bids on 16 different things—and didn't get caught once.—Mrs. Meek (*Lifebuoy* CBS)

May

"A cool and windy May causes the year to be fruitful."

"When the wind is in the south,
It blows the bait into the fish's mouth."

"When the wind is in the west,
Then the weather's always best."

"A northern air brings weather fair."

"When the wind is in the east
It's neither good for man nor beast."

Star of Fate

If born between April 21 and May 21, your sign is Taurus. You are strong, capable, unyielding and have executive ability; deeply emotional, passionate and sympathetic. The women are warm hearted, generous and clinging; the men persistent and plodding workers. Should marry under Scorpio (Person born between October 24 to November 22). The flower is the jonquil.

Birth Stone

Who first beholds the light of day
In Spring's sweet flow'ry month of May
And wears an emerald all her life
Shall be a lov'd and happy wife.

A married woman who likes her husband is much more attractive to men than one who doesn't. The reason is obvious. It's much easier to like a woman who confidently expects the best of you than one who has been soured by unpleasant experiences. And the married woman who instinctively likes men because she likes her husband not only makes friends for herself but performs the interesting miracle of making all her men friends like each other. Socially she is humanity's highest achievement.

—Chester T. Crowell.

Where all think alike, no one thinks very much.

—Walter Lippmann

Always Have Dr. Chase's Pills In Medicine Cabinet

Mrs. A. E. Harrison, Bounty, Sask., writes:—"After the birth of my last baby I suffered from backache and kidney trouble, and got very much discouraged as medicines did not seem to help me. Then I heard about Dr. Chase's Lidney-Liver Pills, and after having used four boxes of them I felt strong and well again. I always keep Dr. Chase's pills in my medicine cabinet, to be used when required as a regulator for the system."

Headache

Is a Warning Which Should Never Be Neglected

A headache may warn of a cold or fever. It may accompany indigestion or it may be the result of an upset nervous system.

Since the first consideration is to obtain relief from suffering, the use of Dr. Chase's Paradol is recommended. If the headache is an accompaniment of the upset condition which many girls and women experience regularly no further treatment is necessary.

But in other cases the headache should be considered as a warning and the cause sought out.

If the underlying trouble is in the form of constipation and torpid, sluggish action of the liver and kidneys, Dr. Chase's Kidney-Liver Pills may be exactly what you need to assure regularity of these organs.

If, on the other hand, you find symptoms of nervousness, sleeplessness and irritability Dr. Chase's Nerve Food is the logical treatment to use regularly until you find that you are real well again and free of headaches.

Knowledge

"There are two words I never want to hear you use, Junior. One is 'swell' and the other is 'lousy.'"

"Okay, grandma. What are the words?"



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

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

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

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

The dose can now be more easily adjusted to suit each individual case. As a laxative and for a mild treatment—one pill a dose. As a purgative and for those needing stronger action—two pills a dose.

"Haven't you a speedometer on this car?"

"I don't need any. If I do 40 miles an hour the lamps rattle, at 50 the whole car rattles, and if I go above that my dental plates rattle."

Bridegroom: "What an enormous pie, dear! It looks like a football."

Bride: "Well, it's the smallest pumpkin I could find."



Here Are Four Reasons

Medical treatment is a serious matter and you want to know why you can depend on the medicine selected. Read these reasons for Dr. Chase's Kidney-Liver Pills.

1. Dr. Chase's Kidney-Liver Pills are a tonic laxative. The effect is the same without increased dose.
2. They increase the amount of bile secreted by the liver. Aid in absorbing fats and stimulating the colon or large bowel.
3. They hurry the bile through the intestines and afford prompt relief for constipation and chronic indigestion.
4. They are diuretic—release water and solids for filtration by the kidneys and do not irritate the kidneys.

Why not profit by the experience of many thousands, and keep regular, all the time, by using Dr. Chase's Kidney-Liver Pills?

Tired Feelings Result From Torpid Liver and Constipation

What a host of ills have their beginning in constipation. From indigestion and the common cold to the serious and painful ailments of the kidneys, the origin is usually found in constipation and sluggish action of the liver.

To clear up this condition, it is only necessary to use Dr. Chase's Kidney-Liver Pills. This proven treatment quickly helps to arouse the torpid liver to healthful activity, to ensure the flow of bile into the intestines and to remove the cause of constipation.

Such ailments as indigestion, biliousness and constipation are soon relieved under this treatment, and since the blood is purified, the cause of serious and painful diseases is removed.

Because of their unique combined action on these filtering and eliminating organs, Dr. Chase's Kidney-Liver Pills are often effective where ordinary medicines fail. This is why they have established a fifty year record for dependability as a relief for Sluggish Action of the Liver and Kidneys, Constipation, Indigestion, Backache and other painful diseases resulting from poisons in the blood.

John D. Rockefeller borrowed a dime from his secretary one day to pay his bus fare home from his office. "Be sure to remind me of this transaction," he said.

"Oh, that's nothing Mr. Rockefeller," replied the secretary.

"Nothing!" exclaimed Rockefeller. "Why, that's two whole years' interest on a dollar!"



A Fine Companionship

What a fine companionship often exists between mother and daughter.

And what invaluable help the mother can give from her fund of experience and tradition.

There are the intimate talks they have at a time when the daughter may be excited and alarmed at certain physiological changes which take place when maidenhood is blossoming into womanhood.

Mother's assurance comes then that by using Dr. Chase's Paradol, the headaches and cramps and backaches may be quickly relieved and little discomfort felt.

By using Paradol at such times you need not lose any time from employment or miss any social engagements.

A Valuable Health Rule

Then there is another matter of very great importance of which wise mothers will speak to their children, boys and girls alike and which has to do with the regulating of the vital organs of the body,—the liver, kidneys and bowels.

The first Rule of Health is "Daily Movement of the Bowels". If a mother can impress this idea on her children so that they will always remember it, she can give them a no more important legacy. For, after all, of what value are riches if good health is lacking?

So many ailments have their beginnings with constipation and torpid condition of the liver and kidneys that by keeping these organs

healthy and active, you may avoid a multitude of ills.

In recommending Dr. Chase's Kidney-Liver Pills, mothers often speak from life-long experience, for this well-known medicine has been in many Canadian homes for over fifty years.

The unique combined action of Dr. Chase's Kidney-Liver Pills on the liver, kidneys and bowels enables them to help regulate these organs effectively and so prevent more serious ailments.

A Fine Idea

It is a fine idea to use Dr. Chase's Kidney-Liver Pills once or twice a week to help insure continuous regularity of the digestive and excretory system.

In this way you may avoid bilious spells and the tired feelings which come from poisons in the system.

Then there is the story of the man at ease in a barber's chair, demulsified under hot towels, when a boy rushes in shouting: "Mr. Schmidt, Mr. Schmidt, your house is on fire!"

Horrified, the customer leaps from the chair, snatches off the apron, and speeds wildly up the street. After two or three blocks, he stops suddenly and cries out in perplexity, "What the deuce am I doing? My name isn't Schmidt!"
—Christopher Morley in *The Saturday Review of Literature*.

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER INDICATIONS	June 1944		Moon's Phases		Ont. and Que.		Mar. Provs. and Nfld.		Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
						☾ Full Moon...	☾ Last Qtr....	☾ New Moon...	☾ First Qtr....	d. h. m.	d. h. m.	d. h. m.	d. h. m.	Sun Rises h.m.
1	T	♈	June									4.17	7.39	1.53
2	F	♈	comes									4.17	7.40	2.17
3	S	♈	in									4.16	7.40	2.41
4	S	♈	showery.									4.15	7.41	3.08
5	M	♈										4.15	7.42	3.38
6	T	♈										4.15	7.42	rises
7	W	♈	Some clear									4.15	7.43	p.m.
8	T	♈	days									4.14	7.44	9.29
9	F	♈	but									4.13	7.45	10.22
10	S	♈	rainy									4.13	7.45	11.08
11	S	♈	week									4.13	7.45	11.47
12	M	♈	end.									4.13	7.46	a.m.
13	T	♈										4.13	7.47	0.21
14	W	♈										4.13	7.48	0.51
15	T	♈	A week									4.12	7.48	1.20
16	F	♈	of									4.12	7.48	1.48
17	S	♈	fine									4.12	7.49	2.18
18	S	♈	warm									4.13	7.49	2.50
19	M	♈	weather.									4.13	7.50	3.27
20	T	♈										4.13	7.50	4.09
21	W	♈	Temper-									4.13	7.50	sets
22	T	♈	ature									4.13	7.50	p.m.
23	F	♈	rises,									4.14	7.50	10.01
24	S	♈	very									4.14	7.50	10.35
25	S	♈	warm.									4.14	7.50	11.05
26	M	♈										4.15	7.50	11.31
27	T	♈	Fair									4.15	7.50	11.56
28	W	♈	and									4.15	7.50	a.m.
29	T	♈	dry.									4.16	7.50	0.19
30	F	♈										4.16	7.50	0.43

Problem No. 3.

Boys and Girls

Nine boys and three girls agreed to share equally their pocket-money. Every boy gave an equal sum to every girl and every girl gave another sum to every boy.

Every boy and every girl then possessed exactly the same amount.

What was the smallest possible amount that each then possessed?

Problem No. 4.

Pile Driving

During some bridge-building operations a pile was being driven in the river.

A foreman remarked that at high water a quarter of the pile was embedded in the mud, one-third was under water and 17 ft. 6 in. above water.

What was the length of the pile?

For answers see page 33.

June

"A good leak in June
Sets all in tune."
A swarm of bees in May
Is worth a load of hay;
A swarm of bees in June
Is worth a silver spoon;
A swarm in July
Is not worth a fly."

Star of Fate

If born between May 22 and June 21, your sign is Gemini. You have a vivacious, reckless and anxious nature; intensely aspiring and energetic; like to go to extremes in everything. Women are affectionate, tender and sympathetic. Your mate is under Sagitarius (November 23 to December 22). Friday is your lucky day. The mayflower is your flower.

Birth Stone

Who comes with summer to the earth,
And owes to June her day of birth,
With ring of agate on her hand
Can health, wealth and long life command.

The typical successful American businessman was born in the country, where he worked like hell so he could live in the city, where he worked like hell so he could live in the country.

—Don Marquis.

I have never yet met a healthy person who worried very much about his health, or a really good person who worried much about his own soul.

J. B. S. Haldane.

Scarcity of Doctors

The scarcity of doctors in many of the rural sections of Canada and, as a result of the war, in towns and cities as well, recalls the experience of Dr. A. W. Chase when he was a practising physician in Ann Arbor, Michigan.

Doctors were scarce then and patients came from great distances for treatment. This led to mailing medicines and finally selling them through drug stores.

Now, Dr. Chase's Medicines are for sale in all drug stores and are known far and wide for their merit.

So when there is a scarcity of doctors you can more than ever depend on Dr. Chase's Medicines, for the relief of pains and aches and the more common ills of life.

Remember the saying: "If it is a Dr. Chase product you know it is dependable."

Good Digestion Brings Health and Happiness

It is sometimes said that a good conscience and good digestion are the two primary foundations for a happy life. Certainly nothing makes a person feel more ill-tempered and discomfitted than indigestion and most generally indigestion results from sluggish action of the liver and kidneys and consequent constipation.

Because of their unique combined action on the liver, kidneys and bowels, Dr. Chase's Kidney-Liver Pills are a quickly effective means of arousing these organs to healthful action.

This treatment goes after the cause of trouble and therefore helps to bring real and lasting relief from indigestion, biliousness, backache and other bodily pains.

With a record of fifty years of outstanding success, you can depend on Dr. Chase's Kidney-Liver Pills to help to bring you good digestion and the joy of living which goes with it.



"Our Family
Regulator is
**DR. CHASE'S
KIDNEY-
LIVER PILLS**"

The Dr. Chase

HOW TO TELL WHICH MEDICINE

Dr. Chase's NERVE FOOD



Dr. Chase's Nerve Food for Loss of Sleep, Headache, Irritability, Anæmia, Tired Feelings and Exhaustion of the Nervous System, 60 cents a box of 60 pills; economy size, 180 pills, \$1.50.

THE scarcity of medical doctors, especially in the small places and rural sections of the country, makes it more necessary than ever for people to depend on Dr. Chase's Medicines for relief from the more common ills of life.

Even though you may be familiar with the name and reputation of the Dr. Chase line of medicines, you may need some help to decide just which product is most suitable to your requirements.

It is the object of this chart to help you to make an intelligent decision.

Elsewhere in this almanac you will find symptoms and the nature of various ailments. Here you will obtain some brief information as to the ailments for which each medicine is intended.

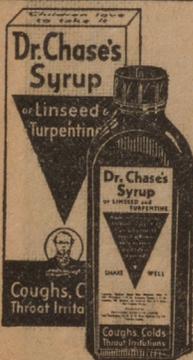
It is scarcely necessary to say anything about the dependability of Dr. Chase's Medicines for the line at the head of each page has more or less become a proverb. "If it is a Dr. Chase Product you know that it is dependable."

Because constipation which is usually associated with torpid action of the liver and kidneys, is the cause of so many painful and dangerous ailments, Dr. Chase's Kidney-Liver Pills may be considered as

The DR. A. W. CHASE M

Dr. Chase Building, Oak

Dr. Chase's SYRUP OF LINSEED AND TURPENTINE



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 CATARRH POWDER



Dr. Chase's Catarrh Powder for Cold in the Head, Catarrh and Hay Fever, 35 cents a box.

Dr. Chase's OINTMENT

Dr. Chase's Ointment for Eczema, Chafing, Hemorrhoids and Irritations of the Skin, 60 cents a box, economy size, \$2.00.



Health Chart

IT IS SUITED TO YOUR NEEDS

the basis of the Dr. Chase system of Medicines. Perhaps the greatest rule of health is the "Daily movement of the bowels." For this reason it is a fine habit to always use this medicine once or twice a week to keep the bowels healthy and active.

While you can obtain quick relief from headaches, backaches, rheumatic and other pains by using Dr. Chase's Paradol it is usually advisable to use also Dr. Chase's Kidney-Liver Pills to help cleanse the system of the poisons which cause the pains and aches.

The largest seller in the Dr. Chase line is Dr. Chase's Nerve Food, the vitamin B₁ tonic for the blood and the nerves.

Almost everybody has times when he is overcome by chronic fatigue or general exhaustion of the nervous system. What is there obtainable so well suited to his needs as Dr. Chase's Nerve Food?

It is usually a matter of supplying the system with the vitamin B₁ and food minerals which are lacking and this is done by Dr. Chase's Nerve Food in a most acceptable manner.

It is always in your best interest when buying Dr. Chase's Medicines to ask your druggist for the large economy sizes.

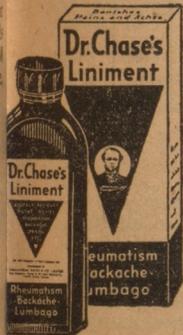
Dr. Chase's PARADOL



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; economy size, 5 times as many, \$1.00.

MEDICINE CO., Limited
 ...ville, Ontario, Canada

Dr. Chase's LINIMENT



Dr. Chase's Liniment for Rheumatic Pains, Lumbago Backache Sore, Stiff Muscles Sciatic and Neuritic Pains Throat and Chest Colds
35 cents a bottle.

Dr. Chase's KIDNEY • LIVER PILLS

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



Dr. Chase's LIVER MEDICINE

Dr. Chase's Liver Medicine A purely vegetable tonic of roots and herbs for Liver Disorders, Constipation and Jaundice.
\$1.00 a bottle.



DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER INDICATIONS	July 1944		Moon's Phases		Ont. and Que.		Mar. Provs. and Nfld.		Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.			
				d.	h. m.	d.	h. m.	d.	h. m.	d.	h. m.	Sun Rises h.m.	Sun Sets h.m.	Moon Sets a.m.	
1	S	♋		Dominion Day.....									4.17	7.50	1.09
2	S	♋	Very									4.17	7.50	1.36
3	M	♌	warm.									4.18	7.50	2.09
4	T	♌										4.18	7.50	2.47
5	W	♍										4.19	7.50	3.34
6	T	♍	Heat									4.19	7.49	4.30
7	F	♎	followed									4.20	7.48	rises
8	S	♎	by									4.21	7.48	p.m.
9	S	♏	thunder									4.22	7.48	10.23
10	M	♏	storms.									4.22	7.48	10.55
11	T	♐										4.23	7.47	11.24
12	W	♐										4.24	7.46	11.53
13	T	♑	Week									4.25	7.45	a.m.
14	F	♑	of									4.26	7.45	0.22
15	S	♒	very									4.26	7.45	0.53
16	S	♒	fine									4.27	7.44	1.27
17	M	♒	days.									4.28	7.43	2.06
18	T	♓										4.29	7.42	2.51
19	W	♓		<i>K Caswell 2.00</i>									4.31	7.41	3.40
20	T	♓	Heavy									4.31	7.41	4.36
21	F	♊	thunder	<i>3 loads for me</i>									4.32	7.40	sets
22	S	♊	storms	<i>finished by</i>									4.33	7.39	p.m.
23	S	♋	this	<i>12 loads for Mellons</i>									4.34	7.38	9.34
24	M	♋	week.									4.36	7.36	9.59
25	T	♌										4.36	7.36	10.23
26	W	♌										4.37	7.34	10.46
27	T	♍	Clears	<i>fertilizer 2.98</i>									4.38	7.33	11.10
28	F	♍	and									4.39	7.32	11.36
29	S	♎	remains	<i>fence \$16.00</i>									4.41	7.31	a.m.
30	S	♎	fine.									4.42	7.30	0.06
31	M	♏										4.43	7.29	0.40

TYPHOID FEVER

Symptoms appear in 11 days and last until diarrhoea ceases in 22 to 30 days. Character of rash—rose coloured scattered spots. High fever and rapid pulse are accompanied by coated tongue, nausea and diarrhoea, great weakness develops, recovery slow. Call the doctor.

SCARLET FEVER

Symptoms appear in about four days and last until all scaling has stopped on about the fifth day. Character of rash—bright scarlet diffused spots. Chills, high fever and rapid pulse accompanying. Lose no time in calling the physician.

July

"If it rain on the second of July, such weather will be for forty days after."

"If the evening is red and the morning grey,
It is the sign of a bonnie day;
If the evening's grey and the morning red,
The lamb and the ewe will go wet to bed."

"When the sun sets bright and clear
An easterly wind you need not fear."

Star of Fate

If born between June 22 and July 23 your sign is Cancer. You have a great love of home and family, though sometimes restless and moody. You are quiet and placid, opposed to haste, fond of amusement. Your loving nature will be your weakness and your strength. Your mate will be found under Pisces (born between February 20 and March 21) but you will be more strongly attracted by Libra people (born between September 24 and October 23). The women born under this sign are fickle. Monday is your day, the poppy your flower.

Birth Stone

The glowing ruby should adorn
Those who in warm July are born;
Then they will be exempt and free
From love, doubts and anxiety.

Without Rhyme or Reason

A customer once called the photographic department of Macy's, New York City, to ask if it would enlarge a snapshot of her son. Of course it would. Then she wanted to know if they could remove his hat—she would rather have the enlargement without it. That, too, could be done; but on which side did he part his hair, and was it straight or curly?

"Don't be silly," snapped the woman.
"You'll see that when you take his hat off!"
—Ruth Parsons.

"My Back Was Bad"

Mrs. H. B. Maguire, Tory Hill, Ont., writes:—"Before my second baby was born my back was so bad that when I lay down I could not get up without help. By the time I had used two boxes of Dr. Chase's Kidney-Liver Pills I was all right and doing all my house work. My baby was a lovely girl and weighed nine pounds. I have had four babies since and always depend on Dr. Chase's Kidney-Liver Pills to keep the kidneys healthy and the bowels regular."

Letter from a Former Patient of A. W. Chase, M.D.

Here is a letter from Mr. E. F. Hasson, of Whitecourt, Alta., who says that Dr. Chase was their family doctor when he was a child. His letter reads as follows:—"I am 80 years of age and was born in Chessing, Michigan. Dr. Chase was our family doctor living at Ann Arbor, Michigan, and I was taken to him with diphtheria. That is why I have used nearly all his medicines. At my wife's suggestion, I am now using Dr. Chase's Paradol for rheumatic pains and have given it to many around here who have proven it good as a quick relief from pain."

Friend: "So your daughter is about to marry? Do you really feel that she is ready for the battle of life?"

Father: "Well, she should be. She's been in four engagements."

Skeptic Miss: "Can this coat be worn out in the rain without hurting it?"

Fur Salesman: "Lady, did you ever see a skunk wearing an umbrella?"

Do I Enjoy
My
Meals

Since
Using

Dr. Chase's
KIDNEY and LIVER
PILLS

Weights and Measures

Avoirdupois Weight

16 Ounces.....	1 Pound
14 Ounces.....	1 Stone
25 Pounds.....	1 Quarter, C
2000 lbs., Can.....	1 Ton

Apothecaries' Weight

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

Troy Weight

24 Grains.....	1 Pennyw't
20 Pennyw'ts.....	1 Ounce
12 Ounces.....	1 Pound

Liquid Measure

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

Dry Measure

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

Mrs. C.: "Phil will be in the hospital for a long time."

Mrs. M.: "Why? Have you seen the doctor?"

Mrs. C.: "No, but I've seen the nurse."

Long Measure

4 Inches.....	1 Hand
12 Inches.....	1 Foot
3 Feet.....	1 Yard
6 Feet.....	1 Fathom
5½ Yards.....	1 Rod or Pole
40 Rods.....	1 Furlong
8 Furlongs.....	1 Mile
3 Miles.....	1 League

Square or Land Measure

144 Sq. Inches.....	1 Sq. Foot
9 Sq. Feet.....	1 Sq. Yard
30¼ Yards.....	1 Sq. Rod
40 Poles or Rods.....	1 Rood
4 Roods.....	1 Acre
640 Acres.....	1 Sq. Mile

Cubic or Solid Measure

1728 Inches.....	1 Solid Foot
27 Feet.....	1 Solid Yard
42 Feet.....	1 Ton Shipping
128 Feet.....	1 Cord Wood

Land Survey Measure

7.92 Inches.....	1 Link
100 Links.....	1 Chain
1 Chain.....	66 Feet
10 Sq. Chains.....	1 Acre

English Money Table

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

Had Rheumatic Pains For a Year

It is well known that some pains and aches come from poisons in the system and rheumatic pains are no exception. Perhaps the experience of some one who has known the benefits to be obtained by using Dr. Chase's Kidney-Liver Pills to get at the cause of rheumatic pains might interest you. Here is a letter from Mrs. John Hyde, Brown St., Sydney Mines, N.S. She writes: "I was laid up with rheumatic pains for a whole year. I was confined to my bed with much pain until one day my husband said: 'Why don't you try Dr. Chase's Kidney-Liver Pills and Nerve Food?' I am grateful for his suggestion for with this treatment I was soon up and around and steadily gained in health and strength. From a weight of 75 lbs. I regained my natural weight and you may be sure I never fail to tell people of my recovery which many think is remarkable."

This lady used Dr. Chase's Kidney-Liver Pills to help get rid of poisons in the system and Dr. Chase's Nerve Food to help build up her general health and strength. Why not try this combination treatment when occasion arises.

Clerk: "Anything else today?"

Customer: "No. Oh, I want to get a pair of shoes."

Clerk: "Sorry, we don't have shoes."

Customer: "You don't sell shoes? What kind of a drug store is this, anyway?"

I like the country because it is so peaceful. Out there the quiet just goes sliding along.



Clean Out the Poisons

The liver and kidneys are so closely associated in their work of filtering poisons from the blood stream that both are likely to become deranged at the same time.

Hence the advantage of using Dr. Chase's Kidney-Liver Pills, which, by reason of the bile salts they contain, increase the flow of bile from the liver and arouse the action of the bowels. By their diuretic influence they help to increase the quantity of liquids and solids for the kidneys to act upon and so enable these organs to purify the blood of disease laden poisons.

To get quick results use Dr. Chase's Kidney-Liver Pills—the popular family regulator.



Backache

The Plague of Outdoor Men

The outdoor man, whether he be farmer, truck driver, or railway operator, is often subject to backache. This may be the result of exposure to cold and dampness or the result of strain from the jolting and bumping of the vehicle he rides.

To many people, women as well as men, it would be great to be free of backache—one of the most common and annoying of ailments. And here is how you may be relieved of backache and other symptoms of poisons in the blood.

The treatment suggested is Dr. Chase's Kidney-Liver Pills. By reason of their stimulating action on both the liver and kidneys, you have two chances to one of getting relief from your backache by using Dr. Chase's Pills. The torpid liver is aroused to action, the kidneys are stimulated and consequently the organs help to purify the blood of the poisonous impurities which bring pains and aches and tired feelings.

Keep regular and keep well by using Dr. Chase's Kidney-Liver Pills.

"I like work; it fascinates me. I can sit and look at it for hours."—*Jerome K. Jerome.*

Rose Laird offers all six delicious flavors in her fruit lipsticks, which give kisses a raspberry, strawberry, pineapple, orange, lemon or lime flavor.—*Alice Hughes in N.Y. Post.*

The Kidneys

Filter the Blood

Any poisonous waste materials, which the liver has failed to eliminate from the digested food before it is taken up by the blood stream, must be looked after by the kidneys if the blood is to be rid of dangerous poisons.

When the kidneys fail there comes a poisoning of the system with headaches, tired feelings, loss of sleep and such painful ailments as backache, rheumatic pains, lumbago and other ills.

The use of Dr. Chase's Kidney-Liver Pills is suggested because they help in three ways to get rid of this condition.

- (1) By arousing the action of the liver which prevents certain poisons from getting into the blood stream.
- (2) By stimulating the activity of the kidneys in their work of filtering poisons from the blood.
- (3) By ensuring activity of the bowels in eliminating the poisonous waste materials from the body.

Surely this must be a thorough system of protecting the body against the poisons which result from the digestion of food. Such treatment is required by almost everybody at one time or another.

One or two doses of Dr. Chase's Kidney-Liver Pills a week, will help to keep you regular and well and free from unnecessary pains and discomforts.

The Power of Suggestion

Dr. Bruce Bruce-Porter, famous English surgeon, once found a slowly dying girl reading a newspaper serial in which the heroine suffered from the same disease she had. Hurrying to the author, he was told that the character died in the last instalment. Dr. Bruce-Porter persuaded the writer to change the ending—and the serial's heroine and his patient both lived.

News Review

The difference between a bachelor and a married man is that when a bachelor walks the floor with a baby he's dancing.

Mrs. Youngbride: "Our cook says those eggs you sent yesterday were quite old."

Farmer: "Very, very sorry, ma'am. They were the best we could get. You see, all the young chickens have been killed off, so the old hens are the only ones left to do the laying."

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER INDICATIONS	Aug. 1944	Moon's Phases	Ont. and Que.		Mar. Provs. and Nfld.		Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
						d.	h. m.	d.	h. m.	Sun Rises	Sun Sets	Moon Sets
1	T	♈			Full Moon...	4	7 39 a.m.	4	8 39 a.m.	4.44	7.28	1.22
2	W	♉	Warm		Last Qtr....	10	9 52 p.m.	10	10 52 p.m.	4.45	7.27	2.13
3	T	♊	and	RR 15	New Moon...	18	3 25 p.m.	18	4 25 p.m.	4.47	7.24	3.14
4	F	♈	dry		First Qtr....	26	6 39 p.m.	26	7 39 p.m.	4.47	7.24	4.24
5	S	♉	for	N. Stevens					1.00	4.48	7.22	rises
6	S	♊	some							4.50	7.21	p.m.
7	M	♈	days.							4.51	7.19	9.26
8	T	♉		roats					2.00	4.53	7.18	9.56
9	W	♊	Con-							4.53	7.17	10.25
10	T	♈	tinues							4.55	7.15	10.56
11	F	♉	fair							4.56	7.14	11.29
12	S	♊	and							4.57	7.12	a.m.
13	S	♈	warm.							4.59	7.10	0.06
14	M	♉		cutting hay						4.59	7.10	0.49
15	T	♊	Some							5.01	7.09	1.36
16	W	♈	bad							5.02	7.07	2.30
17	T	♉	thunder							5.03	7.05	3.27
18	F	♊	storms							5.05	7.02	4.26
19	S	♈	this	finished drinking hay						5.05	7.02	sets
20	S	♉	week.							5.07	7.00	p.m.
21	M	♊								5.08	6.58	8.27
22	T	♈	Clear							5.09	6.56	8.50
23	W	♉	sunshiny							5.10	6.54	9.13
24	T	♊	days							5.11	6.53	9.38
25	F	♈	and							5.12	6.51	10.05
26	S	♉	cool	digging potatoes						5.13	6.50	10.37
27	S	♊	nights.	gullie call						5.14	6.48	11.15
28	M	♈								5.16	6.45	a.m.
29	T	♉	Ends							5.17	6.45	0.00
30	W	♊	fine.	shoeing horses					4.50	5.18	6.43	0.55
31	T	♈								5.19	6.40	1.59

Problem No 5.

Intelligence Test

An English officer, after a gruesome experience during the Boxer rebellion in China some years ago, fell asleep in church during the sermon. He was dreaming that the executioner was approaching him to cut off his head, and just as the sword was descending on the officers unhappy neck his wife lightly touched her husband

on the back of his neck with her fan to awaken him. The shock was too great, and the officer fell forward dead. Now there is something wrong with this. What is it?

For answer see page 33.

Chem Pro.: "What is the outstanding contribution that chemistry has given the world?"
Frosh; "Blondes."

August 270

"Dry August and warm
Does harvest no harm."

If it rains on St. Bartholomew day (August 24)
it rains for forty days.

"If the moon show a silver shield,
Be not afraid to reap your field;
But if she rises haloed round
Soon we'll tread on deluged ground."

"If the moon change on Sunday there will be
a flood before the month is out."

Star of Fate

If born between July 24 and August 23 you were born in Leo. You are jovial, sympathetic, free and friendly; kind and loving. You jump at conclusions; form prejudices easily, and should guard against anger. Should marry in Aquarius (person born between January 21 and February 19). Leo women are home lovers and home makers. Sunday is your day and the morning glory your flower.

Birth Stone

Wear a sardonyx or for thee
No conjugal felicity;
The August born without this stone
'Tis said must live unloved and lone.

Answers to Problems

(1) The two legacies were \$96 and \$304. For if 32 (one-third of 96) be taken from 76 (one-fourth of 304) the remainder will be 44.

(2) The man bought 75 geese at \$3.20 each, making \$240.00. After retaining 15, he sold the remaining 60 at \$3.60 each, making \$216.00 as stated. He thus made a profit of 40 cents on the 60 birds that he resold.

(3) Every boy at the start possessed 3d, and he gave $\frac{1}{4}$ d to every girl. Every girl held 9d., of which she gave $\frac{3}{4}$ d to every boy. Then every child would have $4\frac{1}{4}$ d.

(4) The reader will probably give the answer as 42 ft., but there is a little trap in the puzzle. The part embedded in the mud must also be considered as "under water."

The correct answer is, therefore, 26 ft., 3 in.

(5) What is wrong with the dream story is the obvious fact that, as the dreamer never awoke from his dream, it is impossible that anything could be known about it. The story must therefore, be a pure invention.

Blame the Liver for Constipation

Bile is nature's cathartic. It is the business of the liver to filter bile from the blood stream, where it acts as a poison, and pour it into the intestines where its mission is to keep the bowels active.

Overeating and drinking and lack of exercise are the usual causes of torpid, sluggish condition of the liver. As a result the bowels become constipated and the kidneys are overloaded with poisons.

If constipation is to really be relieved the liver must be set right and Dr. Chase's Kidney-Liver Pills do this very thing most promptly and most satisfactorily.

Such ailments as chronic indigestion, back-ache, biliousness, headache and hardening of the arteries usually develop from a stagnant condition of the liver and bowels.

He's Got Something There

"Why did Sammy invite only married people to his wedding?"

"Well, he figured that in that way the presents would be clear profit."

Bob: "You look sweet enough to eat."

Helen: "I do eat. Where shall we go?"

You start to LIVE!

When You Take

Dr. Chase's Nerve Food
CONTAINS VITAMIN B1

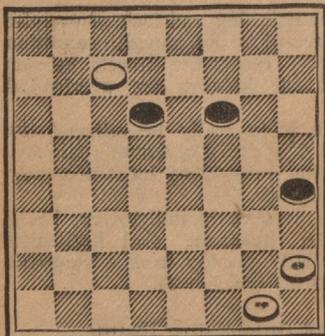
Short of Gas—Let's Play Checkers

Get out the old checker board and try these little end games. Then note down your moves using the diagram to the right for numbers of squares, for example: 25.22 indicates that the piece on square numbered 25 is moved to square number 22 while 17.26 means that the piece on square 17 is jumped to square 26. The solutions you will find elsewhere in this book.

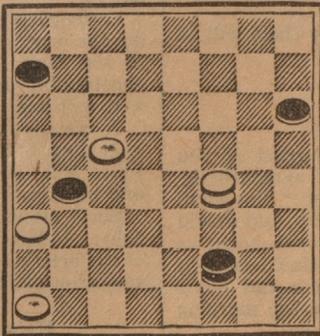
If you wish to study up on checkers write for the booklet entitled, "How to Play Checkers". It contains many interesting secrets on this great game and will help you to become an expert and to enjoy the game more than ever.

Just enclose 10 cents and address your letter to The Dr. A. W. Chase Medicine Co., Limited, Oakville, Ont.

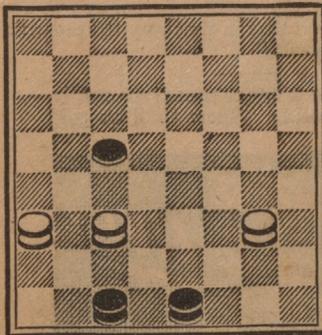
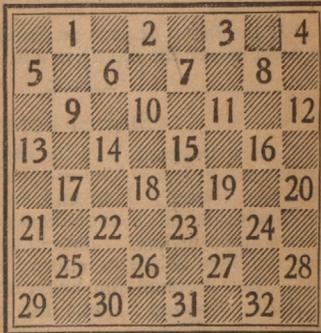
WHITES TO PLAY FIRST IN ALL THESE ENDINGS



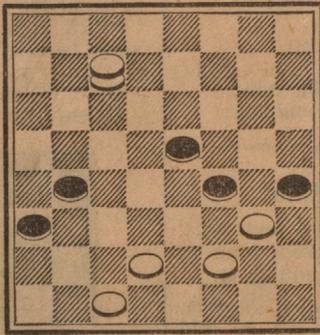
No. 1—D. L. McCaughie



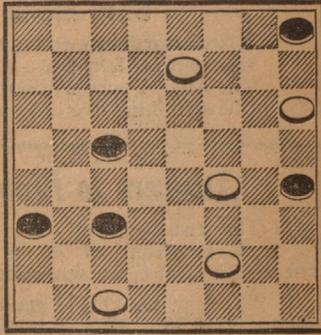
No. 2—T. McLaren



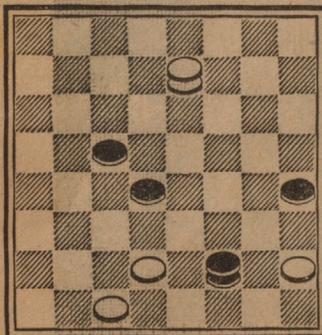
No. 3—J. Lees



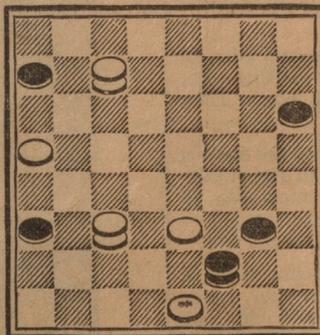
No. 4—J. Curran



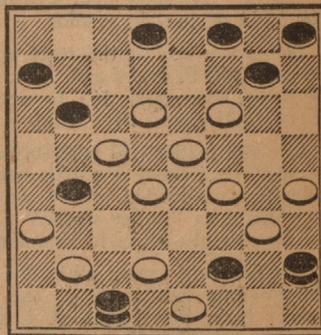
No. 5—J. W. Dawson



No. 6—T. Muir



No. 7—J. George



No. 8—A. C. Hewe

Tributes from Far and Near to the Merits of Dr. Chase's Kidney-Liver Pills

ANTIGUA

Mr. Ernest George, St. Johns, Antigua, B.W.I., writes:—"I became so bad with backache, kidney disorders and indigestion that I was obliged to keep to my bed. Then a friend got me started with Dr. Chase's Kidney-Liver Pills. As a result I am now well and strong and doing heavy work."

BRITISH COLUMBIA

Mr. A. C. Gordon, Car Inspector, 3236 Venable Street, Vancouver, B.C., writes:—"I suffered intensely from backache and weakness around the kidneys and was continually getting worse. Before I had finished the first box of Dr. Chase's Kidney-Liver Pills I was greatly improved and after a second box I was in fine fettle."

BRITISH HONDURAS

Mr. John A. Gentle, Punta Gorda, Br. Honduras, B.W.I., writes:—"I suffered from bad stomach, headache and pains in the back and could get no relief until I used three boxes of Dr. Chase's Kidney-Liver Pills. Now feel fine have good digestion and regained weight."

COLOMBIA, SOUTH AMERICA

Mr. Antonio Diaz M. Girardot, Colombia, writes:—"My wife suffered for a year with liver and kidney disorders and could not get relief. After using one box of Dr. Chase's Kidney-Liver Pills she was greatly improved. After three boxes she felt real well. The efficacy of this medicine surprised me."

JAMAICA

Mr. C. L. Knight, 167 Clarence Rd., Kingston, Jamaica, writes:—"I suffered with severe backache, kidney trouble and indigestion for five years. After using five boxes of Dr. Chase's Kidney-Liver Pills my troubles were gone and I am now feeling fine."

PANAMA

Mr. Pedro Blotta, Calle Victoriano, Lorenzo No. 21, Panama, writes:—"My health was greatly run down from torpid liver action and chronic indigestion but it has been re-established by the use of Dr. Chase's Kidney-Liver Pills. I heartily recommend this medicine."

QUEBEC

Mrs. Joseph Pelletier, St. Alexandre, Kamouraska Co., Quebec, writes:—"I was very ill in bed for one month, lost 20 lbs. I used eight boxes of Dr. Chase's Kidney-Liver Pills and am completely relieved."

SASKATCHEWAN

Mrs. A. E. Harrison, Bounty, Sask., writes:—"After the birth of my last baby I suffered from backache and kidney trouble, and got very much discouraged as medicines did not seem to help me. Then I heard about Dr. Chase's Kidney-Liver Pills, and after having used four boxes of them I felt strong and well again. I always keep Dr. Chase's Pills in my medicine cabinet, to be used when required as a regulator for the system."

ST. LUCIA

Mr. Gilbert Brouet, Morne Tette, St. Lucia, B.W.I., writes:—"Five boxes of Dr. Chase's Kidney-Liver Pills brought lasting relief from backache, excessive fatigue and other symptoms of disordered kidneys."

TOBAGO

Mr. Henry Webb, Delaford, Tobago, B.W.I., writes:—"I was a sufferer from severe kidney disorders for years. Could get no relief until I used Dr. Chase's Kidney-Liver Pills. The results were highly satisfactory and I have had no more trouble from the kidneys."

TRINIDAD

Mr. Arnold B. Davis, Tunapuna, Trinidad, writes:—"Eight years ago I had severe attacks of indigestion. Used Dr. Chase's Kidney-Liver Pills for three months and have had no return of the old trouble."

VENEZUELA

Mr. Gonzalo Rodriguez G. Puerto Cabello, Venezuela, writes:—"I had suffered for two years from constipation resulting from torpid liver. In two months Dr. Chase's Kidney-Liver Pills have brought great relief and I am now feeling fine."

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER FORECASTS	Sept. 1944			Moon's Phases			Ont. and Que.			Mar. Provs. and Nfld.			Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
				Full Moon...	Last Qtr....	New Moon...	First Qtr....	d. h. m.	d. h. m.	d. h. m.	d. h. m.	d. h. m.	Sun Rises h.m.	Sun Sets h.m.	Moon Sets a.m.			
1	F	♈													5.20	6.38	3.12	
2	S	♈	Bright												5.22	6.36	4.29	
3	S	♈	days.												5.23	6.36	5.49	
4	M	♈													5.24	6.34	rises	
5	T	♈													5.25	6.32	p.m.	
6	W	♈	Some showery												5.26	6.30	8.55	
7	T	♈	weathery												5.28	6.27	9.28	
8	F	♈	this												5.29	6.26	10.05	
9	S	♈	week.												5.30	6.24	10.47	
10	S	♈													5.31	6.22	11.33	
11	M	♈													5.32	6.20	a.m.	
12	T	♈	Clear												5.34	6.17	0.24	
13	W	♈	fine												5.35	6.17	1.20	
14	T	♈	days												5.36	6.14	2.19	
15	F	♈	and												5.37	6.12	3.19	
16	S	♈	warmer.												5.38	6.10	4.20	
17	S	♈													5.40	6.08	5.20	
18	M	♈													5.40	6.07	sets	
19	T	♈	High winds												5.41	6.05	p.m.	
20	W	♈	and												5.43	6.02	7.41	
21	T	♈	much												5.44	6.00	8.08	
22	F	♈	damage.												5.46	5.58	8.37	
23	S	♈													5.47	5.58	9.11	
24	S	♈													5.48	5.55	9.53	
25	M	♈	Clear												5.50	5.53	10.42	
26	T	♈	bright												5.51	5.51	11.40	
27	W	♈	days												5.52	5.49	a.m.	
28	T	♈	but												5.53	5.48	0.47	
29	F	♈	cooler.												5.55	5.46	2.01	
30	S	♈													5.56	5.44	3.18	

CONUNDRUMS

- Why do girls kiss girls, and men not?
- Why do women make good post office employees?
- What herb is most harmful to a woman's beauty?
- What is the difference between a girl and an old hat?
- What is becoming to every woman?
- Why may a beggar wear a short coat?
- What is the difference between a witty scholar and shoe polish?
- Why is a jeweler like a prisoner in an internment camp?
- Why is a flyer whose plane plows into the earth like a successful speculator?
- What is the difference between a milk maid and a swallow?
- What goes most against a farmer's grain?

For answers see page 48

September

In many countries St. Matthew's Day (September 21) is considered the end of fine sunny weather.

"A fog and a small moon
Brings an easterly wind soon."

"Last night I saw St. Elmo's stars,
With their glittering lanterns all at play,
On the tops of the masts and the tips of the spars,
And I knew we should have foul weather
that day."

When the stars seem larger and nearer together
than usual there will be a change of weather.

Star of Fate

If born between August 24 and September 23 your sign is Virgo. You have a cool, calm confident bearing; you ought to be successful as you can excel in whatever you undertake. You love freedom and will not submit to rule or direction; are strong in affection and will power. Marriage with Taurus (person born between April 21 and May 21). The cornflower is your flower.

Birth Stone

A maiden born when Autumn leaves
Are rustling in September's breeze
A sapphire on her brow should bind;
'Twill cure diseases of the mind.

The lady wished her servant to be pleased with her new place. "You'll have a very easy time of it here," she said sweetly, "as we have no children to annoy you."

"Oh," said the colored girl generously, "I've very fond of chilluns, so don't restrict yo'se'f on my account, miss."

Dr. Chase's Ointment Is a Medicinal Product

This Ointment should not be confused with creams or salves which are sometimes recommended for medicinal purposes. If it costs a little more it is because of the more expensive ingredients which it contains.

Naturally it is more powerful to enable it to bring real relief even in more stubborn cases of eczema, piles and other skin diseases. At the same time it is pure, soothing, antiseptic and healing even when used on baby's tender skin.



Baby's Greatest Trouble Chafing and Eczema

Perhaps Dr. Chase's Ointment is more generally used for the treatment of chafing, diaper rash and baby eczema than for any other purpose.

It is so easy to keep a box of this Ointment along with baby's soap and other bathing things and to apply it after the bath that most mothers follow this practice.

Dr. Chase's Ointment brings relief from itching almost as soon as applied. By its superior medicinal effect it relieves skin irritations and thereby prevents the more serious eczema.

Fat babies often suffer from chafing as the result of two surfaces of skin rubbing together.

Here again Dr. Chase's Ointment will be found a real help to keep the skin healthy and prevent the formation of sores.

New Mother—New Baby

A young mother writes that when her baby developed eczema, was cross and could not sleep, both grandmothers told her to get Dr. Chase's Ointment. This she did and baby's skin was soon cleared of this annoying ailment which brings so much suffering to babies and sleepless, worried nights to mothers.

This experience only goes to show how universally Dr. Chase's Ointment is used as a means of keeping baby's skin healthy.

What To Do About Eczema

Eczema is the most common of skin diseases. It affects all ages from babyhood to old age. The causes are varied. Beyond keeping the bowels regular and the blood rich, there is little help to be had from internal treatment.

Relief from the itching, burning, sensations which accompany this ailment comes quickly when Dr. Chase's Ointment is applied. By persevering with the use of this Ointment you can usually obtain more complete relief.

Do not scratch the affected parts. Avoid the use of cheap soaps and cleanse the skin with olive oil if water aggravates your trouble.

Just for Fun!

- "How long you in jail fo', Mose?"
 "Two weeks."
 "What am de cha'ge?"
 "No cha'ge, everything am free."
 "Ah mean, what has you did?"
 "Dun shot my wife."
 "You killed yo' wife and only in jail for two weeks?"
 "Dat's all—then I gits hung."

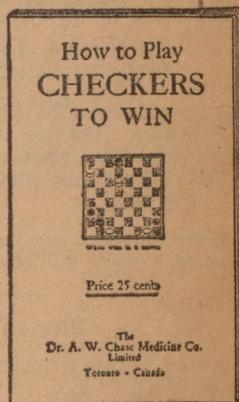
Solutions of Checker Puzzles

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

For Checker Fans

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

"How to Play Checkers to Win" shows just how the greatest experts open their games, conduct their forces throughout the midgame and carry through to a successful finish.



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

The DR. A. W. CHASE MEDICINE CO., Ltd.
 Oakville, Ontario

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

Care of the Skin

A healthy skin, smooth and velvety in texture, delicate in colour and glossy in appearance, tells of a healthy body.

Irritations and dryness of the skin often originate from the use of soap that is too alkaline in effect. Use soap that lathers freely, which is an indication of its fatty contents, and plenty of water.

Dry, Chapped Skin

Is most common to elderly people who complain of itching of the skin. Dr. Chase's Ointment quickly relieves the itchiness and by supplying oiliness tends to restore the natural healthy condition of the skin.

This is sometimes described as winter itch. Less frequent bathing in cold weather, care in the selection of soap and the use when required of Dr. Chase's Ointment is the treatment to be followed.

Women

Weight in Pounds According to Age
(As ordinarily dressed)

Height (with shoes on) Feet Inches		15	20	25	30	35	40	45
		to 19	to 24	to 29	to 34	to 39	to 44	to 49
4	11	107	113	116	119	122	126	129
5	0	109	115	118	121	124	128	131
5	1	112	117	120	123	126	130	133
5	2	115	120	122	125	129	133	136
5	3	118	123	125	128	132	136	139
5	4	121	126	129	132	136	139	142
5	5	124	129	132	136	140	143	146
5	6	128	133	136	140	144	147	151
5	7	132	137	140	144	148	151	155
5	8	136	141	144	148	152	155	159
5	9	140	145	148	152	156	159	163
5	10	144	149	152	155	159	162	166
5	11	148	153	155	158	162	166	170
6	0	152	157	159	162	165	169	173

And This Is Important

Constipation is very often an accompaniment of a cold and may be a contributory cause.

Therefore, the rule is "Keep the bowels regular by using Dr. Chase's Kidney Liver Pills."

In many cases this will help to shorten the duration of a cold.

How Annoying To Have Pimples

And yet few young men or young women pass through the adolescent period without experiencing some trouble of this kind. If picked or squeezed at the wrong time, permanent scars may be formed.

To be effective both local and general treatment is required. Dr. Chase's Ointment to cleanse and heal the pimples and Dr. Chase's Nerve Food to overcome the weakened condition of the blood which tends to cause skin irritations and eruptions.

Apply the Ointment freely at night and keep the hands away from the effected parts.

Girls are often particularly embarrassed by having pimples form on the chest or shoulders.

Whether in bathing suit or evening dress, the condition is not conducive to charm.

Dr. Chase's Ointment is a medical treatment which brings real relief with patient use.

Oh! My Head

You will not be Disappointed If you use

Dr. Chase's Paradol
For the relief of Pain

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER INDICATIONS	Oct. 1944			Moon's Phases		Ont. and Que.		Mar. Provs. and Nfld.		Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
				☾ Full Moon...	☾ Last Qtr...	☾ New Moon...	☾ First Qtr...	☾ Full Moon...	d. h. m.	d. h. m.	d. h. m.	d. h. m.	Sun Rises	Sun Sets	Moon Sets
1	S	♏										5.57	5.42	4.38	
2	M	♏										5.59	5.39	5.58	
3	T	♏	Fine									5.59	5.39	rises	
4	W	♏	clear									6.00	5.37	p.m.	
5	T	♏	fall									6.02	5.35	7.59	
6	F	♏	weather.									6.03	5.33	8.40	
7	S	♏										6.05	5.30	9.26	
8	S	♏										6.05	5.30	10.18	
9	M	♏	Heavy									6.07	5.28	11.13	
10	T	♏	rains									6.08	5.26	a.m.	
11	W	♏	during									6.10	5.24	0.12	
12	T	♏	this									6.11	5.21	1.12	
13	F	♏	week.									6.12	5.21	2.12	
14	S	♏										6.14	5.19	3.12	
15	S	♏										6.15	5.17	4.12	
16	M	♏	Week									6.16	5.15	5.13	
17	T	♏	of									6.18	5.12	6.13	
18	W	♏	fine									6.18	5.12	sets	
19	T	♏	bright									6.20	5.10	p.m.	
20	F	♏	days.									6.22	5.08	7.12	
21	S	♏										6.23	5.06	7.50	
22	S	♏										6.24	5.04	8.36	
23	M	♏	Cloudy									6.25	5.04	9.30	
24	T	♏	with									6.27	5.02	10.32	
25	W	♏	high									6.28	5.00	11.41	
26	T	♏	winds.									6.30	4.58	a.m.	
27	F	♏										6.31	4.56	0.55	
28	S	♏										6.32	4.56	2.11	
29	S	♏	Ends									6.33	4.54	3.28	
30	M	♏	wet.									6.34	4.52	4.46	
31	T	♏										6.36	4.50	6.05	

CHICKEN POX

Symptoms appear in about 14 days, last 10 to 18 days until all scabs have fallen off. Character of rash—small rose pimples changing to vesicles and lasting six or seven days.

MEASLES

Symptoms appear in about two days, last until scaling and cough have ceased. Character of rash—small red dots like flea bites. Rash fades on seventh day. Keep patient warm and send for doctor.

October

"If ducks do slide at Hollentide (October 31)
At Christmas they will swim."

WHEN RAIN IS NIGH

"Hark how the chairs and table crack,
Old Betty's joints are on the rack;
Loud quack the ducks, the peacocks cry,
The distant hills are looking nigh.
How restless are the snorting swine,
The busy flies disturb the kine;
Low o'er the grass the swallow wings,
The cricket, too, how sharp he sings;
Puss on the hearth, with velvet paws,
Sits wiping o'er her whiskered jaws."

Star of Fate

If born between September 24 and October 23 your sign is Libra. You are modest and retiring, your inner nature is receptive, intuitional, sensitive and poetical. You are warm hearted, benevolent and hospitable and fond of order and harmony. Libra women are popular with the opposite sex, self reliant, quiet in affection and often extravagant. Marriage with Scorpio (person born between October 24 and November 22) is often fortunate. Friday is the lucky day, the violet the flower.

Birth Stone

October's child is born for woe
And life's vicissitudes must know;
But lay an opal on her breast,
And hope will lull those woes to rest.

Wages

A maid is promised \$100.00 and a coat for a year's engagement. She leaves at seven months and is paid \$20.00 and the coat.

What was the coat valued at?

Answer: \$92.00.

In Summer Camp

Perhaps there is no medicinal product which can be of so much help in the summer camp as Dr. Chase's Ointment. Many fishermen and others have proved this time and again.

There is, for example, Ivy and Oak poisoning, the stings or bites of insects, sunburn, burns and accidental wounds, skin irritations and blisters. Because Dr. Chase's Ointment is soothing, healing and antiseptic, it is frequently called for in the summer camp.



Industrial Skin Ailments

In many trades eczema and inflammation of the hands result from contact with chemicals. For example:

Arsenic and dye stuffs used by furriers and taxidermists.

Benzine, chloride of lime and acids used by cleaners and bleachers.

Bricklayers, plasterers and cement workers because of irritating substances and water.

All cleaners whether in factory or home, where soap and water are combined with strong alkaline solutions, experience more or less trouble from cracked skin and eczema.

In all such cases Dr. Chase's Ointment is recommended as treatment on which you can depend for relief.

Chronic Constipation

Chronic constipation usually means sluggish action of the colon or large bowel. This is one of the most common of human ills and gives rise to poisoning of the blood—pain and serious disease. The treatment recommended is Dr. Chase's Kidney-Liver Pills because of their thorough action in arousing action of the colon or large bowel.

Pruritis—Intense Itching



There are two forms of itching which are especially distressing. First pruritis vulvae—from which only women suffer and second pruritis ani—itching at the rectum from piles, pin worms or varicose veins.

The cause of both these forms of intense itching are often difficult to locate but what you do want, at once, is relief from the terrible and depressing itching.

Then let Dr. Chase's Ointment help you for it brings relief almost as quickly as applied. Once used it will always be kept at hand for quick use when the need arises.

Piles

A Most Annoying Ailment

Few people escape the discomfort and often very keen distress which accompany piles or hemorrhoids. The itching is at times almost unbearable but fortunately can be quickly relieved by the application of Dr. Chase's Ointment.

To get rid of piles is however more difficult for if the underlying cause is not looked after the trouble is likely to return and to become chronic. Constipation and straining in evacuating the bowels is sometimes the cause. Dr. Chase's Kidney-Liver Pills are recommended as a means of relieving constipation. The use of an enema of soap and water may be used to advantage.

Sometimes an operation becomes advisable but this is no guarantee that the trouble will not return. In the meantime, you can depend on Dr. Chase's Ointment to bring quick relief from the itching, burning sensations.

A GAY COTTON DRESS



No fuss or frills—but plenty of lively fashion interest in a "little cotton." Pattern 4334. Try bright bias banding at the curving yokes and pockets. The front skirt panel is cut in one-piece with the bodice.

Pattern 4334 is available only in misses' and women's sizes 14, 16, 18, 20, 32, 34, 36, 38 and 40. Size 16 takes 3 yards 35-inch fabric and $1\frac{5}{8}$ yards banding trim.

Send **TWENTY CENTS** (20c) in coins (stamps cannot be accepted) for this pattern. Write plainly **SIZE, NAME, ADDRESS, STYLE NUMBER.**

Send your order to Dr. Chase's Almanac, Pattern Department, 60 Front St. W., Toronto. Delivery of patterns may take longer than usual because of the heavy volume of mail.

Dr. Chase's Liver Medicine

Is composed of roots and herbs which tone up the action of the liver.

Dr. Chase's Liver Medicine was the first of the Chase line to be introduced into Canada in 1887, and since then has become generally used as a most effective regulator of the liver and general tonic for the whole system.

MANDRAKE AND DANDELION

The two principle ingredients included in this prescription, which is entirely of vegetable composition, are mandrake and dandelion—both of which are known as being particularly effective in their influence on the liver and other filtering and excretory organs. Dr. Chase's Liver Medicine may be considered old fashioned because it is in liquid form and bitter in taste, but it certainly brings results and has proven its superior value, for well over half a century.

SYMPTOMS OF TORPID LIVER

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

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

SERIOUSNESS OF LIVER AILMENTS

There are no ailments of the human body more serious than those which have to do with the liver. In the early stages, disorders of the liver respond freely to the proper treatment, but once they become chronic and advanced, little can be done to restore health.

Any physician will verify this statement from his own experience, and many are also in a position to tell you that Dr. Chase's Liver Medicine is highly successful as a means of restoring a disordered liver to health and thereby removing many disagreeable symptoms.

Bilious Headache . . .



CONSTIPATION

The bile which the healthy liver filters from the blood is Nature's cathartic and ensures regular and natural action of the bowels. By setting the liver right, Dr. Chase's Liver Medicine affords a more lasting relief for constipation, which is the cause of probably nine-tenths of the disorders of the digestive system. You can, therefore, readily understand that while this treatment is recommended particularly for liver derangements, it is far reaching in its effects and by setting the liver right, helps to remove the cause of many serious diseases of the digestive system.

JAUNDICE

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

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

AS A SPRING MEDICINE

Dr. Chase's Liver Medicine fills all the requirements of a Spring Medicine. It sweeps the accumulated winter poisons from the body and quickly tones up the whole human system. When you feel tired and languid in the spring and fail to take an interest in the food you eat, start in with Dr. Chase's Liver Medicine and you will soon be feeling fine.

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER INDICATIONS	Nov. 1944	Moon's Phases	Ont. and Que.	Mar. Provs. and Nfld.	Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
					☾ Last Qtr.... ☾ New Moon... ☽ First Qtr.... ☾ Full Moon...	d. h. m. 7 1 28 p.m. 15 5 29 p.m. 23 2 53 a.m. 29 7 52 p.m.	d. h. m. 7 2 28 p.m. 15 6 29 p.m. 23 3 53 a.m. 29 8 52 p.m.	Sun Rises h.m.	Sun Sets h.m.	Moon Rises p.m.
1	W	♊		All Saints' Day				6.38	4.49	5.51
2	T	♋	Clear	<i>started plowing on hill</i>				6.38	4.48	6.30
3	F	♌	cool					6.40	4.47	7.15
4	S	♍	days.	<i>horses</i>				6.41	4.45	8.05
5	S	♎		<i>tied cows in for first</i>				6.43	4.44	9.01
6	M	♏	Dull					6.45	4.42	10.00
7	T	♐	cloudy					6.45	4.42	11.01
8	W	♑	days					6.47	4.40	a.m.
9	T	♒	and					6.49	4.39	0.02
10	F	♓	high	<i>drew tarpis</i>				6.50	4.38	1.02
11	S	♈	winds.	Armistice Day				6.52	4.36	2.03
12	S	♉		<i>aug. parsnits church 5'00</i>				6.52	4.36	3.03
13	M	♊		<i>R.B. 11.75</i>				6.55	4.34	4.04
14	T	♋	Mostly	<i>R.B. pig 9</i>				6.56	4.33	5.05
15	W	♌	fair					6.57	4.32	6.08
16	T	♍	and					6.59	4.31	sets
17	F	♎	cool	<i>R.B. 15'00</i>				6.59	4.30	p.m.
18	S	♏	this					7.00	4.29	6.33
19	S	♐	week.					7.02	4.28	7.25
20	M	♑		<i>first snow</i>				7.03	4.28	8.25
21	T	♒	Cold					7.05	4.26	9.31
22	W	♓	rains					7.06	4.26	10.42
23	T	♈	and					7.07	4.25	11.55
24	F	♉	high					7.09	4.24	a.m.
25	S	♊	winds.	<i>tied in young cattle</i>				7.10	4.24	1.09
26	S	♋						7.12	4.23	2.24
27	M	♌						7.12	4.22	3.40
28	T	♍	Ends	<i>finished plowing hill</i>				7.14	4.21	4.56
29	W	♎	cloudy.					7.15	4.21	6.12
30	T	♏		St. Andrew's Day				7.16	4.21	7.26

There's nothing half so sweet in life,
As love's young dream.—Thomas Moore.

Where there's marriage without love
There will be love without marriage.
—Benjamin Franklin.

The lightning is brilliant, but he hasn't any
mind;
He stumbles through existence
With his headlight on behind.—E. F. Ware.

The kiss of the sun for pardon,
The song of the birds for mirth,
One is nearer God's Heart in a garden,
Than anywhere else in the world,
—Dorothy F. Gurney.

"There are two times in life when a man
should not speculate;
When he can't afford it and when he can."
—Mark Twain.

November

November 11, St. Martin's Day. Expect St. Martin's Summer (Indian Summer). It may last three days or three weeks.

"'Tween Martinmas and Yule
Water's wine in every pool."

"Onion's skin very thin,
Mild winter's coming in;
Onion's skin thick and rough,
Coming winter cold and rough."

Star of Fate

If born between October 24 and November 22 Scorpio is your sign. You are progressive and inventive; commanding in nature; and moody in disposition; kindly but not demonstrative; silent and dignified; destined to strange vicissitudes of fortune. Your mate is found in Taurus (born between April 21 and May 21). Tuesday is your lucky day, the carnation your flower.

Birth Stone

Who first comes to this world below
With drear November's fog and snow,
Should prize the topaz's amber hue,
Emblem of friends and lovers true.

Dr. Chase's Liniment

In his Receipt Book Dr. Chase wrote:—"I freed myself of two severe attacks of rheumatism by its use, first in the knee and last in the shoulder, three years after. It is hard to think of anything which it has not relieved in the way of sprains, bruises, cuts, wounds, rheumatism, weak, aching back, swelling, etc."

RHEUMATISM

Rheumatism is described as Muscular when the pain is in the muscles, and Chronic when the joints of the bones are affected.

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

In treating Chronic Rheumatism every effort should be made to prevent the joints becoming set, thereby causing stiffness and lameness.

LUMBAGO

Lumbago is a rheumatic affection of the muscles of the back usually caused by exposure to cold and dampness. The pain is dull and gnawing, or at times sharp and keen. Vigorous rubbing with Dr. Chase's Liniment is an effective relief.

BACKACHE

Backache is one of the most common ailments of mankind. Relief can almost always be obtained by rubbing with Dr. Chase's Liniment.

Popular with Outdoor People

Athletes are strong for liniments to rub away the pains and aches and limber up stiffened muscles.

And so it is with trainmen, truck drivers, farmers and lumbermen. All outdoor people appreciate the benefit to be obtained by the use of a good liniment and many choose Dr. Chase's Liniment because of the fine ingredients which it contains.

Dr. Chase's Liniment is a high class product composed of essential oils and drugs.

It is pleasant to use, has no disagreeable odor, is warm and soothing in effect and surprisingly potent in the relief of pains and aches.

Dr. Chase's Liniment





For Children's Colds It Hits the Spot

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

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

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

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

Three men were guarding a peach orchard when a thief stole a quantity of peaches. To each man he gave half the peaches he had at the time and two more.

How many did he steal.

Answer: 36 peaches.

Dr. Chase's Syrup of Linseed and Turpentine

There is pleasure for the strong and healthy in the bracing Canadian winter air. But when we go out from our over-heated homes to face the damp East wind colds are contracted and we may have to battle with severe colds or bronchitis.

For this reason it is most necessary that there should be at hand in every home some effective means of relieving coughs and colds so that they may not develop into more serious trouble.

Fortunately there is to be found in almost every store where medicines are sold Dr. Chase's Syrup of Linseed and Turpentine. Because of its long record as a relief for coughs, colds, croup and bronchitis, Dr. Chase's Syrup of Linseed and Turpentine has come to be considered an essential treatment for ills of this kind.

Summer is Over Coughing Begins

What an annoyance is the common cold and cough!

Whether at home or in public the person with a cough becomes a nuisance and a menace.

And yet a cough is so easily relieved when you use Dr. Chase's Syrup of Linseed and Turpentine.

Why not use this treatment at the first sign of trouble in your throat and thereby avoid the annoyance and dangers of more serious developments.

You never know what a neglected cold may lead to.

New Style Package **Dr. Chase's Ointment** Large Size

Economy size packages are in favour these days.

When a large surface is to be treated as in some cases of eczema or other skin irritations there is a considerable saving made in buying the large size.

This new attractive package is in the form of a white glass jar which contains five times as much Ointment as the regular 60 cent size and sells for \$2.00.

For general family use the economy size is well worth while.



What To Do About a Cold

If you begin treatment when a cold is just coming on you can often check it and shorten its duration.

The treatment recommended is Dr. Chase's Paradol, one tablet every two hours until you have taken three tablets. If there is soreness of the throat, gargle with two tablets dissolved in water.

Rest, in bed after taking hot drink of ginger tea or hot lemonade is a good accompaniment of the Paradol treatment.

For Choked Up Air Passages

If your cold is catarrhal and you suffer from choked up air passages of the head and nose Dr. Chase's Catarrh Powder can be of real help to you.

It is cleansing and healing, relieves the congestion and brings comfort to the victim of this form of cold.

For Coughs and Bronchitis

If you are so unfortunate as to have a cold settle in the chest or bronchial tubes, Dr. Chase's Syrup of Linseed and Turpentine is recommended as a satisfactory treatment of proven merit.

For many years it has been the standby cough medicine in many homes throughout Canada and other countries.

Gardener's Prayer

Grant me this prayer, oh Lord!
That when my eyelids close
In last long sleep,
I may awake
To find my hand upon a garden gate,
And, passing through,
Feel in my face
The scent of Mignonette.

To wander down a garden path
Bordered with those dear growing things
I loved so well in life—
The simple, homely flowers—
Gay Zinnias, toll Phlox, and Marigold;
And, bending for the perfume from a Rose,
To drop upon my knees
Before unfolding beauty of white Violets.

There could I rest content,
My trowel in my hand.

—Nancy Allen in *House and Garden*

Diet

"The three best physicians are Dr. Diet, Dr. Quiet and Dr. Marryman", wrote Swift. But modern science has found that even a balanced diet may be lacking in essential ingredients such as vitamin B₁. This seems especially true of people past middle life who often shun the foods which contain this vitamin and as a result develop nervous troubles, loss of appetite, nervous indigestion and irritability.

Along with other ingredients of long proven value, Dr. Chase's Nerve Food contains vitamins B₁. It is a food supplement to supply the nutritional substances you require to restore the healthful functioning of the vital organs of the body.

December

"Winter thunder,
Rich man's food and poor man's hunger."

"A green Christmas makes a fat churchyard."
"A warm Christmas—a cold Easter."

The weather during Vespers on Saturday and Mass, early in the morning, on Sunday, foretells the weather of the whole week.

"No Saturday without sun, no girl without love."

The sun is supposed to shine on Saturday, for at least a portion of the day in honor of the Virgin Mary.

Star of Fate

If born between November 23 and December 22 your sign is Sagitarius. You are earnest, honest, frank, jovial, fearless, combative, generous, friendly, very sympathetic and outspoken. You detect deception, are quick tempered and impulsive. Be careful to curb your anger. Should marry person born under Gemini (May 22 to June 21). Goldenrod is your flower, and Wednesday your lucky day.

Birth Stone

If cold December gave you birth—
The month of snow and ice and mirth—
Place on your hand a turquoise blue;
Success will bless what'ere you do.

Doctor: "What? Troubled with sleeplessness? Eat something before going to bed?"

Patient: "Why, doctor, you once told me never to eat anything before going to bed."

Doctor, (with dignity): "Pooh, pooh! That was last January. Science has made enormous strides since then."

Pale, Weak Children

When children are dull and listless in school the cause may usually be attributed to low vitality. Pallor of the lips and gums indicate that the blood is thin and watery and that they need such treatment as Dr. Chase's Nerve Food to help make the blood rich and red and to instil new vigor and energy into their nervous systems. For children of ten years and over Dr. Chase's Nerve Food is suitable treatment. Children usually respond quickly to the up-building influence of Dr. Chase's Nerve Food.



Catarrh

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

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

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

Conversation

"You don't seem to remember me."

"No, just who are you?"

"Why, my mother is your mother's mother-in-law."

What is the relationship?

Answer: Father and child, paternal uncle or aunt and his nephew or niece.



Why Use a "Sissy" Laxative?

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

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

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

Once you have proven the merits of Dr. Chase's Kidney-Liver Pills you will never return to the use of "sissy" laxatives. Used regularly once or twice a week this medicine helps to ensure pure blood and freedom from constipation and the pains, aches and serious diseases which accompany it.

Poison Fetters

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

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

As a Fall Tonic

To fortify the system against colds
and other germ diseases

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

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

Helps to Restore Normal Weight

It is not unusual to hear women say, "I have just got back my normal weight after using Dr. Chase's Nerve Food for a few weeks."

"I was so run down in health and so terribly thin that I was ashamed of myself. Nobody likes a skinny woman."

"But now I am feeling fine and have gradually gained weight until now I weigh just about what I should."

Dr. Chase's Nerve Food does not form fat but it does build firm flesh and tissues and restores energy and vitality to the run down system.

Real Relief for Hay Fever

Perhaps you have despaired of ever finding a relief for Hay Fever with its distressing symptoms and habit of returning year after year.

But there is relief in the use of Dr. Chase's Catarrh Powder. It is not claimed that the trouble will not return but undoubtedly the greatest relief is obtained by the use of this well known treatment. Put it to the test and you will agree that it affords greater relief than you have found elsewhere.

'Tis sweet to hear the watch-dog's honest bark,
Bay deep-mouth'd welcome as we draw near
home;

'Tis sweet to know there is an eye to mark,
Our coming, and look brighter when we come.

—Byron.

"Is it customary for the best man to kiss the bride after the ceremony?" asks a correspondent in a contemporary journal. Yes—but not *too* long after.



A Care Free Vacation

If You Have **PARADOL** in the Handbag

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

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

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

So be sure to take Dr. Chase's Paradol with you when leaving home.

Dr. Chase's Paradol



***"Our Family
Regulator is***

**DR. CHASE'S
KIDNEY-
LIVER **PILLS**"**