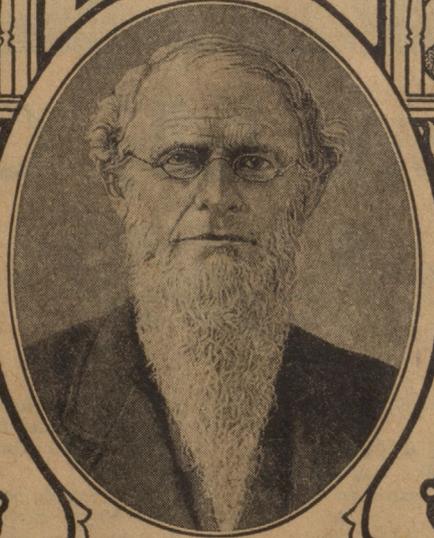


HANG ME UP

DR. A. W. CHASE'S CALENDAR ALMANAC

1945



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

FOR THE
**HOME, FACTORY
FARM, OFFICE**



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



These Jolly Girls

Always Carry



in the Handbag

If you don't know about Paradol you really should.

For Paradol can help you to get more pleasure out of life. You don't need to be saying "Oh dear, I can't go at that time, you know why."

Life is very different for many girls and women who have proven for themselves that Paradol makes quick work with headaches and other discomforts which bother them at times. They can now take a Paradol and go off to the

dance, the theatre, or the athletic event, feeling fine and forgetting the pains and aches which threatened to mar their pleasures.

Why not do as so many girls are doing these days—carry Paradol in your handbag so as to be protected at all times against headaches, colds and jittery nerves.

Paradol does not disappoint.

35 cents a vial. Economy size jar, five times as many tablets \$1.00.

Dr. Chase's Paradol

About the Nerves

Of vital interest to you is this explanation of the importance of the nervous system

In the pioneer days when life was more simple, with plain natural foods and lots of exercise in the fresh air, there was not much need to refer to the nerves. True they had their work to do but were not subject to the strain which is put on the nervous system by modern habits of living.

Swift have been the changes during the last few decades. So swift and so drastic that the nervous system has been entirely incapable of adapting itself to the rush and strain of present day life. The speed and excitement and deadly competition of this age replaces the peaceful rural life of a generation or two ago. The outdoor life of the woodman, the hunter and the agriculturist has given place to modern life with its artificial food and indoor life, with overheated air to poison the system and rob the body of energy and vitality.

Actual knowledge of the nervous system has lagged behind while the more easily understood bodily organs, their use and disorders, have been the subject of study and investigation.

Importance of the Nerves

But the nervous system is the highest and most important of all because it controls and unifies the action of all the organs and parts of the body. On account of this vital work to do, the nerves must be fed at all costs and the human body is so constructed that blood is sent to the brain, where the nerve force is created, even at the expense of the lower parts of the body. The nerve force is stored in the brain and in other nerve centres located in various parts of the body and transmitted along the minute nerve fibres to the organs under control of that particular centre.

What is Nerve Force?

Nerve Force, like electricity, has only been properly appreciated in recent years. Gradually medical authorities have come to see that here is the all important vital fluid of the human

body. The nervous system is dependent, of course, on the blood stream for nutrition, but supplies in turn the nerve force which controls all movements of the body and its various members and organs.

Without nerve force there could be no action of the heart, no breathing of the lungs and no digestion of food or elimination of poisons from the system. For this reason many of the ills of humanity arise from an exhaustion of the nervous system and lack of nerve force to keep up the healthful working of the bodily organs.

One thing has now become clear, and that is that nerve force is produced from rich, red blood. Only through the medium of the blood can the pep and energy of the nervous system be maintained or restored.

Nerve Force—The Basis of Health

With an abundance of nerve force in the body you have resistance to fatigue and disease and the basis for health and happiness. You certainly cannot be happy when you are sleepless, nervous and irritable, grouchy with members of your family and ready to pick a scrap with all with whom you come in contact.

The Nervous Strain of Modern Life

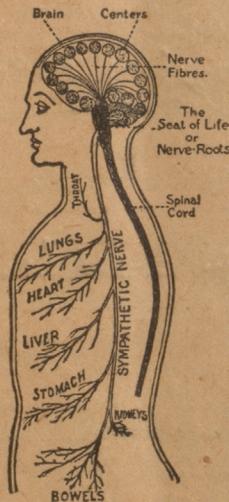
The uncertainty and insecurity of modern life, the complexity and dissatisfaction with conditions, the struggle for wealth and luxury, the restlessness and tendency to be on the go and continually living at high tension means destruction to the nerves and the wrecking of health both mental and physical.

We moderns lack the stamina of earlier generations. We do not endure confinement in offices and factories, the worry of business and everyday difficulties. We easily break down.

Increase of Nervous Diseases

The enormous increase in nervous disorders and of mental cases, as well as the shorter lives

Continued on Page 5.



DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER INDICATIONS	Jan. 1945		Moon's Phases			Ont. and Que.			Mar. Provs. and Nfld.			Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
				☾	☽	d.	h. m.	d.	h. m.	d.	h. m.	Sun Rises h.m.	Sun Sets h.m.	Moon Rises p.m.			
1	M	♈	Year	New Year's Day.....			7.39	4.29	7.32								
2	T	♉	begins			7.38	4.29	8.35								
3	W	♊	with			7.38	4.30	9.37								
4	T	♈	fair			7.38	4.31	10.38								
5	F	♉	bright			7.38	4.32	11.38								
6	S	♊	weather.	Epiphany.....			7.38	4.34	a.m.								
7	S	♈				7.38	4.34	0.38								
8	M	♉	Rain	<i>E. Caswell 2 cattle 90.00.</i>			7.38	4.35	1.39								
9	T	♊	if wind			7.37	4.36	2.42								
10	W	♈	shifts			7.37	4.37	3.46								
11	T	♉	north-west			7.37	4.39	4.51								
12	F	♊	to			7.37	4.40	5.55								
13	S	♈	north-			7.36	4.41	sets								
14	S	♉	east.			7.36	4.42	p.m.								
15	M	♊	Rain			7.35	4.44	6.17								
16	T	♈	and	<i>300 wheat 5.40</i>			7.35	4.45	7.31								
17	W	♉	stormy	<i>100 laying mosh 2.75</i>			7.34	4.46	8.47								
18	T	♊	weather	<i>sheep 75.00</i>			7.34	4.48	10.02								
19	F	♈	follows	<i>goldie 22.50</i>			7.33	4.49	11.16								
20	S	♉	eclipse.			7.32	4.50	a.m.								
21	S	♊				7.31	4.52	0.30								
22	M	♈	Change-	<i>horse medicine 1.35</i>			7.31	4.53	1.43								
23	T	♉	able			7.30	4.55	2.55								
24	W	♊	but			7.29	4.56	4.04								
25	T	♈	mostly			7.28	4.58	5.09								
26	F	♉	fair			7.27	4.59	6.08								
27	S	♊	this			7.27	5.00	rises								
28	S	♈	week.	Septuagesima Sunday.....			7.25	5.02	p.m.								
29	M	♉	Month			7.24	5.03	6.21								
30	T	♊	ends			7.23	5.04	7.23								
31	W	♈	cold.	Standard time is used in these Calendars, so that where daylight saving time prevails 1 hour should be added.			7.22	5.06	8.25								

Cheerfulness is an excellent wearing quality. It has been called the bright weather of the heart. It gives harmony to the soul, and it is perpetual song without words—it is tantamount to repose. It enables nature to recruit its strength, whereas worry and discontent debilitate it, involving constant wear and tear.

A wedding ring is like a tourniquet: it stops your circulation.

A middle-aged business man says he's in Class 5-B—Baldness, Bridgework, Bifocals, Bay-window, and Bunions.

Young Man: "I think two can live as cheaply as one."

Future Father-in-law: "You can't edge into my family on that theory, young man. I'm willing to keep supporting my daughter, but you'll have to pay board."

The Nerves

Continued from page 3

of business and professional men, tell the story of the overstrained nervous system—the failure of the nerves to endure modern life.

The effect on the birth rate is alarming many nations. On this continent, about one family in three is without children and the adoption of children has become so common that there are long waiting lists at many institutions.

The public has been aroused to the importance of controlling tuberculosis, typhoid fever and such ailments, while disorders of the nervous system are largely neglected. Nervous disorders are most important because mind as well as body is affected and something like 60 to 75 per cent of all cases coming to the attention of medical doctors have nervous disorders as their base.

Children, Too, Have Nervous Troubles

Children as well as older people suffer from derangements of the nerves. If not exactly hereditary, children of nervous people are frequently susceptible to such ailments and develop eye troubles, St. Vitus' Dance or other forms of nervous disorders. By irritation, too, they often acquire nervous habits and the lack of mental control which brings them much unhappiness through life.

The Two Nervous Systems

There are two nervous systems in the human body. The central or voluntary nervous system which controls the muscles and carries out the commands of the mind as to locomotion or other conscious acts. And the sympathetic nervous system which supplies energy to operate the various organs of the body without the conscious attention of the mind.

The Brain is the Central Power Plant of the Nervous System

The great centre of nervous energy is the brain where the nerve force is generated. To this is attached the spinal chord which carries nervous energy to the nerve centres and through the myriads of tiny nerve fibres to the remote parts of the body.

About one-fifth of all the blood used in the human body is consumed in the brain in the creation of nerve force—the vital fluid which runs the machinery of the body.

The Nervous System is Starved

Any failure in the quantity or quality of the blood results in a starving of the nervous system and consequent slowing down of the activity of the vital organs. Many diseases of the stomach and digestive organs as well as the filtering and eliminating organs arise from this cause. Indigestion, persistent nervous headaches, sleepless-

ness, irritability and general restlessness are some of the symptoms which warn you of approaching nervous breakdown.

Collapse of the Nervous System

A collapse of the nervous system is just about the worst thing that can happen to a person since it affects the mind as well as the body and recovery is bound to be slow and tedious. Prevention is by far the wisest method so far as nervous troubles are concerned. Since the health and vitality of the nervous system depends on an abundant supply of rich, red blood it is comparatively easy to maintain a good supply of nerve force in the body and so avoid many ills.

Mental and Nervous Strength

The success of the white race is due to the perfection of the nervous system and the way it is disciplined. Mental and nervous strength is infinitely more important than muscular strength. When the body is in sound health, we do not hear—we do not feel its workings. Pain comes as the signal of distress. Many who are not really ill are not in good health—are not getting the most out of life. In this class are many with weak, exhausted nerves. As a result the organs of the body are slow and inefficient in action and there insidiously develops serious disease.

Some diseases are confined to a single organ of the body but when the nerves are deranged several organs are upset and the mental condition is disturbed by worry, irritability and a discouraging, gloomy point of view.

Modern Man

Modern man is delicate because his nervous system cannot adapt itself to the shock of present day, high tension living. In the course of his lifetime almost every individual suffers at one time or another from neurasthenia, nervous depression and chronic fatigue brought on by constant agitation, noise, speed and worry of modern life.

That the mind is not as robust as the body is proven by the fact that hospitals for the insane are full to overflowing and there are more who suffer from mental troubles than from all other diseases. There are eight times more feeble minded and insane than consumptive.

Early Breakdown

Premature wearing out of modern man is due to the worries, overwork, absence of moral discipline and excesses of all kind brought on by a disturbed and upset nervous system. There is irritability and restlessness which cannot be satisfied and life is snuffed out when only half lived.

Worry, fear, hatred and anger when they become habitual may cause real disease. Colitis along with infections of the kidneys and the

Continued on Page 7.

SIGNS OF THE ZODIAC



1945

Dominical Letter... G	Solar Cycle..... 22
Epact..... 16	Roman Indiction.. 13
Lunar Cycle or Golden Number. 8	Julian Period.... 6658

The year 5706 of the Jewish era begins at Sunset on September 7th, 1945, Gregorian Calendar.

The year 1365 of the Mohammedan era or the era of the Hegira, begins at Sunset December 5th, 1945.

The tenth year of the reign of King George VI begins December 12th, 1945.

The 79th year of the Confederation of the Dominion of Canada begins July 1st, 1945.

The 170th year of the Independence of the United States begins July 4th, 1945.

January 14th, 1945, Gregorian Calendar, corresponds to January 1st, 1945, Julian Calendar.

Eclipses, 1945

I.—ANNULAR ECLIPSE OF THE SUN, January 14th. Invisible in Canada and the United States.

II.—PARTIAL ECLIPSE OF THE MOON, June 25th. Not seen in Canada.

III.—TOTAL ECLIPSE OF THE SUN, July 9th. Visible in parts of Canada. Begins 5.59 a.m. and ends 10.55 p.m.

IV.—TOTAL ECLIPSE OF THE MOON, December 18th. Visible in Canada. Begins 7.37 p.m. and ends 11.03 p.m.

Seasons

Spring.—Begins March 20th.—7.38 p.m. Maritime Provinces and Newfoundland; 6.38 p.m. Ontario and Quebec; 5.38 p.m. Manitoba; 4.38 p.m. North West Provinces; 3.38 p.m. British Columbia.

Summer.—Begins June 21st.—2.52 p.m. Maritime Provinces and Newfoundland; 1.52 p.m. Ontario and Quebec; 12.52 p.m. Manitoba; 11.52 a.m. North West Provinces; 10.52 a.m. British Columbia.

Autumn.—Begins September 23rd.—5.50 a.m. Maritime Provinces and Newfoundland; 4.50 a.m. Ontario and Quebec; 3.50 a.m. Manitoba; 2.50 a.m. North West Provinces; 1.50 a.m. British Columbia.

Winter.—Begins December 22nd.—1.04 a.m. Maritime Provinces and Newfoundland; 0.04 a.m. Ontario and Quebec. December 21st.—11.04 p.m. Manitoba; 10.04 p.m. North West Provinces; 9.04 p.m. British Columbia.

Morning and Evening Stars (Greenwich Time)

Mercury.—Morning Star to February 28th, 9 p.m. with greatest elongation West, January 13th, 3 a.m. Evening Star to April 13th, 2 p.m. with greatest elongation East, March 26th, 9 a.m. Morning Star to June 16th, 0 a.m. with greatest elongation West, May 11th at 12 noon. Evening Star to August 20th, 3 p.m. with greatest elongation East, July 23rd, 8 p.m. Morning Star to October 2nd, 11 a.m. with greatest elongation West, September 6th at 12 noon. Evening Star to December 7th at 10 a.m. with greatest elongation East, November 17th at 8 p.m.

Venus.—In conjunction with Sun and becomes evening Star April 15th, 5 p.m.

Mars.—Quadrature to Sun, October 12th, 2 a.m.

Jupiter.—Opposition to the Sun, March 13th, 12 noon. Quadrature to Sun June 9th, 7 p.m. Conjunction with Sun, October 1st, 10 a.m.

Saturn.—Quadrature to Sun, March 26th, 2 a.m. Conjunction with Sun, July 6th, 9 p.m. Quadrature to Sun, October 18th, 8 a.m.

Uranus.—Quadrature to Sun, February 28th, 3 a.m. Conjunction with Sun, June 4th, 6 a.m. Quadrature with the Sun, September 10th, 11 a.m. Opposition to Sun, December 7th, 9 p.m.

Neptune.—Opposition to Sun, March 26th, 2 a.m. Quadrature to Sun, June 25th, 4 p.m. Conjunction with Sun, September 29th, 4 p.m. Quadrature to Sun, December 30th, 3 p.m.

Alf: "My wife always gets historical when I stay out late at night."

Ralph: "Hysterical, you mean."

Alf: "No, historical. She digs up all my past."

Judge: "Guilty or not guilty?"

Defendant: "Not guilty."

Judge: "Have you ever been in jail?"

Defendant: "No suh; I never stole nothing before."

Paper Shortage

On account of the shortage of paper this Almanac has been reduced for this year from 52 to 36 pages. The reduced space has made it necessary to omit some of the more attractive features as well as photographic illustrations. We expect, however, that the 1946 edition will be published under more favorable conditions and with more interesting features.

The Nerves

Continued from page 5

bladder result from mental and moral disturbances. Such ailments are little known where life is simpler and there is freedom from these nerve exhausting habits.

Nourishment for the Nerves

The cells of the body are immersed in the blood which is rich in nutritive values and should be kept free of poisonous waste materials. The blood is composed of about thirty thousand billions of red corpuscles and something like fifty billions of white corpuscles. It carries nourishment to the cells and tissues and also acts as a sewer to take away the waste products which result from the breaking down of tissues in the process of living.

In the lungs the blood comes in contact with the air we breathe and gets rid of carbonic acid while purification of the blood is completed in the kidneys which eliminate poison waste matter through the medium of the urine.

In health the efficiency of the lungs and kidneys in purifying the blood is something to marvel at. Weakened and slowed up by lack of nerve force these organs naturally fail to keep the blood pure and rich and nutritious.

Activity of mind and body and the development of intelligence and a good moral sense are the best protection against mental as well as physical ills. This is the sound basis of human happiness and well-being.

What To Do About It

In the preceding paragraphs we have found that the speed and strain and worry of modern life are altogether too much for the nervous system to endure, and that for this reason men and women grow old before their time, and many fall by the way while still quite young in years.

Now the question is what are we going to do about it? Long periods of rest may be advised. A change of habits and scenery may be recommended. You may be told to pass over responsibilities to others and seek rest in travel. But too often such advice is not practical, or for one reason or another it is not followed.

If bankruptcy of the nervous system is to be avoided, the expenditure of nerve force must be curtailed and a reserve of nerve force must be built up in the body.

This can be accomplished by the regular use of a treatment which is well-known in the great majority of homes. We refer to Dr. Chase's Nerve Food.

For Men, Women and Children of Ten Years and Older

You may ask, as many have in the past, "Is this treatment for men as well as for women?"

Yes, for after all there is little difference in the nervous systems of men and women. But women know Dr. Chase's Nerve Food so well, and talk about it so much, that men sometimes think of it as a medicine for women.

"Are men or women most subject to disorders of the nerves?" is another question frequently asked. The answer as applied to the present time is that more men than women become subject to nervous breakdown. This is presumably due to worry over matters of financing and unemployment.

Since more women than men have used Dr. Chase's Nerve Food in the past, they are in the position to recommend it to their husbands and to back up their advice by telling of their own experiences.

Warning

No one falls a victim of nervous breakdown without having plenty of warning if they understand these danger signals. One of the outstanding symptoms of nervous trouble is sleeplessness. And what is worse than to toss and turn in your bed, unable to rest or sleep and wonder if morning will ever come?

Other symptoms are nervous indigestion, nervous headache, tired feelings in the morning, a tendency to avoid the daily task because of lack of energy to carry it through. Loss of memory and the power of concentration, tired, aching eyes and such painful ailments as neuritis and sciatic rheumatism are closely associated with exhaustion of the nervous system.

There is no keener distress than the mental suffering which comes with a nervous breakdown. Recovery from a nervous collapse must necessarily be slow and tedious with days and weeks of weakness and helplessness which rob you of all hope and courage and leave you discouraged and despondent.

This condition is to be avoided by the timely use of Dr. Chase's Nerve Food to restore nerve force to the system by supplying the ingredients from which new rich blood is created and new nerve force built up.

Not An Experiment

You are not experimenting when you use Dr. Chase's Nerve Food. It has been proven by the test of time. And what else has your druggist to offer to one who requires a restorative of the nervous system? He can tell you how many times a day, every day, he is asked for Dr. Chase's Nerve Food. He can tell you of the enthusiasm with which many ask for this treatment because they have time and again proven its efficiency when the nerve force runs low and nervous disorders develop.

A weary wartime commuter wired his boss: "Will not be at office today. Am not home yesterday yet."

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER INDICATIONS	Feb. 1945			Moon's Phases			Ont. and Que.			Mar. Provs. and Nfld.			Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
				☾ Last Qtr....	☽ New Moon...	☽ First Qtr....	☽ Full Moon...	d. h. m.	d. h. m.	d. h. m.	d. h. m.	Sun Rises h.m.	Sun Sets h.m.	Moon Rises p.m.				
1	T	♈	Begins													7.21	5.07	8.25
2	F	♈	stormy													7.20	5.08	9.26
3	S	♈	month.													7.19	5.09	10.26
4	S	♈	This													7.18	5.10	11.26
5	M	♈	week													7.16	5.13	a.m.
6	T	♈	is													7.15	5.14	1.30
7	W	♈	cloudy													7.13	5.16	2.33
8	T	♈	with													7.12	5.17	3.37
9	F	♈	snow.													7.11	5.18	4.38
10	S	♈	Real													7.09	5.20	5.36
11	S	♈	winter													7.08	5.21	6.27
12	M	♈	weather													7.06	5.23	sets
13	T	♈	and													7.05	5.24	p.m.
14	W	♈	mostly													7.04	5.25	7.43
15	T	♈	stormy.													7.02	5.27	9.01
16	F	♈	Few													7.00	5.28	10.17
17	S	♈	fine													6.58	5.30	11.32
18	S	♈	bright													6.57	5.31	a.m.
19	M	♈	and													6.57	5.32	0.46
20	T	♈	cold													6.54	5.34	1.57
21	W	♈	days.													6.54	5.35	3.03
22	T	♈	Varying													6.52	5.37	4.03
23	F	♈	weather													6.50	5.38	4.56
24	S	♈	with													6.48	5.39	5.40
25	S	♈	some													6.46	5.41	rises
26	M	♈	snow													6.45	5.42	p.m.
27	T	♈	storms.													6.43	5.43	6.14
28	W	♈														6.41	5.45	7.16

Plum Pudding

1 cup grated raw carrots	1 tsp. cinnamon
1 cup grated raw potatoes	¾ tsp. nutmeg
1 cup breadcrumbs	1 cup raisins
¾ cup suet, finely chopped	1 cup currants
2 tbs. sour milk	½ cup brown sugar
½ cup flour	½ cup corn syrup
	½ tsp. baking soda
	1 tsp. salt
	½ tsp. allspice

Mix in order given and pour into well-greased mould, or into individual moulds. Fill not more than two-thirds to top. Cover tightly with greased lid and set on rack in a steamer, half

filled with boiling water. Steam large mould (1½ quarts) for 3 hours; small moulds for 1¼ to 1½ hours. Add more water during process if necessary. Serve hot with a good sauce.

"At any rate," said the auctioneer, "mine is a business that a woman can't take up."

"Nonsense," put in the strong-minded lady. "A woman would make quite as good an auctioneer as any man."

"Would she?" retorted the other. "Well, you try and imagine an unmarried lady standing up before a crowd and saying, 'Now, gentlemen, all I want is an offer'."

Fatigue is From the Nerves

Fight Chronic Fatigue By Building Up Nervous Energy

You work hard and are tired—that is one kind of fatigue which is soon relieved by rest.

But chronic fatigue—always tired—is an entirely different condition. It comes from exhaustion of the nerves. When you have chronic fatigue you sooner or later become restless, nervous and irritable and simply cannot rest or sleep well.

Chronic fatigue may come from overwork, either mental or physical, or from worry and anxieties which consume nervous energy at a tremendous rate.

The appetite fails, digestion is upset and you do not get sufficient nutrition to build up nervous energy.

The treatment recommended is Dr. Chase's Nerve Food because this medicine contains the food minerals required to help restore nervous energy and vitamin B₁ which is so helpful to the nerves and helps to improve digestion.

That Dr. Chase's Nerve Food has been helpful to many thousands of people during the nervous strain of recent years is best proven by the very marked increase in sales. Business executives and office staffs, factory superintendents and workers, housewives and school children—all classes, benefit by this dependable and time proven food treatment for exhausted nerves and chronic fatigue.

Why not take advantage of this medicine from which you may expect such benefits as so many others have obtained. Ask your druggist for the new economy size bottle of Dr. Chase's Nerve Food, 60 cents a box of 60 pills; economy size bottle 180 pills for \$1.50.

Health Rules

1. Go less, sleep more.
2. Ride less, walk more.
3. Talk less, think more.
4. Scold less, praise more.
5. Waste less, give more.
6. Eat less, chew more.
7. Clothe less, bathe more.
8. Idle less, play more.
9. Worry less, laugh more.
10. Preach less, practice more.

"What's repartee, Dad?"

"Repartee, my boy, is what a man thinks of on the way home."

For Elderly People

So often you hear people of sixty years or older talk about how they cannot do what they used to do. Or they tell of digestive troubles, backaches and rheumatic pains. The question is why?

And the explanation is that their organs of digestion and elimination are slowing down and fail to properly perform their functions.

In many cases the cause is the result of shortage of minerals and vitamin B₁ in the food consumed.

For this reason the use of Dr. Chase's Nerve Food is recommended and usually proves of real help to people of later years who feel that they are not holding their own so far as health is concerned.

A boy had fallen into a river and the kind old lady stopped until he was safely on the bank.

"How did you come to fall in?" she asked.

"I didn't come to fall in," he said, "I came to fish."

"How kind of you," said the girl, "to bring me those lovely flowers. They are so beautiful and fresh. I believe there is some dew on them yet."

"Yes," stammered the young man, quite taken aback, "but I am going to pay it off tomorrow."

Nervous Indigestion The Most Common Form

From good medical authority we learn that four out of five patients who complain of stomach trouble are sufferers from nervous dyspepsia or nervous indigestion as it is now more generally called.

Very little digestion takes place in the stomach which is rather a warehouse in which the food is retained so as to pass gradually into the intestines where the greater part of digestion takes place.

The patient may describe his trouble somewhat as follows—A feeling of heaviness or fullness, restlessness, formation of gas, and pain or oppression in the chest. Besides this discomfort there is worry, loss of sleep, fickle appetite and a tendency to reduce the diet to such an extent as to reduce weight and lower vitality.

Since the trouble comes from an exhausted condition of the nervous system, the logical treatment is Dr. Chase's Nerve Food. As the vigor of the nervous system is built up the organs of digestion come to better perform their functions and you find your health and strength improving.

What Is Your Beauty Problem?

Perhaps the biggest problem of all is to decide just how to make the most of whatever attractions of face or form you may possess.

It may be the complexion or hair do or it may go deeper and be a matter of being too light weight or too heavy.

If you are too thin you may also be lacking in pep and energy and need most of all a good tonic such as Dr. Chase's Nerve Food to help restore the quality of the blood and the vigor which adds so greatly to womanly attractions.

This is the day of the outdoor girl—the girl who goes places and does things whether it may be sports or work of one kind or another to help in this time of shortage of man and woman power.

This vitamin tonic seems to be what very many people need at this time to help overcome the exhausting effects of worry and overwork. Why not put it to the test in your particular case and win back vigor and energy as well as normal weight and the good feelings of health and confidence?

Mistaken Identity

"I hardly feel like a stranger," said the best man at a wedding; "my friend has so often done me the honor of reading extracts from his dear Ivy's letters."

"Sir!" exclaimed the bride. "My name is Margaret."

Thin Girls of the Nervous Type

You can be thin and still be healthy and full of pep and energy. Such girls are the envy of their too plump sisters.

Then there is the thin girl who is easily tired, irritable and nervous. Her appetite is likely to be fickle, digestion impaired and in spite of all efforts she fails to obtain the curves which would so improve her figure, and the vigor which goes with good health.

If you are of the thin, nervous, easily tired type you should know about Dr. Chase's Nerve Food because this well-known vitamin B₁ tonic has helped so many others who were in just such a condition as you find yourself at this time. Ask for the economy size bottle and do not miss a single treatment. By weighing yourself weekly you can soon prove the benefit being obtained.

Anaemia and Chlorosis

These are kindred ailments and call for similar treatment. Anaemia is the word used to describe an unsatisfactory condition of the blood—too little blood or inferiority of the quality of the blood.

It is marked by pallor of the gums, lips and skin, lack of energy, and general symptoms of tired feelings and weakness.

Iron in one form or another is called for as a means of increasing the red corpuscles in the blood and thus increase its quality and quantity.

Dr. Chase's Nerve Food is recommended because it supplies a liberal amount of iron and other minerals and also Vitamin B₁ which helps to improve digestion and enable you to obtain more iron and other nutritious substances from the food you eat.

Dr. Chase's Nerve Food has long been recognized as a most suitable treatment for both anaemia and chlorosis.

Chlorosis is an ailment mostly affecting girls at the age of puberty. It is so called because the skin takes on a greenish pallor. It is marked by fickle appetite, impaired digestion, nervous disturbances and irregularities of the feminine system.

Expectant Mothers

The best advice which any prospective mother can have is that she select her doctor early and keep him advised as to her condition as time goes on.

Friends are always ready at such times to make suggestions and quote superstitions and too often these only bring worry and anxiety.

So keep cheerful and do not allow talk of this kind to discourage or alarm you. Consult your doctor whenever you find need of advice.

Then a general rule is to keep up your general health and vitality and remember that during this time you have two lives to feed.

Both before and after childbirth Dr. Chase's Nerve Food can be of great assistance to the mother. It helps to strengthen the nervous system and by improving digestion enables you to get the most benefit from the food you eat.

The tonic effect of the iron and other minerals also aid in lactation during the time baby is nursing. Many mothers would not think of going through this experience without the fortifying effect of Dr. Chase's Nerve Food.

A tramp lay in a ditch dozing in the sun and covered with flies; then a wasp got in among them and stung him. "Come on," he roared, sweeping them off, "you'll all have to get off now."

Some Reported Cases

Quotations from Letters from People who have used Dr. Chase's Nerve Food to Good Advantage

The experience of other people is always interesting. A few reports are quoted here to give you some idea of the symptoms and conditions under which Dr. Chase's Nerve Food is used.

There is no reason why Dr. Chase's Nerve Food should not be just as effective for you as it has been for others. It is certainly worthwhile to give it a chance to help restore nerve force to your nervous system and enable you to enjoy again a healthy and happy life.

A WOMAN'S EXPERIENCE

Mrs. H. A. sends this report:—"Dr. Chase's Nerve Food was recommended to me by an aunt who used it while passing through the change of life and was completely built up by its use. From my experience as a wife and a mother, I find that among the women users of Dr. Chase's Nerve Food, the greatest number have used it as a restorative when passing through the change of life. Next come young mothers, to regain strength after baby comes and then mothers who recommend this treatment to their daughters. While it is good for all classes of humanity, I am sure it is especially so for women, as they seem to be troubled most by nervous diseases."

LOSS OF SLEEP

Mr. A. L. O. writes:—"I was troubled with loss of sleep for years, and as I got older it became worse. For weeks at a time I could not sleep until three o'clock in the morning. I suffered a great deal from nervousness and was unfit for work. One day I read the experience of a man who had been relieved of a similar condition by using Dr. Chase's Nerve Food. I then began the use of this medicine, and after having taken five boxes I felt quite well again, could eat well and digest my food and sleep well at nights."

NERVOUS COLLAPSE

This report of Mrs. T. E. H. is vouched for by her pastor. . . "My son suffered from nervous debility for several years and was unable to get about alone. After using Dr. Chase's Nerve Food for twelve months he was completely restored to health and has not suffered since."

FROM A CLERGYMAN

An Anglican clergyman reports. . . "Two years ago I had a severe attack of the grippe, followed by a relapse, and was naturally left in a weakened state. I became very nervous and was not equal to the tasks before me, either in the study or before the public.

After hearing considerable about Dr. Chase's Nerve Food I decided to try it, and after using

six boxes of this medicine I found myself perfectly normal again and happy in my work. I always will recommend Dr. Chase's Nerve Food because of this personal experience. My wife also has great faith in Dr. Chase's Nerve Food."

AN EXTREME CASE

Mr. H. F. V. writes from his ranch. . . "Dr. Chase's Nerve Food has helped to restore my nervous system and give me new health. As a result of a severe accident, I was left with my nerves in a very critical condition. Several doctors have treated me, and I also consulted one of the greatest nerve specialists in England without seeming to be much benefited. Dr. Chase's Nerve Food has acted quite differently, for it has built up my nervous system until I feel like my old self again. If this medicine does for others what it has done for me, I shall not regret having written this letter. I have personally recommended this treatment to many."

NERVES EXHAUSTED

Mrs. C. C. W. writes:—"I had a nervous breakdown and suffered from headaches, loss of sleep and nervousness. There were pains through my body and I had indigestion and poor circulation of the blood. My hands and feet were always cold and I sometimes took weak spells. The doctor told me that my system was all run-down and that I had to take a complete rest, as my nerves were in a bad state. I also had St. Vitus' Dance with twitching of the nerves and muscles. My friends advised me to use Dr. Chase's Nerve Food. As the first box seemed to help me greatly, I continued to use this treatment for several weeks and can now truthfully say that I am strong and well again. I only hope that others may benefit by my experience."

The arithmetic class was learning weights and measures.

"What does milk come in?" asked the teacher.

"In pints," ventured Betty.

"And what else?"

"I know," shouted Johnny, who had spent the past summer on the farm, "in squirts."

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER INDICATIONS	Mar. 1945		Moon's Phases		Ont. and Que.		Mar. Provs. and Nfld.		Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
						☾ Last Qtr....	☽ New Moon...	☽ First Qtr....	☾ Full Moon...	d. h. m.	d. h. m.	d. h. m.	d. h. m.	Sun Rises h.m.
1	T	♈	Come in									6.39	5.47	8.16
2	F	♈	like									6.37	5.48	9.16
3	S	♈	a lion.									6.35	5.49	10.17
4	S	♈										6.33	5.51	11.18
5	M	♈	Change-									6.31	5.52	a.m.
6	T	♈	able									6.30	5.54	0.20
7	W	♈	weather,	oat chop					9.00			6.28	5.55	1.23
8	T	♈	clouds									6.27	5.56	2.24
9	F	♈	and									6.25	5.58	3.22
10	S	♈	high									6.23	5.59	4.15
11	S	♈	winds.	100 lay is gonash					2.75			6.21	6.00	5.02
12	M	♈		400 select					7.20			6.19	6.01	5.43
13	T	♈	A stormy	400 oat chop					9.40			6.18	6.03	sets
14	W	♈	week									6.16	6.04	p.m.
15	T	♈	with									6.14	6.05	7.54
16	F	♈	heavy									6.12	6.07	9.13
17	S	♈	snowfalls.	St. Patrick								6.10	6.08	10.30
18	S	♈										6.08	6.09	11.45
19	M	♈	Winds									6.06	6.10	a.m.
20	T	♈	on 20th									6.04	6.12	0.55
21	W	♈	foretells	E. Caswell full					4.00			6.02	6.13	1.59
22	T	♈	same									6.01	6.14	2.54
23	F	♈	wind	horse medicine					1.00			5.59	6.15	3.41
24	S	♈	four mos.	sawing wood					5.0			5.57	6.17	4.20
25	S	♈		Palm Sunday								5.55	6.18	4.52
26	M	♈	Clear									5.53	6.20	5.21
27	T	♈	bright									5.51	6.21	rises
28	W	♈	weather									5.49	6.22	p.m.
29	T	♈	but	First Day of Passover								5.47	6.23	7.09
30	F	♈	ends	Good Friday	Oats seed				2.20			5.45	6.24	8.09
31	S	♈	wet.	potatoes					1.60			5.43	6.26	9.11

Shining Up Auger Bits

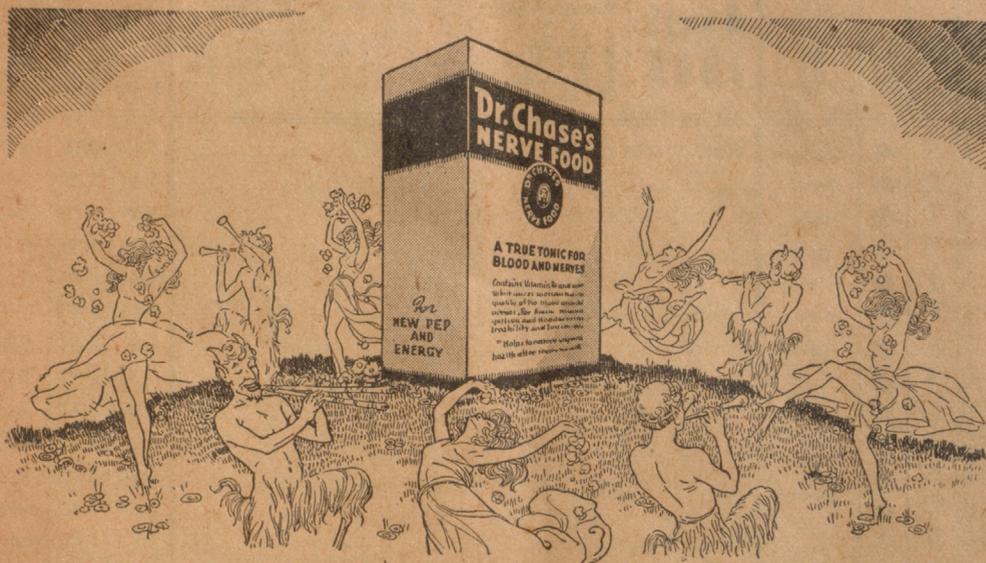
To remove rust from the flutes of an auger bit wrap a piece of fine emery cloth around a small rope and work the rope back and forth until the surface is nice and shiny. Be careful not to rub across the cutting edge of the bit.

Sometimes a pessimist is a man to whom an optimist owes money.

Cleaning Flat Silver

Flat silver can be very quickly cleaned, and without any harm done to it, by covering the silver with sour milk and boiling for three minutes. This is a very effective method.

A slip of the foot you may soon recover,
But a slip of the tongue you may never get over.
—Franklin.



The Spring Tonic

To which many people return year after year

The days of the old formula for spring medicine—Sulphur and Molasses—are pretty well gone. For many people that treatment has been replaced by Dr. Chase's Nerve Food which conforms to modern medical ideas of what most people need at this season of the year to restore their wasted energy.

During the long winter season when artificial foods are so generally used the body is robbed of a sufficient supply of such ingredients as iron and other essential minerals and vitamin B₁.

And so it happens in the spring that you come to feel tired and languid and find the daily work an un-welcome task. There may be pains and aches to further add to your discomfort.

If you are not one of the very many who have learned to turn to Dr. Chase's Nerve Food at such times, you have a pleasant surprise in store, for in most cases it seems to be exactly what is required as a

"pick-me-up" to bring back new pep and energy to the exhausted system. Ask your friends about Dr. Chase's Nerve Food for there are few homes in which there is not some one who has used it.

And do not forget the school-age children of ten years and over for they, too, have a draggy time of it just when their school work and examinations are taking so much out of them.

Children respond quickly to the upbuilding influence of Dr. Chase's Nerve Food. Try it for the children when they get cross and irritable and in a few days the change of disposition will surprise you.

Dr. Chase's Nerve Food, has built up a following of intelligent, thinking people, who have learned by experience to depend on this time-proven medicine to help them, when they need help, to regain appetite and good digestion, restful sleep and the vitality which make life and work a pleasure.



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

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER FORECASTS	April 1945	Moon's Phases	Ont. and Que.		Mar. Provs. and Nfld.		Local Mean Time Ontario, Quebec, Mar. Prov. and Nfld.					
						d.	h.	m.	d.	h.	m.	Sun Rises h.m.	Sun Sets h.m.	Moon Rises p.m.	
1	S	♈	Weather	Easter Sunday.....	☾ Last Qtr.....	5	2	18	p.m.	5	3	18	5.42	6.27	10.13
2	M	♉	change-	☽ New Moon....	12	7	29	a.m.	12	8	29	5.40	6.28	11.14
3	T	♊	able,	☽ First Qtr....	19	2	46	a.m.	19	3	46	5.38	6.29	a.m.
4	W	♈	snow	☽ Full Moon...	27	5	33	a.m.	27	6	33	5.36	6.31	0.16
5	T	♉	if wind									5.34	6.32	1.13
6	F	♊	north-	scuffler					5.00				5.33	6.33	2.07
7	S	♈	east.									5.31	6.34	2.55
8	S	♉	April									5.29	6.36	3.36
9	M	♊	northern									5.27	6.37	4.13
10	T	♈	lights									5.25	6.38	4.45
11	W	♉	followed									5.24	6.40	5.15
12	T	♊	by									5.24	6.41	sets
13	F	♈	storms.									5.22	6.42	p.m.
14	S	♉	Frequent									5.20	6.43	9.23
15	S	♊	showers									5.16	6.45	10.39
16	M	♈	but									5.15	6.45	11.48
17	T	♉	week	horse medicine 100									5.14	6.47	a.m.
18	W	♊	ends									5.12	6.49	0.49
19	T	♈	fair.	stuff for potatoes 35									5.10	6.50	1.40
20	F	♉	Milder									5.08	6.51	2.21
21	S	♊	and									5.06	6.52	2.56
22	S	♈	fine	St. George.....									5.05	6.53	3.26
23	M	♉	but									5.03	6.54	3.51
24	T	♊	wet									5.01	6.56	4.14
25	W	♈	weekend.									4.59	6.58	4.35
26	T	♉	Mostly	coal									4.58	6.58	4.57
27	F	♊	cloudy,									4.57	7.00	5.20
28	S	♈	rain.									4.55	7.01	rises
29	S	♉										4.53	7.02	p.m.
30	M	♊										4.51	7.04	10.10

"White Man Much Crazy"

Two pictures, one showing a dilapidated house, the other a field washed out, were printed in the Oklahoma Farmer-Stockman, which offered prizes for the best essay suggested by the pictures. First prize went to a Cherokee Indian who wrote:

Both pictures show white man crazy. Make big tepee. Plow hill. Water wash. Wind blow soil, grass all gone. Squaw gone, papoose too. No chuckaway. No pig, no corn, no

hay, no cow, no pony. Indian no plow land. Keep grass. Buffalo eat. Indian eat buffalo. Hide make tepee, moccasins, too. Indian no make terrace. No build dam. No give a damn. All time eat. No hunt job. No hitchhike. No ask relief. Great Spirit make grass. Indian no waste anything. White man much crazy.

A speech should be like a woman's skirt, long enough to cover the subject and short enough to be interesting.



Baby's Suffering From Itching Skin

"I would not care if I could bear the suffering myself," said an anxious mother, "but for the poor innocent baby to be in agony from the dreadful, itching eczema is more than I can bear."

Fortunately there is in Dr. Chase's Ointment soothing and healing for baby's skin trouble. While remarkably quick and effective in action, Dr. Chase's Ointment is definitely beneficial to the most tender skin.

While teething is often blamed for such troubles, attention should be given to diet, for poor quality of food is one of the most frequent causes. If nursing, the mother should consider her own condition.

Chafing and skin irritations, even though slight, often develop into eczema and for this reason it is a fine habit to always have Dr. Chase's Ointment at hand to apply after bathing wherever there is any indication of skin troubles.

Dust and dirt are the great source of skin irritations and hence the benefits to the skin of the daily bath. Powders applied after bathing clog the pores of the skin and thereby counteract the beneficial effects of the bath. Dr. Chase's Ointment, on the other hand, cleanses the pores and by effecting healthful action of these organs makes the skin soft, smooth and natural.

Mothers who keep a box of Dr. Chase's Ointment, along with baby's soap for use at bathing time, find that they can immediately check skin irritations and keep the skin in a fine, healthy condition.

Dr. Chase's Ointment

Brings quick and soothing relief to any of the following list of ailments

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
Hæmorrhoids

Athlete's Foot

Athlete's Foot is of the nature of ringworm and is so called because of its prevalence where athletes meet at swimming pool, gymnasium and club lockers. People in all walks of life may contract this ailment for it is very infectious and disagreeable because of the annoying itching and stinging which accompanies the irritations between the toes or on the hands.

A fine treatment is Dr. Chase's Ointment because it is antiseptic and soon destroys the infectious germs. The advantages over a liquid application is that the ointment adheres to the infected skin, quickly relieves the itching and helps the healing process.

Ivy Poison—

Insect Stings

When you are going to summer camp or cottage, the first thing to pack in your grip is a box of Dr. Chase's Ointment, for you will surely need it before many days. Poisoning by ivy, oak or sumach, insect stings, sunburn, wounds, burns or scalds are very likely to overtake you and when they do, this ointment can be of very great usefulness and comfort.

It soothes and heals quickly and by its strongly antiseptic effects destroys germs and helps to prevent blood poisoning. Make a note of this for your next trip and you will, no doubt, thank us for this tip.

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER INDICATIONS	May 1945	Moon's Phases			Ont. and Que.			Mar. Provs. and Nfld.			Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.										
					☾ Last Qtr.	d. 5	h. 1	m. 2 a.m.	☾ New Moon...	11	3 21 p.m.	☽ First Qtr.	18	5 12 p.m.	☽ Full Moon...	26	8 49 p.m.	d. 5	h. 2	m. 2 a.m.	11	4 21 p.m.	18	6 12 p.m.
1	T	♈	Cool.														4.50	7.05	11.09					
2	W	♈	weather														4.50	7.05	a.m.					
3	T	♈	breaks														4.49	7.06	0.04					
4	F	♈	at														4.47	7.08	0.53					
5	S	♈	weekend.														4.44	7.10	1.36					
6	S	♈		Rogation Sunday													4.43	7.11	2.13					
7	M	♈	Mostly														4.42	7.11	2.45					
8	T	♈	bright	<i>mine</i>													4.40	7.12	3.14					
9	W	♈	and														4.39	7.13	3.43					
10	T	♈	sun-shiny	Ascension Day													4.37	7.16	4.11					
11	F	♈	this														4.36	7.17	4.42					
12	S	♈	week.														4.35	7.17	5.16					
13	S	♈	Cirrus	<i>yours</i>													4.34	7.18	sets					
14	M	♈	clouds														4.33	7.19	p.m.					
15	T	♈	from	<i>black wire</i>													4.31	7.22	11.32					
16	W	♈	north-														4.30	7.23	a.m.					
17	T	♈	west														4.30	7.23	0.19					
18	F	♈	bring	Pentecost (Shebuoth)													4.29	7.24	0.58					
19	S	♈	rain.	<i>gray</i>													4.28	7.25	1.29					
20	S	♈		Pentecost, Whit Sunday													4.26	7.27	1.56					
21	M	♈	Fair	<i>set</i>													4.25	7.28	2.19					
22	T	♈	warm	<i>cow medicine</i>													4.25	7.29	2.41					
23	W	♈	spell														4.24	7.30	3.03					
24	T	♈	and														4.23	7.31	3.25					
25	F	♈	then														4.21	7.32	3.48					
26	S	♈	showery.														4.21	7.33	4.14					
27	S	♈	Wet	<i>gray cow came in</i>													4.20	7.34	4.45					
28	M	♈	after	<i>corn</i>													4.20	7.35	5.21					
29	T	♈	the														4.19	7.36	sets					
30	W	♈	full														4.18	7.37	p.m.					
31	T	♈	moon.	Corpus Christi													4.17	7.38	11.36					

Tasty Beef Stew

1 lb. round steak	1 tablespoon canned tomato
2 onions	1 tablespoon vinegar
1 tablespoon fat	½ teaspoon salt
1 teaspoon dry mustard	½ cup sour cream
¾ teaspoon pepper	

Cut the steak into thin strips and brown well in frying pan. Remove the meat and fry the

sliced onions in the fat. Combine meat and onions, add seasonings, tomato and vinegar, and cook slowly for 1 hour. Just before serving stir in the cream. Serve very hot. This is enough for four and it can easily be extended for a larger number.

How should a bull suffering from indigestion be treated? With great respect.

Pruritus—Intense Itching

Relieved quickly by this Medicinal Ointment

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

The causes of both these forms of intense itching are often difficult to locate but what you do want, at once, is relief from the severe 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. 60 cents a box. Economy size jar \$2.00.

The city girl had signed up for work on the farm, and she was doing her best but was finding everything strange. Having had the incubator explained to her, she was asked whether she understood it thoroughly.

"Oh, yes," she said, "I understand perfectly now. Only tell me, where does the hen sit?"

Would You Give 95 cents to be Relieved of Piles?

Then try this time-proven treatment

Few people escape the discomfort and often keen distress, which accompanies piles or hæmorrhoids.

The itching is at times almost unbearable but fortunately can be relieved quickly by the application of Dr. Chase's Ointment.

Since Piles are often caused by constipation and consequent straining, Dr. Chase's Kidney Liver Pills are recommended as a means of relieving the constipation and helping to remove the cause of piles.

In the meantime you can depend on Dr. Chase's Ointment to relieve the itching almost immediately it is applied. For over fifty years this medicinal Ointment has had an enviable reputation for the quick relief of itching piles.

Why not ask your druggist for Dr. Chase's Ointment at once and prove to your own satisfaction that it stands without a rival as a quick relief from itching caused by piles?

Pimples and Blackheads

Relieved by this Medicinal Ointment

Whether in bathing suit or evening dress you become very much embarrassed by skin affections and irritations on the shoulders and back as well as on the face. Why not do something about it—something worth while? Dr. Chase's Ointment is a medicinal product on which you can rely for clearing up skin troubles of this nature as well as itching and eczema.

Mothers who are accustomed to use Dr. Chase's Ointment for baby's skin troubles and eczema find it so delightfully healing and soothing that they soon acquire the habit of using it for their own skin affections.

60 cents a box. Economy Jar, five times as much \$2.00.

**Dr. Chase's
Ointment**



The Dr. Chase Fa

“If It Is a Dr. Chase Product You

The Information Below Will Help Y

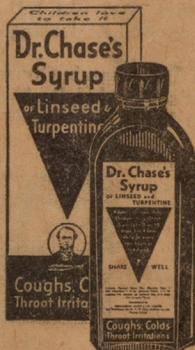


The continually increasing demand for Dr. Chase's Medicines is the best proof of their suitability and effectiveness in the relief of the more common ills of life. In these times when most doctors are greatly overworked and find it impossible to attend their patients for the simpler ills, Dr. Chase's Medicines are more than ever appreciated. Their dependability is a proverb and the directness with which they afford relief is well known to most people in Canada and other countries in which their merits have made them known.

If you do not find on this page all the information you require about these medicines you will by turning the pages of this book obtain further particulars.

The most popular of Dr. Chase's Medicines is the Nerve Food because nearly everybody requires the help of tonic treatment at one time or another to maintain nervous energy and good health. You can do much to avoid fatigue and exhaustion by using this medicine because it supplies the mineral substances which are so essential to health and happiness.

All druggists carry a good stock of Dr. Chase's Medicines and if short will soon obtain the medicine you want. Should you not be located conveniently to a drug store order direct from this Company, enclosing the amount of your purchase, and the medicine will be sent to you promptly, postpaid. The prices are the same throughout Canada from whoever you may buy.



The DR. A. W. CHASE MEDICINE
Limited

Dr. Chase Building, Oakville, Ontario,



Family Medicines

You Know That It Is Dependable"

You to Select Suitable Treatment

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.

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.

DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE

For Coughs, Colds, Croup, Bronchitis, etc. Its pleasant taste makes it a treat for children. 35 cents and 75 cents.

DR. CHASE'S KIDNEY-LIVER PILLS

For Constipation, Indigestion, Biliousness, Liver Complaint, Backache, Rheumatic Pains and Kidney Disorders, 35 cents a box.

DR. CHASE'S OINTMENT

For Eczema, Chafing, Hemorrhoids and Irritations of the Skin, 60 cents a box, economy size, \$2.00.

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 CATARRH POWDER

For Cold in the Head, Catarrh and Hay Fever, 35 cents a box.

DR. CHASE'S LIVER MEDICINE

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

ICINE CO.,

ario, Canada



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



DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER INDICATIONS	June 1945	Moon's Phases	Ont. and Que.		Mar. Provs. and Nfld.		Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.				
						d.	h.	m.	d.	h.	m.	Sun Rises h.m.	Sun Sets h.m.	Moon Rises a.m.
1	F	♈	Cool		☾ Last Qtr....	3	8	15	3	9	15	4.17	7.39	
2	S	♈	days.		☾ New Moon...	9	11	26	10	0	26	4.17	7.40	0.15
3	S	♈			☾ First Qtr....	17	9	5	17	10	5	4.16	7.40	0.47
4	M	♈	Cloudy,		☾ Full Moon...	25	10	8	25	11	8	4.15	7.41	1.17
5	T	♈	windy									4.15	7.42	1.45
6	W	♈	and	repairs for car \$60								4.15	7.42	2.12
7	T	♈	continues									4.15	7.43	2.40
8	F	♈	quite									4.14	7.44	3.11
9	S	♈	cool.	Birthday of King George VI (Celebration)								4.13	7.45	3.47
10	S	♈										4.13	7.45	4.30
11	M	♈	Fair									4.13	7.45	5.21
12	T	♈	and	telephone								4.13	7.46	sets
13	W	♈	warmer									4.13	7.47	p.m.
14	T	♈	then									4.13	7.48	11.29
15	F	♈	some									4.12	7.48	11.58
16	S	♈	showers.									4.12	7.48	a.m.
17	S	♈										4.12	7.49	0.24
18	M	♈	Cloudy	salt								4.13	7.49	0.46
19	T	♈	at	sawing wood								4.13	7.50	1.08
20	W	♈	first									4.13	7.50	1.29
21	T	♈	then									4.13	7.50	1.52
22	F	♈	fine,									4.13	7.50	2.17
23	S	♈	warm.									4.14	7.50	2.45
24	S	♈										4.14	7.50	3.19
25	M	♈	Turns	machine oil grease 2.00								4.14	7.51	4.01
26	T	♈	cooler									4.15	7.50	4.50
27	W	♈	after	pigs								4.15	7.50	rises
28	T	♈	moon									4.15	7.50	p.m.
29	F	♈	changes,									4.16	7.50	10.51
30	S	♈	fair.									4.16	7.50	11.21

Your Proper Weight

When you have figured out your proper weight try to keep to that by regulating your diet. This is much easier than getting back to it by dieting.

A very good rule for estimating your proper weight is as follows: Multiply the number of inches you are over 5 ft. by $5\frac{1}{2}$ and add 110. Suppose you are 5 ft. 4 inches. $4 \times 5\frac{1}{2} = 22 + 110 = 132$ lbs. your ideal weight.

"So you had all the men following you at the summer resort?"

"Yes. It was really too easy. Why, I didn't even have to wear my three most extreme bathing suits at all."

Some seed wheat which I dressed last season was not used. Can I use it this season, and, if so, ought it to be re-dressed?

It certainly ought to have a clean change of underwear.



"Sure, I'm Going"

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

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

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

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

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

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

Typist's Holiday

She dives, she swims, she rides a horse,
She socks a golf-ball round the course,
She plays a wicked tennis game,
She dances till she's nearly lame;
And just when a romance is ripe—
The poor kid must revert to type.

—*Courier-Express*, Buffalo.

A bright little girl, aged four, and her brother, aged six, were spending the night with their aunt. When bed-time came, the aunt asked how they said their prayers. The little girl answered:

"Sometimes I say them at Mummy's knees and sometimes at the side of the bed."

"And how about you, Bobby?"

"Oh, I don't need to pray. I sleep with Daddy."

PARADOL

Quickly Relieves Pain

HEADACHES

There are many kinds of headaches, and they are caused by many different ailments, but no matter from what source your headache comes, you can depend on it that Dr. Chase's Paradol will quickly relieve the pain and your nervous tension.

NEURALGIA

The sharp pains of neuralgia, usually in the forehead, cheek and jaw, are quickly relieved after taking a Dr. Chase's Paradol. You will not experience any depressing after effects, instead you will be left feeling bright and comfortable.

SINUS PAINS

Sinus pains and antrum trouble can be very painful, and should be treated by a physician.

But for the relief of the pain itself, you can turn with confidence to Dr. Chase's Paradol. You will soon find the pain disappearing, and then you will be able to relax and obtain that much needed rest, which helps so much towards your recovery.

NEURITIC PAINS

Neuritis is often caused by over indulgence in the use of liquor, or by lead, arsenic or mercury poisoning. Neuritis pains are quickly relieved by Paradol, and you will soon be able to relax and get some much needed sleep.

SCIATIC PAINS

The pain of sciatica varies from a sharp, stabbing pain to a steady throb.

It travels along the sciatic nerve, which runs down the thigh.

Your suffering can be very intense, and yet you will find the relief which you seek if you take Dr. Chase's Paradol, according to directions.

LUMBAGO

Lumbago comes suddenly and causes great pain across the small of the back.

The fear of another shooting pain haunts you, your nerves become frayed, you long for relief.

You can quickly obtain the relief you want by using Paradol. You will be delighted at how quickly it relieves pain, and how long the relief will last.

RHEUMATIC PAINS

No matter what type of rheumatic pains you suffer from, you will find that the pain can be quickly relieved by the use of Dr. Chase's Paradol. You will also find that Paradol will enable you to relax and to enjoy a good night's sleep.

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER INDICATIONS	July 1945			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. ...	☽ Last Qtr. ...	d. h. m.	d. h. m.	d. h. m.	d. h. m.	Sun Rises h.m.	Sun Sets h.m.	Moon Rises p.m.
1	S	♈	Dry	Dominion Day								4.17	7.50	11.49	
2	M	♉	spell	salt						7.00		4.17	7.50	a.m.	
3	T	♊	and									4.18	7.50	0.15	
4	W	♈	very	Red cow $7\frac{1}{2}$						7.10		4.18	7.50	0.42	
5	T	♉	warm	400 wheat 10.30								4.19	7.49	1.11	
6	F	♊	this							7.20		4.19	7.49	1.44	
7	S	♈	week.	bolts						4.0		4.20	7.48	2.22	
8	S	♉										4.21	7.48	3.09	
9	M	♊	Cool	belly bands						3.00		4.22	7.48	4.03	
10	T	♈	spell									4.22	7.47	5.04	
11	W	♉	follows									4.23	7.47	sets	
12	T	♊	eclipse									4.24	7.46	p.m.	
13	F	♈	on									4.25	7.45	10.25	
14	S	♉	9th.	repairs for binder						11.5.5'		4.26	7.45	10.49	
15	S	♊										4.27	7.44	11.11	
16	M	♈	Heavy									4.27	7.44	11.33	
17	T	♉	thunder	machine oil & grease 15.0								4.28	7.43	11.54	
18	W	♊	storms,									4.29	7.42	a.m.	
19	T	♈	crops									4.31	7.41	0.19	
20	F	♉	badly									4.31	7.40	0.45	
21	S	♊	lodged.									4.32	7.40	1.17	
22	S	♈		2 calves ¹³⁴ 400 lbs						4.9.2.6		4.33	7.39	1.54	
23	M	♉	Warm									4.34	7.38	2.40	
24	T	♊	days									4.36	7.36	3.36	
25	W	♈	followed									4.37	7.36	5.49	
26	T	♉	by									4.37	7.34	rises	
27	F	♊	heavy									4.38	7.33	p.m.	
28	S	♈	rain.									4.39	7.32	9.53	
29	S	♉										4.41	7.31	10.20	
30	M	♊	Ends									4.42	7.30	10.46	
31	T	♈	dry.									4.43	7.29	11.14	

Stuffed Tomatoes

6 large firm tomatoes Dash of pepper
 1 c. diced bologna 2 tbs. bread or crack-
 1 c. cooked corn er crumbs
 $\frac{1}{2}$ tsp. salt 1 tbs. butter

Cut the top off the tomatoes and scoop out the pulp. Combine the pulp with bologna and corn and seasonings. Fill tomato cups with the mixture. Sprinkle with crumbs and dot with butter. Bake in a moderate oven, 350

degrees Fahr. until thoroughly heated, about 15 to 20 minutes.

"Was your husband badly hurt when he was struck by a car, Liza?"

"Yassuh, he suffered from conclusion of the brain."

"You mean concussion of the brain, don't you?"

"No suh, ah means conclusion. He's daid!"

Many Kinds of Headache

Headaches, like other pains and aches, often indicate the presence of more deep-seated ailments which require medical treatment.

Your first concern is naturally to get relief from your suffering and discomfort and Dr. Chase's Paradol is recommended as a most effective means of obtaining this result quickly and without any disagreeable after effects or upsetting of the digestive system.

Should the headache not result from natural conditions such as menstrual periods, colds, or temporary indigestion and should it tend to return repeatedly it is wise to search out the cause.

Nervous Headache. A person who is of a nervous temperament or whose nervous system has become exhausted as the result of worry, anxiety or overwork, often suffers from headache.

After obtaining relief by the use of Paradol it is advisable to take up a course of treatment with Dr. Chase's Nerve Food. It naturally takes a little time to build up the health and vigor of the nervous system which has become exhausted but you may confidently expect lastingly beneficial results when you use Dr. Chase's Nerve Food. It helps nature by supplying the food minerals and vitamin B₁ which are so essential to restoration.

Bilious Headaches. When the action of the liver becomes slow and torpid there results biliousness and bilious headaches. Again Paradol brings quick relief but you also find it wise to correct the liver action so as to remove the real cause of trouble and if possible prevent the continued recurrence of the headaches.

For this purpose Dr. Chase's Kidney-Liver Pills are recommended because they act directly on the liver and quickly awaken the activity of this organ as well as the kidneys and bowels.

Cause for Pause

"How did you cure your husband from staying late at the club?"

"When he came in late one night, I called out, 'Is that you Jim?' and my husband's name is Frank."

"You hammer nails like lightning."

"You mean I'm a fast worker?"

"No, you never strike twice in the same place."

Frank: "When you proposed to her, I suppose she said, 'This is so sudden!'"

Ernest: "No, she was honest and said, 'This suspense has been terrible.'"

A Message of Good Cheer To Women and Girls

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

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

Dr. Chase's Paradol affords prompt relief from these pains and aches and discomforts and enables you to carry out your social and business engagements as usual.

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

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

Magistrate: "So you and your wife have had another fight. Liquor as usual, I suppose?"

Alf: "No, your Worship, she licked me."



DAY OF MONTH	DAY of WEEK	ZODIAC SIGNS	WEATHER INDICATIONS	Aug. 1945		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	W	♏	Few	4.00	oot	chop				8.40		4.44	7.28	11.45
2	T	♏	fine									4.45	7.27	a.m.
3	F	♏	warm									4.47	7.24	0.21
4	S	♏	days.									4.48	7.24	1.03
5	S	♏										4.48	7.22	1.55
6	M	♏	Month									4.50	7.21	2.51
7	T	♏	generally									4.51	7.19	3.54
8	W	♏	change-									4.53	7.18	5.00
9	T	♏	able			finder, twine				1.60		4.54	7.16	sets
10	F	♏	with			machine				5.5		4.55	7.15	p.m.
11	S	♏	thunder									4.56	7.14	9.14
12	S	♏	storms.									4.57	7.12	9.35
13	M	♏										4.59	7.10	9.57
14	T	♏	Cloudy			teleyphone				2.5		5.00	7.09	10.20
15	W	♏	days									5.01	7.09	10.45
16	T	♏	for this									5.02	7.07	11.14
17	F	♏	season,			machine oil				5.0		5.03	7.05	11.48
18	S	♏	rain.									5.05	7.02	a.m.
19	S	♏										5.06	7.01	0.30
20	M	♏	Fair									5.07	7.01	1.21
21	T	♏	sun-shiny									5.08	6.58	2.21
22	W	♏	days									5.09	6.56	3.29
23	T	♏	and									5.10	6.54	4.42
24	F	♏	cool									5.11	6.52	rises
25	S	♏	nights.									5.12	6.51	p.m.
26	S	♏										5.13	6.50	8.49
27	M	♏	This									5.14	6.48	9.17
28	T	♏	week									5.16	6.45	9.47
29	W	♏	cloudy									5.17	6.44	10.21
30	T	♏	and									5.18	6.43	11.02
31	F	♏	wet.									5.19	6.40	11.49

Curry Slice Pickles

2 tbs. whole mixed pickling spice
1 qt. vinegar
1 c. brown sugar, firmly packed
2 tsp. curry powder
2 tsp. mustard
½ tsp. pepper

2 tbs. salt
4 qts. sliced, peeled medium cucumbers
1 qt. sliced, peeled, small white onions
1 green or sweet red pepper, chopped

Tie whole spices in cheesecloth bag. Combine vinegar, sugar, curry, mustard, salt and pepper. Bring to boil with spices. Add cucumbers, onions, and pepper and bring to boil. Cook five minutes. Drain and save liquid. Remove spice bag and pack vegetables into hot sterilized jars. Bring vinegar mixture to boiling point and pour to overflowing over pickles in sealers. Seal airtight. Yield, about four quarts.

Disorders of the Bowels Which Cause Rheumatic Pains, Lum- bago and Great Discomfort

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

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

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

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

Father: "You can ask a question, but make it short."

Son: "Well, when a doctor gets sick and another doctor doctors him, does the doctor doing the doctoring have to doctor the doctor the way the doctor being doctored wants to be doctored, or does the doctor doing the doctoring of the doctor doctor in his own way?"

Coated Tongue Warns of Poisons in System

The doctor looks at your tongue and questions you about the condition of your bowels. If the tongue is furred and the breath bad he knows that the liver is torpid and the bowels constipated.

If you have been using medicine it has probably only caused partial emptying of the larger bowel. Dr. Chase's Kidney-Liver Pills are recommended because they help to bring about complete emptying of the bowels and restoration of liver activity.

By helping to drain out the accumulated poisons from the system Dr. Chase's Kidney-Liver Pills afford relief from pains and aches and restore good appetite and good digestion.



Ask the Farmer

Ask the farmer about Dr. Chase's Kidney-Liver Pills for he has long proven their effectiveness as a regulator of the liver, kidneys and bowels.

The jarring and jolting of farm implements, the exposure to cold and dampness and long hours of tiring work are conducive to backache and kidney disorders. Relief comes quickly with the use of Dr. Chase's Kidney-Liver Pills.

Hubby: "Don't bring me any more bills, dear, I can't face them."

Wife: "You needn't, darling. I only want you to foot them."

Minister (to milkman): "I want a quart of milk a day, and remember—I want it for drinking, not christening!"

Someone once described a diplomat as a man who can make his wife believe she would look fat in a fur coat.

A Fine Habit

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

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER INDICATIONS	Sept. 1945		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	S	♏	Cloudy.			☾	New Moon...	6	8 43 a.m.	6	9 43 a.m.	5.20	6.38	
2	S	♏				☾	First Qtr....	14	12 38 p.m.	14	1 38 p.m.	5.22	6.36	0.43
3	M	♏	Fine			☾	Full Moon...	21	3 46 p.m.	21	4 46 p.m.	5.23	6.35	1.44
4	T	♏	sun-shiny			☾	Last Qtr....	28	6 24 a.m.	28	7 24 a.m.	5.24	6.34	2.48
5	W	♏	days									5.25	6.32	3.55
6	T	♏	and									5.26	6.30	5.00
7	F	♏	then									5.28	6.27	sets
8	S	♏	cooler.									5.29	6.25	p.m.
9	S	♏	Change-									5.30	6.24	8.00
10	M	♏	able									5.31	6.22	8.22
11	T	♏	first of									5.32	6.20	8.46
12	W	♏	week									5.34	6.17	9.13
13	T	♏	then									5.35	6.16	9.45
14	F	♏	fine									5.36	6.14	10.22
15	S	♏	days.									5.37	6.12	11.08
16	S	♏										5.38	6.10	a.m.
17	M	♏	Fair									5.40	6.08	0.03
18	T	♏	spell									5.40	6.06	1.06
19	W	♏	followed									5.41	6.05	2.17
20	T	♏	by									5.43	6.02	3.32
21	F	♏	high									5.44	6.00	4.50
22	S	♏	winds.									5.46	5.58	6.09
23	S	♏	South-									5.47	5.57	rises
24	M	♏	west									5.48	5.55	p.m.
25	T	♏	wind on									5.50	5.53	8.19
26	W	♏	23rd									5.51	5.51	8.59
27	T	♏	brings									5.52	5.49	9.44
28	F	♏	pleasant									5.54	5.47	10.38
29	S	♏	cool									5.55	5.46	11.37
30	S	♏	weather.									5.56	5.44	

About the Garden

A garden is a patch of land
Where all his waking hours,
With watering can and spade, a man
Writes poetry in flowers.—*Patsy Miles.*

Better never trouble Trouble
Until Trouble troubles you;
For you only make your trouble
Double-trouble when you do.

David Keppel.

There is a bit of good, sound philosophy in the following sign recently observed in a Chinese laundry:

You want credit,
Me no give.
You get sore.
You want credit,
Me give,
You no pay,
Me get sore;
Better you get sore. —*Scholastic, New York.*

Dr. Chase's Kidney-Liver Pills

Some Reasons For Their Popularity

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

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

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

The Dawn of Ampler Life

"Ye that have faith to look with fearless eyes
Beyond the tragedy of a world at strife
And trust that out of night and death shall rise
The dawn of ampler life."

Father: "The man who marries my daughter
will get a prize."

Young Man: "May I see it, please?"

Weak Kidneys Call for Tonic

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

For this purpose a combined treatment is advisable, Dr. Chase's Nerve Food after meals and at bedtime, and Dr. Chase's Kidney-Liver Pills at bedtime instead of the Nerve Food two or three times a week, but only often enough to keep the bowels regular and active.

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

What is the Cause of Indigestion?

Indiscretion in eating may cause temporary discomfort from indigestion but chronic indigestion usually results from slow, torpid action of the liver and bowels.

The food mass which should pass through the system and be digested by the digestive fluids is held back until it ferments and sours and the whole human system is poisoned as a result.

Then there come headaches, fickle appetite, bilious spells, and all the discomforts of indigestion.

Relief from chronic indigestion is quickly obtained by the use of Dr. Chase's Kidney-Liver Pills, because they so effectively arouse the activity of the liver and bowels.

The action of Dr. Chase's Kidney-Liver Pills is definitely on these organs of digestion and consequently they afford relief in the great majority of cases.

For over half a century this medicine has been in general use throughout Canada and other countries, and has proven its right to the front line among well-established medical treatments.

"Good-bye, Amanda. Then your last word is 'no'?"
"Yes."

Important Work of the Liver

The principal work of the liver is to filter the bile from the blood where it acts as a poison and pass it into the intestines where it acts as a cathartic to keep the bowels regular and active.

When the liver fails in this duty there comes biliousness, indigestion, headaches, tired feelings and backache to make you uncomfortable.

The cause may be overeating or too little exercise. Serious forms of liver trouble sometimes come from excessive use of alcoholic liquors.

Because Dr. Chase's Kidney-Liver Pills act directly on the liver and bowels they soon afford relief from this congested condition of the liver and bowels.

The annoying symptoms of torpid liver and constipation of the bowels disappear and you are soon feeling fine.

Remember that by keeping the liver active you remove a common cause of constipation and indigestion.

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER INDICATIONS	Oct. 1945			Moon's Phases		Ont. and Que.		Mar. Provs. and Nfld.		Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
				☾ New Moon...	☽ First Qtr...	☽ Full Moon...	☽ Last Qtr...	d. h. m.	d. h. m.	d. h. m.	d. h. m.	Sun Rises h.m.	Sun Sets h.m.	Moon Rises a.m.	
1	M	♈	This									5.57	5.42	0.41	
2	T	♈	month									5.59	5.39	1.46	
3	W	♈	brings									6.00	5.38	2.51	
4	T	♈	mostly									6.00	5.37	3.55	
5	F	♈	fair									6.02	5.35	4.58	
6	S	♈	weather.									6.03	5.33	6.00	
7	S	♈										6.05	5.30	sets	
8	M	♈	Some									6.06	5.29	p.m.	
9	T	♈	clouds									6.07	5.28	7.14	
10	W	♈	but									6.08	5.26	7.44	
11	T	♈	mostly									6.10	5.24	8.19	
12	F	♈	fair.									6.11	5.21	9.00	
13	S	♈	cool.									6.12	5.20	9.51	
14	S	♈										6.14	5.19	10.48	
15	M	♈	Northern									6.15	5.17	11.54	
16	T	♈	lights									6.16	5.15	a.m.	
17	W	♈	this									6.18	5.12	1.06	
18	T	♈	month,									6.19	5.11	2.21	
19	F	♈	pleasant									6.20	5.10	3.38	
20	S	♈	weather.									6.22	5.08	4.58	
21	S	♈										6.23	5.06	6.18	
22	M	♈	Fine									6.24	5.04	rises	
23	T	♈	bright									6.26	5.03	p.m.	
24	W	♈	days									6.27	5.02	7.36	
25	T	♈	after									6.28	5.00	8.28	
26	F	♈	moon									6.30	4.58	9.27	
27	S	♈	change.									6.31	4.56	10.31	
28	S	♈										6.32	4.55	11.37	
29	M	♈	Change-									6.33	4.54	a.m.	
30	T	♈	able,									6.34	4.52	0.43	
31	W	♈	rain.									6.36	4.50	1.48	

Mince Pie or Tarts

2 cups chopped apples ¾ cup sugar
 1½ cups raisins ¼ tsp. ground cloves
 ½ cup currants ½ tsp. nutmeg
 ½ cup chopped suet 1 tsp. cinnamon
 ¼ cup mixed peel ¼ tsp. salt
 3 tbsps. lemon juice

Combine ingredients and bake in a two crust pie or in tarts.

Don't "crowd" people into accepting an invitation. If they say "Monday is taken, Tuesday likewise, Wednesday also," let the bidding for a day drop until more enthusiasm is shown.—*The Daily News*.

—Or try to make some new friends.

Sorrow is the mere rust of the soul. Activity will cleanse and brighten it.—*Samuel Johnson*.

Here's Prompt Relief From Backache

Backache is perhaps the most common and most annoying of human ailments. It often comes, of course, from downright fatigue and is then relieved by suitable rest.

But many people, both men and women, and women more than men, suffer from backache as a result of sluggish action of the liver and kidneys and consequent constipation.

There is quick relief from the pains and aches by use of Dr. Chase's Paradol or the application of a Dr. Chase Backache Plaster. For weak back the plaster affords support which is comforting.

But, after all, you also want to get rid of the cause of your suffering from backache and in this connection Dr. Chase's Kidney-Liver Pills are recommended.

It is difficult to think of a medicine which has been so long established as a proven treatment for disorders of the liver and kidneys, and remember backache does come from liver ailments quite as often as from derangements of the kidneys.

Because the action of these two organs are so intimately connected treatment also needs to look after both and this accounts for the marked success of Dr. Chase's Kidney-Liver Pills.

It is what we learn after we think we know it all that counts.

Kidneys the Filters of the Blood Stream

Little do we realize the importance of the kidneys as a means of keeping the blood pure and preventing serious and painful ailments.

The blood stream has a double mission to perform for in addition to carrying nourishment to various parts and organs of the body it must gather up the poisonous waste materials which are left over in the process of digestion or accumulate in the act of living.

Every drop of blood in the body passes through the kidneys once every seven minutes to be filtered. When the kidneys fail to filter out the poisons the whole human system is poisoned, you feel tired out and pains, aches and backaches develop to make you uncomfortable and often to cause serious ailments.

Because the liver and kidneys are so closely associated in their work as purifiers of the blood any treatment to be most effective must arouse the action of both of these organs. This is exactly what Dr. Chase's Kidney-Liver Pills do and this is why they are so successful where other medicines often fail.

Once you have corrected the action of the liver and kidneys it is a good rule to use this medicine once or twice a week to ensure the regular and healthful action of kidneys, liver and bowels.

Mistress: "Remember to serve from the left and remove plates from the right."

New Maid: "Fancy being so superstitious."



Mother's Responsibility

The Health of the Family

Of the many cares which fall on the mother in the family none are more important than the family health.

Her husband is likely to be neglectful of his health and allow trivial ailments to develop into something serious.

The children need to be trained to look after their health so that they may enjoy long and happy lives.

The two medicines many mothers most depend on are Dr. Chase's Nerve Food to help keep up the energy and vigor of health and Dr. Chase's Kidney-Liver Pills to ensure the regularity and activity of the liver, kidneys and bowels.

Daily movement of the bowels is the ideal condition. You can scarcely do your children a greater kindness than to drill this idea into their minds so that all their lives they will keep regular and thereby avoid many ills.

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER INDICATIONS	Nov. 1945	Moon's Phases			Mar. Provs. and Nfld.			Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
						d.	h. m.	d.	h. m.	Sun Rises h.m.	Sun Sets h.m.	Moon Rises a.m.	
1	T	♈	The	☾	New Moon...	4	6 11 p.m.	4	7 11 p.m.	6.38	4.49	2.51	
2	F	♈	dreary	☾	First Qtr....	12	6 34 p.m.	12	7 34 p.m.	6.39	4.48	3.52	
3	S	♈	month.	☾	Full Moon...	19	10 13 a.m.	19	11 13 a.m.	6.40	4.47	4.53	
4	S	♈		☾	Last Qtr....	26	8 28 a.m.	26	9 28 a.m.	6.41	4.45	5.55	
5	M	♈	Swirling	♈						6.43	4.44	6.56	
6	T	♈	winds	♈						6.45	4.42	sets	
7	W	♈	sweep	♈						6.46	4.41	p.m.	
8	T	♈	the	♈						6.47	4.40	6.58	
9	F	♈	cloudy	♈						6.49	4.39	7.44	
10	S	♈	skies.	♈						6.50	4.38	8.39	
11	S	♈	Armistice Day	♈						6.52	4.36	9.41	
12	M	♈	Very	♈						6.53	4.35	10.48	
13	T	♈	change-	♈						6.55	4.34	11.59	
14	W	♈	able	♈	<i>sold steer</i>			<i>64.00</i>		6.56	4.33	a.m.	
15	T	♈	this	♈	<i>tied horses in</i>					6.57	4.32	1.13	
16	F	♈	week,	♈						6.59	4.31	2.28	
17	S	♈	sunshine	♈						7.00	4.30	3.46	
18	S	♈	shadow.	♈						7.00	4.29	5.07	
19	M	♈		♈						7.02	4.28	6.29	
20	T	♈	Wet	♈						7.03	4.28	rises	
21	W	♈	with	♈						7.05	4.26	p.m.	
22	T	♈	high	♈						7.06	4.26	7.10	
23	F	♈	wind	♈						7.07	4.25	8.15	
24	S	♈	storms.	♈						7.09	4.24	9.23	
25	S	♈		♈						7.10	4.24	10.31	
26	M	♈	Fine	♈						7.12	4.23	11.38	
27	T	♈	cool	♈						7.13	4.22	a.m.	
28	W	♈	days	♈						7.14	4.21	0.42	
29	T	♈	at	♈						7.15	4.21	1.44	
30	F	♈	end.	♈	St. Andrew's Day					7.16	4.21	2.46	

Average Weights of Babies

At birth.....	7 lb.	One month....	8½ lb.
Two months...	10 lb.	Three months..	12 lb.
Four months...	14 lb.	Five months...	15 lb.
Six months....	16 lb.	Seven months..	16 lb.
Eight months..	17 lb.	Nine months...	17 lb.
Ten months....	18 lb.	Eleven months.	19 lb.
One year.....	20 lb.	(Girl babies 1 lb. less)	

The average height of a baby at birth is approximately 20½ inches and at the age of one year approximately 29 inches.

"Funny, ain't it, pa," said Johnny, "that everybody in our house is some kind of an animal."

"Why, mother's a dear, and baby's a little lamb, and I'm a kid—I can't think what you are, pa."

"I'm the goat, my son."

You should see those beautiful Navy nurses. They hold a sailor's hand and stroke his forehead and expect his temperature to go down.

Are You Sincere About Your Health

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

You may be spending sleepless nights
With indigestion and headache.

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

As a matter of fact you are tired out

Both mentally and physically,
And lack the necessary energy

To carry out your intentions.

Why not decide on a trial

Of Dr. Chase's Nerve Food?

If you carry out this decision

You will always be glad of it,

For a few weeks' use of this proven tonic

Should give you new pep and energy

And help to overcome the annoying conditions

Which are robbing you of the joy of living.

Women wish to be loved without a why or a
wherefore; not because they are pretty, or good
or well bred, or graceful, or intelligent, but be-
cause they are themselves.—*H. F. Amiel.*

Undue Tiredness The Result of Anaemia

Anæmia and nervous disorders are very
closely allied.

Deficiency of iron in the blood

Robs the blood of its nourishing qualities

And the necessary amount of nerve force

Is not supplied to the system.

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

And you become over tired.

Not only do you feel bodily tired,

But your brain is tired and sluggish.

Every organ of the body is slowed in action,

You have indigestion and headaches

And you are restless and sleepless at night.

To get rid of the tired feelings

Caused by anæmia of the blood

You can to advantage use Dr. Chase's Nerve
Food.

This medicine supplies iron and other minerals
to the blood.

Helps to fill the system with new nerve force

And bring back vigor and energy,

New hope and confidence to the tired body.

Does this Describe Your Condition?

So often people describe their trouble about
as follows, that it seems to represent an average
case in which relief is readily obtained by the
use of Dr. Chase's Kidney-Liver Pills.

Headache, backache, chronic constipation and
discomfort after eating. The digestive trouble
may have caused you to considerably reduce
the amount you eat and so your system does not
obtain sufficient to keep health at high water
mark.

Such treatments as you have used have failed
to empty the colon or large bowel and resulting
poisons may cause rheumatic pains and trouble
from arthritis.

In many cases of this nature Dr. Chase's
Kidney-Liver Pills have proven exactly what
is required to bring relief. You can profit by
the experience of others and secure the relief
you so greatly desire.

Sweet Pea Row

O, who can be content to sit and knit?

The satisfaction gained is counterfeit.

I'd rather tend a peeping Sweet Pea row

Than watch the oomphiest of sweaters grow.

—*Clare Pierge.*

Teacher: "Johnny, something must be done
about your conduct. I will have to consult
your father."

Johnny: "Better not, teacher. It will cost
you \$10. He's a doctor."

A Lazy Colon

Chronic constipation and sluggish action of
the colon or large bowel is among the most
common of human ills. It gives rise to the
accumulation of poisons in the blood and conse-
quent pain and sometimes serious disease.

Some of the symptoms are bad breath, body
odor, gas on stomach, distress after meals, tired
feelings and general debility.

The use of ordinary laxatives may fail to
arouse action in the colon or large bowel and
Dr. Chase's Kidney-Liver Pills are recom-
mended because they are thorough in their
effect on the colon or large bowel and ensure the
expelling of waste material from the body.

What a pleasure you experience when the
regularity of the digestive and eliminating
organs are restored and the cause of the annoy-
ing symptoms removed.

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER INDICATIONS	Dec. 1945	Moon's Phases	Ont. and Que.			Mar. Provs. and Nfld.			Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
						d.	h.	m.	d.	h.	m.	Sun Rises h.m.	Sun Sets h.m.	Moon Rises a.m.
1	S	♏	Fine.		☾ New Moon...	4	1	6 p.m.	4	2	6 p.m.	7.18	4.20	3.47
2	S	♏		First Sunday in Advent	☽ First Qtr....	12	5	5 a.m.	12	6	5 a.m.	7.19	4.20	4.48
3	M	♏	Cloudy		☽ Full Moon...	18	9	17 p.m.	18	10	17 p.m.	7.20	4.20	5.51
4	T	♏	with		☾ Last Qtr....	26	3	0 a.m.	26	4	0 a.m.	7.21	4.20	6.53
5	W	♏	some									7.22	4.19	sets
6	T	♏	rain									7.23	4.19	p.m.
7	F	♏	or									7.24	4.19	6.33
8	S	♏	snow.	repairs for car				46.40				7.25	4.19	7.33
9	S	♏		patatoes				10.00				7.25	4.19	8.39
10	M	♏	A									7.26	4.18	9.47
11	T	♏	week									7.28	4.18	10.58
12	W	♏	of									7.28	4.18	a.m.
13	T	♏	cool									7.29	4.18	0.10
14	F	♏	bright	Birthday King George VI, 1895.								7.30	4.18	1.24
15	S	♏	clear	horse medicine				7.40				7.31	4.19	2.40
16	S	♏	days.	pig chop				11.02				7.32	4.19	3.58
17	M	♏										7.33	4.20	5.19
18	T	♏	Warm									7.33	4.20	6.38
19	W	♏	rains	breeding fees				6.00				7.33	4.20	rises
20	T	♏	follow									7.33	4.21	p.m.
21	F	♏	eclipse									7.35	4.21	7.01
22	S	♏	of sun									7.36	4.22	8.12
23	S	♏	on 18th.									7.36	4.22	9.21
24	M	♏	Cloudy	Christmas Day								7.36	4.23	10.28
25	T	♏	and									7.37	4.23	11.32
26	W	♏	then	call meal				3.90				7.37	4.24	a.m.
27	T	♏	clear	eggs				7.632				7.38	4.24	0.35
28	F	♏	and									7.38	4.25	1.37
29	S	♏	and									7.38	4.26	2.38
30	S	♏	cool.	cream				165.98				7.38	4.27	3.40
31	M	♏										7.38	4.28	4.42

On the stroke of nine, Simpson awoke with a start. "Gosh," he groaned; "what a head I've got. I can't go to the office to-day."

He reached for the phone and called his boss's private number. "It's no use wrapping things up," he confessed. "Last night I was out with some pals, and I'm ashamed to say I overdid it. I wonder if I could take the day off to-day, sir?"

"Well," came the boss's voice over the phone. "I admire your candor, Simpson, and I shall

expect you at nine to-morrow. As for the day off, it's yours. To-day is Sunday."

Mrs. Duff: "I always feel lots better after a good cry."

Mrs. Lawrence: "So do I. It sort of gets things out of my system."

Mrs. Duff: "No, it doesn't get anything out of my system, but it does get things out of my husband."

735
367
110

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.

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.

Quotations from Joel Chandler Harris

Brer Fox, he lay low.
Ez soshubble ez a baskit er kittens,
Lazy foke's stummicks don't get tired,
Hungry rooster don't cackle w'en he fine a wum,
Youk'n hide de fier, but w'at you gwine do wid de smoke.

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.

A cow with a wooden jaw has just calved; will her milk be all right?

Yes, provided the jaw is first well planed and varnished.

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."

RHEUMATIC PAINS

Rheumatic Pains are described as Muscular when they are in the muscles, and Chronic when the joints of the bones are affected.

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

In treating Chronic Rheumatic pains 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.

R. B.

10.00
8.00

Three Treatments for Coughs and Colds

Since the question of what causes colds is still a matter for debate among the doctors, it may be well to concentrate on the best way of getting rid of them.

In the Dr. Chase Plan of Health there are three definite treatments for colds. We shall try to explain under what circumstances each one is most effective.

To Check Colds

When you first feel a cold coming on, begin to sneeze, run at the nose and perhaps have headache and pains through the body, you can often check the cold by using Dr. Chase's Paradol. A good way is to take one Paradol tablet, a good hot drink of lemonade or ginger tea and go to bed.

In a couple of hours a second tablet may be used and if there is sore throat gargle with two Paradol tablets dissolved in water.

Because of the quick relief it affords from pains and aches, headaches and rheumatic pains, Dr. Chase's Paradol is particularly suitable as a treatment of colds of a grippy nature.

Catarrhal Colds

For stuffed up air passages and difficult breathing, droppings in the throat and other catarrhal symptoms the treatment to be used is Dr. Chase's Catarrh Powder. The air passages are cleared, breathing is easier, and comfort is soon restored.

To Check the Cough

For colds that have reached the coughing stage Dr. Chase's Syrup of Linseed and Turpentine is recommended on the strength of its long established reputation and persistent use in the homes of Canada and other countries.

Because of its pleasant taste and the quick relief it brings, Dr. Chase's Syrup is a great favourite among the children.

It is most economical to buy the family size bottle at 75 cents, as this contains about three times as much as the regular size which sells at 35 cents.

15.00
2.50
13.00

To Regain Strength After Cold Weather Ills

Any doctor will tell you that it is when you are tired out, nervous and generally run down in health that you easily catch cold and other infectious ailments. You lack the strength to fight off the evil bacteria.

In this condition your recovery is likely to be slow and tedious unless you avail yourself of restorative treatment.

Dr. Chase's Nerve Food is recommended because it supplies the food minerals and other ingredients which help to improve digestion and enrich the blood.

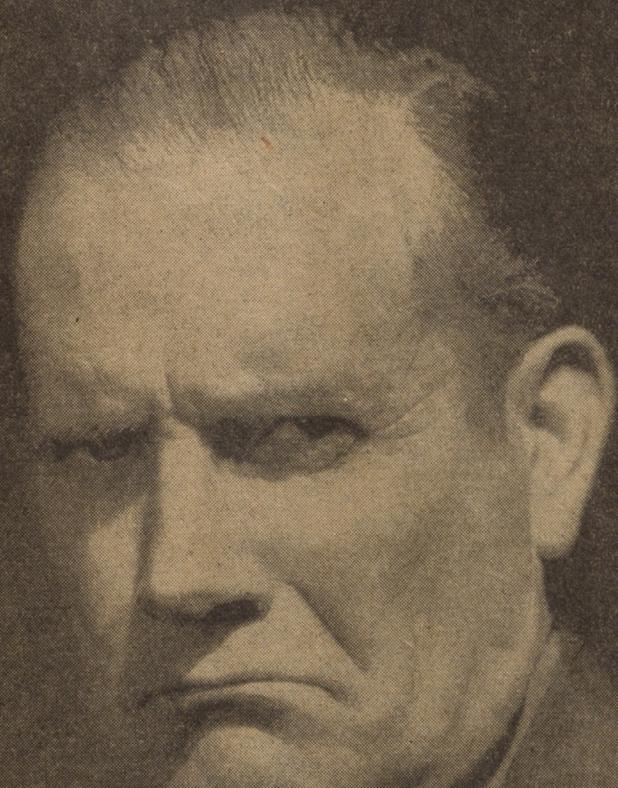
There is no question of the dependability of this time-proven treatment. So for better sleep, better digestion and to hasten the recovery of strength and vigor use Dr. Chase's Nerve Food.

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

Thoughtlessness

They say the world is round, and yet
I often think it square,
So many little hurts we get
From corners here and there;
But one sad truth in life I've found,
While journeying east and west,
The only folks we really wound
Are those we love the best.
We flatter those we scarcely know,
We please the fleeting guest,
And deal full many a thoughtless blow
To those who love us best.

Don't Be a Grouch



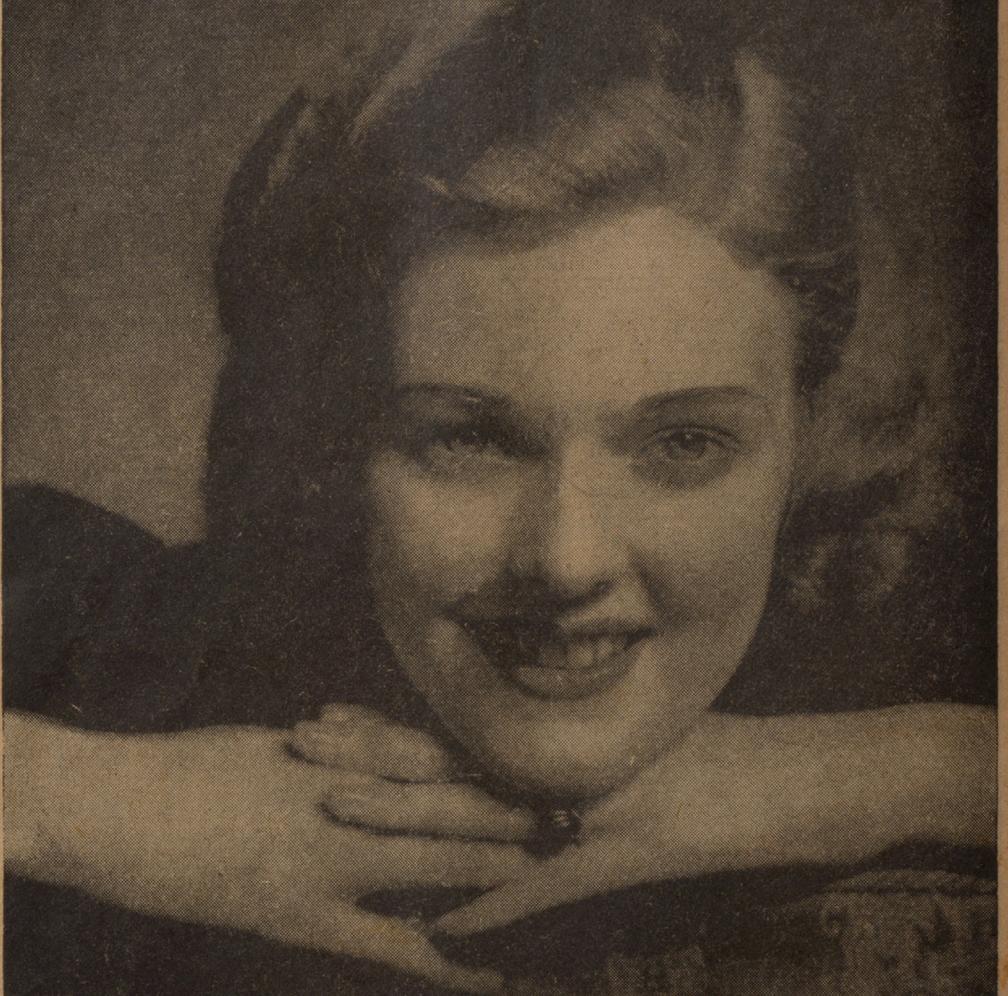
**Keep
Regular**
with

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

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UNCAT
Pharmacies...

for **New Pep** *and* **Energy**



Dr. Chase's
NERVE FOOD