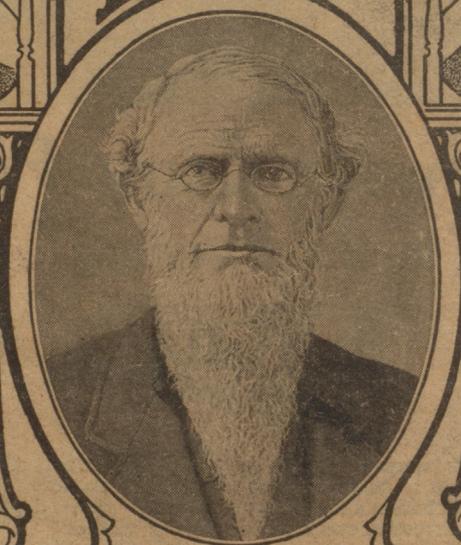


HANG ME UP

DR. A. W. CHASE'S CALENDAR ALMANAC

1946



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

FOR THE
HOME, FACTORY
FARM, OFFICE



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



"I Always Carry Paradol in the Handbag"



Paradol is popular because one girl tells another that there is nothing like Paradol as a quick relief from the pains and discomforts which come every so often.

Relief comes more quickly and lasts longer when you use Paradol. There are no disagreeable after effects, no interference with digestion.

One girl writes, "Since the age of twelve, I suffered agony every month,

I never got real relief until I used Dr. Chase's Paradol. It now saves me two or three days of keen suffering every month."

Your druggist will tell you what a lively demand he has for Paradol. It is a fine habit to always carry Paradol in your handbag for quick relief from periodic pains, headaches, and jumpy nerves.

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

Dr. Chase's Paradol



A Message of Good Cheer

When it comes to the discussion of human ills and their symptoms, you may think of it as a rather serious subject.

But there is another side to it and that is the side we take in this book, for we set out to tell you how to avoid many ills and how to relieve yourself of such as have already arrived.

The whole life of Dr. Chase was devoted to helping other people to better health. From childhood he aimed at being a doctor and whether it was studying symptoms so as to diagnose the case in hand or searching for remedies or methods of treatment, he was happy in his work and brought good cheer and new hope and confidence wherever he went.

To represent him properly, this almanac on its annual rounds to millions of homes must also be a message of good cheer, bringing news of help and encouragement to its many readers.

This year we would like particularly to emphasize the importance of good health and the prevention of disease.

When we were thrown into war, it was a shock to most people to find that nearly half our young men were turned down for being physically unfit to become active in any of the armed forces.

Some marvellous discoveries were made during the war which for the most part have to do with surgery and the checking of serious infectious conditions.

These will continue to help greatly in peace times and will prolong many lives.

But after all, it is the greatest wisdom to

study out the best means of keeping well, of always enjoying good health and all that goes with it, in the way of comfort, success and happiness.

After the tremendous worries and sacrifices of war, we want to settle down to a long period of peaceful home life with its comforts and pleasures.

To get the most out of life and to make the most out of life, we must take every means to gain and maintain good health. A careful reading of this book may be of some real help to you in your problem of keeping well and happy.

Do You Keep a Diary

IF NOT, WHY NOT?

In the early days of Dr. Chase's Almanac, many years ago, prizes were offered for the best diary kept in its pages.

This interested many people and encouraged them to form the habit of keeping a daily record of events. It is a good habit and a very interesting one for as the years pass and arguments arise, you can often settle the problem by looking up your records.

For people living on farms, it often takes the place of book-keeping. What did I get for eggs last week, or last year? How many eggs are collected each day? When was the wheat sown and what about breeding dates?

Wherever you may live, it is both interesting and useful to keep a record of dates and Dr. Chase's Almanac affords you space for every day during the year.

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER INDICATIONS	Jan. 1946	Moon's Phases ☾ New Moon... ☽ First Qtr. ... ☾ Full Moon... ☽ Last Qtr.	Ont. and Que.			Mar. Provs. and Nfld.			Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
						d.	h.	m.	d.	h.	m.	Sun Rises h.m.	Sun Sets h.m.	Moon Rises a.m.
1	T	♈	Comes								7.38	4.28	5.44	
2	W	♈	in								7.38	4.29	6.45	
3	T	♈	clear								7.38	4.30	7.41	
4	F	♈	and								7.38	4.31	sets	
5	S	♈	cold.								7.38	4.32	p.m.	
6	S	♈	First								7.38	4.33	7.39	
7	M	♈	part								7.38	4.34	8.49	
8	T	♈	fair								7.38	4.35	10.01	
9	W	♈	but								7.37	4.36	11.13	
10	T	♈	week								7.37	4.37	a.m.	
11	F	♈	ends								7.37	4.39	0.26	
12	S	♈	wet.								7.37	4.40	1.41	
13	S	♈									7.36	4.41	2.58	
14	M	♈	Colder								7.36	4.42	4.15	
15	T	♈	and								7.35	4.44	5.30	
16	W	♈	mostly								7.35	4.45	6.38	
17	T	♈	clear,								7.34	4.46	7.37	
18	F	♈	snow								7.34	4.48	rises	
19	S	♈	or								7.33	4.49	p.m.	
20	S	♈	sleet.								7.32	4.50	8.09	
21	M	♈	Change-								7.32	4.52	9.16	
22	T	♈	able								7.31	4.53	10.21	
23	W	♈	with								7.30	4.55	11.24	
24	T	♈	some								7.29	4.56	a.m.	
25	F	♈	snow								7.28	4.58	0.25	
26	S	♈	flurries.								7.27	4.59	1.27	
27	S	♈	Fair								7.27	5.00	2.30	
28	M	♈	weather								7.25	5.02	3.32	
29	T	♈	for								7.24	5.03	4.33	
30	W	♈	month's								7.23	5.04	5.31	
31	T	♈	end.								7.22	5.05	6.24	

Standard time is used in these Calendars, so that where daylight saving time prevails 1 hour should be added.

Let Me Tell You Your Age and Street Number

Take your street number and double it. Add 5. Multiply by 50. Add your age. Add the number of days in a year. Subtract 615. The last two figures are your age, the others your house number.

For example—Your street number is 132 and your age 65. $132 \times 2 = 264 + 5 = 269 \times 50 =$

$13450 + 65 = 13515 + 365 = 13880 - 615 = 13265.$
Your age is 65 and street number 132.

The three-year-old boy had taken his mother's powder puff and was fixing his face as he had seen her do, when his five-year-old sister grabbed it from him.

"You mustn't do that," she said. Only ladies use powder. Gentlemen wash themselves."



January

I see not a step before me as I read on
another year;
But I've left the past in God's keeping,
the future His mercy shall clear;
And what looks dark in the distance,
may brighten as I draw near.

—Brainard.

The festivities of December are over, the old year has passed out of the picture and we begin all over again with a brand new year. What is it to bring us? Nobody knows. But hope is ever triumphant and we look forward for prosperity and good-will in a world that has been shaken with a multiple of troubles.

And we open this new Almanac for 1946 with the wish that what is recorded this year in the memorandum pages may paint a brighter picture than did the old pages of recent war years.

If you haven't been accustomed to keep a diary in Dr. Chase's Almanac, why not begin now. Such records become of immense interest and value as the years pass. When an argument arises as to when you moved to the new house or when the barn was burned, or when you bought the old grey mare, you look up your record in the Almanac and settle the question.

It is so easy to note what things cost or what you sold them for, something about your daily work and experiences are so interesting to refresh your memory in after years. So the argument is all in favour of keeping a diary in Dr. Chase's Almanac.

The Engineer's View Point

"If the human body were only as simple as my engine," writes a stationary engineer. "I could soon tell what is wrong with me."

"When my engine is working right and running smoothly, I can relax or even take a little nap. But let anything go wrong and a click or noise develop and I am immediately aroused to action."

Quite true, when our health is good, we do not often think about it. But the similarity ends there, far too often, when we do not feel well, we fail to do anything about it.

For example, you "feel tired out" and "all in" but day after day goes by and you do nothing about it. If the engineer neglected his ailing engine, it would soon be a wreck and certainly neglect on your part when your health is ailing, can only lead to more serious trouble.

And this is where Dr. Chase's Nerve Food may be of very real help to you since it is a tonic of proven value which helps to rebuild health and vigour.

If you feel weary most of the time your health is below par and you become an easy prey to colds and other infections. Why not let Dr. Chase's Nerve Food help to build up your energy and vitality so that your body may be able to fight off infections.

Wife: "Bessie and I can hardly understand each other when we talk over the telephone."

Husband: "Did you ever try talking one at a time?"

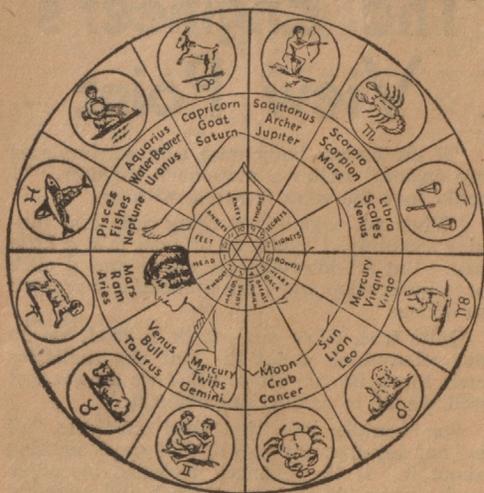
Lack of Vitamins A Cause of Fatigue

The storing, processing and cooking of food leads to a reduction of its vitamin content. For this reason, people living in Northern countries are likely to suffer from lack of vitamins.

Vitamin B-1 as found in Dr. Chase's Nerve Food, combined with essential mineral substances, can be of great help to you in building up resistance to fatigue and the many ills which develop when your system is in a run down condition.

For new pep and energy, there is nothing like Dr. Chase's Nerve Food to help you.

SIGNS OF THE ZODIAC



1946

Dominical Letter..	F	Solar Cycle.....	23
Epact.....	27	Roman Indiction..	14
Lunar Cycle or			
Golden Number.	9	Julian Period....	6659

The year 5707 of the Jewish era begins at Sunset on September 25th, 1946, Gregorian Calendar.

The year 1366 of the Mohammedan era or the era of the Hegira, begins at Sunset November 24th, 1946.

The eleventh year of the reign of King George VI begins December 12th, 1946.

The 80th year of the Confederation of the Dominion of Canada begins July 1st, 1946.

The 171st year of the Independence of the United States begins July 4th, 1946.

January 14th, 1946, Gregorian Calendar, corresponds to January 1st, 1946, Julian Calendar.

Eclipses in 1946

I.—PARTIAL ECLIPSE OF THE SUN, January 3rd, begins 10.25 a.m. Seen over Southern Pacific, not visible in Canada.

II.—PARTIAL ECLIPSE OF SUN, May 30th, beginning at 7 p.m., not visible in Canada.

III.—TOTAL ECLIPSE OF THE MOON, June 14th, begins 5.52 p.m. Not visible in Canada.

IV.—PARTIAL ECLIPSE OF THE SUN, June 29th, begins 2.56 a.m. Not visible in Canada.

V.—PARTIAL ECLIPSE OF THE SUN, November 23rd, begins 3.24 p.m. and ends 7.49 p.m. Visible in Canada.

VI.—TOTAL ECLIPSE OF THE MOON, December 8th, begins 5.18 p.m. Not visible in Canada, except in the extreme North-West.

Seasons

Spring.—Begins March 21st.—1.33 a.m. Maritime Provinces and Newfoundland; 0.33 a.m. Ontario and Quebec; March 20th.—11.33 p.m. Manitoba; 10.33 p.m. North West Provinces; 9.33 p.m. British Columbia.

Summer.—Begins June 21st.—8.45 p.m. Maritime Provinces and Newfoundland; 7.45 p.m. Ontario and Quebec; 6.45 p.m. Manitoba; 5.45 p.m. North West Provinces; 4.45 p.m. British Columbia.

Autumn.—Begins September 23rd.—11.41 a.m. Maritime Provinces and Newfoundland; 10.41 a.m. Ontario and Quebec; 9.41 a.m. Manitoba; 8.41 a.m. North West Provinces; 7.41 a.m. British Columbia.

Winter.—Begins December 22nd.—6.54 a.m. Maritime Provinces and Newfoundland; 5.54 a.m. Ontario and Quebec; 4.54 a.m. Manitoba; 3.54 a.m. North West Provinces; 2.54 a.m. British Columbia.

Morning and Evening Stars

(Greenwich Time)

Venus.—Morning Star to February 1st, 2 p.m. Evening Star to November 17th, 7 p.m. with greatest elongation East September 8th, 3 p.m.

Mercury.—Morning Star to February 11th, 2 a.m. Evening Star to March 26th, 9 a.m. with greatest elongation East March 9th, at 4 p.m. Morning Star May 31st, 11 a.m. with greatest elongation West April 23rd, 9 a.m. Evening Star August 2nd, 3 p.m. with greatest elongation East July 5th, 7 p.m. Morning Star to September 14th, 10 p.m. with greatest elongation West August 20th, 8 p.m. Evening Star November 21st, 5 p.m. with greatest elongation East October 31st, 10 a.m.

Saturn.—Opposition to Sun—January 12th, 6 a.m. Quadrature to Sun—April 8th, 6 p.m. Quadrature to Sun—November 1st, 2 p.m.

Mars.—Opposition to Sun—January 14th, 1 a.m. Quadrature to Sun—April 19th, 1 a.m.

Jupiter.—Quadrature to Sun—January 17th, 2 a.m. Opposition to Sun—April 13th, 0 a.m. Quadrature to Sun—July 11th, 10 a.m.

Uranus.—Quadrature to Sun—March 4th, 4 p.m. Quadrature to Sun—September 15th, 4 a.m. Opposition to Sun—December 12th, 9 a.m.

Neptune.—Opposition to Sun—March 28th, 1 p.m. Quadrature to Sun—June 28th, 4 a.m.

Mother: "Junior, what do you mean by feeding baby that yeast?"

Junior: "She swallowed my dime and I'm trying to raise the dough."

The song was "Asleep in the Deep" and the singer was well and truly deep when a friendly voice from the back of the hall assailed him:

"Go easy, old chap! You'll scuttle yourself if you're not careful."

Reduced Size of Almanac Due to Paper Shortage

On account of the paper shortage, this Almanac has been reduced in size from 52 to 36 pages.

By another year we hope to be able to secure enough paper to make the Almanac full size, so that more interesting features may be incorporated in its pages.

Tyranny of the Nerves Makes You Unhappy

When the nervous system becomes undermined, you become a victim of many fears. You are afraid to be alone and afraid to be in crowds, you are afraid of what is going to happen and consequently always worrying.

Soon you become irritable and unreasonable and make life unpleasant for those about you.

Headaches, loss of sleep and digestive troubles add to your worries.

The rational treatment for this condition is Dr. Chase's Nerve Food because it supplies the minerals and Vitamin B-1 which are essential for the building up of nervous energy.

As new strength and confidence are restored, you regain control of yourself and fears and worries give place to health and happiness.

Was very Weak from Anaemia

Mrs. Wm. Oliver,

R.R. No. 6, Simcoe, Ontario, writes as follows:

"I had anaemia so badly that I would faint away at times. I was weak and rundown and could hardly do my own housework. Finally I read about Dr. Chase's Nerve Food and continued its use until I had taken thirteen boxes.

At the end of that time I was completely recovered and well again. My friends remarked on my changed appearance because I was looking so well. I never lose an opportunity to recommend Dr. Chase's Nerve Food."

Fatigue Brings Most Colds

Recurring colds with grippy feelings usually may be traced to a tired, run-down condition and the need of tonic treatment.

Fatigue lowers the reserve and enables the germs of colds and similar ailments to get thoroughly established. This is why your doctor insists on rest as essential for complete recovery.

The use of Dr. Chase's Nerve Food helps to build up your general health, recover more quickly and be in a condition to fight off further attacks.

Nerves Were Bad

Mrs. George Lowe,

Hanover, Ontario, writes as follows:

"I am sending you a copy of Dr. Chase's Almanac for 1903 which I found in an old chest in the attic. This will give you some idea how long Dr. Chase's medicines have been known and used in our family.

My experience with Dr. Chase's Nerve Food was quite remarkable. My nerves were so bad that I could not sleep nights, but worried and walked the floor night after night in the darkness.

After using five boxes of Dr. Chase's Nerve Food, I found that I slept well, did not worry and my general health was greatly improved. I recommended the Nerve Food to many friends who also obtained good results as a treatment for loss of sleep, fickle appetite and indigestion."

How Happy are You?

Often this question might be changed to "How Well Are You?" for so much depends on your health—The condition of your nerves.

Have you the pep and energy to enjoy your daily work and laugh at the little details and worries that get so many people down?

If not, you are not getting the most out of life, are you?

Then why not go after a happier condition of living by using Dr. Chase's Nerve Food, as so many people are doing?

Certainly Dr. Chase's Nerve Food can be of great help to you as a means of building up new nerve force and enabling you to enjoy better health.

It is a "pick-me-up" which most people find effective when they are disturbed by chronic fatigue and discouragement. Ask your druggist for the new economy size bottle of Dr. Chase's Nerve Food.



VET AID

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

Wed. Nov. 20 Cedarville col.

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER INDICATIONS	Feb. 1946			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	F	♈	Begins														7.21	5.07	7.11
2	S	♈	cold.														7.20	5.08	7.51
3	S	♈															7.19	5.09	sets
4	M	♈	Spell														7.18	5.10	p.m.
5	T	♈	of														7.16	5.12	9.04
6	W	♈	unusually														7.15	5.14	10.18
7	T	♈	clear														7.13	5.16	11.32
8	F	♈	bright														7.12	5.17	a.m.
9	S	♈	weather.														7.11	5.18	0.47
10	S	♈	Snow														7.10	5.20	2.02
11	M	♈	flurries														7.08	5.21	3.16
12	T	♈	frequent														7.06	5.23	4.26
13	W	♈	but														7.05	5.24	5.27
14	T	♈	mostly				Valentine's Day										7.04	5.25	6.18
15	F	♈	fair														7.02	5.27	6.59
16	S	♈	weather.														7.00	5.28	rises
17	S	♈					Septuagesima										6.58	5.30	p.m.
18	M	♈	Milder														6.57	5.31	8.04
19	T	♈	with														6.57	5.32	9.09
20	W	♈	snow or														6.55	5.34	10.12
21	T	♈	sleet														6.54	5.35	11.14
22	F	♈	this														6.52	5.37	a.m.
23	S	♈	week.														6.50	5.38	0.16
24	S	♈	Cool														6.48	5.39	1.19
25	M	♈	spell														6.46	5.41	2.20
26	T	♈	to														6.45	5.42	3.19
27	W	♈	end														6.43	5.43	4.14
28	T	♈	month.														6.41	5.45	5.03

Reducing Diet

People often ask us for a reducing diet and we shall offer some suggestions.

1. Eat less of everything rather than cut out some things entirely. This ensures a balanced diet.
2. Go easy on bread, cereals, cream, butter, and gravies.
3. Cut down on pastries, sweets, rich desserts and sugar.
4. Starchy foods, such as potatoes, peas, beans and corn should be partaken of lightly.

Exercise especially before retiring is a definite help in reducing and do not eat before retiring. Walking an hour a day with some special exercise between times will bring good results if you keep to your diet at the same time.

Check Child's Sight and Hearing

Before a child enters school, his sight and hearing should be carefully checked. Often the cause of a child being backward in school is the result of defective sight or hearing. Hence the importance of checking up of these senses and and effort made to correct them.



February

Late February days and now, at last,
Might you have thought that winter's woe
was past;

So fair the sky was and so soft the air.

—Wm. Morris

A cold but cheerful month since there is likely to be much sunshine with the clear cold days. It is, too, a healthy month since the temperature is more uniform than during the succeeding months.

The illustration is typical of winter sports in Canada, since sleighriding and tobogganning have been replaced by skiing and skating. The former out of doors in hilly country and the latter now mostly on artificial ice indoors.

During the season of winter sports, many people from the United States of America come to Canada for relaxation and the enjoyment of skiing and skating.

The clear cold air is most exhilarating, the blood is purified and much benefit to the general health is experienced.

There is a tendency at this season to remain too much indoors breathing the overheated air and accumulating poisons in the blood. Constipation and congestion of the liver and kidneys is likely to result.

These conditions point to the wisdom of using Dr. Chase's Kidney-Liver Pills to stimulate these filtering organs and help to ensure regularity. If there are pains to contend with, there is Paradol and also Dr. Chase's Liniment, as a rub for rheumatic pains, backache and lumbago.

"Dear teacher, the next time our Willie is a bad boy," ran a letter to a schoolmistress, "smack him on the face, because he wears his pants out soon enough without you helping him."

Chronic Fatigue or Tired Nerves

Fatigue is the most common of symptoms and is attributed to a condition of the nerves. You work hard and get tired, but sleep and rest soon restore you to normal. Chronic fatigue is different, for you are nervous, restless and sleepless. You are tired in the mornings and at all times. The nerves are tired out.

There is a way to get out of this condition as many have proven. It is by the use of Dr. Chase's Nerve Food. This treatment should be used regularly and persistently for some weeks if you are to be lastingly benefited, for it takes a little time to restore a nervous system which is greatly run down. Better sleep, better digestion and a new interest in life and its activities should be your reward when you use Dr. Chase's Nerve Food.

Not So Sure

Husband: "Do you know, honey, if I had to do it all over again, who I'd marry?"

Wife: "No, who?"

Husband: "You, of course."

Wife: "That's what you think."

There's happiness in store for you,
How do I know?

A song bird in the garden told me so,
And while he trilled his joyous little bit
The sun was smiling at the thought of it.

Over-Tired Children Need Vitamin B₁

Many children, as well as adults, become chronically tired—tired "all the time." If at school, they develop a lackadaisical attitude and fail to grasp what the teacher is trying so hard to put over.

Certain substances accumulate in the muscles to cause this condition. It is now well known that vitamin B-1 helps to get rid of these poisonous substances.

This is another reason why Dr. Chase's Nerve Food is a suitable treatment for school age children, as well as grown people. They respond quickly to the upbuilding effect of this tonic which is mild in action, but contains along with vitamin B-1 the other ingredients which are so essential to enrich the blood and strengthen the nerves.

Worst Feature of Nervous Disorders

Perhaps you have been held back by ill health until it has got you down and you are worried and discouraged.

This is the worst feature of nervous disorders. You do not think of yourself as being ill but you are easily tired, have digestive troubles and do not sleep well. You are tired in the mornings and lack the zest to tackle the day's work in a cheerful mood.

Whatever may have been the cause of your trouble—yours is likely to be a deficiency ailment. There may be lack of certain ingredients in your blood which are necessary for proper nourishment of the nervous system.

These lacking substances are found in Dr. Chase's Nerve Food. There is Vitamin B₁ so helpful in bringing back health and vigour to the blood and the nerves and also iron and other minerals which are so necessary for enriching the blood.

In this way, Dr. Chase's Nerve Food supplies the ingredients which are essential in order that the blood may nourish the nerves back to vigour and so help to restore pep and energy to mind and body.

By using Dr. Chase's Nerve Food regularly and persistently you can win back the health and strength which will give you the initiative to accomplish things and know again the joy of healthful living.

Dieting For Nervous Indigestion Is a Great Mistake

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

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

After all the best evidence of the benefits to be obtained by the use of Dr. Chase's Nerve Food is the experience of people who have come back to it from time to time when a "pick-me-up" is needed to revive tired nerves.

After Baby Comes

Some women recover quickly after the strain of having a baby while it takes others several months to get back their normal health and vitality.

Unless you are in first class health when going through this experience, it is a real help to begin using Dr. Chase's Nerve Food some weeks before baby arrives and for some weeks after.



Many young mothers report the benefit they have derived by carrying out this plan of supplying the body with the substances that are so essential to both mother and child.

The use of Dr. Chase's Nerve Food not only helps the mother to regain health and vigour, but is also of much benefit during the period of lactation. Digestion is improved, the nerves are benefited and you soon feel and look much better.

Wild Life

"Doctor," said the patient, "I'm afraid my wife is going crazy."

"What seems wrong?" asked the doctor.

"She wants to buy a goat."

"Let her buy a goat."

"But she wants to keep it in the house."

"Well, let her keep it in the house."

"But a goat stinks."

"Open the windows."

"What! And let all my pigeons out."

—*Caigary Herald.*

Neuritis is Penalty For Lack of Vitamin B₁

When the pains of neuritis strike you, the question is what can be the cause. You do not feel sick and wonder why you should suffer pain.

A careful check of your diet will likely disclose that your diet is not well balanced. It may be too exclusively white bread or too largely consisting of meat. You need more vegetables, more green food, more milk products.

The quickest way to overcome this lack of Vitamin B₁ is by use of such a medicine as Dr. Chase's Nerve Food. In this treatment you also supply to your system iron and other minerals essential to good health.

Chronic Fatigue

From Lack of Vitamins

Scientists have now established that a common cause of tired feelings is lack of vitamins and food minerals in the food eaten. You find yourself tired in the mornings as well as at night. Rest and sleep, even if you can sleep, do not seem to be of much help.

Persistent tired feelings get you down—appetite is fickle—digestion fails—and you lose in energy and vitality.

It is important that you do all you can to improve your diet but you can greatly hasten improvement by use of vitamin B₁ tonic—Dr. Chase's Nerve Food.

Many intelligent thinking people have learned to depend on Dr. Chase's Nerve Food as a pick-me-up when they find themselves tired and generally run down in health. As a spring tonic it is especially appreciated and for school age children who so greatly need help when under great nervous strain at examination times.



Are You Slipping?

There is a form of neurasthenia which is marked by loss of confidence, failing memory and difficulty in concentrating the mind on the matter in hand.

This is most common in men, often business or professional men of ability who have worked hard over a number of years.

Nervous energy seems to have become exhausted and a new build up of health and vigour is called for.

It is in such cases that Dr. Chase's Nerve Food proves of very real help. Rest is essential and if in addition you supply the mineral substances as contained in Dr. Chase's Nerve Food, the results will soon show to your advantage.

Loss of sleep and indigestion are accompanying symptoms which are also relieved by the use of this proven nerve tonic.

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

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

—Byron.

Loss of Sleep Due to Inability to Relax

Fears and worries are bad bed fellows. They sap the nervous system of the vital nerve force. They make it impossible to relax and sleep does not come without relaxation. Persistent loss of sleep is injurious to body and mind. Both health and beauty are destroyed by loss of sleep.

A few days use of Dr. Chase's Nerve Food will be sufficient to convince you of the benefits you are obtaining by its use. As new nerve force is built up, you may expect to find yourself resting and sleeping better, with digestion improved and health more robust.

The door of the ladies' hairdressers' shop opened and in came a meek-looking little man, twisting his hat nervously in his hand.

One of the assistants approached him.

"What can I have the pleasure—" she cooed.

"Er—could you spare a blond hair for my shoulder?" he stammered. "I want to make my wife jealous."

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER INDICATIONS	Mar. 1946	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	♈	Begins	St. David	☾ New Moon...	3	1	1 p.m.	3	2	1 p.m.	6.39	5.47	5.46
2	S	♈	wet.	<i>pipes chicken stew</i>	☽ First Qtr....	10	7	3 a.m.	10	8	3 a.m.	6.38	5.48	6.23
3	S	♈	Cloudy	Quinquagesima (Shrove Sunday)	☾ Full Moon...	17	2	11 p.m.	17	3	11 p.m.	6.35	5.49	sets
4	M	♈	and		☽ Last Qtr.....	25	5	37 p.m.	25	6	37 p.m.	6.33	5.51	p.m.
5	T	♈	some									6.31	5.52	8.02
6	W	♈	light	Ash Wednesday								6.30	5.54	9.19
7	T	♈	snow									6.29	5.55	10.36
8	F	♈	flurries.									6.27	5.56	11.53
9	S	♈										6.25	5.58	a.m.
10	S	♈	Turns									6.23	5.59	1.09
11	M	♈	milder	<i>jersey steer (\$50)</i>								6.21	6.00	2.19
12	T	♈	with	<i>chickens</i>								6.20	6.01	3.22
13	W	♈	heavy									6.18	6.03	4.16
14	T	♈	rain									6.16	6.04	4.59
15	F	♈	or									6.14	6.05	5.34
16	S	♈	snow.									6.12	6.07	6.03
17	S	♈	High	St. Patrick								6.11	6.08	rises
18	M	♈	winds	<i>soddering chicken pipe</i>								6.08	6.09	p.m.
19	T	♈	then									6.06	6.10	7.58
20	W	♈	clear									6.04	6.12	9.02
21	T	♈	bright	<i>repairs for mower</i>								6.02	6.13	10.05
22	F	♈	days.									6.01	6.14	11.07
23	S	♈	Change-									5.59	6.15	a.m.
24	S	♈	able									5.57	6.17	0.09
25	M	♈	weather									5.55	6.18	1.09
26	T	♈	with	<i>timothy seed</i>								5.53	6.20	2.05
27	W	♈	some									5.52	6.21	2.56
28	T	♈	rain									5.49	6.22	3.40
29	F	♈	and	<i>Bronx Orchard set</i>								5.47	6.23	4.19
30	S	♈	wind.									5.45	6.24	4.51
31	S	♈	Fair.	<i>scresan</i>								5.43	6.26	5.20

The Age of an Egg

The age of an egg can always be determined by the size of its air space, which can easily be seen through the shell by exposing the egg to the light in a dark room. In a new laid egg this air space is very small, but as the egg gets older, it gradually enlarges. Thus at three weeks old it will occupy one eighth of the contents of the egg. This process of testing is adopted by most of the large dairies in London,

being thus able to insure that none but fresh eggs are supplied to their customers.

Question: "Dad, how can guns kick when they have no legs?" asked Bertie.

"Don't ask absurd questions," said his father.

"Guns haven't any legs, have they Dad?"

"Certainly not!"

"Well then, what's the use of their having breeches?"



March

Beware the Ides of March
Blow winds, and crack your cheeks!
rage! blow! —*Shakespeare.*

Who has seen the wind?
Neither you nor I;
But when the trees bow down their heads,
The wind is passing by. —*Christina Rossette.*

Rain and snow and chill, windy weather make March a month to be dreaded by any who are not in robust health.

This is the month when Spring tonics are begun. The days of the old formula for spring medicine—Sulphur and Molasses—are pretty well gone.

With many people that treatment has been replaced by Dr. Chase's Nerve Tonic which conforms to modern medical ideas of what most people need at this season of the year to help restore their wasted energy.

Ask your friends about Dr. Chase's Nerve Food for there are not many homes in which there is not somebody who has been benefitted by its use.

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

After the blackout the girl said: " 'Erbert, you really shouldn't have kissed me like that, with all those people so close around us, even if it was in the dark."

"I didn't kiss you," said the boy, looking angrily around in the crowd. "I only wish I knew who it was—I'd teach him!"

" 'Erbert," sighed the girl, "you couldn't teach 'im nothing!"

Slow Down Develop Curves

This suggestion is for thin girls who are nervous and irritable—always in a hurry and worry.

You burn up the calories which should go toward giving you a more pleasing figure as well as a happier disposition.

Better nutrition is what you need, and Dr. Chase's Nerve Food can greatly help you to secure a better balanced diet. It supplies among other things, Vitamin B-1 and essential minerals which are so necessary to help you to improve your health as well as your appearance.

Better rest and sleep, better digestion and better poise and disposition may add much to your attractiveness and happiness.

Fighting Fatigue Often a Losing Battle

Fatigue comes to tell you that your nerve force is running low. When greatly exhausted, you become too tired to sleep, too tired to eat, too tired to enjoy yourself, too tired to care. Your digestive system becomes too tired to properly digest the food.

Why not check this process of exhaustion right now, by using Dr. Chase's Nerve Food to help make the blood rich and red and help nourish the nervous system back to health and vigour.

This building up treatment is dependable because it supplies the ingredients which are lacking when nerve force becomes depleted.

Many Ills Come From Fatigue

The common cold is a good example. You try to fight off a cold but it finally gets you down. Then you realize that you were feeling tired and lacked energy before the cold took advantage of your low resistance and fixed itself upon you.

The human nervous system can only stand so much before it breaks, whether from overwork or overworry. Fatigue is the result—chronic fatigue and low vitality. Why not call on Dr. Chase's Nerve Food to help you to better health, so that you may be able to fight infectious ailments and be in a condition to enjoy life and accomplish what you set out to do.

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

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER INDICATIONS	April 1946			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.	d. h. m.	Sun Rises h.m.	Sun Sets h.m.	Moon Sets p.m.			
1	M	♈	Month begins															
2	T	♈	with															
3	W	♈	bright															
4	T	♈	clear															
5	F	♈	days.															
6	S	♈	Cooler															
7	S	♈	with															
8	M	♈	frequent showers.															
9	T	♈	Mild week end.															
10	W	♈	Cloudy															
11	T	♈	back-ward															
12	F	♈	weather															
13	S	♈	for															
14	S	♈	spring.															
15	M	♈	Turns milder															
16	T	♈	with clouds															
17	W	♈	and rain.															
18	T	♈	Month ends															
19	F	♈	Month ends															
20	S	♈	Month ends															
21	S	♈	Month ends															
22	M	♈	Month ends															
23	T	♈	Month ends															
24	W	♈	Month ends															
25	T	♈	Month ends															
26	F	♈	Month ends															
27	S	♈	Month ends															
28	S	♈	Month ends															
29	M	♈	Month ends															
30	T	♈	Month ends															

*Apr 1946
Golden Orange*

*cloudy - seed 9.00
cool for chickens 3.90*

*100 grow mash 25.50
2.00 chick starter 6.30*

coal for chickens 4.00

hay loader 140.00

How to Find Your Lucky Number

For example, let us suppose that you were born on April 23rd, 1906. April is the 4th month, so you get.

The 23rd day = 2 + 3 = 5.

The 4th month = 4 = 4.

The year 1906 = 1 + 9 + 6 + 0 = 16.

Reduce 16 = 1 + 6 = 7.

So 7 becomes your lucky number. By keeping this in mind when making engagements you

may be able to prove that this number does indeed bring you good luck.

Keep this in mind in connection with business transactions, in setting dates for weddings and christenings, and particularly remember your lucky number when making your bets at horse races or other sporting events.

By subtracting your number from 9, the difference should be your unlucky number. If your number is 9 there seems to be no unlucky number to apply.



April

April, April,
Laugh thy girlish laughter;
Then the moment after,
Weep thy girlish tears!

—Wm. Watson.

The year's at spring
And day's at morn;
Morning's at seven;
The hill-side's dewpearled;
The lark's on the wing;
The snail's on the thorn;
God's in His heaven—
All's right with the world.

—R. Browning.

We look forward to this month for more sunshine and cheer. Perhaps we are too impatient, but the long awaited Spring is often slow in showing up and we still have rain and chill winds to discourage us.

But there are fine warm days in between so that you are able to get out into your garden to plant the vegetable seeds for anticipated good things to eat and the flower seeds to bring brightness and good cheer during the summer months.

Spring tonics are in order and what's so good and so dependent as Dr. Chase's Nerve Food—the iron and vitamin B₁ tonic for blood and nerves? If there are pains and aches, there is Paradol and for rubbing in Dr. Chase's Liment to relieve backache, rheumatic pains and lumbago.

Dr. Chase's Ointment

For more than fifty years, Dr. Chase's Ointment has proven its outstanding value and effectiveness in the relief of itching skin diseases, such as eczema, ringworm, herpes and hemorrhoids.

This medicinal ointment should never be confused with creams and lotions which at best can only afford temporary relief, for it is strongly antiseptic and germicidal and helps to effect natural healing of the diseased parts.

Pruritus

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 cts. a box. Economy size jar \$2.00.

Eczema

This most common of skin diseases attacks all ages, sexes and races. Eczema is an inflammation of the skin and treatment must be applied locally to the affected parts. A constant symptom is itching and itching is relieved almost immediately when Dr. Chase's Ointment is applied.

Treatment with Dr. Chase's Ointment should be followed up regularly for neglect leads to the ailment becoming chronic.

Athlete's Foot

Strongly antiseptic and medicinal Dr. Chase's Ointment clings to the diseased skin, destroys germs, soothes and heals. A favorite at golf clubs, etc.

Dr. Chase's Ointment

May 1946

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER INDICATIONS	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 Sets p.m.						
1	W	♈	Ever	☾	New Moon...	1	8	16 a.m.	☾	New Moon...	1	9	16 a.m.	☾	New Moon...	1	9	16 a.m.	4.51	7.05	7.08
2	T	♈	welcome	☾	First Qtr...	8	0	13 a.m.	☾	First Qtr...	8	1	13 a.m.	☾	First Qtr...	8	1	13 a.m.	4.50	7.05	8.30
3	F	♈	May	☾	Full Moon...	15	9	52 p.m.	☾	Full Moon...	15	10	52 p.m.	☾	Full Moon...	15	10	52 p.m.	4.49	7.06	9.51
4	S	♈	weather.	☾	Last Qtr...	23	11	2 p.m.	☾	Last Qtr...	23	12	2 a.m.	☾	Last Qtr...	23	12	2 a.m.	4.47	7.08	11.05
5	S	♈	Change-	☾	New Moon...	30	3	49 p.m.	☾	New Moon...	30	4	49 p.m.	☾	New Moon...	30	4	49 p.m.	4.44	7.10	a.m.
6	M	♈	able and	♉					♉				♉					4.43	7.11	0.08	
7	T	♉	then	♉					♉				♉					4.42	7.11	1.00	
8	W	♉	clears.	♉					♉				♉					4.40	7.12	1.40	
9	T	♉	Fair	♉					♉				♉					4.39	7.13	2.13	
10	F	♉	week	♉					♉				♉					4.37	7.16	2.39	
11	S	♉	end.	♉					♉				♉					4.36	7.17	3.02	
12	S	♉	Mostly	♉					♉				♉					4.35	7.17	3.23	
13	M	♉	fair	♉					♉				♉					4.34	7.18	3.43	
14	T	♉	and	♉					♉				♉					4.33	7.19	4.04	
15	W	♉	warm	♉					♉				♉					4.31	7.22	4.26	
16	T	♉	week	♉					♉				♉					4.31	7.23	4.50	
17	F	♉	ends	♉					♉				♉					4.30	7.23	5.19	
18	S	♉	dull.	♉					♉				♉					4.29	7.24	rises	
19	S	♉	Some	♉					♉				♉					4.28	7.25	p.m.	
20	M	♉	showery	♉					♉				♉					4.26	7.27	11.35	
21	T	♉	weather	♉					♉				♉					4.26	7.28	a.m.	
22	W	♉	but	♉					♉				♉					4.25	7.29	0.16	
23	T	♉	mostly	♉					♉				♉					4.24	7.30	0.51	
24	F	♉	fair,	♉					♉				♉					4.23	7.31	1.21	
25	S	♉	cool.	♉					♉				♉					4.21	7.32	1.48	
26	S	♉	Week	♉					♉				♉					4.21	7.33	2.13	
27	M	♉	begins	♉					♉				♉					4.20	7.34	2.37	
28	T	♉	fair	♉					♉				♉					4.20	7.35	3.02	
29	W	♉	and	♉					♉				♉					4.19	7.36	3.33	
30	T	♉	ends	♉					♉				♉					4.18	7.37	4.04	
31	F	♉	wet.	♉					♉				♉					4.17	7.38	4.44	

Cedar

*200 check starter 6.30
300 growing mash 7.65*

*oil cake meal 5.00
cane 75.00
calves 37.50*

Victoria Day

Rogation Sunday

Ascension Day

A Healthy Baby Gains in Weight

When a baby is gaining in weight you need not worry about it's health. After the first week, there is usually a weekly gain of from five to seven ounces. The baby should also gain in height. Do not worry if the young baby's legs are bowed, but when he begins to walk, they should be straight as otherwise he has rickets.

In the 10 year period of 1933 to 1942, diphtheria harvested 2,838 lives in Canada, and whooping cough killed 6,333—mostly children. Scarlet fever filled 1,875 graves.

Greater care should be taken to prevent children from coming in contact with others who have such ailments. When such ailments are suspected, the family doctor should be called promptly.



May

The month it was the month of May,
 And all along the pleasant way,
 The morning birds were mad with glee,
 And all the flowers sprang up to see,
 As I went on to Arcady. —Moulton.

At last the merry month of May with new growth and Spring flowers. How we do welcome the warmer weather and look forward to the coming summer.

If poor health prevents the full enjoyment of Spring there is Dr. Chase's Nerve Food to help restore the richness of the blood depleted by artificial winter life and to give pep and energy by helping the nervous system. Dr. Chase's Nerve Food is an iron and vitamin B₁ tonic of proven value and is used by many people every Spring. Most people now buy the economy size bottle which contains three times as many pills as the regular size.

Father: "Do you suppose our son gets his intelligence from me?"

Mother: "He must, I've still got mine."

Foot Comfort

Foot comfort is of great importance to your well-being. Tired, aching feet can make you feel very miserable.

Tight fitting shoes and short-footed stockings are largely responsible for the discomfort.

The itching, burning sensations which accompany most foot troubles are quickly relieved by the applications of Dr. Chase's Ointment.

For Athlete's Foot, Dr. Chase's Ointment is especially effective as it clings to the skin where applied and affords very satisfactory relief from the itching, burning, stinging sensations.

Piles or Hemorrhoids

A MOST ANNOYING AILMENT WHICH IS QUICKLY RELIEVED BY THE USE OF DR. CHASE'S OINTMENT

This ointment is so universally used as a relief from piles that everybody should know about it.

It is said that four out of five people suffer from piles at one time or another. So if you are so unfortunate as to experience the itching, stinging sensations of piles, obtain Dr. Chase's Ointment just as quickly as possible and prove to your own satisfaction and comfort that this well known ointment is well worthy of the good reputation it has as a quick relief from the distressing and annoying symptoms of piles.

You may be told that a surgical operation is the only relief for piles. Fortunately this is not true. Under no circumstances can you afford to neglect the use of Dr. Chase's Ointment for in this way, you obtain relief almost as soon as the ointment is applied.

Had Two Operations

Mr. D. Bruce,

2518-15½ St., N.W., Calgary, Alta., writes:

"I was a soldier in the first Great War and contracted piles when on active service in France. Though I had two operations, the itching, stinging sensations persisted. I spent many sleepless nights before I began to use Dr. Chase's Ointment. I cannot tell you how thankful I am for the great benefits I received from its use."

Acne—Pimples

Just at the age when girls and boys want to look their best along comes acne or pimples to cause them embarrassment and annoyance.

There is no one definite cause, but poor general health—anæmia, indigestion, constipation—seem to be largely to blame.

So, while Dr. Chase's Ointment is recommended as an antiseptic treatment to help control the infection and hasten the healing of the sores, other treatment should be used to try to remove the cause of repetition of the trouble.

The girl or boy who is anæmic, has paleness of the eyelids and gums, and is easily tired, should use Dr. Chase's Nerve Food to enrich the blood and bring back natural healthy colour to the skin.

If on the other hand, constipation is present, Dr. Chase's Kidney-Liver Pills are required to help step up the activity of the liver and kidneys and regulate the bowels.

The Dr. Chase Fa

"If It Is a Dr. Chase Product You

The Information Below Will Help



The Dr. Chase Plan of Health provides a medicine for each class of ailments.

On the opposite page you will find listed under each product a number of ailments for which they are intended to bring relief.

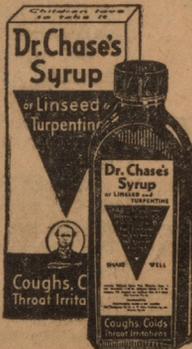
These will guide you in selecting suitable treatment.

Most druggists will tell you that they have recommended and sold Dr. Chase's medicines ever since they were apprentices to the drug trade and have always found them to be dependable.

If you are a stranger to Dr. Chase's medicines, ask your friends and neighbours about them, for most people know of their excellent reputation by personal experience or through cases which have come to their attention.

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.

CINE 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 1946			Moon's Phases			Ont. and Que.			Mar. Provs. and Nfld.			Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
				☾ First Qtr. . . .	☽ Full Moon	☾ Last Qtr.	☾ New Moon	d. h. m.	d. h. m.	d. h. m.	d. h. m.	Sun Rises h.m.	Sun Sets h.m.	Moon Sets p.m.				
1	S	♊	Fair.															
2	S	♊	Typical															
3	M	♋	bright															
4	T	♋	pleasant															
5	W	♋	June															
6	T	♋	days															
7	F	♋	this															
8	S	♋	week.															
9	S	♋	Showers															
10	M	♋	are															
11	T	♋	followed															
12	W	♋	by															
13	T	♋	sunny															
14	F	♋	days.															
15	S	♋	Turns															
16	S	♋	very															
17	M	♋	warm															
18	T	♋	and															
19	W	♋	then															
20	T	♋	some															
21	F	♋	showers.															
22	S	♋	Clears															
23	S	♋	and															
24	M	♋	remains															
25	T	♋	fine															
26	W	♋	to															
27	T	♋	week															
28	F	♋	end.															
29	S	♋	Warm.															
30	S	♋																

Life in a Garden

Sunny weather and blue skies—

And people out in their yards,
Digging, planting, watering and weeding—
What did you plant in your garden of life
today?
—*Esther Baldwin York.*

"How is your garden getting along old man?"
"Well, if the green things are vegetables, it's
fine, but if they're weeds, it's terrible."

What does the future hold for you? If health
and happiness are not in sight, turn to Dr.
Chase's Nerve Food as a proven means of helping
to revive tired nerves and of bringing you to a
new joy in life.

Father: "Didn't I see you kiss that boy you
dated last night?"

Daughter: "He feebly attempted to kiss me
and mother told me I should always help the
feeble."



June

And what is so rare as a day in June?
Then if ever come perfect days;
Then heaven tries earth if it be in tune,
And over it softly her warm ear lays.
—J. R. Lowell.

Oh, my love's like a red, red rose,
That's newly sprung in June;
Oh, my love's like the melody,
That's sweetly played in tune. —Burns.

June is not too hot and not too cold. The weather invites you out to breathe the pure clean air and take healthful exercise.

June is a month of good health and if you have used Dr. Chase's Nerve Food as a spring tonic to help restore the energy and vigour wasted by artificial winter life, you should now be in good health and find your daily work a pleasure.

Mothers of young children appreciate Dr. Chase's Ointment as a relief from chafing and skin irritations and as a preventive of eczema and other serious skin ailments.

Got Relief from Rheumatic Pains

Mr. Oscar Stroh,

Conestogo, Ontario, writes:

"I had a very sore knee caused by rheumatic pains. It was swollen, painful and was getting stiff, so that I had to use a cane. Then I heard about Paradol and obtained relief almost at once. By the time I had used 2½ vials the pain and stiffness had gone and up to this day I have had no more attacks. Thanks a lot to Paradol."

A Difficult Time For Girls and Women

Many girls and women look forward to the time of their monthly disturbances with anxiety and anticipation of pain and discomforts.

Fortunately many have learned by experience of what great benefit Dr. Chase's Paradol can be to them at these times.

Paradol seems to be nicely suited to the needs of most women because it brings relief so quickly and does not leave any disagreeable effects or upset the digestive system.

Headaches and other pains and discomforts are relieved and you can carry out your social or business engagements as usual.

Severe Headaches and Usual Pains

Miss Bertha Laflamme,

357 Cambridge St., Ottawa, Ontario, writes:

"I had severe headache and the usual pains and discomfort. At certain times I had to stay home from my work for 2 or 3 days at a time. I began taking Paradol—from the very first tablet I took it gave me relief. I never have missed a day's work since beginning its use and I am even going to parties without any discomfort, thanks to Dr. Chase's Paradol tablets. I can't speak too highly of Paradol and I am telling all my friends so they won't suffer what I have. Paradol does not disappoint."

Migraine is Chronic Headache

Migraine is more common among women than men. It returns again and again usually at the same part of the head and is most common to people of highly strung nervous condition.

With the headache are such symptoms as nausea and vomiting, disturbances of the sight, chilliness, intolerance of noise and light.

People who have migraine are often allergic to hay fever and asthma. The spells may come on just when you are feeling fine. You therefore, do not have much warning of when a spell is coming on.

The wisest safeguard is to always carry in your pocket or handbag, a vial of Dr. Chase's Paradol for immediate use when the attack comes on. In this way, you can obtain relief in a few minutes and avoid much discomfort. Paradol does not disappoint.

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER INDICATIONS	July 1946	Moon's Phases			Ont. and Que.			Mar. Provs. and Nfld.			Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.						
					☽ First Qtr. . . .	☾ Full Moon . . .	☾ Last Qtr. . . .	d. h. m.	d. h. m.	d. h. m.	d. h. m.	d. h. m.	Sun Rises h. m.	Sun Sets h. m.	Moon Sets p. m.					
1	M	♈	Comes																	
2	T	♉	in dry	Dominion Day										4.17	7.50	10.10				
3	W	♊	and	5.00 sewing mask										4.17	7.50	10.43				
4	T	♈	very	boots										4.18	7.50	11.10				
5	F	♉	warm.											4.18	7.50	11.33				
6	S	♊	Fair	oil grass										4.19	7.49	11.54				
7	S	♈	and											4.19	7.49	a.m.				
8	M	♉	cool	salt										4.20	7.48	0.15				
9	T	♊	followed	finger turn										4.21	7.48	0.36				
10	W	♈	by	old hand										4.22	7.48	0.59				
11	T	♉	hot	machine oil										4.22	7.47	1.24				
12	F	♊	spell.											4.23	7.47	1.54				
13	S	♈												4.24	7.46	2.31				
14	S	♉	Change-											4.25	7.45	3.15				
15	M	♊	able	repairs in rate										4.26	7.45	rises				
16	T	♈	this	grocery										4.26	7.44	p.m.				
17	W	♉	week											4.27	7.44	9.28				
18	T	♊	but											4.28	7.43	9.56				
19	F	♈	mostly											4.29	7.42	10.21				
20	S	♉	fair	spraying ten house										4.31	7.41	10.45				
21	S	♊	weather.											4.31	7.40	11.08				
22	M	♈	Showery	calf meal										4.32	7.40	11.32				
23	T	♉	weather	home soap										4.33	7.39	11.59				
24	W	♊	relieves	home straps										4.34	7.38	a.m.				
25	T	♈	the											4.36	7.36	0.30				
26	F	♉	heat											4.36	7.36	1.10				
27	S	♊	wave.	whitewashing ten house										4.37	7.34	sets				
28	S	♈	Fair											4.38	7.33	p.m.				
29	M	♉	and											4.39	7.32	8.02				
30	T	♊	becoming											4.41	7.31	8.39				
31	W	♈	warmer.											4.42	7.30	9.09				
														4.43	7.29	9.34				

Phoney Figures

Try this one. You can multiply 142857 by any figure from 1 to 6 and you will always get the same figures in the same order.

For example:

1. 142857 x 3 = 428571

2. 142857 x 6 = 857142.

"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.'"



July

By the waters of life we sat down together,
Hand in hand, in the golden days
Of the beautiful, early summer weather,
When skies were purple and breath was praise.
—Thomas Noel.

The beginning of the great holiday season in the northern countries. The time for fishing, swimming and basking in the sunshine in an effort to attain a healthy summer tan.

It is a happy idea to take with you on vacation a liberal supply of Dr. Chase's Nerve Food in order that you may co-operate with nature in building up the vigour and vitality of the body, and Dr. Chase's Ointment as a relief for ivy poison, insect stings, and as an antiseptic application for burns or wounds.

Many girls and women do not think of leaving home without a vial of Paradol in the handbag as a relief from pains and sudden colds.

First Farmer: "Potato bugs ate my whole crop in ten days."

Second Farmer: "They ate mine in two days and then roosted in the trees to see if I would plant some more."

Seed Merchant: "That's nothing. Right now there's one over there going through my books to see who has ordered seed for next spring."

Never Breaks a Date

We lift our hat to Lucy who never breaks a date, and what a lot of trouble it saves her.

For when she feels a headache coming on, Lucy does not have to call up and say she can't go tonight and so leave the poor boy wondering whether she means she can't or she won't. Not Lucy! She knows about Dr. Chase's Paradol, takes a tablet and soon the headache is gone and she goes to her date feeling fine.

We salute Paradol which brings relief and happiness to so many girls who previously had to cancel important dates.

You Feel Fine Quickly

You may have an interesting engagement, but you feel nervous and jerky. Perhaps there are headaches and other pains to annoy you.

Then you think of Paradol, get a tablet from your handbag and soon you are feeling fine and go to your date with poise and happiness. Dr. Chase's Paradol is different. That is why it is so popular. It contains a number of drugs which are known for their effectiveness against pain.

In Paradol they are so well balanced that there are no disagreeable after effects. You just quickly feel fine after using Paradol for relief from pain and discomforts.

"I have a terrible rumbling on my stomach. It's like a wagon going over a bridge."

"It's most likely that truck that you ate this morning for breakfast."

A small boy was hurrying to school and as he hurried, he prayed, "Dear God, don't let me be late—please, God, don't let me be late." Then he happened to stumble, and said, "You don't have to shove."

Always Has

PARADOL

In Her Handbag

Helen is known as a bright and happy girl in the office where she is employed.

She never loses any time from headaches and other pains, for she always carries Paradol in her handbag ready for immediate use when needed.

By using Dr. Chase's Paradol, the pains and aches are quickly relieved and she is left feeling bright and comfortable.

So why not take a tip from Helen and always carry Paradol in your handbag?



DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER INDICATIONS	Aug. 1946		Moon's Phases			Ont. and Que.			Mar. Provs. and Nfld.			Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
				☾ First Qtr. . . .	☽ Full Moon	☾ Last Qtr.	☽ New Moon. . . .	d. h. m.	d. h. m.	d. h. m.	d. h. m.	Sun Rises h.m.	Sun Sets h.m.	Moon Sets p.m.			
1	T	♈	Fair									4.44	7.28	9.57			
2	F	♈	and									4.45	7.27	10.18			
3	S	♈	warm.									4.47	7.24	10.39			
4	S	♈	Unsettled									4.48	7.24	11.01			
5	M	♈	weather,									4.48	7.22	11.25			
6	T	♈	but									4.50	7.21	11.54			
7	W	♈	mostly									4.51	7.19	a.m.			
8	T	♈	fair									4.53	7.18	0.28			
9	F	♈	and									4.54	7.17	1.09			
10	S	♈	warm.									4.55	7.15	1.59			
11	S	♈	Some									4.56	7.14	rises			
12	M	♈	light									4.57	7.12	p.m.			
13	T	♈	showers									4.59	7.10	7.09			
14	W	♈	and									5.00	7.09	8.25			
15	T	♈	becomes									5.01	7.09	8.49			
16	F	♈	cooler.									5.02	7.07	9.12			
17	S	♈										5.03	7.05	9.36			
18	S	♈	This									5.05	7.02	10.01			
19	M	♈	week									5.06	7.01	10.31			
20	T	♈	s									5.07	7.01	11.07			
21	W	♈	clear									5.08	6.58	11.51			
22	T	♈	and									5.09	6.56	a.m.			
23	F	♈	bright.									5.10	6.54	0.46			
24	S	♈										5.11	6.53	sets			
25	S	♈	Change-									5.12	6.51	p.m.			
26	M	♈	able									5.13	6.50	7.08			
27	T	♈	weather									5.14	6.48	7.35			
28	W	♈	and									5.16	6.45	7.58			
29	T	♈	month									5.17	6.44	8.20			
30	F	♈	ends									5.18	6.43	8.41			
31	S	♈	cool.									5.19	6.40	9.02			

A Good Hobby

Of all hobbies, gardening is the least tainted with such jealousies as one meets with in the pursuit of other hobbies and recreations. It seems to make for generosity and good fellowship the world over, and it is surprising how a total stranger will share his pleasures with a kindred spirit, and to what trouble he will go to assist a fellow gardener.—Martineau.

Mrs. Newrich was fond of flowers and especially liked salvia, but was not always reliable in getting names right. She was giving directions to her gardener: "On this side of the walk," she said, "I want you to put out some salivas." "Now what would you suggest for the other side?" "Well, madam," said the gardener, "maybe it would be a good idea to put some spittoonias there."



August

In the good old summer time,
In the good old summer time,
Strolling through the shady lanes,
With your baby mine. —Ron Shields.

At the beginning of August, the holiday season is at its peak and all who can seek rest and recreation in the mountains or at the beaches.

This is an ideal time in which to build up new energy and vigour so be sure to take with you on your vacation a liberal supply of Dr. Chase's Nerve Food.

By supplying iron and other minerals and vitamin B₁ to the system, you greatly hasten the restoration of vital energy which after all is the underlying reason for taking a vacation in the country.

Fishermen, campers and hunters usually drop a box of Dr. Chase's Ointment into the club bag as a relief for insect stings, ivy poisoning and as an antiseptic treatment for burns or wounds.

I have discovered," writes a doctor, "that the 'flu is both affirmative and negative. Sometimes the Eyes have it and sometimes the Noes."

Mother of Ten

"I am the mother of ten children, all under sixteen years of age," writes Mrs. Stephen Gilchrist, of Hyndford, Ontario. "I am thankful to say that I have never had to call a doctor to any of them. I am going to tell you my secret. It is the use of Dr. Chase's Medicines. I always keep Dr. Chase's Syrup for their colds. The Ointment for skin troubles. And a good supply of Dr. Chase's Nerve Food for myself, to keep me fit for my daily work."

Good Reasons for the use of Dr. Chase's K-L Pills

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.

It is a fine habit to use these pills once or twice a week to stimulate the action of the liver and kidneys and keep the bowels regular and active.

Auntie: "Tommy, won't you have another piece of shortcake?"

Tommy: "No, thank you."

Auntie: "You seem to be suffering from loss of appetite."

Tommy: "It ain't loss of appetite. What I'm suffering from is politeness."

The *Sault Ste. Marie Star*, Canada's authority on wolves, still backs up Old Sam Martin, who said: "Any man that says he's been et by a wolf is a liar."

Backache

Pains in the back may come from varied causes, such as—over-fatigue; liver disorders, when under the shoulder blades; kidney derangements, when across the small of the back.

Poison causes pain and the use of Dr. Chase's Kidney-Liver Pills to arouse the action of the filtering organs can afford relief.

For lumbago or persistent pains in the back, Dr. Chase's Liniment, well rubbed in often brings very satisfactory results. The pills should be used to try to remove the cause of the trouble.

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER INDICATIONS	Sept. 1946	Moon's Phases			Ont. and Que.			Mar. Provs. and Nfld.			Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
					☾ First Qtr. . . .	☽ Full Moon . . .	☾ Last Qtr. . . .	d. h. m.	d. h. m.	d. h. m.	d. h. m.	d. h. m.	Sun Rises h.m.	Sun Sets h.m.	Moon Sets p.m.	
1	S	♈	Fine										5.20	6.38	9.26	
2	M	♈	warm	Labour Day									5.22	6.36	9.53	
3	T	♈	autumn										5.23	6.35	10.25	
4	W	♈	days										5.24	6.34	11.02	
5	T	♈	all										5.25	6.32	11.48	
6	F	♈	this	57 hrs. 5' 26 sec									5.26	6.30	a.m.	
7	S	♈	week.										5.28	6.27	0.42	
8	S	♈	A few										5.29	6.26	1.44	
9	M	♈	showery										5.30	6.24	2.50	
10	T	♈	days										5.31	6.22	rises	
11	W	♈	then	400 paying mesh									5.32	6.20	p.m.	
12	T	♈	fair	1000 producing									5.34	6.17	7.16	
13	F	♈	and										5.35	6.16	7.39	
14	S	♈	warmer.	plow repairs									5.36	6.14	8.04	
15	S	♈	A										5.37	6.12	8.33	
16	M	♈	week										5.38	6.10	9.07	
17	T	♈	of	sales									5.40	6.08	9.48	
18	W	♈	clear	bull									5.40	6.07	10.39	
19	T	♈	bright	trucking									5.41	6.05	11.40	
20	F	♈	weather.										5.43	6.02	a.m.	
21	S	♈	High										5.44	6.00	0.49	
22	S	♈	winds										5.46	5.58	2.02	
23	M	♈	do										5.47	5.57	3.15	
24	T	♈	much										5.48	5.55	sets	
25	W	♈	damage										5.50	5.53	p.m.	
26	T	♈	this	Hebrew New Year (Rosh Hashanah)									5.51	5.51	6.43	
27	F	♈	week.										5.52	5.49	7.04	
28	S	♈	Ends										5.53	5.48	7.27	
29	S	♈	fine.										5.55	5.46	7.52	
30	M	♈											5.56	5.44	8.22	

It takes so little to make us glad,
 Just a cheering clasp of a friendly hand,
 Just a word from one who can understand;
 And we finish the task we long had planned;
 And we lose the doubt and the fear we had—
 So little it takes to make us glad.

Ida G. Morris.

American Humor

Colored gentleman cornered in the chicken pen, "Before Gahd, massa, dere ain't nobody here, but us chickens."

British Humor

There is the old story of the drunk who went to the pub, "George and the Dragon" and was chucked out by the landlady. When he returned later she greeted him, "Ho, come to see me again?" "No", says he, "Came to see George this time."

Young and inexperienced father gazing at triplets the nurse had just brought out: "We'll take the one in the middle."



September

I remember, I remember
The fir-trees dark and high;
I used to think their slender tops
Were close against the sky.

—Thomas Hood.

I think that I shall never see
A poem as lovely as a tree. —Joyce Kilmer.

“Thirty days hath September” and they should be happy days when Nature is beginning to array herself in resplendant autumn colours.

What can be more enjoyable than a stroll through the woods at this season of the year. Here in Canada, June and September vie with one another as being pleasurable, healthy months.

The harvest has been largely gathered in, the fruits are ripening and the weather is at the right temperature for enjoyable living.

Bad Attack of Indigestion

Mrs. I. T. Bushell,
25 West, 8 Ave., Vancouver, B.C., writes as follows:

“Several years ago I wrote you about my experience with Dr. Chase’s Nerve Food and I still use it from time to time when it is required. I had a bad attack of indigestion and would lie awake for hours at night unable to sleep. This condition became serious, but I finally concluded that it was from my nerves and began to use the Nerve Food again. For several months now I have not had any trouble of this kind although I have at times eaten very hearty meals. I am now 58 years of age and feeling well and have lots of pep.”

Important Work of the Liver

The liver is the largest organ of the body and has such important work to perform that it is described as the governor of the body.

1. It filters from the newly formed blood the excess of sugar and fats and stores them for future use in building up energy and strength.

2. The bile salts formed by the liver aid in digestive action.

3. It forms the substance which is essential for clotting of the blood.

4. It filters bile from the blood where it acts as a poison and passes it to the intestines where it acts as a cathartic to keep the bowels regular and active.

You can see, therefore, that once the liver becomes sluggish and torpid in action, a host of ills are likely to develop. The most usual troubles are biliousness, constipation, indigestion, jaundice, and ultimately derangements of the kidneys.

Because Dr. Chase’s Kidney-Liver Pills go directly to arouse the action of the liver and keep it in healthful condition, you may expect it to be of real help to you when the above mentioned ailments develop.

Quotations from Joel Chandler Harris

Brer Fox, he lay low.

Ez soshubble ez a basket 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.

Flatulence or Gas on Stomach

This very annoying ailment usually results from indigestion and fermentation of the food, giving rise to the formation of gas.

The treatment suggested is Dr. Chase’s Kidney-Liver Pills because of their promptness in helping to correct the action of the liver, kidneys and bowels, and thereby relieving the indigestion. With these organs working properly the food passes quickly through the alimentary canal and there is no time for fermentation, flatulence, heat flashes, food repeating and other disagreeable symptoms of indigestion.

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER INDICATIONS	Oct. 1946		Moon's Phases			Ont. and Que.			Mar. Provs. and Nfld.			Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
				d.	h. m.	d.	h. m.	d.	h. m.	d.	h. m.	Sun Rises h.m.	Sun Sets h.m.	Moon Sets p.m.			
1	T	♈	Comes			☾ First Qtr.	3	4	53 a.m.	3	5	53 a.m.	5.57	5.42	8.57		
2	W	♈	in			☾ Full Moon	10	3	40 p.m.	10	4	40 p.m.	5.59	5.39	9.39		
3	T	♈	fair			☾ Last Qtr.	17	3	28 a.m.	17	9	28 a.m.	5.59	5.38	10.29		
4	F	♈	and			☾ New Moon	24	6	32 p.m.	24	7	32 p.m.	6.00	5.37	11.27		
5	S	♈	mild.										6.02	5.35	a.m.		
6	S	♈	Autumn										6.03	5.33	0.31		
7	M	♈	leaves										6.05	5.30	1.39		
8	T	♈	tell										6.06	5.29	2.50		
9	W	♈	of										6.07	5.28	4.03		
10	T	♈	advan-										6.08	5.26	rises		
11	F	♈	cing										6.10	5.24	p.m.		
12	S	♈	season.										6.11	5.21	6.32		
13	S	♈	Cooler										6.12	5.20	7.05		
14	M	♈	with										6.14	5.19	7.44		
15	T	♈	some										6.15	5.17	8.33		
16	W	♈	showers,										6.16	5.15	9.32		
17	T	♈	week										6.18	5.12	10.40		
18	F	♈	ends										6.18	5.12	11.51		
19	S	♈	fine.										6.20	5.10	a.m.		
20	S	♈	Begins										6.22	5.08	1.04		
21	M	♈	fair										6.23	5.06	2.15		
22	T	♈	but										6.25	5.03	3.24		
23	W	♈	this										6.26	5.03	4.32		
24	T	♈	week										6.27	5.02	sets		
25	F	♈	ends										6.28	5.00	p.m.		
26	S	♈	wet.										6.30	4.58	5.54		
27	S	♈	Turns										6.31	4.56	6.21		
28	M	♈	quite										6.32	4.55	6.54		
29	T	♈	cool										6.33	4.54	7.33		
30	W	♈	this										6.34	4.52	8.20		
31	T	♈	week.										6.33	4.50	9.14		

Essay on Geese

Geese is a low heavy bird which is most meat and feathers. Geese can't sing much on account of the dampness of the water. He ain't got no between-his-toes and he's got a little balloon in his stummick to keep him from sinking. Some geese when they are big has curls on their tails and is called ganders. Ganders don't have to sit and hatch, but just eat and loaf around and go swimming. If I was a goose I'd rather be a gander.

In a Railroad Round House

She: "What is that big thing?"
 He: "That's a locomotive boiler."
 She: "Why do they boil locomotives?"
 He: "To make the engine tender."

Yes! in the poor man's garden grow,
 Far more than herbs and flowers,
 Kind thoughts, contentment, peace of mind,
 And joy for weary hours.—Mary Howitt.



October

The skies they were ashen and sober;
The leaves they were crisp and sere—
The leaves they were withering and sere;
It was night in the lonesome October
Of my most immemorial year. —E. A. Poe.

The sudden changes of temperature during October and the beginning of more confined indoor life brings many colds.

The quick way to check them is by using Dr. Chase's Paradol with a hot drink before retiring.

Should you develop throat and bronchial hoarseness and coughing let Dr. Chase's Syrup of Linseed and Turpentine prove again its long time record is a relief for coughs, colds, croup and bronchitis.

Doctor: "Ask the accident victim what his name is, so we can notify his family."

Nurse (a few minutes later): "He says his family knows his name."

As a Spring Medicine

Dr. Chase's Liver Medicine fills all the requirements of a Spring Medicine. It helps to clear the accumulated 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.

Chronic Indigestion

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

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

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

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

Finance—Harduppe—"Darned if I understand banking."

Cashdown—"How so?"

Harduppe—"They'll lend you all the money you want as long as you can prove you don't need it."

Why Blame the Stomach?

Generally speaking, troubles in the stomach can be relieved or regulated by the food you eat or drink.

Indigestion to a great extent does not take place in the stomach which is rather of the nature of a warehouse in which the food is stored until it can be passed on for digestion and filtration by other digestive organs—the liver, kidneys and intestines.

Over-indulgence in food or drink causes stomach discomforts and disorders. Rest helps to relieve such troubles.

Ulcers of the stomach and adjacent organs usually are the result of nervous exhaustion resulting from high nervous tension, over-work or worry.

By using Dr. Chase's Kidney-Liver Pills to keep up the regular healthful action of the liver, kidneys and bowels, you may seldom be troubled with disorders of digestion.

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER INDICATIONS	Nov. 1946	Moon's Phases	Ont. and Que.			Mar. Provs. and Nfld.			Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
						d.	h.	m.	d.	h.	m.	Sun Rises h.m.	Sun Sets h.m.	Moon Sets p.m.
1	F	♈	Begins		☾ First Qtr....	1	11	40 p.m.	1	12	40 p.m.	6.38	4.49	10.15
2	S	♈	fair.		☾ Full Moon...	9	2	10 a.m.	9	3	10 a.m.	6.39	4.49	11.20
3	S	♈			☾ Last Qtr....	15	5	35 p.m.	15	6	35 p.m.	6.40	4.47	a.m.
4	M	♈	Strong		☾ New Moon...	23	0	24 p.m.	23	1	24 p.m.	6.41	4.45	0.28
5	T	♈	winds									6.43	4.44	1.39
6	W	♈	and									6.45	4.42	2.51
7	T	♈	cool									6.46	4.41	4.06
8	F	♈	rainy									6.47	4.40	5.23
9	S	♈	days.									6.49	4.39	6.44
10	S	♈										6.50	4.38	rises
11	M	♈	Few	Remembrance Day								6.52	4.36	p.m.
12	T	♈	days									6.52	4.35	7.20
13	W	♈	of									6.55	4.34	8.27
14	T	♈	fine									6.56	4.33	9.40
15	F	♈	bright									6.57	4.32	10.54
16	S	♈	weather.									6.59	4.31	a.m.
17	S	♈										6.59	4.30	0.06
18	M	♈	Dull									7.00	4.29	1.16
19	T	♈	cloudy									7.02	4.28	2.23
20	W	♈	days									7.03	4.28	3.29
21	T	♈	all									7.05	4.26	4.34
22	F	♈	this									7.06	4.26	5.38
23	S	♈	week.									7.07	4.25	6.43
24	S	♈										7.09	4.24	sets
25	M	♈	High									7.10	4.24	p.m.
26	T	♈	winds									7.12	4.23	6.15
27	W	♈	prevail									7.12	4.22	7.06
28	T	♈	and									7.14	4.21	8.04
29	F	♈	month									7.15	4.21	9.07
30	S	♈	ends									7.16	4.21	10.13
			wet.	St. Andrew's Day										

Bed Wetting

By two years a child should be trained to avoid bed wetting during the day time and by three years there should be no trouble at night. Lack of training is the usual cause of trouble. Keep the child from lying on the back by tying a towel around the body with the knot at the back. Bed wetting usually occurs about two hours after retiring. Awaken the child before this time and so avoid the accident. Patient training is usually successful.

Rickets

In order to avoid rickets, it is most important that babies be exposed to sunshine as much as possible. Calcium is essential for the development of bone and teeth. It is obtained from milk and other food. Sunshine helps the body to take up the calcium and so prevent rickets and help build up good bone and healthy teeth.

Keep baby in the sunshine.



November

The melancholy days are come,
The saddest of the year,
Of wailing winds and naked woods,
And meadows brown and sear.

—Wm. C. Bryant.

No sun—no moon—no moon—no noon,
No dawn—no dusk—no proper time of day,
No warmth—no cheerfulness—no healthful
ease,

No comfortable feel in any member,
No shade, no shine, no butterflies, no bees,
No fruit, no flowers, no leaves, no birds
November.

—Thomas Hood.

Don't let the dull days get you down. If you are feeling blue or depressed, Dr. Chase's Nerve Food may be exactly what you need to steady and restore the vitality of the nervous system.

Chronic fatigue as well as worry and irritability often comes from a run-down condition of the nerves. Loss of sleep and indigestion are other symptoms which warn you of the lack of sufficient nervous energy to control the proper functioning of the bodily organs.

So why not ask your druggist for a new economy size bottle of Dr. Chase's Nerve Food and drive away the clouds that tend to get you down?

"How bashful you are!" said the pretty young thing.

"Yes, I take after my father in that respect."

"Was your father bashful?"

"Was he? . . . Why mother says that if he weren't so bashful, I'd have been four years older."

The Liver Looks After Poisons

As soon as the blood is enriched by the nutrition from the digested food it is passed through the liver to have the poisons filtered out. To constantly continue this work, the liver must be a strong and active organ and is of greatest importance to life and health.

The poison which is most injurious to the liver itself is alcohol which is believed to cause that very serious ailment, cirrhosis of the liver.

Dr. Chase's Kidney-Liver Pills are designed to help to keep the liver active and the bowels regular. Torpid action of the liver usually results in upsetting the process of digestion and causing constipation. You can arouse the liver to healthful action by using Dr. Chase's Kidney-Liver Pills. It is a fine habit to use these pills once or twice a week to help keep the liver active and the digestive system in healthy working condition.

Constipation and Piles

So closely are constipation and piles associated that constipation may be considered the usual cause of piles.

There is no question that you can quickly obtain relief from the distressing itching and burning of piles by using Dr. Chase's Ointment. Most people know this and realize that attention must also be given to removing the cause—constipation. For this purpose Dr. Chase's Kidney-Liver Pills are well suited, since by reason of their effectiveness as a means of arousing the liver, they cause a good flow of bile—nature's cathartic. The Ointment relieves the cause of the discomfort.

Stimulation for the Kidneys

Kidney disorders often result from a sluggish torpid condition of the liver in which case the kidneys are overstrained in an effort to filter poisons from the blood.

Dr. Chase's Kidney-Liver Pills help to bring relief quickly, for in addition to stimulating the action of the kidneys, they also pep up the liver action and relieve the over-worked kidneys.

This double action is unique in Dr. Chase's Pills and helps to account for their fine reputation for relieving complicated troubles of the liver and kidneys.

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER INDICATIONS	Dec. 1946			Moon's Phases			Ont. and Que.			Mar. Provs. and Nfld.			Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
				d.	h.	m.	d.	h.	m.	d.	h.	m.	d.	h.	m.	Sun Rises h.m.	Sun Sets h.m.	Moon Sets p.m.
1	S	♋	This	First Sunday in Advent.....	7.18	4.20	11.20	1	4	47 p.m.	1	5	47 p.m.					
2	M	♋	week	7.19	4.20	a.m.	8	0	52 p.m.	8	1	52 p.m.					
3	T	♋	is	7.20	4.20	0.29	15	5	57 a.m.	15	6	57 a.m.					
4	W	♋	clear	7.21	4.20	1.41	23	8	6 a.m.	23	9	6 a.m.					
5	T	♋	and	7.22	4.19	2.54	31	7	23 a.m.	31	8	23 a.m.					
6	F	♋	cool.	7.23	4.19	4.12											
7	S	♋	Showery	7.24	4.19	5.33											
8	S	♋	in	7.25	4.19	rises											
9	M	♋	most	7.25	4.19	p.m.											
10	T	♋	sections	7.26	4.18	6.06											
11	W	♋	and	Accession, King George VI, 1936.....	7.28	4.18	7.19											
12	T	♋	then	7.28	4.18	8.37											
13	F	♋	cold.	Birthday King George VI, 1895.....	7.29	4.18	9.52											
14	S	♋	Continues	7.30	4.18	11.05											
15	S	♋	cold	7.31	4.19	a.m.											
16	M	♋	with	7.32	4.19	0.14											
17	T	♋	heavy	7.33	4.19	1.21											
18	W	♋	snow	7.33	4.20	2.26											
19	T	♋	fall.	7.33	4.20	3.30											
20	F	♋	Clear	7.33	4.21	4.35											
21	S	♋	and	7.35	4.21	5.33											
22	S	♋	bright	7.36	4.21	6.41											
23	M	♋	but	7.36	4.22	7.40											
24	T	♋	ends	Christmas Day.....	7.36	4.23	sets											
25	W	♋	stormy.	7.37	4.23	p.m.											
26	T	♋	ends	7.37	4.24	6.59											
27	F	♋	at	7.38	4.24	8.04											
28	S	♋	Fair	7.38	4.25	9.10											
29	S	♋	at	7.38	4.26	10.17											
30	M	♋	end.	7.38	4.27	11.25											
31	T	♋	end.	7.38	4.28												

Study Yourself

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

Remember that the most important of all

possessions is health. With health comes success and happiness. A most satisfactory way to keep fit for a full life is by using Dr. Chase's Nerve Food to keep up nervous energy and vigor of body and mind.

With a few flowers in my garden, half a dozen pictures, and some books, I live without envy.
—Lope de Vega.



December

I remember, I remember
How my childhood fled by,
The mirth of its December
And the warmth of its July.

—Thomas Hood.

This is a joyous month for young and old. The spirit of giving fills the air and with it comes genuine pleasure.

December is primarily a children's month for with the fall of snow, sleighing season arrives. So hand sleigh and skates are got ready and impatiently the snow and ice is awaited.

And then there is Christmas and Santa Claus to look forward to. What will he bring this year?

There is so much of a joyous nature in December that more or less trivial ailments are largely forgotten.

But when the turkey has been devoured and all the other goodies eaten there is likely to be trouble which can be relieved by the use of Dr. Chase's Kidney-Liver Pills. For quick relief from pain use Paradol—Paradol does not disappoint.

Rub Out The PAIN With

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, rheumatic pains, 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.

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.

What To Do About Colds

In these days when so much is to be done and so few to do it, the loss of time caused by colds becomes more serious than ever. Isn't it about time we considered colds seriously and did something about them?

Here are some timely suggestions which, we believe, will help you to escape having colds or to check them and save valuable time.

1. The cold germ gets you when your general health is under par or when you are tired out by overwork or worry. You can largely avoid this condition and often escape colds by using Dr. Chase's Nerve Food to help build up your health to high water mark. Rich red blood is the greatest of germicides and Dr. Chase's Nerve Food supplies the food minerals and Vitamin B-1 which make the blood rich and nourishing.

2. If you do feel a cold coming on, act quickly and you may check it entirely or at least shorten its course. Try this. Take Dr. Chase's Paradol, a good drink of hot lemonade or ginger tea, and rest in bed. Repeat this treatment if necessary. Paradol does not disappoint.

3. Should you be so unfortunate as to have a cold in its later stages, with coughing and irritation of the throat and bronchial tubes, use Dr. Chase's Syrup of Linseed and Turpentine. This treatment has been a great favourite in many thousands of homes for over half a century. It is pleasant to take and remarkably effective in helping to relieve coughs, colds, croup and bronchitis.

Instead of neglecting colds, plan ahead by having these medicines in your home. Some one is sure to need them. The wise course is to prevent colds by keeping the health at high water mark. Let Dr. Chase's Nerve Food help you to do this.

The rookie had fired 40 rounds without even hitting the target.

"Where the devil are your shots going?" yelled the captain.

Back came the answer: "You've got me. All I know is that they're leaving here all right."



Allergy In Hay Fever and Asthma

When a person is subject to such ailments as Hay Fever and Asthma, they are said to be allergic to such ailments and this peculiarity seems to be hereditary.

In both cases there is an over-sensibility of the nerves to certain substances which float in the air and set up an irritation in the mucous lining of the nose and throat.

Relief from Hay Fever is readily obtained by the use of Dr. Chase's Catarrh Powder which helps to clear out, cleanse and heal the stuffed up and irritated air passages, make breathing easier and relieve the distressing symptoms of this ailment.

The coughing of asthma is relieved by the use of Dr. Chase's Syrup of Linseed and Turpentine. An effort should be made to find out the cause of trouble, so as to prevent the recurrence of asthmatic attacks.

Young people are liable to neglect colds because they are common, not realizing that serious disease is often developed during young manhood and womanhood.

Stop the cough and check the cold in the early stages by using Dr. Chase's Syrup of Linseed and Turpentine. It is a Dr. Chase product and therefore dependable.

He: "We certainly had a wonderful time last night for ten cents."

She: "Yes, it was fun wasn't it? I wonder what my little brother did with it."

He: "I like the Scotch way of making love."

She: "What's that?"

He: "Well, you get closer and closer."

The Worst is Backache

Of all the pains which human beings endure Backache is the most incapacitating. Backache and pains in the limbs result from uric acid poisons left in the blood by defective kidney action. The poisons ultimately give rise to such painful ailments as rheumatic pains and lumbago.

You can quickly cleanse the system of these poisons by using Dr. Chase's Kidney-Liver Pills. Because of their unique, combined action on the kidneys, liver and bowels, these pills ensure healthful kidney action as well as a thorough elimination of the poisonous waste matter.

for **Good Appetite...**
Good Digestion



Dr. Chase's
Kidney-Liver Pills

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UNCAT
Himnacs...

for **BETTER SLEEP . . .**
for **BETTER DIGESTION . . .**
and for **BETTER HEALTH!**



Dr. Chase's
NERVE FOOD