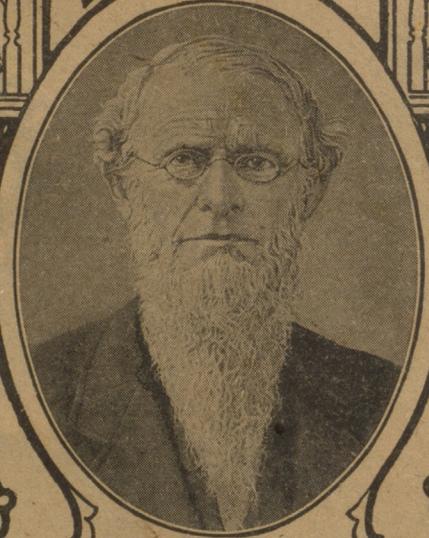


HANG ME UP

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

1948



*Respectfully  
A. W. Chase*

FOR THE  
HOME, FACTORY  
FARM, OFFICE



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

*Puts you  
on top of  
the World*



**Dr. Chase's NERVE FOOD**

# Puts You on Top of the World

You aren't feeling "On top of the world?" Then now is the moment to do something about it. Jot down a memo to get a box of Dr. Chase's Nerve Food and get started with this tonic as soon as you can.

It's not a wonder remedy. You'll have to take it for about three weeks before you may notice signs of improvement, but towards the end of the third week, you may start feeling like the girl in the picture.

Why can Dr. Chase's Nerve Food help you to feel like this? There is no mystery to it. For Dr. Chase's Nerve Food contains the iron, essential minerals and vitamin B1, which your system may need to restore your energy and vitality.

As soon as you supply it with these health giving ingredients, for which you may be starving, you can easily understand why you have a good chance of feeling like a far different person. A good chance of having vitality to enjoy life—to make the most of yourself—to feel "On top of the world."

## Umbrella

The rain it raineth on the just  
And also on the unjust fella;  
But chiefly on the just, because  
The unjust steals the just's umbrella.

—Sir George F. Owen

"Mom!" exclaimed eight-year-old Susan indignantly from the attic.

"What is it dear?" inquired the anxious mother hurrying up the stairs.

"Look at this old letter Daddy wrote to you," explained Susan. "He said he was gonna build a cottage for two."

"What of it?" mother asked.

"Did he expect me to sleep in the street?" Susan demanded.

Life isn't fair to men. When they are born, their mothers get the compliments and flowers; when they get married, their brides get the presents and publicity; when they die, their widows get the insurance and the winters in California.

"Why are you crying?"

"Father called mother a waddling goose and mother called father a stupid ass."

"But why are you crying?"

"Well, what am I?"

## Household Hints

### Indelible Pencil Stains

To remove indelible pencil stains from a garment, rub with denatured alcohol and soak for about five minutes. Then rinse in mild soapsuds, again in clear water.

### Wet Pages

If water has been spilled on some of the pages of a book, slip a blotter immediately on each side of the wet pages and press them with a medium hot iron until dry. This will prevent the pages from crinkling.

### Crocheted Lace

Crocheted lace can be cut without raveling if it is stitched across the lace on the sewing machine twice, then a small space left, and stitched across twice more. Cut between the two rows of stitching.

### Bronze Ornaments

Dust the bronze ornaments well, and then rub them with a cloth moistened with sweet oil. Polish with a soft chamois until they shine and all stains are removed.

## This Almanac is Written For You

Its mission is to help bring you better health. To help you make the most of yourself and to assist you to live a fuller and happier life.

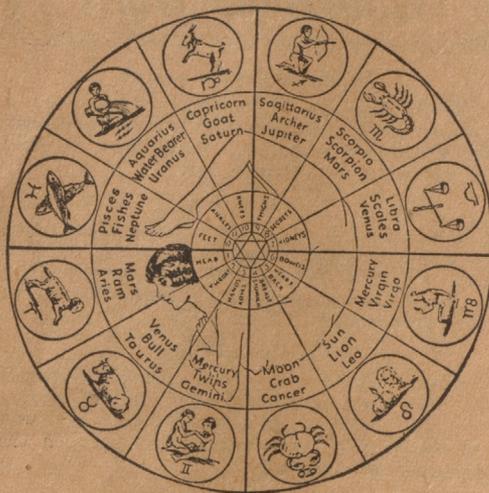
To accomplish these things the first requisite is good health, for without good health you will lack the energy to enjoy a full and happy life.

If you feel that you are suffering from a serious ailment, then by all means, see your doctor for a thorough medical examination, in order to get at the root of your trouble.

But there are many ills for which Dr. Chase's Medicines are well suited and effective treatment. In the pages of this Almanac you will likely find the information which will help you to select the medicine suited to your needs.

Dr. Chase's Medicines have helped so many people to get well and enjoy far better health, that it is only reasonable to suppose that they can help you too. The proof of this fact is that Dr. Chase's Medicines are now being used more than ever before and that is saying a great deal, for they have been helping people just like you, to relieve their ailments and to achieve new and vigorous health, for more than 60 years.

## SIGNS OF THE ZODIAC



### 1948

Dominical Letter .. DC	Solar Cycle..... 25
Epact..... 19	Roman Indiction. 11
Golden Number... 11	Julian Period... 6661

The year 5709 of the Jewish era begins at Sunset on October 3rd, 1948, Gregorian Calendar.

The year 1368 of the Mohammedan era or the era of the Hegira, begins at Sunset November 2nd, 1948.

The thirteenth year of the reign of King George VI begins December 12th, 1948.

The 82nd year of the Confederation of the Dominion of Canada begins July 1st, 1948.

The 173rd year of the Independence of the United States begins July 4th, 1948.

January 14th, 1948, Gregorian Calendar, corresponds to January 1st, 1948 Julian Calendar.

### Eclipses 1948 (Greenwich Time)

I.—PARTIAL ECLIPSE OF THE MOON, April 23rd, 1948—Begins 12.48 a.m., ends 3.49 p.m. Beginning visible in the extreme Western and Northwestern part of North America. Ending visible in the extreme North Western part of North America.

II.—ANNULAR ECLIPSE OF THE SUN, 8-9th May, 1948—Begins May 8th, 11.40 p.m. Ends May 9th, 5.11 a.m. Beginning visible Western and North Western Canada. Ending visible extreme North Western Canada.

III.—TOTAL ECLIPSE OF THE SUN, 1st November, 1948—Begins 3.19 a.m. Ends 8.39 a.m. Visible only in Africa, Asia, Australia.

## Seasons

**Spring**—Sun enters Aries, Spring begins 20th March, 12.57 p.m. Maritime Provinces and Newfoundland. 11.57 a.m. Ontario and Quebec. 10.57 a.m. Manitoba. 9.57 a.m. North-West Provinces. 8.57 a.m. British Columbia.

**Summer**—Sun enters Cancer, Summer begins 8.11 a.m. Maritime Provinces and Newfoundland. 7.11 a.m. Ontario and Quebec. 6.11 a.m. Manitoba. 5.11 a.m. North-West Provinces. 4.11 a.m. British Columbia.

**Autumn**—Sun enters Libra, Autumn begins 22nd September, 11.22 p.m. Maritime Provinces and Newfoundland. 10.22 p.m. Ontario and Quebec. 9.22 p.m. Manitoba. 8.22 p.m. North-West Provinces. 7.22 p.m. British Columbia.

**Winter**—Sun enters Capricornus, Winter begins 6.34 p.m. Maritime Provinces and Newfoundland. 5.34 p.m. Ontario and Quebec. 4.34 p.m. Manitoba. 3.34 p.m. North-West Provinces. 2.24 p.m. British Columbia.

## Under What Sign Were YOU Born?

This year we present a new interpretation of the influence of the Signs of the Zodiac on human beings, their characters and dispositions.

Knowing the date of birth of the person interested, you will be able to select the description applying to them. Much amusement may result.

—See Page 6.

## How To Play Checkers

Sorry that with the paper shortage, we are still limited to 34 pages and have no space for checker puzzles.

But if you want the lowdown on how to beat the experts, send us 10 cents and your address for a copy of "How to Play Checkers to Win."

This popular little book contains many interesting secrets on this great game. Address:—The Dr. A. W. Chase Medicine Co., Ltd., Oakville, Ont., Canada.

## Why Not Keep a Diary?

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.

# Love Follows Health and Beauty

If you wish to be attractive, if you wish to see friendly, admiring glances as you enter a room, then one thing you should have is VITALITY.

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

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

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

It usually takes 45 to 60 days for Dr. Chase's Nerve Food to rebuild your health, to add vigour to the nervous system and to give you new vitality. This treatment by enriching your blood, helps to give your whole body a fresher and more vital appearance.

Sixty days! Is that too long or too hard a task for the rich rewards at the end of only two months?

Now you may be just enduring life—in sixty days you may be living and enjoying every minute of it—it's up to you.



## Anaemia A Common Ailment

Iron deficiency anaemia is far more prevalent among people of all ages than is generally supposed. The symptoms are pallor of the lips, gums and eyelids, abnormal fatigue and general debility.

There is malnutrition, susceptibility to infectious diseases and chronic loss of weight. Women are further weakened by the monthly loss of blood.

Because it supplies iron in liberal quantities as well as other minerals and vitamin B1, Dr. Chase's Nerve Food is well suited as a definite help to the person in an anaemic condition. By persistently supplying these ingredients the quality of the blood is steadily built up and the accompanying symptoms disappear.

A farmer was having difficulty filling out a government claim sheet for a cow that had been killed accidentally. He came to the last item: *Disposition of the carcass.* Puzzling over the question for some time, he finally wrote: "Kind and gentle."  
—Tom Goolée

An indolent vicar of Bray  
His roses allowed to decay.  
His wife, more alert,  
Bought a powerful squirt  
And said to her spouse, "Let us spray."

Chemistry Professor: What is the outstanding contribution chemistry has made to the world?

Student: Blondes.

## Put Iron in the Blood

About 200 years ago iron was discovered in the blood. It is now well-known that iron produces the red blood cells which keep us healthy. Children and young people especially need liberal amounts of iron in order to avoid anaemia.

In Dr. Chase's Nerve Food you get the required amount of iron and other minerals as well as Vitamin B1 which adds to the efficiency of this treatment in helping to build up the richness of the blood and restore vigour to the nervous system. Why not join in the Dr. Chase Campaign for Better National Health and take the advantage to be gained by the use of Dr. Chase's Nerve Food?

22 Jan P.J. goldie 27

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

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER FORECASTS	Jan. 1948	Moon's Phases ☾ Last Qtr. .... ☾ New Moon... ☽ First Qtr. .... ☽ Full Moon...	Ont. and Que.		Mar. Provs. and Nfld.		Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
						d.	h.	m.	d.	h.	m.	Sun Rises h.m.
1	T	♈		New Year's Day.....						7.38	4.28	10.21
2	F	♈	Clear							7.38	4.29	11.35
3	S	♈	and							7.38	4.30	a.m.
4	S	♈	cold.							7.38	4.31	12.47
5	M	♈								7.38	4.32	1.58
6	T	♈	Cloudy,	Epiphany.....						7.38	4.33	3.08
7	W	♈	some							7.38	4.34	4.17
8	T	♈	snow							7.37	4.36	5.24
9	F	♈	storms.							7.37	4.37	6.27
10	S	♈								7.37	4.38	rises
11	S	♈	Milder.	<i>oranges call</i>						7.37	4.39	p.m.
12	M	♈	Rain							7.36	4.40	5.35
13	T	♈	or							7.36	4.41	6.39
14	W	♈	sleet.							7.35	4.42	7.44
15	T	♈								7.35	4.44	8.48
16	F	♈	Cold.							7.35	4.45	9.52
17	S	♈								7.34	4.46	10.56
18	S	♈	Un-							7.34	4.47	a.m.
19	M	♈	settled.							7.33	4.48	12.02
20	T	♈								7.32	4.50	1.11
21	W	♈	Clearing							7.32	4.51	2.23
22	T	♈	and							7.31	4.52	3.39
23	F	♈	much							7.30	4.54	4.56
24	S	♈	colder.							7.29	4.55	6.09
25	S	♈		Septuagesima.....						7.28	4.56	rises
26	M	♈	Snow	<i>jersey call</i>						7.27	4.58	a.m.
27	T	♈	storms.							7.26	5.00	8.34
28	W	♈		<i>goldie call</i>						7.25	5.01	7.57
29	T	♈	Month							7.24	5.03	9.17
30	F	♈	ends	<i>Best Birchwood 5000</i>						7.23	5.04	10.33
31	S	♈	milder.	Standard time is used in these Calendars, so that where daylight saving time prevails 1 hour should be added.						7.22	5.05	11.46

single

**AQUARIUS—The Waterbearer**  
 January 20th to February 18th  
 Ruling Planet Uranus      Keyword—Fellowship

They are difficult to understand being unlike the rest of humanity. The mentality is quicker and the vision much clearer, wider and longer than that of the average member of other Signs. They can always see how something can be

improved. They never forget their dignity, are quiet, cautious, prudent, economical and persistent seekers for all kinds of knowledge, being adepts at self-education. They like to appear of importance to the world, and undeveloped types sometimes seem materially minded. Boastfulness should be avoided, and they should study character so as to resist the impositions of sob-story brethren.



## January

Give a man a pipe he can smoke,  
Give a man a book he can read:  
And his home is bright with a calm delight.  
Though the room be poor indeed.

—James Thomson

## A Reminder

In a conversation with some girl friends last night we were talking about New Year resolutions. The conversation drifted to Dr. Chase's Nerve Food which we had all used at one time or another.

Some of us decided that we could use it again to advantage and before I retired, I tied a string on my finger to remind me to get an economy size bottle and begin its use at once. This is my New Year resolution and I feel sure I will have a healthier, happier year by carrying it out.

Friend: "I'm surprised that he didn't pay you what he owed you. I thought the fellow had at least some good points."

Miss: "Yep, so have pins—yet they'll stick you."

"Don't just stand there! Do something!" said wife to husband as the ocean liner pulled out of the dock without them.

Concluding the Sunday school lesson with a clinching question, the teacher asked, "Why did Noah take two of each kind of animal into the ark?"

"Because," answered a bright lad, "he didn't believe in the stork."

*Camp Pinedale Interceptor*

# Health is Based on Three Square Meals

Nutrition is a subject that has been neglected of late years.

Many people, in an anxiety to get thin, have robbed themselves of proper nourishment.

Others have sought relief from indigestion by cutting down on the diet. Not realizing that they are in this way undermining their nervous systems.

Since about 80 per cent of cases of indigestion result from exhausted condition of the nerves a vicious circle is formed—digestion becomes worse and the nervous system further exhausted.

It is about time to hammer home the fact that nervous energy is produced from the food we eat and the best basis for health is three square meals a day.

As is well known the nervous system controls the functions of the human body—breathing, circulation of the blood, as well as the activity of the liver, kidneys and the process of digestion.

So that disturbances and starving of the nervous system constitute the most important factor in the causing of human ills.

Dr. Chase's Nerve Food may prove exactly what you need to sharpen the appetite and help increase the nervous energy in the body, but with it you need three square meals a day.

Books are the compasses and telescopes and sextants and charts which other men have prepared to help us navigate the dangerous seas of human life.

—Bennett

## Severe Attacks of Indigestion Result of Exhausted Nervous System

Mrs. J. T. Bushel, 25 West 8th Ave., Vancouver, B.C., writes:

"For three months I had very bad attacks of indigestion. This robbed me of sleep and my husband was worried as I had severe pains. My stomach swelled and I was full of gas.

Finally I concluded that the trouble was from the nerves and as I had used Dr. Chase's Nerve Food previously with beneficial results I resumed the use of it.

It was not long till I found the digestion trouble gone and proved it by eating a big Xmas dinner with plum pudding, etc. without any bad after effects.

Dr. Chase's Nerve Food has proved of great value to me on several occasions and I never forget to mention this to others when occasion arises."

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER FORECASTS	Feb. 1948			Moon's Phases			Ont. and Que.			Mar. Provs. and Nfld.			Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
				☾ Last Qtr....	☽ New Moon...	☽ First Qtr....	☽ Full Moon...	d. h. m.	d. h. m.	d. h. m.	d. h. m.	d. h. m.	d. h. m.	Sun Rises h.m.	Sun Sets h.m.	Moon Rises h.m.		
1	S	♈	Snow															
2	M	♈	or	<i>chopd oil (200) 5'98</i>														
3	T	♈	rain.															
4	W	♈																
5	T	♈																
6	F	♈	Mostly															
7	S	♈	fair															
8	S	♈	becoming	Quinquagesima (Shrove).....														
9	M	♈	cold.															
10	T	♈																
11	W	♈	Clear.	Ash Wednesday.....														
12	T	♈	Colder	<i>81-200 2-25-102-26</i>														
13	F	♈	with															
14	S	♈	some	Valentine's Day.....														
15	S	♈	snow.															
16	M	♈																
17	T	♈	Milder.															
18	W	♈	Un-															
19	T	♈	settled.															
20	F	♈																
21	S	♈	Rain															
22	S	♈	or															
23	M	♈	snow.															
24	T	♈																
25	W	♈	Mostly	<i>red head 200 810</i>														
26	T	♈	fair.															
27	F	♈																
28	S	♈																
29	S	♈	Colder.															

## ♈ PISCES—The Fishes

February 19th to March 21st

Ruling Planet Neptune

Keyword—Emotion

Affectionate, kindly, genuinely sympathetic and very willing to help others. They are idealistic and imaginative, easily influenced and sometimes rather dreamy and detached. There is need to cultivate faith and strength of purpose and to be practical in overcoming circumstances. All have dual personalities, one side tending to the physical and material, and the other to the spiritual viewpoint. They should

avoid worrying about things which cannot be helped or may never happen.

Those born February 19th to 29th have strong sense of self-discipline, but should only use authority wisely over others. Those from 12th to 20th frequently feel misunderstood which is really self-pity. When this is overcome their desires carry them a long way in life.

"Mamma, do missionaries go to Heaven?"

"Yes, dear."

"Then if a cannibal ate a missionary, wouldn't he have to go to Heaven, too?"



### The Snow-Shower

Stand here by my side and turn, I pray,  
On the lake below thy gentle eyes;  
The clouds hang over it, heavy and grey,  
And dark and silent the water lies;  
And out of that frozen mist the snow  
In wavering flakes begins to flow;  
Flake after flake  
They sink in the dark and silent lake.

### Regrets

"I'll have no regrets," said Lincoln, "for I'll do my best." Regrets like worries sap the vigour from the nervous system and leave you without resistance against pains and aches and infectious diseases.

Perhaps you have regrets that you have not used Dr. Chase's Nerve Food to help you out of a run-down condition of health. You must surely know of this fifty year old medicine. The addition of vitamin B1 to this formula makes it even more effective than ever as a fortifier of the human body.

### Learn to Relax

If you are of the nervous type and are accustomed to live with the nerves keyed up to highest tension, you should learn to relax at every opportunity. When you sit down unlash the nerves and muscles and rest. If you can lie down for short periods do so at every opportunity. Conserve your nervous energy and fight off Father Time who will otherwise bring care lines and wrinkles and make you old before your time.

The use of Dr. Chase's Nerve Food to increase the pep and energy of the nervous system has proven a great help to many thousands of nervous men and women.

## New Vigor For The Inside Nerves

Now is the time to remind you of what Dr. Chase's Nerve Food may be able to do to help you to get relief from chronic fatigue which causes so much discomfort at this time.

When you become chronically tired out and feel that you can scarcely keep going you may be sure that the inside nerves which control the process of digestion and other body functions are slowed down, in action.

So many people report that they feel so much better after using Dr. Chase's Nerve Food that this treatment may be what you need at this time.

Many people are accustomed to come back to Dr. Chase's Nerve Food again and again when they need a "pick-me-up" to help them to better health and vigour.

There is virtue in the open; there is healing  
out of doors;

The great Physician makes his rounds along  
the forest floors. —Bliss Carman

### Care of the Hands

If the hands have been immersed in water for a long time and are puckered up, rub them with lemon or vinegar, and this will restore their softness and prevent chapping.

Granddaughter: "How can a girl keep her youth?"

Grandma: "Never introduce him to another girl."

They who await no gifts from Chance have  
conquered Fate. —Arnold

## St. Vitus' Dance

This ailment is generally a children's disease and is accompanied by nervousness, irritability and emotional actions.

Treatment should consist of rest, the supply of good nourishment and quieting measures.

Good nursing and the use of Paradol, to ease the nervous tension and encourage sleep, are required.

As a Vitamin B1 tonic, with iron and other minerals, Dr. Chase's Nerve Food should be used to help build up a healthful condition of the nervous system.

## A Sound Sleep and a Happy Welcome

"Wake up Mommy, move over". Do you groan when you hear that greeting and try to think of something that will entice your little cherub to leave the room?

Don't blame yourself too much for not being in better humour, for perhaps you are suffering from loss of sleep, which leaves you run down, nervous and irritable. It is difficult to be pleasant in the morning if you have spent a night tossing from side to side exaggerating your worries and fears, wishing for sleep that never comes.

But don't make the mistake of letting this condition continue, for it saps both health and beauty.

Experience has shown that Dr. Chase's Nerve Food can be a great help in restoring your Nerve Force and as this is built up, you will find that you are more relaxed, that you are resting better, digestion improves and that your whole system takes on a finer tone.

Then, "Wake up Mommy" will be a greeting to which you will give a joyous welcome, a welcome which will start the day with a song in yours and Baby's heart.

### Optimist and Pessimist

'Twixt optimist and pessimist  
The difference is droll;  
The optimist sees the doughnut,  
The pessimist, the hole.

—McL. Wilson

The four seasons are salt, pepper, mustard and vinegar.

## A Lovely Baby

### Thanks to Dr. Chase's Nerve Food

"Many thanks to Dr. Chase's Nerve Food for such a lovely baby," writes Mrs. S. B. Cheetham, of Gananoque, Ontario. "With four small children to look after and another one on its way, I became very much run down in health.

I was not able to do the house work, and was tired out, nervous and irritable. My sister suggested Dr. Chase's Nerve Food and it proved to be exactly what I needed. By the time I had used two boxes I was greatly improved.

The baby was like a picture and at five months weighed 18½ lbs. This experience may help other women in this most trying experience of their lives."

## During The Change of Life

### Come Over on the Happy Side

Many women become panicky and give way to their fears and nerves during their change of life and so let this period become a bogey for them.

It is entirely unnecessary to let this natural change upset your whole life. Instead come over on the happy side with the thousands of women who have used Dr. Chase's Nerve Food to help them safely through their change of life.

With plenty of fresh air, ample sleep and Dr. Chase's Nerve Food to help build up your vitality and ensure a supply of rich, red blood to nourish your system, you will find that the dread and fear has been banished and that the change takes place as naturally as nature intended it to.

Mrs. Clara Hayhurst, 296 Patrick St., Winnipeg, Man., writes:—"For some time I suffered from a general breakdown of health, due to change of life. Although I used several medicines, they did not seem to prove of much benefit, until, on the advice of a friend, I began to take Dr. Chase's Nerve Food. Over a period of about two years I found this medicine a very great benefit and can now go through my day's work without feeling tired. It has benefited me in a great many ways.



# If You Live

HERE

or

HERE



## You May Suffer From Nervous Fatigue

No matter where you live, in the peace and quiet of the country, or the noise and hustle of the city, you can still suffer from Nervous Fatigue. For Nervous Fatigue is no respecter of persons or places.

The cares and worries of work or family life, in either place, can soon sap your nervous energy leaving you irritable, high-strung, always ready to find fault and blame the other person. This condition is dangerous, not only to your health, but to your own and your family's happiness.

Don't let Nervous Fatigue continue to do its insidious work. Start a constructive program to-day, by taking Dr. Chase's Nerve Food to regain your health.

This successful tonic will supply your run down system with the iron, essential minerals and Vitamin B1, which are required to help enrich your blood and restore your exhausted nerves. But be consistent, stay with the treatment until it has had a chance to help you regain your health. If you do, the rewards will be well worth while, for you will find that you take a new interest in life, that you enjoy it more and that your family circle is a happy place to be once again.

It is true that birds quarrel and usually the female bird as in human life comes out the winner.

## Most Frequent Cause of Indigestion

In most cases of chronic indigestion in which a thorough examination is made, no disease of the digestive organs is located.

The cause of trouble comes from a run down condition of the nervous system. The patient has in many cases been cutting down the diet and eliminating certain foods until the nervous system is starved and weakened and fails to supply the motive power necessary for proper digestion.

To really overcome this form of chronic indigestion, you must learn to eat three square meals a day to build up nervous energy. You can obtain immediate help by using Dr. Chase's Nerve Food because it supplies in condensed form the ingredients which are required by the nervous system.

To obtain lasting benefit—and get away from the semi-invalid condition of the chronic dyspeptic you must eat rich, nourishing food. You have, no doubt, been starving yourself and continually becoming weaker and more run down. This was definitely a mistake.

If you have enough will power to discard your fear of food and use Dr. Chase's Nerve Food to help you get going right, the future may be bright for you.

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER FORECASTS	Mar. 1948		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 Rises h.m.			
1	M	♈	Much	St. David	black wire	120	6.38	5.48	a.m.								
2	T	♈	milder.		big pills	110	6.35	5.49	1.06								
3	W	♈					6.33	5.50	2.14								
4	T	♈	Fair.		1 helper	92.23	6.32	5.52	3.14								
5	F	♈					6.30	5.53	4.07								
6	S	♈	Cold				6.28	5.55	4.50								
7	S	♈	rains				6.27	5.56	5.25								
8	M	♈	and				6.25	5.58	5.54								
9	T	♈	windy.				6.24	5.59	sets								
10	W	♈					6.21	6.00	p.m.								
11	T	♈	Clearing.				6.19	6.01	6.40								
12	F	♈					6.18	6.02	7.46								
13	S	♈	Some				6.16	6.04	8.52								
14	S	♈	warm				6.14	6.05	10.01								
15	M	♈	days.		200 red lead	8.10	6.12	6.06	11.13								
16	T	♈			200 oil cable	7.50	6.10	6.05	a.m.								
17	W	♈	Heavy	St. Patrick			6.08	6.09	12.26								
18	T	♈	rain.				6.06	6.10	1.38								
19	F	♈					6.04	6.11	2.44								
20	S	♈	Cloudy				6.03	6.13	3.41								
21	S	♈	and	Palm Sunday			6.01	6.14	4.27								
22	M	♈	colder.		planting wood	7.00	5.59	6.15	5.03								
23	T	♈					5.57	6.16	rises								
24	W	♈	Scattered		broader stove	13.00	5.55	6.18	p.m.								
25	T	♈	showers			5.6.00	5.53	6.19	6.56								
26	F	♈	but	Good Friday			5.20	6.20	8.14								
27	S	♈	mostly		wire	1.50	5.49	6.22	9.31								
28	S	♈	fair.	Easter		25	5.47	6.24	10.46								
29	M	♈					5.45	6.25	11.58								
30	T	♈	Un-			18.50	5.43	6.27	a.m.								
31	W	♈	settled.				5.42	6.26	1.04								

orange  
 200 red lead  
 200 oil cable  
 8.10  
 7.50  
 13.00  
 5.6.00  
 1.50  
 25  
 18.50

**ARIES—The Ram**  
 March 22nd to April 19th

**Ruling Planet Mars**                      **Keyword—Action**

They are energetic, impulsive and headstrong, always looking into the future with idealism. Natural pioneers, they know they must lead in thought and action. Great love of freedom and independence makes them resent any correction or imposition. Quick tempered, but very for-

giving, and never hold a grudge. They will always defend those weaker and seem fearless of consequences. The women are charming and very prone to jealousy. Aries children should be allowed to work in their own way and given manual training, which they love.

If you want work well done, select a busy man; the other kind has no time.

*Elbert Hubbard*



### March

When Spring unlocks the flowers to paint  
the laughing soil. —Reginald Heber

The harp at Nature's advent strung  
Has never ceased to play;  
The song the stars of morning sung  
Has never died away. —Whittier

The Night is Mother of the Day,  
The Winter of the Spring,  
And ever upon old Decay,  
The greenest masses cling. —Whittier

## A Dependable Medicine

The most interesting result of using Vitamin B1, in such products as Dr. Chase Nerve Food, is the pickup it affords to people who are feeling tired and depressed, with such ills as neuritis, irritability and nervousness.

Because Dr. Chase's Nerve Food helps such people back to health, efficiency and well-being, it is highly prized as a dependable treatment. It is the medicine which has contributed most to the Dr. Chase Campaign for Better National Health. Ask for the economy size bottle of Dr. Chase's Nerve Food.

A man on the coast of Florida wrote to a New York store and ordered a barometer. When it arrived he unpacked it, discovered that the instrument was set at "Hurricane."

He tapped it several times and it did not budge. The needle still did not move. Very angry, he wrote the store a scathing letter about the inefficiency of the instrument.

After he had mailed it, the hurricane came. It blew away both his house and the new barometer. —Dan Bennett

## Poise and Personality

If you check up on the girls and women who command your admiration and favourable comment you will find two strong points to be poise and personality. Both of these compelling attractions are based on good health and steady nerves.

If you are nervous, fidgety and irritable you are sure to lack poise and worry brings out the wrinkles and care lines which destroy youth and beauty.

The cause of your condition is probably the lack of vitamin B1 and certain mineral substances which are necessary to maintain the vigour of the nervous system.

These elements are supplied by Dr. Chase's Nerve Food in a form in which they can be readily taken up by the blood stream and fed to the nervous system, and bodily organs.

These are the natural disorders—restlessness, nervous indigestion, headaches, tired feelings and other symptoms which hold you down and prevent the real enjoyment of life.

With new pep and energy and nerve force, you feel sure of yourself, take on a healthy poise and personality, feel well and attract friendly comment.

A silly young fellow named Hyde  
In a funeral procession was spied;  
When asked, "Who is dead?"  
He giggled and said,  
"I don't know; I just came for the ride."

All brutes are imperfect animals. Man alone is a perfect beast.

## Making a Come-Back

After the exhausting effects of fevers, colds and nervous disorders you may need help to hasten the recovery of health and strength.

It may be that your nerve force is exhausted and your recovery seems very slow. Dr. Chase's Nerve Food has often proven of real help under such conditions and you can reasonably expect that it would prove of benefit to you.

It supplies in condensed form iron and other mineral substances and vitamin B1 which are required to help improve the condition of the blood and through the blood stream carries help to all parts of the body. Your experience may be like that of others who say, "It makes me feel so much better."

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER FORECASTS	April 1948		Moon's Phases		Ont. and Que.		Mar. Provs. and Nfld.		Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
				☾ Last Qtr. ....	☽ New Moon. ....	☽ First Qtr. ....	☾ Full Moon. ....	☾ Last Qtr. ....	d. h. m.	d. h. m.	d. h. m.	d. h. m.	Sun Rises h.m.	Sun Sets h.m.
1	T	♉	Clearing	All Fools' Day								5.43	6.26	2.01
2	F	♉	and									5.40	6.28	2.49
3	S	♉	warmer.									5.38	6.29	3.27
4	S	♉										5.36	6.31	3.57
5	M	♉	Cloudy.	<i>cement</i>								5.34	6.32	4.22
6	T	♉										5.32	6.33	4.43
7	W	♉	Some									5.31	6.34	sets
8	T	♉	heavy									5.29	6.36	p.m.
9	F	♉	rain.									5.27	6.37	6.42
10	S	♉		<i>100 red head</i>								5.25	6.39	7.51
11	S	♉	Stormy	<i>1000 4-12-6</i>								5.24	6.40	9.03
12	M	♉	and	<i>oyster shell</i>								5.24	6.41	10.17
13	T	♉	colder.	<i>timothy seed</i>								5.22	6.42	11.30
14	W	♉										5.19	6.43	a.m.
15	T	♉	Partly									5.16	6.45	12.39
16	F	♉	fair.									5.15	6.46	2.06
17	S	♉										5.14	6.47	2.26
18	S	♉	Clear									5.12	6.49	3.04
19	M	♉	and									5.10	6.50	3.34
20	T	♉	warm.									5.08	6.51	3.59
21	W	♉		<i>200 oat chop</i>								5.07	6.52	4.21
22	T	♉	Un-	<i>100 red head</i>								5.05	6.53	4.42
23	F	♉	settled	St. George								5.03	6.54	5.03
24	S	♉	with	First Day of Passover								5.01	6.56	rises
25	S	♉	many									4.59	6.58	p.m.
26	M	♉	showers.									4.58	6.58	10.47
27	T	♉										4.57	7.00	11.50
28	W	♉	Clearing									4.55	7.01	a.m.
29	T	♉	and									4.53	7.03	12.43
30	F	♉	cooler.									4.51	7.04	1.25

♉ TAURUS—The Bull

April 20th to May 20th

Ruling Planet Venus Keyword—Stability

There is much firmness and stability with a strong internal force or power of which there is often too much rather than too little. There is also too much fatalism in the point of view, and the person should cultivate adaptability and initiative, and have faith in his ability to overcome obstacles and improve his circumstances. The nature is kindly, gentle and placid, but

furious when provoked. Hospitality and appreciation of good food is marked. They are patient, trustworthy and reliable, and will work a long time at building something up, but are stubborn and hard to change and convince.

Relations with children and those younger are usually successful, especially when born May 11th to 21st.

A statesman thinks he belongs to the nation, but a politician thinks the nation belongs to him.

—Banking



## April

O, how this spring of love resembleth  
The uncertain glory of an April day.

—Shakespeare

Of all the days that's in a week  
I dearly love but one day,  
And that's the day that comes betwixt  
A Saturday and Monday.

—Henry Carey

## Alcoholic Neuritis

Neuritis is a common ailment of users of alcoholic liquors, not perhaps as a result of the alcohol in the system so much as to the fact that they do not eat a balanced diet.

It has been proven that in such cases there is a marked deficiency in the diet of Vitamin B1. For this reason, you can depend on Dr. Chase's Nerve Food to be of real value in overcoming this form of neuritis as well as that which is caused by the usual exhaustion of the nervous system.

## Ulcers May Be From Nerve Strain

Ulcers of the stomach and intestines, even when healed, often develop again. This points to an underlying cause and calls for constitutional treatment. Persons who are under great nervous strain and tension, who are overworked and inclined to worry seem to be the "ulcer" type.

While Dr. Chase's Nerve Food is not mentioned as a treatment for ulcers of this nature, it is strongly recommended as a help in restoring the vigour of the nervous system and fortifying the human body against the many ills which prey on the run down condition of the system.

# Fear of Food

## A FREQUENT CAUSE OF NERVOUS INDIGESTION

A high authority on the treatment of indigestion and dyspepsia states that about 80% of digestive troubles are the result of disturbances of the nervous system.

It is when you are tired out, worried or excited that the attack of indigestion comes on. First you fear indigestion and then you come to fear food.

You cut out eating this and that until your diet lacks proper nourishment for the blood and nerves and you lose weight and energy and develop into a chronic dyspeptic.

In most cases there is nothing really wrong with the stomach and other parts of the digestive system. It is weakness and lack of nervous energy, that causes faulty digestion.

The use of Dr. Chase's Nerve Food brings to the nervous system, in condensed form, the elements which are lacking in your diet and so helps you to get rid of the digestive troubles.

With this help and your determination to conquer this fear of food, and eat three square meals a day, you have every reason to expect the return of good health and happiness.

Indecision is a symptom of nervous exhaustion. But surely you still have enough will power left to make a decision and carry out your plan. The reward is worth while.

Road sign—"Slow men at work".

Perhaps bees do not work so hard.  
They just can't buzz any slower.

## Children With Poor Appetites

When children have poor appetites, it is usually due to some mental condition. Fear and worry at school or in the home are often responsible. Dread of examinations, nagging of parents, ill-treatment by playmates or brothers and sisters may be the cause.

There is exhaustion of the nerves and an anæmic condition. Pallor, indifference, eye weakness, loss of weight, discomfort after eating and constipation may be present.

The treatment called for is Dr. Chase's Nerve Food and school age children often respond quickly to the restorative influence of this well-known food treatment for the blood and nerves.

26  
86  
126  
200  
2126

## 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.

## Stops Pain Quickly

If you have not used Dr. Chase's Paradol as a relief for Headaches, Rheumatic and other pains, you will be surprised at how quickly it stops pain. It is pleasant to use and has no disagreeable after effects.

Ask your druggist for Paradol or send 10 cents for a sample of Paradol to The Dr. A. W. Chase Medicine Co., Limited, Oakville, Ont., Canada.



## Do You Have Neuritic Pains?

Inflammation of the nerves is known as neuritis.

The patient experiences persistent gnawing pains. Even when not severe, they are enough to keep one awake at nights restless and sleepless.

Dr. Chase's Paradol affords relief and enables the patient to get rest and sleep.

Much rest is required to get the nerves in better condition and Dr. Chase's Nerve Food is required as a tonic treatment to help restore vigour to the nervous system.

### How To Kiss Properly

The gentleman should be taller than the lady he intends to kiss. Take her right hand in yours, and draw her gently to you; pass your left hand over her right shoulder, diagonally down across the back, under her left arm; press her to your bosom. At the same time she will throw her head back and will have nothing to do but lean a little forward and press your lips to hers and then the thing is done.

Don't make a noise over it, as if you were shooting crackers, nor pounce down upon it like a hungry hawk upon an innocent dove. But gently fold the damsel in your arms without smashing her standing collar or spoiling her optics, and by sweet pressure upon the mouth, revel in the blissfulness of your situation, without smacking your lips on it, as you would after imbibing the Bacchanalian draught, but like sipping the honey from the lips of Aphrodite.

Definitions: Imagination is something that sits up with a woman when her husband is out late.  
(Tulsa, Okla., *Tribune*)

There's a close connection between getting up in the world and getting up in the morning.

—Quote





## What Causes Headache?

Headaches come from so many different causes that space does not warrant a full discussion of their origin.

But the first problem is to get rid of the aching and that is well looked after by Dr. Chase's Paradol.

Paradol is a fine prescription in which are combined a number of drugs prized for their control of pains and aches.

The beauty of Paradol is that people who use it claim that it is pleasant to use and by its uplifting effect leaves them feeling fine.

By all means try to find the cause of your headaches and use suitable treatment to free yourself of other disorders. It may be your nerves or torpid action of the liver and kidneys. But first get quick relief from pain by using Dr. Chase's Paradol.

## Use Economy Size

Ask your druggist for the large size bottle of Paradol. Save money and ensure having Paradol at hand for emergency cases.

Everybody seems to like Paradol. Quick action and no disagreeable after effects are reasons given. Try it.



## Are Your Pains Rheumatic?

Pains and aches are given a variety of names, such as,—rheumatic, neuritic, sciatic, neuralgic—and whether or not the right name is applied, relief comes fast if you use Dr. Chase's Paradol.

Paradol is composed of five drugs which stand out as effective relief for pains and aches and are so nicely balanced in this prescription as to leave no disagreeable after effects.

So whether you have a headache or backache, pain in the shoulder or pain in the leg, use Paradol and you will soon know why it has proven so satisfactory to so many people.

Housewife, to tramp: "You seem to be an able bodied man. You ought to be strong enough to work."

Tramp: "I know, mum, and you seem to be beautiful enough to go on the stage, but evidently you prefer the simple life."

"Step into the kitchen and I'll see if I can stir up a meal for you."

## Neuralgic Pains

Pain in the course of a nerve is known as neuralgia. The pain is sharp, stabbing, boring and is not confined to any one spot.

Facial neuralgia is the most common form, but it may be present in any part of the body.

Relief from the stabbing pains is readily obtained by the use of Dr. Chase's Paradol.

Since neuralgia is usually worse at night, Paradol is greatly appreciated because it soothes the irritated nerves and allows you to rest and sleep.

## Sciatic Pains

The sciatic nerve runs along the back of the thigh and when you have sharp distressing pains along this nerve you have sciatica.

Muscular rheumatism and sciatica are closely allied and are often caused by exposure to cold or overexertion of the muscles.

The pain is usually constant and most annoying. It is worse at night and Dr. Chase's Paradol is appreciated because it relieves the pain and enables the patient to rest and sleep.

But sciatic pains persist and treatment must be continued. The use of Dr. Chase's Liniment often helps and the use of Dr. Chase's Nerve Food is advisable to help restore vigour to the nervous system.

gray 20

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER FORECASTS	May 1948		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 Rises a.m.
1	S	♈		May Day								4.51	7.05	1.59
2	S	♈	Cold	Rogation								4.50	7.06	2.26
3	M	♈	and	<i>flying cement mixer 2.05</i>								4.48	7.07	2.48
4	T	♈	windy.									4.46	7.08	3.07
5	W	♈										4.44	7.10	3.25
6	T	♈	Cloudy.	Ascension Day								4.43	7.10	3.42
7	F	♈										4.42	7.11	4.00
8	S	♈	Fair									4.40	7.12	4.05
9	S	♈	and									4.39	7.13	sets
10	M	♈	warmer.	<i>100 red lead 4.10</i>								4.37	7.16	p.m.
11	T	♈		<i>100 saw ration 3.80</i>								4.36	7.16	10.30
12	W	♈	Heavy	<i>100 16% fly spray 5.25</i>								4.36	7.16	10.30
13	T	♈	rain									4.34	7.18	a.m.
14	F	♈	this									4.33	7.19	12.26
15	S	♈	week.									4.32	7.22	1.06
16	S	♈		Pentecost (Whit Sunday)								4.31	7.22	1.38
17	M	♈	Mostly	<i>cedar oil</i>								4.30	7.23	2.04
18	T	♈	fair	<i>parts for seed drill 75</i>								4.29	7.24	2.26
19	W	♈	and	<i>gray calf</i>								4.28	7.25	2.46
20	T	♈	warmer.									4.26	7.27	3.07
21	F	♈		<i>2.00 oil chip</i>								4.26	7.28	3.29
22	S	♈	Fine	<i>100 B.H. ration</i>								4.25	7.29	3.54
23	S	♈	and	Trinity Sunday								4.24	7.30	rises
24	M	♈	warm.	Empire Day								4.23	7.31	p.m.
25	T	♈		<i>2000 seed</i>								4.21	7.32	10.33
26	W	♈	Some									4.21	7.33	11.20
27	T	♈	showers	Corpus Christi								4.20	7.34	11.58
28	F	♈	and									4.20	7.35	a.m.
29	S	♈	cooler.									4.19	7.36	12.27
30	S	♈										4.18	7.37	12.51
31	M	♈	Cloudy.									4.18	7.37	1.11

♊ GEMINI—The Twins

May 21st to June 20th

Ruling Planet Venus

Keyword—Versatility

They are affectionate, kindhearted and sympathetic; very versatile, but changeable mentally and undecided. Somehow, however, they always know what to do in an emergency. Being highly strung and nervous they are sensitive and anxious. Cultivation of faith in their own

higher selves will help to control worry. There is not much stability about the nature unless it is controlled and decisions adhered to. They can be firm-willed, but are rarely rough or domineering. They should cultivate power of concentration and finish the many new things which they are apt to begin when experimenting with their delightfully inventive and versatile minds, which crave food in the form of constant novelty.



### QUEEN OF THE MAY

You must wake and call me early, call me early, mother dear;  
 To-morrow'll be the happiest time of all the glad New Year,—  
 Of all the glad New Year, mother, the maddest, merriest day;  
 For I'm to be Queen o' the May, mother, I'm to be queen o' the May.

### The Cause of the Coated Tongue

When the tongue becomes coated and there is a bitter taste in the mouth, you are safe in assuming that the food mass is not passing fast enough through the digestive system and fermentation is taking place.

The bad odor from the breath is further evidence of a constipated condition. Digestion is upset, appetite fails and you may have bilious headaches.

As a relief Dr. Chase's Kidney-Liver Pills are recommended because they bring relief quickly and if used regularly once or twice a week, at bedtime, help to entirely overcome this condition.

## A Million Filters In The Kidneys

A healthy kidney is a filter, full of marvellous, tiny structures. All the apparatus for filtering is there and the liquid to be filtered is the blood as it comes through the bodily organs. The blood, under its own pressure, goes in at one end of the kidneys with its load of waste matter and emerges at the other end cleansed. Each kidney contains about one million minute filters.

A human being eats food regularly to supply his own tissues with nourishment. This is digested and assimilated into the blood. The tissues absorb what they need and then discard the residue as waste.

In health the kidneys filter the blood and protect the body from the waste materials which otherwise cause pains and aches and serious diseases. When the kidneys falter in their work, it is necessary to employ such treatment as Dr. Chase's Kidney-Liver Pills to restore health and vigour to these filtering organs. The promptness and certainty with which relief is obtained has made Dr. Chase's Kidney-Liver Pills known far and wide as a most effective treatment for kidney disorders.

### The Green Linnet

Beneath these fruit-tree boughs that shed  
 Their snow-white blossoms on my head,  
 With brightest sunshine round me spread  
 Of Spring's unclouded weather,  
 In this sequester'd nook how sweet  
 To sit upon my orchard-seat!  
 And flowers and birds once more to greet,  
 My last year's friends together.

—W. Wordsworth

## What a Fine Prescription This Must Be



When you think of what a long time Dr. Chase's Kidney-Liver Pills have been in general use by the public you cannot help but think what a fine prescription this must be.

There is one ingredient which is especially active in arousing the torpid liver to healthful action.

Another vegetable ingredient stimulates the action of the kidneys as filtering agents to purify the blood.

Then other ingredients are responsible for the natural, healthful action of the excretory organs. Thereby ensuring a thorough and complete elimination from the system of the poisonous waste materials which if left in the body cause aches and pains, discomfort and disease.

This is a medicine you can depend on. It is a medicine to be remembered when you need such help as it so well affords.

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER FORECASTS	June 1948		Moon's Phases		Ont. and Que.		Mar. Provs. and Nfld.		Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
				☾ New Moon...	☽ First Qtr....	☽ Full Moon...	☾ Last Qtr....	d. h. m.	d. h. m.	d. h. m.	d. h. m.	Sun Rises h.m.	Sun Sets h.m.	Moon Rises a.m.
1	T	♈										4.17	7.39	1.29
2	W	♈	Very									4.17	7.40	1.47
3	T	♈	warm									4.16	7.40	2.04
4	F	♈	and									4.15	7.41	2.23
5	S	♈	clear.									4.15	7.42	2.46
6	S	♈										4.15	7.42	3.13
7	M	♈	Showers.									4.15	7.43	3.48
8	T	♈										4.14	7.44	4.35
9	W	♈	Partly									4.13	7.45	sets
10	T	♈	cloudy									4.13	7.45	p.m.
11	F	♈	with									4.13	7.45	11.41
12	S	♈	occasional									7.13	7.46	a.m.
13	S	♈	rain.									4.13	7.47	12.20
14	M	♈										4.13	7.48	12.38
15	T	♈	Cooler.									4.12	7.48	12.52
16	W	♈										4.12	7.48	1.12
17	T	♈	Fine									4.12	7.49	1.33
18	F	♈	and									4.13	7.49	1.56
19	S	♈	warm.									4.13	7.50	2.24
20	S	♈										4.13	7.50	2.58
21	M	♈	Very									4.13	7.50	3.39
22	T	♈	warm.									4.13	7.50	4.30
23	W	♈										4.14	7.50	rises
24	T	♈	Cooler									4.14	7.51	p.m.
25	F	♈	with									4.14	7.51	10.53
26	S	♈	some									4.15	7.51	11.15
27	S	♈	rain.									4.15	7.51	11.33
28	M	♈										4.15	7.51	11.51
29	T	♈	Clearing.									4.16	7.51	a.m.
30	W	♈										4.16	7.51	12.09

**♋ CANCER—The Crab**  
June 21st to July 22nd

Ruling Planet The Moon Keyword—Tenacity

They tend to dwell in the past and have excellent memories. They should, however, develop more curiosity of mind and instead of being content to remember facts try to understand the reasons for existing conditions. The more developed ones often become good students of Nature's occult laws. They are industrious and thrifty; love flattery and fear ridicule, being

very sensitive and imaginative. The nature is sometimes phlegmatic and sometimes irritable. Those born July 14th to 23rd should be more pliable in their relations with others and not rely on force. All of them are very tenacious and often **only** "let go", like crabs do, when frightened.

"Nothing special, thanks—just smelling," said the woman shopper at the perfume counter as she opened another expensive bottle.

—Shermund



### The Daffodils

I wander'd lonely as a cloud  
That floats on high o'er vales and hills,  
When all at once I saw a crowd,  
A host of golden daffodils,  
Beside the lake, beneath the trees,  
Fluttering and dancing in the breeze.

—W. Wordsworth

Come to me, O ye children!  
And whisper in my ear  
What the birds and the winds are singing  
In your sunny atmosphere.

Ye are better than all the ballads  
That ever were sung or said;  
For ye are living poems,  
And all the rest are dead.

—Longfellow

### Keep Regular and Keep Healthy

Voltaire remarked: "Persons whose bowel movements are easy and regular, who every morning after they have had breakfast, acquit themselves of a good stool as easily as one spits, these favorites of nature are sweet, affable, gracious, obliging, sympathetic, and kindly: a 'no' in their mouths has more grace than a 'yes' in the mouth of a constipated person."

What better habit could there be for the promotion of good health and happiness? Why not let Dr. Chase's Kidney-Liver Pills help you to form this habit. One pill before retiring will help to get you going right. Better appetite, better digestion, happier living will be your reward.

## If You Are Bilious Correct the Liver

Biliousness is a name given to congestion of the liver. This condition may be caused by indigestion, constipation or overeating or drinking.

Headache, coated tongue, pain in side, loss of appetite are among the symptoms which bring much discomfort.

Drink a glass of hot lemonade or orange juice in the morning and use Dr. Chase's Kidney-Liver Pills to arouse the action of the liver and bowels.

### Ventilation

It is a common fault to breathe only from the top of the lungs, while the air cells in the larger portion of them are inactive. Make a habit of using the abdominal muscles in breathing so as to utilize all the lung tissue. One is better able to resist all diseases, when the lungs are strong and active. Ventilation cannot be accomplished by simply letting the pure air in; the bad air must be let out. Open windows both from the top and bottom; hold a candle in the draft, and you will find the flame turn outward at the top and inward at the bottom of the window. Windows on opposite sides of the room ventilate more perfectly than those on the same side.

Navy Wife: "Your honour, he broke every dish in the house over my head. He treated me cruelly and threatened to put in for sea duty."

Judge: "Did he apologize or express regrets?"

Navy Wife: "No, your honour, the ambulance took him away before he regained consciousness."

—The Hoist

## The Lazy Colon

Do not think of Dr. Chase's Kidney-Liver Pills as a mere laxative for they are much more.

By their action on the liver they help to ensure a free flow of bile, nature's cathartic, from the liver into the intestines where the most important part of digestion takes place.

In this way, they help to bring about a more lasting relief of constipation.

If you are troubled with chronic constipation make it a habit to use Dr. Chase's Kidney-Liver Pills one a dose at bedtime and see how regular you will become and how well you will feel.

Once you have constipation checked, it is a good habit to use this medicine once or twice a week to ensure the activity of liver, kidneys and bowels.

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER FORECASTS	July 1948		Moon's Phases		Ont. and Que.		Mar. Provs. and Nfld.		Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
				☾ New Moon...	☽ First Qtr....	☽ Full Moon...	☾ Last Qtr.....	d. h. m.	d. h. m.	d. h. m.	d. h. m.	Sun Rises h.m.	Sun Sets h.m.	Moon Rises a.m.
1	T	♈			Dominion Day, Canada						6.00	4.17	7.50	12.26
2	F	♈	Very		strawberries						8.31.60	4.17	7.50	12.46
3	S	♈	warm.									4.18	7.50	1.11
4	S	♈			Independence Day, U.S.A.						6.40	4.18	7.50	1.42
5	M	♈	Cloudy		2.00 oat chips							4.19	7.49	2.23
6	T	♈	and		2.00 saw edition						7.90	4.19	7.49	3.17
7	W	♈	very									4.20	7.48	sets
8	T	♈	warm.		fixing mower						2.00	4.21	7.48	p.m.
9	F	♈										4.22	7.48	10.10
10	S	♈	Clearing									4.22	7.48	10.35
11	S	♈	and		fixing hay fork						7.51	4.23	7.47	10.57
12	M	♈	slightly									4.24	7.46	11.18
13	T	♈	cooler.									4.25	7.45	11.39
14	W	♈										4.26	7.45	a.m.
15	T	♈	Fair									4.26	7.45	12.01
16	F	♈	and									4.27	7.44	12.27
17	S	♈	warm.									4.28	7.43	12.58
18	S	♈										4.29	7.42	1.37
19	M	♈	Some		lights for car						19.80	4.31	7.41	2.24
20	T	♈	heavy									4.31	7.41	3.20
21	W	♈	rains.									4.32	7.40	4.22
22	T	♈										4.33	7.39	rises
23	F	♈	Cloudy		parts for mower						12.6	4.34	7.38	p.m.
24	S	♈	and									4.36	7.36	9.39
25	S	♈	cooler.		raspberries						28.40	4.36	7.36	9.56
26	M	♈			1.60 oats						4.80	4.37	7.34	10.13
27	T	♈	Warm.									4.38	7.33	10.29
28	W	♈			Dug 7 Bonny bying						10.00	4.39	7.32	10.48
29	T	♈	Mostly									4.41	7.31	11.10
30	F	♈	fair.									4.42	7.30	11.37
31	S	♈										4.43	7.29	

## ♌ LEO—The Lion

July 23rd to August 22nd

Ruling Planet The Sun

Keyword—Power

They are good natured, generous, easy going, but active minded. Very independent and wish to lead so that any commands are resented. They are full of fun, frank, outspoken, and very loving, not being happy unless able to express and receive heart affection. Impulsively kind

and charitable, they are sometimes deceived by unworthy sob-story tellers. There is innate love of display and grandeur, and they are born showmen and actors, but they must learn to penetrate mere appearances and judge by the real things underneath. False pride is to be avoided. Born between July 24th and August 2nd there is rather a fiery temperament, but between August 3rd and 12th they are more phlegmatic.



### To The Daisy

With little here to do or see  
Of things that in the great world be,  
Sweet Daisy! oft I talk to thee

For thou art worthy,  
Thou unassuming Common-place  
O Nature, with that homely face.  
And yet with something of a grace  
Which Love makes for thee!

—W. Wordsworth

## A Bar To Beauty

"No woman can have a good complexion or be physically at her best in attractiveness who is an habitual sufferer from intestinal stasis (chronic constipation). Her complexion will not be good, the odors of the body frequently offensive, while her physical and mental reactions will be sluggish. It is strange that the feminine desire to please should not take into account this simple fact so well understood by medical men." Writes an eminent physician.

## No Half Measures

When you have a backache and feel out of sorts, it is more than likely your kidneys, but to tone up the kidneys alone, is doing only half the job, for nine times out of ten the liver also must be made to function properly.

That is why Dr. Chase's Kidney-Liver Pills have won the complete confidence of so many people, for this medicine goes the whole way by making both your liver and your kidneys function the way they should, with the result that you get relief quicker, and soon experience a new sense of vitality and health.

# Kidney Troubles

## Indicated By These Symptoms

Scanty, highly coloured urine, headache, backache and constipation are among the early symptoms of kidney disease. The appetite is fickle, the tongue is furred and in time there is pallor and loss of weight.

The functions of the kidneys in filtering the uric acid poisons from the blood are halted and these poisons set up pains and aches, rheumatism, gout and lumbago.

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

A young couple had asked the preacher to marry them immediately following the Sunday morning service.

When the time came he said: "Will those who wish to be united in holy matrimony please come forward?"

To the altar came one man and 23 women.

## Man Kills Himself

Man does not die; he kills himself, wrote Seneca two thousand years ago. And it is just as true to-day. In spite of all the discoveries of science and the work of skilled physicians in perfecting medicines of known and proven value, neglect to use available treatments allows serious diseases to develop to a stage where recovery is impossible.

This is particularly true of derangements of the kidneys. Repeated backaches, frequent urination, scalding or burning when passing water, loss of weight, swelling of the ankles and general debility should warn you of what is happening and lead you to seek relief with such treatment as Dr. Chase's Kidney-Liver Pills, the time-proven medicine which has made the name of Dr. Chase famous.

You can depend on Dr. Chase's Kidney-Liver Pills to afford relief quickly because they almost immediately arouse the action of the kidneys, the liver and the bowels and thoroughly cleanse the system of the uric acid and other poisons which cause pains and aches and serious disease.

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER FORECASTS	Aug. 1948	Moon's Phases	Ont. and Que.		Mar. Provs. and Nfld.		Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
						d.	h. m.	d.	h. m.	Sun Rises h.m.	Sun Sets h.m.	Moon Rises a.m.
1	S	♋	Mostly fair and very warm.		☾ New Moon...	4	11 13 p.m.	5	12 13 a.m.	4.44	7.28	12.12
2	M	♌			☽ First Qtr. ...	11	2 40 p.m.	11	3 40 p.m.	4.47	7.27	12.59
3	T	♍	and very warm.		☾ Full Moon...	19	12 32 p.m.	19	1 32 p.m.	4.47	7.24	2.01
4	W	♎			☽ Last Qtr. ....	27	1 46 p.m.	27	2 46 p.m.	4.47	7.24	3.17
5	T	♏	Dry and warm.						4.48	7.22	4.40	
6	F	♐			2.00 red head			8.10		4.50	7.21	sets
7	S	♑	and warm.		2.00 oat chop			6.40	4.51	7.19	p.m.	
8	S	♒			1.00 pig sweater			4.00	4.53	7.18	9.21	
9	M	♓	Cloudy with scattered showers.						4.53	7.17	9.42	
10	T	♈							4.55	7.15	10.04	
11	W	♉	with scattered showers.						4.56	7.14	10.29	
12	T	♊							4.57	7.12	10.59	
13	F	♈	Clear and warm.						4.59	7.10	11.36	
14	S	♉							5.00	7.10	a.m.	
15	S	♊	Clear and warm.						5.01	7.09	12.20	
16	M	♋							5.02	7.07	1.13	
17	T	♌	Much cooler with rain.						5.03	7.05	2.14	
18	W	♍							5.05	7.02	3.18	
19	T	♎	Clearing and warmer.						5.06	7.02	4.24	
20	F	♏							5.07	7.01	5.29	
21	S	♐	Month ends fine.						5.08	6.58	rises	
22	S	♑							5.09	6.56	p.m.	
23	M	♒	Month ends fine.						5.10	6.54	8.35	
24	T	♓							5.11	6.53	8.53	
25	W	♈	Month ends fine.						5.12	6.51	9.13	
26	T	♉							5.13	6.49	9.37	
27	F	♊	Month ends fine.						5.14	6.47	10.08	
28	S	♋							5.16	6.45	10.48	
29	S	♌	Month ends fine.						5.17	6.44	11.41	
30	M	♍							5.18	6.42	a.m.	
31	T	♎						5.19	6.40	12.49		

**VIRGO—The Virgin**

August 23rd to September 22nd

**Ruling Planet Mercury Keyword—Discrimination**

Quiet, retiring and thoughtful. Good reasoners, practical and industrious. Very clever at details, which they love, but should cultivate vision and foresight, and not miss the wood for the trees. They are critical and should analyze constructively, and only pick things apart

so they leave them better than they were before. It is difficult to deceive them for they at once see through pretence. While slow to anger they find it hard to forgive. They should cultivate self-confidence. Excellent homemakers are born here, and the Virgo mother is the best of parents. There is a peculiar purity, charm and sweetness about the character, and they retain their youthfulness longer than other Signs. They should learn to accept a little criticism from others.



## August

### The Wind and the Rose

Said the Wind to the Rose in the garden one day,  
I'm the greatest power in all the land.  
The ships at sea and the mightiest Oak  
All quiver and bow at my command.

### Said the Rose to the Wind

As a token to lovers throughout the land  
I earn admiration from all passers-by,  
I make them smile—you make them cry.  
Who is the greater, you or I?"

—J. Curtis Evans

## Pimples and Blackheads Are Often the Despair of Young People

Just at a time of life when boys and girls want to be attractive to one another, they are likely to be most distressed by pimples and blackheads.

In many cases Dr. Chase's Ointment proves to be their salvation and helps them to obtain a clear soft skin.

Blackheads should be carefully and tenderly squeezed out and the ointment applied freely to soothe and heal the irritated skin.

The face is most frequently the seat of such troubles, but girls use the ointment freely to clear the skin which is exposed when bathing suits and society dresses are worn.

"Hard-working little wife you've got, Bill," said the traveller to the small shopkeeper as he watched the man's wife busy in the shop.

"My word, yes!" replied the shop-keeper. "I only wish I 'ad a couple more like 'er!"

### Laugh

Laugh and the world laughs with you.  
Weep and you weep alone,  
For the sad old earth must borrow its mirth,  
But has trouble enough of its own.

—Ella Wheeler Wilcox

## Chafing Becomes Eczema

Babies are exceedingly prone to chafing. And chafing often develops into eczema. These troubles result from wet diapers, pressure of the clothing or, in fleshy babies, from two surfaces of skin rubbing together.

Baby's skin is tender and extreme cleanliness is necessary if skin troubles are to be avoided. Applied after the bath Dr. Chase's Ointment brings comfort to the baby suffering from chafing or eczema and soon overcomes the trouble.

It is a fine practice to always keep Dr. Chase's Ointment with the soap and bathing utensils for use in keeping baby's skin soft and healthy and free from chafing, eczema, etc.



DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER FORECASTS	Sept. 1948			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 Rises a.m.			
1	W	♌	Cloudy											5.20	6.38	2.08		
2	T	♌	with											5.22	6.36	3.33		
3	F	♌	fog											5.23	6.35	4.59		
4	S	♌	or											5.24	6.33	6.23		
5	S	♌	rain.											5.25	6.31	sets		
6	M	♌	Labour Day											5.26	6.29	p.m.		
7	T	♌	Clear											5.28	6.27	8.30		
8	W	♌	and											5.29	6.25	8.58		
9	T	♌	warm.											5.30	6.23	9.33		
10	F	♌												5.31	6.21	10.15		
11	S	♌	Cooler											5.32	6.19	11.07		
12	S	♌	with											5.34	6.17	a.m.		
13	M	♌	scattered											5.35	6.16	12.05		
14	T	♌	showers.											5.36	6.14	1.09		
15	W	♌												5.37	6.12	2.15		
16	T	♌	Cloudy.											5.38	6.10	3.20		
17	F	♌												5.40	6.08	4.25		
18	S	♌	Warm.											5.41	6.07	5.29		
19	S	♌												5.41	6.05	6.32		
20	M	♌	Clear											5.43	6.02	rises		
21	T	♌	and											5.44	6.00	p.m.		
22	W	♌	cool.											5.46	5.58	7.40		
23	T	♌												5.47	5.57	8.08		
24	F	♌	Some											5.48	5.55	8.44		
25	S	♌	high											5.50	5.53	9.31		
26	S	♌	winds.											5.51	5.51	10.31		
27	M	♌												5.52	5.49	11.43		
28	T	♌	Rain											5.53	5.47	a.m.		
29	W	♌	this											5.55	5.45	1.04		
30	T	♌	week.											5.56	5.43	2.27		

## ♌ LIBRA—The Scales

September 23rd to October 22nd

Ruling Planet Venus

Keyword—Balance

They can always see both sides of every question, and have remarkable powers of perception and comparison, but must avoid indecision and learn to choose. They are even tempered although inclined to go from hilarity to depression rather quickly. They love justice, are refined, and would rather run a mile than

fight, being natural peace-makers and adepts at settling differences between other people. They must not get discouraged if their imaginative ideals do not materialize at once, but adjust themselves to life as it is and persevere with faith, when they can reach the heights by use of their remarkable intuition.

Parents are inclined to take their children to the circus, but send them to church.

—John Kenfield Morley



## September

### Thoughts

Music, when soft voices die,  
Vibrates in the memory—  
Odours, when sweet violets sicken,  
Live within the sense they quicken.

Rose leaves, when the rose is dead,  
Are heap'd for the beloved's bed;  
And so thy thoughts, when Thou art gone,  
Love itself shall slumber on.

—P. B. Shelley

## Symptoms of Eczema

Eczema is marked by redness, scaling and oozing. Itching and burning at times may bring keen distress.

The application of water is a further irritant and in such cases olive oil should be used in cleansing the skin.

The success of Dr. Chase's Ointment in the relief of eczema is well known.

Eczema is the most common of skin diseases and in many cases only local treatment seems to be of any real benefit.

Persistent treatment is often required and you should not be discouraged if results are not quickly obtained. Relief from the itching, stinging sensations is almost immediate and persistent use of this ointment can usually be depended on for satisfactory results.

A sure-footed animal is an animal that when it kicks it does not miss.

## Chafing of Skin

### Leads to Eczema

Women as well as babies are often distressed by chafing.

Chafing may result from friction caused by the clothing. Women often suffer from chafing under the breasts.

Others experience much discomfort from chafing of the feet and toes.

The application of Dr. Chase's Ointment excludes the air and by its soothing, healing effect brings comfort and relief from a condition which often leads to eczema.

## For Men After Shaving

Many men find their skin tender and irritated after shaving or may acquire barber's itch.

This is when they prize Dr. Chase's Ointment.

Applied regularly after shaving, this ointment keeps the skin soft and smooth and free of pimples and irritations of the skin.

## Athlete's Foot

Athlete's foot is in reality a form of ringworm. While not confined to athletes, this name was given because the ailment is often acquired when the bare feet become affected at swimming pools, and sportsmen's lockers.

It is marked by irritation and itching between the toes.

The application of Dr. Chase's Ointment stops the itching quickly and soothes and heals the irritated skin.

### MAKE THIS TEST

Prove for yourself that Dr. Chase's Ointment does afford almost immediate relief from the itching, stinging, painful symptoms of piles.

Ask your druggist for Dr. Chase's Ointment or send 10 cents for a sample box to The Dr. A. W. Chase Medicine Co., Ltd., Oakville, Ont., Canada.

## Ringworm

A thin, scaly ring forms, the skin within the circle remaining normal.

Ringworm is very contagious and requires persistent treatment. When on the head the hair should be closely clipped so that the ointment can be applied thoroughly to the skin.

By its antiseptic effect Dr. Chase's Ointment destroys the germs of disease and soothes the irritated skin.

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER FORECASTS	Oct. 1948			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 Rises a.m.
1	F	♏	Much	100 R.H.		410	2	2	42 p.m.	2	3	42 p.m.	5.57	5.41	3.51			
2	S	♏	cooler.	200 hog dr.		570	9	5	10 p.m.	9	6	10 p.m.	5.59	5.39	5.14			
3	S	♏		901 B. & cats		265	17	9	23 p.m.	17	10	23 p.m.	5.59	5.18	6.36			
4	M	♏	Fair.	Hebrew New Year (Rosh Hoshanah)									6.00	5.36	sets			
5	T	♏											6.02	5.34	p.m.			
6	W	♏	Frost	threshing									6.03	5.32	7.28			
7	T	♏	in	R. Jamleon & threshing									6.05	5.30	8.08			
8	F	♏	some	threshing									6.06	5.29	8.57			
9	S	♏	localities.										6.07	5.28	9.55			
10	S	♏		200 hog grow									6.08	5.26	10.58			
11	M	♏	Fair	100 240 %									6.10	5.24	a.m.			
12	T	♏	and										6.11	5.21	12.04			
13	W	♏	warmer.	Day of Atonement (Yom Kippur)									6.12	5.20	1.10			
14	T	♏											6.14	5.18	2.15			
15	F	♏	Cloudy										6.15	5.16	3.19			
16	S	♏	with										6.16	5.14	4.22			
17	S	♏	some										6.18	5.12	5.26			
18	M	♏	rain.	First Day of Feast of Tabernacles (Succoth)									6.18	5.11	rises			
19	T	♏											6.20	5.10	p.m.			
20	W	♏	Showers.	single cow calf									6.22	5.08	6.11			
21	T	♏											6.23	5.06	6.44			
22	F	♏	Un-	200 hog grower									6.24	5.04	7.27			
23	S	♏	settled.	3 hog 2000									6.25	5.03	8.23			
24	S	♏											6.27	5.02	9.30			
25	M	♏	Cooler										6.28	5.00	10.46			
26	T	♏	with										6.30	4.58	a.m.			
27	W	♏	rain.										6.31	4.56	12.06			
28	T	♏											6.32	4.55	1.27			
29	F	♏	Month										6.33	4.54	2.47			
30	S	♏	ends										6.34	4.52	4.07			
31	S	♏	cold.	Hallowe'en									6.36	4.50	5.27			

## ♏ SCORPIO—The Scorpion

October 23rd to November 22nd

Ruling Planet Mars

Keyword—Positivity

They are restless, obstinate and strong-willed with a determination to accomplish their desires in spite of all obstacles and opposition. The temper is fiery and uncertain, but they quickly recover from such outbursts. The mind is shrewd and penetrating, and they have much

positive magnetism which gives them an influence over more negative minds. They are adepts at criticizing others for failure in their duties. Being always busy with their own affairs, they have little time and attention for helping others, but they can be a tower of strength if their interest and attention can be secured, for they are very brave and resourceful. Blunt outspokenness should be curbed.



## October

The day is done, and the darkness  
Falls from the wings of Night,  
As a feather is wafted downward  
From an eagle in his flight.

And the night shall be filled with music,  
And the cares which infest the day  
Shall fold their tents like the Arabs,  
And as silently steal away.

—Longfellow

## Keep the Children Out of Trouble

It is only wise and reasonable that you should try to keep your children away from children's ills, such as—measles, whooping cough, mumps, chicken pox and fevers.

If they do come, good nursing can do much to hasten recovery and prevent the ill effects that often show up in later life.

Do not delay to call your doctor lest a serious condition may develop.

Pneumonia and measles are responsible for most deaths among children from one to two years; diphtheria kills between two and five. Unlike pneumonia and measles, *diphtheria can be largely prevented*. If your child is immunized (a simple, painless process), it will be four times less likely to get diphtheria and, should it get it, the attack will probably be mild.

She can't dance so well, but gosh, how she can intermission.

—(Private Arthur Hill)

## Piles or Hemorrhoids

Piles may be internal or external—depending on whether they are inside or outside.

In either case the patient can depend on quick relief from the itching stinging pains by using Dr. Chase's Ointment.

External piles are readily controlled by the use of this ointment. Internal piles may require the use of water injected by a fountain syringe to clean the parts, and help to relieve the feverish condition before applying the ointment.

No one need continue to suffer from piles if they use Dr. Chase's Ointment to relieve the distressing, itching, stinging sensations.

Mr. Gordon S. Squires, 107 Gower Street, St. John's, Newfoundland writes: "For six years, I suffered with internal hemorrhoids. The least exertion; such as rowing, swimming, or any light manual work, caused me a week of acute suffering and misery. My best-loved pastime of camping and fishing was always overshadowed by the dread of the certain return of my miserable calamity. On several occasions the attacks were so severe that I had to neglect my work as office manager and remain in bed for days at a stretch.

A year ago I picked Dr. Chase's Ointment off our medicine shelf. It had always been there and in use in our home for all minor ills. I applied it daily after hot water bathings for one week. After the very first application, I realized that my six years' suffering had been needless. I have had no return of my hemorrhoids since. Thanks to your ointment they are gone and my fishing trips now have a happy ending.

I have recommended its use to several pile sufferers and can confidently and sincerely continue to do so."

A Mother's life is no bed of night clubs,  
No nosegay of foreign affairs.  
She's hardly through staying at home with her  
children.

Before she's staying at home with theirs.

## Pruritus Intense Itching

Women often experience great discomfort from pruritus vulvae. Whatever the cause, the treatment with Dr. Chase's Ointment affords almost instant relief and by persistent use may prove of lasting benefit.

Chilblains, soft corns, sunburn are also soon relieved by use of this soothing, healing ointment.





## November

I saw old Autumn in the misty moon  
Stand shadowless like silence, listening  
To silence. —Hood

A wise old owl sat on an oak,  
The more he sat the less he spoke;  
The less he spoke the more he heard;  
Why aren't we like that wise old bird?  
—E. H. Richards

## Dr. Chase's Liniment

The best recommendation we know of for Dr. Chase's Liniment is the remark made about it by the doctor himself who wrote that he considered it the most effective liniment he had ever used in his practice. He also adds—

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

Dr. Chase's Liniment is of high quality and is composed of a number of essential oils which are highly prized because of their antiseptic qualities as well as their effectiveness in relieving pains and aches.

Remember that the effectiveness of any liniment depends to some extent on the thoroughness with which it is rubbed in.

Dr. Chase's Liniment is recommended as a treatment for

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

## Dr. Chase's Liver Medicine

Sharpens the Appetite  
Improves Digestion

When the appetite lags and you lose the desire for food—when digestion falters because of sluggish liver action, you can depend on Dr. Chase's Liver Medicine to bring you relief and clear away the tired feelings and the ruffled temper which often go with this condition.

People who are accustomed to use this medicine as a Spring tonic, or at any other season when this condition develops, are enthusiastic in its praise. It can be used by children as well as adults because the dose is so easily regulated and being entirely vegetable in composition it is safe to use and exceptionally beneficial as a regulator of the liver and other digestive organs.

## Try This For Your Hay Fever

It is not uncommon for people to report that they always come back to the use of Dr. Chase's Catarrh Powder as a relief for Hay Fever.

By its use the stuffed up air passages are cleared out, the irritated mucous membrane is soothed and a pleasant relief is experienced.

Pal: "How's your wife today?"

Al: "She can't complain."

Pal: "Oh, I didn't know she was as ill as all that."

Agnes: "Will you love me as much in October as you did in February?"

Willy: "Oh, more dearest. There are more days in October."

## Jaundice

Yellowness of the whites of the eyes, discoloration of the skin to a yellow or green tint, tell of a jaundiced condition.

Low spirits and itching of the skin may be accompaniments.

These symptoms tell of a much disturbed liver and indicate the need of Dr. Chase's Liver Medicine. Many people have experienced great relief by the use of this medicine.

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER FORECASTS	Dec. 1948	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	W	♊			☾ First Qtr. . . .	8	8 57 a.m.	8	9 57 a.m.	7.18	4.20	4.34
2	T	♋	Clear	2.00 B. + oat	☽ Full Moon . . .	16	4 11 a.m.	16	5 11 a.m.	7.19	4.20	5.26
3	F	♌	and	3.00 hog grower	☾ Last Qtr. . . .	23	12 12 a.m.	23	1 12 a.m.	7.20	4.20	6.26
4	S	♍	cold.		☽ New Moon . . .	30	4 44 a.m.	30	5 44 a.m.	7.21	4.20	7.32
5	S	♎								7.22	4.19	8.40
6	M	♏	Cloudy							7.23	4.19	9.47
7	T	♐	with	4.00 hog grower				13.40		7.24	4.19	10.52
8	W	♑	snow-							7.25	4.19	11.56
9	T	♒	flurries.							7.25	4.19	a.m.
10	F	♓								7.26	4.18	12.59
11	S	♈	Cold							7.28	4.18	2.02
12	S	♉	rains	Accession King George VI, 1936 . . .						7.28	4.18	3.08
13	M	♊	and							7.29	4.18	4.17
14	T	♋	windy.	Birthday, King George VI, 1895 . . .						7.30	4.18	5.29
15	W	♌		4.00 hog grower				13.40		7.31	4.19	6.43
16	T	♍	Clearing	3.00 red. oats				8.70		7.32	4.19	rises
17	F	♎	and							7.32	4.19	p.m.
18	S	♏	much	roof coating				1.75		7.32	4.20	6.22
19	S	♐	colder.							7.33	4.20	7.42
20	M	♑		4.00 hog grower				13.40		7.33	4.21	9.02
21	T	♒	Some	1.00 16.33				3.35		7.35	4.21	10.22
22	W	♓	heavy	trans. 15.50						7.35	4.21	11.39
23	T	♈	snow.	2.00 B. + oat				3.70		7.36	4.22	a.m.
24	F	♉								7.36	4.23	12.54
25	S	♊	Clear	Christmas Day . . .						7.37	4.23	2.11
26	S	♋	and							7.37	4.24	3.27
27	M	♌	cold.	cream				7.35 7.00		7.37	4.24	4.43
28	T	♍								7.38	4.25	5.59
29	W	♎	Rain	2.00				11.35 3.35		7.38	4.26	sets
30	T	♏	or	4.00 hog grower				13.40		7.38	4.27	p.m.
31	F	♐	sleet.	3.75 red. oats				11.30		7.38	4.28	5.16

## ♈ CAPRICORN—The Goat

December 22nd to January 19th

Ruling Planet Saturn

Keyword—Ambition

Dignified with much self-esteem. Ambitious yet cautious, persevering and not easily discouraged. Keep sensitive, deep feelings beneath cold and reserved exterior. Sometimes have very material viewpoint. Thrifty and enjoy work. Can triumph over circumstances through

will power. Inclined to be moody and feel misunderstood, so cheerfulness and poise necessary. They are hospitable and think much of appearances in the home. Must be very careful over their children or they may injure them through mismanagement or the toleration of false standards of life.

A circle is a line which meets its other end without ending.



## December

Ring out wild bells, to the wild sky!  
Ring out the old, ring in the new,  
Ring happy bells, across the snow!  
Ring in the noble modes of life  
With sweeter manners, purer laws.

—Tennyson

No, the heart that has loved never forgets,  
But as truly loves on to the close;  
As the sunflower turns to her god when he sets  
The same look that she turned when he rose.

—Moore

## Catarrh

### Its Nature and Treatment

Next to the common cold catarrh is perhaps the ailment most prevalent throughout the American continent. In its early stages catarrh is often described as "cold in the head". It tends to become chronic and in addition to the cold symptoms such as sneezing, running at the nose, watery eyes and red nose, there is further inflammation of the mucous membranes of the nose and throat. The sense of smell may be lost, the breath becomes offensive, there is deafness and disagreeable droppings in the throat of purulent matter which upsets digestion.

The logical treatment is Dr. Chase's Catarrh Powder, because it does afford prompt relief from these disagreeable symptoms. A catarrhal condition tends to become chronic and to develop into hay fever or asthma, both of which ailments are to be avoided if possible.

## The Common Cold What To Do About It

The common cold is the cause of more discomfort and loss of time than any other ailment.

For the young and old, and for all whose health is in a run down condition, every cold is serious and should have careful attention.

If caught in time you can usually check a cold and get relief from it in a few days by the use of Dr. Chase's Paradol, one tablet a dose, at two hour intervals.

A good habit is to take a good drink of hot lemonade, swallow one Paradol tablet and rest in bed. This will help you to perspire, relieve the pains and aches and enable you to rest and sleep. If required, use more Paradol at two hour intervals.

If there is sore throat, gargle with two Paradol tablets dissolved in hot water.

### Winter

In winter I get up at night  
And dress by yellow candle-light  
In summer, quite the other way,  
I have to go to bed by day.

—Robert Louis Stevenson

## For Throat and Bronchial Symptoms

The throat and chest cold usually develops from a head cold so that if you have neglected the head cold you find a roughness, hoarseness and soreness developing in the throat and bronchial tubes and are threatened with serious trouble.

Just as soon as the throat is affected it is time to use Dr. Chase's Syrup of Linseed and Turpentine to check the cold and protect the bronchial tubes. This treatment soothes the nerves of the throat and relieves the coughing so as to prevent further irritation of the delicate membranes. It loosens the phlegm, allays the inflammation and overcomes the symptoms of the cold.

Much depends on prompt treatment if a cold is to be relieved and hence the advisability of having these medicines in the home at all times. If you have all three available you are well equipped to fight the various symptoms to best advantage. Someone in the family is sure to need treatment.



# The Dr. Chase Medicines

## 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.

## DR. CHASE'S BACKACHE PLASTER

For Backache, Lumbago, Rheumatic Pains, **30 cents** each.

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

*Keep Your  
Date,*



*This Week Too*

**DR CHASE'S  
PARADOL**

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

UNCAT  
M...cs...

*Good Health* and Lots of Pep



Dr. Chase's Kidney-Liver Pills have a long record of dependability as a regulator of liver and kidneys and bowels.

They quickly arouse these organs to healthful activity—sharpen the appetite and help to improve digestion.

Clean out the poisons with Dr. Chase's Kidney-Liver Pills and regain your pep and happiness.  
35 cents a box.

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

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