

Geo. M. Bullough

DR. A. W. CHASE'S CALENDAR ALMANAC

WIN FREE TRIP to British Isles
ON QUEEN MARY OR QUEEN ELIZABETH
48 OTHER VALUABLE PRIZES

1949
EDITION

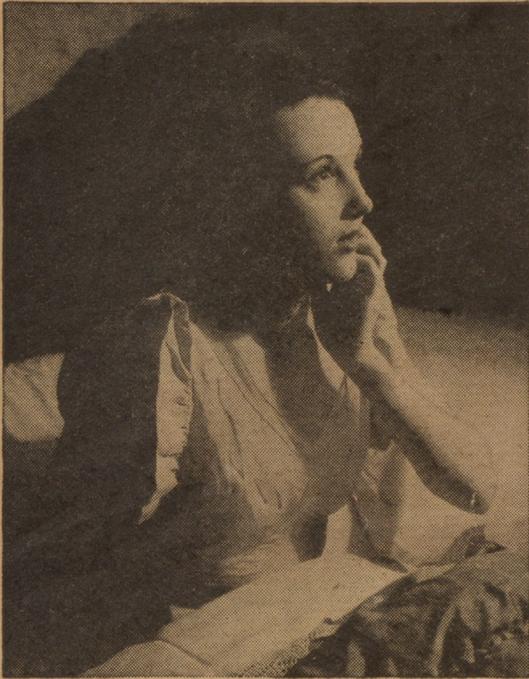


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What Do Your
Dreams Mean?
Horoscopes for
Every Month
Fortune Telling
Meaning of Names
Games - Jokes
Household Hints
Weather Forecast

The Dr. A. W. Chase Building
at Oakville, Ontario, Canada





Do You Dread the Coming of Night

*...because of snarled
nerves as high-strung
as violin strings?*

Men and women whose condition of nerves makes them irritable, nervous, easily tired and jumpy all day, do dread the coming of night. Usually bedtime brings wakefulness . . . long, torturous hours of tossing . . . and loss of rest. Very often, too, because of nervous tension, digestive processes slow up . . . and indigestion, heartburn and kindred symptoms result.

When the wife or husband, or both, are suffering in this way, the hours of the night bring, not the pleasure of relaxation, the calm restfulness of repose . . . but bring anguish, clashing temperament and discord. One keeps the other awake, and so each night is made miserable.

People like this may need the nerve-strengthening effect of Dr. Chase's Nerve Food. More and more nerve-worn people are turning to this time-proven medicine to restore to the body vital mineral substances which help relieve such nervous symptoms as irritability, loss of rest at night, general tiredness, high-strung nervousness, nervous stomach upsets, anaemia and poor appetite. Some people find relief from the first box, most people need two or three. Get the large "economy size" for adequate treatment.

Dr. Chase's Nerve Food
Contains Vitamin B1 and Essential Minerals



MEET THE FAMILY

Family is a homey word that fits nicely into this, the 48th Annual Almanac of the Dr. A. W. Chase Medicine Co. It is sent to you and your family to help keep you in touch with the Dr. Chase family of medicines.

This year over 2,300,000 copies of this almanac will be distributed. It is interesting to note that in 1929 it was only necessary to print 1,750,000 almanacs. Yes, in twenty years this country of ours has grown to greater stature. It is particularly gratifying to us at Dr. Chase's that as Canada grows, so does acceptance and recognition of Dr. Chase's Medicines.

To us who work with, and among, the medicines Dr. Chase originally prescribed over sixty years ago, it seems a pity that this kindly, humane man could not be here to see just a little of the comfort, relief and freedom from suffering that his medicines have brought to mankind the world over.

The sincerity, integrity and devotion to practice that Dr. Chase originally showed in the dispensing of his medicines are still present in the Dr. Chase Medicine Co. today. And while the modern world demands a "New Look" it still suffers increasingly from the old ills and responds to the old treatment for those ills. Where modern medicine proves beyond doubt

the value of a new ingredient, it is added to the Dr. Chase Medicine to which it is best suited.

In this almanac you will find described all of Dr. Chase's Medicines and the symptoms to which each brings relief. You will also find just a few of the real life experiences of other people into whose life a Dr. Chase Medicine brought relief and happiness.

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Abroad.....	A journey, success.
Absent friends.....	A letter.
Accident.....	Visitors.
Accuse.....	Good luck.
Afraid.....	Poor success.
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Animals.....	Happiness.
Army.....	Good fortune.
Automobile.....	Success.
Bag Pipes.....	Trouble ahead.
Baker.....	Signifies plenty.

(Continued on page 13)

SIGNS OF THE ZODIAC



1949

Dominical Letter..	B	Solar Cycle	26
Epact.....	30	Roman Indiction..	2
Golden Number...	12	Julian Period....	6662

The year 5710 of the Jewish era begins at Sunset on September 23rd, 1949, Gregorian Calendar.

The year 1369 of the Mohammedan era, or era of the Hegira, begins at Sunset on October 23rd, 1949.

The fourteenth year of the reign of King George VI begins December 12th, 1949.

The 83rd year of the Confederation of the Dominion of Canada begins July 1st, 1949.

The 174th year of the Independence of the United States begins July 4th, 1949.

January 14th, 1949, Gregorian Calendar, corresponds to January 1st, 1949 Julian Calendar.

Eclipses 1949

(75th Meridian Standard Time)

I.—TOTAL ECLIPSE OF THE MOON, April 12th and 13th, 1949, visible in eastern Canada as follows: Eclipse begins 9.28 p.m. April 12th, ends 12.54 a.m. April 13th.

II.—PARTIAL ECLIPSE OF THE SUN, April 28, 1949, invisible in North America. Visible in Europe and northern Africa.

III.—TOTAL ECLIPSE OF THE MOON, October 6th, 1949, visible eastern Canada as follows: Eclipse begins 8.05 p.m., ends 11.48 p.m.

IV.—PARTIAL ECLIPSE OF THE SUN, October 21st, 1949, invisible in North America. Visible in Australia.

Seasons

Spring—Sun enters Aries, Spring begins 20th March, 6.49 p.m. Maritime Provinces and Newfoundland. 5.49 p.m. Ontario and Quebec. 4.49 p.m. Manitoba. 3.49 p.m. Northwest Provinces. 2.49 p.m. British Columbia.

Summer—Sun enters Cancer, Summer begins 21st June, 2.03 p.m. Maritime Provinces and Newfoundland. 1.03 p.m. Ontario and Quebec. 12.03 p.m. Manitoba. 11.03 a.m. Northwest Provinces. 10.03 a.m. British Columbia.

Autumn—Sun enters Libra, Autumn begins 23rd September, 5.06 a.m. Maritime Provinces and Newfoundland. 4.06 a.m. Ontario and Quebec. 3.06 a.m. Manitoba. 2.06 a.m. Northwest Provinces. 1.06 a.m. British Columbia.

Winter—Sun enters Capricornus, Winter begins 22nd December, 12.24 a.m. Maritime Provinces and Newfoundland. 21st December, 11.24 p.m. Ontario and Quebec. 10.24 p.m. Manitoba. 9.24 p.m. Northwest Provinces. 8.24 p.m. British Columbia.

FREE!

If you should lose this copy of the Almanac or wish an additional copy, write to Dr. A. W. Chase Medicine Co. Ltd., Oakville, Ontario, and we will mail you a copy free.

Keep this Almanac in a handy place. It is full of information that should prove useful to every member of your household. In addition to a calendar for each month, the weather forecast and moon and sun tables, this year's Almanac contains a dictionary of dreams and their meanings, an astrological solar forecast for your birthdate, a cagliastro method of telling fortunes with dice, a handy table showing how various spots and stains may be removed from clothes, a table of weights and measures, a wedding anniversary gift list, and many stunts and tricks that will entertain young and old alike.

It's a good idea to hang this Almanac up, with the current month exposed, and use it as your regular calendar.

Letters from Readers

We are always interested in hearing from readers of the Almanac telling of their experience with Dr. Chase's Medicines.

Won't you drop us a line saying what particular medicine you are taking or have taken, and what results you have gained by doing so? Perhaps we could use your letter and snapshot (if you enclose one) in next year's Almanac. Please let us know if we have your permission to use your letter in our advertising. It may be that your experience with a Dr. Chase Medicine may be the means of some other person finding relief.

We will send the writers of the best letters, a free gift with our compliments. Write Dr. A. W. Chase Medicine Co. Ltd., Oakville, Ontario.

NO SUCH THING AS GOOD HEALTH

A noted Doctor recently made the statement that there is no such thing as good health, only a state of complete neutrality.

Perfect health may be said to be a condition of the vital organs, which make their presence unfelt in the human body. Health is simply physical unconsciousness; the organs functioning so perfectly that they give no hint of their action.

When one of your organs makes its presence felt, and you are conscious of your kidneys, liver, stomach, or bowels, you may take this as a sign that this organ is in some form of distress. It is a signal—a warning from Nature to beware.

Unless you recognize and obey that signal, by taking immediate steps to remedy the trouble, your health, success, and happiness, in the future, are in jeopardy. Procrastination simply means putting something off. Don't procrastinate in your attitude toward taking a remedy for a disturbing condition.

If you, or some member of your household, is suffering from some aggravating, yet perhaps minor symptom, you will read true-to-life stories in this Almanac how other people such as you found relief from their condition, through the use of a Dr. Chase Product. Find the remedy that would appear to suit your condition best, and start taking it right away. Not tomorrow, but today!

FIGURE THIS OUT

A mother sends her son to the well to get water. She gives him two pails: a five gallon pail and a three gallon pail. He is told to bring back exactly seven gallons of water using no other measure and must not depend on guess work. How does he do it?

You should answer this within 45 seconds. For correct answer see page 12.

"CUTE"

On one side of a small piece of paper write "Why did you pick 3?"

On the other side write 1, 2, 3, 4, one figure under the other, then show this side of the paper to a friend and ask him to mentally select one of the numbers. When he is ready, turn the paper and let him read the other side. 9 out of 10 times you'll be right.

Easily Tired?

Many people have a feeling of general tiredness all the time. Others tire easily. This condition, of course, is just as truly a symptom of ill health as a headache, a backache, or skin eruptions.

This state of general tiredness may be brought about by one of many causes. Sometimes such a condition is brought about as the result of malnutrition or anaemia, which in turn causes a nervous reaction, bringing about other symptoms such as loss of appetite, poor digestion, irritability, sleeplessness, and a host of discouraging, aggravating disturbances.

Dr. Chase's Nerve Food, taken regularly, sets about to restore such vital mineral substances of the body as iron and manganese. This fine Nerve Food influences the nutritive processes and blood-making organs of the body, stimulates the flow of gastric juices and helps tone up the alimentary system.

Dr. Chase's Nerve Food assists nature in its job of extracting from the food you eat, the elements necessary to relieve you of such symptoms of poor health as general tiredness, anaemia, irritability, and sleeplessness. People who are high strung, jumpy, run-down, and suffering from nervous indigestion, may note an improvement in their health within one week after starting to take Dr. Chase's Nerve Food.

Mrs. J. A. Costain of Elmsdale, Prince Edward Island, says: "After my second baby, I was completely run-down; my nerves were on edge; I cried without knowing what I was crying for; had dizzy spells and couldn't sleep. I started taking Dr. Chase's Nerve Food, and after the first two boxes, I started to improve. Soon I was doing my own work again, rested well at night, and felt as good as I ever did."

"I was over-worked and nervous, couldn't sleep at night. After taking Dr. Chase's Nerve Food, my nervousness was relieved and I got a full night's rest"—Mrs. W. Lavoie, New England P.O., Minto, N.B.

"I was weak, skinny, run-down, and nervous. A few boxes of Dr. Chase's Nerve Food made me feel like a new woman."—Mrs. Garnet Trewin, Dorton Station, Ontario.

"I was pale, thin, and in a weakened condition. My husband ordered six boxes of Dr. Chase's Nerve Food, and from the first box my colour and appetite improved, and I gradually began to feel stronger. Wouldn't be without Dr. Chase's Medicines in the house."—Mrs. G. A. Wright, Arelle, Saskatchewan.

JAN. 1949	Moon's Phases	Ont. and Que.	Mar. Provs. and Nfld.	Local Mean Time	Top Figure—Sunrise
	☽ First Qtr....	d. h. m. 7 6 51 a.m.	d. h. m. 7 7 51 a.m.	Ontario, Quebec	Middle—Sunset
	☾ Full Moon...	14 4 59 p.m.	14 5 59 p.m.	Maritime Provinces	Bottom—Moon
	☾ Last Qtr....	21 9 7 a.m.	21 10 7 a.m.	and Newfoundland	
	☽ New Moon...	28 9 42 p.m.	28 10 42 p.m.		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Standard time is used in these Calendars, so that where daylight saving time prevails one hour should be added.

*Come ye cold winds, at January's Call,
On whistling wings, and with white
flakes bestrew
The earth.*

—Ruskin

7.38 **1**
4.29
p.m. 🐾
New Year's
Day

7.39 4.30 7.45	2 🐾	7.39 4.31 8.51	3 🐾	7.38 4.32 9.55	4 🐾	7.38 4.33 10.58	5 🐾	7.38 4.34 a.m.	6 🐾	7.38 4.35 2.01	7 🐾	7.38 4.36 1.05	8 🐾
.		Cold		with		some		Epiphany snow.			Clear.	
7.38 4.37 2.12	9 🐾	7.37 4.38 3.22	10 🐾	7.37 4.39 4.34	11 🐾	7.37 4.40 5.46	12 🐾	7.36 4.42 6.53	13 🐾	7.36 4.43 rises	14 🐾	7.35 4.44 p.m.	15 🐾
.		Milder		<i> Jersey! with</i>		snow		or		rain.	
7.35 4.45 6.59	16 🐾	7.34 4.46 8.21	17 🐾	7.34 4.48 9.42	18 🐾	7.33 4.49 10.59	19 🐾	7.32 4.50 a.m.	20 🐾	7.31 4.52 12.16	21 🐾	7.31 4.53 1.33	22 🐾
.		Colder			Clear		and		cold.		
7.30 4.55 2.49	23 🐾	7.29 4.56 4.03	24 🐾	7.28 4.57 5.12	25 🐾	7.27 4.59 6.12	26 🐾	7.26 5.00 7.01	27 🐾	7.25 5.02 sets	28 🐾	7.24 5.03 p.m.	29 🐾
.		Snow flurries.			Clearing		and		cold.		
7.23 5.04 6.38	30 🐾	7.22 5.06 7.44	31 🐾										
Milder												

**DR. CHASE'S SYRUP OF LINSEED AND
TURPENTINE
FOR COUGHS, COLDS AND BRONCHITIS**

**JANUARY 1949
SOLAR READING FOR CAPRICORNUS**

For those born
December 21st to January 20th

Those born under this sign are of a general rule cool, and very deliberate in all they do. They are competent, and inclined to be studious. Capricornus people are proud, independent, and lofty in their ideals. These people are best suited to commercial callings but have the will to succeed in anything they attempt, due chiefly

to their determination and discretion. They have a deep love of nature.

Famous Capricornus People—Louis Pasteur, Disraeli, Benjamin Franklin.

Astral Colour—Wine Red
Lucky Gem—Garnet
Birthstone for January—Garnet

"10 Years Ago This Month"
The Loyalist Spanish Government surrendered Barcelona to the Insurgents.

BLOOD WAS POOR, COULD NOT SLEEP



Mrs. J. Burgoyne

Add poor blood to nervousness and not being able to sleep and you have the combination of symptoms of poor health that caused Mrs. Josie Burgoyne, Box 173, Mahone Bay, Nova Scotia, a great deal of suffering. Mrs. Burgoyne writes:

"I was rundown and nervous. My blood was poor and I wasn't sleeping well at night. It suddenly occurred to me that other members of my family found Dr. Chase's Nerve Food had helped them. I started taking the Nerve Food. Now I rest better and feel better than I have in a long time. I certainly recommend Dr. Chase's Nerve Food to anyone who is rundown, irritable, nervous, or who had difficulty in resting well at night."



Here is a trick that will never fail to excite curiosity among children and grown-ups alike.

Take a paper match from a booklet, break the stem of the match about three-eighths of an inch from the head, then fill an ordinary "pop" bottle with water until it overflows. Place the part of the match with the head on it in the bottle, allowing it to sink to the bottom.

Now you are ready! Inform your audience that at your command the match will climb to the top of the bottle, climb to the centre and stay there; in fact, the match will do anything you command of it.

How To Do It: Place the ball of the thumb of your right hand on top of the bottle, forming a suction. By putting pressure on the thumb, the match goes down; by releasing pressure, the match rises. With a little practice, you can completely control the match. But be sure the bottle is full of water to the point of overflowing.

Victim of Nerves Makes Life Miserable For Herself and Family

A woman in Vancouver knows what it is to suffer with bad nerves. Her life, and the lives of her husband and children, were threatened with misery until she started taking Dr. Chase's Nerve Food. This woman is Mrs. K. Godden, of 7360 Duff St., Vancouver, B.C. Here is part of her entirely unsolicited letter.

"I feel it is my duty to write you. I have been a victim of bad nerves for a long time. In fact, my home seemed to be getting a little 'hell upon earth,' and the lives of my children and husband were hardly worth living. I was so miserable I couldn't even speak nicely to them. I used to get up at 2 or 3 in the morning, and take a walk around the garden to try and tire myself out enough to sleep.

"Finally, I started taking Dr. Chase's Nerve Food, and what a vast difference. No more walking half the night; no more unpleasant attitude toward my family! I feel so well it seems as if I can see heaven 'round every corner, and I feel much happier. I wish you every success, and sincerely hope other people will derive as much benefit from Dr. Chase's Nerve Food as I have."

Housewife:—And what is your name, little boy?

Delivery boy:—Humphrey Bogart!

Housewife:—Say, that's a pretty well-known name!

Delivery boy:—It certainly ought to be . . . I've been delivering groceries in this neighborhood for four years.

A five year old girl was taken to a symphony concert and warned by her mother not to make a noise.

Throughout a very long and unmelodious orchestra selection, the little girl sat quietly and respectfully. At the conclusion of the piece, she turned to her mother and asked:

"Mummy, is it okay if I scream now?"

Grandson—"Grandpa, why don't you get married again?"

Grandpa—"Well I'll tell you—there ain't but one kind of woman who'd have an old timer like me, and I'll be darned if I'm going to settle down and marry a fool."

FEB. 1949	Moon's Phases			Ont. and Que.			Mar. Provs. and Nfld.			Local Mean Time		Top Figure—Sunrise						
	☾ First Qtr....	☾ Full Moon...	☾ Last Qtr....	☾ New Moon...	d.	h.	m.	d.	h.	m.	Ontario, Quebec	Middle—Sunset						
											Maritime Provinces and Newfoundland	Bottom—Moon						
	6	3	5 a.m.	6	4	5 a.m.	13	4	8 a.m.	19	7	43 p.m.	27	3	55 p.m.	27	4	55 p.m.
	February's paint is white With cracking branch and icicles upon the pump. Come let us embrace the fire. —Henry			7.21	1	7.20	2	7.18	3	7.17	4	7.16	5					
				5.07		5.09		5.10		5.12		5.13						
				p.m.		9.50		10.53		11.57		a.m.						
				Stormy			snow		or		rain.							
7.15	6	7.13	7	7.12	8	7.11	9	7.09	10	7.08	11	7.06	12					
5.14		5.16		5.17		5.19		5.20		5.22		5.23						
1.05		2.24		3.25		4.33		5.35		6.25		7.06						
		Clearing.						High		winds.		Colder.						
7.05	13	7.04	14	7.02	15	7.01	16	6.59	17	6.57	18	6.56	19					
5.24		5.26		5.27		5.29		5.30		5.31		5.33						
rises		p.m.		8.38		9.59		11.18		a.m.		12.36						
	Septua- gesima	Valentine's Day		Heavy		snow.				Mostly		clear.						
6.54	20	6.53	21	6.51	22	6.49	23	6.48	24	6.46	25	6.44	26					
5.34		5.36		5.37		5.38		5.40		5.41		5.43						
1.54		3.06		4.09		5.01		5.42		6.15		6.40						
	Sexagesima	Cloudy		and		milder.				Unsettled.								
6.43	27	6.41	28															
5.44		5.45																
sets		p.m.																
	Quinqua- gesima (Shrove)	Clear.																

DR. CHASE'S PARADOL TABLETS
FOR
RELIEF FROM PERIODIC PAIN

FEBRUARY 1949
SOLAR READING FOR AQUARIUS

For those born
 January 20th to February 19th

Persons born under this sign are indeed fortunate, for they reveal two distinctive personalities. They are progressive, inventive, original and independent. They are also agreeable and courteous, dignified and temperamental. Endowed with spiritual gifts, Aquarius people are well adapted to commercial enterprises, and quick to grasp opportunities. They possess a natural gift of speech; also executive ability.

Famous Aquarius People—Franklin D. Roosevelt, Thomas A. Edison, Abraham Lincoln.

Astral Colour—Pink
 Lucky Gem—Amethyst
 Birthstone for February—Amethyst

"10 Years Ago This Month"

Pope Pius XI. died at the age of 81.
 President Manuel Azana of Spain left the country following the surrender of Barcelona to the insurgents.

Formula For Leap Year

Divide the year by four, if the answer is even, then it is a leap year and February has 29 days.

HIGH STRUNG MEN AND WOMEN FIND NEW HOPE!

What These People Have Done, You Can Do!

"My nerves gave way from the strain of war. Nothing helped much until I started taking Dr. Chase's Nerve Food. It is now my standby, for which I will always be thankful."

Mr. Percy S. Calvesbert,
123 Baldwin Ave., Brantford, Ont.

"I was run down and nervous and had occasional fainting spells. Words cannot explain how much I owe to Dr. Chase's Nerve Food for helping to make me well and strong."

Mrs. Beatrice Poirier,
208 Rectory St., London, Ont.

"After using Dr. Chase's Nerve Food, I found that I rested well every night, did not worry so much, and my general health was improved."

Mrs. George Lowe,
Hanover, Ont.

"My nerves were so bad I would suffer greatly from indigestion and consequently, could not sleep. I started taking Dr. Chase's Nerve Food, and since then, have not had any trouble with my digestion."

Mrs. I. T. Bushel,
25 West 8th Ave., Vancouver, B.C.

"I was in a thoroughly nervous condition, which caused pains in my neck and head. Dr. Chase's Nerve Food helped me and brought

welcome relief, and I urge any one suffering from nerves to take Nerve Food."

Mrs. Myles McDonald,
Darlington, P.E.I.

"I feel very grateful for what Dr. Chase's Nerve Food has done for me. My nerves were so bad I could hardly carry on. I was afraid to be left alone. Dr. Chase's Nerve Food helped to build up my health, improved my appearance, and relieved my nervous symptoms."

Mrs. Andrew Duncan,
Delgo, Rutland, B.C.

Electrician: "Hey, put your hand on one of those wires. Feel anything?"

Assistant: "No."

Electrician: "Good, I wasn't sure which was which. Don't touch the other or you'll drop dead."

Pupil: "My sister ate some chicken yesterday."

Teacher: "Croquette?"

Pupil: "No, but she's awful sick."

Call a woman a kitten but not a cat
Call her a mouse but not a rat
Call her a chicken but never a hen
Call her a duck but not a goose
She thrills to being called a vision
but don't dare call her a sight.

COUNTY OF YORK) IN THE MATTER OF THE DR. A. W. CHASE'S MEDICINES
TO WIT (FOR THE YEAR 1948

I, JOHN HENRY PART, of the City of Toronto, in the County of York, Writing Consultant, DO SOLEMNLY DECLARE:

- 1.- That I have made an examination of the records of Dr. A. W. Chase Medicine Co. Limited, Oakville, Ontario, with a view of ascertaining the number and integrity of unsolicited testimonials received by that Company.
- 2.- That I have examined personally in excess of 3,500 unsolicited testimonials from all parts of the world endorsing the effectiveness of Dr. A. W. Chase's medicines.
- 3.- That I am not a paid employee of the Dr. A. W. Chase Medicine Co. Limited.

AND I make this solemn declaration conscientiously believing it to be true and knowing that it is of the same force and effect as if made under oath and by virtue of the CANADA EVIDENCE ACT.

DECLARED before me at the City of Toronto,)
in the County of York, this 27th day of (*John H. Part*
July, A. D. 1948 *John H. Part*
NOTARY FOR THE PROVINCE OF ONTARIO



MAR. 1949		Moon's Phases	Ont. and Que.		Mar. Provs. and Nfld.		Local Mean Time		Top Figure—Sunrise												
		☽ First Qtr...	d. h. m.		d. h. m.		Ontario, Quebec	Middle—Sunset													
		☾ Full Moon...	7 7 42 p.m.		7 8 42 p.m.		Maritime Provinces	Bottom—Moon													
		☾ Last Qtr...	21 8 10 a.m.		21 9 10 a.m.		and Newfoundland														
		☾ New Moon...	29 10 11 a.m.		29 11 11 a.m.																
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday															
<i>Ah, March! we know thou art Kind hearted, spite of ugly looks and threats, And out of sight, art nursing April's violets.</i> —Jackson							6.39	1	6.37	2	6.36	3	6.34	4	6.32	5					
							5.47 p.m.	☾	5.48 8.43	☾	5.49 9.46	☾	5.51 10.53	☾	5.52 12.00	☾					
							St. David	Ash Wednesday	Some	heavy	rain.										
6.30	6	6.28	7	6.27	8	6.25	9	6.23	10	6.21	11	6.19	12								
5.53 a.m.	☾	5.55 1.10	☾	5.56 2.18	☾	5.57 3.21	☾	5.59 4.16	☾	6.00 5.01	☾	6.01 5.34	☾								
							Partly cloudy	and	milder.												
6.18	13	6.16	14	6.14	15	6.12	16	6.10	17	6.08	18	6.06	19								
6.03 a.m.	☾	6.04 rises	☾	6.05 p.m.	☾	6.06 8.52	☾	6.08 10.15	☾	6.09 11.37	☾	6.10 a.m.	☾								
							Fog.	Unsettled.	St. Patrick	Clearing.											
6.04	20	6.03	21	6.01	22	5.59	23	5.57	24	5.55	25	5.53	26								
6.12 12.54	☾	6.13 2.02	☾	6.14 2.59	☾	6.16 3.44	☾	6.17 4.18	☾	6.18 4.45	☾	6.19 5.08	☾								
							Some rainy	days	and	colder.											
5.51	27	5.50	28	5.48	29	5.46	30	5.44	31	<div style="border: 1px solid black; padding: 5px; text-align: center;"> CHAPPED HANDS AND LIPS DR. CHASE'S OINTMENT </div>											
6.21 5.26	☾	6.22 5.42	☾	6.23 sets	☾	6.24 p.m.	☾	6.26 8.43	☾												
							Mostly clear.														

**MARCH 1949
SOLAR READING FOR PISCES**

For those born
February 19th to March 21st

Persons born under this sign have a deep rooted sense of honour and fidelity, and are easy victims of fraud. They are generous, sensible and careful. Pisces is a very psychic or mediumistic sign. These people are best suited to occupations along manufacturing lines. They make good instructors, and are possessed with inventive ability along mechanical lines.

Famous Pisces People—Frederic Chopin, Albert Einstein, Alexander Graffam Bell.

Astral Colour—Grey

**Lucky Gem—Bloodstone
Birthstone for March—Bloodstone or Aquamarine**

"10 Years Ago This Month"

The last 9 of the 52 provincial capitals in Spain surrendered to or were seized by Insurgent troops. Nationalists officially announced "The war has ended. Total victory is Franco's." Eugenio C. Pacelli, Papal secretary of State, became Pope Pius XII. The Republic of Czechoslovakia was dissolved. Hungarian troops seized Carpatho-Ukraine. German troops began occupancy of Czech Bohemia and Moravia, which became a German protectorate. Hitler and his troops entered the port of Memel and it was annexed to the German Reich.

New Outlook On Life In 30 Days



Mr. Claude Foster: Read Mr. Foster's letter yourself.

Dr. A. W. Chase Medicine Co.,
Oakville, Ontario.
Dear Sirs:

I was disgruntled with life, everything I did seemed to take too much out of me. I couldn't sleep, I was jumpy, if someone touched me I became upset. I heard about Dr. Chase's Nerve Food from a friend, and bought a box. I thought I noticed an improvement from the first box, but it wasn't until I was on my third box that I really knew that Dr. Chase's Nerve Food was what I needed.

To-day I have lots of pep and energy, rest well at night, and am in good spirits, thanks to Dr. Chase's Nerve Food.

Yours truly,
(signed) **Claude Foster.**

What Mr. Foster didn't say in his letter was that he is 72 years of age, and had these symptoms of nervous disorder for a long time. Every day Dr. Chase's Nerve Food is bringing cheer and comfort to people who, because of nervous upsets, saw only the black side of life.

A man not considered too bright in his village, drew every cent from his bank account and sent away for a prefabricated house. When it arrived, he set it up himself.

Some weeks later, he wrote to the company complaining that his house was a failure. An inspector for the company arrived at the village to investigate and when he saw the house, yelled:

"You've built the whole thing upside down, you nit-wit!"

"Oh, so that's the trouble", said the man. "No wonder I kept falling off the verandah."

Coy Matron—"Why sometimes I'm taken for my own daughter."

Gallant Young Man—"Nonsense, you don't look old enough to have a daughter that old."

What DO THE DICE PREDICT?



Now, let us see what the dice can tell us of our luck. Take three dice, shake them well in the box with your left hand, and then cast them out on a table, on which you have previously drawn a circle with chalk. Never throw on Monday or Wednesday. The total value of the three dice as thrown should be interpreted as follows:

- Three**.....A pleasing surprise.
- Four**.....A disagreeable one.
- Five**.....A stranger, who will prove a friend.
- Six**.....Loss of property.
- Seven**.....Undeserved scandal.
- Eight**.....Merited reproach.
- Nine**.....A wedding.
- Ten**.....A christening, at which some important event will occur to you.
- Eleven**.....A death that concerns you.
- Twelve**.....A letter, speedily.
- Thirteen**.....Tears and sighs.
- Fourteen**.....A new admirer.
- Fifteen**.....Beware that you are not drawn into some trouble or plot.
- Sixteen**.....A pleasant journey.
- Seventeen**.....You will either be on the water, or have dealings with those belonging to it, to your advantage.
- Eighteen**.....A great profit, rise in life or some desirable good will happen immediately; for answers to dice are always fulfilled within nine days.

To throw the same number twice at one trial, shows news from abroad, whatever be the number.

If the dice roll over the circle, the number thrown goes for nothing, but it shows sharp words. If the dice fall to the floor, it means blows. In throwing out the dice, if one remains on top of the other, it means a present, of which females must take care.

Diner—"Don't you have a regular meal for a dollar?"

Waitress—"Sure, will you have it plain or toasted?"

YOUNG MAN OF 19 COULD NOT SLEEP



Roger Robitaille

It is no recommendation to our modern way of life that young people should develop nervous symptoms that make them tense, nervous and jumpy. Mr. Roger Robitaille says: "I read about Dr. Chase's Nerve Food in the newspaper and also your almanac and started taking it. Within two weeks, I began to get results. My appetite improved, my stomach upsets were relieved and I began to rest well at night. I can recommend Dr. Chase's Nerve Food to anyone who is tense, nervous and high strung as I was."

Mr. Robitaille, while a young man, knows what it is to suffer from nervous symptoms, and his advice to others who suffer as he once did is certainly worth taking.

HIGH COST OF LIVING

A Southern minister used as the text for his sermon "Free Salvation". After the collection had been taken, he complained of how little the offering amounted.

"Didn't you say, Reverend, that Salvation was free? free as the water we drink?" asked a parishioner.

"Salvation is free, brother", replied the minister. "Salvation is free, water is free, but when we pipe it to you, you have to pay for the piping".

Examiner—"When's your birthday?"

Hillbilly—"Maw never told me, but I'm 32. Maw told me once and after that it was easy, all I did was add a year every plowing."

Examiner—"When did you add the year? At the spring or fall plowing?"

Hillbilly—"Aw heck, that explains it. I thought I was getting old too fast."

ANSWER TO "FIGURE THIS OUT"

(For Problem see page 5)

The boy fills the five gallon pail and then fills the three gallon pail from the five. This means he has two gallons of water left in the five gallon pail. He empties the water out of the three gallon pail upon the ground, then pours the two from the five gallon pail into the three gallon pail. He then fills the five gallon pail and he has exactly seven gallons.

ACTIVE WOMAN LAID LOW BY NERVOUS SYMPTOMS



There is nothing more distressing to an active person than suddenly to develop nervous symptoms that prevent them from being their usually cheerful selves. Unfortunately, it is very often the active person who suffers from nervous disorders.

Mrs. Robert J. Mader of Clearland, Nova Scotia, has always been an active, alert woman. Imagine her dismay at finding herself developing nervous symptoms.

Mrs. Mader writes: "I was tired, had a feeling of being rundown all the time, and yet I could not sleep properly. I was most unhappy because I was used to being so active. While feeling very low, I started taking Dr. Chase's Nerve Food and I started to pick up right away. I no longer felt rundown and tired and I found I could rest properly when I went to bed. I can't help but praise Dr. Chase's Nerve Food for what it has done for me."



Ask someone to hold a pencil tightly and firmly with one hand at each end of the pencil. Tell them you can defy any law of physics by breaking the pencil in two by striking it with a folded dollar bill.

HOW TO DO IT: Fold a crisp new bill in half the long way. Grasp the folded bill at one end in your right hand, swing the bill above the pencil and strike the pencil with it as you would with an axe. Swing twice, hit the pencil twice. Swing a third time, but as you hit the pencil, extend your first or index finger along the side of the folded bill. This time you actually strike the pencil with your hidden finger and the pencil breaks cleanly.

Be sure to stand so that the folded bill hides your finger, do the trick fast, and hit the pencil hard every time. Practice in front of a mirror a few times before attempting this trick.

WOULD DR. CHASE'S NERVE FOOD HELP YOU?

Below is a check list of some of the common symptoms of Nerve trouble. Check the squares opposite each symptom that affects you. A check mark in one or more squares means that you should try Dr. Chase's Nerve Food immediately.

- Are you irritable a good deal of the time?
- Are you nervous, high strung, or jumpy?
- Do you tire easily?
- Do you have difficulty getting a good rest at night?
- Do you feel run down?
- Do you have a nervous stomach?
- Do you have dizzy spells?
- Are you in the "Change of Life" and does it depress you?
- Do you have to pick and choose your food?

The symptoms listed above are those most commonly referred to by the thousands of people who have found relief from their suffering by taking Dr. Chase's Nerve Food.

Among the first to tell a joke concerning the thriftiness of a Scot, is a Scotchman. And the Scotchman who had come to Canada at an early age and made his fortune, is no exception. After he became wealthy, he took a trip back to his native village in Scotland. As he stepped off the train, he looked around for some sign of his kinfolk. He saw three figures who seemed vaguely familiar and, on close inspection, recognized them as his brothers. But each of them had beards down to their waists.

"Now what would the three of you be growing beards like that for?" he asked.

"We had to", answered the eldest. "When ye wint to Canada, ye took the razor with ye".

Daughter of the House—"Do you like girls?"
Young Man Calling—"Sure I do."

Daughter of the House—"When did you first like them?"

Young Man—"Just as soon as I found out they weren't boys."

(Continued from page 3)

Dreams

Balloon	Unexpected news.
Bandits	Success in business.
Barber	Success.
Barn	A change.
Basket	Business decay.
Bath	Good health.
Bat	A quarrel.
Battle	A disaster.
Beard	Distress.
Bed	A move.
Beer	Trouble.
Bees	Are lucky.
Bells	Good news.
Blend	False friends.
Canoe	Prosperity.
Cards	Success in love.
Castle	Wealth.
Chain	Sorrow.
Chicken	Good news.
Child	A good omen.
City	Riches.
Crows	News.
Dancing	Love and friends.
Dentist	Caution.

(Continued on page 17)

NERVOUS CHILDREN WITH POOR APPETITES

Quickly Respond to Dr. Chase's Nerve Food

Are your children jumpy, inclined to squirm and toss in their sleep, to frighten easily? Do they often need coaxing to eat their proper meals, yet seem to continually crave sweets?

Nervous disorders in children take many forms, and a child does not necessarily have to look pale or anaemic to be tense and nervous. Dr. Chase's Nerve Food has been used for over fifty years by mothers who realized that this fine medicine has tonic properties that help whet a child's appetite, and help the child's digestive system extract full nutritive value from food.

Happy, healthy children often owe their good fortune to the wise mother who keeps up her own health forces during pregnancy, and who sees that her child, during the important growing-up years, eats properly and gets from food the essential factors to make for strength and health. Will you allow Dr. Chase's Nerve Food to help your children?

APR. 1949	Moon's Phases			Ont. and Que.			Mar. Provs. and Nfld.			Local Mean Time		Top Figure—Sunrise			
		d.	h.	m.	d.	h.	m.	d.	h.	m.	Ontario, Quebec	Middle—Sunset			
	☾ First Qtr....	6	8	1 a.m.	6	9	1 a.m.	13	12	8 a.m.	Maritime Provinces and Newfoundland	Bottom—Moon			
☽ Full Moon...	12	11	8 p.m.	19	10	27 p.m.	28	3	2 a.m.	28	4	2 a.m.			
☾ Last Qtr....	19	10	27 p.m.	28	3	2 a.m.	28	4	2 a.m.						
☽ New Moon...	28	3	2 a.m.	28	4	2 a.m.	28	4	2 a.m.						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday							
<p>Again the blackbirds sing; the streams Wake, laughing, from their winter dreams, And tremble in the April Showers The tassels of the maple flowers.</p> <p style="text-align: right;">—Whittier</p>						<p>5.42 6.27 p.m.</p>	<p>1 ☾</p>	<p>5.40 6.28 11.00</p>	<p>2 ☾</p>				
						All Fool's Day	... Fine						
5.38 6.29 a.m.	3 ☾	5.36 6.31 12.09	4 ☾	5.34 6.32 1.13	5 ☾	5.33 6.33 2.09	6 ☾	5.31 6.34 2.55	7 ☾	5.29 6.36 3.32	8 ☾	5.27 6.37 4.02	9 ☾
and		warmer.			Cloudy.	 Heavy			
5.25 6.38 4.26	10 ☾	5.24 6.40 4.48	11 ☾	5.22 6.41 rises	12 ☾	5.20 6.42 p.m.	13 ☾	5.18 6.43 9.09	14 ☾	5.16 6.45 10.30	15 ☾	5.15 6.46 11.46	16 ☾
Palm Sunday rain		with		some		fog.		First Day of Passover		Good Friday		Windy	
5.13 6.47 a.m.	17 ☾	5.11 6.48 12.50	18 ☾	5.10 6.50 1.41	19 ☾	5.08 6.51 2.20	20 ☾	5.06 6.52 2.50	21 ☾	5.04 6.53 3.14	22 ☾	5.03 6.55 3.32	23 ☾
Easter and		unsettled.			Clearing.			St. George Fine.	
5.01 6.56 3.50	24 ☾	5.00 6.57 4.07	25 ☾	4.58 6.58 4.21	26 ☾	4.56 7.00 4.37	27 ☾	4.55 7.01 sets	28 ☾	4.53 7.02 p.m.	29 ☾	4.52 7.03 10.00	30 ☾
.		Very		warm.			Cloudy.		

**FOR THAT LOGY SPRING FEELING
TAKE
DR. CHASE'S KIDNEY AND LIVER PILLS**

**APRIL 1949
SOLAR READING FOR ARIES**

For those born
March 21st to April 19th

Persons born under this sign may consider themselves fortunate indeed. Their nature is strong and impetuous, and they have an inborn desire to command and assume leadership. They are keen, witty and headstrong. The chief faults are fickleness, impatience, and anger. They love to engage in great enterprises, and must guard against being over ambitious, although their foresight is keen.

Famous Aries People—J. Pierpont Morgan, Hans Christian Anderson, Johann Sebastian Bach.

Astral Colour—Blue

Lucky Gem—Diamond

Birthstone for April—Sapphire or Diamond

"10 Years Ago This Month"

Italian troops invaded Albania. King Zog fled, and a provisional regime was set up by Mussolini. The Albanian crown passed to King Victor Emmanuel. British House of Commons authorized conscription.

STOMACH AILMENTS AND INDIGESTION OFTEN RESULT FROM NERVES

Working too hard! Worrying too much! Smoking too much! The more you do it, the more nervous you become—the more nervous you become, the more you do it.

Yes, it's a vicious circle. But today, life moves fast, and nature has difficulty in keeping step with the demands which our way of life puts on our vital organs. We burn up energy fast. We upset our digestive balance and do not get the nutritive value out of our food that we should do. When this happens, we fall heir to a host of nervous symptoms; we become irritable, high strung, easily tired, jumpy, afraid of things; we suffer from sleeplessness and sometimes dizzy spells.

Doctors tell us we should lessen the tension in our lives—easy to say, hard to do. If we don't do something about it we may wind up with one or another of the neurotic family of ailments that can make life miserable.

Many people start taking Dr. Chase's Nerve Food in plenty of time to ward off disagreeable ailments; other people don't start Dr. Chase's Nerve Food until they do so in desperation. Mr. William Nickolin, of 188 Queen St. N., Hamilton, Ont., is one of these people. Mr. Nickolin is a railway man who suddenly found himself with a nervous, upset stomach. Here is what he has to say about it:

"I had a bad case of upset stomach coupled with a gassy condition. I suffered a great deal. In 1947, I lost four months at work as the result of the pain I suffered. I read in the paper that a Mr. J. B. Bebelman suffered similarly to me and was relieved by taking Dr. Chase's Nerve Food. I started taking your Nerve Food and the pain was relieved and also the gassy condition. My nerves are steady and I am back at work every day. I am happy to think that I discovered Dr. Chase's Nerve Food and thank you for what it has done for me."

So it goes—one person finds relief by hearing what Dr. Chase's Nerve Food has done for another. Don't put off starting—the sooner you start, the sooner the relief.

GAMES

"I Packed My Suitcase for London"

Any number of people just sitting around of an evening can play this game.

One person starts it by saying "I packed my suitcase for London and in it I put a"

The person starting the game adds an article, say a hairbrush. Then the next person says, "I packed my suitcase for London and in it I put a hairbrush and". Then that person adds an article, and so it goes around the room.

The game becomes a difficult memory contest by the time 15 or 16 articles are in the suitcase. When a person misses an article or gets them out of order, he is disqualified. The last person remaining in the game, of course, is the winner.

"Cities, Towns and Villages"

It is best to limit the cities, towns and villages to be used, to a single province, or Canada, or any other one specific geographic location. The game is started by one person naming a city, town or village. Let's say the first person says "Montreal". Then the next person must name a place that starts with the last letter of the place named by the first person. The last letter of the word "Montreal" is L . . . therefore, the next person could say "London". The last letter in "London" is N, so the next person must find a place starting with the letter N . . . "North Bay", for instance.

Barber So Nervous Could Hardly Work



Charles Joudrey

It is most difficult to carry on a business when you feel yourself getting more and more nervous.

Mr. Charles Joudrey, proprietor of Joudrey's Barbershop in Bridgewater, N. S., writes:

"I was so nervous that I could hardly carry on at my shop. All my life I had enjoyed my work and while I still

enjoyed it, it became increasingly harder for me to go on day after day, tense and nervous, feeling myself become irritable and having difficulty in sleeping at night.

"A friend recommended Dr. Chase's Nerve Food and what a difference this fine remedy made in my life. Soon I was able to do a full day's work. I was no longer tense and nervous and I rested well at night. I am giving Dr. Chase's Nerve Food all the credit and am continuing to take it to help build up my strength."

MAY 1949		Moon's Phases	Ont. and Que.	Mar. Provs. and Nfld.	Local Mean Time	Top Figure—Sunrise
			d. h. m.	d. h. m.	Ontario, Quebec	Middle—Sunset
		☾ First Qtr....	5 4 33 p.m.	5 5 33 p.m.	Maritime Provinces	Bottom—Moon
		☾ Full Moon...	12 7 51 a.m.	12 8 51 a.m.	and Newfoundland	
		☾ Last Qtr....	19 2 22 p.m.	19 3 22 p.m.		
		☾ New Moon...	27 5 24 p.m.	27 6 24 p.m.		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4.50 7.05 11.06 1 ☾	4.49 7.06 a.m. 2 ☾	4.47 7.07 12.04 3 ☾	4.46 7.08 12.54 4 ☾	4.44 7.10 1.32 5 ☾	4.43 7.11 2.04 6 ☾	4.42 7.12 2.29 7 ☾
May Day	Unsettled	and	cooler.			
4.40 7.13 2.51 8 ☾	4.39 7.14 3.12 9 ☾	4.38 7.16 3.32 10 ☾	4.36 7.17 3.55 11 ☾	4.35 7.18 rises 12 ☾	4.34 7.19 p.m. 13 ☾	4.33 7.20 10.32 14 ☾
Light	showers	and	warmer.			
4.32 7.22 11.30 15 ☾	4.30 7.23 a.m. 16 ☾	4.29 7.24 12.17 17 ☾	4.28 7.25 12.50 18 ☾	4.27 7.26 1.17 19 ☾	4.26 7.27 1.37 20 ☾	4.25 7.28 1.55 21 ☾
Clear	and	warm.			Cloudy.	
4.24 7.29 2.12 22 ☾	4.23 7.30 2.27 23 ☾	4.23 7.31 2.43 24 ☾	4.22 7.32 3.02 25 ☾	4.21 7.33 3.23 26 ☾	4.20 7.34 sets 27 ☾	4.19 7.35 p.m. 28 ☾
Rogation		Empire Day	Ascension Day	Ascension Day	week.	
4.19 7.36 9.59 29 ☾	4.18 7.37 10.51 30 ☾	4.17 7.38 11.37 31 ☾	days	this		
	Fine.					

Among the changing months, May stands confessed
The sweetest, and in fairest colours dressed.
—Thomson

**RUN DOWN? TIRED? NERVOUS?
DR. CHASE'S NERVE FOOD**

**MAY 1949
SOLAR READING FOR TAURUS**

For those born
April 19th to May 20th

Persons born under this sign usually have a merry, artistic, impassionate nature, are inclined to be optimistic. They are firm and stubborn, but possess the most receptive minds. These people are secretive, and reserved. They are best fitted for positions requiring great constructive and executive ability.

Famous Taurus People—Catherine the

Great, Florence Nightingale, William Shakespeare.

Astral Colour—Yellow
Lucky Gem—Emerald
Birthstone for May—Emerald

"10 Years Ago This Month"

An open military and political alliance between Germany and Italy was announced. The Canadian tour of King George and Queen Elizabeth began.



ARE THESE YOUR DAUGHTERS ?

Every mother watches anxiously for signs of the dawn of womanhood in her daughter. Most mothers, remembering their own experience, are anxious to see their daughter have an easier time during the first years of menstruation than they had.

The menses, starting as they do, usually while the growing girl is in school, are apt to be accompanied by a good deal of pain. This in turn, depresses the girl, making her despondent in her school work and play.

Intelligent, sympathetic mothers are more and more turning to Dr. Chase's Paradol Tablets as a quick means of relieving pain. Paradol acts fast and because it's specially compounded for the relief of Periodic Pain, it has no depressing action. If your daughter is facing her difficult "first years", keep the large "economy size" bottle of Dr. Chase's Paradol Tablets in the house all the time. Paradol is also sold in the handy "dozen-size" for pocket or purse.

(Continued from page 13)

Dreams

Diamonds..... Crosses in love.
Drowning..... Good news.
Drunk..... Riches.
Dwarf..... Love fight.

MYSTERY OF LIFE PERPLEXING FOR GROWING GIRLS

Woman has been singled out between the sexes to be the object of three physical and emotional experiences in life . . . the commencement of the menses . . . pregnancy and childbirth . . . and menopause (change of life). The last two occur at an age when a woman is able to call on her own experience, gained by maturity, to cope with the emotional side of these changes in her life.

Unfortunately, the menses start during a girl's early 'teens, and have the effect of plunging the young girl from the physical state of being a child, to that of womanhood within just a few hours. This period comes as a shock to all girls.

Many girls, because of the wisdom of their mothers in preparing them for this experience, go through the first years with a minimum of mental and physical discomfort. Others who have not had the benefit of such help and preparation, find this physical change a distressing conflict of mental and physical anguish.

All mothers can help their daughters considerably at the start of the menses, by giving them Dr. Chase's Paradol Tablets to relieve the pain, and help alleviate the depression that accompanies the period. With freedom from pain, the young girl is better able to keep up her morale and reassert her confidence.

It is not unusual for the "periods" for the first four or five years to be painful, and it is comforting to both mother and daughter to know that Dr. Chase's Paradol Tablets are always available to provide prompt relief.

Earrings..... Happy news.
Eating..... Happy marriage.
Entertainment.... Prosperity.
Falling..... Money coming.
Field..... Visitors.
Fire..... Danger.
Forest..... Disputes.
Frightened..... Worries.
Funeral..... Sign of birth.
Gambling..... Poverty.
Games..... Ripe old age.
Garden..... Bright future.
Ghost..... Sickness.
Grave..... Disappointment.
Handcuffs..... Good success.
Hearse..... Marriage.
Hills..... Success.
Hotel..... Prosperity.

(Continued on page 21)

**Win a Trip
to the Old Country**
A Chest of Community
THE FINEST SILVERPLATE
47 Cash Prizes!

Take a trip to the Old Country this year—FREE—or bring a loved one here to visit you—ocean passage paid! Choose the Queen Mary or Queen Elizabeth if you wish!

That's the first prize in the 1949 Dr. A. W. Chase Co. contest—a return trip for one person between an East coast ocean port and the British Isles.

Use the free ticket yourself—or bring a friend or relative from the Old Country to visit you.

And here's something else—the prize will be **doubled**, so that you'll receive return fare for TWO persons—if you attach a direction sheet from any Dr. Chase's product or medicine to the entry form opposite! Or take cash if you wish.

Second Prize—a beautiful chest of finest silverplate—famous Community Chest Silver in a full sixty-piece service for eight, valued at \$95.00. If you enclose a direction sheet from any Dr. Chase's product or medicine, you not only receive the Community Plate chest of silver, but its cash value of \$95.00 in addition.

LOOK AT THESE PRIZES!

1st: Return trip for one between an East Coast ocean port and the British Isles—from East to West or West to East—AND if direction sheet from any Dr. Chase's Medicine or product is attached to your entry, this prize will be doubled and ocean passage will be paid for TWO persons. Or you may take the cash equivalent.

2nd: Beautiful 60 piece chest of famous Community Plate Silver. If Dr. Chase's direction sheet enclosed, you get the 60 piece chest of silver PLUS its cash value of \$95.00.

3rd: \$25.00 cash—doubled to \$50.00 if Dr. Chase's direction sheet is enclosed.

4th: \$15.00 cash—doubled to \$30.00 if Dr. Chase's direction sheet enclosed.

AND IN ADDITION: 15 cash prizes of \$2.00 each—doubled to \$4.00 each if Dr. Chase's direction sheet enclosed. 30 cash prizes of \$1.00 each—doubled to \$2.00 each if Dr. Chase's direction sheet enclosed.

ANYONE MAY ENTER*

RULES

1. Fill in the missing word in each song title in the coupon. Each missing word is also a colour.
2. Prizes doubled if direction sheet from any Dr. A. W. Chase's product or medicine or reasonable facsimile, is enclosed with your entry.
3. Write your name and address plainly on the entry form opposite.
4. You may enter as many times as you wish, but to double your prize the entry selected must have attached to it the direction sheet from a Dr. Chase's product, or a reasonable facsimile.
5. All entries must be postmarked not later than 12 p.m. May 31st, 1949.
6. All correct entries postmarked by May 31st, 1949, will be placed in a single container. The entries will be drawn and prizes awarded in the order drawn.

*Except employees of the Dr. A. W. Chase Medicine Co. Ltd., their advertising agents, or their families.

In the French edition of this Almanac, French Folk Songs are being used.

These entrants are equally eligible to the winning of these same prizes.

There is but one set of prizes to both French and English contestants. The decision of the judges is final.

Name the Missing Color in these Five Song Titles

MY DARLING NELLIE ----- OLD ----- JOE
 ALICE ----- GOWN WEARIN' OF THE -----
 ----- THREADS AMONG THE -----

Here's How to Double Your Prizes!

Attach a direction sheet from any Dr. Chase's product or medicine to your entry form. A typical direction sheet is pictured on right. You'll find a direction sheet in each package of the Dr. Chase's products: Paradol, Kidney and Liver Pills, Nerve Food, Ointment, etc., etc.



FUN AND PRIZES FOR ALL THE FAMILY

Enter this contest right now—it's easy, it's fun, you can win valuable prizes! Everyone in your family can enter—send as many entries as you wish.

Here's how easy it is: If one of the questions were "LITTLE ----- JUG", your correct answer would be "LITTLE BROWN JUG". Easy, isn't it? So enter now.

ENTRY FORM

Contest Editor, Dr. A. W. Chase Medicine Co. Ltd.,
Oakville, Ontario, Canada.

MY DARLING NELLIE ----- OLD ----- JOE
 ALICE ----- GOWN WEARIN' OF THE -----
 ----- THREADS AMONG THE -----

NAME.....

ADDRESS.....

CITY AND PROVINCE.....

All entries must be postmarked not later than May 31st, 1949.

JUNE 1949	Moon's Phases	Ont. and Que.	Mar. Provs. and Nfld.	Local Mean Time	Top Figure—Sunrise
	☾ First Qtr....	d. h. m.	d. h. m.	Ontario, Quebec	Middle—Sunset
	☽ Full Moon...	3 10 27 p.m.	3 11 27 p.m.	Maritime Provinces	Bottom—Moon
	☾ Last Qtr....	10 4 45 p.m.	10 5 45 p.m.	and Newfoundland	
	☾ New Moon...	18 7 29 a.m.	18 8 29 a.m.		
		27 5 2 a.m.	26 6 2 a.m.		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday							
<i>It is the month of June, The month of leaves and roses, When pleasant sights salute the eyes And pleasant scents, the noses.</i> —Willis			4.17 7.39 a.m.	1 ☾	4.16 7.40 12.06	2 ☾	4.16 7.40 12.34	3 ☾	4.15 7.41 12.56	4 ☾			
			Unsettled.			Shebuoth							
4.15 7.42 1.16	5 ☾	4.14 7.43 1.36	6 ☾	4.14 7.43 1.58	7 ☾	4.14 7.44 2.22	8 ☾	4.13 7.45 2.51	9 ☾	4.13 7.46 p.m.	10 ☾	4.13 7.46 p.m.	11 ☾
Pentecost (Whit Sun.) Cold		nights.				King George VI Mostly		clear.					
4.13 7.46 10.08	12 ☾	4.12 7.47 10.47	13 ☾	4.12 7.48 11.18	14 ☾	4.12 7.48 11.41	15 ☾	4.12 7.48 12.00	16 ☾	4.12 7.49 a.m.	17 ☾	4.12 7.49 12.16	18 ☾
Trinity Sunday		Very		warm.				Corpus Christi		Some		rain.	
4.12 7.50 12.32	19 ☾	4.13 7.50 12.48	20 ☾	4.13 7.50 1.06	21 ☾	4.13 7.50 1.25	22 ☾	4.13 7.50 1.50	23 ☾	4.14 7.50 2.20	24 ☾	4.14 7.51 3.00	25 ☾
		Clearing.						Cooler.		St. Jean Baptiste			
4.14 7.51 sets	26 ☾	4.15 7.51 p.m.	27 ☾	4.15 7.51 10.10	28 ☾	4.16 7.50 10.38	29 ☾	4.16 7.50 11.02	30 ☾				
Fine.				Very		warm.							

**HAY FEVER AND HEAD COLDS
TAKE
DR. CHASE'S CATARRH POWDER**

**JUNE 1949
SOLAR READING FOR GEMINI**

For those born
May 20th to June 21st

Persons born under this sign are usually very intellectual and frequently display superior executive ability. They are born of dual nature, and possess active imaginations. Gemini people usually lack self confidence and reliance. These people succeed in occupations requiring brain

power but are in no sense commercial people. Difficult pursuits are attractive to them.

Famous Gemini People—Queen Victoria, Richard Strauss, John Wesley.

**Astral Colour—Emerald
Lucky Gem—Pearl
Birthstone for June—Pearl or Moonstone**

"10 Years Ago This Month"
King George and Queen Elizabeth entertained by President Roosevelt and his family.

GAGNON GIRLS DEPEND ON PARADOL



Lucille Gagnon

It would seem a coincidence that Miss Lucille Gagnon, 5428 La Fond St., and Miss Therese Gagnon, 1070 Visitation St., both of Montreal, should each write us of their experience with Dr. Chase's Paradol. Both of these young ladies had read of Paradol in the newspaper and had read about it in last year's

almanac. Miss Lucille Gagnon had also been advised to take Paradol by a friend.

The Misses Gagnon both expressed appreciation for the relief which Paradol brought them from Periodic Pain, and went on to say that they had come to depend on Paradol for this relief each month. Both girls also found that Paradol gave them quick relief from headaches at any time.

Yes, the experience of the two Miss Gagnons is a coincidence, but it is no coincidence that more and more mothers are turning to Paradol Tablets to help their daughters through those first troublesome years.



Therese Gagnon

(Continued from page 17)

Dreams

Ice Cream.....	Happiness.
Insult.....	Disputes.
Jail.....	Disappointment.
Jealousy.....	Betrayal.
Jewels.....	Good for women.
Journey.....	Success.
Kissing.....	Slander.
Kitchen.....	Good luck.
Knives.....	Lawsuit.
Ladder.....	Success.
Lawyer.....	Bad sign.
Legacy.....	Riches.
Marriage.....	To mourn.
Medicine.....	Poverty.
Mirror.....	Luck.

Necklace.....	Marriage.
Negro.....	Safety.
Ocean.....	Excellent omen.
Oranges.....	Health.
Paint.....	Sickness.
Parting.....	Disappointment.
Quarreling.....	New friends.
Railroad.....	Enemies.
Relations.....	Happiness.
Road.....	Legacy.
School.....	Employment.
Smoke.....	Misfortune.
Sweeping.....	Good luck.
Swimming.....	Excellent omen.
Telegram.....	Bad news.
Telephone.....	Expect losses.
Theatre.....	A move.
Thief.....	Reverse.
Travel.....	Trouble, then success.
Umbrella.....	Prosperity.
Vase.....	Happy home.
Visions.....	Losses.
Wages.....	Success.
Washing.....	A change.
Water.....	Prosperity.
Window.....	Luck.
Yawning.....	Good health.
Zebra.....	Travel.
Zoo.....	Varied luck.

A nursing student was asked:—"What is the most common heart disease in youth?"
She answered:—"Romantic fever!"

PARADOL BRINGS RELIEF on those "DIFFICULT DAYS"

Paradol Tablets are specifically made and sold for the relief of periodic pain for women of all ages. Due to Paradol's scientific combination of analgesic ingredients, many women have found that Paradol Tablets also provide quick relief for headaches, rheumatic, arthritic and neuritic pains, and are also useful in treating a cold. It is, however, in the field of periodic pain where women most appreciate the efficiency of Paradol, for Paradol makes those "difficult days" easier to endure, and allows a woman greater freedom of activity.



Large Economy Size
for Home Use—\$1.23
For Purse—43c

BACKACHE MADE LIFE A MISERY



Gustave Marcotte

When backache strikes a young man, it seems a pity that youthful vigour should have to bow to the strength of pain. Mr. Gustave Marcotte, 6713 De Normanville Street, Montreal, writes as follows:

"I suffered a great deal with backache, which made it difficult for me to straighten up. Sometimes I would be bilious and suffer from indigestion. A friend suggested that I take Dr. Chase's Kidney-Liver Pills, and I followed his advice. Right from the first dose these pills helped me, and on continuing with them, they relieved me of all the pain in my back and the bilious indigestion. I have since recommended Dr. Chase's Kidney-Liver Pills to my friends."

Mr. Marcotte had the good fortune to have a friend who suggested he try Dr. Chase's Kidney-Liver Pills, and found relief from his condition by following the advice. You may find relief, if you suffer in this way, by starting now to take Dr. Chase's Kidney-Liver Pills.

THINK OF A NUMBER

Ask someone to think of a number between one and ten. When they have thought of the number, ask them if it is odd or even. When they tell you, you tell them the number they were thinking.

How To Do It—Nine times out of ten if the person says "even" they were thinking of 6, if they say "odd" they thought of 7.

Warning—Never repeat the trick twice on the same person or in the same audience.

WEDDING ANNIVERSARIES

1.....Paper	15.....Crystal
2.....Cotton	20.....China
3.....Leather	25.....Silver
4.....Flowers	30.....Pearl
5.....Wood	35.....Coral
6.....Candy	40.....Ruby
7.....Wool	45.....Sapphire
8.....Pottery	50.....Gold
9.....Willow	55.....Emerald
10.....Tin	60.....Diamond

RHEUMATISM ARTHRITIS NEURITIS SCIATICA

**MINOR PAINS CAUSED BY
THESE CONDITIONS OFTEN
RELIEVED BY DR. CHASE'S
KIDNEY-LIVER PILLS**

Our files contain many letters from people who have found relief from minor rheumatic, arthritic, neuritic and sciatic pain, as well as backache, by taking Dr. Chase's Kidney-Liver Pills.

Remember, if you suffer in this way, that it took longer than a week for your body to reach its present condition of poor health; and it will probably take longer than a week to obtain relief. Many people report relief from Dr. Chase's Kidney-Liver Pills almost immediately; with others it may take ten days or longer, depending on your condition.

REMOVING SPOTS AND STAINS

To remove spots or stains from silk, wool, cotton or linen, the following table has been found to be very helpful in determining what to use to remove various types of spots and stains.

Grease, Oil or Wax.....	Benzine or Benzol
Paint.....	Ether, Acetone, Carbon tetrachloride
Varnish.....	Wood alcohol and Carbon tetrachloride
Tar and Pitch.....	Benzine, Benzol or Ether
Blood.....	Water followed by Neutral Soap with Wood alcohol

Ink Stains:—

Marking Ink.....	Benzine soap in Chloroform
Writing Ink.....	Weak solution of Oxalic acid
Grass Stains.....	Soap with Wood alcohol
Scorch Stains.....	Hydrogen Peroxide
Fruit, Tea, Coffee, Wine and Beer.....	Hydrogen Peroxide

It is advisable to duplicate the stain to be removed, on a small section of the same material and experiment in removing this stain first. Dyes today are often not all they should be and it is safer to check first before taking chances.

BACKACHE

Don't Go On Suffering Another Day Without Trying Dr. Chase's Kidney-Liver Pills

Men and women in every walk of life know the weary misery of the low-down, pressure pain in the small of the back. Often, such a pain is an indication of faulty kidneys; sometimes it is the result of sluggishness in the lower bowel.

For years, Dr. Chase's Kidney-Liver Pills have been bringing relief to people suffering with backache. Very often, backache results from getting wet feet, being exposed for long periods of time to the weather. Expectant mothers too are usually subject to backache due to increased pressure on the bladder and the additional duty imposed on the kidneys.

If you suffer backache, don't put it off another day. Ask for Dr. Chase's Kidney-Liver Pills. Read carefully the experiences of other people who suffered just as you do now and who at last turned to Dr. Chase's Kidney-Liver Pills for relief.

A Few Extracts From Letters In Our Files

"As a miner, I am exposed to wet shafts and rain. Because of my work I would often suffer from kidney trouble. A fellow miner told me about Dr. Chase's Kidney-Liver Pills and I started to take them. I wish to express my sincere thanks for what these pills have done for me in relieving my kidney disorder."

Robert Craig
Quesnel Forks, B.C.

"I was suffering with backache when a druggist suggested I take Dr. Chase's Kidney-Liver Pills. What a relief within two days. I cannot praise Dr. Chase's Kidney-Liver Pills enough."

Mr. A. O. Pederson
Abbey, Sask.

"I had faulty kidneys and suffered a severe backache which made me most unhappy. After the first box of Dr. Chase's Kidney-Liver Pills, I felt a decided improvement and by the time I had taken three boxes, I felt completely relieved of my backache and other symptoms."

Mrs. H. V. Weber
Mildmay, Ont.

"Dr. Chase's Kidney-Liver Pills certainly relieved me of backache. Before I took them, my back was sore all the time and I seemed

always to be tired. Now I can work in comfort, thanks to Dr. Chase's Kidney-Liver Pills."

Simon Cauvier
293 4th Ave. E.
North Bay, Ont.

"For a long time I had suffered from severe backache coupled with faulty kidneys. Then I saw Dr. Chase's Kidney-Liver Pills written up in your Almanac. I tried one box and they did me so much good I took six boxes and am happy to say Dr. Chase's Kidney-Liver Pills brought me great relief."

Mrs. Thally
St. Paul, Alta.
(Continued on Page 25)

43c at all
Drug Counters



JULY 1949	Moon's Phases			Ont. and Que.			Mar. Provs. and Nfld.			Local Mean Time		Top Figure—Sunrise	
				d. h. m.			d. h. m.			Ontario, Quebec		Middle—Sunset	
	☾ First Qtr....			3 3 8 a.m.			3 4 8 a.m.			Maritime Provinces		Bottom—Moon	
	☽ Full Moon...			10 2 41 a.m.			10 3 41 a.m.			and Newfoundland			
☾ Last Qtr....			18 1 1 a.m.			18 2 1 a.m.							
☽ New Moon...			25 2 33 p.m.			25 3 33 p.m.							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	<p><i>The linden, in the fervors of July Hums with a louder concert, when the wind Sweeps the broad forest in its summer prime.</i></p> <p>—Bryant</p>						
4.18 7.50 a.m.	4.18 7.50 12.01	4.19 7.49 12.24	4.20 7.49 12.51	4.20 7.49 1.25	4.21 7.48 2.08	4.17 7.50 11.41							
3	4	5	6	7	8	9							
warm.	Independence Day, U.S.A.	<i>Goldie</i>	Warm	and	dry.	Very							
4.22 7.47 rises	4.23 7.47 p.m.	4.24 7.46 9.42	4.25 7.46 10.03	4.26 7.45 10.21	4.27 7.44 10.37	4.28 7.44 10.52							
10	11	12	13	14	15	16							
Some	cloudy	days.	Warm	and	dry.	Very							
4.28 7.43 11.09	4.29 7.42 11.27	4.30 7.41 11.49	4.31 7.40 a.m.	4.32 7.39 12.17	4.33 7.38 12.52	4.34 7.38 1.40							
17	18	19	20	21	22	23							
Shows	Shows	Shows	this	week.	Clear.	Clear.							
4.36 7.37 2.40	4.37 7.36 sets	4.38 7.34 p.m.	4.39 7.33 9.04	4.40 7.32 9.26	4.41 7.31 9.47	4.42 7.30 10.06							
24	25	26	27	28	29	30							
Fair	Fair	and	warm.	Clear.	Clear.	Clear.							
4.43 7.29 10.29	31												

**HOT, TIRED, ACHING FEET?
USE
DR. CHASE'S OINTMENT**

**JULY 1949
SOLAR READING FOR CANCER**

For those born
June 21st to July 22nd

Persons born under this sign are usually noted for their changefulness, and uncertainty of action. They are economical and thrifty. Cancer subjects are very psychic and intuitive; they have power to organize and execute great problems. Many professional people come from this sign; also inventors and commercial people. Because of the fickle nature, marriage is a

hazardous step, and great care should be given in the selection of a mate.

Famous Cancer People—John D. Rockefeller, Rembrandt, Mary Baker Eddy.

Astral Colour—Orange

Lucky Gem—Ruby

Birthstone for July—Ruby

"10 Years Ago This Month"

Sixteen counties in Southern England have their first test blackout. Britain and Japan agree on policing of Tientsin, China.

Halifax Woman Has Taken Kidney-Liver Pills For Many Years



Mrs. Henry Lantz

There are thousands of homes throughout Canada where you will find Dr. Chase's Kidney-Liver Pills in the house all the time. Once a person has used these pills, they never want to be without them.

Mrs. Henry Lantz, Collin St., Halifax, N.S., first started taking Dr. Chase's Kidney-Liver Pills many

years ago. Here is what she has to say about them.

"I started taking Dr. Chase's Kidney-Liver Pills many years ago for biliousness and liver upsets, and have taken them on and off all these years. Several times when I was suffering with backache, Dr. Chase's Kidney-Liver Pills brought me welcome relief. I am glad that I listened to a friend of mine when she told me to take the pills years ago. I know I would never be without them in the house."

Extracts from Letters (Continued)

"After being bothered all winter with a mean backache, I can truthfully say I am feeling fine now, thanks to the use of Dr. Chase's Kidney-Liver Pills."

A. L. Arsenault
47 Brighton Ave.
Charlottetown, P.E.I.

"I was troubled with constipation for years and a friend finally suggested I try Dr. Chase's Kidney-Liver Pills. It did not take long for these pills to give me relief, and I certainly recommend them to anyone suffering from kidney disturbances or constipation."

Mrs. Mary Fougere
Larrys River, N.S.

"I have used Dr. Chase's Kidney-Liver Pills for a lame back with splendid results. The pain in my back came in spells that would last five minutes and I could hardly move for the pain. Within a week of taking Dr. Chase's Kidney-Liver Pills, I felt relieved."

Mrs. Herb Ebel
Lion's Head, Ont.

BURNING SENSATION AND WEAK KIDNEYS



Edward Hodges

is what Mr. Hodges has to say:

"Backache was making my life a misery and I was also troubled with a burning, scalding sensation of the bladder. I had read about Dr. Chase's Kidney-Liver Pills in the Almanac, but it wasn't until a friend insisted on me taking them, that I bought a box. What a difference those pills made to me. In a matter of days my backache was relieved, the burning sensation disappeared and I was able to be my active self again. You can depend on it, I will never be without Dr. Chase's Kidney-Liver Pills in the house now I know the relief they offer."

There are thousands of people like Mr. Hodges who, after suffering backache and kidney disorders, finally turn to Dr. Chase's Kidney-Liver Pills and find relief. Will you?

Motorist—"How far to the next town?"

Farmer—"About three miles in a bee-line."

Motorist—"Well how far is it if the bee has to walk and roll a flat tire along?"

LUMBAGO AND ACUTE BACKACHE

In some cases where backache is particularly severe, or of long standing, or in the case of lumbago, Dr. Chase's Backache Plaster may be used in conjunction with the Kidney-Liver Pills. In addition to the medicated action of these plasters, the plaster itself gives some support and comfort to a weak, lame back. If your backache is as we describe, don't forget to ask your druggist for Dr. Chase's Backache Plaster when you buy the Kidney-Liver Pills.

**DR. CHASE'S
BACKACHE PLASTER**

**AUG.
1949**

Moon's Phases	Ont. and Que.		Mar. Provs. and Nfld.		Local Mean Time Ontario, Quebec Maritime Provinces and Newfoundland	Top Figure—Sunrise		
	d.	h. m.	d.	h. m.		Middle—Sunset	Bottom—Moon	
☾ First Qtr....	1	7 57 a.m.	1	8 57 a.m.				
☽ Full Moon...	8	2 33 p.m.	8	3 33 p.m.				
☾ Last Qtr....	16	5 59 p.m.	16	6 59 p.m.				
☽ New Moon...	23	10 59 p.m.	23	11 59 p.m.				
☾ First Qtr....	30	2 16 p.m.	30	3 16 p.m.				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday							
	4.44 7.27 p.m.	1 ☽	4.46 7.26 11.25	2 ☽	4.47 7.25 a.m.	3 ☽	4.48 7.24 12.04	4 ☽	4.49 7.22 12.54	5 ☽	4.50 7.21 1.54	6 ☽	
	Very	warm.	<i>Solli</i>	Cloudy.							
4.51 7.19 3.01	7 ☽ rises	4.52 7.18	8 ☽	4.54 7.16 p.m.	9 ☽	4.55 7.15 8.25	10 ☽	4.56 7.14 8.42	11 ☽	4.57 7.12 8.58	12 ☽	4.58 7.10 9.13	13 ☽
.....	Cooler	with	some	showers.							
5.00 7.09 9.30	14 ☽	5.01 7.07 9.51	15 ☽	5.02 7.06 10.15	16 ☽	5.03 7.04 10.46	17 ☽	5.04 7.03 11.28	18 ☽	5.06 7.01 a.m.	19 ☽	5.07 6.59 12.21	20 ☽
.....	Clear.	Warm.							
5.08 6.58 1.26	21 ☽	5.09 6.56 2.42	22 ☽	5.10 6.54 sets	23 ☽	5.11 6.52 p.m.	24 ☽	5.13 6.51 7.49	25 ☽	5.14 6.49 8.10	26 ☽	5.15 6.47 8.32	27 ☽
Unsettled.	Much	cooler,	some	high	winds.							
5.16 6.46 8.56	28 ☽	5.17 6.44 9.26	29 ☽	5.18 6.42 10.00	30 ☽	5.20 6.40 10.49	31 ☽	<i>In the parching August wind, Cornfields bow the head, Sheltered in round valley depths, On low hills outspread.</i>					
.....	Unsettled.	—Rossetti					

**FOR POOR APPETITE AND ANAEMIA
DR. CHASE'S NERVE FOOD**

**AUGUST 1949
SOLAR READING FOR LEO**

For those born
July 22nd to August 22nd

Persons born under this sign love to rule, but this is a rule of the heart rather than the head. They are warm hearted, sympathetic, and possessed with a highly emotional nature. These people seem to acquire knowledge without being taught; they are very aggressive. Leo people are best suited for mental work rather than manual. Their intensely affectionate natures sometimes make them inconstant.

Famous Leo People—George Bernard Shaw, Napoleon Bonaparte, Henry Ford Sr.

Astral Colour—Yellow

Lucky Gem—Moonstone

Birthstone for August—Sardonyx or Peridot

"10 Years Ago This Month"

While British and French military missions were in Moscow, the German Government announced a trade agreement between the Reich and Soviet Russia, which was followed by an agreement to a ten year non-aggression pact.

Relief From Piles Or Hemorrhoids



A. F. Husband

If you or some member of your family suffer as the result of piles or hemorrhoids you'll find Mr. A. F. Husband of Uxbridge, Ont., has had an interesting experience with Dr. Chase's Ointment. Mr. Husband writes:

"I operate a very successful Feed and Grain business, but for some time I suffered with hemorrhoids which not only gave me considerable pain, but took a good deal of pleasure out of life. A friend of mine suggested I try Dr. Chase's Ointment. This I did, and I'm happy to say the first application relieved the itchiness and gradually the ointment reduced the swelling and inflammation, and I had complete relief. Since then we keep Dr. Chase's Ointment in the house all the time for cuts, burns, bruises, insect bites, and of course, for any sign of the return of the hemorrhoids."

SKIN ERUPTIONS PAINFUL SHAVING



Leopold Bourdon

Pimples are unpleasant things at any time, but a man who is troubled with eruptions on his face and yet must shave every day, is in real misery, his appearance suffers and his face and neck are sore and aggravated all the time.

Mr. Leopold Bourdon, 1513 Davidson St., Montreal, suffered a great deal with skin eruptions on the face and neck, and his daily shaving was a torture. Here is part of Mr. Bourdon's letter:

"Small pimples on my face and neck became aggravated by shaving and my skin was angry and inflamed. I happened to read about Dr. Chase's Ointment in the Almanac and started to use it after shaving. Within a few days, the ointment had healed the pimples, soothed the inflamed skin and made shaving a pleasure. I unhesitatingly recommend Dr. Chase's Ointment for pimples, boils, chafed skin, as well as cuts and burns."



CUTS BURNS BRUISES

For over 50 years, Dr. Chase's Ointment has been used by people who have come to know that this fine ointment may be used not just for one or two uses, but for almost every purpose where the skin is concerned.

Dr. Chase's Ointment has a creamy base to which has been added various healing medications, some designed to heal, others to soothe, some to exert a poultice-like action upon an infected area . . . and all to aid in fast healing and the promotion of new skin tissue.

Cuts, burns, scalds and bruises are perhaps the most common use for Dr. Chase's Ointment,

but it is equally valuable for relief from internal or external piles and the itchiness they cause. It may be freely used for relief from sore, tired, aching feet.

As a healing medication for baby's skin, Dr. Chase's Ointment is meritorious. Wherever or whenever a condition of the skin calls for healing, soothing relief, use Dr. Chase's Ointment.

REGULAR SIZE..... 69c
ECONOMY SIZE..... \$2.23

SEPT. 1949	Moon's Phases			Ont. and Que.			Mar. Provs. and Nfld.			Local Mean Time		Top Figure—Sunrise	
	☾ Full Moon...	☾ Last Qtr....	☾ New Moon...	☾ First Qtr....	d. h. m.	d. h. m.	d. h. m.	d. h. m.	Ontario, Quebec	Maritime Provinces and Newfoundland	Middle—Sunset	Bottom—Moon	
	7 4 59 a.m.	15 9 29 a.m.	22 7 21 a.m.	28 11 18 p.m.	7 5 59 a.m.	15 10 29 a.m.	22 8 21 a.m.	29 12 18 a.m.					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	<i>September breaking summer's hold And ushering autumn in Bittersweet for summers old And winter must begin.</i>						
				—Hopkins				5.21 6.38 11.47	1 ☾	5.22 6.36 a.m.	2 ☾	5.23 6.35 12.51	3 ☾
								Some		heavy			
5.24 6.33 2.01	4 ☾	5.26 6.31 3.11	5 ☾	5.27 6.29 4.20	6 ☾	5.28 6.27 rises	7 ☾	5.29 6.25 p.m.	8 ☾	5.30 6.24 7.19	9 ☾	5.32 6.22 7.36	10 ☾
rains.		Labour Day		Clearing		and		cooler.				Fine.	
5.33 6.20 7.55	11 ☾	5.34 6.18 8.16	12 ☾	5.35 6.16 8.45	13 ☾	5.36 6.14 9.20	14 ☾☾	5.38 6.12 10.07	15 ☾☾	5.39 6.10 11.05	16 ☾☾	5.40 6.08 a.m.	17 ☾☾
Clear.						Clouds		with		heavy		rains.	
5.41 6.06 12.16	18 ☾	5.42 6.05 1.34	19 ☾	5.44 6.03 2.56	20 ☾	5.45 6.01 4.20	21 ☾	5.46 5.59 sets	22 ☾	5.47 5.57 p.m.	23 ☾	5.48 5.55 6.56	24 ☾
Warm.						Some		light		frost.		Hebrew New Year	
5.50 5.53 7.25	25 ☾	5.51 5.51 8.00	26 ☾	5.52 5.49 8.44	27 ☾	5.53 5.47 9.38	28 ☾	5.55 5.46 10.42	29 ☾	5.56 5.44 11.51	30 ☾		
Unsettled.				Clear		and		cool.					

BACKACHE RELIEF
DR. CHASE'S KIDNEY AND LIVER PILLS

SEPTEMBER 1949
SOLAR READING FOR VIRGO

For those born
August 22nd to September 23rd

Persons born under this sign are usually well balanced, intellectual, studious, and fond of detail. They are of a nervous temperament, and should strive to control this tendency. They are sympathetic and have an inborn desire to give advice to their companions. Professional or public employment seem the most attractive to these people. They are quick to visualize advantages in business deals.

Famous Virgo People—Theodore Dreiser, James J. Hill, General John J. Pershing.

Astral Colour—Amber

Lucky Gem—Sapphire

Birthstone for September—Sapphire

"10 Years Ago This Month"

Great Britain announced a state of war with Germany, Sept. 3rd. Australia, New Zealand, France and Canada followed suit. Russia invaded Poland. First British troops arrived in France.

Dr. Chase's Ointment Has Healing Action For Many Conditions

Eczema	Scalds	Cuts
Burns	Pimples	Insect Bites
Boils	Black	Sunburn
Piles	heads	Cold Sores
Sore Feet	Itching	Athlete's
Rashes	Skin	Foot

For these or other conditions of the skin where it is desirable to apply a local treatment, Dr. Chase's Ointment is a soothing, healing and antiseptic method of providing quick relief.

Dr. Chase's Ointment is made to act fast. The very second you apply Dr. Chase's Ointment to the affected area, healing medicaments are released and immediately go to work to relieve the condition.

There is no other type of home remedy that has as many valuable day in and day out uses as Dr. Chase's Ointment. Keeping a tin in the house all the time may save much suffering, may be the very thing you need for a bad cut, a burn or a scald—today—tomorrow—or next week. Be prepared, get Dr. Chase's Ointment today.

MEANING OF NAMES

BOYS' MEANING

Albert—*Firm*
Allan—*Cheerful*
Arthur—*High-minded*
Bruce—*Positive*
Charles—*Manly*
David—*Beloved*
Donald—*Proud*
Douglas—*Thoughtful*
Edward—*A guard*
Ernest—*Serious*
Frank—*Dutiful*
Fred—*Peaceful*
George—*Wealthy*
Gerald—*Affectionate*
Gordon—*Generous*
Harold—*Unafraid*
Henry—*Home ruler*
James—*The supplanter*
John—*God's gift*
Kenneth—*Handsome*
Richard—*Sternly just*
Robert—*Winner*
Thomas—*Good company*
William—*Resolute*

GIRLS' MEANING

Ann—*Gracious*
Audrey—*Golden*
Barbara—*Shy*
Catherine—*Pure*
Clara—*Clear*
Constance—*True*
Doris—*The sea*
Dorothy—*God's gift*
Edith—*Tall*
Eleanor—*Light*
Elizabeth—*God's promise*
Evelyn—*Hazelnut*
Florence—*Flourishing*
Gladys—*Demure*
Grace—*God's blessing*
Helen—*Light*
Isabel—*God's promise*
Jean—*Loving*
Lillian—*Lily pure*
Margaret—*Child of light*
Phyllis—*Coy*
Ruth—*Friendly*
Susan—*Trusting*
Virginia—*Innocent*

Baby Appreciates Dr. Chase's Ointment



Mothers are quick to recognize the fast, soothing relief Dr. Chase's Ointment brings to babies' skin irritations.

Diaper rashes, scratches on the face made by tiny fingernails, chafing of the face, particularly the chin and cheeks after eating or exposure, all these and many more of babies' skin upsets may be quickly set right with Dr. Chase's Ointment.

Gentle, yet healing in its action, this fine ointment is used in thousands of homes for the care of babies' skin. It goes without saying that an ointment gentle enough for baby's skin, is gentle enough for any member of the family. Dr. Chase's Ointment provides the same fast, healing action for everyone. Use it wherever or whenever the occasion demands antiseptic protection, coupled with healing of the skin tissue or reduction of inflammation.

Quick Relief From Tired, Aching Feet

When your feet burn, your shoes feel like prisons for your feet. That's when you'll appreciate the relief Dr. Chase's Ointment will bring you. Apply the ointment liberally on the soles, on insteps, heels and between the toes. Massage it well in. Sit back and enjoy the pleasant feeling of Dr. Chase's Ointment allaying inflammation, drawing out the burning sensation, and generally giving your feet a complete freshening.

Soft corns and callouses, cracks between the toes, angry inflammation across the instep, all will give way to the healing action of Dr. Chase's Ointment. If this fine, all-purpose ointment had no other use than the treatment of hot, tired, aching feet, it would still have a place in nine out of ten homes. As it is, Dr. Chase's Ointment can perform over a hundred healing jobs in any home.

Clerk: "Please, Sir, I'd like next week off, if it's convenient."

Boss: "Oh, you would eh? What's up?"

Clerk: "Well, my girl friend's going on her honeymoon, and I'd kinda like to go with her."

**OCT.
1949**

Moon's Phases	Ont. and Que.	Mar. Provs. and Nfld.	Local Mean Time	Top Figure—Sunrise
	d. h. m.	d. h. m.	Ontario, Quebec Maritime Provinces and Newfoundland	Middle—Sunset Bottom—Moon
☾ Full Moon..	6 9 52 p.m.	6 10 52 p.m.		
☾ Last Qtr....	14 11 6 p.m.	15 12 6 p.m.		
☽ New Moon..	21 4 23 p.m.	21 5 23 p.m.		
☽ First Qtr....	28 12 4 a.m.	28 1 4 a.m.		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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*October turned my maple's leaves to gold;
The most are gone now; here and there one lingers;
Soon these will slip from out of the twig's weak hold,
Like coins between a dying miser's fingers.*

—Aldrich

5.58 5.40 1.02	2 ☾	6.00 5.38 2.10	3 ☾	6.01 5.36 3.17	4 ☾	6.02 5.34 4.22	5 ☾	6.03 5.32 rises	6 ☾	6.05 5.31 p.m.	7 ☾	6.06 5.29 6.01	8 ☾
Clear	Day of Atonement and		cold.		Rain	or		Feast of Tabernacles snow.				
6.07 5.27 6.22	9 ☾	6.08 5.25 6.47	10 ☾	6.10 5.23 7.20	11 ☾	6.11 5.22 8.01	12 ☾	6.12 5.20 8.54	13 ☾	6.14 5.18 9.58	14 ☾	6.15 5.16 11.11	15 ☾
.		Warmer.			Fine.			Clear.		
6.16 5.15 a.m.	16 ☾	6.18 5.13 12.29	17 ☾	6.19 5.11 1.49	18 ☾	6.20 5.09 3.10	19 ☾	6.21 5.08 4.33	20 ☾	6.23 5.06 sets	21 ☾	6.24 5.04 p.m.	22 ☾
Cold		nights.			Cloudy		with		some		rain.	
6.26 5.03 5.54	23 ☾	6.27 5.01 6.35	24 ☾	6.28 5.00 7.27	25 ☾	6.29 4.58 8.29	26 ☾	6.31 4.57 9.40	27 ☾	6.32 4.55 10.51	28 ☾	6.34 4.54 a.m.	29 ☾
.		Clear		and		cold.			Wet.		
6.35 4.52 12.01	30 ☾	6.36 4.51 1.08	31 ☾	Hallowe'en.									
Warmer.												

RELIEVE HEADACHES, PERIODIC AND MUSCULAR PAINS WITH DR. CHASE'S PARADOL TABLETS

OCTOBER 1949
SOLAR READING FOR LIBRA
For those born
September 23rd to October 23rd

Persons born under this sign are natural born leaders and quickly assume positions of authority and leadership. Their guiding influences are justice, strength and liberty. They have scientific and inquisitive minds. These people are suited to occupations requiring great tact and skilled judgment with physical labour. Many have remarkable intuitive knowledge.

Famous Libra People—Lord Nelson, Giuseppe Verdi, Noah Webster.
Astral Colour—Crimson
Lucky Gem—Opal
Birthstone for October—Opal

"10 Years Ago This Month"

Hitler announced that Germany has no cause for war against the Western powers, and said "war was provoked on the flimsiest grounds, and if the allies rejected Germany's readiness for peace, Germany was determined to take up the battle and fight it out."

Dr. Chase's Catarrh Powder and Atomizer



**Clears Head Colds,
Catarrh, Asthma
and Hay Fever**

There's nothing to it. Simply dip the special atomizer (given with every package) in Dr. Chase's Catarrh Powder, insert the glass nipple in the nostril and the rubber lip-tube between the lips, and blow gently.

Dr. Chase's Catarrh Powder blows an extra-fine powder of antiseptic, healing and congestion-dissolving properties, through the nasal passage, the sinuses and the mucous membranes of the nose and throat. One application gives you relief, allows you to breathe more easily and soothes inflammation. People who experience difficulty in getting to sleep because of laboured breathing, who choke and gasp for air, who sneeze and wheeze, should apply Dr. Chase's Catarrh Powder without fail.

Catarrh, asthma, hay fever and head colds usually respond to treatment with Dr. Chase's Catarrh Powder and are relieved.

QUICK RELIEF FOR



**Sore Muscles,
Aches, Sprains,
Chest Colds
and Minor
Rheumatic Pains**

The test of any liniment is the speed in which it may be absorbed into the skin. Dr. Chase's Liniment is renowned for its ability to penetrate fast; carrying the essential oils deep into the pores, soothing, limbering and relieving pain.

People who work or play hard, who live vigorously, should always keep Dr. Chase's Liniment in the house. A few drops on the palm of the hand, massaged well in right where the pain is, brings comforting relief.

This liniment was one of Dr. Chase's favourite remedies, for wherever he went, he heard favourable reports from people who had used his liniment, and they were loud in their praise for this fine prescription. Try Dr. Chase's Liniment for quick, effective relief.



SQUARE OR LAND MEASURE

144 Sq. Inches.....	1 Sq. Foot
9 Sq. Feet.....	1 Sq. Yard
30 1/4 Yards.....	1 Sq. Rod
40 Poles or Rods.....	1 Rood
4 Roods.....	1 Acre
640 Acres.....	1 Sq. Mile

MEASURE OF CAPACITY

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

LONG MEASURE

12 Lines.....	1 Inch
4 Inches.....	1 Hand
12 Inches.....	1 Foot
3 Feet.....	1 Yard
6 Feet.....	1 Fathom
5 1/2 Yards.....	1 Rod or Pole
40 Rods.....	1 Furlong
8 Furlongs.....	1 Mile
3 Miles.....	1 League
69 1/2 Miles.....	1 Degree
1760 yds. or 5280 ft.....	1 Mile
6075.81 ft.....	1 Nautical Mile

AVOIRDUPOIS WEIGHT

16 Ounces.....	1 Pound
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14 Pounds.....	1 Stone
25 Pounds.....	1 Quarter, C
28 Pounds.....	1 Quarter, E
4 Quarters.....	1 Hund'w't
20 Hundredw't....	} 1 Ton
2000 lbs., Can.....	
2240 lbs., Eng.....	

DRY MEASURE

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

NOV. 1949	Moon's Phases	Ont. and Que.	Mar. Provs. and Nfld.	Local Mean Time	Top Figure—Sunrise
	☾ Full Moon...	d. h. m.	d. h. m.	Ontario, Quebec	Middle—Sunset
	☾ Last Qtr....	13 10 47 a.m.	13 11 47 a.m.	Maritime Provinces	Bottom—Moon
	☾ New Moon...	20 2 29 a.m.	20 3 29 a.m.	and Newfoundland	
	☾ First Qtr....	27 5 1 a.m.	27 6 1 a.m.		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6.38 4.49 a.m.	6.39 4.48 3.15	6.40 4.46 4.20	6.42 4.45 5.24	6.43 4.44 rises
		All Saints' Day	Clear	and	cold.	
6.44 4.42 p.m.	6 5.21	6.47 4.40 6.00	6.49 4.39 6.50	6.50 4.37 7.49	6.51 4.36 8.58	6.53 4.35 10.12
	Some	light	snow.		Remembrance Day Fine.	
6.54 4.34 11.28	13 a.m.	6.57 4.32 12.47	6.58 4.31 2.05	7.00 4.30 3.25	7.01 4.29 4.48	7.02 4.28 6.13
	Cloudy	with	occasional	rain.		Clearing.
7.04 4.27 sets	20 p.m.	7.06 4.26 6.09	7.08 4.25 7.19	7.09 4.24 8.34	7.10 4.23 9.47	7.11 4.23 10.57
	Cold.		Snow	flurries	and	colder.
7.13 4.22 a.m.	27 First Sunday in Advent	7.15 4.21 1.08	7.16 4.21 2.11	<i>The wild November comes at last Beneath a veil of rain; The night wind blows its folds aside, Her face is full of pain. The latest of her race she takes The Autumn's vacant throne: She has but one short moon to live, And she must live alone.</i>		
		Clearing.	St. Andrew's Day	—Stoddard		

**IRRITABLE AND NERVOUS
TAKE
DR. CHASE'S NERVE FOOD**

NOVEMBER 1949
SOLAR READING FOR SCORPIO
 For those born
 October 23rd to November 22nd
 Persons born under this sign are secretive, aggressive and judicial; their minds are active, perceptive, keen, and their intuition is wonderful. They are restless, but display admirable self control. While they are mental fighters, they likewise display great skill with their hands. They are best adapted to positions of authority. These people should never marry until they have

acquired self control of their passionate natures lest disastrous results be encountered.

Famous Scorpio People—Admiral Richard E. Byrd, Robert Louis Stevenson, Madame Curie.

Astral Colour—Scarlet
Lucky Gem—Topaz
Birthstone for November—Topaz

"10 Years Ago This Month"
 Russia invaded Finland.

MONEY REFUNDED IF DR. CHASE'S LIVER MEDICINE FAILS TO RELIEVE

If your appetite is poor with little or no desire for food, or if you feel sluggish, digestively upset or liverish, take Dr. Chase's Liver Medicine. This herbal vegetable compound tonic is used chiefly in the spring of the year, but may be taken at any time with equally good results.

Dr. Chase's Liver Medicine helps regulate the liver, intestines and bowels. It keeps you regular, and the dose may be easily regulated to suit your own particular needs. We are so sure that the first bottle of Dr. Chase's Liver Medicine will bring you relief, that we offer you **YOUR MONEY BACK** if it fails to satisfy you. If, after just one bottle of Dr. Chase's Liver Medicine, you don't eat better, feel better and look better than you did before taking the medicine, return the bottle to the store and your money will be refunded. Dr. Chase's Liver Medicine has to make you feel better or we won't take your money.

Price, \$1.23 A Bottle

DR. CHASE'S MEDICINES

DR. CHASE'S NERVE FOOD

For all nervous symptoms. Regular size, 69c. Economy size, \$1.79.

DR. CHASE'S PARADOL TABLETS

For relief of Periodic pain. Purse size, 43c. Economy size, \$1.23.

DR. CHASE'S SYRUP OF LINSEED AND TURPENTINE

For Coughs, Colds, Bronchitis. Regular size, 43c. Large size, 89c.

DR. CHASE'S KIDNEY-LIVER PILLS

For Backache and Liver upsets. Price 43c.

DR. CHASE'S OINTMENT

For cuts, burns, bruises, skin eruptions. Regular size, 69c. Economy size, \$2.23.

DR. CHASE'S LINIMENT

For muscular aches and pains, 39c.

DR. CHASE'S CATARRH POWDER

For head colds, catarrh, hayfever, 43c.

DR. CHASE'S LIVER MEDICINE

An Herbal Tonic, \$1.23 a bottle.

DR. CHASE'S BACKACHE PLASTER

For lumbago, backache, 49c each.

DR. A. W. CHASE MEDICINE CO. LTD.

DR. CHASE BUILDING
OAKVILLE, ONTARIO, CANADA

FAST RELIEF from COUGHS, COLDS, BRONCHITIS

The time to strike the first blow in warding off a cold is at the first sign of trouble; the first sneeze, cough, tickle or sore throat. To be ready for colds, keep Dr. Chase's Syrup of Linseed and Turpentine in the house. Children like it and it is as effective for them as it is for adults.

Dr. Chase's Syrup of Linseed and Turpentine soothes irritated membranes of the throat, helps ease the nerve spasm that causes coughs. This fine cold remedy doesn't stop there; it loosens phlegm and congestion in the chest, makes breathing easier, and speedily and thoroughly makes you feel better and helps send the cold on its way.

Don't wait until a cold strikes your home. Past experience has probably taught you that there will be at least one cold in your house this year and perhaps more than one. Make sure that you have a bottle of Dr. Chase's Syrup of Linseed and Turpentine on hand ready to bring relief to the cold sufferer.

Often by doing this, days of needless suffering are saved. Dr. Chase's Syrup of Linseed and Turpentine is so pleasant to the taste that the children will not hesitate to ask for it if they feel the least indication of a cold.

Dr. Chase's Syrup of Linseed and Turpentine in the house is one of the best ways of being ready for cold sickness in your home.

DR. CHASE'S SYRUP OF LINSEED and TURPENTINE



PRICE PER BOTTLE

REGULAR SIZE

43c

LARGE ECONOMY

SIZE

89c

DEC. 1949	Moon's Phases		Ont. and Que.		Mar. Provs. and Nfld.		Local Mean Time Ontario, Quebec Maritime Provinces and Newfoundland		Top Figure—Sunrise Middle—Sunset Bottom—Moon				
	☾ Full Moon..	d. h. m.	5 10 13 a.m.	5 11 13 a.m.	5 11 13 a.m.	5 11 13 a.m.							
	☾ Last Qtr....	12 8 48 p.m.	12 9 48 p.m.	12 9 48 p.m.	12 9 48 p.m.								
	☾ New Moon..	19 1 55 p.m.	19 2 55 p.m.	19 2 55 p.m.	19 2 55 p.m.								
	☽ First Qtr....	27 1 31 a.m.	27 2 31 a.m.	27 2 31 a.m.	27 2 31 a.m.								
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday							
<i>In December ring Every day the chimes; In the streets their merry rhymes. Let us by the fire Ever higher Sing them till the night expire!</i>				—Longfellow									
7.20 4.19 6.33	4 rises	7.22 4.19	5 ↑↑	7.23 4.19 p.m.	6 ↑↑	7.24 4.19 5.43	7 ↑↑	7.17 4.20 a.m.	1 ☁	7.19 4.20 4.18	2 ☁	7.20 4.20 5.25	3 ☁
.				Fine and milder.	 Cloudy with							
7.28 4.18 10.34	11 winds.	7.29 4.18 11.49	12 Accession King George VI	7.30 4.19 a.m.	13 Cold.	7.30 4.19 1.07	14 Birthday, King George VI	7.31 4.19 2.24	15 Some	7.32 4.19 3.46	16 heavy	7.33 4.20 5.09	17 snow.
7.33 4.20 6.32	18	7.34 4.20	19 sets	7.34 4.20 p.m.	20	7.35 4.21 6.09	21	7.36 4.22 7.25	22 very	7.36 4.22 8.38	23 cold.	7.36 4.23 9.47	24
.				Unsettled.	 Clearing very cold.							
7.37 4.23 10.54	25 Christmas Day Some	7.37 4.24 11.59	26 snow.	7.38 4.24 a.m.	27	7.38 4.25 1.02	28 Rain	7.38 4.26 2.06	29 or	7.38 4.27 3.11	30 snow.	7.38 4.28 4.19	31

**BILOUSNESS, UPSET LIVER?
TAKE
DR. CHASE'S KIDNEY AND LIVER PILLS**

**DECEMBER 1949
SOLAR READING FOR SAGITTARIUS**

For those born
November 22nd to December 21st

Persons born under this sign possess many desirable traits; their talent and aptitudes are great and varied. They are clairvoyant and possess remarkable foresight. They are neat and orderly; travel appeals to them. Business pursuits hold the greatest attraction for Sagittarius people. They are mechanical and inventive. These people attend strictly to their own business. They should not marry on impulse.

Famous Sagittarius People—Andrew Carnegie, Mark Twain.

Astral Colour—Red

Lucky Gem—Turquoise

Birthstone for December—Turquoise

"10 Years Ago This Month"

The German battleship, Graf Spee, was blown up by her officers. Earthquakes and floods in northern Turkey destroyed 50,000 lives and 100,000 homes. First Canadian Troops arrive in England.

• If your
daughter is
approaching
"Womanhood"

*there are certain things
you should tell her!*



IF YOU WANT YOUR DAUGHTER to have her share of fun . . . want her to get ahead at school and keep up to the others in her class . . . then you must help her take the problems of womanhood *in her stride!*

Keep her *natural* by telling her the simple truth . . . what to expect and how to cope with it. Help her to avoid time lost from school, work, games or fun . . . by telling her about Paradol, which helps so many girls to continue their usual activities without discomfort at such times.

You can be confident in telling her that Paradol is a *quick* means of relieving "periodic" pain—with no disagreeable let-down or after-effects. For this reliable Dr. Chase remedy is a scientific compound of 4 ingredients—and safe for even the youngest teen-ager to take!

So tell your daughter about Dr. Chase's Paradol as soon as she reaches her teens. By doing this, you'll help her to make the change into young "womanhood" in a perfectly natural and normal way—without feeling "blue" depressed, irritable or moody.

Many mothers advise their daughters to carry Paradol in their purse or pocket during their "difficult" days each month. It brings prompt relief for headaches, too. Get Dr. Chase's Paradol Tablets today—have them ready when the need arises!

**DR. CHASE'S
PARADOL**

*For Quick Relief of Periodic Pains
and Headaches*

ARE MEN SUBJECT TO BACKACHE

whatever their occupation?



FARMER?



PROFESSIONAL
MAN?



OUTDOOR
WORKER?



OFFICE
WORKER?



"Yes!" ... SAY THOUSANDS

Interviews with men, in all walks of life, show that backache is one of the most frequent causes of slowing-up on work! For when your joints and back **ache** and you feel tired and worn out—you're no good on the job.

That's the time to check up on your kidneys and liver. For when these two important organs fail to rid the bloodstream of impurities—there's a decided slowing-up of your whole system. That's why so many men and women take Dr. Chase's Kidney and Liver Pills whenever they begin to feel tired, headachy and full of aches and pains.

You see, Dr. Chase's Kidney and Liver Pills are really **two** remedies in **one**—kidney pills and liver pills! No wonder so many say they feel **twice as good** after taking them. For more than fifty years Canadians have relied on Dr. Chase's Kidney and Liver Pills to help "clean out" their systems and help kidneys and liver to work more actively. Try them today.

Dr. Chase's KIDNEY-LIVER PILLS