

1953 EDITION

49th Year of Publication

DR. A.W. CHASE'S CALENDAR ALMANAC

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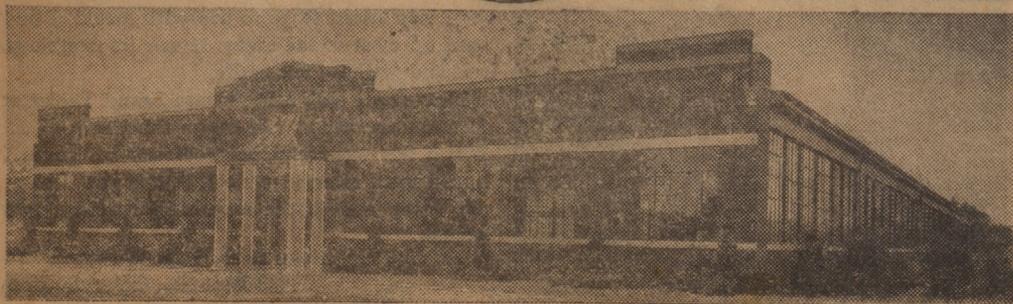
**YOU
MAY WIN
\$500.00
CASH!**
**WHERE IS
THIS
BUILDING?**



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NEW CONTEST



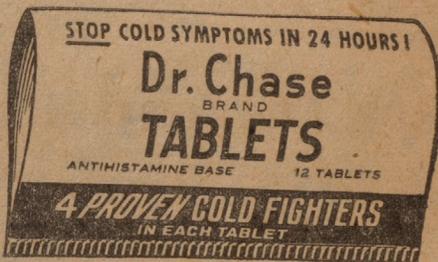
YOUR COLD SYMPTOMS STOPPED IN 24 HOURS OR WE PAY YOU \$1.00

Dr. Chase Brand Tablets must prove their effectiveness to you by stopping your cold symptoms in 24 hours—no sniffles, no cough, no cold, no chills, no loss of time or illness—that is what these tablets must do for you.

If they don't do all these things after you have taken only four tablets according to the directions, return the package and remaining tablets with your name and address to the Dr. A. W. Chase Medicine Co. Ltd., Oakville, Ont., back comes \$1.00 to you. We have this confidence in Dr. Chase Brand Tablets because each contains 4 Proven Cold Symptom Fighters.

- 1—Fights fever, muscular aches.
- 2—Fights cold symptoms, pain, headaches.
- 3—Fights drowsiness, dizziness.
- 4—Fights the cold bug which invades nasal passages.

Take us up on this offer, get a package to-day, discover that "colds are old fashioned." See how easy it is to keep free of colds. Ask for Dr. Chase Brand Tablets each containing 4 Proven Cold Symptom Fighters.



59c



Mrs. T. L. Dawson

"I Ironed Until After 11 o'clock that Night!"

"I was forced to go to bed with a cold. I had been up most of the night. It was impossible to rest and my head felt badly.

Next day I took a Dr. Chase Brand Tablet at 11 a.m., another at 3.00 and a third at 7.00. At 7.30 I felt wonderful my cold was all gone. I ironed until after 11 o'clock that night. I slept like a top and in the morning felt like a new woman."

Mrs. T. L. Dawson,
253 Bell St., Ottawa, Ont.



Many thousands of new Canadians are now reading Dr. Chase's Almanac for the first time. We welcome them to Canada. We hope they like us; our way of life; our sense of national responsibility. In time of need we assure them Dr. Chase's medicines—a byword in Canada for 89 years—stand ready to serve.

From generation to generation Canadian parents have told their children of the reliability of Dr. Chase's products. This year alone over two million homes across Canada will receive a copy of our Almanac and will read in its pages some of the letters we receive from grateful users. Keep your copy handy for easy reference. Check the weather reports. You'll enjoy studying your horoscope and the other amusing features.

Look on your Dr. Chase's Almanac as a tried and true friend. At any time in 1953 you or your family may need the help which you can find in these pages.

Fire Prevention

Fires take a heavy toll of life and property in Canada every year. To help reduce this staggering loss we recommend you remember and keep posted the following common-sense safety rules.

1. Keep matches and all inflammable materials in safe places and out of reach of children.
2. *Never* use coal oil, gasoline or other inflammable liquids to start or pep up a fire.
3. Examine and replace chimney pipes at least once a year.
4. *Never* place hot ashes in anything but metal containers.
5. If a fire starts in your house—give the alarm promptly. Shut in the fire if you can by closing doors, windows and transoms to prevent a draft. If the fire is small try to smother it with a coat, rug or blanket—or use water.
6. If the blaze is from gasoline or any other inflammable liquid, *do not use water*. This fire can only be smothered.
7. If a fire extinguisher is handy, use it.
8. Keep a grip on yourself. Don't panic.

\$12.00 LAST YEAR 59c THIS YEAR



Mr. F. Trudeau

Mr. F. L. Trudeau operates his own machine shop business in Tweed, Ont. He writes as follows: "I have taken a lot of bronchial medicines but none that compare with Dr. Chase's Tablets for colds. Usually about 3 tablets is all I need. I frequently had to quit working due to congestion from dust or welding gases. My cold remedy medicine used to cost me from \$8.00 to \$12.00 a year. This year, thanks to Dr. Chase Brand Tablets I have spent only 59c and lose no time from work."

Druggist Recommended Dr. Chase Brand Tablets for Colds

"I am writing to tell you how very much your Dr. Chase Brand Tablets have helped us fight colds this winter. Our druggist introduced us to ~~them~~ when we went in to buy another brand. ~~Bonspiel~~ time is lots of fun out here but after it's over there's always colds to clear up, and this year Dr. Chase Brand Tablets worked wonders and we didn't develop a cold at all."

Mrs. D. H. Johnston, Ninga, Man.

Your Horoscope

Throughout the pages of this almanac, you will find brief accounts of the characteristics of those born under the different signs of the Zodiac. These are intended for your enjoyment and should you care to have a more complete account of your particular horoscope, enclose a box top, label or circular from a Dr. Chase product with your request AND DATE OF BIRTHDAY and mail it to:

Dept. H,
Dr. A. W. Chase Medicine Co. Ltd.,
Oakville, Ont.

Upon receipt of your letter and enclosure, we will be pleased to mail a copy to you. Be sure and enclose a box top, label or circular AND DATE OF BIRTHDAY and mark your envelope Dept. H.

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER FORECASTS	Jan. 1953		Moon's Phases			Ont. and Que.			Mar. Provs. and Nfld.			Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.				
				☾ Last Qtr...	☽ New Moon...	☽ First Qtr...	☽ Full Moon...	d.	h.	m.	d.	h.	m.	d.	h.	m.	Sun Rises h.m.	Sun Sets h.m.	Moon Rises p.m.
1	T	♈	Severe	New Year's Day.....													7.38	4.29	5.57
2	F	♈	snow													7.39	4.30	7.04
3	S	♈	storms.													7.39	4.31	8.09
4	S	♈													7.38	4.32	9.12
5	M	♈	Windy													7.38	4.33	10.15
6	T	♈	and	Epiphany.....													7.38	4.34	11.18
7	W	♈	milder.													7.38	4.35	a.m.
8	T	♈													7.38	4.36	12.22
9	F	♈	Severe													7.38	4.37	1.29
10	S	♈	blizzards.													7.37	4.38	2.38
11	S	♈													7.37	4.39	3.50
12	M	♈	Scattered													7.37	4.40	5.02
13	T	♈	snow													7.36	4.42	6.08
14	W	♈	squalls.													7.36	4.43	7.03
15	T	♈													7.35	4.44	sets
16	F	♈	Fair													7.35	4.45	p.m.
17	S	♈	and													7.34	4.46	7.44
18	S	♈	colder.													7.34	4.48	9.05
19	M	♈													7.33	4.49	10.23
20	T	♈	Blustery													7.32	4.50	11.40
21	W	♈	with													7.31	4.52	a.m.
22	T	♈	heavy													7.31	4.53	12.57
23	F	♈	snow.													7.30	4.55	2.12
24	S	♈													7.29	4.56	3.23
25	S	♈													7.28	4.57	4.28
26	M	♈	Coastal gales.													7.27	4.59	5.25
27	T	♈													7.26	5.00	6.11
28	W	♈	Cold													7.25	5.02	6.47
29	T	♈	westerly													7.24	5.03	rises
30	F	♈	winds.													7.23	5.04	p.m.
31	S	♈	Standard time is used in these Calendars, so that where daylight saving time prevails 1 hour should be added.													7.22	5.06	7.01

AQUARIUS—January 21st - February 19th.



strative but their married life is ideal and lasting.

If born under this sign, you are active, self-willed, independent and resent interference. Good organizers and have original ideas. Women make excellent hostesses and homemakers. In love matters, Aquarians are not demon-

WASHING WRINKLES

Mud should be removed with COLD water and soap before soaking.

Strong sunlight and frost are enemies of coloured fabrics but will keep white cottons and linens a good colour.

Spots and stains should be removed BEFORE washing.

QUIZ

What is the colour of perfection?

ANSWER—Pink.

1953

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The year 5714 of the Jewish era begins at sunset on September 9, 1953, Gregorian Calendar.

The year 1373 of the Mohammedan era, or era of the Hegira, begins at sunset on September 9, 1953, Gregorian Calendar.

The second year of the reign of Queen Elizabeth II begins February 6, 1953.

The 87th year of the Confederation of the Dominion of Canada begins July 1, 1953.

The 178th year of the Independence of the United States begins on July 4, 1953.

January 14, 1953, Gregorian Calendar, corresponds to January 1, 1953, Julian Calendar.

Seasons

(STANDARD TIME)

Spring—Sun enters Aries, Spring begins 20th March, 6.01 p.m. Maritime Provinces and Newfoundland. 5.01 p.m. Ontario and Quebec. 4.01 p.m. Manitoba. 3.01 p.m. Northwest Provinces. 2.01 p.m. British Columbia.

Summer—Sun enters Cancer, Summer begins 21st June, 1.00 p.m. Maritime Provinces and Newfoundland. 12.00 noon Ontario and Quebec. 11.00 a.m. Manitoba. 10.00 a.m. Northwest Provinces. 9.00 a.m. British Columbia.

Autumn—Sun enters Libra, Autumn begins 23rd September, 4.07 a.m. Maritime Provinces and Newfoundland. 3.07 a.m. Ontario and Quebec. 2.07 a.m. Manitoba. 1.07 a.m. Northwest Provinces. 12.07 a.m. British Columbia.

Winter—Sun enters Capricornus, Winter begins 21st December, 11.32 p.m. Maritime Provinces and Newfoundland. 10.32 p.m. Ontario and Quebec. 9.32 p.m. Manitoba. 8.32 p.m. Northwest Provinces. 7.32 p.m. British Columbia.

Eclipses—1953

(90th Meridian Standard Time)

I.—A total eclipse of the Moon, January 29. The beginning will be visible generally in Asia, the extreme northwestern part of Australia, Europe, Africa, the Arctic regions, the north-eastern part of North America, and eastern part of South America. The ending will be visible generally in western Asia, Europe, Africa, the Arctic regions, North America, except the extreme northwestern part, and South America. In most of Canada the Moon will rise with eclipse already started. Where visible the eclipse can be seen as follows: Moon enters dark shadow 3:54 p.m.; total eclipse begins 5.05 p.m.; middle of eclipse 5.47 p.m.; total eclipse ends 6.30 p.m.; Moon leaves dark shadow 7.40 p.m. Size of eclipse is 1.337.

II.—A partial eclipse of the Sun, February 13, visible in eastern Asia and western Alaska. The magnitude of greatest eclipse is 0.760.

III.—A small partial eclipse of the Sun, July 10, visible in western and northwestern Canada, eastern Alaska, the Arctic regions and Greenland, except the southern part. The eclipse will be visible in most of Manitoba just before sunset, and in Saskatchewan, Alberta and British Columbia a short time earlier. The magnitude of greatest eclipse is 0.201.

IV.—A total eclipse of the Moon, July 26. The beginning will be visible generally in North America, except the eastern and northeastern part, South America, except the eastern part, Antarctica, Australia and the extreme north-eastern part of Asia. The ending will be visible generally in the northwestern tip of North America, Australia, Antarctica, and eastern and central Asia. In eastern Canada the Moon will set before the eclipse begins, while in central and western Canada the Moon will set before the eclipse ends. Times of the eclipse are as follows: Moon enters dark shadow 4.33 a.m.; total eclipse begins 5.30 a.m.; middle of eclipse 6.21 a.m.; total eclipse ends 7.11 a.m.; Moon leaves dark shadow 8.09 a.m. Size of eclipse is 1.869.

V.—A partial eclipse of the Sun, August 9, visible in the extreme southern part of South America. The magnitude of greatest eclipse is 0.372.

SAVE 40c
NEW ECONOMY SIZE
DR. CHASE BRAND TABLETS



Never before has a Dr. Chase product met with such splendid response in so short a time. So enthusiastic are the users of Dr. Chase Brand Tablets we have been swamped with requests to make this larger size available to you. We are happy to carry out your bidding.

The Dr. Chase Brand Tablet with which you are already familiar in the small package, may now be obtained in bottles of 40 for \$1.49. This economical family size assures you of constant protection against symptoms of colds and hay fever like sore throat, coughing, chills and fever; watery, itching eyes, running nose, sneezing, choking.

Each Dr. Chase Brand Tablet contains not 1 but 4 Proven Cold Fighters. They work as a team and give you safe, effective and speedy relief. At the same time they reinforce the body defences and fight cold bacteria in the early stage.

Save money! Ask your dealer for Dr. Chase Brand Tablets in the ECONOMY FAMILY SIZE of 40 TABLETS for only \$1.49.

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER FORECASTS	Feb. 1953		Moon's Phases			Ont. and Que.			Mar. Provs. and Nfld.			Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
				d.	m.	d.	h.	m.	d.	h.	m.	Sun Rises h.m.	Sun Sets h.m.	Moon Rises p.m.			
1	S	♈		Septuagesima.....	7.21	5.07	8.05										
2	M	♈	Strong	7.20	5.09	9.08										
3	T	♈	winds.	7.18	5.10	10.11										
4	W	♈		7.17	5.12	11.15										
5	T	♈	Clearing	7.16	5.13	a.m.										
6	F	♈	and	Accession Queen Elizabeth II, 1952.....	7.15	5.14	12.23										
7	S	♈	colder.	<i>Saving up</i>	7.13	5.16	1.32										
8	S	♈		Sexagesima.....	7.12	5.17	2.42										
9	M	♈	Scattered	<i>W.C. in. sets</i>	7.11	5.19	3.48										
10	T	♈	snow	7.09	5.20	4.47										
11	W	♈	squalls.	7.08	5.22	5.36										
12	T	♈		7.06	5.23	6.16										
13	F	♈	Stormy	7.05	5.24	sets										
14	S	♈	and	Valentine's Day.....	7.04	5.26	p.m.										
15	S	♈	un-	Quinquagesima (Shrove).....	7.02	5.27	7.58										
16	M	♈	pleasant.	7.01	5.29	9.19										
17	T	♈	Fair	6.59	5.30	10.39										
18	W	♈	and	Ash Wednesday.....	6.57	5.31	11.57										
19	T	♈	milder.	6.56	5.33	a.m.										
20	F	♈		<i>blacksmith coal</i>	6.54	5.34	1.12										
21	S	♈	Coastal	6.53	5.36	2.20										
22	S	♈	gales.	Quadragesima (Lent begins).....	6.51	5.37	3.20										
23	M	♈		6.49	5.38	4.10										
24	T	♈	Clearing	6.48	5.40	4.50										
25	W	♈	and	6.46	5.41	5.20										
26	T	♈	much	6.44	5.43	5.45										
27	F	♈	colder.	6.43	5.44	6.07										
28	S	♈		<i>fixing car</i>	6.41	5.45	6.26										

PISCES—February 20th - March 20th.



Those born under this sign are kind, hospitable and sympathetic. They are best able to express themselves in the literary or artistic field. Women make excellent nurses. They usually have several affairs of the heart before marriage but make admirable partners who love their home and children.

SMOKE SIGNAL

Liquids or alcohol when spilled on wood will leave cloudy, gray marks. Have the man of the house save his cigar ash and rub this on spots with a damp cloth. Unless mark is of long standing, this will do the trick.

QUIZ

What is the largest bird in the world?

ANSWER—The Ostrich.

INFLAMED FEET?

Follow these 3 simple steps to remove the inflammation from sore, aching feet.

- 1—Soak your feet in hot water at bedtime.
- 2—Dry, then rub DR. CHASE'S OINTMENT on the inflamed part of your feet.
- 3—Cover with a light cloth, (to keep ointment off bedclothes).

YES—Even with the first application you will notice a great difference in the morning if you follow these 3 steps with **Dr. Chase's Ointment**.

No Pimples on Brother or Sister



J. Romanovitch

"I had been troubled with pimples on my face for a long time. I tried all kinds of things to heal them. Then I tried Dr. Chase's Ointment which cleared my face from pimples completely. My brother had the same trouble as I did, and after seeing what Dr. Chase's Ointment did for me, he used it too, with the same results."—**Miss Jessie Romanovitch, Tuffnell, Sask.**

Will Rogers once said: "Everybody is ignorant, only on different subjects."

After a severe storm the Captain of the small schooner called to a new hand, "Aboy, mate, where's the mizzen mast?" "Don't know, Cap'n, how long has it been mizzen?"

Dad Suffered 12 Years with Piles

"Here is an experience my father had with that wonderful Dr. Chase's Ointment," writes Miss Helen Waytas, of Ituna, Sask. "Dad had piles for 12 years and nothing he tried would give him relief until an old friend of the family advised him to try Dr. Chase's Ointment. Before he had even finished the first tin his piles were completely gone. Even the people who knew Dad had this trouble for years were surprised to think that Dr. Chase's Ointment could do this in such a short time. Dad thinks Dr. Chase's Ointment is 100% effective in treating piles."

PSORIASIS

"MY SON SUFFERED FOR YEARS"

"My son suffered for years from Psoriasis and the rash would not clear up. He would scratch until his body would bleed. Finally I tried Dr. Chase's Ointment, and from the beginning he got relief and within a short time the rash completely disappeared. The relief he felt cannot be expressed in words, and the credit goes to Dr. Chase's Ointment."

Mrs. K. Brown, Parkland, Alta.

ECZEMA

"I WAS ALMOST CRAZY WITH ECZEMA"

"I was almost crazy with eczema on my hands. I had tried several kinds of remedies without even temporary relief until I tried Dr. Chase's Ointment. With the first application, I got instant relief from that itching and burning feeling, and before I had finished the first box, the eczema was completely gone."

E. Murphy, Halifax, N.S.

HEAD-SORES

HEAD-SORE FOR 8 YEARS

Mr. H. Russell, of Culligan, N.B., says, "In just 8 days Dr. Chase's Ointment cleared up a head-sore I had for 8 years. I will never again be without Dr. Chase's Ointment in the house."

Curiosities of the Calendar

No century can begin on a Wednesday, Friday, or Sunday. October always commences on the same day of the week as January; April on the same day as July, and December on the same day as September. February, March and November also begin on the same day. May, June and August do not consent to be matched. THESE RULES DO NOT HOLD GOOD IN LEAP YEARS.

PARROT TALK

Freddie had been watching while his harassed father had silenced a very talkative parrot, and had been quite impressed.

One afternoon, some time later, hubby was pressed into service passing tea trays at his wife's party.

Suffering like a martyr and nearly at his wits' end because of one of the ladies whose tongue ran on and on like a rushing river, he was suddenly startled by a loud whisper.

"Say Daddy," said his son, "When are you going to get the cloth and put it on her head?"

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER FORECASTS	Mar. 1953	Moon's Phases			Mar. Provs. and Nfld.			Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.			
					Ont. and Que.	Mar. Provs. and Nfld.	Local Mean Time	Sun Rises	Sun Sets	Moon Rises				
					d.	h.	m.	d.	h.	m.	h.m.	h.m.	p.m.	
1	S	♈	Mostly	St. David	☾ Last Qtr.	8	1	26 p.m.	8	2	26 p.m.	6.39	5.47	6.59
2	M	♈	unsettled		☾ New Moon	15	6	5 a.m.	15	7	5 a.m.	6.37	5.48	8.02
3	T	♈	and		☾ First Qtr.	22	3	10 a.m.	22	4	10 a.m.	6.36	5.49	9.06
4	W	♈	milder.		☾ Full Moon	30	7	55 a.m.	30	8	55 a.m.	6.34	5.51	10.11
5	T	♈										6.32	5.52	11.20
6	F	♈	Fair									6.30	5.53	a.m.
7	S	♈	and									6.28	5.55	12.28
8	S	♈	colder.									6.27	5.56	1.34
9	M	♈										6.25	5.57	2.35
10	T	♈	Stormy									6.23	5.59	3.27
11	W	♈	coastal									6.21	6.00	4.09
12	T	♈	squalls.									6.19	6.01	4.44
13	F	♈										6.18	6.03	5.12
14	S	♈	Strong									6.16	6.04	5.37
15	S	♈	winds.	Mid-Lent Sunday								6.14	6.05	sets
16	M	♈										6.12	6.06	p.m.
17	T	♈	Clear	St. Patrick								6.10	6.08	9.31
18	W	♈	and									6.08	6.09	10.51
19	T	♈	cold.									6.06	6.10	a.m.
20	F	♈										6.04	6.12	12.05
21	S	♈	Snow									6.03	6.13	1.10
22	S	♈	storms	Passion Sunday								6.01	6.14	2.05
23	M	♈	and									5.59	6.16	2.48
24	T	♈	windy.									5.57	6.17	3.23
25	W	♈	turning									5.55	6.18	3.50
26	T	♈	colder.									5.53	6.19	4.12
27	F	♈										5.51	6.21	4.32
28	S	♈	Scattered									5.50	6.22	4.49
29	S	♈	blustery	Palm Sunday								5.48	6.23	5.06
30	M	♈	squalls.									5.46	6.24	rises
31	T	♈		First Day of Passover								5.44	6.26	p.m.

ARIES—March 21st - April 19th.



Persons born under this sign are energetic and enthusiastic, with unlimited courage but impulsive. Any employment or profession which is not humdrum will appeal to you, especially travel. They are ardent lovers and have several affairs of the heart before making their ultimate choice of partner.

Persons born under this sign are energetic and enthusiastic, with unlimited courage but impulsive. Any employment or profession which is not humdrum will appeal to you, especially travel. They are ardent lovers and have several affairs of the heart before making their ultimate choice of partner.

NO FUSS NO MUSS

After opening a fresh bottle of nail polish, glue or similar preparations, rub a small amount of vaseline or oil around the top of the bottle as this will prevent the sticky substance from adhering to it, and the cap will always be easy to remove.

QUIZ

What food is used most extensively?

ANSWER—Rice.

3 MINUTES A NIGHT FOR JUST 1 WEEK HELPS CLEAR UP PIMPLES AND BLEMISHES



Pimples, blackheads, blemishes, are not pretty. They're ugly! They spoil the natural beauty of your face. They cut down your chances of success—at work or at play. Spend just 3 minutes

a night for 1 week on the easy treatment outlined below. Prove to yourself how you too can help clear up unsightly pimples and blemishes in just 1 week!

- 1—Wash your face with hot water before going to bed at night and rub dry.
- 2—Then apply Dr. Chase's Ointment to your face and rub gently into the pores.
- 3—Leave this on your face all night. Wash off in the morning.

Other People Have Done It—Why Not You?

"I had eczema so bad on my hands and neck that I suffered terribly and tried many remedies. When they failed to work I started using Dr. Chase's Ointment. Almost immediately I got relief, and now the rash is almost gone. Thanks to Dr. Chase's Ointment."

Mrs. T. Patt, Osogoo, B.C.

"After trying different kinds of Ointments for treating pimples on my face with no results, I then tried Dr. Chase's Ointment, and in two weeks pimples and blemishes were noticeably cleared up. I advise anyone who has pimples on their face to try Dr. Chase's Ointment treatment."

Mr. S. Rudyk, Bay Tree, Alta.

DR. CHASE'S OINTMENT

Soothing • Healing • Antiseptic

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER FORECASTS	April 1953	Moon's Phases			Mar. Provs. and Nfld.			Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
					d.	h.	m.	d.	h.	m.	Sun Rises h.m.	Sun Sets h.m.	Moon Rises p.m.
1	W	♈	Generally	All Fools' Day.....							5.42	6.27	9.11
2	T	♈	unsettled	<i>chickens</i>							5.40	6.28	10.19
3	F	♈	and	Good Friday.....							5.38	6.29	11.25
4	S	♈	rainy.								5.36	6.31	a.m.
5	S	♈		Easter Sunday.....							5.34	6.32	12.27
6	M	♈	Clearing								5.33	6.33	1.21
7	T	♈	and								5.31	6.34	2.05
8	W	♈	colder.								5.29	6.36	2.41
9	T	♈									5.27	6.37	3.11
10	F	♈	Strong								5.25	6.38	3.37
11	S	♈	winds.								5.24	6.40	4.00
12	S	♈		Low Sunday.....							5.22	6.41	4.23
13	M	♈	Mostly								5.20	6.42	sets
14	T	♈	clear								5.18	6.43	p.m.
15	W	♈	skies.								5.16	6.45	9.41
16	T	♈									5.15	6.46	10.52
17	F	♈	Stormy								5.13	6.47	11.53
18	S	♈	coastal								5.11	6.48	a.m.
19	S	♈	gales.								5.10	6.50	12.43
20	M	♈									5.08	6.51	1.21
21	T	♈	Fair	Birthday Queen Elizabeth II, 1926.....							5.06	6.52	1.51
22	W	♈	and								5.04	6.53	2.15
23	T	♈	windy.	St. George.....							5.03	6.55	2.36
24	F	♈									5.01	6.56	2.55
25	S	♈	Pleasant,								5.00	6.57	3.12
26	S	♈	becoming								4.58	6.58	3.30
27	M	♈	unsettled								4.56	7.00	3.44
28	T	♈	and								4.55	7.01	rises
29	W	♈	rainy.								4.53	7.02	p.m.
30	T	♈									4.52	7.03	9.17

TAURUS—April 20th - May 20th.



and teachers. Love of home makes for an ideal marriage.

Persons under this sign desire comfort and happiness but are capable of obtaining them by their own efforts. They are sociable and value friendships. Success lies in banking or office management. Women excel as housekeepers

TCH! TCH! DON'T LOSE YOUR TEMPER

On a balky drawer, rub paraffin on parts that slide and try it on door locks that stick.

QUIZ

Which is the farther south? The tip of Africa or the tip of South America?

ANSWER.—Rwanda. The tip of South America.

IT'S SPRING and here's your TONIC



Mrs. B. Cole

"After the long winter I always feel tired and irritable. So I take Dr. Chase's Nerve Food for six weeks and find they are a grand spring tonic and make me feel like a new person."

Mrs. B. Cole,
McMasterville, Que.

DISCOURAGED?—Well just spit on your hands and take a fresh hold!

From quiet home and first beginning,
Out to the undiscovered ends,
There's nothing worth the wear of winning
But laughter and the love of friends.

—Anon.

"YOUR ALMANAC DID IT"



Mr. V. Boudreau

Chase's Nerve Food for all those who are nervous and rundown."

Victor J. Boudreau,
West Bathurst, St. Anns, N.B.

Drop Us a Line

"Where on earth do you get all the letters you publish?"

This question is asked many times each year. Our answer is always the same. **Every letter and every picture that appears in Dr. Chase's Almanac is genuine. In every case we have the writer's permission to publish.**

We get thousands of unsolicited testimonials every year from people who have received real relief from a Dr. Chase medicine. They are happy to tell others of their experience. If a Dr. Chase product has helped you we'd like to hear about it. Please drop us a line. Share your experience with others and be the means of helping them find relief and happiness too.

RECIPES

Marmalade, Jams, Jellies

MARMALADE

2 grapefruit 9½ cups water
2 oranges 5 lbs. white sugar
2 lemons.

Ream juice out of fruit. Put rest through grinder (med.) Add water and simmer 2½ hours. Add sugar and boil ¾ hour.

PEACH JAM WITH CHERRIES

12 peaches, peeled and cut in very fine segments; 3 oranges, cut as for marmalade (use skin and pulp); 1 large bottle maraschino cherries. (Cut cherries, then add cherries and juice.) Measure and add ¾ cup sugar to each cup of fruit. Bring to a boil and continue boiling for 25 minutes.

—M-mm! It's good!

RASPBERRY AND CURRANT JELLY

2 quarts currants sugar
2 quarts raspberries

Wash berries and heat slowly until the juice flows freely, then simmer for 10 minutes. Drain through jelly bag. Measure; then cook juice for 10 minutes, adding ¾ cup sugar for each cup of juice. Boil rapidly until syrup sheets from edge of spoon. Pour into clean, hot glasses. When cool, cover with paraffin.

CHILI SAUCE?

Here's a dandy recipe—easy to prepare, not too expensive. Dad's going to love this one.

2 cans (7 cups) tomatoes
1½ cups chopped onions
1¼ cups finely diced celery
2 tsp. salt.
1¼ cups chopped green pepper.
¼ cup brown sugar.
⅛ tsp. pepper.
1 tsp. dry mustard.
1 tbs. Worcestershire sauce.
½ cup cider vinegar.

Combine all ingredients in order named in large kettle. Simmer uncovered over low heat until thick—about 45 minutes. Pour into hot sterilized jars. Seal and store in cool place. Yield 3 to 4 pints.

SCOTCH SEAS

If you like rolled oats you'll bake this one soon.
1 cup brown sugar 2 cups rolled oats
½ cup butter or other 1 tsp. baking powder
shortening (melted) ½ tsp. salt

Add brown sugar to melted butter and stir until sugar is dissolved. Add the remaining ingredients and mix well. Pour into a well greased shallow pan and bake at 350 degrees for 30 minutes. When cool cut into squares.

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER FORECASTS	May 1953			Moon's Phases			Ont. and Que.			Mar. Provs. and Nfld.			Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
				☾ Last Qtr....	☽ New Moon...	☽ First Qtr....	☽ Full Moon...	d.	h.	m.	d.	h.	m.	d.	h.	m.	Sun Rises h.m.	Sun Sets h.m.
1	F	♈		May Day.....	4.50	7.05	10.21											
2	S	♈	Scattered	4.49	7.06	11.17											
3	S	♈	showers.	4.47	7.07	a.m.											
4	M	♈		4.46	7.08	12.04											
5	T	♈	Fair	wire staples	4.44	7.10	12.42											
6	W	♈	and	fly spray	4.43	7.11	1.13											
7	T	♈	warmer.	telephone	4.42	7.12	1.30											
8	F	♈		4.40	7.13	2.09											
9	S	♈	Rain	4.39	7.14	2.24											
10	S	♈	squalls.	Rogation Sunday.....	4.38	7.16	2.46											
11	M	♈		4.36	7.17	3.13											
12	T	♈	Stormy	4.35	7.18	3.42											
13	W	♈	coastal	4.34	7.19	sets											
14	T	♈	gales.	Ascension Day.....	4.33	7.20	p.m.											
15	F	♈		4.32	7.22	10.32											
16	S	♈	Unsettled	fly spray	4.30	7.23	11.16											
17	S	♈	and	4.29	7.24	11.50											
18	M	♈	warmer.	Victoria Day.....	4.28	7.25	a.m.											
19	T	♈		4.27	7.26	12.17											
20	W	♈	Wet	Shebuoth (Hebrew Pentecost).....	4.26	7.27	12.39											
21	T	♈	and	4.25	7.28	12.59											
22	F	♈	foggy.	4.24	7.29	1.16											
23	S	♈		4.23	7.30	1.34											
24	S	♈	Clearing	Pentecost (Whit Sunday).....	4.23	7.31	1.52											
25	M	♈	and	4.22	7.32	2.13											
26	T	♈	cooler.	4.21	7.33	2.36											
27	W	♈		4.20	7.34	3.04											
28	T	♈	Scattered	4.19	7.35	rises											
29	F	♈	rain	4.19	7.36	p.m.											
30	S	♈	squalls.	4.18	7.37	10.02											
31	S	♈		Trinity Sunday.....	4.17	7.38	10.45											

GEMINI—May 21st - June 21st.



Those born under this sign are quick to learn and without effort. Kind and hospitable but easily displeased over trifles. A successful career as a lecturer or journalist is possible. Women are excellent homemakers if they do not have to scrimp in money matters. Affectionate, make a happy marriage.

IT WORKS WHILE YOU REST

To clean a greasy oven, half fill a can with ammonia and leave it in the unlit oven for several hours, or overnight. The fumes will loosen grease so it may be wiped off easily.

QUIZ

What is the most delicate organ of touch?

ANSWER.—The tip of the tongue.

"GIVE IT A TRIAL" says Mme. Pouliot

"I am writing to you about Dr. Chase's Nerve Food. Since my last operation I have been suffering from a nervous condition. I was so exhausted and so nervous that the least noise made me jump. I had been suffering from it for a long time when, by lucky chance, I was speaking to a neighbour of mine and she recommended your pills. I followed her advice and now I am in perfect health and I advise all those who might read my letter to give it a trial."

Mme. G. Pouliot,
St. Odilon Village, Dorchester, Que.

Everyone in the world is of some use . . . if only to be the horrible example.

Each one of us brings pleasure to others . . . some by coming into a room . . . others by leaving.

These new ocean liners are so colossal that a passenger on a maiden voyage called the steward to ask, "Would you please direct me to the Atlantic Ocean!"

"MY NEIGHBOURS AGREE!"



Mrs. A. Brown

To gain 10 pounds of good flesh is quite an achievement, but when it happens in just 3 weeks after feeling nervous and rundown like Mrs. A. Brown, 199 Mill St., London, Ont., it becomes a real tribute. Mrs. Brown writes:

"Before taking Dr. Chase's Nerve Food I weighed 117 pounds. Now, after just three weeks I have gained 10 pounds and feel wonderful. My neighbours can see quite a difference and say they'll back up my statement anytime."

How big is an acre?

10 rods x 16 rods	1 acre
5 rods x 32 rods	1 acre
4 rods x 40 rods	1 acre
20 yards x 242 yards	1 acre
40 yards x 121 yards	1 acre
60 feet x 726 feet	1 acre
220 feet x 198 feet	1 acre
4,840 square yards	1 acre

Why Should You Suffer From Nervous Tension? Nervous Exhaustion? Lack of Rest?

Sleeplessness, irritability, and a general feeling of being restless and depressed are signs of nervous exhaustion. Those who have spent long dark hours trying to obtain rest know that each night becomes worse than the last until your nerves are so taut that rest is almost impossible.

If you are one of these suffering from lack of rest and nervous exhaustion you need the time-tested formula of Dr. Chase's Nerve Food which contains Vitamin B1, Iron, and other essential minerals. Dr. Chase's Nerve Food is not a sedative to quiet your nerves for one night's sleep—but a tonic which quickly goes to work to improve the blood and build up your nerves to a new quiet strength.

WHEN BABY ARRIVES

When baby arrives, and mother is up and around again, then more than ever, she needs all her vitality. Her baby adds additional chores to her otherwise busy day. If the mother allows herself to get run down she soon finds herself irritable and working on her nerves. Baby becomes a trial and mother's milk may become irregular or even fail.

Many mothers before and after baby arrives use Dr. Chase's Nerve Food for they find it nourishes their blood and is a great aid in regaining and sustaining vitality.



Regular Size—60 Pills—79c

Large Size—180 Pills—\$1.98.

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER FORECASTS	June 1953	Moon's Phases			Ont. and Que.			Mar. Provs. and Nfld.			Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
					☾ Last Qtr...	d.	h.	m.	d.	h.	m.	d.	h.	m.	Sun Rises	Sun Sets
1	M	♈	Severe		☾ Last Qtr...	4	12	35 p.m.	☾	4	1	35 p.m.	4.17	7.39	11.16	
2	T	♉	wind		☾ New Moon...	11	9	55 a.m.	☾	11	10	55 a.m.	4.16	7.40	11.43	
3	W	♊	squalls.		☾ First Qtr...	19	7	1 a.m.	☾	19	8	1 a.m.	4.16	7.40	a.m.	
4	T	♈			☾ Full Moon...	26	10	29 p.m.	☾	26	11	29 p.m.	4.15	7.41	12.06	
5	F	♉	Fair										4.15	7.42	12.28	
6	S	♊	and										4.14	7.43	12.51	
7	S	♈	windy.										4.14	7.43	1.14	
8	M	♉											4.14	7.44	1.41	
9	T	♊	Rain	<i>fly spray</i>									4.13	7.45	2.15	
10	W	♈	storms.										4.13	7.45	2.55	
11	T	♉											4.13	7.46	sets	
12	F	♊	Clear	<i>mower mives +</i>									4.13	7.46	p.m.	
13	S	♈	skies	<i>200</i>									4.12	7.47	9.47	
14	S	♉	and										4.12	7.48	10.17	
15	M	♊	cooler.										4.12	7.48	10.41	
16	T	♈											4.12	7.48	11.02	
17	W	♉	Strong										4.12	7.49	11.20	
18	T	♊	westerly										4.12	7.49	11.38	
19	F	♈	winds										4.12	7.50	11.56	
20	S	♉											4.13	7.50	a.m.	
21	S	♊	Fair	<i>2 jerseys cows breed</i>									4.13	7.50	12.15	
22	M	♈	and										4.13	7.50	12.37	
23	T	♉	warmer.										4.13	7.50	1.03	
24	W	♊											4.14	7.50	1.37	
25	T	♈	Thunder										4.14	7.51	2.21	
26	F	♉	storms.	<i>parts to tender \$2.00</i>									4.14	7.51	rises	
27	S	♊											4.15	7.51	p.m.	
28	S	♈	Scattered										4.15	7.51	9:16	
29	M	♉	fogs.	<i>coll</i>									4.16	7.50	9.46	
30	T	♊											4.16	7.50	10.12	

CANCER—June 22nd - July 22nd.



Under this sign, people have sensitive and emotional natures. Sympathy and loyalty are at least two of your attributes. Work which is not strenuous or responsible is best fitted for you. Women make excellent caterers.

Greatest happiness is attained through marriage as love of home and family is predominant in your life.

TEA TIP

Don't throw out left-over tea. Strain into a bottle, adding one teaspoon glycerine per pint. This makes an excellent window cleaning fluid which also keeps flies off the glass.

QUIZ

What is the fourth dimension?

ANSWER—Time.

Dog-Tired? Can't Rest?

The usual treatment for fatigue is rest. But when the cause of tired feelings is nervous exhaustion you are restless, sleepless and irritable and cannot rest or sleep.

You can worry and fret, you can be impatient and ill-tempered, you may suffer from indigestion and headaches. But rest or calmness or sleep are well nigh impossible.

It is necessary to build up the reserve of nerve force by such restorative treatment as Dr. Chase's Nerve Food. Your nervous system has become bankrupt and new energy and vigor are necessary.

Dr. Chase's Nerve Food is recommended on the strength of its time-proven record of effectiveness in many thousands of cases similar to yours. New nerve force is created from rich red blood and Dr. Chase's Nerve Food is composed of the very ingredients which go to help enrich the blood. For this reason every dose you take should help you in regaining health and strength and new vitality.

I Rest The Night Through— Not A Sign Of Nervousness



Mrs. P. G. Taylor

"I just wanted to tell you how wonderfully Dr. Chase's Nerve Food has helped me. Already I feel a different person. I was so nervous I could not rest. My legs used to jerk and I would jump in my sleep and wake myself right up. Now I rest the night through without a sign of nervousness."

Mrs. P. G. Taylor, Lake Errock P.O., B.C.

A Problem in Wages

Suppose you were offered a job and were promised one cent for the first day's work, double that or two cents for the second day, four for the third, and so on for every day in the month. Would you take the job?

Turn the Almanac around and get ready for a pleasant surprise.

By all means take the job. If you started the first day for one cent and doubled up every day for a 31 day month you pay would reach the unheard of figure of \$21,474,836.47. Figure it out for yourself!

ANSWER

FRIENDS

Friends are the nuggets which we find
When all acquaintances are mined;
So much of dross is turned about
Before a friend is fathomed out.

No polish, plied with art or cue
Can give aught else a friend's deep hue;
No station, caste or high degree
Can make one as a friend should be.

True friendship blossoms from the soul
And richer turns as seasons roll;
Life's journey bears a pleasant end
With boon companions as a friend.

—Judge John J. Langenbach,
(From Will Reeder's Notebook)

AWAKENED EACH MORNING STILL TIRED

Nature sets our Health Rules and one of them is simply this—you must get sufficient, sound sleep each night so that your body can carry out its job the following day. All too many people toss and turn all night long and get up in the morning feeling worse than when they went to bed. If that has happened to you, you'll be interested in the experience of Mrs. R. Jackson of Oshawa, Ontario, who writes as follows:



Mrs. R. Jackson

"I was tired all the time. I got up in the morning feeling just as tired as when I went to bed. I jumped at every little sound and made others around me nervous too. Reading in your Almanac of the good your Nerve Food has done others, I tried it for myself and even before I was through the first box I noticed a real difference. I wouldn't be without my Dr. Chase's Nerve Food now."

PERIODS OF GESTATION

Mare.....	335 days
Cow.....	280 days
Ewe.....	148 days
Sow.....	113 days
Goat.....	148 days
Dog.....	63 days
Cat.....	56 days

Note:—There is considerable variation in the period of gestation for animals, but the above are taken as the average.

PERIODS OF INCUBATION

Chickens.....	21 days
Turkeys.....	28 days
Ducks.....	28 days
Geese.....	30-35 days

PRIZE WINNERS

In the 1952 Dr. Chase Almanac Contest



His Worship Mayor J. R. Black of Oakville is shown with the winning entry beside a portrait of Dr. ALVIN WOOD CHASE (the correct full name of Dr. Chase).

FIRST PRIZE**\$250.00 Cash**

Mme. Adrien Jean,
St. Guy,
Co. Rimouski, Que.

SECOND PRIZE**\$50.00 Cash**

M. Herve Miljours,
St. Augustin, Mont-
beillard, Co. Rouyn,
Noranda, P.Q.

THIRD PRIZE**\$25.00 Cash**

Mrs. G. H. Aldis,
204 Wellington St.,
St. Mary's, Ont.

FOURTH PRIZE**\$10.00 Cash**

Mrs. C. E. Alderton,
R.R. No. 3,
Bothwell, Ont.

20 PRIZES OF \$2.00 EACH

Mme. Elphege Cartier, Sanmaur, Co. Lavolette, Que.; Mrs. Honorius Besner, 214 Notre Dame, Cornwall, Ont.; Mrs. Peter J. Dippel, 132 Catharine St., Port Colborne, Ont.; Mrs. John Stockley, Wesleyville, Nfld.; Mlle. Aline Bruneau, Rg. 5, St. Nazaire, Co. Dorchester, Que.; Miss Addlin Billey, Box 133, Nordegg, Alta.; Mr. James A. Nichol, Blacklands, Restigouche Co., N.B.; M. Gilles Mercier, St. Isidore, Co. Dorchester, Que.; Miss Louise D'Aoust, 37 Main St., Penetanguishene, Ont.; Mrs. Otilia Joestl, 709 Lansdowne Ave., Saskatoon, Sask.; Miss Eva Bryant, Cobocok, Ont.; Mrs. Sarah Fuller, R.R. No. 2, Gormley, Ont.; Mr. Chesley Efford, Port de Grave, Con. Bay, Nfld.; Mrs. Alfred Thibodeau, McGivney, York Co., N.B.; Mr. James Eveleigh, Joe Batts Arm, Nfld.; Mr. G. S. Doucet, 438 George St., Sydney, N.S.; Mr. Michael Sheffin, Eureka, Pictou Co., N.S.; Mrs. Adam Parsons, Hare Bay, Nfld.; Mrs. Edward Aubie, Manuel's Post Office, Northumberland Co., N.B.; Miss Betty E. Doak, Blissfield, Gilks P.O., N.B.

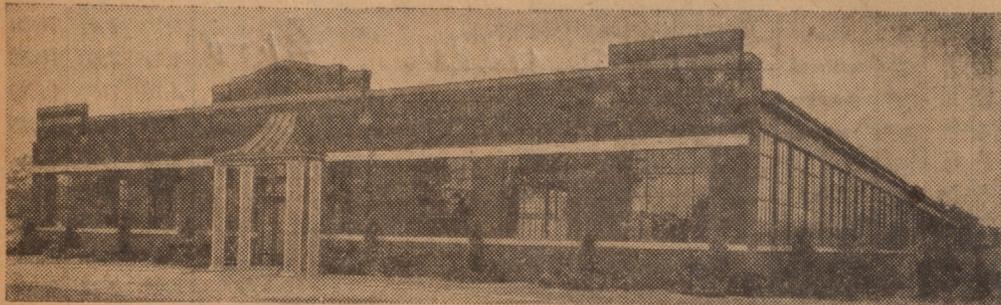
25 PRIZES OF \$1.00 EACH

M. Florine Gallant, Grande Digue, N.B.; Miss Evelyn Morrison, Conway, P.E.I.; Mrs. Michael Thompson, Wilton, Ont.; Miss Mamie Muriel Butler, Lambertville, Deer Island, N.B.; Mrs. Arthur G. Hannah, Box 288, St. Andrews, Char. Co., N.B.; Mr. Clifford Ford, R.R. No. 2, Utopia, Ont.; Mrs. Wm. Mowat, R.R. 1, Selkirk, Ont.; Mr. A. Sveinbjornson, R.R. No. 3, Eckville, Alta.; Mlle. Suzanne Cote, 1154 Notre Dame Sud, Thetford Mines, Que.; Mrs. S. Faires, 8½ Woodworth Ave., St. Thomas, Ont.; Mlle. Therese V. Gionet, Middle Caraquet, Gloucester Co., N.B.; Miss Pearl D. Byblow, Whitesand, Sask.; Mr. Isaac Friesse, Jr., Box 73, McMahon, Sask.; Mrs. K. D. Paton, Box 4, Oxbow, Sask.; Mrs. Edith Hall, Nairn Centre, Ont.; Mrs. Aubrey Batley, Bishopton, Que.; Miss Marilyn Chamney, Box 426, Scott St., Wingham, Ont.; Mr. Derry S. Balch, 221 St. Patrick St., Port Dover, Ont.; Mr. Rufus Samson, Peters Arm, Botwood, Nfld.; Miss Suzanne Allard, 175 Rue St. Joseph, Thetford Mines, P.Q.; Mrs. H. J. Giesbrecht, Box 4, Herbert, Sask.; Mrs. Helen McCrea, Box 1452, Dawson Creek, B.C.; Miss Gertie Lilly, Gaultois, Hermitage Bay, Nfld.; Mr. James Robert Simms, Muddy Hole, via Pushtrough, Hermitage Bay, Nfld.; M. Leo Paul Dumas, Red Mill, Cap de la Madeleine, P.Q.

ALL PRIZE MONEY WAS DOUBLED IF A BOX TOP OR PROOF OF PURCHASE WAS ENCLOSED WITH WINNING ENTRY

\$800.00 IN CASH PRIZES!

(1ST PRIZE \$250.00 DOUBLED TO \$500.00 IF BOX TOP ENCLOSED)



In What Town Is This Building Located?

You see above, the Head Office building of the Dr. A. W. Chase Medicine Co. Ltd. Where is it located? The answer may be found within the pages of this Almanac. Study it carefully, find the name of the town and send your entry in early. Just clip the coupon below, PRINT your answer along with your name and address and mail to-day.

49 CASH PRIZES

If a box top, circular or label from a Dr. Chase product (or reasonable facsimile) is included with your entry your prize is doubled!

First Prize—\$250.00 is doubled to \$500.00.

Second Prize—\$50.00 is doubled to \$100.00.

Third Prize—\$25.00 is doubled to \$50.00.

Fourth Prize—\$10.00 is doubled to \$20.00.

20 Prizes—\$2.00 each are doubled to \$4.00 each.

25 Prizes—\$1.00 each are doubled to \$2.00 each.

CONTEST RULES

1. On the entry form PRINT PLAINLY your answer, along with your name and address.
 2. Send as many entries as you wish using your own paper cut to the size of the entry form below.
 3. All prizes are doubled if box top, label or circular from any Dr. Chase product (or reasonable facsimile) is included with your entry.
 4. All entries will be held and the first 49 correct entries drawn by the Mayor of Oakville will be awarded the prizes in the order drawn.
 5. All entries must be postmarked not later than midnight, May 30th, 1953. **Do not enclose other than contest material in your envelope.**
- Note:**—Post Office regulations require full postage of 4c (whether the envelope is sealed or not).
6. The decision of the judge is final and no correspondence will be entered into concerning the contest.
 7. Anyone in the Dominion of Canada may enter except employees of The Dr. A. W. Chase Medicine Co. Ltd., their families or advertising agents. Send entries to: Contest Editor, The Dr. A. W. Chase Co. Ltd., Oakville, Ont.

WIN CASH PRIZES! CLIP AND MAIL TODAY!

THE CORRECT ANSWER IS

MY NAME

(PLEASE PRINT)

ADDRESS

CITY AND PROVINCE

(all entries must be postmarked not later than midnight May 30, 1953)

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER FORECASTS	July 1953	Moon's Phases			Ont. and Que.			Mar. Provs. and Nfld.			Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
					☾	☽	☾	d.	h.	m.	d.	h.	m.	d.	h.	m.
1	W	♊	Some	Dominion Day (Canada)									4.16	7.50	10.34	
2	T	♋	scattered	<i>fixing tender</i>									4.17	7.50	10.56	
3	F	♌	thunder										4.18	7.50	11.19	
4	S	♌	storms.	Independence Day (U.S.A.)									4.18	7.50	11.45	
5	S	♍											4.19	7.49	a.m.	
6	M	♍	Wind										4.20	7.49	12.15	
7	T	♎	squalls.										4.20	7.49	12.52	
8	W	♎											4.21	7.48	1.38	
9	T	♏	Stormy										4.22	7.48	2.32	
10	F	♏	and										4.22	7.47	sets	
11	S	♏	wet.										4.23	7.47	p.m.	
12	S	♐											4.24	7.46	8.44	
13	M	♐	Fair										4.25	7.46	9.06	
14	T	♑	and										4.26	7.45	9.25	
15	W	♑	warmer.	<i>40 chickens</i>									4.27	7.44	9.43	
16	T	♒											4.28	7.44	10.01	
17	F	♒	Cool	<i>potatoe spray \$7.50</i>									4.28	7.43	10.19	
18	S	♓	westerly										4.29	7.42	10.39	
19	S	♓	winds.										4.30	7.41	11.03	
20	M	♐											4.31	7.40	11.33	
21	T	♐	Scattered										4.32	7.39	a.m.	
22	W	♑	showers.										4.33	7.38	12.11	
23	T	♑											4.34	7.38	1.01	
24	F	♒	Clearing										4.36	7.37	2.02	
25	S	♒	and										4.37	7.36	3.14	
26	S	♓	cooler.										4.38	7.34	rises	
27	M	♓											4.39	7.33	p.m.	
28	T	♐	Windy.										4.40	7.32	8.37	
29	W	♐	coastal										4.41	7.31	9.01	
30	T	♑	squalls.										4.42	7.30	9.24	
31	F	♑											4.43	7.29	9.49	

LEO—July 23rd - August 22nd.



Under this sign, persons are forceful in character and generous. They are methodical and ambitious. Success is likely to come in any occupation or profession which affords opportunity for advancement. Women are born homemakers. Leo persons are possessive in love and dominate the home life.

FRAGRANT TIP FOR YOUR HAT

Wiping the hat band with a clean cloth moistened with cologne or toilet water will remove soiled spots caused by oiliness of hair. The alcohol does the cleaning while the perfume leaves a pleasing fragrance. For a man's hat, try using his aftershave lotion.

QUIZ

Which of the six continents is the smallest?

ANSWER—Australia

Is It Time To Share Secrets With Your Daughter?

Every young girl deserves to know the truth

IS YOUR DAUGHTER facing womanhood, the start of the menses? If so, she should know that pain and suffering every month is not something she must bear without being able to do anything about it.

If you would have your daughter get the most out of life, if you would spare her these painful periods, tell her about Paradol. Mothers everywhere have discovered that Paradol Tablets relieve periodic pain fast and because they do this, young women are able to go about their normal activities without discomfort, embarrassment or nervous depression.

Dr. Chase's Paradol may be used by even the youngest teen-ager and her mother also, for Paradol is Dr. Chase's gift to all women during "difficult days."

Share then, this secret with your daughter—that pain may be relieved, and that Paradol, with its NOT ONE but FOUR active ingredients, is the way to do it.

Paradol Tablets come in the handy "dozen" size for pocket or purse. Or the large "economy" bottle for home use. Get Dr. Chase's Paradol Tablets today—have them ready for the next "difficult days"—and headaches at any time.

PAIN
CALLS FOR
PARADOL

- periodic pain
- neuralgia
- toothache
- rheumatic pain
- earache

Get **RELIEF Fast**—from any simple form of pain with this formula of a famous doctor. Scientifically compounded from 4 ingredients that *quickly* relieve pain, soothe nerves and prevent that low, depressed feeling—you can *count on fast relief* with Dr. Chase's **PARADOL**.

TIRED OF PERIODIC PAIN? TAKE PARADOL



Mrs. R.
Courchesne

Here's what Mrs. Rene Courchesne of Chauvin, Alta. has to say about Dr. Chase's Paradol — "Two years ago I became so tired of periodic pain every month I decided to ask my druggist what he could recommend for relief. He advised me to take Paradol. I did, and to my surprise I found great comfort and fast relief. Thanks to Paradol I can now do my house work. Believe me, real pain calls for Paradol."

HOW'S YOUR BRAIN?

READ this sentence;

FEDERAL FUSES ARE THE RESULT OF YEARS OF SCIENTIFIC STUDY COMBINED WITH THE EXPERIENCE OF YEARS.

Now count the F's in that sentence—only once; don't go back and count them again. Turn the Almanac upside down and see how you rate!

ANSWER: There are six F's in the sentence. An average intelligence finds three of them. If you spotted four, you're above average. If you got five, you can turn up your nose at most anybody. If you caught all six, you're a genius, and a lot too good to be wasting your time on foolishness like this.

A TEENAGER WRITES—

"Shortly after I received your free sample of Dr. Chase's Paradol, I had occasion to use it and in all sincerity was amazed at the results I obtained. The sample you gave me contained two tablets and I just used one and received almost instant relief and it was not necessary to use the other tablet. From now on I intend to buy a box and keep them on hand at all times. Several of my friends are trying Dr. Chase's Paradol for the first time now and finding it equally as dependable as I have."



LARGE ECONOMY SIZE

FOR HOME USE \$1.23

FOR PURSE 43c



DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER FORECASTS	Aug. 1953		Moon's Phases			Ont. and Que.			Mar. Provs. and Nfld.			Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
				d.	m.	d.	h.	m.	d.	h.	m.	Sun Rises	Sun Sets	Moon Rises			
1	S	♋	Frequent										4.44	7.27	10.18		
2	S	♋	violent										4.46	7.26	10.52		
3	M	♋	thunder										4.47	7.25	11.35		
4	T	♋	storms.										4.48	7.24	a.m.		
5	W	♋											4.49	7.22	12.27		
6	T	♋	Fair										4.50	7.21	1.27		
7	F	♋	and										4.51	7.19	2.32		
8	S	♋	windy.										4.52	7.18	3.39		
9	S	♋											4.54	7.16	sets		
10	M	♋	Unsettled										4.55	7.15	p.m.		
11	T	♋	and										4.56	7.14	7.49		
12	W	♋	wet.										4.57	7.12	8.06		
13	T	♋											4.58	7.10	8.24		
14	F	♋	Frequent										5.00	7.09	8.43		
15	S	♋	fogs.										5.01	7.07	9.06		
16	S	♋											5.02	7.06	9.32		
17	M	♋	Mostly										5.03	7.04	10.06		
18	T	♋	clear										5.04	7.03	10.49		
19	W	♋	skies.										5.06	7.01	11.44		
20	T	♋											5.07	6.59	a.m.		
21	F	♋	Cool										5.08	6.58	12.50		
22	S	♋	winds.										5.09	6.56	2.04		
23	S	♋											5.10	6.54	3.25		
24	M	♋	Warmer										5.11	6.52	rises		
25	T	♋	with										5.13	6.51	p.m.		
26	W	♋	blustery										5.14	6.49	7.26		
27	T	♋	squalls.										5.15	6.47	7.51		
28	F	♋											5.16	6.46	8.19		
29	S	♋	Severe										5.17	6.44	8.53		
30	S	♋	storms.										5.18	6.42	9.34		
31	M	♋											5.20	6.40	10.23		

VIRGO—August 23rd - September 22nd.



marriage is usually successful.

Those born under this sign have many desirable traits. They revel in work and detail and would make excellent journalists, accountants or teachers. Art and literature appeal to Virgo-born people. They take love seriously and

EASY DOES IT

To peel tomatoes in a jiffy, twirl them on a fork over hot gas flame for a moment or dip in boiling water. Skins can be removed quickly without heating the tomatoes through.

QUIZ

What is known as an iron horse?

ANSWER—train

BACKACHE

I Gave Up Hope of Ever Getting Well



Mrs. L. Minkus

This is just one of many letters we have on our files regarding Dr. Chase's Kidney & Liver Pills. It is from Mrs. L. Minkus, R.R. No. 1, Neepawa, Man. "For two years I had suffered from backache, and had given up all hope of ever getting well again. These backaches made me so weak

I was unable to do my housework. I tried all kinds of medicines without success. Then one day I picked up a Dr. Chase's Almanac and read a few letters that were very similar to my own case. So I got a box of Dr. Chase's Kidney & Liver Pills to try. In two weeks I could feel a big change in my health, and by the time I had finished four boxes I felt like a new person. I never tire like I used to and have regained my lost appetite. For this I can say thanks to Dr. Chase's Kidney & Liver Pills."

OMENS

Acorn—to fall from oak tree on anyone denotes good fortune to that person.

Bat—to see one during the daylight indicates a long journey.

Birds—Nightingale, to hear is a good omen for lovers. Owl, denotes evil. The hooting of this bird near your home may indicate poor health. Raven, to see, means trouble. Peacock, very unlucky to bring their feathers into a house.

Cat—a strange black cat to come to your house means treachery. To avoid trouble chase it away.

Beads—If they break while you are wearing them you will have a disappointment.

Butterfly—If it flies into your house it will bring pleasure and success.

Clothing—A sign of good luck if a garment is put on inside out. Do not alter or luck will change.

Crickets—Do not disturb them. They are an omen that money is coming to you.

Dog—A strange dog coming to your house is a good sign and means faithful friends.

Ears—If they burn or tingle you are being talked about—"Right for spite and left for love."

Fruit Stones—Make a wish, then count. If number is even your wish will be granted. Odd, the reverse.

Horseshoe—To find one will bring good luck.

IT HELPED THESE PEOPLE WHY NOT YOU?

"I was suffering from a severe backache. A friend advised me to try Dr. Chase's Kidney & Liver Pills, which I did. After taking half a box I was completely relieved from pain. If you are troubled with backache I feel sure you will find the same relief that I have had with Dr. Chase's Kidney & Liver Pills."

Emile Latulippe, Welland, Ont.

"After using several boxes of Dr. Chase's Kidney & Liver Pills, I have had great relief from heartburn and indigestion. I no longer am bothered with this trouble."

Mrs. Garvin Snelling, Mitchell, Ont.

"For years my back gave me pain and stiffness until I found out about Dr. Chase's Kidney & Liver Pills and by using half a box only, I had prompt relief. The few cents I invested paid me greatly."

Mr. N. Prytula, Tway, Sask.

"I suffered terribly from backache. After trying various remedies to no avail, mother suggested I try Dr. Chase's Kidney & Liver Pills. After taking one box my backache was promptly relieved."

Mrs. K. Gilleland, Mount Forest, Ont.

"I had been troubled terribly with pains in my back, headaches and dizzy spells, until I tried Dr. Chase's Kidney & Liver Pills. From that day on I have been free from these aches and pains."

Mrs. M. O'Halligan, Conception, Nfld.

"I HOPE OTHERS WILL TRY THEM TOO"

"I had been troubled with constipation for years and tried many different remedies without results until I heard about Dr. Chase's Kidney & Liver Pills. Even before the first box was finished I felt like a new person. I am so grateful to Dr. Chase's Kidney & Liver Pills and I hope others with the same trouble I had will try them too."

Mr. Charles Stranks, Vernon, B.C.

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER FORECASTS	Sept. 1953	Moon's Phases			Ont. and Que.			Mar. Provs. and Nfld.			Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
					d.	h.	m.	d.	h.	m.	d.	h.	m.	Sun Rises h.m.	Sun Sets h.m.	Moon Rises p.m.
1	T	♈	Generally		New Moon	8	2	47 a.m.	8	3	47 a.m.	5.21	6.38	11.21		
2	W	♈	clearing		First Qtr.	16	4	49 a.m.	16	5	49 a.m.	5.22	6.36	a.m.		
3	T	♈	and		Full Moon	22	11	15 p.m.	23	12	15 a.m.	5.23	6.35	12.24		
4	F	♈	cooler.		Last Qtr.	29	4	51 p.m.	29	5	51 p.m.	5.24	6.33	1.30		
5	S	♈										5.26	6.31	2.37		
6	S	♈	Mostly									5.27	6.29	3.43		
7	M	♈	fair,	Labor Day								5.28	6.27	4.47		
8	T	♈	becoming									5.29	6.25	sets		
9	W	♈	warmer.									5.30	6.24	p.m.		
10	T	♈		Hebrew New Year (Rosh Hashanah)								5.32	6.22	6.50		
11	F	♈	Unsettled									5.33	6.20	7.13		
12	S	♈	and									5.34	6.18	7.36		
13	S	♈	windy.									5.35	6.16	8.06		
14	M	♈										5.36	6.14	8.45		
15	T	♈	Cooler,	calz								5.38	6.12	9.33		
16	W	♈	becoming									5.39	6.10	10.32		
17	T	♈	fair									5.40	6.08	11.41		
18	F	♈	and									5.41	6.06	a.m.		
19	S	♈	pleasant.	Day of Atonement (Yom Kippur)								5.42	6.05	12.57		
20	S	♈										5.44	6.03	2.17		
21	M	♈	Bright									5.45	6.01	3.38		
22	T	♈	harvest									5.46	5.59	rises		
23	W	♈	moon.									5.47	5.57	p.m.		
24	T	♈		Feast of Tabernacles (Succoth)								5.48	5.55	6.18		
25	F	♈	Stormy,									5.50	5.53	6.50		
26	S	♈	coastal									5.51	5.51	7.29		
27	S	♈	squalls									5.52	5.49	8.17		
28	M	♈	and									5.53	5.47	9.13		
29	T	♈	rain.									5.55	5.46	10.16		
30	W	♈										5.56	5.44	11.23		

LIBRA—September 23rd - October 23rd.



Those born under this sign are appreciative of beauty in art or nature and have a gift for making others happy. Their talents run along literary lines, drama and designing. Very companionable and make good partners in matrimony.

WAXED PAPER TIPS

Roll dampened clothes in waxed paper. They will remain damp until ready for ironing. Keep non-fast colours separate. When baking, use waxed paper on which to sift flour and sugar. Saves dish washing. A strip of waxed paper around knife to cut butter, no greasy knife to clean.

QUIZ

What colour is predominant in the world?

ANSWER—The blue of the sky

Dr. Chase's Nerve Food

A Great Family Medicine

There is a tremendous satisfaction to be had in helping others and we of the Dr. Chase Medicine Co. are keenly aware of it.

On this page you will find unsolicited letters from people in all parts of Canada. They needed bodily help and fortunately Dr. Chase's Nerve Food was able to bring it to them. These folks are glad to let others know of the relief they and their families have received. We would be less than human if we did not get a deep sense of personal satisfaction from the experiences they relate.

Dr. Chase's Nerve Food Restored My Wife to Health



Mr. and Mrs. J. A. Vaughan

"My wife had nervous debility and I spent hundreds of dollars on her nervous troubles. In the end it was Dr. Chase's Nerve Food that finally restored her to fairly healthy womanhood again. You certainly may use this letter because in my heart I know Dr. Chase's medicines did so much for her."

**Mr. J. A. Vaughan,
Hantsport, Hants Co., N.S.**

You can't tell a farmer's daughter that the stork brings baby calves, because it's the bull.

Judge:—"You were brought in for drinking."
Drunk:—"Fine, fine, let's get started!"

He wore ski pants made of old long underwear. Whenever he was going too fast he slowed up by letting the flap down.

Insurance agent—"Now, sir, here's your policy, premium only \$6.90 a month, on a straight life. All OK?"

Insured (wistfully)—"I guess so, but I still would have liked to fool around a little on Saturday nights."

Time Differences

12 o'clock noon Eastern Standard Time as compared with clocks in Canadian cities.

Montreal	12.00 Noon
Ottawa	12.00 Noon
Winnipeg	11.00 a.m.
Saint John, N.B.	1.00 p.m.
Toronto	12.00 Noon
Regina	10.00 a.m.
Quebec	12.00 Noon
Edmonton	10.00 a.m.
Moncton	1.00 p.m.
Victoria	9.00 a.m.
Hamilton	12.00 Noon
Saskatoon	10.00 a.m.
Charlottetown	1.00 p.m.
Windsor	12.00 Noon
Moose Jaw	10.00 a.m.
New Westminster	9.00 a.m.
London	12.00 Noon
Lethbridge	10.00 a.m.
Verdun	12.00 Noon
Kingston	12.00 Noon
Brandon	11.00 a.m.

"I CAN ENJOY EVERYTHING"

"I was rundown before taking Dr. Chase's Nerve Food but now I can enjoy everything. I've gained weight and feel just fine. My husband also takes Nerve Food when he feels tired or worn out."

Mrs. S. Tattrie, Truro, N.S.

2 BOXES AND BACK TO WORK

"I was exhausted by my work and my nerves were in a bad state. I sought relief without results until my son advised me to try Dr. Chase's Nerve Food. After using 2 boxes I felt great relief and still continue to take them. Thanks to Dr. Chase's Nerve Food I have resumed my work."

**Mr. E. Vallie,
St. Joachim, Co. Gaspe Nord, Que.**

TOLD THE OTHER WOMEN IN TOWN

"After one of my children was born I was rundown, weak and nervous and nearly went out of my mind. Having a family it was impossible to go away for a rest as advised. I started taking Dr. Chase's Nerve Food and have done so ever since. I am in excellent health and have recommended the Nerve Food to several women in town who have also been helped through its use."

Mrs. Jack Diamond, New Glasgow, N.S.

"The greatest truths are the simplest"—Ballou.

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER FORECASTS	Oct. 1953	Moon's Phases	Ont. and Que.			Mar. Provs. and Nfld.			Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
						d.	h.	m.	d.	h.	m.	Sun Rises h.m.	Sun Sets h.m.	Moon Rises a.m.
1	T	♈	Mostly		☾ New Moon	7	7	40 p.m.	7	8	40 p.m.	5.57	5.42	a.m.
2	F	♉	unsettled	Vaccination	☽ First Qtr.	15	4	44 p.m.	15	5	44 p.m.	5.58	5.40	12.30
3	S	♊	and	colf	☾ Full Moon	22	7	56 a.m.	22	8	56 a.m.	6.00	5.38	1.36
4	S	♋	blustery.		☽ Last Qtr.	29	8	9 a.m.	29	9	9 a.m.	6.01	5.36	2.40
5	M	♌										6.02	5.34	3.42
6	T	♍	Fair									6.03	5.32	4.44
7	W	♎	and	for times trucking & brooding cattle								6.05	5.31	sets
8	T	♏	cooler.									6.06	5.29	p.m.
9	F	♐										6.07	5.27	5.41
10	S	♑	Rain									6.08	5.25	6.10
11	S	♒	storms									6.10	5.23	6.56
12	M	♓										6.11	5.22	7.31
13	T	♈	Cold									6.12	5.20	8.25
14	W	♉	wave									6.14	5.18	9.29
15	T	♊	with									6.15	5.16	10.40
16	F	♋	frosts.									6.16	5.15	11.55
17	S	♌										6.18	5.13	a.m.
18	S	♍	Unsettled									6.19	5.11	1.13
19	M	♎	and									6.20	5.09	2.31
20	T	♏	rainy.	2 horses								6.21	5.08	3.51
21	W	♐	slowly									6.23	5.06	5.14
22	T	♑	clearing.									6.24	5.04	rises
23	F	♒										6.26	5.03	p.m.
24	S	♓	Cloudy									6.27	5.01	6.06
25	S	♈	and	feed								6.28	5.00	7.00
26	M	♉	windy.									6.29	4.58	8.03
27	T	♊										6.31	4.57	9.11
28	W	♋	Blustery									6.32	4.55	10.19
29	T	♌	rain									6.34	4.54	11.28
30	F	♍	squalls.									6.35	4.52	a.m.
31	S	♎		Hallowe'en								6.36	4.51	12.31

SCORPIO—October 24th - November 22nd.



they are devoted but prone to jealousy.

People born under this sign are loyal and straightforward. Their largeness of heart and mind make them devoted to the happiness of others. They have skill in crafts and engineering and women are good dieticians. In marriage,

TIP FOR MOTORISTS

If you get stranded in the country at night remove the rear-view mirror and get your companion to hold it in front of the headlights. It will reflect enough light for you to make a repair.

QUIZ

Where is the Atlantic WEST of the Pacific?

ANSWER—Panama

CONSTIPATION

"The Mother of Diseases"

Intestinal stasis (stoppage of the large intestine) is perhaps the greatest single cause of physical ailments that besets the modern, specialized and artificial human existence. It is a common form of chronic constipation and is known among medical men as "the mother of diseases".

To overcome this condition requires a treatment which effects a complete elimination of waste matter from the colon or large bowel. For this reason Dr. Chase's Kidney-Liver Pills may be relied upon to bring about satisfactory results. This medicine not only results in prompt movement of the bowels but by encouraging action of the liver tends to keep the bowels in healthful, active condition.

Natives untouched by civilization do not suffer from constipation. Constipation is a disease of civilization and is perhaps responsible for more human misery than almost any other cause that can be named.

The one best rule of health is, "A daily movement of the bowels." Have a definite time for this duty. Arrange your diet so as to encourage regularity. When necessary use Dr. Chase's Kidney-Liver Pills to restore the activity of the liver and keep the bowels regular.

BIRTHDAY RHYME

Monday's child is fair of face,
 Tuesday's child is full of grace,
 Wednesday's child is full of woe,
 Thursday's child has far to go,
 Friday's child is loving and giving,
 Saturday's child works hard for its living;
 But a child that's born on the Sabbath Day
 Is handsome and wise and loving and gay.

Thanks To Friend's Advice Weight Leaves Shoulders

"I have suffered for a number of years with kidney trouble," writes Mr. E. Bernard, Conte Montmagny, Quebec. "I have tried a hundred and one different kinds of medicine without relief. One day a friend advised me to take Dr. Chase's Kidney & Liver Pills. What he told me about them left me indifferent after trying so many other kinds. Finally he gave me half a box to try. What a surprise I got! When I had taken the half box I felt very much better, and that awful weight that I seemed to carry on my shoulders disappeared. After taking another two boxes I felt like a new man. They helped me regain my pep and good humour. All the thanks goes to Dr. Chase's Kidney & Liver Pills for what they have done for me."

HOCKEY PLAYER SCORES OVER BACKACHE

In all walks of our everyday life, backache is no choosier of persons. It strikes old and young alike—housewife, farmer, labourer, factory hand, office worker and even those engaged in active sport. Read the following letter from MIKE ZEZERINAC, a hockey player of Timmins, Ont.

"I had been a very active hockey player until I began to get extreme backaches and had to miss game after game on account of them. After I tried every kind of medicine I could think of, a friend recommended Dr. Chase's Kidney & Liver Pills to me. After using just one box of them my backache was relieved. And I was able to play hockey again. When away at games I always carry Dr. Chase's Kidney & Liver Pills with me. I recommend these pills to any one who suffers from backache."

Mike Zezerinac,
 129 Sixth Ave., Timmins, Ont.

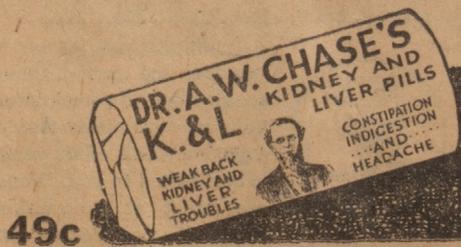
Going Too Far

A woman came over from Europe and after she had been here a number of years she sent for her young niece to come to Canada. The girl could hardly speak English at all; therefore her aunt did not miss an opportunity to get her to learn our language.

One day she sent the girl to the meat market and told her to ask the butcher for pigs' feet. When she returned with the meat her aunt asked if she had any trouble making the butcher understand what she wanted.

"No, Aunt," she said in her native tongue, "I took off my shoes and stockings and when I pointed to my bare feet I made a noise like a pig. He understood what I meant."

"Thank heavens," said her aunt, "I didn't send you after ham."



DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER FORECASTS	Nov. 1953	Moon's Phases	Ont. and Que.			Mar. Provs. and Nfld.			Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
						d.	h.	m.	d.	h.	m.	Sun Rises h.m.	Sun Sets h.m.	Moon Rises a.m.
1	S	♏	Much		☾ New Moon...	6	12	58 p.m.	6	1	58 p.m.	6.38	4.49	1.34
2	M	♏	colder		☾ First Qtr...	14	2	52 a.m.	14	3	52 a.m.	6.39	4.48	2.36
3	T	♏	with		☾ Full Moon...	20	6	12 p.m.	20	7	12 p.m.	6.40	4.46	3.39
4	W	♏	frosts.		☾ Last Qtr...	23	3	16 a.m.	23	4	16 a.m.	6.42	4.45	4.41
5	T	♏										6.43	4.44	5.45
6	F	♏	Wind									6.44	4.42	sets
7	S	♏	storms.									6.46	4.41	p.m.
8	S	♏										6.47	4.40	5.29
9	M	♏	Unsettled									6.49	4.39	6.22
10	T	♏	and									6.50	4.37	7.22
11	W	♏	wet.		Remembrance Day							6.51	4.36	8.30
12	T	♏										6.53	4.35	9.43
13	F	♏	Colder									6.54	4.34	10.58
14	S	♏	with									6.56	4.33	a.m.
15	S	♏	scattered									6.57	4.32	12.13
16	M	♏	snow									6.58	4.31	1.29
17	T	♏	furries.									7.00	4.30	2.47
18	W	♏										7.01	4.29	4.07
19	T	♏	Mostly									7.02	4.28	5.28
20	F	♏	fair									7.04	4.27	rises
21	S	♏	with									7.05	4.26	p.m.
22	S	♏	cold									7.06	4.26	5.43
23	M	♏	westerly									7.08	4.25	6.51
24	T	♏	winds.									7.09	4.24	8.01
25	W	♏										7.10	4.23	9.11
26	T	♏	Clearing									7.11	4.23	10.18
27	F	♏	and									7.13	4.22	11.23
28	S	♏	much									7.14	4.22	a.m.
29	S	♏	colder.		First Sunday in Advent							7.15	4.21	12.25
30	M	♏			St. Andrew's Day							7.16	4.21	1.27

SAGITTARIUS—Nov. 23rd - Dec. 21st



Under this sign, persons are generous and sincere, though a trifle blunt. A proud nature, but with high ideals. Any occupation which offers variety is best suited to you. Women are adept at dressmaking. Marriage ties could suffer

from outside interests unless restraint is exerted.

FOR EGGSAMPLE

To keep whites after eggs have been broken and separated, put in a glass jar, cover and keep in refrigerator. For yolks—keep them in a tall glass container and cover with water or milk and keep in refrigerator.

QUIZ

What is "Black Art"?

ANSWER—Witchcraft.

CHILDREN LOVE THE DELICIOUS FLAVOR OF DR. CHASE'S COUGH SYRUP

And why not? Dr. Chase's Cough Syrup has been the favourite of Canadian children for generations. It tastes good. It's pleasant to take. It quickly relieves the cough, loosens the phlegm, and makes breathing easier.

Mother, keep Dr. Chase's Syrup of Linseed & Turpentine always on hand. At the first sign of a cough be ready to give your children fast, soothing relief this pleasant, reliable way.

Dr. Chase's Cough Syrup is Very Effective



Mrs. H. Baker

Mothers are delighted with the relief Dr. Chase's Cough Syrup offers to coughs due to colds and bronchitis. One mother, Mrs. H. Baker of Elgin Mills, Ont., writes—"I have used Dr. Chase's Cough Syrup for over four years now and it is really effective in helping to clear up my children's coughs. We wouldn't use any other kind. They have had no trouble with coughs or bronchitis for the past four years thanks to Dr. Chase's Cough Syrup."

FOR COUGHS, COLDS, BRONCHITIS



PRICE PER BOTTLE

REGULAR SIZE

43c

LARGE ECONOMY

SIZE

89c

THE END OF REST

God made the world in six days, and then he rested. He then made man and rested again. He then made woman, and since then neither man, woman, nor anything else has rested.

—Anon.

COATED TONGUE - POOR APPETITE - POOR DIGESTION

These are symptoms of a disordered
liver

Coated tongue, pains in the shoulderblades, tired and languid feelings, poor appetite, and poor digestion. You also find yourself becoming cross and easily irritated. If you experience any of these symptoms, Dr. Chase's Liver Medicine may be of great help to you.

This vegetable tonic is made up solely of roots and herbs. Two of the ingredients are Mandrake and Dandelion, both of which are particularly effective in stimulating the action of the liver, and thus creating a natural flow of bile.

Here then is a tonic which you cannot afford to miss, for without risking one cent of your own money, (see page 30), you can see for yourself how Dr. Chase's Liver Medicine will overcome biliousness, indigestion and constipation, and how it will improve your appetite. But more important, you will see how its action on your liver, one of the most important organs of the body, will tone up your whole system and help you enjoy an abundance of new health, energy and vitality. By acting now in a few short weeks you may feel like a different person.



Laugh It Off!

Their marriage was a huge success
And blessed by children nine;
The daddy heartily agreed
That everything was fine.
But later when the stork came round
One dark and dismal day,
And left three bundles at their house
There was the deuce to pay.
The shocking grounds for this divorce
Were heartbreaking and daring;
The father of this brood did charge
His wife was OVERBEARING!

DAY OF MONTH	DAY OF WEEK	ZODIAC SIGNS	WEATHER FORECASTS	Dec. 1953			Moon's Phases			Ont. and Que.			Mar. Provs. and Nfld.			Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.		
				Moon's Phases			Ont. and Que.			Mar. Provs. and Nfld.			Local Mean Time Ontario, Quebec, Mar. Provs. and Nfld.					
				d.	h.	m.	d.	h.	m.	d.	h.	m.	Sun Rises	Sun Sets	Moon Rises			
1	T	♈	Severe										7.17	4.20	2.30			
2	W	♈	storms										7.19	4.20	3.33			
3	T	♈	with										7.20	4.20	4.38			
4	F	♈	sleet										7.21	4.19	5.44			
5	S	♈	and										7.22	4.19	6.48			
6	S	♈	snow.										7.23	4.19	sets			
7	M	♈											7.24	4.19	p.m.			
8	T	♈	Strong										7.25	4.18	6.22			
9	W	♈	westerly										7.26	4.18	7.35			
10	T	♈	winds.	<i>pair of lines \$1.50</i>									7.27	4.18	8.49			
11	F	♈											7.28	4.18	10.03			
12	S	♈	Clear										7.29	4.18	11.18			
13	S	♈	skies,										7.30	4.19	a.m.			
14	M	♈	becoming										7.30	4.19	12.23			
15	T	♈	stormy										7.31	4.19	1.50			
16	W	♈	and										7.32	4.19	3.08			
17	T	♈	colder.										7.33	4.20	4.27			
18	F	♈											7.33	4.20	5.43			
19	S	♈	Scattered										7.34	4.20	6.53			
20	S	♈	snow										7.34	4.20	rises			
21	M	♈	squalls.	<i>telephone # 1145</i>									7.35	4.21	p.m.			
22	T	♈											7.36	4.22	6.50			
23	W	♈	Cold										7.36	4.22	8.00			
24	T	♈	wave										7.36	4.23	9.07			
25	F	♈	and	Christmas Day									7.37	4.23	10.12			
26	S	♈	mostly	Boxing Day									7.37	4.24	11.14			
27	S	♈	fair.										7.38	4.24	a.m.			
28	M	♈		<i>breeding cow \$21.00</i>									7.38	4.25	12.17			
29	T	♈	Severe										7.38	4.26	1.20			
30	W	♈	storms.										7.38	4.27	2.23			
31	T	♈											7.38	4.28	3.28			

CAPRICORN—Dec. 22nd - Jan. 20th.



If you were born under this sign you are a very practical person and capable. Methodical nature. Success could come in banking, teaching or law. Women are natural homemakers. You are cautious in affairs of the heart,

consequently you do not marry at an early age.

USED-FAT CONTAINER

Use an old percolator as a used-fat container. The coffee basket strains the fat as it is poured in. When used again, the fat will pour easily.

QUIZ

What was man's earliest problem?

ANSWER—Food. Obtaining food.

WHAT IS CATARRH?

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

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

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

"Had To Breathe Through My Mouth"



Mr. N. Giberson

This is what Mr. N. Giberson, of Plaster Rock, N.B. has to say about Dr. Chase's Catarrh Powder. "I had suffered for a long time from catarrh. My head was stuffy and my nose seemed always plugged up, so much so that I had to breathe through my mouth.

One day a friend told me to try Dr. Chase's Catarrh Powder, which I did. Believe me, he certainly was right when he said it would help. It made me feel like a new man. It did my ears good for they, too, were plugged up from my catarrh. I advise any one to try Dr. Chase's Catarrh Powder. It certainly relieved my catarrh."

DR. CHASE'S BACKACHE PLASTER

If your backache is very severe as in the case of Lumbago, Dr. Chase's Backache Plaster may be used in conjunction with the Kidney-Liver Pills. Dr. Chase's Backache Plasters have a medicating action and give support and comfort to a weak, lame back. You will welcome the additional, almost instantaneous relief a Dr. Chase Backache Plaster gives you. Ask for a Dr. Chase Backache Plaster when you buy the Kidney-Liver Pills.

Dr. Chase's Liniment Drives Out Pains and Aches

Dr. Chase's Liniment is one of the oldest liniments available today and yet one of the newest. This liniment will bring quick relief from sore muscles, aches, sprains, chest colds and minor rheumatic pains—but do rub it in thoroughly. Dr. Chase said—"you will allow me one remark about liniments—they ought in all cases to be rubbed in, from 20 to 30 minutes, until the part warms from the effects, instead of 2 or 3 minutes as is the usual custom."

Dr. Chase's Liniment should also be kept in your kitchen for treatment of minor burns from stove, pan, iron, matches, etc. Be sure the skin is not broken from the burn; if it is broken we strongly advise you seek treatment from your Doctor.

Simply rub Dr. Chase's Liniment over the burnt area of the skin. If applied right after the burn you will notice not one, but three definite reactions.

1. It will take the pain out of the burn.
2. The inflammation will soon disappear.
3. In 7 out of 10 cases it will not leave a blister if applied immediately.

If you don't know what's what, you're a darn sight better off for not knowing it!

—Stephen Leacock.

Use what talents you possess; the woods would be very silent if no birds sang except those who sang best.

Old friends are best—King James used to call for his old shoes, they were easiest for his feet.



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

PRICE 39c

YOU MUST BE COMPLETELY SATISFIED OR WE PAY YOU

Yes, you must be **completely** satisfied—just as satisfied as all the people whose letters you have read in this Almanac.

If you are not just as satisfied as they are with any Dr. Chase Medicine which you purchase, then I want to return your money, plus your postage, directly to you.

Why have I the confidence to make this offer to you? It is because we have received so many letters from all over Canada, from people who are eager to tell others of the beneficial results which they have obtained after using one or more of Dr. Chase's Medicines.

If you could read these letters as I have done, you too would have the confidence to say that anyone who buys one of Dr. Chase's Medicines is either going to get the beneficial results they want or else the Medicine is not going to cost them one cent.

Here is all you have to do. Buy the medicine which you require, and use it according to the directions. If when you are finished with the treatment you are not **completely** satisfied, then just return the carton front, showing the name of the medicine which you purchased, along with your name and address to me, c/o The Dr. A. W. Chase Medicine Co. Ltd., Oakville, Ont., and I will see that the purchase price, plus your postage, is refunded directly to you.

This means that when you buy a Dr. Chase Medicine you are going to get the results which we say it will give you or else it is not going to cost you one penny.

Sincerely,

W. H. Edwards
W. H. EDWARDS, *President*

DR. CHASE'S MEDICINES

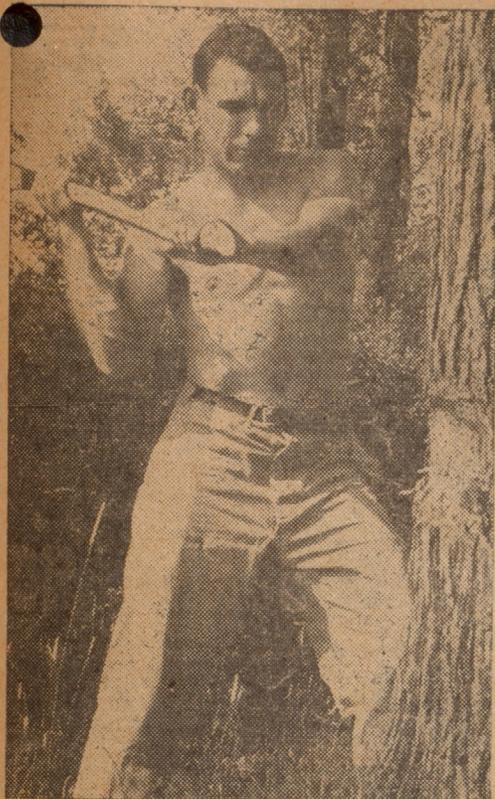
Dr. Chase's Nerve Food (60 pills).....	\$.79	Dr. Chase's Linseed & Turpentine	
Dr. Chase's Nerve Food—Large		Cough Syrup—Large.....	\$.89
(180 pills).....	1.98	Dr. Chase's Catarrh Powder.....	.43
Dr. Chase's Ointment (tins).....	.69	Dr. Chase's Liver Medicine.....	1.23
Dr. Chase's Ointment—Large.....	2.23	Dr. Chase's Liniment.....	.39
Dr. Chase's Kidney-Liver Pills.....	.49	Dr. Chase's Backache Plasters.....	.49
Dr. Chase's Paradol.....	.43	Dr. Chase Brand Tablets.....	.59
Dr. Chase's Paradol—Large.....	1.23	Dr. Chase Brand Tablets—Large.....	1.49
Dr. Chase's Linseed & Turpentine			
Cough Syrup.....	.43		

Suggested Retail Prices, Subject to Change Without Notice

DR. CHASE'S medicines are so thoroughly well known in every district of Canada that nearly every dealer in medicines keeps them in stock. If you cannot get them from your dealer or live at a distance from town, write direct to these offices, enclosing payment for the medicines you want and they will be forwarded postpaid to your address. Always send money by postal note, money order or registered letter and we will guarantee that the medicines ordered will reach you.

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

Head Office, Oakville, Ont., Canada.



Model

"I'M A WOODSMAN BUT BACKACHE MADE ME QUIT FOR 4 YEARS!"

A woodsman's job is tough, back-breaking work. He can't afford time off for backache. He's part of a team and he has to produce.

We'd like you to read the true-life experience of Louis-Philippe Harrison, St. Paulin Dalibaire, Que. Mr. Harrison is one woodsman who found just how serious a backache can be physically and financially. Read what he has to say:

"I work in the bush all winter and in the saw mill during the summer. I worked real hard until awful pains in my back slowed me up. I could hardly eat because my digestion was bad and the pains were almost unbearable.

I tried different kinds of treatment for these pains. I couldn't do a tap of work for four years! I was miserable and so weak I could hardly walk.

Finally someone told me about Dr. Chase's Kidney-Liver Pills. From the second box on I began to get some relief. After five boxes I was able to go back to work again. I wish someone had told me about Dr. Chase's Kidney-Liver Pills 4 years ago."

Don't Suffer Backache 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. They will help bring you relief.

DR. CHASE'S Kidney & Liver Pills

UNCAT
Almanacs...

Are these **BLACK SPOTS** in Your Life?

**Nervous
Tension**

**Can't
Rest**

**Worn
Out**

Are you one of these people?



Nervous, Irritable



Can't Rest



Rundown

YOU MAY NOT KNOW HOW WELL YOU CAN FEEL

IF NERVOUS TENSION is making you irritable, nervous, upset, unable to rest, then go after your trouble with the medicine you *know* has proved it can help—Dr. Chase's Nerve Food.

Dr. Chase's Nerve Food contains Vitamin B1, Iron and other essential minerals which help to bring about a constructive building-up of your entire body and nervous system.

Dr. Chase's Nerve Food helps to increase your energy and vitality so you may rest better, feel better, relax from nervous tension and strain.

NOT A SEDATIVE Dr. Chase's Nerve Food is not a sedative. Instead, by helping to enrich your blood, tone up your nervous system, it assists in giving you a new feeling of quiet confidence and calm, steady nerves.

YOU WANT IMPROVEMENT QUICKLY so try Dr. Chase's Nerve Food and see how it can help you to build up your nervous energy, your general all-round health and vitality, help you get proper rest and improve your appetite.

Start to-day to take Dr. Chase's Nerve Food on the 6-Week Plan. The cost is small for such worthwhile results.

RESULTS IN 6 WEEKS OR \$10.00. You must be delighted with how well you feel after taking 6 small (\$4.74) or 2 large (\$3.96) of Dr. Chase's Nerve Food. If not, return 6 direction sheets from small boxes or two top carton flaps from large boxes. Back comes \$10.00 to you!

This offer expires December 31, 1963.

DR. CHASE'S NERVE FOOD

Printed by The Murray Printing Company Limited, Toronto, Canada