

❁ CANADIAN EDITION ❁

# Dr. A.W. CHASE'S

19



68

# ALMANAC

Enter Chase's - \$3000 Sweepstakes

Win Crossword Cash Prizes • Money-saving Tips  
Weather Forecasts • Horoscopes • Kitchen Hints

PRICE: TEN CENTS

# Tired? Backache? Can't sleep?

Bladder and urinary irritations may be to blame. GIN PILLS act gently, promptly and effectively to relieve that tired feeling, aching back and broken rest.

## GIN PILLS





## Special Holidays and Festivals



The widely diversified ethnic groups that make up this vast land are exemplified by the number of national and provincial days set aside to honour the traditions of other lands and peoples.

**Victoria Day (or Empire Day),**  
May 24.

Celebrates the birthday of Queen Victoria of England.

**St. Patrick's Day, March 17.**

Commemorates the early Christian missionary, often called the apostle of Ireland.

**St. Jean Baptiste Day, June 24.**

Observed in the Province of Quebec, honours the patron saint of French Canada.

Other special days are:

### **Dog Days**

The period extending from the early part of July to the early part of September. This time of year, the hot sultry part of summer, was named after Sirius, the Dog Star, held by the ancients to be responsible for the maladies which attended the heat of summer.

**Ground-Hog Day, or Candlemas—**  
February 2.

Popularly, Ground-Hog Day celebrates that animal's annual appearance above ground. According to tradition, if he sees his shadow he returns to his burrow and more wintry weather can be expected. In religion, Candlemas celebrates the Purification of the Virgin Mary.

**St. Valentine's Day—February 14.**

Named after a third century Christian martyr, it was believed in older times that on this day birds begin to mate. The practice of

exchanging amorous notes or gifts has no real relationship to the saint.

**Yom Kippur—October 2.**

The Day of Atonement in the Jewish religion, solemnly observed by a 24-hour fast lasting from sundown, October 1st, to sunset, October 2nd.

**All Souls' Day—November 2.**

A solemn day on which followers of the Roman Catholic religion commemorate and offer supplications for all the souls in Purgatory.

**Epiphany—January 6.**

Originally a feast day to celebrate the baptism of Christ, this day now commemorates the coming of the Magi, signalling the first manifestation of Christ to the world.

### **Ember Days**

Seasonal days for fasting and prayer, established almost 900 years ago by the Council of Piacenza (1095 A.D.). Observed in the Roman Catholic and Anglican churches, Ember Days in 1968 are: March 6, 8 and 9; June 5, 7 and 8; September 18, 20 and 21; December 18, 20 and 21.

**Chanukah — December 16 to 23**  
(1968).

The Jewish Feast of Dedication, lasting eight days and celebrated by Jews everywhere as a festival of lights. The holiday was initiated in Jerusalem in 165 B.C. by Judas Maccabaeus to commemorate the dedication of a new altar, and festivities today still hark back to that original dedication.

**The Seasons—1968.**

Spring begins March 20; Summer begins June 21; Autumn begins September 22; Winter begins December 21.

**WATCH EVERY PIMPLE  
VANISH LIKE MAGIC  
WITH HI-TOUCH**

# Household

## Hints



To keep scalding milk from scorching rinse pan with hot water before using.

To whip evaporated milk place a can of milk in freezing unit of refrigerator until partially frozen. Pour contents into a very cold bowl, add 1 tablespoon lemon juice to  $\frac{3}{4}$  cup milk and whip as cream.

To keep cut fruits from discolouring sprinkle with lemon or pineapple juice.

To remove odours from jars and bottles pour a solution of water and dry mustard into them and let stand for several hours, then rinse in hot water.

To freshen stale bread or buns: rinse INSIDE of paper bag with cold water. Place in the bag not more than six buns, rolls or slices of bread. Twist top of bag to close tightly, rebake in moderate oven (375°) for 15 minutes. Serve at once.

A raw prune placed in the coffee pot greatly improves the flavour of coffee.

Cream of Tartar boiled in a discoloured aluminum pan will brighten it considerably; wash thoroughly with soap and water after the treatment.

Use baking soda instead of detergent to wash the glass window in the oven door to make it bright and clean again.

Adding a little vinegar to the rinse will brighten glass tumblers and prevent them from becoming stained.

Scissors may be sharpened by cutting through fine sandpaper several times.

To measure less than one cup of fat, pour cold water (the amount being the difference between the amount of fat called for in recipe and one cup) into measuring cup and add fat until water reaches the top of cup.

For example, if  $\frac{1}{4}$  cup shortening is desired pour  $\frac{3}{4}$  cup cold water into cup, add shortening until water reaches top and pour off water before using shortening.

# CAPRICORN

Dec. 22-Jan. 20



**The Goat**  
controls the Knees

**Lucky Day: Wednesday**

**Unlucky Day: Saturday**

**Lucky Gem: Garnet**

**Ruling Planet: Saturn**

**Your Colour: Brown**

Your main points are determination, steadiness and physical endurance. You are a great achiever, surmounting all obstacles and difficulties to reach your desired objective.

You are a realist. Aware as you are that life's road is far from an easy one to travel, you earnestly feel that if followed rightly it will bring joy.

Adversity does not discourage you for experience has taught you the art of living. Indeed, many Capricornians rise to the highest levels of their chosen professions.

However, other personalities will often find it difficult to live and work with you. Leo thinks you too taciturn; Gemini will dislike your gravity; Aries finds you too cautious; Aquarius will not appreciate your material attitude.

**Famous Capricornians:**

Robert Service, Pablo Casals, Sir John A. Macdonald, Federico Fellini.



**MY WIFE'S SO NICE  
TO COME HOME TO  
SINCE SHE FOUND  
RELIEF FROM**

**"NERVE  
FATIGUE"**

**WITH  
DR. CHASE  
NERVE FOOD**



"'So nice to come home to'—that's what my husband tells me since I got fast relief from the nervous troubles that were making us both unhappy!"

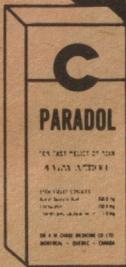
It's a grand thrill to be feeling just right—to find relief from tension-ridden days and restless wakeful nights—to get away from those jumpy irritable tense feelings that we call "Nerve Fatigue". It's great to have the sound steady nerves again that go with good health.

**DR. CHASE Nerve Food—FIGHTS Nerve Fatigue**

DR. CHASE A

100-9  
-7

PAIN-RELIEVING  
**PARADOL**  
 HAS 4 INGREDIENTS  
 FOR FAST 4-WAY  
 ACTION!



1. RELIEVES PAIN
2. MILD STIMULANT
3. HELPS REDUCE FEVER
4. RELIEVES MUSCLE SPASMS

AT ALL LEADING  
 DRUG STORES



## Canadiana

The British empire is said to have been born in 1583 with a visit by Sir Humphrey Gilbert to the island of Newfoundland. On August 5 he landed at the site of the present St. John's and claimed the island in the name of Queen Elizabeth. This was England's first overseas possession, though Sir Humphrey never saw its future colonization: he perished on the return journey to England.

The first newspaper in Canada was the Halifax Gazette, issued on March 25, 1752.

Thousands of sufferers from pimples, blackheads and blemishes have restored their natural healthy complexion in one week. Why don't you?

Get Dr. Chase's Ointment today.

DR. CHASE ALMANAC

# AQUARIUS

Jan. 21-Feb. 19



The Water Bearer  
 controls the Legs

**Lucky Day:** Thursday  
**Unlucky Day:** Wednesday  
**Lucky Gem:** Amethyst  
**Ruling Planet:** Uranus  
**Your Colour:** Indigo

Those born under this sign are known for their individuality. Aquarians are humanitarians, deeply interested in the welfare of others and in the life of their community. Good teachers and counsellors, Aquarians are always prepared to offer help where it is needed; no sacrifice is too great.

As an Aquarian you are creative and inventive. Your insight into the nature of other people is great and gives you an intuitive understanding of the problems of others.

Though mentally agile and active, you are inclined to let the strictly physical side of your work slip a little.

You do not possess a flair for money making. Instead, you are the explorer, the reformer, a person with an inquiring mind, seeking to do good wherever you go.

You are inclined to spend too much time on detail. Yet, new methods and progressive attitudes are very much a part of your life.

You should get on well with a Gemini, a Libra, and especially a Sagittarius.

**Famous Aquarians:**

U Thant, Andres Segovia, Christian Dior.

why let iron deficiency  
anaemia make you  
**overtired, rundown, nervous?**

# **NEW** **CHASE NERVE AND BLOOD TONIC TABLETS**

**NOW IN LIQUID TOO!**

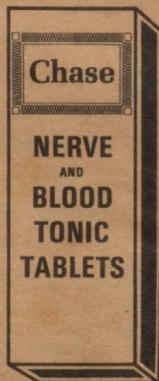
**PROVIDES 900  
MILLIGRAMS OF ESSENTIAL  
IRON EVERY DAY**



Medical science speaks of the body's "blood picture". By this doctors mean your blood count . . . the number of red cells in your blood and the amount of hemoglobin, the vital coloring matter of your red cells. So, if you've been feeling overtired, rundown and listless, it may be Nature's warning that your blood count has fallen below normal and that you are suffering from **IRON DEFICIENCY ANAEMIA.**

## **DOUBLE ACTION FORMULA WORKS ON THE BLOOD AND NERVES**

- (1) HELPS IMPROVE THE BLOOD! CHASE NERVE & BLOOD TONIC TABLETS provide your body with a daily supply of 900 milligrams of essential IRON. Helps Nature restore your correct red cell "Blood Balance"—combat Iron Deficiency Anaemia—improve your general condition.
- (2) HELPS TONE UP YOUR NERVES, TOO! CHASE NERVE & BLOOD TONIC TABLETS also contain Vitamins B1, B12, plus liver extract. This beneficial new tonic helps calm jittery nerves, improves your appetite—you feel better, eat better, sleep better.



# Poison

## Control Chart



In the event of suspected poisoning, seek immediate medical attention. Your doctor should be contacted without delay, or telephone the nearest hospital or medical clinic. (A good idea is to note down the telephone number of the nearest POISON CONTROL CENTRE in your area.)

### Important :

The following mixture is a Universal Antidote.

2 tablespoons of burnt toast

1 tablespoon milk of magnesia (or 8 tablets crushed)

1 tablespoon of strong tea

Mix together in half a glass of warm water and administer to the patient. Then induce vomiting in any of the following ways: (a) glass of warm water containing two tablespoons of powdered mustard; (b) warm soapy water; (c) force your finger far back into the patient's throat.

### Important :

Do not administer liquids to an unconscious patient.

### List of Poisons and Antidotes

- Oil of Wintergreen
- Antifreeze
- Rubbing Alcohol

Induce vomiting immediately if Universal Antidote is not available. Give tablespoon of baking soda in a quart of warm water, followed by warm strong tea or coffee.

(Cont'd on page 10)

# PISCES

Feb. 20-Mar. 20



The Fishes  
controls the Feet

Lucky Day: Wednesday

Unlucky Day: Friday

Lucky Gem: Aquamarine

Ruling Planet: Neptune

Your Colour: Grey

You are a very trusting person, often prepared to believe the best of another even when this belief is not borne out by the facts.

You have wide and diversified interests. This, together with your great charm and a talkative inclination, make you an excellent companion.

You have an easy-going disposition. You like to tell clever stories and your sense of humour is a delight to your friends.

Guard against an attitude which is a trifle too visionary, too unrealistic.

You are absent-minded, inattentive and tend to be too emotional. You suffer from bouts of indecision. These negative facets of your nature are generally caused through frustration. You are highly creative and these urges must have an outlet.

Warm relationships may be formed with a Taurus or a Cancer.

### Famous Pisceans:

Harold Wilson, Harry Belafonte, John Steinbeck.

## Planning a

# Buffet Supper?



With the current accent on informal entertaining, the buffet supper is gaining in popularity. To make your buffet easier for you and your guests check these timely tips before you start.

- Remember that buffets are informal. Your guest will often balance his plate on his lap, or stand with it in one hand. Avoid unnecessary difficulties by planning a menu that may be eaten easily without a knife.

- Limit the number of main dishes. Just large quantities of a few good ones.

- When serving, why not use the colourful paper plates available in today's stores? Much more convenient and time-saving for you, the hostess. More convenient, too, is the use of two plates for each serving—one inside the other for additional firmness. So that your guests will adopt your idea more readily, stack the plates with a napkin between every two plates.

- Another bright idea: instead of ordinary napkins, use brightly coloured dish towels.

Men appreciate ample serviettes—and the women will like the imaginative touch they lend to the occasion.

- In selecting the foods you intend to serve, think of yourself as well as your guests. Choose dishes that can be prepared in advance and need little or no last-minute preparation.

- Add a touch of glamour to your buffet table by using a chafing dish as a centerpiece. Hot foods can thus be kept warm throughout the meal, and it also allows your guests to help themselves as they choose. (And as much as they choose—some of your friends are bound to be weight-watchers!)

- Don't forget to leave sufficient room beside each dish on your buffet table so that your guests can set their plates down and serve themselves more conveniently.

- It's a good idea to keep your desserts simple, and designed to be eaten with the fingers (such as fruit, cookies, petit fours, small cheese wedges, etc.)

**TIRED  
HALF  
THE  
TIME?**



you may need the tonic benefits of Dr. Chase Nerve Food. Taken regularly, as directed, this well-known remedy helps you eat better, rest better and feel better altogether. Don't you think it's worth a trial? Get some at your druggist's and start taking it today.



Dr. Chase Nerve Food is a time-tested tonic which provides beneficial iron and other essential ingredients to help improve your blood and thus help to restore a feeling of general well-being.

So, if you're finding life a little difficult, due to weariness and a certain lack of pep,

**GET  
MORE  
FUN  
OUT OF  
LIFE  
—  
FEEL  
BETTER  
FAST**

**DR. CHASE Nerve Food Helps Fight FATIGUE**

## POISON CONTROL

- *Chlorine Bleach*
- *Disinfectants containing Chlorine*

Give the patient the whites of two eggs in a glass of milk and follow with more milk.

- *Turpentine*
- *Cleaning Fluids*
- *Gasoline or Kerosene*

Induce vomiting (see above) then administer one-half a cup of mineral oil.

- *Insect and Rat Poisons containing DDT*
- *Paint (lead)*
- *Food poisoning*
- *Mushrooms*

Induce vomiting (see above). Then administer two tablespoons of Epsom Salts in two glasses of water followed by large quantities of warm strong tea or coffee.

- *Iodine Tincture*

Give the patient a glass of milk immediately. Then administer a paste consisting of three tablespoons of cornstarch mixed in  $\frac{1}{4}$  cup of water. Make the patient vomit by giving him 5 tablespoons of salt in a quart of warm water. Continue until vomit fluid is clear, then give the patient a final glass of milk.

- *Lye*
- *Washing Soda*

**Do not induce vomiting!** Give the patient two glasses of water containing two tablespoons of vinegar. Follow this with whites of two eggs or  $\frac{1}{4}$  cup of salad oil.

**IMPORTANT: In the event of acid or alkali poisoning DO NOT INDUCE VOMITING!**

To-day's the day you were going to start using Dr. Chase Nerve Food to get fast relief from Nerve Fatigue — DID YOU?

## ARIES

Mar. 21-Apr.20



The Ram  
controls the Head and Face

**Lucky Day: Thursday**

**Unlucky Day: Monday**

**Lucky Gem: Diamond**

**Ruling Planet: Mars**

**Your Colour: Red**

You are an idealist, and though you are eager to initiate plans and activities you tend to leave them unfinished. Therefore you should exercise caution when beginning a new task.

You demonstrate an enthusiasm in everything you do, but this often leads you to act without thinking.

You are the enemy of routine, preferring instead the excitement of innovations and fads.

Arians, however, are inclined toward impulse and fits of temper. A positive attitude toward your difficulties will aid you in directing your energies into constructive channels.

You may find it difficult to maintain harmonious relations with a Gemini, a Cancer or a Virgo, while a Libra can be a close friend.

**Famous Arians:**

Walter Winchell, Charlie Chaplin,  
Rachmaninoff.

# 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 do something about it. Try the treatment you know has satisfied so many of your friends and neighbours. Dr. Chase's K & L Pills are found in a great many homes; always ready for use to help relieve constipation and the aching back which often follows.

Backache can strike any man or woman, whether they work behind a counter, in the fields, at a desk or in the home. But Dr. Chase's K & L Pills can help relieve these aches and pains.

That's why so many men and women take Dr. Chase's K & L Pills whenever they begin to feel tired, headachy, and full of aches and pains.



## DR. CHASE'S K & L PILLS

### Laxative & Regulator

## OH, LEAVE ME ALONE!



So you can't take a little bit of friendly kidding? Perhaps it's because your blood needs the beneficial ingredients that Dr. Chase Nerve Food supplies. This time-tested remedy provides beneficial iron and other essential ingredients which help improve your blood and restore your feeling of general well-being. So, if life is passing you by, give Dr. Chase Nerve Food a chance to help you.



**HELPS FIGHT FATIGUE**

### We get Letters . . .

"I was certainly in a terrible state, almost past helping or even caring if I got help," writes Mrs. Mildred Stiner of Uxbridge, Ontario. "But since I started on Dr. Chase's Nerve Food, it has worked miracles in my case. And that is saying a lot because in my estimation there couldn't possibly have been a worse case than mine."

# PILES

Suffering, itching, quickly eased with the help of this safe home remedy that soothes as it heals

**DR. CHASE'S**  
Antiseptic OINTMENT

# TAURUS

Apr. 21-May 21



**The Bull  
controls the Neck**

**Lucky Day: Monday**  
**Unlucky Day: Sunday**  
**Lucky Gem: Emerald**  
**Ruling Planet: Venus**  
**Your Colour: Pink**

Your love of Nature makes you a natural horticulturist. You like food, both the preparation and the eating. A home is very important to you as your natural inclination is one of domesticity. This is further enhanced by your inherent loyalty, your keen sense in buying and spending and by the staunchness of your affections.

In adversity you remain calm; you contain your emotions beneath the surface, though the coolness of your exterior often hides stormy emotions.

Guard against jealousy. Envy, too, can cause you pain. Friendly relationships can be yours if you cultivate a helpful and cooperative attitude.

Strong religious inclinations can make you an outstanding teacher in that field.

Virgo and Libra can be your close friends, but difficulties may arise with a Sagittarius or an Aries.

### Famous Taureans:

Bing Crosby, Salvador Dali, Queen Elizabeth II.

# Canadian Regional Weather Forecasts for 1968



## JANUARY

Precipitation: Normal

**West:** Storms, briefly fair and cold, then blustery. **Central:** Winds, snow, generally stormy. **East:** Fair, colder; fog in Maritimes; gales with snow.

## FEBRUARY

Precipitation: Above normal

**West:** Fair, then storms; clear, cold; snow and milder. **Central:** Blizzards; mid-month sleet; latterly pleasant, then stormy. **East:** Heavy snow, cold; winds, then fair, mild; coastal fog, then fair but windy.

## MARCH

Precipitation: Normal

**West:** Fair, showers; gales mid-month; fair, high coastal winds; latterly colder. **Central:** Storms, windy; brief fair weather; blizzards, squalls. **East:** Clearing, mild; worsening, snow, squalls.

## APRIL

Precipitation: Below normal

**West:** Showers, turning fair; gales, then sunny; latter weeks unsettled. **Central:** Similar to west; storms week of 20th. **East:** Snow or rain, blustery; Maritime showers then fair last week.

## MAY

Precipitation: Normal

**West:** Mixed sun, storm, then pleasant, warm latter weeks. **Central:** Sun, then storms, clearing, showers; fair, mild after 24th. **East:** Showers along St. Lawrence Valley, becoming pleasant; storms, cloudy; last week wind, showers, mild temperatures.

## JUNE

Precipitation: Normal

**West:** Stormy, clearing, warmer; stormy end

of month. **Central:** Fine, then storms; clearing last week. **East:** Pleasant first week, turning stormy; clearing, showers, warmer; last days fair.

## JULY

Precipitation: Normal

**West:** Fair, turning stormy; pleasant mid-month; latterly stormy, then hot. **Central:** Thunder, turning pleasant, windy; latterly unsettled. **East:** Thunder storms; fair, windy.

## AUGUST

Precipitation: Normal

**West:** Hot, showers, coastal storms; mid-month sunny, windy; latterly cool, showers. **Central:** Hot, showers in Lakes region; squalls, then pleasant. **East:** Hot, turning cool, squalls; mid-month pleasant; coastal fog, rain; last week warm.

## SEPTEMBER

Precipitation: Above normal

**West:** Pleasant, turning stormy; clearing, fair, high winds; latterly cooler, snow in mountains. **Central:** Fair, then storms; clearing, pleasant then showers, cooler last part. **East:** Sunny then stormy, briefly pleasant, then storms; last week cooler.

## OCTOBER

Precipitation: Above normal

**West:** Stormy, clearing; fair, cold, blustery; briefly fair then stormy, snow. **Central:** Squalls, snow, turning fair, cold; mid-month pleasant; stormy last week. **East:** Squalls, snow, clearing; pleasant; coastal storms; scattered showers.

## NOVEMBER

Precipitation: Normal

**West:** Fair, cold; snow, clearing briefly; blizzards, colder. **Central:** Cold, fair, then snow; mid-month pleasant; snow becoming fair. **East:** Cold, snow then pleasant, cold; winds, becoming fair, cold.

## DECEMBER

Precipitation: Normal

**West:** Squalls, showers, heavy snow; unsettled, then pleasant; colder. **Central:** Fair, mild then snow; stormy around Lakes, turning fair, cold; after 20th stormy, unsettled, milder. **East:** Fair, mild turning cold, stormy; mid-month fair, cold; latterly cold turning milder.

PAIN-RELIEVING  
**PARADOL**  
 HAS 4 INGREDIENTS  
 FOR FAST 4-WAY  
 ACTION!



1. RELIEVES PAIN
2. MILD STIMULANT
3. HELPS REDUCE FEVER
4. RELIEVES MUSCLE SPASMS

AT ALL LEADING  
 DRUG STORES

**UPSET  
 STOMACH  
 HEART-  
 BURN**

Get fast, *soothing* relief from upset stomach and hyperacidity this pleasant, easy way. Relieve the distressing discomfort of indigestion, heartburn, stomach acidity and flatulence. Get pleasant tasting Dickson's Stomach Powder. At druggists everywhere.



**DICKSON'S  
 STOMACH  
 POWDER**

# GEMINI

May 22-June 21



The Twins  
 controls the Arms

**Lucky Day:** Friday  
**Unlucky Day:** Sunday  
**Lucky Gem:** Agate  
**Ruling Planet:** Mercury  
**Your Colour:** Yellow

Your gay, cheerful nature endears you to everyone. Through your happy attitude you bring a little joy into everyday existence.

Your sign suggests duality, a certain versatility, especially with the hands. Geminians often become musicians, are quick and dextrous manually.

Dexterity is also evident in the agility of your tongue. The clever turn of phrase comes easily to you.

Your versatility, however, sometimes leads you to start many projects and finish few.

Physically you tend to be slim, long-armed; you like walking, fresh air. You are youthful, a lover of games.

You will have little in common with a Virgo, but relations with a Scorpio will usually be harmonious.

**Famous Geminians:**

Sir Arthur Conan Doyle, Paul Gauguin,  
 John F. Kennedy.

# Newfoundland

Newfoundland joined Confederation in 1949 and consists of the triangular island of Newfoundland at mouth of St. Lawrence River and the coastal area of Labrador. According to Icelandic legend, Newfoundland and Labrador may have been visited by Icelanders during the Norse Voyages and a short-lived colony may have been established around 1010. The first claim to the discovery of Newfoundland was made jointly by two Bristol merchants—Robert Thorne and Hugh Eliot. Messrs. Thorne and Eliot first publicized their discovery of the "New Found Land" in 1526, claiming their discovery occurred in 1494. Although their claim has been debated it is now generally believed that they sailed with John Cabot whose visit to North America in 1497 has been well documented. The Portugese visited Newfoundland at the turn of the century and Jacques Cartier is believed to have visited Newfoundland in 1524. Sir Humphrey Gilbert landed in St. John's harbour in 1583 and declared the island in the name of England but he sailed off after a scant seventeen days without further activity.

Under the terms of the treaty of Utrecht in 1713 France ceded Newfoundland to Eng-

land with the proviso that France would retain her right to dry and cure fish on the coast of Newfoundland. This right was a continuing source of annoyance to the colonists and remained a contentious issue in spite of England's several attempts to legislate a solution until 1904 when Great Britain terminated the French right by purchase. After the American Revolution fishermen from the New England colonies were extended the same rights to cut and dry fish on the coast of Labrador. This also resulted in friction between the colonists and the fishermen and was resolved by the International Court in the Hague in 1910 which ruled that Newfoundland had the right to regulate fishing in its own water and coasts.

Since 1949 Joseph Roberts Smallwood has been premier of the province. Journalist, union organizer and politician, Joseph Smallwood has been an active figure in Newfoundland's political life since his unsuccessful Liberal candidacy in 1932. His journalistic experience came from his time with newspapers on both sides of the U.S.-Canadian border. He has written and edited numerous articles, pamphlets and books on a wide variety of subjects dealing with Newfoundland.



**\$3000 TO BE GIVEN**

# CHASE'S SW

**SIX INDIVIDUAL \$500 PRIZES — EAS**

Residents of Canada, Jamaica and the West Indies can win \$500 in cash (for a total of \$3000) by locating one of six 1968 Chase Almanacs in which a *subtle change* has been introduced into the artwork design of the Nerve Food advertisement on the outside back cover. You don't have to identify the change to win. Perhaps the almanac in your possession is one of the winning ones. Simply detach the back cover (tear below the wire staples so that the book can still be used) and send it *with a proof of purchase from any product advertised in the Almanac* to the Contest Editor at the address listed below. Any box top, label, package stuffer or reasonable facsimile is acceptable. If your's is a winning cover you will be notified promptly. Enter

## PUZZLE CONTEST!

**GRAND PRIZE \$50!**

**TEN PRIZES OF \$5 EACH!**

**YOUR PRIZE MONEY IS DOUBLED IF A CORRECT LABEL IS ENCLOSED**

**IT'S EASY! IT'S FUN!** From the almanac pages indicated in the clues, pick out the sentences shown and fill in the missing words in the numbered spaces.

### RULES

1. When you have completed the Cashword Puzzle, print your name and address clearly in the space under it.
2. Send as many entries as you wish, using your own paper cut to the size of the entry form supplied.
3. Your prize money will be doubled if you enclose a boxtop, label or facsimile of any product mentioned in this book.
4. In the event of ties, all correct entries will be held

- and drawn for first and ten additional prizes in that order.
5. All entries must be postmarked not later than midnight, October 31st, 1968.
6. Do not enclose other than contest material in your envelope.
7. Judge's decision is final and no correspondence will be entered into concerning the contest.
8. Contest open to all except employees of the Dr. A. W. Chase Medicine Co. Ltd., their advertising agents, distributors or their families.

### FOR LAST YEAR'S WINNERS SEE PAGE 18

#### ACROSS

1. Time..... remedy (see Page 12)
4. Nerves are not made of ..... (see Page 32)
6. .... stimulant (see Page 14)
9. Real ..... calls for Paradol (see Page 20)
11. At school, at work, at the ..... (see Page 29)
12. .... druggists everywhere (see Page 14)
13. You're feeling tired .....-down (see Page 28)

#### DOWN

2. Get pleasant ..... Dickson's (see Page 14)
3. Mild ..... (see Page 14)
5. Get more fun out of ..... (see Page 9)
7. Remedy that thousands ..... on (see Page 27)
8. Hot ..... and pat dry (see Page 29)
10. Join in the ..... (see Page 28)

**BE GIVEN AWAY!**

# SWEEPSTAKES!

**EASY TO ENTER — SIMPLE TO WIN**

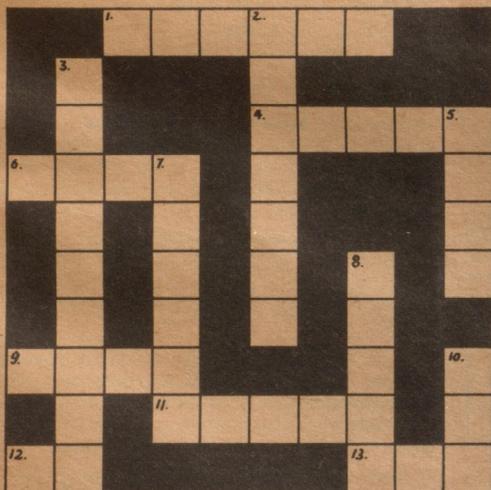
as often as you wish but remember to be eligible a proof of purchase or reasonable facsimile is required. Send your entry today with your name and address to:

**CANADA:** CHASE Contest Editor, P.O. Box 2260, Montreal 9, Que.

**NEWFOUNDLAND:** CHASE Contest Editor, G. S. Doyle Ltd., Blackmarsh Rd., St. John's, Nfld.

**WEST INDIES:** CHASE Contest Editor, P.O. Box 2260, Montreal 9, Que.

**JAMAICA:** CHASE Contest Editor, P.O. Box 417, Kingston, Jamaica.



**ALL  
ENTRIES  
MUST BE  
POSTMARKED  
NOT LATER  
THAN  
OCT. 31, 1968**

Dr. Chase Contest Editor,  
P.O. Box 2260, Montreal 9, Que., Canada.  
NEWFOUNDLAND RESIDENTS: G. S. Doyle Ltd., Blackmarsh Road, St. John's.

My name is .....

Address .....

City or Town .....

Attached are .... labels, boxtops or facsimiles from Dr. Chase products, Dickson's Stomach Powder and/or Gin Pills.

**HERE ARE LAST YEAR'S  
LUCKY WINNERS**

**GRAND PRIZE**

Miss Diana Duncan, St. Thomas, Ont.—\$50

**Ten Consolation Prizes:**

Mrs. Florence Berard, Portage la Prairie, Man.—\$5  
Miss Marlene Liddle, Walkerton, Ont.—\$10  
Miss Doreen McCoy, Belleville, Ont.—\$10  
Mrs. Henry Roddick, Pictou Co'y., N.S.—\$10  
Mrs. George Smith, Toronto 18, Ont.—\$10  
Mr. John Kingston, Galt, Ont.—\$5  
Miss Margaret Borgal, Reserve Mines, N.S.—\$5  
Margaret Gilmurray, Edmonton, Alta.—\$5  
George Hubbard, Yarmouth, N.S.—\$5  
George W. MacDonald, Stellarton, N.S.—\$10

**NEWFOUNDLAND**

**GRAND PRIZE**

Mrs. William Hiscock, Lance Cove, Nfld.—\$100

**Ten Consolation Prizes:**

Miss Sandra Card, Summerford—\$10  
Mrs. F. Sibley, Campbellton—\$10  
Miss Margaret E. Skiffington, Bonavista—\$10  
Mrs. James Clarke, Little Bay East—\$10  
Mrs. Raymond Crocker, Swift Current—\$10  
Mrs. Henry J. Riche, Springdale—\$10  
Mrs. E. Miller, St. John's—\$10  
Mrs. Walter Gaulton, St. John's—\$10  
Mrs. Frank T. Anderson, Channel—\$10  
Miss Julie Butt, Spaniard's Bay—\$10

**THIS YEAR IT COULD BE YOU!**



All of the advertisers in the Almanac like to hear from users of their products.

Many hundreds of letters are received each year from happy and healthy people who have been helped on their road to recovery by some of the remedies shown on these pages. This is true of scores of medicines produced by these participating pharmaceutical companies, whose products are kept handy by many people for unexpected health problems.

Please write and tell us about your experience with any of the medicines you have read about in this Almanac.

**CANCER**

June 22-July 23



**The Crab  
controls the Breast**

**Lucky Day: Wednesday**

**Unlucky Day: Saturday**

**Lucky Gem: Ruby**

**Ruling Planet: The Moon**

**Your Colour: Green**

Restless, imaginative, emotional, you are all these things through your association with the Moon and the Sea. However, not in any childish way; rather in a deep and mature manner.

A very possessive person, you place the highest value on your home. No price is too great for you to pay in order to hold firmly to your family, home and material possessions.

You tend to have an excellent memory, finding it easy to recall the past and retain facts relating to your work. Unfortunately, this tendency also leads you into introspection and an inclination to live in the past.

You enjoy praise and can be easily hurt by an unkind word. You are drawn by another's sincerity to give of the bounty of love within your soul.

Your closest friend will probably be a Taurus, whereas relations with a Sagittarius will tend to be discordant.

**Famous Cancerians:**

**Louis Armstrong, Pearl S. Buck,  
Gian-Carlo Menotti, Duke of Windsor.**

## Weather Satellites



"TIROS, 1960"

Since the beginnings of history man has sought to predict the future. Our earliest ancestors searched the skies in an attempt to learn what tomorrow would bring. They made gods of the thunder and the lightning and begged their intercession in earthly affairs.

Twentieth century man, however, no longer prays to the pagan gods of the sky. His point of view has changed, too. Instead of looking up, he gazes down—through the all-seeing eye of the weather satellite.

Thanks to modern electronics the past 20 years have seen greater advances in meteorology than in all of recorded time. The word meteorology comes from the Greek "meteos" (high in the air) and "logos" (discourse), and today's satellites have lent a literal sense to the term. Since its launching in 1960, the Tiros weather satellite, for example, which circles the earth in one hour and 39 minutes at an altitude of 450 miles, has "talked" to us through the medium of pictures. Two TV cameras record and transmit images of the earth's cloud formations to weather scientists on the ground, enabling them to more accurately predict future weather conditions. One of these cameras has a wide-angle lens and photographs a path 750 miles wide. The other carries a narrow-angle lens and records a path 75 miles wide.

Weather satellites have a double function: to record and return weather data for immediate local forecasting, and also to photograph the earth and its atmospheric covering from such a great distance that important global cloud maps can be made and maintained, thus giving a broader more comprehensive picture of the world's weather.

In 1964 the Nimbus satellite was launched at a cost of \$100 million. Technical advances allow the orbiting satellite to photograph the earth's surface at night and relay more than 1000 pictures a day back to technicians on the ground.

The future holds a wealth of technical advancements. Tomorrow's satellites might carry radar to determine the depth of cloud formations; delicate sensory equipment to measure radiation in the atmosphere; computers to allow the satellite to process its own data, independent of ground control.

Modern satellites aid man in his quest for knowledge about the weather around him. Through them he has become increasingly more accurate in his predictions. Unlike his ancestors, man no longer need appeal to his ancient gods. Our next step, effective weather control on a global scale, will allow man, at last, to stop talking about the weather and do something about it, to the ultimate good of our world family.

Sunshine with Clouds

Foggy

Heavy Rain



Changeable

Very Bright

Light Rain

Snow

These symbols, close relatives of the cabalistic signs used by early astronomers, enjoyed widespread use in the 18th century. Adopted by

scientists and academic societies, these signs facilitated the assembly and exchange of meteorological data and related observations.



## REAL PAIN CALLS FOR PARADOL

- neuralgia
- rheumatic pain
- periodic pain
- toothache
- 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**.

“Nerve Food works miracles” . . .

Mrs. Sylvia Ramsawak of Gandhi Village, Trinidad, writes us:

“I am the mother of four young children. After my fourth child, I became weak and very nervous . . . upset at the slightest noise the children made. Then one day at the pharmacy, I read about Dr. Chase's Nerve Food. After using the tablets for almost one week, I began obtaining miraculous results. Until this day, I am and shall continue to use Dr. Chase's Nerve Food to help my nerves. I wish to recommend it to all readers.”

### WHY MISS THE FUN?

*Get Fast Relief with Dr. Chase Paradol*

## LEO

July 24-Aug. 23



The Lion  
controls the Heart

Lucky Day: Sunday

Unlucky Day: Tuesday

Lucky Gem: Sardonyx

Ruling Planet: Sun

Your Colour: Gold

Those born under the sign of Leo possess a self-confident attitude toward life. But your nature prevents you from being arrogant or assertive. Like the light from your ruling planet, the Sun, you are impartial in your treatment of others.

You are inclined to be uncomfortable and unhappy at a task not to your liking; you dislike being ordered to do something. Moreover, you are only too ready to loudly proclaim your dissatisfaction.

You enjoy the amenities of social contacts, the niceties of dress and manners. There is a certain elegance about you. Generosity, too, is part of your character, to an almost ostentatious degree . . . a facet of your character you would do well to moderate. Rather than a desire for money per se, you seek the luxuries of life and look for ways to secure them.

Your self-confident expressions may be called self-opinionated by a Libra, while you will get on well with a Sagittarius.

Famous Leos:

Princess Margaret, George Bernard Shaw, Jacqueline Kennedy.

# Kitchen Measures and Equivalents

## Table of Kitchen Measures

All measurements are level.

1 saltspoon =  $\frac{1}{4}$  teaspoon  
3 teaspoons = 1 tablespoon  
16 tablespoons = 1 cup  
1 cup = 8 ounces  
 $2\frac{1}{2}$  cups = 1 Imperial pint  
5 cups = 1 Imperial quart

Fractions of Cupfuls:

$\frac{7}{8}$  cup = 14 tablespoons  
 $\frac{3}{4}$  cup = 12 tablespoons  
 $\frac{2}{3}$  cup =  $10\frac{2}{3}$  tablespoons  
 $\frac{1}{2}$  cup = 8 tablespoons  
 $\frac{1}{3}$  cup =  $5\frac{1}{3}$  tablespoons  
 $\frac{1}{4}$  cup = 4 tablespoons  
 $\frac{1}{8}$  cup = 2 tablespoons

## Table of Equivalents

Breadcrumbs (fairly stale) 1 lb. = 4 cups (packed)

Butter 1 lb. = 2 cups

Butter "size of an egg"  $\frac{1}{4}$  cup = 4 tbsp.

Butter 1 oz. = 2 tablespoons

Cheese (Cdn. grated) 1 lb. = 4 cups

Citron peel — candied (shredded), lightly packed in cup 1 lb. =  $4\frac{1}{2}$  cups

Cocoanut (shredded) 1 lb. = 6 cups

Currants (dried) 1 lb. = 3 cups (rounded)

Dates 1 lb. =  $2\frac{1}{2}$  cups

Eggs (whole) 1 cup = 4 to 6 eggs

Eggs (whites) 1 cup = 8 - 9 egg whites

Eggs (yolks) 1 cup = about 12

Figs 1 lb. = 3 cups

Flour 1 lb. =  $3\frac{3}{4}$  cups (sifted before measuring)

Flour (graham) 1 lb. =  $4\frac{1}{2}$  cups

Gelatin (granulated) 1 oz. =  $2\frac{1}{2}$  tablespoons

Lard 1 lb. = 2 cups

Lemons (juice of 1) = 3 - 4 tbsp.

Lemon or Orange peel (candied) 1 lb. = 4 cups (ground)

Meat (cooked and ground) 1 lb. = 2 cups (packed)

Nutmeg (grated) 1 nutmeg =  $2\frac{1}{2}$  tablespoons

Oats (rolled) 1 lb. =  $5\frac{1}{2}$  cups

Oatmeal 1 lb. = 3 cups

Oranges (juice of 1) = 4 - 5 tablespoons

Potatoes 1 lb. = 3 - 4 med. size.

Raisins (seedless) 1 lb. = 3 cups (rounded)

Salt 1 oz. = 2 tablespoons (approx.)

Sugars: Brown 1 lb. =  $2\frac{3}{4}$  - 3 cups

Granulated 1 lb. = 2 cups

Fruit sugar (powdered), sifted before measuring, 1 lb. =  $2\frac{3}{4}$  cups

Icing, sifted before measuring, 1 lb. =  $3\frac{1}{2}$  cups.

Butter, Chocolate

2 tablespoons butter = 1 ounce

1 stick or  $\frac{1}{4}$  pound butter =  $\frac{1}{2}$  cup

1 square chocolate = 1 ounce

Crumbs

20 salted crackers = 1 cup fine crumbs

12 graham crackers = 1 cup fine crumbs

22 vanilla wafers = 1 cup fine crumbs

8 - 9 slices zwieback = 1 cup fine crumbs

1 slice bread =  $\frac{1}{2}$  cup soft crumbs

## Emergency Substitutions

1 tablespoon cornstarch = 2 tablespoons flour

1 whole egg = 2 egg yolks

1 cup sour milk = 1 tablespoon lemon juice or vinegar plus sweet milk to make 1 cup

1 cup milk =  $\frac{1}{2}$  cup evaporated milk plus  $\frac{1}{2}$  cup water.

# Shopping

## When food shopping . . .

1. Familiarize yourself with the regular price of staple items and when these are promoted in a store be sure that a saving will actually be realized before buying two, three or four units. Remember that a promotion is not a sale—there is nothing to prevent a merchant from making a large display of a certain product and affixing a sign exhorting you to “Buy Now” or “Take an extra supply home”. Before you buy check the price against competitive prices advertised in your local newspaper.

2. Make a list of the things that you need and *stick to it*. Surveys have shown that as high as 70 percent of food purchases are “impulse” purchases. If you want to be a wise food shopper make your purchases to satisfy a need, not a whim.

3. Packaging can be deceptive. Don't be misled, read the net weight figures on a package before you decide between two similar-appearing products. Work out the actual cost on a per ounce basis to determine which gives you the most for your money. Also, nothing prohibits a manufacturer from *reducing* the contents of his package and you can be certain this will be achieved without fanfare. If you have been buying the same product over a long period of time without a price increase it is wise to assure yourself that a covert price increase hasn't occurred by checking to see whether the package still contains the same amount of product. Especially check net weight on a favourite brand when a package redesign is introduced. Consumers have been conditioned to believe that the large size necessarily represents a saving—this is obviously not true in all instances. Again make a comparison on a cost per ounce basis to confirm an anticipated saving.

4. Don't overlook the small grocerias. In recent years smaller stores have become associated in franchise groups. The gross buying power represented by the franchise group can and often does exceed the buying power of some of the chains. This buying power can mean extra savings for you through the passing on of volume discounts, special purchase prices, and cash discounts. A bargain is a bargain no matter where it is found and more times than not your corner grocer is in a position to arrange for special prices that surmount those offered by the large supermarkets.

## When buying furniture . . .

Today wood furniture is generally one of three kinds: solid, veneer or a combination of both. Solid furniture is as the name suggests made from single thick pieces of wood. Veneer is a composition of several thin layers of wood compressed with glue and sometimes a centre piece of solid wood. Plywood is a form of veneer but furniture manufacturers hesitate to use this term since plywood is equated in some people's minds with cheapness. Veneer, in the early days of manufacture, was admittedly prone to be improperly made but today veneer is highly respected and results in furniture that is less likely to warp, lighter in weight, easier to shape and mold and often times stronger. Most veneer furniture is a combination with solid wood being used for units such as supports, uprights, frames, legs, etc. Incidentally, furniture prices are more dependent upon style and craftsmanship than the wood used. The wood from which the piece was crafted should affect the price range only fractionally. Look for quality workmanship when buying furniture and don't be unduly influenced by the salesman's allusion to expensive woods. Select your wood for the aesthetic qualities it offers and the manner in which it complements your home's decor. The types of wood used in the fabrication of furniture are commonly maple, birch, cherry,

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### WHY MISS THE FUN?

*Get Fast Relief with Dr. Chase Paradol*

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# Hints



walnut, mahogany and oak. Each has its own character and grain and should be chosen with care. Colour alone is not an indication of the type of wood used, as woods are stained and bleached quite often. Grain characteristics and the reputation of your furniture dealer are the most dependable factors in arriving at a true identification of the wood from which a piece of furniture has been constructed. There is no substitute for hand finishing on furniture. The application of a lacquer will not offer the rich patina that can only be acquired by several laborious hand rubbings. Well-finished furniture has a depth to it through which the natural wood grain can be seen. A thin lacquer application is no substitute and will offer little protection against dirt, moisture and wear.

## *When buying a used car...*

Unless you are a professional car mechanic the only sure way you can avoid buying "someone else's headache" is to have an independent serviceman check the car for you. Ideally he should be able to put it up on a hoist and have a substantial look at it. This may cost you ten or fifteen dollars but it's better than paying hundreds of dollars later for repairs. Any reputable dealer will allow you to have his offering inspected although he may ask for a refundable deposit if you intend to drive it off his lot. If your dealer denies this request you'd better find another used car lot to patronize—fast! If this advice is followed there is little else in the way of forewarning that a prospective used car buyer need know, except that it would be expensive and excessively time-consuming to bring each and every car you see to your serviceman so that a few tips on "pre-selection" are in order. Check the odometer—the row of mileage figures on the speedometer. Don't depend completely on the figures, however, because they may have been set back. Check oil change stickers on the inside front door—if they have been removed demand to know

why. A good battery should last about 20,000 miles; if the car you're inspecting has less than that on the odometer but a new battery has been put in, don't accept this simply as generosity on your dealer's part. Tires should last about 15,000 miles. If new tires are on the car and the odometer shows substantially less than 15,000 miles you should be suspicious. Check old tires too. You can tell original tires because each one will have the same brand name; also the serial numbers on the tires should be numerically close together. Brake and clutch pedals should last 25,000 miles. If the odometer does not approximate this figure and the pedal pads are new it might indicate that the true mileage is higher or that the car has been driven roughly. Inspect the radiator. If extensive repairs have been made to it this might indicate that the car has been in an accident. Also check the fenders and bumpers for any bumps or wrinkles that may not have been straightened out after an accident. Try to shake the front wheels from side to side; if there is movement or sound it may indicate that the car has been in an accident or wheel bearings are going. Start the car and look at the exhaust. Blue smoke is a danger signal—it might suggest that new rings are needed. Exhaust that comes in staccatto bursts with an audible "chug" may mean a burnt valve. Next, road test the car. It should have responsive acceleration, run smoothly, brake evenly, shift quietly, and should not knock or buck at speeds of 50 or 60 miles an hour. Another practical point to consider is that automatic transmissions are more expensive to replace than manual transmissions and are more likely to go "all at once".

To-day's the day you were going to start using Dr. Chase Nerve Food to get fast relief from Nerve Fatigue—**DID YOU?**

## Stain Removal

**GLUE**—for washable fabrics: Dissolve the glue by soaking in warm suds. Then wash in fresh suds. For non-washable fabrics: Dampen, swab with vinegar, rinse.

**LIPSTICK**—Soften the stain with glycerine. Then apply carbon tetrachloride with a cotton swab. Washable fabrics should then be laundered.

**FRUIT STAINS**—Peach, cherry, plum and pear: Sponge the stain with cool water, then add glycerine to the affected area and lightly rub. Let stand for a few hours then add two or three drops of vinegar, rinse, then wash in warm soap and water. Other fruit stains: Fasten the stained area over a bowl and pour boiling water through it. Then launder.

**MIMEOGRAPH INK**—For washable fabrics: Soften the stain by rubbing with glycerine, then wash thoroughly in hot soapy water. For non-washable fabrics: Two or three drops of glycerine should be rubbed into affected area, then swabbed with carbon tetrachloride.



### DON'T SAY UNCLE!

If you're ready to "give up" because you feel thoroughly run-down, why not try Dr. Chase Nerve Food? Over the years, its beneficial ingredients have proved helpful to thousands of people just like you. Taken as directed, this time-tested remedy helps improve the blood and, thus, helps restore a general feeling of well-being. The tonic benefits of Dr. Chase Nerve Food can help you feel your old self again.



HELPS FIGHT FATIGUE

## VIRGO

Aug. 24-Sept. 23



The Virgin  
controls the Bowels

**Lucky Day: Monday**  
**Unlucky Day: Wednesday**  
**Lucky Gem: Sapphire**  
**Ruling Planet: Mercury**  
**Your Colour: Blue**

Your whole nature revolves around Truth. Both to yourself and to others, this attitude governs all your actions. Truth in the marketplace in the items you purchase—your keen eye sees through sham and deception; Truth in your dealings with other people—you demand the same from them.

You find happiness in practical enterprises, whether at home or in business, and stick to the end in all undertakings.

A prominent Virgo tendency is toward health, medicine and nursing, and your efforts in these fields would be unstinting. For you work is generally a pleasure and you give of yourself entirely, never leaving a job unfinished. Forming a part of your inclination toward health and hygiene is your passion for cleanliness.

You will find a sympathetic friend in Sagittarius, but may encounter difficulties with a Pisces.

**Famous Virgoans:**

Sophia Loren, William Saroyan,  
Leonard Bernstein.

# COLOUR and YOU



Though we live our entire lives in a rainbow world of colour we are often strangely indifferent to the deep and in many cases violent effect that colour has upon us. Colour can cool us or warm us, excite our passions or depress us. Psychologists can frequently gain important insights into our characters through our preferences for one colour over another. Who has not experienced the coolness of a blue room on a hot day, or the melancholy generated by the same room on a day of rain and grey skies?

Individual reactions to certain colours may differ in some degree, but generally there is a basically constant impression created by certain hues or colour combinations. **RED** suggests passion, fire, and those who like this hot colour tend to be intense and impulsive. **In the home** some interior decorators maintain there should be an element of red in every room. This is dangerous ground—too much can become oppressive and make the room very difficult to live in day after day. **ORANGE** though like red in its warmth, does not have the same intensity. People who prefer this colour lean more toward friendship than passion, and are inclined to be mild and easy-going rather than forceful. **In the home**, orange, with its subdued tone, allows greater freedom of use in wider areas. **PINK**, denoting femininity, is undoubtedly the tenderest shade. There is a certain innocence about this colour, a soft and gentle aura, that beguiles us. **In the home**, pink is best used in its more subdued forms: dusty rose, for example. This is especially true in large areas. **BROWN** carries with it the warmth and strength of the earth. This is generally a masculine shade, but in its cheery tones, such as light tan or beige, it can be almost feminine. **In the home** the deeper browns should be used with discretion. They are best in conjunction with bright

shades. **PURPLE** implies quiet solemnity, yet at the same time restrained passions. People who are sensitive and emotional are inclined to favour this shade. **In the home** the use of purple should be restricted to isolated instances, such as a rug or drapery, because of the overwhelming effect of this colour. **BLUE**, with its cool, calm sense of peace and serenity, is probably the favourite colour of most people. **In the home**, the mid-shades of blue are best for walls, while the extremes of light and dark go well on furniture, drapes etc. **YELLOW**, a bright and happy hue, suggests strength. Its paler shades are gay and cheerful. At its brightest it carries the magnificence of the sun into every room. **In the home** however, exercise restraint. Restrict its use to the smaller areas of the house, the rooms that tend to be dark and gloomy. Consider light yellow for walls, curtains, etc. **GREEN** has the cool and quiet feeling of Nature about it. Friendly, sociable persons tend to like this colour above all others. **In the home**, green, in its lighter tones, goes well on walls, while rugs and furniture may carry the deeper shades. **VIOLET**, a very feminine colour, with floral overtones, suggests a tender delicacy. **In the home** because it is a cool shade, violet lends itself to bedroom and bathroom, bedspreads and tiles.

If you require an additional Almanac write to the Dr. A. W. Chase Medicine Co. Ltd., P.O. Box 2260, Montreal 9, Quebec, Canada, and you will be mailed a copy. Please enclose 10¢ for each almanac to cover mailing and handling.

## UPSET STOMACH HEART- BURN

Get fast, soothing relief from upset stomach and hyperacidity this pleasant, easy way. Relieve the distressing discomfort of indigestion, heartburn, stomach acidity and flatulence. Get pleasant tasting Dickson's Stomach Powder. At druggists everywhere.



## DICKSON'S STOMACH POWDER

“Family can rely on Paradol” . . . writes Mrs. M. V. Thomas of Diego Martin, Trinidad.

“I have used Dr. Chase's Paradol Pills for the past two years, and these are the benefits I have received from these pills. I used to suffer from headaches and severe monthly pains. I tried many remedies without success. A friend insisted I try Paradol. After taking Paradol my pain disappeared. It is one medicine any family can rely on. I always keep Paradol Pills in my home for fast relief. And now I enjoy life once more, thanks to Paradol Pills.”

## OLD DRUGS ARE DANGEROUS

Remember that drugs do not last indefinitely. They may lose their potency or they may evaporate to concentrations that can be harmful.

26 — DR. CHASE ALMANAC

## LIBRA

Sept. 24-Oct. 23



The Balance  
controls the Loins

Lucky Day: Monday  
Unlucky Day: Wednesday  
Lucky Gem: Opal  
Ruling Planet: Venus  
Your Colour: Violet

There is a special aura about you that attracts people. People enjoy your companionship. Possibly your even-tempered, good-natured disposition has much to do with it. By merely being among a group of arguing people you tend to calm them, reassure them and quiet the violence of their opinions.

A major feature of your sign is a mental one. You are scholarly, interested in literary and artistic subjects. Through your acute knowledge of the nature of man you could be an outstanding teacher.

Colours enchant you and because of your appreciation and understanding of them you would excel at painting, decorating or landscaping.

You are inclined toward a casual attitude in money matters. Rather, your concern lies mainly with bringing beauty into your life.

Aries holds a particular appeal for you, but associations with a Cancer or a Leo will not be harmonious ones.

Famous Librans:

Pope Paul VI, Vladimir Horowitz,  
Brigitte Bardot.

Are you one of the

**LIVELY  
ONES?**



Or is a rundown condition making you feel over-tired, upset and irritable? You may need the tonic benefits of Dr. Chase Nerve Food... a time-tested remedy which provides beneficial iron and other essential ingredients to help you eat, rest, feel better fast.

Tiredness can put you out of sorts and Dr. Chase Nerve Food is worth a trial. Taken as directed, this well-known remedy helps to improve the blood and thus helps restore a sense of general well-being. Ask your druggist for Dr. Chase Nerve Food and start taking it regularly right away.

**DR. CHASE Nerve Food Helps Fight FATIGUE**

ENTER  
THE CONTEST  
PAGES  
16-17  
YOU  
could win  
**\$500**  
in the  
**DR. CHASE  
SWEEP-  
STAKES!**

## Are YOU a PRISONER of BACKACHE?



Constipation or a temporary faulty kidney condition can cause backache. Backache can also be due to urinary irritation or bladder discomfort. No matter **what** the cause, an aching back makes every day unpleasant and often makes you feel grouchy and miserable.

Dr. Chase's Kidney & Liver Pills may help you as they have so many others. Next time you suffer from backache, constipation or biliousness try the remedy that thousands depend on and get relief from—Dr. Chase's Kidney & Liver Pills.

**DR. CHASE'S** Kidney & Liver Pills





## NOT TONIGHT, DEAR

Do you refuse to join in the fun from time to time because you're feeling tired, run-down? You'd love to go to the theatre but you can't drag yourself out of the house. Well, probably Dr. Chase Nerve Food can help you feel yourself again. This time-tested



remedy provides beneficial iron and other essential ingredients to improve your blood and fight fatigue. Begin taking Dr. Chase Nerve Food today—you'll be glad you did.

**HELPS FIGHT FATIGUE**



## Canadiana

Canada's first library was started in 1606 in Port Royal, Nova Scotia, by Marc Lescarbot, the French poet and lawyer. Appreciative of the value that learning had for settlers in the new land, he lent his own books to all who wished to read them.

Through the establishment of a registry of births in Quebec in 1621, Canada is now the only country in the world whose record of births extends, unbroken, for more than 300 years.

Curling is believed to have been first brought to Canada by British soldiers in the middle of the 18th century. They played on the St. Lawrence River, doubtlessly the longest curling rink in the world.

The Pacific coast of Canada was at one time under Spanish control, until it was ceded to Britain in 1795. Street names, a few bodies of water in the Victoria and Vancouver area, are virtually all that remain of this Spanish heritage.

# SCORPIO

Oct. 24-Nov. 22



**The Scorpion controls the Secrets**

**Lucky Day: Tuesday**

**Unlucky Day: Monday**

**Lucky Gem: Topaz**

**Ruling Planet: Mars**

**Your Colour: Jet Black**

You are aggressive and dynamic, and your strong will carries you on to finish whatever task you set yourself. This same will manifests itself in a sometimes unconscious leadership toward a given goal. This driving force can often lead you into rash decisions, so it is wise to consider your actions before committing yourself.

Though critical yourself, you resent any form of correction from others. Only when you know the end result is good will you accept direction from others, and then work three times as hard as anyone else. Because of this you should make sure you get enough rest and recreation.

Your creative fingers excel in mechanical fields. Your planet is concerned with metal, construction, instruments, thus engineering or surgery could be your forte.

Harmonious relationships may be had with almost all other signs, with the possible exception of Aries, with whom you will often quarrel.

### Famous Scorpions:

**Marcello Mastroianni, Pablo Picasso,  
Grace Kelly, Billy Graham.**

# PIMPLES GONE in 1 WEEK

Pimples, blackheads, blemishes are not pretty. They're ugly. They cut down your chances of success—at school, at work, at the dance.

Will you trade 3 minutes a night for 1 week in return for a clearer skin? Just follow these 3 simple steps.



1. At bedtime, wash your face with hot water and pat dry.



2. Apply Dr. Chase's Ointment to your face. Rub gently into the pores.



3. Leave on all night. Wash off in morning.

Thousands of sufferers from pimples, blackheads and blemishes have restored their natural healthy complexion in one week. Why don't you? Get Dr. Chase's Ointment today.

## DR. CHASE'S Ointment

SOOTHING  
HEALING  
ANTISEPTIC



## Stain Removal

**BALLPOINT INK**—use a cotton swab dipped in carbon tetrachloride. Washable fabrics should then be washed in hot suds.

**OTHER INK STAINS**—try cool water. If stain persists a solution of oxalic acid should be applied, then launder. Be sure to keep oxalic acid and all other chemicals out of the reach of children.

**CHEWING GUM**—Apply an ice cube to the gum, then peel it off. Sponge with carbon tetrachloride, then launder if the article is washable.

# CUTS BURNS

Be prepared with safe first aid that brings fast relief... keep your medicine cabinet stocked with

## DR. CHASE'S Antiseptic OINTMENT

## *Little-Known Sports Records*

Melbourne, Australia, was the scene of the longest bare-knuckle fight on record. The time was October 19, 1856, when James Kelly and Jack Smith fought for six hours and fifteen minutes.

Only two world heavyweight title holders have retired as champions: Gene Tunney (1926-28) and Rocky Marciano (1947-55).

In 1959 Jim Dillon of the U.S.A. established a record for drawing a pistol. With his hand four inches from his holster, Dillon drew and fired in less than  $\frac{1}{8}$ th of a second.

The lightning reflexes of Ed McGivern (U.S.A.) earned him the rapid fire record in August of 1932, when on two separate occasions he fired five shots in less than half a second at a target 15 feet away. All five bullet holes covered an area of  $1\frac{1}{2}$  inches.

In 1955, at Portillos, Chile, Ralph Miller attained a speed of over 109 miles per hour on skis.

The U.S. Davis Cup tennis player, Lester Stofen, during a match in 1935, drove a ball at a speed of 131 miles per hour.

Water skiing first began in France in 1920.

Paul Anderson, 1956 Olympic weight-lifting champion, raised 6000 pounds in a back lift on June 12, 1957.

During a pigeon race in 1914 a bird recorded a speed of over 93 miles per hour over an 80-mile course.

In March 1960, at Alameda, California, 16-year-old Sydney Robinson performed 7500 sit-ups in five hours and 57 minutes. This is an average of approximately one complete sit-up every three seconds.

## SAGITTARIUS

Nov. 23-Dec. 21



The Archer  
controls the Thighs

**Lucky Day: Sunday**  
**Unlucky Day: Friday**  
**Lucky Gem: Turquoise**  
**Ruling Planet: Jupiter**  
**Your Colour: Purple**

You are a person with the highest ideals. Philosophical and contemplative, you seek an understanding of life. For this reason you should acquire a good education to provide you with the necessary academic background.

As an idealist your aims are high. Nor do you hesitate to express your ideals, often in painfully blunt terms. A firmer control over your tongue would lessen the pain without diminishing the truth of your beliefs.

Guard against a tendency toward overspending. You appreciate the luxuries of life, but don't be blind to economic realities.

Your natural nervousness, your desire to be always on the move, should be curbed for your own sake. Make a point of reserving part of your day for rest and quiet thought.

You should avoid close relationships with a Taurus, but with a Gemini or a Leo you may find harmony.

### Famous Sagittarians:

Maria Callas, Sammy Davis, Jr., Noel Coward.

**IF YOU LIKE PEOPLE  
TO LIKE YOU**

**NEW...  
SCIENTIFIC**



# *Hi-Touch*

**BANISHES PIMPLES, ACNE  
BLEMISHES AND RASH**

**LIKE MAGIC!**

Now — no need to feel self-conscious over pimples or acne. Just smooth on Hi-Touch — hides those blemishes while it heals! Doesn't leave the skin greasy. Easy to use anywhere anytime — even on a date.



Can be used under cosmetics

**HIDES  
WHILE IT  
HEALS**

Can't be seen after application

Hi-Touch comes in a handy tube that won't crack or leak. Carry it in your purse or pocket. It's easy to use — and its long lasting medication fights infection for hours.

DR. CHASE ALMANAC — 31

# YOUR NERVES



are not made of STEEL

... and sometimes you wonder  
how much your body can stand

**When NERVES Get You Down, Don't Just Long for Relief ?**

**HERE'S WHAT TO DO**

You can get real benefit through the 6-week Plan with Dr. Chase Nerve Food. Thousands of people before you have used this 6-week Plan to win the new vim and fresh outlook on life they needed so badly. Why not you?

#### **What This Plan Can Mean To You**

It can mean new Force, new Vigor . . . the quiet, steady nerves that go with good health. It may mean the new feeling of energy you have always needed to excel at your work. Yes, that's what the Dr. Chase Nerve Food 6-week Plan can do for you!

#### **Here's What Can Happen To YOU in ONLY 6 WEEKS**

Follow the directions faithfully. It may not be long before you see and feel the big difference that Dr. Chase Nerve Food can make in your life. You may start to look better, feel better in just a few days. Your appetite starts to pick

up, your body feels more rested, your nerves more relaxed and at ease.

#### **Don't Put It Off**

Start right now because you can't lose! Dr. Chase Nerve Food contains all the body-building elements found in Vitamin B1, B12, Iron and other health-giving Minerals. They work together to build you up and strengthen your Nerves—improve your general all-round health. Help you to get your natural rest and forget that you were ever tired, run-down, and with "nerves" keeping you on edge and making you feel miserable.



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