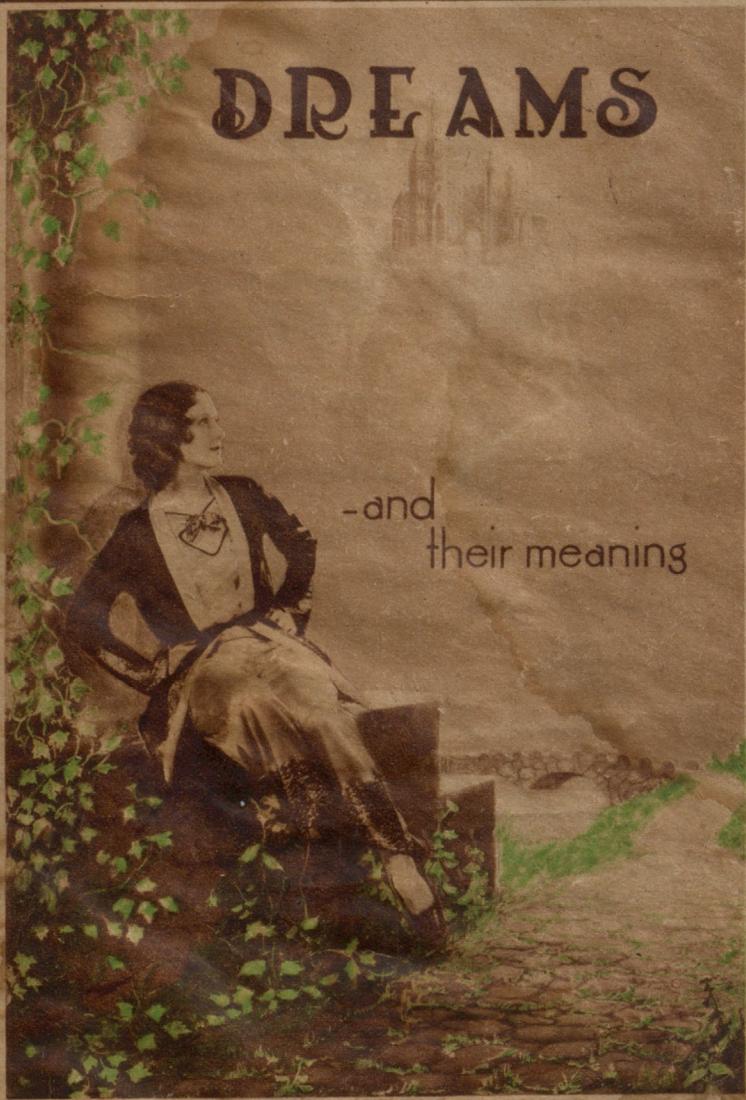


DREAMS

-and
their meaning





Nurse Says:--

I KNEW the Nerve Food would soon make you better."

"In all my nursing experience, I have never found a restorative treatment for the blood and nerves that equals Dr. Chase's Nerve Food."

"Your appetite is much better, you sleep well nights and I can see that you are gaining strength every day. I have known so many similar cases that I have the utmost confidence in this medicine."

Dr. Chase's Nerve Food

Restores Tired, Weak Nerves

Dreams and their meaning

YOU may belong to the class of people who are skeptical as to dreams having any meaning.

But the old prophets attempted an interpretation of dreams and as far back as literary records go there seems to have been an idea that many dreams have a significance if only they can be understood.

Many people still view dreams seriously and an attempt has been made by learned men to attach a meaning to dreams about certain things or combinations of circumstances.

We all agree that dreams are at least interesting and much entertainment may be obtained by referring to this book in order to find out what your dream is supposed to indicate.

It is almost uncanny the way the future has been revealed to some people through their dreams. Whether or not you have had such experiences you will find diversion by keeping this book at hand for ready reference when you seek the interpretation of dreams.

Abandoned. If deserted by friends denotes their love. If dream you have abandoned someone you love sign of Disappointment.

Abroad. In strange land, success in undertakings.

Absence. From home means Joyful reunion. Seeing absent people foretells speedy return.

Abundance. False security.

Abuse. Dispute between a business friend. Don't place self at disadvantage.

Acorns. Loss of money or love. Ill news. Slander.

Activity. Losses through own negligence if it is you, active.

Actress. One playing, misfortune. Talking with one, Success in undertaking. If you make love to one, your life joyous.

Acquaintance. To fight signifies Destruction.

Accidents. To self, success in undertakings. Seeing accident, means disappearance of worries.

Accusations. Against you, danger (if by a man); (if by a woman) good news. If you are accuser, will have sorrow.

Acrobats. If see them joy, if you are one, trouble.

Adversary. Obstruction of one. You shall despatch business speedily.

Adoption. Of children. Sorrow and Trouble. Bad luck.

Adam. (Or Eve). Children.

Ague. Drunkard and glutton. If sweet heart has ague, lucky. Shows loved, that you will be happy, but never very rich.

Air. If clear, come into fortune. If foggy, will have sorrow. Sweet odors, successful in love.

Alligators. Unlucky lawsuit, business reverses, disappointment, danger.

Altar. Marriage, happiness.

Animals. (Wild) enemies, (Domestic) sudden return of absent friends.

Angel. See one, long vogue and success.

Anchor. Successful enterprise.
Ants. Many, industry leading to wealth.
One, disappointment.
Anger. If provoked, you have many enemies.
Ape. Enemy, if running from you, safety.
Apples. Gain. Eating one, disappointment. See on tree, good news.
Army. Marching, beware false friend. If encamped with, speedy success.
Arm. (Broken) quarrel, (Hairy) success.
Arrows. Slight unhappiness.
Ashes. Embarrassment, loss, mourning.
Ass. See him running, misfortune. Tied fast, slander. Hear him bray, experience great loss.
Aunts. Wealth from unexpected source.
Author. See one, bad. Lose money. That you are one, misery, disappointed hope.
Authority. Better times.
Automobile. (Riding in), unknown danger. (Seeing one), a journey.
Barber. Unhappiness.
Bananas. (Eating.) Lover's deceit. (Seeing them) lucky.
Band. (Music.) Money.
Bacon. Denotes death of friend, or relation. Enemies will do you mischief. To eat, of any salt meat, mourning.
Baker. Speedy good fortune.
Ball. At one, harmony and happiness. Money left to you. Playing ball, loss of money.
Balloon. To go up, unexpected fortune. See one, message from home.
Barn. Full, marriage and money. Empty, poverty. On Fire, good fortune.
Bath. Taking, approaching marriage. Too hot, separation. Too cold, sorrow.
Battlefield. Great honour.
Beans. Cooked, a quarrel. If raw, danger.
Beard. If you have long one, long life. If black, great trouble. Red, disgrace. Shaved, loss and disappointment. Shave yourself, despondency. If pulled, losses. If shave young girl, good and speedy marriage. If shave married lady, will become widow.
Bells. Hearing them, a quarrel.
Bench. Standing on, means pleasure.
Betting. Is very unlucky.
Bees. Good luck, riches.
Bed. In bed, you are in danger. Not able to sleep, sickness. Stranger in your bed, quarrels in married life. Well-made bed, you will become established in life. To see strange bed, trouble. To sleep in bed, good luck.
Birds. (Caged) enjoyment. (Seeing or hearing) success. If dream of them three times, a fortune awaits you.
Birthday Presents. Giving, is a pleasant surprise. (Receiving) is poverty.
Bite. (To be bitten) very unlucky.
Birds' Nest. Find one, good sign. Without eggs or birds, will meet disappointment.
Bleeding. Loss of goods, decay of riches.
Blind. Being blind, foresee your errors.
Blood. A good color, shall get store of money.



“The Nerves”

What a frequent subject of conversation wherever women meet—

TIRED NERVES—
 EXCITED NERVES—
 SLEEPLESS NERVES—

Then somebody naturally mentions Dr. Chase's Nerve Food because it is the best known and most effective restorative of the nerves.

Sleeplessness, tired feelings and headaches disappear as if by magic when Dr. Chase's Nerve Food is used. It feeds the starved nerves back to health and vigor. Soon you are feeling fine and enjoying life to the full.

Dr. Chase's Nerve Food
 The greatest of nerve restoratives

When You Can't Sleep It's the Nerves



THIS opinion is based on the fact that in reviewing many thousands of cases in which Dr. Chase's Nerve Food has been used with marked success, most patients mentioned sleeplessness as their greatest trouble.

You may be nervous, excitable, irritable and experience discomfort from indigestion and headaches, but the principal symptom is sleeplessness.

The treatment indicated is Dr. Chase's Nerve Food for by its use you feed the starved nerves back to health and vigor. This method of treatment is restorative and constructive and therefore of lasting benefit.

How I Rid Myself of Sleeplessness



Mrs. Alex. Dupuis, R. R. No. 1, Renfrew, Ont., writes:—

"SOME years ago I became completely run down in health and was unable to do my own work. When I tried to work I would take weak spells, accompanied by palpitation of the heart. I could not sleep at night, and besides this I had stomach trouble. I commenced using Dr. Chase's Nerve Food and found such splendid results that I continued until I had taken eight or nine boxes. They made me feel so much stronger that I was soon able to do my own work. I now sleep well at night and rise in the morning rested and refreshed. I cheerfully recommend Dr. Chase's Nerve Food to anyone suffering from nervousness or run down system."

Blossoming of Trees. All sorts blossoming. Sign of joy, comfort, recreation.

Boat. In one on river, lake or pond, joy, prosperity. If man in boat without fear, comfort and success in affairs.

Bottles. (Full) enjoyment. (Empty) sickness. (Broken) unhappiness.

Bread. (White) a friend. (Brown) losses.

Bridge. Over broken one, fear. To fall on one, obstruction in business.

Bull. If hurt, shall receive harm. If gored from one, the reverse.

Buried Alive. For man, much wealth.

Butchers. Danger, hurt, death of sick.

Camel. Luck.

Candy. Financial loss.

Cannon. (Seeing) Luck. (Hearing) Business reverses or death.

Carriage. Loss of money, and friends.

Castle. Lucky.

Cat. Mostly bad luck, quarrels. (If follows you) Burglars. (If you catch one), a thief.

Cave. In danger.

Cakes. To make, joy and profit.

Cage. For maid lets bird out, chasty in danger.

Cards. Profit, fortunate.

Carrots. Profit. Strength if at law for inheritance.

Cattle. Keeping, disgrace, loss to rich, profit to poor.

Cemetery. Prosperity.

Checkers. Financial loss.

Children. Look for increase in family.

Church. (Seeing one) inheritance. (Being in) trouble. Sitting in one, change of apparel. Praying, joy and comfort.

Checks. Plump, good, lean, grief.

Cheese. Eating, profit and gain.

Cherries. Eating ripe ones, deceitful pleasure.

Clothes. If man dreams has new suit, it is honor.

Clock. If falls or breaks, denotes danger.

Clouds. White, prosperity. High from earth, voyages; return of the absent, and revealing secrets. Smoky or dark, anger.

Coins. (Gold) poverty. If silver ones, troubles. If copper, losses.

Corpse. Great danger, perhaps death.

Comedy. To see comedy, good success in business.

Cook To see one in house, good for those to marry. Good sign to poor.

Corn. To gather, profit and riches.

Corns. For man, will grow rich proportionably to his corns.

Cradle. death of child.

Cross. Happiness. (To wear one) unlooked for death.

Crown. (Gold) advancement. (Precious stones) sorrows.

Crow. Expedition of business.

Cucumbers. Eating, denotes vain hope.

Dancing. Good luck.

Deer. To see in park, unpleasant dispute with sweetheart.

Dead. Talking with, signifies bold courage, a clear conscience.

Death. (Dream dead friend), for sick person, means approaching death. (To dream you are dead), long life and happiness.

Devil. (Seeing), Death. (Fighting), If win, success, if he wins, great danger.

Digging. Very good sign.

Dirt. To dream of, signifies sickness and dishonour. To fall in, means treachery.



What a Joy Is Good Health

MOTHER and baby are healthy and happy. But they were not always so. There were many months of run-down health, of sleepless nights, excited nerves, worry and discouragement. Baby reflected mother's weakness and was cross and fretful.

But a friend recommended Dr. Chase's Nerve Food, and by the regular use of this great restorative treatment the richness of the blood was restored, nervous vigor was increased, sleep came naturally, digestion improved, and mother was herself again. This is just what is happening in many thousands of homes.

Dr. Chase's Nerve Food
The Greatest of Nerve Restoratives

“Now do run away and let me finish my sewing”

WHEN mother's nerves are out of tune every noise and every childish question irritates and annoys. Perhaps you have not recognized in this condition a warning that your nervous system is becoming exhausted. Other symptoms are sleeplessness, frequent headaches and digestive troubles.

Of course you have heard about Dr. Chase's Nerve Food. If you have never used it there is a very agreeable surprise in store for you.

Dr. Chase's Nerve Food restores and revitalizes the tired, excited nerves. Soon you rest and sleep well and you find a new joy in life.

Mrs. S. Sharpe, 114, 7th Street, Midland, Ont., writes:—

“A few years ago, I experienced a severe breakdown of nerves. I was so weak I could hardly walk and had terrible pains in the back of my head and neck, as if there were strings pulling me backwards. My limbs would twitch, I could not lie still or sleep and would cry over nothing. For over a year I tried various medicines, but was still unfit for work.

Finally, I obtained some of Dr. Chase's Nerve Food and the results were excellent. I can now do all kinds of work and have none of the twitching and nervousness which I experienced before.



Diamonds. Domestic troubles.
Dog. (Strange one) unlucky. (Barking) quarrel. (Fighting) a thief. (Howling) misfortune. (Friendly) visit from a friend.
Donkey. (Seeing) quarrel. (Heavily loaded) good luck. (Braying) slander. (Running) distress. (Riding one) prosperity.
Doves. Very lucky.
Dreams. Unlucky to dream you are dreaming.
Drowning. (Yourself) riches. (Others) success.
Dwarf. Unlucky.
Eagles. Success.
Eggs. Gain and profit. Broken, loss.
Elephant. (Riding) trouble. (Seeing), good luck.
Elopement. Speedy marriage.
Enemy. To talk with one, a caution to be careful.
Engagement. (To handsome person), enjoyment. (To homely), distress, grief.
Execution. To dream of, you will be sought to give relief.
Explosion. Death in family.
Eyes. To lose one, violent words, or child in danger of death.
Face. To see smiling, friendship; Pale, trouble; To wash, repentance.
Fall. To have one, and cannot rise, you will lose favour of someone and unable to regain.
Fair. If going to one, being robbed in some manner.
Farming. Happiness, prosperity.
Feet. Washing, molestation, trouble. Scratching sole, loss by flattery.
Feathers. (White), lucky; (Black), unlucky.
Fields. Pleasant ones, will marry discreet, and beautiful wife.
Figs. To see, joy.
Fighting. Signifies opposition.
Fingers. To cut, or see cut, sign of damage. To lose all or one, loss of servants.
Fire. (Large), quarrels. (Small), good news.
Fight. Peace.
Figures. (Forgotten), unlucky. (Remembered), lucky.
Fish. (Live), lucky. (Dead), a quarrel.
Fishing. Trouble.
Flies. Many, signifies unreasonable person scandalizing you.
Flowers. Holding or smelling, in their season, joy, pleasure and consolation. (Sweet) enjoyment. (Wearing) early marriage. (Pulling to pieces) separation.
Floods. Great ones, rigorous judges. Angry masters, assemblies and noises.
Flute. Increase in family.
Fly. Flying high, good sign.
Flying. (Without wings) lucky. (With) unlucky.
Fool. For man to dream is one, good for those who would govern and teach children.



The School Boy

THE growing body demands a liberal supply of rich, red blood.

If as a result of malnutrition or excessive mental exercise and excitement the blood becomes thin and watery the child becomes anaemic, nervous, irritable and run down in health.

School age children are benefited greatly by the use of Dr. Chase's Nerve Food. Their systems respond quickly to this restorative, health-building treatment and in a few weeks a marked change in their condition is noticeable.

Nervous ailments such as St. Vitus' Dance and Twitching of the nerves are avoided and they are fortified against germ diseases by the greatest of all germicides—rich, red blood.

Forest. Walking in one, means trouble.
Fork. Danger.
Fountain. (Clear) health. (Muddy) sorrow.
Fox. To fight one, wary crafty adversary.
Friend. If one dies, he is forgetting you.
Frogs. Good sign.
Frost. Success.
Fruit. (Seeing) monetary success. (Eating) deceitful female friend. (Throwing away) danger.
Games. (Lucky to dream playing any games.) To be a spectator, is sign of losing friend.

“Oh, I’m Just Feeling Great”



“YES, I was all in, weak as a kitten, no appetite, nervous and irritable.

“No, I was out of school for months. Guess my nerves got the start of me.

“Well, it didn’t take so long once I got using Dr. Chase’s Nerve Food. Every week I felt better and now I am in the pink of condition and have got back my normal weight.

“I never thought I would need medicine, but I certainly did this time and I’ll know what to do after this if I ever get run down again.

“Yes everybody tells me I am looking fine and I am certainly feeling great. You should see me eat.”

Dr. Chase’s Nerve Food

The greatest restorative for blood and nerves





GRANDMA'S NERVES ARE WELL AGAIN

GRANDMA is jolly when she is well. But she got overtired and nervous. She could not sleep nights and the noise of the children got on her nerves.

She seemed downhearted and discouraged, but a friend mentioned Dr. Chase's Nerve Food and by using this great restorative, grandma soon got on her feet again, feeling well and happy.

Now grandma passes the good word along to others who are not

as young as they used to be. She has a message of good cheer for those who are seeking new health and vigor.

Vitality runs low as age advances and because Dr. Chase's Nerve Food actually forms new, rich blood and builds up the depleted nervous system it is highly appreciated by women and men, too, who feel the need of restorative treatment.

Heart Disturbances

Whatever may be our ideas about other organs of the body and their disorders there is nothing which brings such dread and anxiety as to have something go wrong with the heart.

It is above all others the vital organ. In health it tirelessly pumps the life-giving blood through the human system and its action depends for motive power on the nerves.

Weakness or exhaustion of the nerves also means weakness of the

action of the heart and such derangements as "palpitation," "fluttering" or "missing of heart beats."

Lasting relief can only come when the nerves are restored by such treatment as Dr. Chase's Nerve Food.

Rest and quiet will help but nervous disorders do not right themselves. The blood must be enriched and the strength of the nerves built up and this can be best accomplished by the use of Dr. Chase's Nerve Food.

**“Now Daddy, you must
not forget your
Nerve Food”**



**“No Indeed I Sleep Well
Now and am Feeling Fine”**

SLEEPLESSNESS is a persistent symptom when the nerves get rundown. You are restless, irritable and easily fatigued and cannot sleep well at nights.

This trouble increases as the years advance. But there is relief by the use of Dr. Chase's Nerve Food. It does not produce artificial sleep but restores and builds up the nervous system so that in a few days you find yourself resting and sleeping better.

Women everywhere, know and praise Dr. Chase's Nerve Food as the greatest of restoratives for the nerves. But Dr. Chase's Nerve Food is good for men and women alike, from youth to old age. It renews the strength, energy and vitality of the whole human system.

Dr. Chase's Nerve Food

**Soothes the
tired, excited
nerves**

**Restores
nervous
energy**

**Makes you
feel well
and look well**



Am I Like Other People?

IS it usual for people to feel tired and languid as they go about their work?"

"Do they lie awake at nights unable to sleep and think and think and think?"

"Are they afraid of indigestion when they sit down to a meal?"

"Surely this is not the normal life of the healthy man or woman?"

"Then I must be abnormal. I must be sick. There must be something wrong with my nerves."

In this way, it may have dawned on you that you are really sick and that something must be done if you are to escape a nervous breakdown.

Dr. Chase's Nerve Food feeds the nerves back to health and vigor. This is Nature's way—the only sure way in which the nerves can be fully restored. It has proven effective in so many thousands of cases that it is not likely to fail you.

- Garden.** Comfort and pleasure.
Garters. Sickness.
Geese. Cackling, sign profit, and despatch of business.
Giant. To see a large sized person, is good sign.
Gift. To give ring, sign of loss, or damage. To receive a ring, Joy.
Glass. Full of water given to you, speedy marriage and children.
Gloves. Having on, means honor and safety.
Goats. Wealth and plenty.
Gold. To gather gold or silver, deceit. To handle or show, gain, and profit.
Grapes. Success, pleasure.
Grass. (Eating) sickness. (Seeing) lucky.
Grave. To be put in grave and buried, signifies will die in mean manner.
Hands. Dream works with right, good fortune. If left, bad luck.
Hanged. You will be freed from disease, joy, contentment.
Hat. Torn, or dirty, damage and dishonour. Wearing one that pleases, success in business.
Heaven. Danger.
Hell. Unlucky.
Hens. Lucky. (Crowing), danger.
Hills. Lost and wading through difficulties. Sign, shall meet with assistance and good council in difficulties.
Hole. Falling in means death.
Horse. Good luck. (Riding) sickness. (White) riches. (Black) disappointment.)
Horse Shoe. (Seeing) a journey. (Finding) very lucky.
Hospital. Poverty and want.
House. Good luck.
Hugging. Is a deceitful friend.
Hunger. Will grow rich.
Hunting. Is unlucky.
Ice. Success.
Inheritance. Death of relatives.
Iron. To be hurt, will receive some damage.
Jew. Losses. (If doing you favor), great success.
Jewelry. Distress, danger.
Keys. To lose, anger.
Kissing. A deceased, sign of long life. Kissing girl, lots good cheer.
Kiss. (Stranger), a journey. (Hand), good fortune. (Relative), deceit.
Knife. A quarrel, separation. (Cut by one) danger.
Ladder. Climbing, signifies honour. Descending, betokens damage.
Lamp. (Burning) trouble. (Out) your death.
Law. To dream of courts, lawyers, etc., sign of revealing secrets.
Letters. If man writing friends, or others writing you, betokens good news to dreamer.
Lion. To combat, sign of quarrel, with resolute adversary.

THIS IS THE AGE OF TIRED NERVES

THE nerve-tired business or professional man, the mother wearied by household cares and the demands of social engagements, young people who are "burning the candle at both ends;" all feel the tremendous strain on the nervous system.

Speed and Excitement

The nervous system has failed to accommodate itself to the speed and excitement of modern life which has so quickly taken the place of the more easy pace of a few years ago.

There is a constant over-demand on the supply of nerve force available and the natural result is physical bankruptcy.

Utter Fatigue

It is common to be tired after the day's work but you rest and sleep and are ready with new energy and vigor for another day's effort.

But when the night's sleep fails to rest you and you get up feeling tired and worn-out and face with dread the new day, it is time to take stock of your health.

Either as the result of the excessive expenditure of nervous energy or because of wasting disease your nervous system is becoming bankrupt. It is high time to get the building up process established by the use of Dr. Chase's Nerve Food.

You Can't Sleep

Nerve strain and worry rob us of rest and sleep and sleep is the greatest restorer of the nerves. It is during sleep that we breathe

in the oxygen necessary for the purification of the blood and rebuilding of nervous energy.

Sleeplessness is perhaps the outstanding symptom of nervous exhaustion. This opinion is based on the fact that in reviewing many thousands of cases in which Dr. Chase's Nerve Food was used with marked success, most patients mentioned sleeplessness as their greatest trouble.

Nerves Depend on the Blood

Because the nerves depend on the blood for their nutrition it is absolutely essential to the health of the nervous system that the blood be kept pure and rich.

And it is because Dr. Chase's Nerve Food goes directly to the creation of pure, rich blood that it has such a marvellous restorative influence on the nervous system.

But let us Prove it

In order to prove to you the merit of this great restorative we shall send you free an attractive aluminum box filled with Dr. Chase's Nerve Food. This box is thin as a watch and can be carried in the vest pocket or in a lady's hand bag, in order that wherever you may be you will not miss your regular dose of Nerve Food. Mention this Dream Book and send your name and address to The Dr. A. W. Chase Medicine Co., Limited, Toronto, Canada, or procure a full size box from your druggist.

FREE SAMPLE DR. CHASE'S NERVE FOOD

In Attractive Aluminum Box for Vest Pocket or Hand Bag.

THERE are two reasons why we have unlimited confidence in Dr. Chase's Nerve Food.

1. We know that the formula is unrivalled as a restorative for the blood and the nerves.

2. For many years we have studied reports from thousands of people who tell of most remarkable cases in which the use of Dr. Chase's Nerve Food has afforded positive and lasting relief.

But there is only one way to positively prove to you that Dr. Chase's Nerve Food will be of medicinal value in your particular case and that is by actual test.

This test is to be made at our expense and for this purpose we shall send you, without charge, an attractive aluminum box filled with Dr. Chase's Nerve Food.



Even if you are already a user of Dr. Chase's Nerve Food, send for this aluminum box, so that wherever you may be at meal time, you will not miss your regular dose. Enclose a two cent stamp for postage and address The Dr. A. W. Chase Medicine Co., Limited, 246 Adelaide Street West, Toronto, Can.

Lizards. To see, ill luck, misfortune by enemies.

Logs. Cleaving them, sign strangers will come to house of party dreaming.

Marriage. Signifies danger. Marriage or wedding of woman, sign of death of some friend.

Mass. (Going to one or attending), good luck.

Meat. To see meat you have eaten, loss or damage.

Medicine. (Taking), sickness. (Giving), profit.

Melon. Good health.

Mending. Money coming to you.

Message. (Receiving), advancement. (Sending), losses.

Mice. Trouble.

Mill. An inheritance, good luck.

Milk. Increase in family. (Spilling) bad luck.

Money. To lose, for old people, means short life.

Monkey. Malicious, secret enemies.

Moon. To see shining, sign wife loves you. Also getting of silver.

Mother. To see own living, sign of joy. To see dead, misfortune.

Mountains. Valleys, wood, or plains, is fears and troubles. To ascend high mountain, honours.

Mouth. Wider than ordinary, family will increase, and he will become rich.

Music. To hear, shall hear some acceptable news. To hear harsh discordant notes, signifies the contrary.

Nail. If yours long, profit. If short, loss.

Nakedness. To see man, fear and terror. To see woman, honor. If not fair, old and wrinkled, sign of shame, repentance, ill luck.

Negro. Trouble.

Night Birds. Any kind denotes should undertake no business day following.

Nose. Own large, signifies prosperity and acquaintance with rich people.

Nurse. Healthfulness.

Ocean. Bad luck—if you swim in or walk on.

Olives. Gathering off ground, labor and pain.

Onions. To eat and smell, sign secrets discovered. Quarrels threatened in domestic affairs.

Orchard. Luck and riches.

Organ. Disappointment. (Playing), lucky. (Seeing one in church), death.

Oranges. To eat, wounds, grief, vexation. (whether ripe or green.)

Ostrich. Disappointment.

Owl. Bad luck, sickness, death.

Oven. Hot one, change of place.

Oxen. Fat ones, sign of plenty for year. If lean, a year of scarcity. To see go to water, bad sign. To feed, is good sign.

Parrot. Gossip, slander.



I am so tired

There comes a time when the nightly sleep and the weekly day of rest are not sufficient to restore energy.

Not only are the voluntary nerves tired—those which control the movements of the body—but the nerves which control the vital organs fail and you know that your condition is serious.

Sleep fails, and with loss of sleep comes further debility, irritable temper and the tendency to fear and worry. Fear of a crowd, fear to be alone, or the more common fear of the future—these make life miserable.

You will not be using Dr. Chase's Nerve Food long before you discover its upbuilding effect on the system. Good, restful sleep, improved digestion and a brighter outlook on life will soon convince you that this treatment is bringing back your old-time health and vigor.

Dr. Chase's Nerve Food

Restores tired, excited nerves



THE SCHOOL GIRL



THE BUSINESS GIRL



MOTHER IN THE HOME

Women of all ages Attribute To the use of

IT seems that to properly appreciate we first have to lose it.

And so it happens that many thousands are going about their daily tasks feeling tired out and are wondering how they can win energy, vigor and attractiveness.

Many have not yet realized that the nervous systems have given out under the tremendous strain of modern life and that they can never be happy until the nervous energy is restored.

Tired, languid feelings way to health and vigor

Happily the depleted nerves can, in fact, be fully restored by a few weeks treatment with Chase's Nerve Food.

Many thousands of women of all ages have learned this in their own experiences, and are today enthusiastically telling their friends the good news.

Others have not yet learned about Dr. Chase's Nerve Food, and drag themselves about feeling tired out, lacking energy, unable to rest or sleep, making themselves miserable by their irritability and gloomy views of life.

To all such comes this message of good news: Chase's Nerve Food, the great restorative of the nervous system, which has proven itself women's friend for so many years.

It will bring joy and gladness to your life and to those with whom you associate.

Dr. Chase's

Stands alone as the recognized remedy for nervous exhaustion and such accompanying conditions as indigestion, and feelings of fatigue or The Dr. A. W. Chase Medicine.

all ages

Protect their Good Health Use of this great restorative

erly appreciate good health

many thousands of women
tasks feeling tired and worn
ow they can win back their
freshness.

realized that their nervous
under the tremendous strain
they can never be well and
energy is restored.

Feelings give Strength and vigor

nerves can, in most cases,
few weeks treatment of Dr.

women of all ages have proven
and are today enthusi-
s the good news.

Dr. Chase's Nerve Food
out, lacking in appetite
keep making themselves unattrac-
tively of life.

good cheer about Dr.
restorative of the nervous system,
for so many years.

life and through you to



THIS IS GRANDMA

An experience

"From my experience as a wife and mother I find that the majority of users of Dr. Chase's Nerve Food are women, especially women passing through the change of life; next by young mothers to regain strength after baby comes, and also by mothers for their young daughters entering their womanhood. While it is good for all classes of humanity, I am sure it is especially so for women, as they seem to be troubled most by nervous diseases."—Mrs. H. Alchorn, 23 Gerald Street, Charlottetown, P.E.I.

Dr. Chase's Nerve Food

is the recognized standard treatment for nervous
accompanying symptoms as headache, sleeplessness,
of fatigue and despondency. At all druggists
W. Chase Medicine Co., Limited, Toronto, Canada.



Pastry. (Eating), good news. (Making), profit.
 Pearls. Hard times, sorrow, tears.
 Pears. (Eating), sickness. (Gathering), enjoyment.
 Perfume. Profit, riches.
 Peacock. To see one, you will marry handsome wife. Will grow rich. Be in great honor and beloved.
 Pig. Good luck.
 Pictures. To draw them, signifies joy without profit.
 Pies. Joy and profit.
 Pit. To fall in one full of water, is good. To see friend fall in one, the person seen is near their end.
 Plow. Success in love.
 Policeman. Trouble, disgrace.
 Portrait. If original, good luck. (Destroying one) bad luck.
 Priest. Bad luck, perhaps death.
 Poverty. To be in, is good.
 Purse. To lose one, is good sign.
 Quarrels. If man dreams of quarrel and fighting, hear of some unlooked for news.
 Race. To see or run one, good, except to sick person.
 Rainbow. Betokens change in present place and manner of living.
 Rain. Inheritance.
 Rats. Trouble, enemies. (Killing), good luck.
 Raven. Bad luck, separation, death.
 Rice. (Eating), profit.
 Rope. Great trouble.
 Roses. Good luck, happiness.
 Running. (Yourself), trouble. (Others), bad news.
 Scissors. Quarrel, danger.
 Serpents. To see one turning and winding, means danger and imprisonment; also sickness and hatred. To kill one, you will overcome enemies.
 Sea. Walking on sea, good to them traveling.
 Sheep. Lucky.
 Ship. Dangerous journey.
 Shroud. Happiness.
 Shooting. Favorable if you shot some game.
 Shoes. Losing shoes and walking barefoot, sign pain and sickness.
 Shower. Without wind and tempest, signifies gain.
 Sickness. Signifies illness and want of work. To comfort sick, denotes profit and joy.
 Silk. To be clothed in, denotes honour.
 Silver. To gather, deceit and loss. To eat silver, means wrath and anger.
 Signaling. Will be effected and weep.
 Sisters. To see deceased sister or brother means long life.
 Smoke. Bad luck.
 Snakes. Bad luck, sickness. (Killing) success.
 Snow. Denotes good harvest to husbandman.
 Soldier. Change of residence, troubles, danger.

Half a Century Of Success

BEFORE you select a medical treatment you want to know something of its record.

Let others do the experimenting.

So far as treatment for the liver, kidneys and bowels is concerned, you do not need to take chances. For considerably over half a century Dr. Chase's Kidney-Liver Pills have proven themselves the most prompt and effective relief for derangements of these vital organs and to date medical research has found nothing to take their place.

Biliousness, indigestion, constipation, backache and rheumatic pains all result from a torpid, sluggish action of the liver, kidneys and bowels. When these eliminating organs fail, poisons are left in the blood and cause pains, aches and serious disease.

Because Dr. Chase's Kidney-Liver Pills for over half a century have proven the most satisfactory means of arousing these organs to healthful action and eliminating these poisons from the system, you can depend on them implicitly in time of need.

Bilious Headache

IN the lives of very many people biliousness is the cause of much discomfort, irritability and actual suffering. And biliousness is the result of a deranged liver.

So important is the liver as a filter of the poisons from the system that it is referred to in medical books as the governing organ of the body.

"And how am I to tell when the liver is failing to function properly," you may ask.



Headache is the most familiar symptom, sickness at the stomach, drowsiness, unwillingness to work, loss of appetite, irritability, mental dulness, coated tongue, unclean complexion—such are the signs of torpid liver and sluggish bowel action.

The quickest way to arouse the torpid liver is by the use of Dr. Chase's Kidney-Liver Pills.

For over half a century this medicine has proven its exceptional effectiveness as a regulator of the liver, kidneys and bowels. It stands to-day time-tested and without a rival as a relief for biliousness, indigestion and other symptoms resulting from derangements of the liver.

Dr. Chase's Kidney-Liver Pills

One pill a dose—One cent a dose

Why the Blood is Impure in the Spring

WINTER life is artificial.
We live too far away from nature.

The air we breathe is dry and super-heated.

The foods we eat are heavy and unnatural.

Many of us eat too much and do not take sufficient exercise to keep the liver, kidneys and bowels active.

For a time we can withstand these conditions, but as the long winter months drag on, our systems become filled with poisons.

The accumulation of poisons brings pains and aches and the tired, depressed feelings which are so general and so discomfoting at this time of year.

The blood must be purified before we get back comfort and energy and there is only one way in which this can be accomplished—by the healthful activity of the liver, kidneys and bowels.

The Cause of This Condition

The liver and kidneys have failed in their work as filters of the blood. They have become torpid and sluggish in action.

The food mass which should be digested as it passes through the system, has been so delayed that it ferments and hence the formation of gases, pains in the chest and abdomen and other dis-

trressing symptoms of **Chronic Indigestion.**

Since we entirely fail to take the exercise which is required to arouse the action of the liver, it becomes positively necessary to use medical treatment to spur up the activity of liver, kidneys and bowels.

The Most Prompt and Certain Relief

The use of Dr. Chase's Kidney and Liver Pills is recommended as the most prompt and certain relief for torpid, sluggish action of the liver, kidneys and bowels. This prescription contains the ingredients which medical science has recognized for generations as the best means of accomplishing these results.

Some of the Symptoms

These are some of the symptoms which accompany torpid, sluggish condition of the liver, kidneys and bowels:—

Headache,
Coated Tongue,
Fickle Appetite and Indigestion,
Feelings of weight about the Stomach,
Pains in the Back,
Depressed Spirits and Irritable Temper,
Irregularity of Bowels,
Loss of Weight,
Kidney Disorders,
Tired, Languid Feelings.

You are not experimenting when you use Dr. Chase's Kidney and Liver Pills.

A Time-Proven Medicine

For nearly half a century these pills have been for sale in drug stores and known to the general public.

Never Felt Better In My Life



Thanks to Dr. Chase's Kidney and Liver Pills

IF there are poisons in your blood, it is because the liver and kidneys are failing in their work as filters.

Among the first symptoms are usually headache, biliousness and indigestion resulting from slow torpid action of the liver. Constipation develops and soon the whole system is poisoned.

In vain the kidneys struggle to eliminate the poisons and when they break down the most serious and most painful diseases develop.

There is a treatment available in the form of Dr. Chase's Kidney-Liver Pills, which over a long period of years has proven most prompt and effective in relieving these conditions and restoring the vigor and activity of these filtering and eliminating organs.

Why endure the discomforts and risk the dangers which accompany poisons in the blood when you can so certainly regulate the system by using this time-proven treatment.



Chafing and Eczema

WHERE two surfaces of the skin come together—as in the arm pits and between the legs—there is particularly in fleshy babies, much discomfort from chafing. Then there is the usual redness and irritation of the skin resulting from wetness of the diapers.

From chafing eczema often develops. For this reason Dr. Chase's Ointment should be applied without delay.

Whether in young or old, Eczema causes keen distress because of the itching, stinging sensations which are set up. In addition there is the extreme difficulty of bringing about a complete healing of the skin.

Because it does positively relieve the itching almost as soon as applied and effects a healthful healing of the skin, Dr. Chase's Ointment is unquestionably the most satisfactory treatment obtainable for Eczema.

It is keenly distressing to the mother to witness the suffering of her baby from Eczema and not to know how to afford relief. Dr. Chase's Ointment supplies exactly this want.

Son. For man to talk to son, sign of danger that suddenly accrue to him.

Sparrows. Danger.

Spiders. Lucky. (Killing) bad luck.

Stairs. (Climbing) good. (Falling) down sorrow.

Stars. (Shining) good news. (Clouded over) bad luck.

Stockings. Riches.

Storm. Misfortune, danger.

Strawberries. Money.

Swallows. Good luck.

Swans. Happiness.

Sweeping. Worries.

Stings. Sign grief and care.

Sword. Drawn, signifies hot word contest.

Thorns. To walk on, sign destruction of enemies.

Thunder. Affliction of rich. To poor, repose.

Toads. To destroy, victory over enemies.

Treasure. To find hidden, is evil.

Thinble. Loss of employment.

Unvell. Marriage or inheritance.

Undertaker. Marriage.

Violets. Joy.

Vine. Sign of abundance, riches.

Violin. To see or play one, or other musical instruments sign of good news.

War. Sign of trouble and danger. If a soldier, dreams of war, it is gain.

Walking. In dirt or thorns, sickness. If in water, adversity and grief.

Wasps. Hard times.

Watch. Profit prosperity.

Water. (Walking on), success. (Spilling), a fire. (Drinking), pleasure. (Carrying), disappointment, losses. (Seeing, someone carrying), good luck to yourself or person carrying. (Muddy), trouble, worry.

(Clear), good luck. (Cold), an enemy. (Hot), sickness. (Falling), danger.

Wedding. (Your own), good luck. (Attending one), trouble.

Well. (Falling in) danger. (Drinking out of) good health. (Seeing one) good luck.

Wheat. Good luck.

Wheels. An inheritance.

Wife. If man dreams sees his marrying another, sign change of affairs. If woman, the same as her husband.

Will. Making one, you will live long time.

Window. Bad luck. (Broken) great danger. (Falling out) will lose lawsuit.

(Climbing in) profitable introduction.

Wine. Spilling, unlucky. (Drinking), success.

Woman. Generally unlucky. (Many of them) slander. (Blonde) devoted love.

(Brunette) passionate love.

Wreath. Fulfillment of desire.

How to Keep Baby's Skin Healthy



"I know that Dr. Chase's Ointment is the best treatment for chafing, skin irritations and Eczema."—Says Grandmother.

WHAT is so beautiful as baby's velvety, pink skin. How anxious is every mother to keep it so and to avoid the various irritations of the skin which not only mar baby's beauty but also cause much of baby's discomfort and suffering.

Where two surfaces of the skin come together—as in the arm-pits and between the legs—there is, particularly in fleshy babies, much

discomfort from chafing. Then there is the usual redness and irritation of the skin resulting from wetness of the diapers.

It is as a relief from this condition and as a preventive of eczema that Dr. Chase's Ointment is most appreciated.

The healing action of Dr. Chase's Ointment in such cases is truly remarkable and its timely use will save baby a great deal of unnecessary suffering.

Dr. Chase's

In Tube or Box



Ointment

Same Price, Same Quality

Eczema Is Conquered

BECAUSE of its tendency to become chronic and spread to other parts of the body, a hard fight is sometimes necessary to overcome eczema. When you begin the use of Dr. Chase's Ointment, make up your mind that you will persist in this treatment until it has had an opportunity to relieve you and you will not be disappointed.

Bathe the affected parts in tepid water in which is dissolved a little castile or tar soap, dry carefully by gently pressing with a towel so as not to irritate the sore, and apply the ointment plentifully night and morning. If water proves too irritating use olive oil for cleansing.

When desirable, the ointment may be spread on a clean linen or cotton cloth.

Dr. Chase's Ointment

Is invaluable wherever there is itching skin or a sore that will not heal.

Among the troubles for which Dr. A. W. Chase's Ointment is used with splendid results are:

Eczema and Salt Rheum.
Shingles, Tetter and Ringworm.
Scald Head and Baby Eczema.
Pimples and Blackheads.
Chafing and Skin Irritation.
Sore Feet and Toes.
Ingrowing Toe Nails.
Rough Red Skin. Erysipelas.
Chilblains and Frost Bites.
Poisoned Skin. Poison Ivy.
Itch, Barber's Itch, Prairie Itch.
Hives and Insect Bites.
Scalds and Burns, Sunburn.
Sore and Cracked Nipples.
Chapped Hands and Face.
Sore and Inflamed Eyelids.
Old Sores and Bed Sores.
Itching peculiar to Women.

Dr. A. W. Chase's Ointment is a positive relief for every form of itching, bleeding and protruding piles, pin worms and fistula.

SAMPLE TUBE FREE

Dr. Chase's Ointment

You can now obtain Dr. Chase's Ointment in tubes as well as in the familiar yellow tin box.

A sample tube will be sent free if you enclose a two cent stamp for postage.

Name.....

Place..... D 1930



How to Keep the Skin Young and Soft and Clear

Like That of a Child is the Problem Which Many Are Trying to Solve

SOME progress is being made by demanding purer and less harmful cosmetics and by giving greater attention to having them thoroughly removed each night by washing with warm water.

In spite of this the effect on the skin is to make it harsh and dry and consequently to encourage the formation of wrinkles.

If after carefully washing all the "make-up" from the pores of the skin you apply Dr. Chase's Ointment before retiring you will keep the skin clear of all irritations and at the same time develop a softness and fineness of texture which is most desirable.

As a Base for Powder

This Ointment also makes an ideal base for powder. A very thin coating on the skin imparts a smoother finish than the usual vanishing cream, retains the powder better, keeps the pores of the skin clean, healthy, soft and clear of irritations.

Vanishes When Rubbed In

You will find that Dr. Chase's Ointment is not greasy or oily and entirely vanishes when applied lightly and thoroughly rubbed in. For this reason it can be used at any time and acts as a great protection to the skin in wind and weather.

DR. CHASE'S OINTMENT

KEEPS THE SKIN YOUNG, SOFT, VELVETY



This Ointment possesses highly medicinal qualities, and works almost like magic in clearing and beautifying the skin.



It's an Ailment Which Few People Past Middle Age Escape

RESTRAINED by a sense of modesty, few people care to discuss diseases of the rectum.

And yet more people experience discomfort and distress from hemorrhoids or piles than from perhaps any other ailment.

Rather than ask friends about suitable treatment or seek the advice of their physician, they suffer on for an indefinite period.

More than a generation ago Dr. Chase's Ointment was introduced to the public as a treatment for hemorrhoids and other irritations of the skin. It was not new or untried even then but its merits are known now to the public as well as to the physician and it is recognized as the standard treatment for hemorrhoids.

It has won this enviable position because it positively brings relief almost as soon as applied. Thousands of letters have been received from people who have been relieved after suffering for ten, fifteen or twenty years.

Investigation will verify these statements but personal trial is the most conclusive evidence. Any druggist will supply you with Dr. Chase's Ointment and will tell you that it is universally used as the most effective relief for this annoying ailment. See coupon for free sample on page 24.

Every Cold Is Serious

IT is only a step from the ordinary cold to bronchitis with soreness and tightness in the chest and the dry, harsh cough and distressing coughing spasms.

Dr. Chase's Syrup of Linseed and Turpentine seems almost like a specific for bronchitis because it is so successful in loosening up the cough, aiding expectoration and relieving inflammation.

A trial will prove the effectiveness of this well-known treatment.

Croup

The croupy cough strikes terror to the mother's heart.

What a satisfaction she feels when she has at hand Dr. Chase's Syrup of Linseed and Turpentine with which to bring quick relief to the little sufferer.

The combination of linseed and turpentine with some other equally valuable ingredients has made Dr. Chase's Syrup of Linseed and Turpentine the most effective and most popular treatment for coughs, colds, croup, bronchitis, etc.



Hits the Spot

As a Quick Relief for

COUGHS
COLDS
CROUP
BRONCHITIS, Etc

Dr. CHASE'S
SYRUP *of*
Linseed 
and Turpentine

Coughs

What an annoyance is the common cough!

Whether at home or in public, the person with a cough becomes a nuisance and a menace.

And yet a cough is so easily relieved when you use Dr. Chase's Syrup of Linseed and Turpentine.

Why not use this time-tested treatment at the first sign of trouble in your throat and avoid the annoyance and dangers of more serious developments.

Dr. Chase's Liver Medicine

A vegetable product, composed of roots and herbs, which have been most effective as a relief for derangements of the liver.

DR. CHASE'S Liver Medicine is not recommended as a treatment for any disease that is not the direct result of disordered liver. If, however, your liver is sluggish or defective, if you have a yellow complexion, pain under the shoulder, oppression about the stomach, bitter taste in the mouth, sick headache, liver spots, cold hands or feet, irregular bowels, or depressed spirits, Dr. Chase's Liver Medicine will perfectly regulate the liver and remove the cause of trouble.

The bile which the healthy liver filters from the blood is Nature's cathartic and ensures regular and natural action of the bowels. By setting the liver right, Dr. Chase's Liver Medicine affords a lasting relief for constipation, which is the cause of probably nine-tenths of the disorders of the digestive system. You can, therefore, readily understand that while this treatment is recommended particularly for liver derangements it is far reaching in its effects and by setting the liver right, removes the cause of many symptoms.



Quick Relief from Pains and Aches

WHATEVER else may be missing from your medicine cabinet there must be found there a good liniment. This need is, we believe, best supplied by Dr. Chase's Liniment, which the famous Receipt Book author described as the most effective liniment he ever used in his extensive practice.

Use it for Headache, Backache, Rheumatism, Lumbago and Sciatica.

Rub it in for Sprains, Strains, Bruises, and as a relief from swelling and inflammation.

Dr. Chase's Liniment is a high-class preparation composed of essential oils and drugs. It is pleasant to use, warm and soothing in effect and surprisingly potent in driving out pains and aches.

Dr. Chase's Liniment



Speedy Relief from
Catarrh and Hay Fever

DR. CHASE'S CATARRH POWDER

CATARRH usually develops from repeated "colds in the head." The linings of the nose, throat and bronchial tubes become inflamed. There is hawking and spitting to clear the throat, offensive breath, droppings into the throat, and the eyes become red and watery.

As the disease becomes more chronic there are pains in the head, deafness and feelings of fatigue and lassitude.

The greatest relief is obtained from the disagreeable symptoms of catarrh by the use of Dr. Chase's Catarrh Powder. This treatment thoroughly cleanses and heals the irritated mucous linings of the nose and throat.

As the symptoms of Hay Fever are very similar to those of catarrh, relief is obtained by using this treatment.

DR. A. W. Chase's Every-Day Mouth Wash



THE pleasant, refreshing effect of using Dr. A. W. Chase's Every Day Mouth Wash to rinse the mouth in the mornings and after meals is a reward in itself.

The real benefits obtained are:

The Preservation of the Teeth and

The Destruction of Disease Germs.

Dr. A. W. Chase's Every Day Mouth Wash is also used as a spray or gargle in the control of ailments of the nose and throat. It is non-irritating and powerfully effective as an antiseptic lotion.

Bad breath, resulting from smoking, drinking, indigestion, etc., may be readily overcome by the use of Dr. A. W. Chase's Every-Day Mouth Wash.

DR. CHASE'S MEDICINES

DR. CHASE'S Nerve Food for Sleeplessness, Headache, Irritability, Anaemia, Weak Blood and Exhaustion of the Nervous System.

Dr. Chase's Kidney-Liver Pills for Constipation, Indigestion, Biliousness, Liver Complaint, Backache, Rheumatism and Kidney Disorders.

Dr. Chase's Ointment for Eczema, Chafing, Hemorrhoids and all Irritations of the Skin.

Dr. Chase's Syrup of Linseed and Turpentine for Coughs, Colds, Croup, Bronchitis, etc.

Dr. Chase's Catarrh Powder for Cold in the Head, Catarrh and Hay Fever.

Dr. Chase's Liver Medicine for Liver Disorders and Jaundice.

Dr. Chase's Liniment for Rheumatism, Lumbago, Backache, etc.

Dr. Chase's Every-Day Mouth Wash, an antiseptic for throat and gums.

AT ALL DRUGGISTS



For your protection the portrait and signature of A. W. Chase, M.D., are found on every package of his medicines.

The Dr. A. W. Chase Medicine Co., Limited,
TORONTO, CANADA



Dr CHASE'S SYRUP *of Linseed
and Turpentine*
for **COUGHS - COLDS - CROUP
BRONCHITIS AND ASTHMA**

DREAMS

and their meaning



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