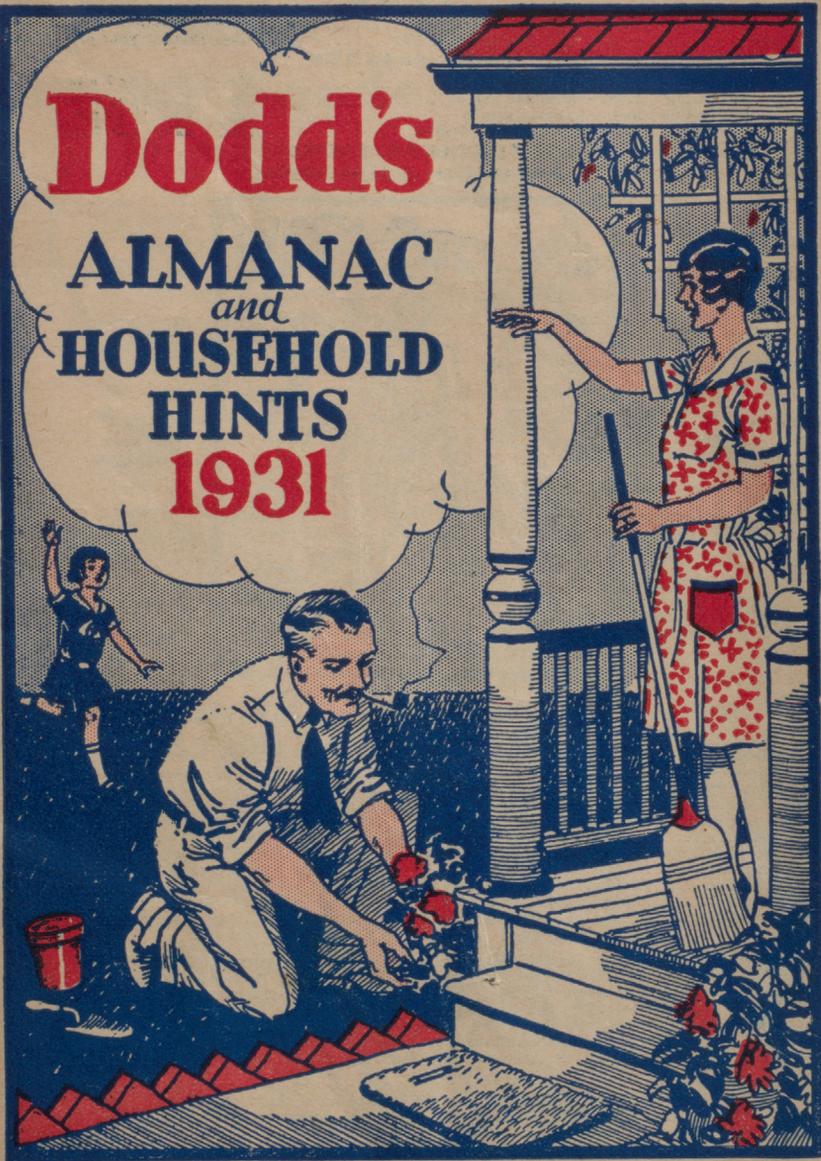


1291

# Dodd's

ALMANAC  
*and*  
HOUSEHOLD  
HINTS  
1931



# 1931

Golden Number..... 13    Solar Cycle..... 8    Roman Indiction..... 14  
 Epact..... 11    Dominical Letter..... D    Julian Period (year of) 6644

## THE SEASONS

Sun enters Aries—Spring commences..... March 21st, 9.07 a.m.  
 Sun enters Cancer—Summer begins..... June 22nd, 4.28 a.m.  
 Sun enters Libra—Autumn begins..... Sept. 23rd, 7.24 p.m.  
 Sun enters Capricornus—Winter begins..... Dec. 22nd, 2.30 p.m.

## ZODIACAL SIGNS

Head and Face, ♈ ARIES, the Ram.

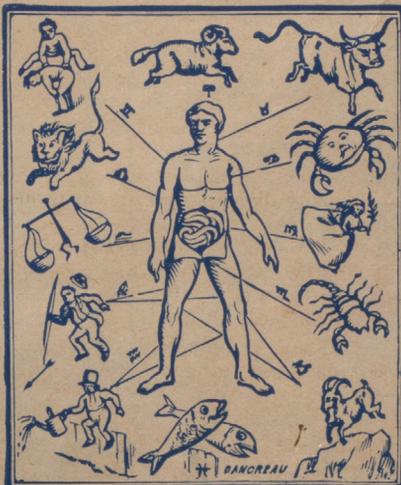
Arm.  
 ♊ GEMINI,  
 The Twins.

Heart.  
 ♌ LEO,  
 The Lion.

Reins.  
 ♎ LIBRA,  
 The Balance.

Thighs.  
 ♐ SAGITTARIUS,  
 The Bowman.

Legs.  
 ♑ AQUARIUS,  
 The Waterman.



Neck.  
 ♉ TAURUS,  
 The Bull.

Breast.  
 ♋ CANCER,  
 The Crab.

Bowels.  
 ♍ VIRGO,  
 The Virgin.

Secrets.  
 ♏ SCORPIO,  
 The Scorpion.

Knees.  
 ♐ CAPRICORNUS,  
 The Goat.

Feet, ♓ Pisces, the Fishes.

## HOLIDAYS, FESTIVALS, ANNIVERSARIES, ETC.

New Year's Day (Thurs.) Jan. 1	Low Sunday..... Apr. 12	Labor Day (Mon.)..... Sept. 7
Epiphany..... Jan. 6	St. George..... Apr. 23	Hebrew New Year..... Sept. 12
Septuagesima Sunday..... Feb. 1	Accession King George V..... May 6	Day of Atonement..... Sept. 21
Quinquagesima (Sun.)..... Feb. 15	Rogation Sunday..... May 10	Feast of Tabernacles..... Sept. 26
Ash Wednesday..... Feb. 18	Ascension Day..... May 24	St. Michael (Mich. Day) Sept. 29
Quadragesima, 1st S. in L. Feb. 22	Victoria Day (Sun)..... May 24	All Saints' Day..... Nov. 1
St. David..... Mar. 1	Pentecost (Whit Sun.)..... May 24	Armistice & Thanksg' v'g DNov. 10
St. Patrick..... Mar. 17	Birth Queen Mary (1867) May 26	First Sunday in Advent..... Nov. 29
Annunciation..... Mar. 25	Trinity Sunday..... May 31	St. Andrew..... Nov. 30
Palm Sunday..... Mar. 29	Birth King George V. 1865 June 3	Conception Day..... Dec. 8
Good Friday..... Apr. 3	Corpus Christi..... June 4	St. Thomas..... Dec. 21
Easter Sunday..... Apr. 5	Dominion Day (Wed.)..... July 1	Christmas Day (Fri.)..... Dec. 25

## MORNING AND EVENING STARS

**Mercury.**—Elongations Jan. 28th, May 27th, Sept. 21st, seen before sunrise in the eastern sky. Elongations April 10th, Aug. 8th, Dec. 3rd, seen after sunset in the western sky. **Venus.**—Elongations west, Feb. 1st. In conjunction with Saturn, Feb. 25th. Conjunction with Jupiter to the east, Aug. 6th. Conjunction with Moon, Aug. 13th, nearest the Sun, Aug. 18th. In conjunction with Moon, Sept. 12th. Venus being west and in conjunction with Saturn to the north. **Mars.**—In opposition to Sun, Jan. 27th, and in conjunction with the Moon on March 1st. On April 1st will be at its farthest from the Sun. On June 16th in conjunction with Neptune 0° 28' to the Sun. In conjunction with Moon, July 19th, on Sept. 14th and on Oct. 15th.

## ECLIPSES IN 1931

In the year 1931 there will be three eclipses of the Sun and two of the Moon.  
**I.**—A total eclipse of the Moon, April 2nd, 1931, invisible in Canada. **II.**—A partial eclipse of the Sun, April 17th and 18th, invisible in Canada. Magnitude, 0.511. **III.**—A partial eclipse of the Sun, Sept. 12th, visible west of longitude 140° in northern latitudes 51° to 71°. **IV.**—A total eclipse of the Moon, Sept. 26th, 1931, invisible at Toronto; **V.**—A partial eclipse of the Sun, Oct. 11th, 1931, invisible at Washington and Toronto.

# A Message to Our Readers

WE take great pleasure in presenting to you the 1931 Edition of **Dodd's Household Hints and Almanac**, to be hung up along with its "Companions of Information" which we have published annually for nearly half a century.

Advice is often wasted because it is given free. We hope the advice contained in this book will not be wasted on that account, and we feel sure that your own intelligence will guide you to read and study carefully the following pages, which have been compiled wholly and solely for your benefit.

We are often asked to explain how it is that the Kidneys are responsible for so many diseases that appear to differ so widely. The answer is simple, and we can make it clear to you when we explain that the Kidneys are nothing more nor less than the filters of the body. It is their duty to filter out of the blood all the impurities, waste matter, Uric Acid, and other poisons that are for ever gathering there. Without the Kidneys our bodies would soon become a mass of corruption. The Kidneys are really the most important organ in the human mechanism; they are the sentinels nature has placed within us to watch over our well-being. They are very delicate, easily deranged, a strain, a blow, excessive eating or drinking, or a chill will affect them, and cause them to fail in their duty. **Dodd's Kidney Pills** assist the many diseases arising from Kidney Trouble by relieving the Kidneys themselves. They heal the Kidneys, re-vitalize them, restore them to healthy activity, and assist them to perform the duties we have mentioned above.

**Dodd's Kidney Pills** are a safe medicine, and may be taken with perfect confidence by old and young. They contain nothing injurious to the most delicate constitution.

**Dodd's Dyspepsia Tablets** are the most valuable aid to digestion, and the most reliable help for all forms of Dyspepsia, for they relieve the sufferer.

**Diamond Dinner Pills** are a purely vegetable remedy, and should be found the most satisfactory remedy for all derangements of the Liver and Bowels.

**Dodd's Antiseptic Healing Ointment** should be in every Household for regular and emergency use. It is a safe, antiseptic, healing and soothing treatment for all forms of Skin Diseases, Cuts, Burns, etc.

In the following pages will be found a brief description of the cause, symptoms, and treatment of many diseases arising from weakness of the Kidneys, and we trust that you will find them useful in guiding you back from sickness into the paths of health.

The Dodds Medicine Co., Limited, Toronto 2, Ont.

# EXAMINE YOURSELF

*Are Your Kidneys Affected?  
Answer Truthfully the  
following questions*

ASK yourself the following questions. Answer truthfully, for your future health and happiness depends on your honesty to yourself in this matter. Many have found out to their dismay that they have had Kidney disease, only when asked just such questions in an examination for life insurance. If you have to answer "Yes" to any of these questions, you are in danger. If your answer to two or more of them be "Yes," you should act promptly.

Have you a back-ache? Do your limbs feel heavy?  
Do you have scanty flow of urine?  
Do you suffer from unusual thirst?  
Does your urine appear thick or milky?  
Do you have frequent severe headaches?  
Do you have cramps in the muscles and limbs?  
Have you been losing weight and strength rapidly?  
Have you uneasiness or pains occasionally in the loins?

## Don't Wait. There is Danger in Delay.

There is one remedy which can be used with perfect confidence. Dodd's Kidney Pills have helped hundreds of thousands of other Canadian men and women back to health—so why not you? For over a third of a century Dodd's Kidney Pills have been the standard remedy for all Kidney ailments.

Price 50 cents per box, or six boxes for \$2.50. All dealers, or by mail on receipt of price. The DODDS MEDICINE Co., Limited, Toronto, Canada.

Do you make water too frequently either during the day or night?

Have you failing or indistinct vision with flashes of light or floating specks?

Does your perspiration or urine after exposure, have a bad and disagreeable odor?

Do you have deposits of sand, gravel, brick-dust, or white mucous in the urine?

Have you dark circles around the eyes puffiness under the eyes, or bloated appearance of the face in the morning?

Have you dark red or bloody-looking urine, which scalds you in passing, or do you notice shreds in it?

Are you irritable?

Is your sleep broken?

Have you dizzy feeling?

Have you shortness of breath?

Are you greatly depressed in spirit?

Do you suffer from nausea after eating?

Have you tender

spots in the back over the spine?

Do you get tired and nervous after ordinary exertion?

Do you start in your sleep, have bad dreams or nightmare?

Has your skin a dry or harsh feeling, and does it itch and burn at night?

Do you have attacks of rheumatism, stiffness of the joints, neuralgia, lumbago or sciatica?

Do you have a tired feeling in the region of the kidneys, with a dragging, heavy feeling across the loins?

## CAUTION

Beware of imitations. Accept only the genuine D-o-d-d's. Picture of box on back of cover.

MOON'S PHASES

	D.	H.	M.
Full Moon . . . .	5	7	40 p.m.
Last Quarter . . . .	12	3	7 p.m.
New Moon . . . . .	19	8	24 p.m.
First Quarter . . . .	27	10	59 p.m.

Day of Month	Day of Week	Zodiac Signs	Sun		Moon	Weather Probs.
			Rises	Sets	Sets	
			H.M.	H.M.	H.M.	
1	M	T	7 31	4 42	2 39	Generally cold, frequent rain and snow-flurries, becoming warmer with occasional showers.
2	T	T	7 32	4 42	3 45	
3	W	C	7 33	4 42	4 51	
4	T	C	7 34	4 41	6 08	
5	F	R	7 36	4 41	rises	
6	S	R	7 37	4 41	4 59	
7	Sun	Q	7 38	4 41	6 01	Very cold with rain and little snow.
8	M	Q	7 39	4 41	7 13	
9	T	Q	7 40	4 41	8 33	
10	W	Q	7 40	4 41	9 54	
11	T	W	7 41	4 41	11 11	
12	F	W	7 42	4 41	a.m.	
13	S	W	7 43	4 41	0 27	
14	Sun	W	7 44	4 41	1 41	
15	M	T	7 44	4 42	2 54	
16	T	M	7 45	4 42	4 00	
17	W	M	7 46	4 42	5 24	
18	T	M	7 46	4 42	6 37	
19	F	S	7 47	4 43	sets	
20	S	S	7 47	4 43	4 59	
21	Sun	S	7 48	4 44	5 59	Becomes slightly warmer but rainy.
22	M	S	7 48	4 44	7 05	
23	T	S	7 49	4 45	8 11	
24	W	S	7 50	4 45	9 16	
25	T	S	7 50	4 46	10 20	
26	F	S	7 50	4 46	11 22	
27	S	S	7 51	4 47	a.m.	
28	Sun	T	7 51	4 48	0 20	
29	M	T	7 51	4 48	1 19	
30	T	T	7 52	4 49	2 35	
31	W	T	7 52	4 50	3 45	

HER BACKACHE TROUBLE QUICKLY DISAPPEARED

Ontario lady tells of benefits derived from Dodd's Kidney Pills



Mrs. Austin Cundill

"I have used Dodd's Kidney Pills and found great relief in them," writes Mrs. Austin Cundill, R.R.1., Fenelon Falls, Ont.

"I suffered with a backache and my kidneys troubled me quite often. I didn't feel like doing very much work. I decided I would give Dodd's Kidney Pills a trial and found them very good."

Dodd's Kidney Pills hold their popularity not because of promises they make, but because of the good they do.

Dodd's Kidney Pills are purely and simply a Kidney remedy. They strengthen the kidneys so they can do their full work of straining the impurities out of the blood.



Mrs. Daigle

"I have had full experience with Dodd's Kidney Pills and have used them many times for backache. I can recommend them to all those who suffer with their kidneys.

You will find that they give you quick relief with the best of results. Always keep a box or two on hand."

MRS. A. L. DAIGLE,

Box 113, Richibucto, N.B.

# Dodd's Kidney Pills

*Will Not Injure The Most  
Delicate Constitution*

**M**EDICAL research in the past few years has proved that to disordered kidneys are due many diseases hitherto ascribed to other causes. Owing to the delicacy of the kidneys, they are easily upset. A slight strain or wet feet may lay the foundation for years of suffering. Again kidney diseases are of such an insidious nature, that they may be present for months or years without being suspected. So that every one should be on his guard to note the first symptoms.

Experience for nearly half a century has proved Dodd's Kidney Pills to be the best remedy for all kidney diseases. These Pills are sugar-coated, easily taken and conveniently carried on the person.

Dodd's Kidney Pills were introduced to the public many years ago, and were the first Kidney medicine to be put up in pill form. They cannot injure the most delicate constitution. The medicines they contain are of a highly concentrated form. Everything acts strictly on the kidneys. They are sold only in boxes, a picture

of which you will see on the back cover of this book. Owing to the great success of Dodd's Kidney Pills many imitations have been put upon the market from time to time, but against them all we must warn you—not for our sakes but for your own. Your health is far too serious a matter for you to waste time experimenting with imitations of the genuine Dodd's Kidney Pills. The genuine are best and as easy to get as the imitation, but if you should have any difficulty write to us and we would be pleased to mail you the goods upon receipt of price.

Dodd's Kidney Pills are no cure-all. They are purely and simply an effective and reliable Kidney Remedy. Ask your friends and neighbours about them.

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Dodd's Kidney Pills are sold for 50c. per box or six boxes for \$2.50 Address all correspondence to The Dodds Medicine Company Limited, Toronto 2, Ontario, Canada.

"I have found Dodd's Kidney Pills very good. They have relieved me of a lot of rheumatism. When I feel any rheumatism twinges I turn at once to Dodd's Kidney Pills. My daughter took four boxes last fall because she had bad pains in the joints. After taking the pills the pains were gone. I recommend Dodd's Kidney Pills to my neighbours whenever I hear them complain of rheumatic pains. I do not think there is any better remedy."

MRS. ANTON JOHNSON,  
P.O. Red Lodge, Alta.

MOON'S PHASES

	D.	H.	M.
Full Moon.....	4	8	15 a.m.
Last Quarter....	11	0	9 a.m.
New Moon.....	18	1	36 p.m.
First Quarter....	26	7	6 p.m.

Day of Month	Day of Week	Zodiac Signs	Sun		Moon Sets	Weather Probs.
			Rises	Sets		
1	T	♈	H.M.	H.M.	H.M.	Begins cold with snow and wind milder for some days.
2	F	♈	7 52	4 50	4 57	
3	S	♈	7 53	4 50	6 11	
4	Sun	♈	7 53	4 53	rises	and wind milder for some days.
5	M	♈	7 52	4 54	6 11	
6	T	♈	7 52	4 55	7 34	Then colder with frequent snow falls.
7	W	♈	7 52	4 56	8 56	
8	T	♈	7 52	4 57	10 15	
9	F	♈	7 52	4 58	11 32	Then rapid thaw with some rain.
10	S	♈	7 52	5 00	a.m.	
11	Sun	♈	7 51	5 01	0 46	Then rapid thaw with some rain.
12	M	♈	7 51	5 02	2 00	
13	T	♈	7 50	5 03	3 14	Mild till end of month.
14	W	♈	7 50	5 04	4 27	
15	T	♈	7 50	5 05	5 36	Mild till end of month.
16	F	♈	7 49	5 07	6 37	
17	S	♈	7 48	5 08	7 30	Mild till end of month.
18	Sun	♈	7 48	5 09	sets	
19	M	♈	7 47	5 11	5 59	Mild till end of month.
20	T	♈	7 47	5 12	7 04	
21	W	♈	7 47	5 13	8 09	Mild till end of month.
22	T	♈	7 46	5 14	9 12	
23	F	♈	7 45	5 15	10 13	Mild till end of month.
24	S	♈	7 44	5 16	11 15	
25	Sun	♈	7 43	5 18	a.m.	Mild till end of month.
26	M	♈	7 43	5 19	0 20	
27	T	♈	7 42	5 20	1 26	Mild till end of month.
28	W	♈	7 41	5 22	2 36	
29	T	♈	7 40	5 23	3 48	Mild till end of month.
30	F	♈	7 39	5 25	5 01	
31	S	♈	7 37	5 26	6 05	

A SHORT TREATMENT OVERCAME MY TROUBLES

Says B. C. man after using Dodd's Kidney Pills



Mr. Bruce G. Auld

"I began to have a dull pain over the kidneys," writes Mr. Bruce G. Auld, well known in Coghlan, B.C.

"After taking a few doses of Dodd's Kidney Pills I got ready relief. Due to making use of these pills when my troubles first began a very short treatment over-

came my troubles. In case of a return of my former troubles I shall use Dodd's Kidney Pills at once."

Dodd's Kidney Pills are purely and simply a Kidney remedy. They strengthen weak Kidneys, aid diseased Kidneys, allay inflammation, clear the clogged passages, revitalize the Kidneys of the aged and give tone to the Kidneys of the young. Take Dodd's Kidney Pills occasionally to prevent Kidney disorders.

"I cannot praise Dodd's Kidney Pills enough for all they have done for my health for the past two years. I got run-down. I do quite a bit of outside work and have to do a lot of stooping. I was often hindered by pains across my back and my nerves got bad. I could not sleep well. I began to realize I needed something to tone up my system, so I began taking Dodd's Kidney Pills and found after I had taken the first box that I began to gain in strength. I continued taking them and the pain gradually left my back."

MISS M. LARLEE,

Cains Mountain, C.B., N.S.

# SPRING MEDICINES

**WE** know that the blood is weak and impure in the spring, because we feel dull, listless, languid, tired and generally run down.

We know that defective or diseased Kidneys and impure blood result in Rheumatism, Lumbago, Urinary Diseases, and many other maladies of a very serious nature.

These diseases follow imperfect Kidney action, which poisons the system with "bad blood." And unless a Kidney medicine be taken, some of them will result.

For this reason Dodd's Kidney Pills is the best spring medicine to be relied upon.

Dodd's Kidney Pills act directly upon the Kidneys. They act immediately.

They clear out the clogged-up tubes and stimulate the blood-filters to vigorous and continuous action. They restore the Kidneys to perfect action.

Then a full supply of pure, fresh, cool blood flows to every nerve and muscle, every joint and every fibre in the body.

By cleansing and strengthening the fountain, Dodd's Kidney Pills purify and enrich the life-stream.

Vigor and strength takes the place



of languor and weakness. That dull, tired, listless, run-down feeling gives place to one of robust health; the eye grows clear and bright; the brain becomes clear and active, and life becomes again worth living.

The Dodds Medicine Company Limited claims, and the claim is supported by the written endorsement of thousands of persons who have proved its truth, that Dodd's Kidney Pills are the best spring medicine.

The claim is based on the facts that the Kidneys are the organs that require a toning, strengthening and repairing treatment in the spring, and that Dodd's Kidney Pills are the best medicine having such an effect on these organs.

The human system requires a "house-cleaning" every spring just as much as our dwelling-places do.

After a winter's extra hard work, the Kidneys are tired, wornout, in the spring. Therefore, Dodd's Kidney Pills are the best spring medicine.

"I have always had such good results from using Dodd's Kidney Pills. I always get a box or two whenever I have an ache in the small of my back. They relieve the trouble in a very short time. They are also very good for dizziness. I have proved their value and use them every time I feel these symptoms."

JOHN INNES,

822-5th. Avenue, New Westminster, B.C.

MOON'S PHASES

	D.	H.	M.
Full Moon.....	2	7	26 p.m.
Last Quarter....	9	11	10 a.m.
New Moon.....	17	8	11 a.m.
First Quarter....	25	11	42 a.m.

Day of Month	Day of Week	Zodiac Signs	Sun		Moon	Weather Probs.
			Rises	Sets	Sets	
1	Sun	☉	H.M.	H.M.	H.M.	Changes to severe cold zero weather.
2	M	☌	7 36	5 27	7 00	
3	T	☍	7 35	5 29	riser	
4	W	☎	7 34	5 30	6 29	
5	T	☏	7 33	5 32	7 52	
6	F	☐	7 32	5 33	9 13	
7	S	♄	7 30	5 35	10 31	
8	Sun	♃	7 28	5 37	a.m.	A little warmer with rain.
9	M	♉	7 27	5 39	1 04	
10	T	♊	7 25	5 40	2 18	
11	W	♈	7 24	5 41	3 19	
12	T	☉	7 23	5 42	4 34	
13	F	☌	7 21	5 44	5 28	
14	S	☍	7 20	5 45	6 13	
15	Sun	☎	7 18	5 46	6 49	Changes to steady and severe cold with light snow occasionally.
16	M	☏	7 17	5 48	7 17	
17	T	☐	7 16	5 49	sets	
18	W	☑	7 14	5 51	7 03	
19	T	☒	7 13	5 52	8 15	
20	F	☓	7 11	5 54	9 07	
21	S	♄	7 10	5 55	10 10	
22	Sun	♃	7 08	5 56	11 16	
23	M	♉	7 06	5 57	a.m.	
24	T	♊	7 04	5 58	0 22	
25	W	♈	7 03	5 59	1 32	
26	T	☉	7 02	6 01	2 42	
27	F	☌	7 00	6 02	3 48	
28	S	☍	6 59	6 04	4 46	

THEY MADE ME FEEL LIKE A NEW WOMAN

Quebec Lady Recommends Dodd's Kidney Pills



Mrs. Nora Nixon

"Dodd's Kidney Pills are very good," writes Mrs. N. Nixon R.R. No. 3, Mansonville P.Q. "They stopped my back from aching and made me feel like a new woman. I would recommend them to anyone for their kidneys."

Dodd's Kidney Pills not only relieve the pain or ache that is causing the most distress, they put the kidneys in good working order and all impurities are strained out of the blood. The result is new strength to every part of the body. That's why so many sufferers, relieved by Dodd's Kidney Pills, sum up their condition, "I feel like a new woman." New energy is new life.



Mrs. Dave Letander

"I am the mother of three children. Before my first son was born I always had a backache and suffered with my kidneys. One day I saw Dodd's Kidney Pills advertisement in the newspaper and thought I would give them a trial. Till this day I'll never forget Dodd's Kidney Pills for the good they did me. They completely relieved my backache."

MRS. DAVE LETANDER,  
Fairford, Man.

# What is Kidney Poison?

**WHAT** is the Kidney poison of which previous pages speak? What is this danger that lurks within the body; the enemy which the Kidneys so often fail to remove? This is a question often asked, and we will try to make it clear.

The position is very simple. Good fuel will burn in a clear grate, but as it burns it leaves clogging accumulations of dead ashes behind it. If you add fresh fuel, and leave the dead waste ashes in the grate, the fire will not burn so brightly, and bye and bye it will go out altogether, choked by the waste of its own combustion. You must keep the grate clear.

So with the body. You add fuel in the shape of food to feed continually changing tissue. The ever changing system decays and rebuilds itself, and in the process dead waste matter is formed, and flows with the blood. This matter, if it is not taken from the system, becomes immediately a deadly poison, and it will speedily choke the body, just as ashes choke the fire in the grate.

Nature, to clear away the waste, has given to each of us Kidneys. The Kidneys should separate all the decayed matter from the blood and instead of letting it remain in the body should send the pure red stream of life forward free from impurity.

The Kidneys cleanse the blood, take away foulness that Nature is constantly throwing off, and expel it through the urinary organs.

If the Kidneys are not healthy, they do not fulfil this duty. The waste caused by the wear and tear of the body remains, poisoning the blood, polluting the system, under-

mining and impeding every other organ.

What healthy Kidneys take out, what weak Kidneys leave behind, is Kidney poison, and most of the ills we bear are due to it.

Keep the grate clear and the fire will burn brightly; keep the body pure and sweet by seeing to Nature's cleansers, the Kidneys, and life will run with a merry swing.

If you think your Kidneys are not as they should be, if your symptoms tell you that a loathsome poison is creeping into your blood, get help for the weakness. Dodd's Kidney Pills have stood the test of years, and bear a world-wide reputation for helping Kidneys that are not acting properly. They restore the Kidneys, and to many sufferers they have meant a life's salvation.

How very important it is, therefore, to be sure that the Kidneys are sound. The rules for Self-Examination on page 2 will enable you to make sure.

"I am 88 years of age and find your Dodd's Kidney Pills good for lame back or any Kidney trouble. I have taken several boxes and have not been troubled since. Whenever I feel any pains I use your pills and am all right again."

ALEX J. GAMMON,  
Hartlings Quaddy, N.S.

"I have taken Dodd's Kidney Pills for rheumatic pains in my left shoulder and find them very beneficial. The pain is much less and I will gladly recommend them to anyone suffering from rheumatism."

S. COXILL,  
733 Sammon Ave., Toronto, Ont.

## BACKACHE DISAPPEARED AFTER THE FIRST BOX

*Says Ontario Lady who used  
Dodd's Kidney Pills*



Mrs. Sarah Maenpaa

"I was suffering from backache for a long time," states Mrs. S. Maenpaa, a resident of Nollu, Ont.

"I had terrible pains and was hardly able to bend. I got some Dodd's Kidney Pills and after taking them three times a day I started to get

better. I had not used the whole box before I recovered. Many thanks to Dodd's Kidney Pills."

The great satisfaction Dodd's Kidney Pills are giving as a remedy for Kidney troubles is shown by the large number of people who always keep them on hand. Dodd's Kidney Pills do not affect the liver or stomach, they are just a special Kidney medicine, solely affecting the Kidneys. The road to good health lies through the Kidneys, so keep them in good condition with Dodd's Kidney Pills.

### Sure Cure

Two farmers met on the road and pulled up.

"Si, I've got a mule with distemper. What'd ye give that one o' yours when he had it?"

"Turpentine. Giddap."

A week later they met again.

"Say, Si, I gave my mule turpentine and it killed him."

"Killed mine, too. Giddap."

### MOON'S PHASES

	D.	H.	M.
Full Moon.....	4	5	36 a.m.
Last Quarter....	11	0	15 a.m.
New Moon.....	19	2	51 a.m.
First Quarter....	27	0	4 a.m.

Day of Month	Day of Week	Zodiac Signs	Sun		Moon	Weather Probs.
			Rises	Sets	Sets	
1	Sun	☉	H.M.	H.M.	H.M.	Moderately cold with snow flurries.
2	M	☌	6 57	6 05	5 35	
3	T	☍	6 55	6 06	6 14	
4	W	☎	6 54	6 08	6 45	
5	T	☏	6 52	6 09	rises	
6	F	☐	6 50	6 10	8 04	
7	S	☑	6 48	6 12	9 25	
8	Sun	♈	6 45	6 14	a.m.	Milder with rain.
9	M	♈	6 43	6 15	0 03	
10	T	♈	6 41	6 16	1 18	
11	W	♈	6 39	6 17	2 26	
12	T	♈	6 37	6 19	3 25	
13	F	♈	6 36	6 20	4 14	
14	S	♈	6 35	6 21	5 22	
15	Sun	♈	6 33	6 23	5 22	High, dry winds.
16	M	♈	6 31	6 24	5 46	
17	T	♈	6 29	6 25	6 06	
18	W	♈	6 27	6 26	6 23	
19	T	♈	6 25	6 28	sets	
20	F	♈	6 23	6 29	8 02	
21	S	♈	6 22	6 30	9 07	
22	Sun	♈	6 20	6 32	10 14	Colder: Moderate to end of month with some rain.
23	M	♈	6 18	6 33	11 22	
24	T	♈	6 16	6 34	a.m.	
25	W	♈	6 14	6 35	0 32	
26	T	♈	6 12	6 37	1 38	
27	F	♈	6 11	6 38	2 38	
28	S	♈	6 09	6 39	3 28	
29	Sun	♈	6 07	6 40	4 10	
30	M	♈	6 05	6 41	4 42	
31	T	♈	6 04	6 42	5 09	

"I was troubled very much with my kidneys and it seemed to be turning into rheumatism. My legs used to swell and I had so much pain I could hardly turn over in bed. After using three boxes of your Dodd's Kidney Pills I feel like a young man of 25 again. I am 58 years old. I have never used anything that has helped me so much."

AUSTIN J. RENNER,  
642-5th St. South,  
Lethbridge, Alta.

# RHEUMATISM

*The aches and pains of this well-known complaint are known to most persons.*

NO disease is more common than rheumatism. Its aches and pains, its tortures you might say, are unfortunately known to most persons.

Rheumatism is due to the presence of uric acid in the blood. Urea is one of the impurities of the blood designed to be extracted by means of the Kidneys. If the Urea is not drawn off, but remains in the blood, it is changed into uric acid which in minute crystals is deposited in the joints or between the muscles, thus causing the excruciating pains of rheumatism.

If the kidneys are doing their duty there should be no uric acid in the blood, but if the kidneys are tired, worn out or out of order, the amount of this poison in the blood will increase daily.

The remedy is Dodd's Kidney Pills.

Rheumatism is a most obstinate disease, and as remedies such as oils,



liniments, embrocations, baths and rubbings fail to relieve, sufferers become discouraged. There are many people to-day who have suffered for years from this painful malady without knowing that rheumatism is caused by faulty kidneys, and if the kidneys are properly attended to and are in shape to do their full work of removing the uric acid from the blood there will be no rheumatism.

Years of experience have taught that Dodd's Kidney Pills help the kidneys. Thousands of boxes of Dodd's Kidney Pills are used every day in the treatment of rheumatism, and in this booklet will be found letters from prominent Canadian men and women telling of their relief from rheumatism by the simple and obvious method of treating the kidneys through the old reliable, time tested remedy, Dodd's Kidney Pills.

"I had a very bad attack of rheumatism a short time ago. I tried Dodd's Kidney Pills and after taking three boxes I was perfectly relieved. I always keep a box in the house now and use them occasionally. I have never had a bad attack since I started to use them. I must give credit where credit is due, and this goes to Dodd's Kidney Pills."

STUART MACDONALD,

Upper East Lake, N.S.

MOON'S PHASES

	D.	H.	M.
Full Moon.....	2	3	6 p.m.
Last Quarter....	9	3	15 p.m.
New Moon.....	17	8	0 p.m.
First Quarter....	25	8	40 a.m.

Day of Month	Day of Week	Zodiac Signs	Sun		Moon	Weather Probs.
			Rises	Sets	Sets	
1	W	♈	H.M. 6 02	H.M. 6 43	H.M. 5 33	Cold and dry.
2	T	♈	6 00	6 45	rises	
3	F	♈	5 58	6 46	8 16	
4	S	♈	5 56	6 47	9 36	
5	Sun	♈	5 54	6 48	10 56	Warmer with rain and sleet.
6	M	♈	5 53	6 50	a.m.	
7	W	♈	5 51	6 51	0 11	Colder again with snow and wind.
8	T	♈	5 49	6 52	1 16	
9	F	♈	5 47	6 53	2 10	
10	T	♈	5 46	6 54	2 52	
11	S	♈	5 44	6 55	3 24	Some heavy showers of rain.
12	Sun	♈	5 43	6 56	3 51	
13	M	♈	5 41	6 58	4 12	Mild to end.
14	T	♈	5 39	6 59	4 31	
15	W	♈	5 37	7 00	4 47	
16	T	♈	5 36	7 01	5 04	
17	F	♈	5 34	7 02	sets	
18	S	♈	5 32	7 04	8 04	
19	Sun	♈	5 30	7 05	9 13	
20	M	♈	5 29	7 06	10 23	
21	T	♈	5 27	7 08	11 30	
22	W	♈	5 25	7 09	a.m.	
23	T	♈	5 24	7 10	0 32	
24	F	♈	5 22	7 11	1 25	
25	S	♈	5 20	7 12	2 09	
26	Sun	♈	5 19	7 13	2 43	
27	M	♈	5 18	7 14	3 11	
28	T	♈	5 16	7 15	3 35	
29	W	♈	5 15	7 17	3 56	
30	T	♈	5 13	7 18	4 18	

HIS FRIEND GAVE HIM GOOD ADVICE

Saskatchewan man found relief in Dodd's Kidney Pills



Alphonse Frehlich.

"I had pains in my hips and my back for quite a long time," states Mr. A. Frehlich, a resident of Tramping Lake, Sask.

"I had to call someone to help me get up. The pain was so bad. A friend of mine told me about Dodd's Kidney Pills. I bought a box and started taking them. It was not very long before I was well again. From that time on I have always kept a box on hand."

The great satisfaction Dodd's Kidney Pills are giving as a remedy for Kidney Troubles is shown by the large number of people who always keep a box on hand.

Dodd's Kidney Pills demonstrate their worth in the most serious forms of Kidney disease, such as Backache, Rheumatism and Bladder Troubles.

She Saw A Difference After First Few Doses

"I have suffered with weak kidneys for several years. Principally owing to lack of exercise in the winter and too strenuous work in the summer-time. I have tried lots of remedies but have found nothing that did me so much good as Dodd's Kidney Pills. Two or three doses soon relieved me of the dreaded pain and after taking three or four boxes I am as fit as ever. I always keep them on hand and whenever I feel it necessary to take a few I do so. I think they are wonderful."

MRS. F. KIRKMAN,  
Leslieville, Alta.

# SOUPS

**A GOOD SOUP STOCK.**—One pound lean beef, one pound bone, one quart cold water, one teaspoon salt, half teaspoon pepper corns, two cloves, two allspice berries, one sprig parsley, one teaspoon mixed herbs, one tablespoon each kind chopped vegetables. Soak meat and bone in the cold water for half an hour, heat slowly and simmer three hours, add vegetables and seasonings, simmer one hour longer, and strain. Next day remove the fat.

**TOMATO SOUP.**—Put one quart tomatoes in one quart boiling water and let them cook thoroughly; set one quart milk, in a pitcher or tin, into a pan of hot water to scald. When the tomatoes are done, add a teaspoon of soda, and when foaming ceases add the hot milk with a generous lump of butter; salt and pepper to taste. Cream may be added instead of butter, and more milk and less water used if desired. Brown a few crackers, roll fine, and add to the soup. Serve with small pieces of dry toast without butter. Time thirty to forty minutes.

**CONSOMME.**—Three quarts water, one carrot, one leek, two pounds lean beef, one turnip, small bunch herbs, one old fowl, one onion. Let simmer slowly for eight hours, or till it is reduced to one quart. Season, skim and strain as usual.

**BEAN SOUP.**—Soak one quart white beans over night. In morning pour off the water, add fresh, and set over fire until skins will easily slip off. Throw them into cold water, rub well, and skins will rise to top, where they may be removed. Boil beans until perfectly soft, allowing two quarts water to one quart beans; mash beans; add flour and butter rubbed together, also salt and pepper. Cut cold bread into small pieces, toast and drop on soup when serving.

**POTATO SOUP.**—Slice six large potatoes and boil until tender, mash fine and run through a colander into the soup kettle; and two quarts sweet milk. When it comes to boiling point, add noodles already boiled in salt water. Season the soup to taste and serve.

**CORN SOUP.**—Grate sweet corn from six ears and boil the cobs in sufficient water to cover them; remove them after ten minutes boiling and use the water in which they are boiled to stew the grated corn. Just before serving add one quart sweet milk, letting it boil a few minutes. Season with pepper and salt.

**FAMILY SOUP.**—Time six hours. Three or four quarts pot liquor, i.e., the water in which mutton or salt beef has been boiled. Any bones from dressed meat, trimmings of poultry, scraps of meat, or one pound beef



gravy, two large onions, one turnip, two carrots, a little celeryseed tied in a piece of muslin, bunch of savory herbs, one sprig of parsley, five cloves, two blades mace, a few pepper corns, pepper and salt to taste. Put all the meat, bones, etc., into a stew pan. Stick onions with cloves and add them with other vegetables to meat; pour over all the pot liquor, set over a slow fire and let simmer gently, removing all scum as it rises. Strain through fine hair sieve.

MOON'S PHASES

	D.	H.	M.
Full Moon.....	2	0	14 a.m.
Last Quarter....	9	7	48 a.m.
New Moon.....	17	10	28 a.m.
First Quarter....	24	2	39 p.m.
Full Moon.....	31	9	33 a.m.

Day of Month	Day of Week	Zodiac Signs	Sun		Moon Sets	Weather Probs.
			Rises	Sets		
			H.M.	H.M.	H.M.	
1	F	♂	5 12	7 19	4 42	Begins cool.
2	S	♁	5 11	7 21	4 rises	
3	Sun	♁	5 09	7 22	9 46	Changes to warm bright days.
4	M	♂	5 07	7 23	10 57	
5	T	♁	5 06	7 24	11 58	Rain with some thunder storms.
6	W	♂	5 05	7 25	a.m.	
7	T	♁	5 03	7 27	0 47	Slightly cooler with frost at night.
8	F	♁	5 02	7 28	1 25	
9	S	♁	5 01	7 29	1 53	Warmer.
10	Sun	♁	4 59	7 30	2 16	
11	M	♁	4 58	7 31	2 36	Warmer.
12	T	♁	4 57	7 32	2 53	
13	W	♁	4 56	7 33	3 10	Slightly cooler with frost at night.
14	T	♁	4 55	7 34	3 27	
15	F	♁	4 54	7 36	3 44	Warmer.
16	S	♁	4 53	7 37	4 05	
17	Sun	♁	4 52	7 38	sets	Warmer.
18	M	♁	4 51	7 39	9 21	
19	T	♁	4 50	7 40	10 26	Warmer.
20	W	♁	4 49	7 41	11 22	
21	T	♁	4 48	7 42	a.m.	Warmer.
22	F	♁	4 47	7 43	0 18	
23	S	♁	4 46	7 44	0 45	Warmer.
24	Sun	♁	4 45	7 45	1 15	
25	M	♁	4 44	7 46	1 39	Warmer.
26	T	♁	4 43	7 47	2 00	
27	W	♁	4 42	7 48	2 21	Warmer.
28	T	♁	4 42	7 49	2 43	
29	F	♁	4 41	7 50	3 07	Warmer.
30	S	♁	4 40	7 50	3 36	
31	Sun	♁	4 40	7 51	rises	

Counsel: "Answer me a plain question. Were you or were you not bitten on the premises?"

Witness: "Anatomy ain't my strong point, but I know I couldn't sit down for a week!"

True Friendship

It is a fine thing to have a friend you can trust.

But a finer thing to have a friend who will trust you.

PAINS IN BACK AND HEAD OFTEN SYMPTOM OF KIDNEY TROUBLE

Mrs. L. Donahue found relief in Dodd's Kidney Pills



Mrs. Lydia Donahue

"I have used Dodd's Kidney Pills for backaches and headaches and they have relieved me. I would advise all sufferers from kidney trouble to use Dodd's Kidney Pills." This statement comes from Mrs. L. Donahue

P.O. Box 162, Yarmouth Town, N.S.

Dodd's Kidney Pills stimulate and strengthen weak kidneys. You will be surprised how soon they begin to cleanse and purify, to soothe and heal the kidneys, and at the same time—Backaches, Rheumatism, and Headaches disappear.

"I have used Dodd's Kidney Pills frequently as I'm often troubled with a lame back. At times it would be so lame I could not get any sleep at night and it would be hard for me to do my work. I soon find relief after taking a few doses of Dodd's Kidney Pills. I think there is nothing like them for kidney trouble. I often recommend them to others."

MRS. M. B. BLEECKER, Taunton, P.O. Ont.

"Dodd's Kidney Pills made me feel like working and took that tired feeling away."

MRS. J. HOWES, Box 13, Lemsford, Sask.

INCHES



# Weights and Measures

## Long Measure

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

## Square or Land Measure

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

## Cubic or Solid Measure

1728 Inches....	1 Solid Foot
27 Feet.....	1 Solid Yard
42 Feet.....	1 Ton Shipping
128 Feet.....	1 Cord Wood

## Measure of Capacity

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

## Paper

24 Sheets.....	1 Quire
20 Quires.....	1 Ream

## Avoirdupois Weight

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

## English Money Table

4 Farthings..	1 Penny
12 Pence....	1 Shilling
20 Shillings..	1 Pound

## Land Survey Measure

7.92 Inches....	1 Link
100 Links.....	1 Chain
1-Chain.....	66 Feet
10 Sq. Chains..	1 Acre

## Troy Weight

24 Grains.....	1 Pennyw't
20 Pennyw'ts..	1 Ounce
12 Ounces.....	1 Pound

## Dry Measure

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

## Days in the Month

30 days hath September,  
 April, June and November;  
 February has 28 alone,  
 And all the rest have 31;  
 But Leap Year coming once in  
 four,  
 February then has one day more.

MOON'S PHASES

	D.	H.	M.
Last Quarter....	8	1	18 a.m.
New Moon.....	15	10	2 p.m.
First Quarter....	22	7	23 p.m.
Full Moon.....	29	7	47 p.m.

Day of Month	Day of Week	Zodiac Signs	Sun			Moon	Weather Probs.
			Rises	Sets	Rises		
			H.M.	H.M.	H.M.		
1	M	♈	4 39	7 52	9 43	Dry and warm.	
2	T	♈	4 38	7 53	10 37		
3	W	♈	4 38	7 54	11 20		
4	T	♈	4 38	7 55	11 53		
5	F	♈	4 37	7 55	a.m.		
6	S	♈	4 37	7 56	0 19		
7	Sun	♉	4 36	7 57	0 39	Thunder storms.	
8	M	♉	4 36	7 57	0 57		
9	T	♉	4 36	7 58	1 14		
10	W	♉	4 36	7 59	1 31	Cooler for a few days.	
11	T	♉	4 36	8 00	1 48		
12	F	♉	4 36	8 01	2 08		
13	S	♉	4 36	8 01	2 32		
14	Sun	♊	4 35	8 01	3 02		
15	M	♊	4 35	8 01	sets		
16	T	♊	4 35	8 01	9 15	Warmer with occasional showers and thunder.	
17	W	♊	4 35	8 02	10 05		
18	T	♊	4 35	8 02	10 46		
19	F	♊	4 35	8 02	11 18		
20	S	♊	4 36	8 03	11 43		
21	Sun	♋	4 36	8 03	a.m.		
22	M	♋	4 36	8 03	0 06	Month ends dry and warm.	
23	T	♋	4 36	8 03	0 26		
24	W	♋	4 36	8 03	0 47		
25	T	♋	4 37	8 03	1 10		
26	F	♋	4 37	8 04	1 36		
27	S	♋	4 37	8 04	2 09		
28	Sun	♌	4 38	8 04	2 50		
29	M	♌	4 38	8 06	rises		
30	T	♌	4 39	8 06	9 15		

THEY WERE A GREAT BENEFIT TO HER

Ontario Lady Recommends Using Dodd's Kidney Pills



Mrs. N. Tompkins

"I was sick in bed for six weeks and the doctor couldn't do anything for me," writes Mrs. Nelson Tompkins a well known resident of Deseronto, Ont. "I used some Dodd's Kidney Pills and they raised me out of my sick bed. I am quite well now and can do a big day's wash as well as I ever could. I have recommended them to different people and they have found out for themselves how good they are. I would not be without a box in the house."

Dodd's Kidney Pills have been on the market for nearly half a century. They have been used with great success by thousands of people suffering from various forms of Kidney Trouble such as Rheumatism, Backache and Bladder Trouble.

"I had an attack of rheumatism and began taking Doctors medicine, and rubbing on different things. Instead of gaining I was getting worse and got so bad I could hardly move around. I suffered terribly. I saw in the papers that Dodd's Kidney Pills would relieve rheumatism, so decided to try a box. After using one box I felt greatly improved and after using twelve boxes I was completely relieved of my rheumatism. I keep Dodd's Kidney Pills on hand and take some occasionally. I am forty-six and in good health. Would advise anyone suffering from rheumatism to try Dodd's Kidney Pills."

EDWARD MCNAIR,  
R.R. No. 2, Penobsquis, N.B.

# INDIGESTION

**W**HAT is commoner than to hear people exclaiming that they cannot digest their food properly? The man or woman with plenty to eat suffers the pangs of martyrdom because he wants to eat and satisfy his hunger. Yet he is afraid to do so owing to the pain and discomfort that follows.

The poor man with just sufficient food to feed him, cannot enjoy his plain, hard-earned fare for the same reason.

On the other hand how different is the case with the comparatively few

whose stomachs are sound. They think nothing about their digestive organs and do not even feel digestion going on. They do not know what a blessing good digestion is. No one does until he loses it. Then no trouble or expense is too great in the effort to regain that blessing.

Dodd's Dyspepsia Tablets have proved the most successful treatment for dyspepsia and indigestion yet invented. Read the following symptoms over carefully and see if they correspond to your own feelings. If they do, Dodd's Dyspepsia Tablets are exactly what you want.

## COMMON SYMPTOMS

Pains in the chest after meals.  
Feeling of weight and discomfort.  
Flatulence or wind.  
Pain in the stomach.  
Coated tongue.  
Undue thirst.  
Vomiting.  
Loss of appetite.  
Distaste at sight of food.  
Giddiness.  
Dry cough.  
Nasty taste in mouth.  
Nervousness.  
Acidity and heartburn.

Hiccough, flushings in the face.  
Headache, specks before the eyes.  
Feeling of inertia, low spirits.  
Eruptions on the skin such as nettle rash and redness of the nose.  
Drowsiness, sleeplessness.  
Palpitation and constipation.  
Gurgling noises in the bowels with pain in the right side just above groin.  
Fidgetting, neuralgic pain over the heart.  
Foul breath.  
Fluid arising from the stomach.  
Sallow complexion, etc., etc.

Any of these symptoms should be sufficient warning. Don't wait, don't experiment. Dodd's Dyspepsia Tablets are sure. They help Dyspepsia. That is a fact, a certainty. No experiment is necessary.

Now it may happen that you are taking Dodd's Kidney Pills, or are about to take them. Don't let that fact deter you one moment from using Dodd's Dyspepsia Tablets if you have symptoms of Dyspepsia. The two remedies were made to be taken together, each, in fact, assisting the other, and all fear of them conflicting may be laid aside.

MOON'S PHASES

	D.	H.	M.
Last Quarter....	7	6	52 p.m.
New Moon.....	15	7	20 a.m.
First Quarter....	22	0	16 a.m.
Full Moon.....	29	7	48 a.m.

Day of Month	Day of Week	Zodiac Signs	Sun		Moon Rises	Weather Probs.	
			Rises	Sets			
1	W	♊	H.M.	H.M.	H.M.	Cool and showery.	
2	T	♋	4 39 8	05	9 51		
3	F	♌	4 39 8	04	10 19		
4	S	♍	4 40 8	04	10 44		
5	Sun	♎	4 41 8	04	11 09	Very warm.	
6	M	♏	4 42 8	03	11 25		
7	T	♐	4 42 8	03	11 52		
8	W	♑	4 43 8	02	a.m.		
9	T	♒	4 43 8	02	0 10		
10	F	♓	4 44 8	02	0 31		
11	S	♈	4 45 8	01	0 57		
12	Sun	♉	4 46 8	00	1 33		Continues warm and pleasant.
13	M	♊	4 46 8	00	2 19		
14	T	♋	4 47 7	59	3 17		Not so warm as last week.
15	W	♌	4 48 7	59	sets		
16	T	♍	4 49 7	58	9 17		
17	F	♎	4 51 7	57	9 45		
18	S	♏	4 51 7	56	10 10		
19	Sun	♐	4 52 7	56	10 32	Heavy rain storms.	
20	M	♑	4 53 7	55	10 53		
21	T	♒	4 54 7	54	11 14		
22	W	♓	4 55 7	53	11 39		
23	T	♈	4 56 7	52	a.m.		
24	F	♉	4 57 7	51	0 19		
25	S	♊	4 58 7	50	0 47		
26	Sun	♋	4 59 7	49	1 34		
27	M	♌	5 00 7	48	2 31		
28	T	♍	5 01 7	47	3 35		
29	W	♎	5 02 7	46	rises		
30	T	♏	5 03 7	45	8 47		
31	F	♐	5 04 7	44	9 07		

Pregnancy

A great many letters reach us every year asking if it is safe to take Dodd's Kidney Pills during this period. It is not only safe, but highly beneficial to do so. It must be remembered that during pregnancy all the intestinal organs are disturbed, and there is often pressure on the Kidneys and bladder, as the condition of the urine will show. Dodd's Kidney Pills act directly upon these organs.

THE BEST REMEDY FOR KIDNEYS AND BLADDER

Saskatchewan Lady Always Uses Dodd's Kidney Pills



Mrs. F. Davis

"I was suffering with my bladder and seeing your advertisements, I decided to try Dodd's Kidney Pills," writes Mrs. F. Davis, Foxdale, Sask.

"They began to help me right away. I have taken no less than thirty boxes and keep them in the house all the time. Whenever I

get a sore back I know where to go to—"Dodd's".

Sick Kidneys are the cause of many serious diseases. When the Kidneys are not in proper condition they fail to do their work of straining all the impurities, all the seeds of disease out of the blood.

Dodd's Kidney Pills act directly on the Kidneys, making them strong and healthy.

Good Reason

Judge—And why do you think I should be lenient with you? Is this your first offense?

Prisoner—No, your honor; but it's my lawyer's first case.

Conductor was Conscientious

"Where did you get that black eye?"

"Told the conductor I was travelling on my face, and he punched the ticket."

# The Root of All Disease

**T**HE function of the Kidneys is to extract and expel all decayed waste matter and poisonous impurities. If they are healthy they do this, and in doing so drive away bodily ailment.

The kidneys are nature's protectors against disease. If they are always on the alert and promptly perform their duty, the most malignant disease is powerless.

Like sentinels they stand, guarding the body, instantly assailing and destroying every enemy to good health, that by any means may find an entrance.

The condition of the kidneys as ascertained by urinal examination, is the deciding point in the passing or rejection of every applicant for an insurance policy. It is a rule among Life Insurance Companies and Friendly Societies, with tables based on the experience of thousands of cases to guide them, that "If the Kidneys are not sound, the subject's life is in danger. Don't insure."

Every experienced doctor in making a diagnosis of any case whatever, is invariably careful to first ascertain how the kidneys are, for he knows that without the help of the kidneys he is powerless to expel sickness of any kind from the human body.

The importance of the kidneys to the well-being of the human body simply cannot be over-estimated. They are without exception the most important and necessary organs of the body. With them rest, health, happiness, life itself. The slightest symptom of kidney trouble is a matter for grave anxiety. No diseases are more common in every walk of life.

Nor are any diseases more gradual and deceitful in their approach.

Are your kidneys sound? If not, your life is in danger.

By the use of Dodd's Kidney Pills the kidneys are restored to their natural power of collecting up and casting out all the poison and germs which infest the system, and which are the cause of illness to which man is heir. This is the explanation of the wonderful success of Dodd's Kidney Pills.

## Sprightly Step of HEALTH!

How often you admire or envy the alertness of a man past middle life. His youthful stride and clear complexion are signs of good health and a well kept body. He has fortified himself against the ills which age often brings by keeping his kidneys in a healthy condition. Thousands of men and women in all walks of life are doing the same with

# Dodd's Kidney Pills

Sold everywhere at 50c.

THEY ARE KNOWN IN ALL PARTS OF THE COUNTRY

Prince Edward Island Lady Praises Dodd's Kidney Pills



Mrs. T. McKearney

"Dodd's Kidney Pills are fine," writes Mrs. T. McKearney, Box 3, St. Mary's Road East, P.E.I.

"If anyone in the house has a sore back I give them Dodd's Kidney Pills, and they soon get all right. I keep them in the house all the time."

Dodd's Kidney Pills not only help the pains and aches of the different diseases springing from disordered Kidneys, but also give new life and energy all over the body. They help the Kidneys. A short treatment of Dodd's Kidney Pills will make you feel like a new person. Ask your neighbours about Dodd's Kidney Pills—they know.

MOON'S PHASES

	D.	H.	M.
☾ Last Quarter....	6	11	28 a.m.
☾ New Moon.....	13	3	27 p.m.
☽ First Quarter....	20	6	36 a.m.
☽ Full Moon.....	27	10	10 p.m.

Day of Month	Day of Week	Zodiac Sign	Sun		Moon	Weather Probs.
			Rises	Sets	Rises	
1	S	♋	H.M. 5 05	H.M. 7 43	H.M. 9 24	
2	Sun	♋	5 06	7 42	9 40	Dull
3	M	♋	5 07	7 41	9 57	weather
4	T	♋	5 08	7 39	10 14	then
5	W	♋	5 09	7 38	10 34	quick
6	T	♋	5 11	7 36	10 57	change
7	F	♋	5 12	7 35	11 27	to
8	S	♋	5 13	7 34	11 58	fine
9	Sun	♋	5 14	7 32	a.m.	and
10	M	♋	5 15	7 31	0 59	bright.
11	T	♋	5 16	7 29	2 03	
12	W	♋	5 18	7 28	3 18	
13	F	♋	5 19	7 27	sets	
14	T	♋	5 20	7 25	8 11	
15	S	♋	5 21	7 23	8 34	
16	Sun	♋	5 22	7 22	8 56	Continues
17	M	♋	5 23	7 21	9 18	warm
18	T	♋	5 24	7 19	9 42	until
19	W	♋	5 25	7 18	10 10	about
20	T	♋	5 26	7 16	10 45	the
21	F	♋	5 27	7 14	11 30	27th.
22	S	♋	5 28	7 13	a.m.	
23	Sun	♋	5 30	7 11	0 24	
24	M	♋	5 31	7 09	1 26	
25	T	♋	5 32	7 08	2 32	
26	W	♋	5 33	7 06	3 41	
27	T	♋	5 34	7 04	rises	
28	F	♋	5 36	7 02	~ 29	Becomes
29	S	♋	5 37	7 01	7 46	cooler.
30	Sun	♋	5 38	6 59	8 03	
31	M	♋	5 39	6 57	8 19	

"I was ill in hospital with kidney trouble. The doctor said an operation was necessary. My legs were swollen so bad I could not walk or put them to the floor. I was in bed one month with no sign of improvement. I started taking Dodd's Kidney Pills and have taken seven boxes. At the end of the second box I could get up and walk. Am now doing my own work and can walk any old place with no symptoms of my old trouble returning. I look fine and my old friends do not know me, I have improved so much."

MRS. M. B. GRATIX,  
Box 840, Orillia, Ont.

# SOME GRATEFUL TESTIMONY



ONLY a few of the many testimonial letters for Dodd's Kidney Pills can be published in this book. Others are being printed in the newspapers of the land—all telling the same story—sickness conquered by Dodd's Kidney Pills.

land—all telling the same story  
Kidney Pills.

"My husband suffered with his back most all the time and after using your Dodd's Kidney Pills he got relief almost at once. He is now taking his second box and his back gives him no more trouble."

MRS. PERCY SMITH  
Box 134, Earl Grey, Sask.

"We have used quite a few boxes of your Dodd's Kidney Pills. My husband and also my son, have found them good for sore back. I have also used them myself before my baby was born and I found them very helpful."

MRS. J. J. HENDERSON,  
Maryland, P.O. P.Q.

"I just used two boxes of Dodd's Kidney Pills for a sore back and found they relieved the pain and proved very satisfactory."

MRS. JOHN BLEWETT.  
Box 82, Parkham Ont.

"I have taken Dodd's Kidney Pills for a lame back and found them very good. My mother and dad have also taken them and found them wonderful."

MRS. LOUIS M. HAGERTY,  
R.R. No. 1, St. Thomas, Ont.

"I had Kidney trouble for three or four years. I took Dodd's Kidney Pills and am feeling much better."

JOHN. J. MAHAN.  
L'Anse-au-Beaufils, P.Q.

"Dodd's Kidney Pills are as good a pill as anyone can use, especially for sore back. I cannot praise them enough. I have only taken two boxes and they did me all the good in the world."

MRS. JOHN MACDONALD,  
Island Point, N.S.

"I have used several boxes of Dodd's Kidney Pills and found them to be a great help for my Kidney trouble."

HINSON C. PERRY.  
Butternut Ridge, N.B.

"I have suffered with a bad backache for several months. A friend of mine told me to try Dodd's Kidney Pills. I have taken five boxes and the pain in my back and across the kidneys is all gone. I am indeed very thankful and since that time always keep a box in the house."

MRS. GEORGE LACHAINE,  
Hawkesbury, Ont.

"I have been troubled with a sore back nearly every spring. After using about three boxes of Dodd's Kidney Pills I felt all right again. I always keep a box on hand."

BILLIE BOUCHER,  
Bridgeville, P.Q.

MOON'S PHASES

	D.	H.	M.
Last Quarter.....	5	2	21 a.m.
New Moon.....	11	11	26 p.m.
First Quarter....	18	3	37 p.m.
Full Moon.....	26	2	45 p.m.

Day of Month	Day of Week	Zodiac Signs	Sun		Moon	Weather Probs.
			Rises	Sets		
			H.M.	H.M.	H.M.	
1	T	♄	5 40	6 55	8 38	
2	W	♌	5 41	6 54	9 00	Showery
3	T	♍	5 42	6 53	9 26	with
4	F	♎	5 43	6 51	10 00	thunder,
5	S	♏	5 44	6 49	10 46	cool,
6	Sun	♐	5 45	6 47	11 43	frost
7	M	♑	5 47	6 45	a.m.	may
8	T	♒	5 48	6 43	0 52	occur.
9	W	♓	5 49	6 41	2 09	
10	T	♈	5 50	6 39	3 31	
11	F	♉	5 51	6 38	sets	
12	S	♊	5 53	6 36	6 57	
13	Sun	♋	5 54	6 34	7 19	Dry
14	M	♌	5 55	6 32	7 43	and
15	T	♍	5 56	6 30	8 10	pleasant
16	W	♎	5 57	6 29	8 44	weather
17	T	♏	5 59	6 27	9 26	for
18	F	♐	6 00	6 25	10 18	some
19	S	♑	6 01	6 23	11 17	days.
20	Sun	♒	6 01	6 22	a.m.	
21	M	♓	6 02	6 20	0 23	
22	T	♈	6 04	6 18	1 32	
23	W	♉	6 05	6 16	2 40	
24	T	♊	6 06	6 14	3 45	Warmer
25	F	♋	6 07	6 12	4 49	with
26	S	♌	6 08	6 10	rises	rain
27	Sun	♍	6 10	6 08	6 26	and
28	M	♎	6 11	6 06	6 43	high
29	T	♏	6 12	6 04	7 04	winds.
30	W	♐	6 13	6 03	7 28	

"I had a continual backache and headache for a long time. It was so bad I was unable to work. My neighbour advised me to use Dodd's Kidney Pills. I had tried all kinds of plasters and other remedies, but they did not help. So I tried Dodd's Kidney Pills and found them a great relief after using only one box. I am very thankful for them and always keep a box on hand now."

MRS. JULIA LAMERS,  
Southey, Sask.

STILL DOING GREAT WORK FOR WOMEN

Read what Mrs. Ed. Desayeux says of Dodd's Kidney Pills



Mrs. Ed. Desayeux

"I had a backache for nearly three years," writes Mrs. Ed. Desayeux of Spanish, Ont. "After I took your Dodd's Kidney Pills I got better. I took a half dozen boxes and today I feel fine and never have to complain about my back.

I had tried many different kinds of pills but they never helped me. I owe many thanks to Dodd's Kidney Pills."

Dodd's Kidney Pills have been used with great success by thousands of people suffering from various forms of kidney trouble, such as Rheumatism, Backache and Bladder trouble.

Keep a box of Dodd's Kidney Pills in the house, prompt treatment often averts serious kidney complaint.

She: "Here is your ring back. I cannot marry you, for I love someone else."

He: "Who is he?"

She: (nervously): "You're not going to kill him?"

He: "No. But I'll try to sell him the ring."

The chauffeur was on his way to town and before he left madam called the maid.

"Anna, is there anything we need in town?"

Anna thought a moment.

"I don't think the china will last over Sunday, ma'am."

# I have a GOOD APPETITE *Now!*



*The first appearance of any form of Stomach Trouble  
should be immediately corrected*

**T**HIS organ plays a very important part in human life. It is the centre of all nutrition and medication.

In it the life-sustaining parts of our food are separated from the waste matter by which they are surrounded, the body depending almost entirely on the stomach for its nutrition.

It is of the highest importance, therefore, that we take every precaution to keep our stomachs in the healthiest possible condition, and yet notwithstanding all this, there is, perhaps, no organ of the body that receives less consideration than does the stomach.

It is very strange that so many of us eat and drink solely for the pleasure we derive from the taste at the time of taking, and very seldom consider the after effect on the stomach or the health of the body.

We eat too much; we eat too fast; we eat many things which would be better left untasted, our only reason for taking them being that we like them. "What's one man's meat is another man's poison," is an old saying and a very true one.

There are no two stomachs exactly alike, and what will cause pain and distress, and derangement and illness in one case, may in another be taken with impunity. There can be no ab-

solute rule of diet laid down, for the very reason that there are not two human bodies that require exactly the same quantity and quality of nourishment.

There are, however, some general rules, and cautions which everyone may observe with benefit. We should never eat too rapidly, but always take time to chew the food thoroughly.

We should never drink while eating, because by so doing we dilute and thus weaken the strength of the fluids which Nature sends to attack the food chemically and digest it. We should take, if possible, at least a half hour's rest after each meal.

Heartburn, Waterbrash, Sour Stomach, Pain in the Chest after meals, Headache, Constipation, Biliousness, Feeling of Heaviness, Bad Breath, Bad Dreams, any one of these may indicate the commencement of Stomach Trouble, and should be promptly treated with Dodd's Dyspepsia Tablets.

It must be remembered that it is easier to prevent than to heal, and it is wise to begin the treatment the moment the first symptoms make their appearance.

Dodd's Dyspepsia Tablets are 50c. a box and may be used with Dodd's Kidney Pills, taking the pills before meals and Tablets immediately after.

**MOON'S PHASES**

☾	Last Quarter . . . .	D. 4	H. 3	M. 15 p.m.
☾	New Moon . . . . .	11	8	6 a.m.
☾	First Quarter . . . .	18	4	20 a.m.
☾	Full Moon . . . . .	26	8	34 a.m.

Day of Month	Day of Week	Zodiac Signs	Sun		Moon	Weather Probs.
			Rises	Sets		
1	T	♈	H.M.	H.M.	H.M.	
2	F	♈	6 14	6 01	7 59	
3	S	♈	6 16	5 59	8 40	Dry and a little warmer.
4	Sun	♈	6 17	5 58	9 31	
5	M	♈	6 18	5 56	10 33	
6	T	♈	6 19	5 54	11 45	
7	W	♈	6 20	5 53	a.m.	
8	T	♈	6 21	5 51	1 04	
9	F	♈	6 22	5 49	2 24	
10	S	♈	6 23	5 47	3 46	Fine bright days.
11	Sun	♈	6 25	5 45	5 07	
12	M	♈	6 26	5 43	sets	
13	T	♈	6 27	5 41	6 08	
14	W	♈	6 29	5 40	6 39	
15	T	♈	6 30	5 38	7 18	Some heavy rain.
16	F	♈	6 31	5 36	8 08	
17	S	♈	6 32	5 35	9 07	
18	Sun	♈	6 33	5 33	10 12	
19	M	♈	6 34	5 32	11 20	
20	T	♈	6 35	5 30	a.m.	Getting colder
21	W	♈	6 37	5 28	0 19	
22	T	♈	6 38	5 27	1 36	with boisterous winds.
23	F	♈	6 39	5 25	2 40	
24	S	♈	6 41	5 24	3 43	
25	Sun	♈	6 42	5 22	4 45	
26	M	♈	6 44	5 20	5 47	
27	T	♈	6 45	5 19	rises	
28	W	♈	6 46	5 17	5 43	Cold and raw.
29	T	♈	6 48	5 16	6 02	
30	F	♈	6 49	5 14	6 39	
31	S	♈	6 50	5 13	7 27	
			6 52	5 11	7 55	

**HE IS VERY PLEASED THAT HE TRIED THEM**

*Mr. Arthur Jodoin speaks highly of Dodd's Kidney Pills*



**Arthur Jodoin**

"I have at last recovered my health," writes Mr. A. Jodoin, 3871 Wellington, Verdun, Montreal, P.Q. "For 17 years I was always sick suffering from kidney troubles. I also had constant severe headaches. I used all kinds of medicines without getting any relief. I decided to try

Dodd's Kidney Pills and am very well now. I eat well, dance and do everything, all of which I could not do before. "I have also helped two of my friends who refused to believe the relief I got from Dodd's Kidney Pills. In order to make them believe I bought them the pills to take and now they are very well and thankful."

Dodd's Kidney Pills are an excellent Kidney remedy. They have been in use in Canada for nearly half a century.



**Mrs. Stanley H. Beaver**

"This winter my kidneys were so bad. I also had bladder trouble and severe pains in my back. I could hardly walk. I got a box of Dodd's Kidney Pills and before I had used them all my back was better. I have taken two more boxes since then and they do me all kinds of good. I really feel fine. I am recommending them to all my friends."

**MRS. STANLEY H. BEAVER,**  
East Ship Harbour, N.S.

# BACKACHE

*is your* **WARNING!**



*usually the  
first sign of  
Kidney trouble*

BACKACHE is Nature's way of telling you that there is something wrong with your Kidneys. Never neglect it. What Backache begins, Bright's Disease may end. The fact that Dodd's Kidney Pills help Backache is proof that this painful and serious ailment is due to faulty Kidneys.

If you fail to heed the warnings that Nature gives through these symptoms, you are taking great chances. Kidney trouble is a more serious disease than many people think. Backache, if not corrected, is often followed by something more alarming. In some cases, the Kidney Trouble causes Rheumatism, in others, Dropsy or even Bright's Disease.

Do not hesitate until Kidney Disease or some of the maladies that follow in the train, gets hold of you;

but at the first sign of Kidney Trouble, such as Backache, turn unhesitatingly to Dodd's Kidney Pills.

Dodd's Kidney Pills are a perfectly safe remedy. They contain no harmful drugs. They can be taken with perfect safety by old and young.

Sore Kidneys mean sore back. Heal the Kidneys and your Backache will quickly disappear, the restored Kidneys will clear the blood and that sprightly step of health will return. For nearly half a century Dodd's Kidney Pills have been relieving Canadian men and women from that painful and serious malady—Backache.

"I have used at least three boxes of your Dodd's Kidney Pills. I was troubled with congested kidneys. My back was so sore I could not do my housework and my eyes were failing me. I was almost hopeless when I saw your advertisement in one of the newspapers. I thought I would try them anyway and to my great joy they helped me. I still take them and my back never bothers me and my eyes are improving all the time. I am forty years of age and am now almost a new woman, thanks to your great Dodd's Kidney Pills."

MRS. FLORENCE FOX,  
Vanesti, Alta.

# YOUR KIDNEYS

Guardians of  
Your Health!



**M**ODERN living conditions tax our human mechanism to the utmost. Probably no part of the body is under more strain than the Kidneys. It is the function of the blood to collect impurities from every part of the body—and it is the important duty of the Kidneys to remove these impurities from the blood. Unless your Kidneys do their work properly you cannot have Health. Tone them up regularly with Dodd's Kidney Pills.

### *Hamilton Lady Tells of Her Experience*

"I have used Dodd's Kidney Pills for a long time and would not use any other. My back has hurt so at times, that I could hardly move. I used Dodd's Kidney Pills and found immediate relief. There is no other pill that can equal Dodd's."—Miss V. Logan, 108 Main St. W., Hamilton, Ont.

# Dodd's Kidney Pills

*The Favorite for over Three Generations*

# HEALTH IS WEALTH

## TAKE CARE OF IT

---

### ANÆMIA

**T**HIS is a disease which mostly attacks young people, especially growing girls. It should not be neglected. The symptoms are:—Pale complexion, cold hands and feet, weakness, shivering and fainting fits, feeble pulse, fitful appetite. In most cases the Kidneys are to blame. Weak Kidneys in the young leads to anæmia. Dodd's Kidney Pills taken regularly two after each meal three times a day, should soon give relief, and make new blood that should nourish, strengthen and restore the sufferer to health.

### BEDROOMS

Too much attention cannot be paid to the room in which you sleep. It should be well ventilated all day, with the blinds up and plenty of fresh air and sunlight allowed to enter. Immediately on rising the bed should be thrown open and not re-made till it is thoroughly aired. A light should NOT be allowed to burn all night in the room. Two most essential things should find a place in every bedroom—Dodd's Kidney Pills and Dodd's Dyspepsia Tablets. Sleeplessness and bad dreams are often caused by kidney weakness. The skin itches and burns, you are restless, toss from side to side, your head aches, and your mouth is dry and clammy. Rise at once and take a couple of Dodd's Kidney Pills, and in a little while the distressing symptoms should disappear and you should sink into a peaceful slumber. If you have fulness of the stomach, wind, pains between the shoulders, cold hands and feet, or a feeling of suffocation a couple of Dodd's Dyspepsia Tablets should give you relief.

### BLADDER TROUBLES

The bladder is the receptacle into which the kidneys empty the urine. It is controlled by a delicate set of muscles, and is particularly liable to inflammation, the principal symptoms of which are: incontinence (inability to hold the urine), pains and pricking sensations in the pit of the stomach, scalding urine, face-flushings, swellings of the abdomen, soreness of the bowels, sometimes diarrhœa. The cause is weakness of the kidneys, and the very best treatment is Dodd's Kidney Pills, taken as follows: two pills after breakfast, and one pill after each meal. The bowels should also receive attention, and the diet should be light and nourishing, avoiding all irritants such as vinegar, pickles, sauces, new bread, hot pastry, etc.

### CONSTIPATION

For this distressing complaint there is no better remedy than Diamond Dinner Pills. See page 46. A regular action of the bowels is of the utmost importance in maintaining the health. Once every 24 hours the bowels should be moved and a complete evacuation should take place. Violent purgatives should be avoided; they are weakening, and do no permanent good. The proper treatment for constipation is to get at the cause.

MOON'S PHASES

		D.	H.	M.
☾	Last Quarter....	3	2	18 a.m.
☾	New Moon.....	9	5	55 p.m.
☾	First Quarter....	16	9	13 p.m.
☾	Full Moon.....	25	2	10 a.m.

Day of Month	Day of Week	Zodiac Signs	Sun		Moon Rises	Weather Probs.
			Rises	Sets		
1	Sun	☉	H.M. 6 53	H.M. 5 10	H.M. 9 32	
2	M	☌	6 54	5 09	10 46	Warmer
3	T	☍	6 55	5 08	a.m.	and
4	W	☎	6 56	5 07	0 03	more
5	T	☏	6 57	5 05	1 20	pleasant.
6	F	☐	6 59	5 04	2 39	
7	S	☑	7 00	5 03	3 59	
8	Sun	☒	7 02	5 01	5 20	Showery
9	M	☓	7 03	5 00	sets	and
10	T	☔	7 04	4 59	5 08	unsettled
11	W	☕	7 06	4 58	5 54	and
12	T	☖	7 07	4 57	6 50	some
13	F	☗	7 08	4 55	7 55	thunder.
14	S	☘	7 10	4 54	9 06	
15	Sun	☙	7 11	4 53	10 16	
16	M	☚	7 13	4 52	11 24	Middle
17	T	☛	7 14	4 51	a.m.	of month
18	W	☜	7 15	4 50	0 30	fine
19	T	☝	7 17	4 50	1 33	and
20	F	☞	7 18	4 49	2 35	dry.
21	S	☟	7 19	4 48	3 37	
22	Sun	☠	7 20	4 47	4 40	
23	M	☡	7 22	4 46	5 46	Light
24	T	☢	7 23	4 46	6 53	winds
25	W	☣	7 24	4 45	rises	getting
26	T	☤	7 25	4 45	5 24	colder
27	F	☥	7 26	4 44	6 19	with
28	S	☦	7 27	4 44	7 25	rain.
29	Sun	☧	7 28	4 43	8 37	
30	M	☨	7 30	4 43	9 52	

FOUND RELIEF AFTER TAKING THE FIRST BOX

Read what Saskatchewan Lady says of Dodd's Kidney Pills



Mrs. J. Lozinski

"I suffered terribly from backache" writes Mrs. J. Lozinski, Box 78, Goodeve, Sask.

"I tried all kinds of medicines but found no relief. A friend advised me to take Dodd's Kidney Pills. Before finishing one box.

I found great relief. I have advised many sick neighbours who had kidney trouble to try Dodd's Kidney Pills and they all got relief."

Dodd's Kidney Pills have built up their reputation as a kidney remedy by the relief they give. If you are weak, nervous or run-down, give Dodd's Kidney Pills a trial at once. Insist upon having Dodd's Kidney Pills. Your friends and neighbours use them—why not you?

Felt Better Before First Box Was Finished

"I have been taking your Dodd's Kidney Pills for about two years and find them a very great help. Two years ago I was taken sick with kidney trouble and my blood became thin and poor. I could scarcely move in bed. I started taking Dodd's Kidney Pills and before the first box was finished I found a great difference. I have taken about forty boxes in all. Would recommend them to anyone who is ailing with kidney trouble."

PHILIP HURLEY,  
Herring Neck, Nfld.

# HEALTH HINTS

## HEADACHES

EVERYONE who has suffered from this distressing malady knows the symptoms so well that there is no need to enumerate them here. Headaches are no imaginary disorder, and unless the cause is ascertained and removed they become chronic and seriously undermine the constitution. There are many preparations sold that give relief in extreme cases, but we do not recommend them, as they usually contain poisons. The safe course is to find out the *cause* of the headaches and treat that.

Headaches are due mostly to two things—bad blood or disordered stomach. If the blood is the cause, then the kidneys are to blame, and Dodd's Kidney Pills should be taken regularly till all the impurities are removed from the blood. Dose: begin with one pill three times a day after each meal. If the headaches are due to disordered stomach it is evidence of indigestion. Then the proper treatment is Dodd's Dyspepsia Tablets which should assist in the digestion and assimilation of the food, and strengthen and tone the stomach. Dose: begin with one tablet after each meal. Refer to Constipation, page 26.

Dodd's Kidney Pills are sold at 50c. a box, or six boxes for \$2.50, at all dealers, or the Dodds Medicine Co., Limited, Toronto Ont.

## ECZEMA AND SALT RHEUM

Eczema is a skin disease that should be arrested promptly as it is apt to become chronic. It is therefore best to follow the directions carefully and persistently. The disease manifests itself by an itching or smarting of the affected parts. The skin becomes raised in the form of little pimples and a watery lymph exudes. Later scales and crusts form. The disease is most usually caused by impure blood and a consequent run-down condition of the body. Impure blood is caused by the failure of the kidneys to remove the impurities from the blood. Dodd's

Kidney Pills are the best treatment for sick kidneys and should be used in all cases of Eczema and other skin diseases. They get at the root of the trouble while

Treat CUTS with  
**Dodd's**  
*Antiseptic - Healing*  
**OINTMENT**

Dodd's Antiseptic Healing Ointment, applied externally, heals the sores.

It is also very important that the bowels be kept open by the use of Diamond Dinner Pills.

The surface of the body should be kept clean by frequent bathing, and in drying the sores, gently press the towel. Do not rub as this only irritates. Dodd's Antiseptic Healing Ointment should be applied in generous quantities both night and morning. The Ointment may be spread on a clean cotton or linen cloth and applied to the sore so as to prevent friction with the clothing. In cases where crusts and scabs have formed, remove these before applying the Ointment.

"I have had sore back and kidney trouble and found that I got great relief by using Dodd's Kidney Pills."

MRS. C. E. PARKER, Willen, Man.

MOON'S PHASES

		D.	H.	M.
☾	Last Quarter....	2	11	51 a.m.
☾	New Moon.....	9	5	16 a.m.
☽	Firs. Quarter....	16	5	43 p.m.
☽	Full Moon.....	24	6	24 p.m.
☾	Last Quarter....	31	8	23 p.m.

Day of Month	Day of Week	Zodiac Signs	Sun		Moon	Weather Probs.
			Rises	Sets		
1	T	♋	H.M.	H.M.	H.M.	Generally cold.
2	W	♋	7 31	4 42	11 08	
3	T	♋	7 32	4 42	a.m.	
4	F	♋	7 33	4 42	0 25	Frequent rain and snow flurries.
5	S	♋	7 34	4 41	1 40	
6	Sun	♋	7 35	4 41	2 56	Warmer with occasional showers.
7	M	♋	7 36	4 41	4 16	
8	T	♋	7 38	4 41	5 38	
9	W	♋	7 39	4 40	7 00	Very cold with rain and snow.
10	T	♋	7 40	4 40	sets	
11	W	♋	7 41	4 40	5 34	
12	F	♋	7 41	4 40	6 44	Becomes slightly warm.
13	Sun	♋	7 42	4 40	7 56	
14	M	♋	7 43	4 40	9 07	
15	T	♋	7 44	4 41	10 16	Ends dry and cold.
16	W	♋	7 45	4 41	11 21	
17	T	♋	7 46	4 41	a.m.	
18	F	♋	7 46	4 41	0 23	Ends dry and cold.
19	S	♋	7 47	4 42	1 25	
20	Sun	♋	7 48	4 42	2 28	
21	M	♋	7 48	4 42	3 32	Becomes slightly warm.
22	T	♋	7 49	4 43	4 38	
23	W	♋	7 49	4 43	5 47	
24	T	♋	7 50	4 43	6 53	Ends dry and cold.
25	F	♋	7 50	4 44	rises	
26	S	♋	7 51	4 45	5 13	
27	Sun	♋	7 51	4 46	6 25	Ends dry and cold.
28	M	♋	7 51	4 47	7 41	
29	T	♋	7 52	4 47	8 58	
30	W	♋	7 52	4 48	10 15	Ends dry and cold.
31	T	♋	7 52	4 48	11 29	
			7 52	4 49	a.m.	

PROVED EXCEEDINGLY BENEFICIAL TO HER

Says Saskatchewan Lady of Dodd's Kidney Pills



Mrs. F. J. Collis

"I have used Dodd's Kidney Pills with the best of results," writes Mrs. Fred J. Collis, 519 Ave. K. North, Saskatoon, Sask. "I have never taken anything that has helped me so much as Dodd's Kidney Pills have done. I am subject to kidney trouble through a severe operation, caused through peritonitis. So I have used these pills ever since and would not be without them. I have heard many other women and men speak highly of the benefits derived from the use of Dodd's Kidney Pills."

Nature seems to have provided medicines that find their way straight to and act upon certain parts of the human system. Dodd's Kidney Pills find their way direct to the Kidneys and tone them up.

They Proved to Be The Right Remedy for Him

"Some years ago I hurt my back. I tried several different things, but never got relief until I used Dodd's Kidney Pills. I at once began to feel better. After I had taken four boxes I was completely relieved. I fully believe if it had not been for Dodd's Kidney Pills I would not have been alive till now. Ever since that time I keep a box in the house and they are used by the whole family. I cannot recommend Dodd's Kidney Pills too much and my advice to people suffering with their back, is to give them a trial. They will get relief."

E. J. MOORES, De Winton, Alta.

# MORE HEALTH HINTS

## GENERAL DEBILITY

Physiologists tell us that the action of the blood is one of oxidation, that is, a chemical process by which the food is exchanged for the constituents of the muscles, the fat, the bones, and the other components of the human body. A failure of the blood to perform this function is soon demonstrated by pale face, languor and weakness. General debility is the result. Why does this condition exist? Simply from the failure of the kidneys to perform their work of cleansing the blood from its impurities. The only way to restore it to a healthful condition is to strengthen the kidneys so that they will satisfactorily do their work of purifying the blood and the desired result of sound health will follow. The observance of the ordinary laws of health, care as regards diet, the avoidance of exposure to cold and wet, and no excessive indulgence in alcoholic stimulants, should, when accompanied by the use of Dodd's Kidney Pills, help the victim of general debility to better health.

The bowels should be moved by the means of Diamond Dinner Pills, directions for taking which you will find in every box, then take a glass of cold water first thing in the morning, and a glass of warm water—as warm as you can drink it—immediately after each meal. All constipating foods—as eggs, arrowroot, pastry, new bread, etc—should be avoided. Avoid also overloading the stomach. Take plenty of fresh fruit in season, a tepid bath at least twice a week, and, above all, take the pills *regularly*, otherwise half their good effect will be lost.

## COLDS

The kidneys are very delicate organs and easily affected—especially by a cold. It is surprising how few people realize this. A damp bed, wet feet, sitting in a draught, profuse perspiration following on any unusual exertion will cause a chill on the kidneys, soon this will manifest itself in a pain in the back, difficulty in stooping or rising. The kidneys will need prompt attention. Take at once a couple of Dodd's Kidney Pills, and continue to take one pill three times a day until the symptoms have entirely disappeared. We cannot impress upon you too much the seriousness of a chill on the kidneys.

## FOR CHILDREN

Many remedies cannot be used with safety by children. Dodd's Kidney Pills may be given with perfect safety to the youngest child. They cannot injure even the most delicate, and the results achieved by their use in diseases of children have been most encouraging. Very many little ones have Kidney and Urinary Troubles. Dodd's Kidney Pills will strengthen and help the kidneys, and if any derangement exists they should quickly help it.

"I had Backache for a long while and could not seem to get anything to help me. At last I got a box of Dodd's Kidney Pills and after taking two boxes I felt better. I always keep a box on hand now in case I need them."

MRS. B. WILSON,  
Sutton Junction, P.Q.

# Sewing and Knitting

SEWING and knitting are both interesting and useful pastimes for the housewife or girl engaged outside the home. The following hints will be found useful and help to overcome many difficult problems.

Before cutting a length of material, be absolutely sure that it is straight. Draw one thread at the point where it is to be cut this will guide you correctly across the material and not do any harm to it.

When joining two edges for a skirt that are not selvages, place a length of tape along the edges and stitch altogether. The skirt will never sag or drop.

When using silk for embroidery and difficulty is experienced in drawing it through the eye of the needle, or the silk becomes worn, it is that the eye is too small. Select a larger eyed needle, which may be too thick for the fine material. Overcome this problem by filing the needle well and smoothing with very fine sandpaper.

Keep a small cushion filled with bran in your workbox and pass the needle in and out several times after finishing work. You will never have rusty needles.

When not in the pink of health it is wise to remember what Dodd's Kidney Pills can do for you.

Best wool is the cheapest in the long run. Neither knit too loosely or too tightly, although the latter is the most serious mistake, as the first wash will make the article quite hard and close, and rob it of its warmth-giving power.

When knitting a single rib pattern, first knit four rows of any other stitch, either two or four stitch ribbing, or the edge will curl. Never join wool with a knot. Take the end of the wool to be joined, thread a darning needle with it and lace it in and out of the end attached to the knitting for about six inches. This will make a join that cannot be detected.

When using two different colors in wool, commence the change of color by holding the work with the right side towards you. If your hands perspire whilst knitting, powder them with fine bran.

It is well to know, that if your dealer cannot supply you with Dodd's Kidney Pills you can order them from us by mail.

## TO EXTRACT A SPLINTER

None of the small accidents to which every one is liable is more annoying than to have a splinter of wood stuck into the hand. Moreover, it is very painful if not promptly removed. If the wood of the splinter is soft, its removal is not easy, if attempted with a needle or other sharp instrument.

Prevention is better than cure. Take Dodd's Kidney Pills before it is too late.

A wide-mouthed bottle, such as a milk-bottle, should be filled nearly full of water as hot as the glass will stand, and the injured part placed over the mouth of the bottle, pressing down slightly and preventing any steam from escaping. This will cause the flesh to be drawn down and in a minute or so the steam will extract the splinter, at the same time relieving all inflammation.



# Common Sense and Medicine

EVERY man and woman should know as much about their bodies as possible, and a great deal may be told in easy and simple words.

Work (either of body or brain) wears out tissue constantly. The worn out tissue must be carried away and thrown off, and new tissue must be put in its place.

The blood carries away the worn out tissue, and carries back the new and healthy tissue to replace it. But what does the blood do with the old, worn out waste material, which it removes from all parts of the body?

What provision has Nature made to relieve the blood of this used up, dead, waste matter?

## A Filter.

Filtration is one of Nature's favorite methods of purification. By filtration through the rocks and soil, Nature purifies the water which we drink—in the same way Nature provides for the thorough purification of the blood.

The kidneys are the blood filters. This is their only function.

Every drop of blood in the human body passes through the kidneys once every three minutes, and in these (Nature's Filters) it is relieved of all the dead waste matter, which it has accumulated in circulation through the various parts of the body. The Kidney's arrest these impurities, and pass them into the Bladder, to be discharged from the body through the Urinary Vessels. The accumulation of dead matter produces a poison.

If the Kidneys perform their duty, and completely filter out all this poisonous matter, and send it on to be



discharged from the body in the natural way, there is perfect health. But if the kidneys falter or fail in this, their natural work, and allow this waste matter to remain in the blood until the stream of life becomes polluted, sickness is sure to follow.

Disease cannot retain its hold on the human system long if the Kidneys are doing their work properly, for the moment these germs reach the Kidneys, which they must do in at least three minutes, these faithful organs arrest and throw them off.

But how may one find out whether their Kidneys are healthy or impaired? Very easily.

Rules for self-examination will be found on page 2 of this book.

And if, after careful self-examination according to these rules, you have convinced yourself that your kidneys are not what they should be, what is the remedy? Dodd's Kidney Pills are made for the kidneys. They are compounded for the specific purpose of reaching, regulating, healing and restoring these important organs.

Dodd's Kidney Pills are a help for all disease. Recognize the all-important fact that without healthy kidneys no one can be well, and that with healthy kidneys no one can be very sick.

**READ -**  
*what your  
 neighbors  
 say about*



## Dodd's Dyspepsia Tablets

"Last fall I was suffering from headaches and dizziness. I sent for three boxes of Dodd's Dyspepsia Tablets. After the second box was gone I was very satisfied. I have never had headaches or dizziness since. I feel fine now."

MISS AGNES RENAUD,  
 Thornloe, Ont.

"I have taken Dodd's Dyspepsia Tablets for my indigestion and can assure you they have done me a lot of good. I can now eat anything without feeling any distress."

MDE. HENRI RANCOURT,  
 Proulxville, P.Q.

"I have suffered with stomach trouble and had to leave my work. I got one of your almanacs and sent for a box of Dodd's Dyspepsia Tablets. I soon got relief and before the box was finished there was not a sign of my trouble left and that is nearly a year ago."

GUY SMITH,  
 O'Leary Station, P.E.I.

"Your Dodd's Dyspepsia Tablets have completely relieved me. I suffered for two years with stomach trouble and after taking two boxes of Dodd's Dyspepsia Tablets I feel fine."

JOSEPH LEBLANC,  
 St. Jacques, Parisville, P.Q.

### A Proven Remedy for:

Pain in the Chest after Meals.	Giddiness.	Drowsiness.
Feeling of Weight and Discomfort.	Dry Cough.	Sleeplessness.
Flatulence or Wind.	Nasty Taste in Mouth.	Palpitation and Constipation.
Pain in Stomach.	Nervousness.	Fidgeting.
Coated Tongue.	Acidity and Heartburn.	Neuralgic Pain over Heart.
Undue Thirst.	Hiccough.	Foul Breath.
Vomiting.	Flushings in the Face.	Fluid rising from Stomach.
Loss of Appetite.	Headache.	Sallow Complexion, etc., etc.
Distaste at sight of Food.	Specks before the Eyes.	
	Feeling of Inertia.	
	Low Spirits.	

PRICE.—Dodd's Dyspepsia Tablets are sold at 50c. per box at all Dealers or will be mailed upon receipt of price from the Dodds Medicine Company Limited, Toronto 2, Ont.

# RATES OF POSTAGE

**Letters.** 2c. for each ounce or fraction thereof.

For local delivery, 2c. for first ounce and 1c. for additional ounce.

**Foreign Letters.** British Empire, North and South American Continent, United States, Mexico and France, 2c. for each ounce.

Other countries, 8c. for first ounce, 4c. for each additional ounce.

**Special Delivery Letters.** 20c. in addition to postage.

**Post Cards.** 2c. each.

**Printed Matter.** Canada, United States and Mexico, 1c. per 2 ounces. All other countries 2c. per 2 ounces.

**Canadian Newspapers and Periodicals.** 1c. per 4 ounces.

**Canadian Books, Circulars, Photos, Maps, etc.** 1c. per 2 ounces.

**Canadian Registration.** On all classes of mail matter (except parcel post)—

10c. covering indemnity not exceeding	\$ 25.00
20c. " " " "	50.00
30c. " " " "	75.00
40c. " " " "	100.00

**Insurance of Parcel Post.** 3c. for insurance not exceeding \$5.00; 6c. for insurance over \$5.00, under \$25.00; 12c. for insurance over \$25.00, under \$50.00; 30c. for insurance over \$50.00, under \$100.00.

**C. O. D.** 15c. for collections not exceeding \$50.00; 30c. for collections exceeding \$50.00 and not exceeding \$100.00.

**Postal Notes.** 20c. to 40c., 1c.; 50c. to \$1.50, 2c.; \$1.50 to \$5.00, 3c.; \$10.00, 5c.

## Parcel Post Rates

Number of lbs. ....	1	2	3	4	5	6	7	8	9	10	11 to 15
Within 20 miles rate is.....	5c.	6	7	8	10	12	14	16	18	20	25
Beyond 20 miles rate is.....	10c.	15	20	25	30	35	40	45	50	55	55

Consult your Postmaster for rates to other Provinces.

## Laundry Hints

**S**OAK ink stains in sour milk. If a dark stain remains, rinse in a weak solution of chloride of lime.

Saturate grass stains thoroughly with kerosene, then put in the washtub.

Wash iodine stains with alcohol, then rinse in soapy water.

Soak iron rust stains thoroughly with lemon juice, sprinkle with salt and bleach for several hours in the sun.

Hot water and soap generally remove grease spots. Soften wheel grease or tar stains with lard and soak in turpentine. Scrape off all the loose surface dirt with a knife, sponge clean with turpentine and rub gently until dry.

Soak mildew in a weak solution of chloride of lime for several hours. Rinse in cold water.

Rub sewing machine oil stains with lard, let stand for several hours and wash with cold water and soap.

To remove scorch stains, wet the scorched place with soap and bleach in the sun.

Wash chocolate and cocoa with soap in tepid water.

To remove fruit stains, stretch the fabric over the mouth of a basin and pour boiling water on the stain.

Housekeeping is important, but keeping the blood pure is best done by using Dodd's Kidney Pills.

Muslins must be ironed wet. If allowed to get dry, they will have a rough appearance.

Don't rinse laces in blued water under a mistaken idea that it will improve the color. Rinse in skimmed milk, which will give a soft, creamy color.

Fine gingham and percales will emerge from the tub with gloss and dressing of new material if dipped in sweet milk instead of starch.

The wash wringer usually wears out first at the ends where pressure is used. If you take several yards of twine and wind this evenly along the roller, being careful to wind it very close, even when the rubber is thin, you will save the expense of a new roller.

## Durable Whitewash

For sanitary outhouses and poultry houses, a good whitewash is essential.

The following makes a splendid wash: For one barrel of color wash, half-bushel of white lime, three pecks of hydraulic cement, 10 pounds of umber, 10 pounds of ocher, one pound of Venetian red, a quarter of a pound of lamp-black. Slack the lime, cut the lamp-black with vinegar, mix well together, add the cement and fill the barrel with water, mixing thoroughly. Let it stand 12 hours before using, and stir often while putting it on.

When the skin seems dry and inelastic use a box of Dodd's Kidney Pills.

This wash is of a light stone color, avoiding the glare of white. The color may be changed by adding more or less of the colors named, or using other coloring materials. This wash covers well, needing only one coat, and is superior to anything known except oil paint.

We have known of a rough board barn washed with this to look well for five years, or even longer, without renewing. The cement hardens, but on a rough surface will not scale.

## Time-Table for Cooking Vegetables

Green peas, young and fresh . . .	15 min.
Green peas, old and not fresh . . .	30 "
String beans . . . . .	45 "
Beans, shelled (green) . . . . .	45 "
Lima beans, young, fresh . . . . .	30 "
Lima beans, dried (soaked) . . . . .	45 "
Cabbage, whole head, simmer . . . . .	2 hrs.
Cabbage, half head . . . . .	1 hrs.
Cabbage, quarter head . . . . .	30 min.
Cabbage, chopped . . . . .	20 min.
Cauliflower and broccoli . . . . .	30 "
Cucumbers, cut into quarters . . . . .	30 "
Squash, pared and cut into blocks . . . . .	20 "
Pumpkin, in squares for pies . . . . .	30 "
Tomatoes, peeled and stewed . . . . .	30 "
Tomatoes, baked, whole, slow oven . . . . .	1 hr.
Tomatoes, stuffed and baked . . . . .	1 "
Green peppers, stuffed . . . . .	1 "
Green peppers, stewed . . . . .	30 min.
Onions, new . . . . .	45 "
Spanish onions, whole . . . . .	2 hrs.
Spanish onions, cut into slices . . . . .	1 hr.
Okra . . . . .	1 "
Celery, stewed . . . . .	30 min.
Spinach . . . . .	10 "
Brussels sprouts, fresh . . . . .	30 "
Kale . . . . .	45 "
Bananas, baked (240°) . . . . .	30 "
Apples, sweet, baked (slow) . . . . .	30 "
Apples, sour, baked (slow) . . . . .	20 "

## Quantities to Buy for Serving Six

Beans (lima), unshelled, . . . . .	3½ lbs.
Beans (string), . . . . .	2 "
Beets, sliced, . . . . .	2 "
Cabbage . . . . .	1½ "
Carrots . . . . .	2 "
Cauliflower . . . . .	3¾ "
Onions . . . . .	1½ "
Parsnips, sauted, . . . . .	2½ "
Peas, unshelled . . . . .	6 "
Potatoes, boiled . . . . .	2½ "
Rice, Spanish, . . . . .	¾ cupful
Spinach . . . . .	⅔ to ¾ pk.
Tomatoes, sliced . . . . .	1½ lbs.
Turnips (yellow), mashed . . . . .	2½ "

### MEATS

Beef, braised . . . . .	3 lbs.
Beef (roast rib of), boned . . . . .	3 "
Chicken, dressed . . . . .	3 "
Haddock, stuffed and baked . . . . .	4 to 5 "
Halibut steak, or other fish for broiling . . . . .	3 "
Ham, sliced . . . . .	1½ to 2 "
Lamb chops, French (12 chops) . . . . .	2½ "
Lamb, leg of, . . . . .	4¾ "
Liver, sliced . . . . .	1½ "
Meat loaf, (hamburger) . . . . .	1½ "
Oysters, scalloped . . . . .	1 to 1½ pts.
Pork chops . . . . .	2½ lbs.
Pork (roast rib of), . . . . .	3 "
Sausage meat . . . . .	1½ "
Steak, broiled . . . . .	2 to 2½ "
Veal chops, rib . . . . .	2½ "

"I have had a sore back for the past two years and used lots of different medicines but without getting satisfaction. I had seen many of your advertisements in the newspapers and decided to give Dodd's Kidney Pills a trial. After I had used two boxes my sore back had gone and I felt fine. Now whenever anyone tells me that he or she has a sore back I tell them to get Dodd's Kidney Pills and they will get relief. I always keep a package in my desk since I found that they relieved me."

D. H. BORNKY,  
Windsor Lake, Sask.

# Feeding the Baby

*Maternal nursing is the one best way from birth to nine months old.*

**FROM BIRTH.**—Tiny teaspoonful of boiled water three times a day from the time of birth. Increase quantity as required.

**ONE MONTH OLD.**—One teaspoonful of cod liver oil and of fruit juice at three weeks or one month and a dessertspoonful at six months. Begin with a few drops.

**SIX MONTHS.**—A crust of bread. A chicken bone.

**NINE MONTHS.**—Little children must have milk to enable them to grow properly. No matter what it costs, milk is still the cheapest food for children. Children from nine months to two years should have about two pints of milk every day.

**TEN MONTHS.**—Strained purée of green vegetables. Barley Jelly, Rice Jelly, Oat Jelly.

**ELEVEN MONTHS.**—Oatmeal, Cream of Wheat, Farina, and other cereals. Bread and Butter or Toast.

**TWELVE MONTHS.**—A taste of the soft part of a baked apple or a floury potato with a little butter or dish gravy may be given when the baby is about eight months old, if he is doing well, but it is safer to wait until he is about a year old. A little bit of a ripe apple may be tried cautiously.

**FIFTEEN MONTHS.**—Try a little of the yolk of a soft-boiled fresh egg—perhaps as early as twelve months. Then try a coddled or lightly boiled egg.

**FIFTEEN TO EIGHTEEN MONTHS.**—At from fifteen to eighteen months he may have a little scraped beef or a morsel of chicken. Also good stewed fruit and a taste of a fresh ripe peach.

**TWO YEARS.**—Simple desserts and fruit jellies with cream and sugar.



## The First Box Brought Her Relief

"A few years ago I was bothered very much with Kidney trouble. I was advised to take Dodd's Kidney Pills. I purchased a box and before they were all gone I could find quite a change. By the time the box was empty I felt as well as ever. So I always tell my friends the good that Dodd's Kidney Pills did for me. I cannot praise them too highly."

MRS. EARLE JOHNSON,  
R.R. No. 2, Phelpsston, Ont.

# A Talk to Women

**M**ANY of the diseases peculiar to women are caused by some disorder of the kidneys; and the converse of this is equally true, that some disorders peculiar to females cause kidney disease. Women who are employed in such work as sewing or typewriting, or any occupation that necessitates stooping, are most often the victims of kidney disease. The stomach, bowels and adjacent organs are kept in a compressed position, while the muscles of the back are stretched out, and an unnatural strain is placed upon the kidneys. The consequence is headache, a pale face, languor and imperfect action of the blood.

Dodd's Kidney Pills are invaluable to all females in impoverished health.

Their action is here, as in all other kidney diseases, first to restore the important kidneys to their healthy state, and then to tone up the system. These few words embrace the whole effect of these pills! What more is necessary? It means they assist the sickly woman to regain health and impart strength to the weak.

It is necessary that women using Dodd's Kidney Pills for any of the troubles mentioned must observe the ordinary laws of health. Rich foods that tend to produce constipation must be avoided. Wet feet and insufficient clothing in cold weather must be shunned. Hard, physical work and stooping or straining should also be avoided as much as possible.

----- TEAR HERE -----

## TRIAL SAMPLES FREE

**W**E WANT you to take advantage of this opportunity to obtain trial packages of our **DIAMOND DINNER PILLS** and **DODD'S ANTI-SEPTIC HEALING OINTMENT** at our expense.

**SEND THIS COUPON TO-DAY!**

Just tear out this page, answer the questions and fill in your name and address. Send it to **THE DODDS MEDICINE COMPANY, LIMITED**, Toronto 2, along with 2c. in stamps to cover our cost of mailing.

*Be sure to answer all questions, and write plainly.*

1. Have you ever used Dodd's Kidney Pills?.....  
Mr.
2. Name Mrs.....  
Miss
3. Address.....
4. Town..... Province..... A-31

## NEW USES FOR SALT

**F**OR removing egg stains from silver, salt applied with a soft cloth will act like magic.

Sprinkle salt over a dingy carpet before sweeping; it will make it look like new.

To remove any stain except ink or wine stains, sprinkle salt over the spots and pour boiling water through it until they disappear.

Place salt in water when boiling eggs and it will prevent a cracked egg from spreading.

As a kidney medicine Dodd's Kidney Pills are the salt of the earth.

Hot salt water poured around the casings of frozen windows will thaw them quickly.

Blood stains can generally be removed by soaking in cold water and salt. Follow with soap and water.

Salt has many valuable uses as a cleanser in the household, but for cleansing the system from all disease germs use Dodd's Kidney Pills.

Salt placed first in the frying-pan prevents grease from spluttering.

To beat the whites of eggs stiff always have them cold and add a pinch of salt.

To preserve cut flowers, cut the stalks and put them in a vase or glassholder in water, to which you have first added a pinch of salt.

The flower of health is best preserved by taking Dodd's Kidney Pills.

Put a good sized lump of salt into a cup of vinegar and put into a vessel that is discolored and let it stand for half a day. Wash well with warm water and soap and the discoloration will come off easily.

How to wash a wound. Take a handful of absorbent cotton, dip into pure clean water containing common table salt. Do not mop the injured spot with the cloth, but, holding the hand a few inches above the wound, squeeze the cotton so that a single stream will trickle gently down upon the part to be cleansed.

Rub the hands with dry salt after having had them in water for a length of time; afterwards rinse them and wipe dry. If this is done daily it will keep the hands smooth, clean and white.

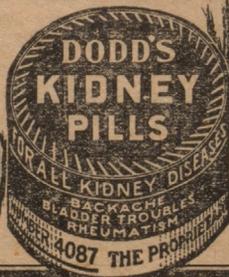
To kill weeds apply boiling hot salt water liberally; to remove grass from between bricks apply salt and let it stand for one week.

Vinegar and salt will clean bottles, vases, pitchers, etc.

*Keep your Blood in a Healthy Condition*

*through the Regular use of*

*Dodd's Kidney Pills*



# HEART TROUBLE

EVERYONE knows that the heart is the pump which forces the blood through the arteries and veins to every part of the body.

From the earliest moment of our lives until we cease to breathe, the work of this faithful servant is unceasing.

Every second of our lives is marked by a heart throb, and when the heart has ceased to beat, the life is gone.

We should make the work of the heart as easy as possible, consistent with our daily labor and the taking of proper physical exercise.

Physical exercise seldom, if ever, causes permanent or even temporary injury to the heart.

The great majority of the deaths from Heart Failure are the result of defective kidney action.

The relation between the heart and kidneys is easily explained.

It is the function of the heart to keep the blood in circulation.

It is the function of the kidneys to purify the blood when in circulation.

Every drop of blood in the human body passes through the kidneys every three minutes to be relieved of all impurities and waste matter.

The healthy kidneys purify the stream of life promptly and perfectly and it is easier for the heart to send along the clear, pure life-giving blood, than to force a circulation of thick, waste-laden, heavy, impure blood, overloaded with the impurities and poisons, which the kidneys should have separated from it and discharged from the body.

Besides the extra work thus imposed, it is extremely difficult for the heart to

force the blood through the diseased kidneys, for when the kidneys become diseased, the small thread-like tubes, of which they are composed, and through which the heart must force the blood, become partially closed up, and thus cause greater effort on the part of the heart.

But there is still another way in which the kidneys, if not faithful to their duty, do much to injure this double force pump of the body.

They allow much poison of the most destructive character to remain in the circulation, and this passing through the valves and chambers of the heart, frequently sets up an inflammation causing valvular trouble, or other derangement.

People have been forced to a recognition of the relationship of the kidneys to the heart, by the many cases of Heart Trouble which have succeeded Rheumatism, or some other well-known kidney complaint.

Sound kidneys mean a good heart.

"I have been laid up for some years with my back and rheumatism. When I heard of your Dodd's Kidney Pills I got some. I have used them for two years and have found a great relief."

MRS. ALFRED WARREN,  
Cross Creek, P.O., N.B.

Relieve BURNS with  
**Dodd's**  
*Antiseptic - Healing*  
**OINTMENT**

# Safety First

**D**ON'T pour water on burning fat.

Don't throw sugar on fire.

Don't fill lamps after dark.

Don't start a fire with kerosene.

Keep matches away from children.

If fat takes fire, throw on flour, salt, baking powder or sand.

If a lamp takes fire, toss it out of doors, cover with a rug or throw on salt, baking powder or flour.

Whenever you have pain in the back it is an urgent call for Dodd's Kidney Pills.

If the chimney takes fire, burn salt or sulphur in the fire-place; pour sand down the chimney.

If a fire starts in a closet, beat it out with a broom and water.

If the bed takes fire, push the mattress on the floor, and beat with wet brooms.

If the curtains catch fire, do not try to pull them down; remove nearby objects and use wet brooms to smother the burning pieces as they fall.

Because they touch the aching spot immediately, Dodd's Kidney Pills have taken a sure place in nearly every home in Canada.

Swimmers and non-swimmers will do well to observe the following precautions.

If you cannot swim; never wade unless you know the depth of the water and always avoid wading alone or where there is a swift current.

Do not go canoeing unless accompanied by an experienced swimmer.

If you can swim; never attempt long swims early in the season. Wait until you get in good condition.

Do not swim on a full stomach but wait at least two hours after eating.

Do not swim if over heated or until exhausted.

Never neglect a pain in the back. Dodd's Kidney Pills are a reliable first aid.

Never cry for help in fun. You may sometime need help and not get it.

Do not go in swimming alone.

If you are a canoeist; do not stand up or change seats unless ready to swim out. Many deaths result from this. Finally do not try to scare your companion by rocking the canoe. It is not smart and may result in serious consequences.

## Standard Tables for Babies' Weights

Boys		Girls	
Birth.....	7.6 lbs.	Birth.....	7.1 lbs.
3 mos.....	13 lbs.	3 mos.....	13 lbs.
6 mos.....	18 lbs.	6 mos.....	16 $\frac{3}{4}$ lbs.
9 mos.....	20 $\frac{3}{8}$ lbs.	9 mos.....	19 $\frac{1}{8}$ lbs.
1 year.....	21 $\frac{7}{8}$ lbs.	1 year.....	20 $\frac{3}{8}$ lbs.
1 $\frac{1}{4}$ years.....	23 $\frac{5}{8}$ lbs.	1 $\frac{1}{4}$ years.....	21 $\frac{7}{8}$ lbs.
1 $\frac{1}{2}$ years.....	24 $\frac{5}{8}$ lbs.	1 $\frac{1}{2}$ years.....	23 $\frac{3}{8}$ lbs.
1 $\frac{3}{4}$ years.....	25 $\frac{3}{8}$ lbs.	1 $\frac{3}{4}$ years.....	24 $\frac{3}{4}$ lbs.
2 years.....	27 $\frac{1}{8}$ lbs.	2 years.....	26 $\frac{3}{8}$ lbs.
		2 $\frac{1}{4}$ years.....	27 $\frac{1}{4}$ lbs.
		2 $\frac{1}{2}$ years.....	28 $\frac{1}{4}$ lbs.
		3 years.....	30 $\frac{1}{4}$ lbs.
		3 $\frac{1}{2}$ years.....	32 $\frac{1}{2}$ lbs.
		4 years.....	33 $\frac{3}{4}$ lbs.



# What Women Say



MANY women have been changed from helpless invalids to happy healthy workers by Dodd's Kidney Pills. Many a long carried burden of pain and weakness has been left behind by the use of this remedy. Some women have been grateful enough to send their experiences for the benefit of their suffering sisters. Only a few can be given here, but these are enough to prove that Dodd's Kidney Pills make sick women well and keep them so.

"I was laid up with Rheumatism for a month. I could not move. I sent for some Dodd's Kidney Pills and in two weeks I was able to move around again. In four weeks I was doing my out-door work again. A person has a lot of hard work to do on a farm. These pills are also very good for Backache."

MRS. A. A. KALAPUTAS,  
Ardley, Alta.

"I say that your Dodd's Kidney Pills have relieved me of my Kidney weakness and stomach trouble."

MRS. C. COLLINS WHITE  
Prevel Office P.Q.

"I took your Dodd's Kidney Pills for sore back and kidney trouble about ten years ago and they relieved me. I just don't remember how many boxes I took, but anyway. I have had no kidney trouble since and I can't say enough about them."

MRS. JOHN J. DORIE  
719 Sidney St., Cornwall Ont.

"I was suffering very much with bad kidneys and my back. I had decided to go and see a doctor but a friend advised me to try Dodd's Kidney Pills. Six boxes or so have done me a marvellous lot of good. I recommend Dodd's Kidney Pills to all persons who suffer with their kidneys. You can publish this letter for the benefit of other sufferers."

MRS. CHAS. RECTOR,  
Spurfield, Alta.

"I have used several boxes of Dodd's Kidney Pills for lame back and have found them a very good medicine. I would not be without them."

MRS. J. W. FOWLER  
Box 11, Moores Mills, N.B.

"I had pains in my back. I bought one box of Dodd's Kidney Pills and they sure did me good. I have not been bothered since."

MRS. W. E. GAVIN,  
Emo, Ont.

## Helpful Hints for the Housewife

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**S**TORED silver will not tarnish if a piece of camphor is put away with it. Never leave a spoon in the sauce pan when you want its contents to boil quickly.

Run a piece of stale bread through the mincing machine if fat meat or anything greasy has been minced.

A teaspoonful of mustard added to the washing-up water will remove the smell of fish from cutlery and crockery.

To remove excess fat from soup, draw the pan away from the fire and put in a little cold water; the grease comes to the top, and can be skimmed off.

Brass curtain poles should be rubbed once a fortnight with a cloth damped with paraffin or machine oil, and the rings will slide smoothly when the curtains are drawn.

Rub new boots with a slice of raw potato, and they will then polish as easily as old ones.

The fact that Dodd's Kidney Pills are for sale everywhere is one proof of their reliability.

When windows are difficult to open, rub the cords with soft soap and the sashes will run smoothly.

Dirty brass should be scrubbed with plenty of soap and soda water and then scoured with coal oil and coal ashes before any polish is applied.

When inserting a stick into a new broom, hammer the end of the stick before cutting it down. This minimises the shrinkage of the soft wood and the handle, once fitted, remains secure.

About a teaspoonful of turpentine added to each gallon of water in which white clothes are soaked will have a fine cleansing and bleaching action.

It is always best to use a remedy that has stood the test of years, and found to be without equal. Dodd's Kidney Pills have stood this test—never failing to relieve kidney trouble for over nearly half a century.

If tangled hair is combed out from the ends upwards, instead of the other way about, the tangles will come out much more easily, and without the "tugging" that children hate.

Rain-spots will often mark clothes quite badly, if they are allowed to dry on. No damage will result if the marks are dealt with promptly. Wipe off the wet with a silk handkerchief, going the way of the nap of the cloth. When all spots have disappeared, allow to dry slowly and this will leave the material free from marks and quite smooth.

"I was bothered with my Kidneys and Bladder. I started taking Dodd's Kidney Pills which I found were just suited to my case. I took them for a short time and they did me a lot of good. I am like a different person now. If I feel any signs of Backache or weakness I take a few pills and they soon put me right."

JAS. LOVEGROVE, R.R.I. Princeton, Ont.

## Things Worth Remembering

A hot water bottle should be filled about three-quarters full, never to capacity, when used for warming a bed. When used to relieve pain, one-half full is plenty, as it will then give a soothing effect without proving too heavy for comfort.

Windows may be washed quickly by dipping a chamois into about two quarts of lukewarm water and a cup of vinegar. Wring the chamois dry and wipe the window as usual, which will clean and dry at the same time.

When corks become so compressed that the contents of the bottle leak out, place the corks in boiling water and leave them there until the water cools. They will then be as good as new and fit just as tightly.

Use the stump of a candle, instead of a cork, for a glue bottle. It will not stick.

Patch a broken-place in the plaster of a room with a paste made by mixing one part of white flour with two parts of sand and two parts of sifted coal ashes and water. The cement will outlast the original plaster.

If saucepans get burned do not put soda in them. Fill them with cold water, add a good spoonful of salt, and leave until the next day, when the burned part will come off easily. The advantage of using this method is that the saucepan is not so apt to burn the next time it is used, as it would be, if soda were used.

If a glass stopper becomes fixed, warm the bottle and put a few drops of sweet oil round the stopper and re-warm the bottle. Then knock the stopper lightly against wood and it will be easily removed.

Examine yourself and if Kidney treatment is needed, use Dodd's Kidney Pills.

Before wearing new shoes put them in a warm place for a few minutes. This will make the leather more pliable.

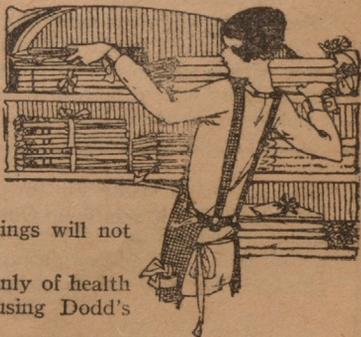
Glass-covered containers are best for butter as they keep it fresh and sweet. The glass is non-absorbing and is easily cleaned.

It is not generally known that wringing out a cloth in hot water and wiping the furniture before putting on furniture cream will result in a very high polish that will not show finger marks.

When washing electric light globes be sure to wet only the glass part, as any water left in the metal section might cause a short circuit.

If shelves are necessary in your kitchen, have them placed low enough to be within easy reach. Then useless things will not be placed there and allowed to remain.

Pure blood is the first essential not only of health but of life itself, so keep it pure by using Dodd's Kidney Pills.



# Dodd's Ointment

**Antiseptic Healing**  
**Quick Acting**  
**Absolutely**  
**Safe**



**D**ODD'S Antiseptic Healing Ointment is a safe, soothing treatment for all skin abrasions, infections and irritations. Its powerful, antiseptic action prevents infection of open wounds and enables the exceptional healing qualities of this famous ointment to quickly relieve pain and irritation and bring about a speedy recovery.

Dodd's Antiseptic Healing Ointment is the product of years of careful study and experiment. Hundreds of formulæ were examined before discovering the one which is offered to the Public as Dodd's Antiseptic Healing Ointment.

This formula was chosen for various reasons: chief among them being, because of its great healing value and because of its outstanding antiseptic and cleansing qualities.

## Dodd's Antiseptic Healing Ointment is recommended for :

Cuts	Bites
Burns	Scalds
Cold Sores	Chilblains
Chafed Hands	Heat Rashes
Sore Nipples	Festering Sores
Salt Rheum	Sore Feet
Eczema	Sunburn
Pimples	Boils
Ulcers	Poisoned Wounds
Hives	Salt-water Sores
Itching Skin	Piles
Abscesses	Corns

*Dodd's Antiseptic Healing Ointment is now packed in the same manner as the finest cold creams.*

**Price 50c per jar**

### Tributes from Coast to Coast

"Dodd's Antiseptic Healing Ointment is the best I have ever used. I had my hand badly cut by a lamp shade and it was your Ointment that completely healed it."

MRS. NEIL PATTERSEN  
 Boulardarie West, N.S.

"On numerous occasions members of our family have had to use Dodd's Antiseptic Healing Ointment and we have found it heals like magic. We always keep it in the house."

FREDERICK MOSS,  
 2473 Burdick Ave., Victoria, B.C.

# Diamond Dinner Pills

The Laxative Unexcelled!

for all derangements of  
the Liver and Bowels,  
such as Torpid Liver,  
Biliousness and  
Constipation



Price 25c.

**TORPID LIVER.**—A tired, sluggish Liver causes no end of sickness and suffering. This important organ sometimes requires assistance and encouragement, but it should never be forced. It is the business of Diamond Dinner Pills to tone and strengthen and coax the Liver back to a healthy condition of activity. You should treat the torpid Liver carefully, gently and patiently. You should never try force. Nature resents such treatment and Diamond Dinner Pills are compounded not with a view of simply applying force to "move the bowels," but to gently and gradually tone up the Liver till it supplies the necessary amount of bile (Nature's own laxative), and the bowels move themselves.

**BILIOUSNESS.**—The torpid Liver allows the bile to escape through every part of the system instead of into the bowels as Nature intended. It is lost in the stomach often causing Acidity. It clogs the blood and shows itself in the sallow skin. In many cases it produces sick headache, and that heavy, dull feeling so very oppressive. Diamond Dinner Pills are essentially a Liver Medicine, and they act promptly on the sluggish Liver, gently coaxing and encouraging and helping it to do its duty. After a patient treatment it begins to improve and finally may be trusted to perform its functions independently and perfectly.

**CONSTIPATION.**—Caused in the first place by the failure of the Liver to furnish the bowels a sufficient amount of bile—Nature's own laxative; but in the majority of cases Chronic Constipation is caused by the taking of salts, purgative pills and other violent physics which cause griping and purging, and upset the whole health of the Stomach, Liver and Bowels, and the use of which is always followed by Constipation, Piles and other evidences of injury to the delicate machinery of the body. Let us repeat *you must never try to force Nature.* These violent purgatives can never do anything but harm.

**DIAMOND DINNER PILLS.**—Help Torpid Liver, Biliousness and Constipation, because they follow Nature's methods.

Diamond Dinner Pills are not intended simply to empty the Bowels. Their action is directly on the Liver, causing it to do its duty, after which the bowels empty themselves.

Diamond Dinner Pills will be found when patiently used to be altogether the most satisfactory remedy for all derangements of the Liver and Bowels.

Diamond Dinner Pills are 25 cents a box. All dealers or by mail on receipt of price by The Dodds Medicine Co., Limited, Toronto 2, Canada.

## Do You Know?

*You will find helpful suggestions that will make your household tasks easier.*

**W**HEN an old broom has become shorter at one side than the other, dip in hot water for a few minutes and trim evenly with shears; it will then be as serviceable as new.

Adhesive tape can be easily removed from the skin when it is softened with benzine or gasoline; apply with a sponge.

Stains on the hands can be removed by rubbing with a paste made of olive oil and white sugar.

Wax paper wrappings from bread are excellent for cleaning and polishing the stove.

Pewter may be brightened by soaking for a day or two in a quart of water to which has been added a piece of potash, size of a nut; take from water and rub carefully with a cork dipped in oil, then polish with a chamois and whiting. After it has once been cleaned it can be kept bright by washing with hot water and soap.

Cut glass can be best cleaned by washing in warm soapsuds and cover it with sawdust; when sawdust is dry, brush it out very carefully with a soft brush which reaches all crevices. It will come out clear and sparkling.

The best way to purify the blood and build up the strength of the body is to take Dodd's Kidney Pills.

When serving cocoa try dropping a marshmallow into each cup of the hot liquid just before serving; it makes a delicious drink.

A can of asparagus is best opened at the bottom instead of the top. The tips are then not broken and the stalks can be removed by their sturdy ends.

Common table salt makes an excellent substitute for tooth paste. Sprinkle it on the tooth brush and brush the teeth in the ordinary way.

To slice bacon thin use a hot knife.

A convenient strainer for jelly or starch is made by putting a circle of cheesecloth between a pair of embroidery hoops letting the cloth sag.

When making net curtains, pin the hems with invisible hairpins before stitching. They will not slip out like ordinary pins and no basting is necessary.

If piano keys have become yellowed rub them with peroxide or with a little lemon juice and whiting; then remove with a damp cloth.

To string small beads which will not go over a needle, dip the ends of the thread in mucilage; when dry use the thread as a needle.

Amber beads and ornaments can be cleaned by washing them in milk.

Dodd's Kidney Pills tone up and strengthen weak kidneys and put them in condition to do their full work of straining all the impurities out of the blood.



# DIET

**T**HIS is a most important subject, and cannot receive too much attention. All foods likely to irritate the stomach or urinary passages should be avoided, such as pickles, sauces, vinegar, sour fruit, beer, etc. Constipation is also to be avoided, and you should not eat new bread, hot pastry, tapioca, arrowroot, pie crust, puddings, etc. It is hard to lay down any definite rules of diet, for, as the old saying goes, "what is one man's meat is another man's poison;" but there are certain articles of every day food that those who are suffering from any form of kidney disease should not take, and these are: Alcohol, hot spicy foods, tough indigestible foods such as fried steak, etc., tinned lobster, etc.

We are so often asked by correspondents to tell them what they should eat and what they should not, that we have arranged the following tables of foods and drinks, from which you should be able to choose all you require, and at the same time feel sure that you are not eating or drinking anything likely to aggravate your complaint.

## You MAY Take

- Fish.** All kinds of fresh fish *boiled* only, *not* fried.
- Meats.** Lean beef, mutton, lamb, chicken, fowls—all fresh cooked, not stewed.
- Eggs.** Boiled or poached on toast.
- Bread.** Stale bread, dry toast, rusks, or crusts.
- Pastry.** Most kinds of biscuits, oat cakes, etc.
- Fruit.** Nearly all kinds of fresh ripe fruit.
- Drinks.** One cup of tea or coffee with a little cream of new cow's milk; mineral waters, lime juice, or lemonade.
- Vegetables.** Spinach, lettuce, celery (cooked), watercress, asparagus, cauliflower, onions, white cabbages, tomatoes, turnips.

## You Must NOT Take

- Fish.** Salt fish, salmon, eels, mackerel, or any kind of fish *fried*.
- Meats.** Fried chops and steaks, stewed meat, hash, pork, veal, sausages, fat meat.
- Eggs.** Fried or hard boiled.
- Bread.** New hot bread, rolls, buns, etc.
- Pastry.** Pies, puddings, tarts, dump-lings, etc.; sweets.
- Fruit.** Unsound or over-ripe fruit.
- Drinks.** Malt liquors, beer, stout, sweet wines, whisky, brandy, gin, rum, etc.
- Vegetables.** Potatoes, horse-radish, cucumber, radishes, carrots, beet-root, *green* cabbage, celery (raw), parsnips, artichokes.

*NOTE.*—*Vegetables are very necessary for maintaining our health and preventing constipation, scurvy, etc.*

But, remember, the rules given above are only AIDS to recovery and to the maintenance of good health. Regulating your food and drink will not rid you of disease. The most important thing for you to bear in mind, if you wish to get well, is to take Dodd's Kidney Pills or Dodd's Dyspepsia Tablets, according to your complaint, REGULARLY, without missing a single day or dose.

# Dodd's

THAT ONE WORD IS YOUR SAFEGUARD—Dodd's

**U**NLESS it is printed on the box, as you see it on the back of this book, you are being offered a substitute, instead of the genuine Kidney Pills.

Remember it is of the greatest importance that you should have the *Genuine Dodd's Kidney Pills*, and not the substitute.

When you go into a drug store, do not ask for a box of "Kidney Pills," say: "Give me a box of 'Dodd's Kidney Pills' " and emphasize the word "Dodd's." If anything else is offered to you, refuse it at once; bear in mind that **you do not know anything about what these substitutes will do for you**; they *may* relieve you, or they *may* not; but you **DO KNOW** what Dodd's Kidney Pills will do, because you have the evidence before you in this book, of people who have taken them and have been helped; therefore for your own sake, you must insist on having only the genuine.

## How to Get Dodd's Remedies

First, ask your local dealer for them. If he has not got them in stock, ask him how soon he can get them for you. As every wholesale dealer in Proprietary Medicines sells them, he can get them in two or three days if he wants to. If he says he can't or won't, send your money direct to The Dodds Medicine Co., Limited, Toronto 2, Canada. Be careful to print your name and address plainly, giving Post Office, County and Province. They will be sent to you, postage paid, the day your letter and remittance reach us. But buy them from your local dealer if you can. The prices are:

**Dodd's Kidney Pills 50 cents per box, six boxes for \$2.50.**

**Dodd's Dyspepsia Tablets 50 cents per box.**

**Dodd's Antiseptic Healing Ointment 50 cents per jar.**

**Diamond Dinner Pills 25 cents per box.**

**WE EMPLOY NO AGENTS.** Our goods are sold by regular dealers only, or by mail when this is impossible. The Dodds Medicine Co., Limited, Toronto 2, Canada.

"Granny knows from experience  
that there is nothing better for  
mother's backache than  
**-Dodd's Kidney Pills-**"



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