

# Dodd's



# ALMANAC

AND HOUSEHOLD HINTS

FOR

# 1-9-3-4

# 1934

Golden Number..... 16    Solar Cycle..... 11    Roman Indiction..... 2  
 Epact..... 14    Dominical Letter..... G    Julian Period (year of) 6647

## THE SEASONS

Sun enters Aries—Spring commences..... Mar. 21st, 2.28 a.m.  
 Sun enters Cancer—Summer begins..... June 21st, 9.48 p.m.  
 Sun enters Libra—Autumn begins..... Sept. 23rd, 0.46 p.m.  
 Sun enters Capricornus—Winter begins..... Dec. 22nd, 7.50 a.m.

## ZODIACAL SIGNS

Head and Face, ♈ ARIES, the Ram.

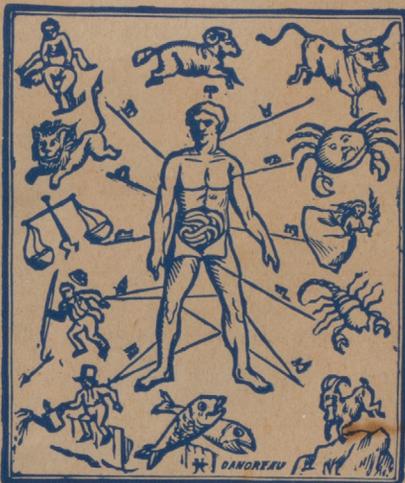
Arm.  
 ♊ GEMINI  
 The Twins.

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.....Jan. 1	Accession King George V.....May 6	Dominion Day (Sun.).....July 1
Epiphany.....Jan. 6	Ascension Day.....May 10	Labor Day (Mon.).....Sept. 3
Septuagesima (Sun.).....Jan. 28	Pentecost (Whit Sunday) May 20	Hebrew New Year (Mon.) Sept. 10
Quinquagesima.....Feb. 11	Pentecost (Shebuoth).....May 20	Day of Atonement (Wed.) Sept. 19
Ash Wednesday.....Feb. 14	Victoria Day.....May 24	Feast of Tabernacles.....Sept. 24
St. David.....Mar. 1	Birth Queen Mary (1867) May 26	All Saints' Day.....Nov. 1
St. Patrick.....Mar. 17	Trinity Sunday.....May 27	Armistice Day.....Nov. 11
Palm Sunday.....Mar. 25	Corpus Christi.....May 31	First Sunday in Advent.....Dec. 2
Good Friday.....Mar. 30	Birth King George V. 1865 June 3	Conception Day.....Dec. 8
Easter Sunday.....April 1	Birth Prince of Wales, 1894 June 23	Christmas Day (Tues.).....Dec. 25
St. George.....April 23	Midsummer Day.....June 24	Last Day of Year (Mon.) Dec. 31

## MORNING AND EVENING STARS

**Mercury.**—A morning star to January 20th, then evening star to March 6th with greatest elongation February 18th, 18° 7' east at 7 hours. Greatest western elongation 27° 49' April 2nd at 11 hours, as a morning star. Evening star May 13th to July 11th. Greatest elongation 24° 27' east. Morning star to August 26th with greatest elongation west 19° 31'. An evening star to November 3rd with greatest elongation 25° 13' October 10th. A morning star to December 31st. **Venus.**—In conjunction with the Sun February 5th and on March 11th at greatest brilliancy and reaching elongation 46° 18' west. In superior conjunction with the Sun on November 18th, becoming an evening star. **Mars.**—In conjunction April 14th, stellar magnitude at opposition in April, 1935—1.2. **Jupiter.**—In opposition to the Sun April 8th. Stellar magnitude at opposition in April, 1934—2.0. **Saturn.**—Stellar magnitude in August, 1934—0.5. **Uranus.**—Stellar magnitude in October, 1934—6.0. **Neptune.**—Stellar magnitude in March, 1934—7.7.

## ECLIPSES IN 1934

In the year 1934 there will be four eclipses, two of the Sun and two of the Moon.

86L  
807 HK

# GREETINGS

## To Our Many Readers

**W**E take great pleasure in presenting to you the 1934 Edition of **Dodd's Almanac and Household Hints**, 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, revitalize them, restore them to healthy activity, and assist them to perform the duties we have mentioned above.

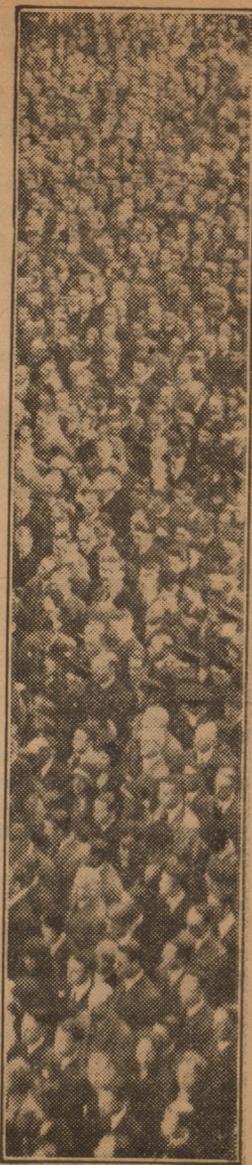
**Dodd's Kidney Pills** are a safe medicine, and may be taken with perfect confidence by old and young. They contain nothing injurious to the most delicate constitution.

**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.

The Dodds Medicine Company Ltd., Toronto 2, Ont.



*For Your Health's Sake*

## ASK YOURSELF THESE QUESTIONS



Many have found out to their dismay that they have had Kidney disease, only when asked the following 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 backache? Do your limbs feel heavy?

Do you have scanty flow of urine?

Do you have frequent severe headaches?

Does your urine appear thick or milky?

Do you suffer from unusual thirst?

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?

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

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

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?

Do you suffer from nausea after eating?

Have you dizzy feeling?

Have you shortness of breath?

Are you greatly depressed in spirit?

Is your sleep broken?

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 a tired feeling in the region of the kidneys, with a dragging, heavy feeling across 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 nearly half a century Dodd's Kidney Pills have been the standard remedy for all Kidney ailments.

MOON'S PHASES  
Eastern Standard Time

		D.	H.	M.
☾	Full Moon.....	2	1	31 a.m.
☾	Last Quarter.....	10	6	24 a.m.
☾	New Moon.....	17	2	53 a.m.
☾	First Quarter....	23	8	9 p.m.
☾	Full Moon.....	31	8	54 p.m.

\* See Local Time on this page

Day of Month	Day of Week	Zodiac Signs	* Sun		* Moon	Weather Probs.
			Rises	Sets	Sets	
1	F	♈	H.M. 7 18	H.M. 4 21	H.M. 6 59	Warmer
2	S	♈	7 19	4 20	rises	with
3	Sun	♈	7 20	4 19	5 03	frequent
4	M	♈	7 21	4 19	6 01	rain.
5	T	♈	7 22	4 18	7 04	
6	W	♈	7 23	4 18	8 10	
7	T	♈	7 24	4 17	9 16	Much
8	F	♈	7 25	4 17	10 22	colder.
9	S	♈	7 26	4 17	11 28	
10	Sun	♈	7 27	4 18	a.m.	Followed
11	M	♈	7 28	4 18	0 36	by
12	T	♈	7 29	4 18	1 47	heavy
13	W	♈	7 29	4 18	3 02	snow.
14	T	♈	7 30	4 19	4 22	
15	F	♈	7 31	4 19	5 45	
16	S	♈	7 32	4 20	7 05	
17	Sun	♈	7 33	4 20	sets	Becoming
18	M	♈	7 34	4 20	5 49	warmer
19	T	♈	7 34	4 21	7 13	with
20	W	♈	7 35	4 22	8 35	occasional
21	T	♈	7 35	4 22	9 54	showers.
22	F	♈	7 36	4 22	11 08	
23	S	♈	7 36	4 23	a.m.	
24	Sun	♈	7 37	4 23	0 19	Turns
25	M	♈	7 37	4 23	1 28	cold,
26	T	♈	7 37	4 23	2 36	little
27	W	♈	7 38	4 24	3 45	
28	T	♈	7 38	4 24	4 51	snow.
29	F	♈	7 38	4 24	5 54	
30	S	♈	7 38	4 24	6 52	Ends
31	Sun	♈	7 38	4 24	7 40	mild.

"I was attended for almost six years by doctors who attributed my trouble to faulty kidneys. During this time I could not seem to get any relief. A friend advised me to try Dodd's Kidney Pills, and after taking two boxes I feel completely relieved."

MRS. DONAT LAMIRANDE,  
Champcoeur, via Barraute,  
Abitibi Co, P.Q.

LOCAL TIME

Standard Time is used in this Almanac and the time quoted can only be accurate for one central point in each division of time. In order to arrive at the exact time of the rising and setting of the sun, etc., where you reside, it is necessary to add or subtract the number of minutes indicated opposite your place of residence or the nearest point for which this information is given.

Where Daylight Saving Time is used it is also necessary to add one hour.

British Columbia

Nanaimo.....	Add 16
Nelson.....	Sub. 20
Prince Rupert..	Add 42
Vancouver.....	" 12
Victoria.....	" 13

Alberta

Calgary.....	Add 35
Edmonton.....	" 32
Lethbridge.....	" 30
Medicine Hat....	" 21

Saskatchewan

Moose Jaw.....	Add 5
Prince Albert....	" 6
Regina.....	" 1
Saskatoon.....	" 9

Manitoba

Brandon.....	Add 40
Portage la Prairie	" 36
The Pas.....	" 44
Winnipeg.....	" 28

Ontario

Barrie.....	" 19
Belleville.....	" 10
Brantford.....	" 21
Chatham.....	" 29
Collingwood....	" 21
Galt.....	" 21
Goderich.....	" 27
Guelph.....	" 21
Hamilton.....	" 19
Kenora.....	" 16
Kingston.....	" 7
Kitchener.....	" 22
Lindsay.....	" 15
London.....	" 25
Niagara Falls....	" 16
North Bay.....	" 18

Ontario—Cont'd.

Oshawa.....	Add 16
Orillia.....	" 16
Ottawa.....	" 3
Owen Sound.....	" 24
Parry Sound.....	" 20
Peterborough....	" 14
Pembroke.....	" 9
Port Arthur.....	Sub. 4
Port Hope.....	Add 13
Sarnia.....	" 30
Sault Ste. Marie.	" 38
Stratford.....	" 24
St. Catharines...	" 17
Sudbury.....	" 24
Toronto.....	" 18
Windsor.....	" 32
Woodstock.....	" 23

Quebec

Gaspe.....	Add 16
Montreal.....	Sub. 6
Quebec.....	" 12
Riviere du Loup.	" 22
Sherbrooke.....	" 10
Three Rivers....	" 8

Prince Edward Is.

Charlottetown..	Add 12
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New Brunswick

Chatham.....	Add 22
Fredericton....	Sub. 32
St. John.....	Add 26
Moncton.....	" 19

Nova Scotia

Halifax.....	Add 14
Sydney.....	" 1
Yarmouth.....	" 25

Newfoundland

St. John's.....	Sub. 24
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"Will you marry me?"

"No."

"Oh, come on. Be a support."

# DON'T WAIT for SICKNESS

## to Overtake You

**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 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 which can be used with perfect safety by old and young alike.

Dodd's Kidney Pills have restored sound health to thousands of ailing men and women. Why not give them a trial?

**Be Sure You Get  
The GENUINE  
Dodd's  
Kidney Pills**

# BACKACHE

## Is Your WARNING of Kidney Trouble

*Backache is Nature's warning that there is something wrong with your kidneys. Never neglect it. If you fail to heed this sign that your kidneys are out of order you are taking great chances.*



Pain, or a tired and weak feeling in the small of the back is a message to you from your Kidneys that they need help. Nature is trying to make you understand that something is wrong with your 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 its 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.

"My back was so bad, my spine so sore I could not rest. My head ached all the time and I was troubled with my eyes. I bought three boxes of Dodd's Kidney Pills and they helped me so much that I got three more boxes and now I feel fine."

MRS. C. E. WARNER,  
280 Withrow Ave., Toronto, Ont.

# Why do Doctors Test the **KIDNEYS** *FIRST?*



***Because:**—They know that the importance of the Kidneys to the well-being of the human body simply cannot be over-estimated. With them rest, health, happiness, life itself. No disease is more common than Kidney trouble.*

**I**T is the function of the kidneys 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.

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.

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. This is the explanation of the wonderful success of Dodd's Kidney Pills.

"I have only used one box of Dodd's Kidney Pills as yet and my backache and kidney trouble is just about gone. Have also changed my appetite for the better and I am eating like a bear."

DONALD DIXON,  
Vermilion Bay, Ont.

# Her Friend Gave Good Advice

And Dodd's Kidney Pills Did The Rest

1st month JANUARY, 1934 31 days

## MOON'S PHASES Eastern Standard Time

	D.	H.	M.
Last Quarter.....	8	4	36 p.m.
New Moon.....	15	8	37 a.m.
First Quarter.....	22	6	50 a.m.
Full Moon.....	30	11	31 a.m.

\* See page 3 for Local Time

Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon	Weather Probs.
			Rises	Sets	Rises	
1	M	♈	7 38	4 28	4 56	Fine and mild.
2	T	♈	7 38	4 29	6 01	
3	W	♈	7 38	4 30	7 07	
4	T	♈	7 38	4 31	8 13	
5	F	♈	7 38	4 32	9 19	
6	S	♈	7 38	4 33	10 25	
7	Sun	♉	7 38	4 34	11 33	Cold with moderate snow.
8	M	♉	7 38	4 35	a.m.	
9	T	♉	7 38	4 37	0 44	
10	W	♉	7 38	4 38	1 58	A little milder.
11	T	♉	7 37	4 39	3 17	
12	F	♉	7 37	4 40	4 37	
13	S	♉	7 37	4 42	5 52	
14	Sun	♊	7 36	4 43	sets	Becomes very cold.
15	M	♊	7 36	4 44	p.m.	
16	T	♊	7 35	4 45	6 04	Snow-furries.
17	W	♊	7 35	4 46	7 27	
18	T	♊	7 34	4 48	8 46	
19	F	♊	7 33	4 49	10 01	
20	S	♊	7 33	4 50	11 14	
21	Sun	♋	7 32	4 52	a.m.	
22	M	♋	7 31	4 53	0 25	
23	T	♋	7 30	4 55	1 34	
24	W	♋	7 29	4 56	2 42	
25	T	♋	7 28	4 57	3 47	
26	F	♋	7 27	4 58	4 46	
27	S	♋	7 26	4 59	5 38	
28	Sun	♌	7 25	5 00	5 20	Moderating.
29	M	♌	7 24	5 02	rises	
30	T	♌	7 23	5 04	p.m.	
31	W	♌	7 22	5 05	6 04	

### Another Name For It

"What is your worst sin, my child?"

"My vanity—I spend hours before the mirror admiring my beauty."

"That is not vanity—that is imagination."

"I have taken Dodd's Kidney Pills for my kidneys and bladder trouble," writes Mrs. R. W. Langlots, Grande Grave, Gaspé, P.Q. "A friend of mine advised me to give them a trial. I had suffered terribly. After taking six boxes of Dodd's Kidney Pills my trouble was completely gone."



Mrs. R. W. Langlots

When you feel worn, tired, and run-down, the chances are ten to one that your Kidneys are at fault. When the Kidneys become clogged or out of order the circulation becomes sluggish and the impurities are not strained out of the blood. The result is weariness and lack of energy. Guard against troubles such as these by taking Dodd's Kidney Pills. You will not regret doing so.

For half a century Dodd's Kidney Pills have been recognized as the best treatment for all ailments arising from faulty Kidneys. Ask your friends and neighbours about this time tested, reliable, Kidney Remedy—Dodd's Kidney Pills.

"I had a very sore back and took a box of Dodd's Kidney Pills and feel much better now." I have no more trouble in doing my work."

MRS. DEWHURST,

Prince Albert, Sask.

## Helpful Hints



**B**OXES can be rendered moth and dust-proof by securing lids and seams with adhesive tape.

When ripping seams with a knife or old razor blade, wrap the cutting instrument with tape to within an inch of the end to prevent damaging either the fabric or the fingers.

Rubber gloves or goloshes can be mended temporarily with tape fixed on the underside of the cut or break. Cuts in table oilcloth may be mended in the same way.

After cementing broken glass or china, keep the pieces in place with tape until the cement has set.

Handles that are constantly coming off cupboards, chests of drawers, etc., may be made perfectly secure by warming a little powdered alum in an iron spoon and applying it to the hole where the handle is fixed. In a few minutes the handles will become perfectly firm.

Add one ounce of alum to the last water used to rinse "children's clothes" and they will be rendered non-inflammable, or so slightly combustible that they would take fire very slowly if at all, and would not flame.

Clean kidneys are more important than clean clothes. Get the habit of using Dodd's Kidney Pills at least once a week, as a preventative against diseased kidneys.

To extract a splinter painlessly, hold the part over the mouth of a bottle (rather a wide one), which must be

nearly but not quite full of hot water. Press slightly and the suction does the trick.

Do not think your sheets are of no further use because they are worn in the centre. Pillowslips for every-day use may be made from the sides of them, not to mention dusters or soft cloths for polishing purposes.

Sprinkle whole cloves round the parts infested with ants, and you will find that they will quickly disappear.

Cut your old pieces of oilcloth into squares and make linen covers for them. Then use them under hot dishes at the table and keep your table cover from becoming spotted by heat from the dishes.

If a door-key won't turn easily, don't try force before you've tried oil. Dip a feather in lubricating oil, if possible; if not, use salad oil. Brush inside the lock with the oil, and smear the key with it, too, then make a fresh attempt to coax the key to its work. If you have no feather, oil the key liberally and insert it.

When a suit or dress of dark serge become shiny with wear, sponge it with hot vinegar, and press it in the usual way. No odor of vinegar will remain, the shine will disappear and the material will be much improved in appearance. The vinegar will leave no stain.

One box of Dodd's Kidney Pills taken in time is worth its weight in gold.

Before using paint, stand it upside down for a few days in the can before opening, and it will mix more thoroughly.



# Could Hardly Straighten Up

But Now Well, Thanks to Dodd's Kidney Pills

2nd month FEBRUARY, 1934 28 days

## MOON'S PHASES

Eastern Standard Time

	D.	H.	M.
☾ Last Quarter.....	7	5	22 a.m.
☾ New Moon.....	13	7	43 p.m.
☽ First Quarter.....	21	1	5 a.m.

\* See page 3 for Local Time



Edwin Milner

"My husband's back was very painful," says Mrs. Edwin Milner of 47 Swanwich Avenue, Toronto. "It was so bad that when he stooped he could scarcely get up again. This condition was caused

by his kidneys. He took Dodd's Kidney Pills for a short time and was soon rid of the pain in his back and felt fine. I have also used Dodd's Kidney Pills and both my husband and myself think they are the best remedy there is. We have recommended them to our friends and they all say there is nothing to beat them."

Backache is Nature's warning of faulty kidney action. Never neglect it. If you fail to heed this sign that your kidneys are out of order you are taking great chances. Backache, if not corrected, is often followed by some far more serious form of kidney trouble. Do not hesitate. At the first sign of kidney trouble, such as Backache, turn unhesitatingly to Dodd's Kidney Pills, which for half a century have been recognized as the best treatment for an aching back.

Day of Month	Day of Week	Zodiac Signs	* Sun		* Moon	Weather Probs.
			Rises	Sets	Rises	
1	T	♈	H.M.	H.M.	H.M.	Mild with some heavy snow-falls.
2	F	♈	7 20 5	12 7 11	7 11	
3	S	♈	7 19 5	13 8 17	8 17	
4	Sun	♈	7 17 5	15 10 33	10 33	Becoming colder.
5	M	♈	7 16 5	16 11 46	11 46	
6	T	♈	7 15 5	16 a.m.	a.m.	Very cold for a few days.
7	W	♈	7 13 5	17 1 00	1 00	
8	T	♈	7 12 5	18 2 17	2 17	Slightly milder followed by some rain.
9	F	♈	7 11 5	19 3 32	3 32	
10	S	♈	7 10 5	20 4 39	4 39	
11	Sun	♈	7 08 5	22 5 33	5 33	
12	M	♈	7 06 5	23 sets	sets	
13	T	♈	7 04 5	24 p.m.	p.m.	
14	W	♈	7 03 5	26 6 16	6 16	
15	T	♈	7 02 5	27 7 35	7 35	
16	F	♈	7 01 5	28 8 50	8 50	
17	S	♈	7 00 5	30 10 04	10 04	
18	Sun	♈	6 59 5	31 11 17	11 17	
19	M	♈	6 57 5	33 a.m.	a.m.	
20	T	♈	6 55 5	34 0 28	0 28	
21	W	♈	6 54 5	35 1 35	1 35	
22	T	♈	6 52 5	36 2 38	2 38	
23	F	♈	6 50 5	37 3 32	3 32	
24	S	♈	6 48 5	39 4 18	4 18	
25	Sun	♈	6 46 5	41 4 56	4 56	
26	M	♈	6 44 5	43 5 26	5 26	
27	T	♈	6 42 5	45 5 50	5 50	
28	W	♈	6 41 5	46 6 12	6 12	

"I have been a steady user of Dodd's Kidney Pills for the past six years. I have been bothered with my kidneys and before using your Dodd's Kidney Pills could hardly dress myself in the morning. The pain in my back is now gone and my bladder trouble has improved 75 per cent. I can now rest well at nights.

A. F. SHULTZ,  
518 Mary St., Pembroke, Ont.



# Springtime is Cleaning time

Spring is the time when Mother Nature cleans house. The warming Spring sun soon melts the ice and snow, then the heavy rains of early Spring drench the land. Into every river and stream is washed the accumulated sediment of Winter's inactivity to be carried away with the rush of the new Spring rains which follow.

Spring is the time when the human system also needs a thorough cleansing. After a Winter of less than normal exercise and heavier, richer meals, the body is bound to become clogged with accumulated poisons—which, when the warmer days arrive, cause, what we like to call "Spring Fever", but what in reality is a sluggishness or lazy feeling due to this accumulation of poisons in the system.

Because the Kidneys are the filters of the blood, it is the Kidneys which should do the work of ridding the system of these accumulated poisons; but in the Spring the Kidneys are tired and worn out after a Winter's hard work. Imperfect Kidney action means impure blood, which causes that dull, listless, tired and generally run-down condition—and eventually some more serious form of Kidney trouble.

Dodd's Kidney Pills are the best Spring medicine, for they act directly on the Kidneys and restore them to

perfect action; then a full supply of pure, rich blood flows through every nerve, every muscle, and every fibre of the body.

Vigor and strength take the place of languor and weakness. That dull, tired, run-down feeling gives place to one of robust health; the eye grows bright; the brain becomes clear and active and that sprightly step of health returns. Don't neglect your Kidneys. Start the new season with a system cleansed of Winter's impurities. Get some Dodd's to-day!

## Spring Fever Banished

"I have had kidney trouble for the past few years. My kidneys bother me mostly in the Springtime. I always take a couple of boxes of Dodd's Kidney Pills and I am soon all right."

MRS. J. CLELAND,

R.R.2, Uxbridge, Ont.

*Your KIDNEYS, Too, Need  
a SPRING CLEANING  
Dodd's Kidney Pills*

*Are The Best Spring  
Medicine You Can Take*

# Backache Troubles All Gone

*She Recommends Dodd's Kidney Pills*



3rd month      MARCH, 1934      31 days

## MOON'S PHASES Eastern Standard Time

	D.	H.	M.
Full Moon.....	1	5	26 a.m.
Last Quarter.....	8	1	6 p.m.
New Moon.....	15	7	8 a.m.
First Quarter.....	22	8	44 p.m.
Full Moon.....	30	8	14 p.m.

\* See page 3 for Local Time

Day of Month	Day of Week	Zodiac Signs	* Sun		† Moon	Weather Probs.
			Rises	Sets	Rises	
1	T	♈	H.M.	H.M.	H.M.	Temperature drops again.
2	F	♈	6 39	5 47	6 07	
3	S	♈	6 38	5 48	7 14	
4	Sun	♈	6 37	5 49	8 24	Quite cold.
5	M	♈	6 35	5 50	9 36	
6	T	♈	6 33	5 51	10 50	
7	W	♈	6 31	5 52	a.m.	Becomes warmer with sleet and rain.
8	T	♈	6 29	5 54	0 06	
9	F	♈	6 28	5 55	1 21	
10	S	♈	6 26	5 56	2 29	Dry and very fine days.
11	Sun	♈	6 24	5 57	3 26	
12	M	♈	6 22	5 59	4 11	
13	T	♈	6 20	6 01	4 46	Little frost at night.
14	W	♈	6 18	6 03	sets	
15	T	♈	6 16	6 05	p.m.	
16	F	♈	6 14	6 06	6 24	Miss Victoria Bouillon, Saint Anaclet, Rimouski Co., P.Q.
17	S	♈	6 12	6 07	7 39	
18	Sun	♈	6 11	6 08	8 54	
19	M	♈	6 09	6 09	10 07	I strongly recommend Dodd's Kidney Pills for the kidneys."
20	T	♈	6 07	6 11	11 17	
21	W	♈	6 05	6 12	a.m.	
22	T	♈	6 03	6 13	0 23	I have not felt any more pains.
23	F	♈	6 01	6 14	1 22	
24	S	♈	5 59	6 15	2 12	
25	Sun	♈	5 58	6 17	2 53	I strongly recommend Dodd's Kidney Pills for the kidneys."
26	M	♈	5 56	6 18	3 26	
27	T	♈	5 54	6 19	3 53	
28	W	♈	5 52	6 20	4 15	I have not felt any more pains.
29	T	♈	5 50	6 21	rises	
30	F	♈	5 48	6 22	p.m.	
31	S	♈	5 46	6 23	6 09	I have not felt any more pains.
			5 44	6 24	7 21	

### No Sale

She.—“There's an old clothes man coming to the door.”

He.—“Tell him I've got all I need.”

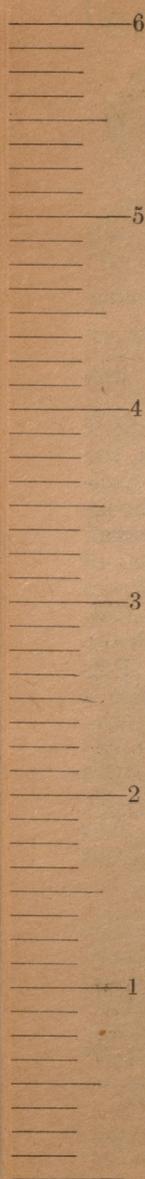
“I suffered for two months with a sore back,” writes Mrs. P. Sochasky, Malonton, Man. “I was hardly able to do anything. I took three boxes of Dodd's Kidney Pills and now I feel all right. I have no trouble with my back at all now. I recommend Dodd's Kidney Pills to all who suffer with kidney trouble.”

The best evidence of the merit of Dodd's Kidney Pills is the fact that all users are so enthusiastic about them. In this booklet are reproduced only a small fraction of the thousands of letters received telling of sickness conquered through Dodd's Kidney Pills. And in practically every case Dodd's Kidney Pills have been first used because a friend recommended them. Surely this praise is sufficient to convince even the most skeptical that Dodd's Kidney Pills make and keep you well. Ask your friends and neighbours about Dodd's Kidney Pills.

“I took your Dodd's Kidney Pills for backache and pains in the kidneys. Four boxes completely relieved me. During the past two years I have not felt any more pains. I strongly recommend Dodd's Kidney Pills for the kidneys.”

MISS VICTORIA BOULLON,  
Saint Anaclet,  
Rimouski Co., P.Q.

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
69¼ 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.

# Rid Yourself of RHEUMATISM

*Banish Uric Acid with*  
**Dodd's Kidney Pills**

**N**O 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

"I have obtained wonderful results through the use of your Dodd's Kidney Pills. They gave me great relief from my rheumatic pains."

MRS. F. R. MOORE,  
46 Howie Ave., Toronto, Ont.



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.

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 with the old reliable remedy—Dodd's Kidney Pills.

## KIDNEY TROUBLE

**T**HE kidneys are the most important organs we have in our bodies. Although they have so much work to do, and so much depends upon their being able to do it, yet they are very delicate and easily put out of order. A cold or chill, a strain, a blow, a fall, excesses in eating and drinking, insufficient fresh air and exercise, want of proper attention to our general health, working in a hot or fetid atmosphere; these are some of the things that affect the kidneys, that weaken them, and render them incapable of carrying out the duties Nature assigned to them.

### **Kidney Trouble is always serious.**

Let no one suppose that an attack of Kidney Trouble is to be treated lightly. There is many a vacant chair in many a household to-day through neglected Kidney Trouble. Everything we eat and drink goes to enrich the blood and build up the tissues, but a large proportion is waste matter for which the body has no use, and this the kidneys have to filter out

and pass off in the urine. This goes on night and day all through our lives from birth to death. When the kidneys fail, through weakness or disease, to do their duty, the waste matter gathers in our bodies and poisons us. This is Kidney Trouble.

Dodd's Kidney Pills help Kidney Trouble. They strengthen weak kidneys, allay inflammation, clear the clogged passages, revitalize the kidneys of the aged, and give tone to the kidneys of the young. Dodd's Kidney Pills have been successful when all other medicines have failed.

"To wake out of a sound slumber with a terrific pain in the region of the heart, with every breath a torture and the least movement almost impossible because of gas on the stomach, is in my opinion not one of life's few pleasures! I had tried different kinds of remedies. I read about Dodd's Dyspepsia Tablets in the Almanac and so I promptly procured a box, which I used and obtained immediate relief. I may say that Dodd's Dyspepsia Tablets are mighty handy things to have around in case of emergency."

CARL J. SMITH,

Port Felix, N.S.

"Three months ago I was troubled with Rheumatism in my right hand and also had frequent severe headaches.

Seeing an advertisement for Dodd's Kidney Pills for ailments of the Kidneys, I decided to give them a trial. I used four boxes and I no longer get Headaches and find that my arm is back to normal again. If I am troubled again with poisons in my system I am going to fall right back on Dodd's Kidney Pills, and also recommend them to anyone I may happen to meet with ailments of the Kidneys. Thanking you for showing me the way back to perfect health."

REGINALD MADRICK,  
62 Simpson Ave., Mimico, Ont.



Reginald Madrick

# Could Hardly Do Her Housework

*She Suffered So From Her Kidneys*



"I strongly recommend Dodd's Kidney Pills for kidney trouble and backache," writes Mrs. Omer Tremblay, 4649 Henri-Julien, Montreal, P.Q. "I suffered so much with my kidneys I could hardly do my housework. I gave Dodd's Kidney Pills a trial and after taking the first box I felt like a new woman. Since that time I have always kept a box in the house."

Mrs. O. Tremblay,

Even in good health many a young wife finds that looking after a home is quite a task. How unfortunate then is the woman whose household duties become a double burden, due to sickness.

Such was the condition that confronted Mrs. O. Tremblay. She had the good sense however to be guided by the experience of others and took Dodd's Kidney Pills which soon banished her backache and restored her to perfect health.

## 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.

4th month      APRIL, 1934      30 days

### MOON'S PHASES Eastern Standard Time

	D.	H.	M.
Last Quarter.....	6	7	48 p.m.
New Moon.....	13	6	57 p.m.
First Quarter.....	21	4	20 p.m.
Full Moon.....	29	7	45 a.m.

\* See page 3 for Local Time

Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon	Weather Probs.
			Rises	Sets	Rises	
			H.M.	H.M.	H.M.	
1	Sun	♌	5 42	6 26	8 36	Continues fine.
2	M	♌	5 40	6 28	9 54	
3	T	♌	5 38	6 30	11 10	
4	W	♌	5 36	6 31	a.m.	
5	T	♌	5 34	6 32	0 21	Rain with thunder.
6	F	♌	5 33	6 33	1 21	
7	S	♌	5 31	6 34	2 09	
8	Sun	♌	5 29	6 35	2 46	
9	M	♌	5 27	6 37	3 16	Cooler, frost at night.
10	T	♌	5 26	6 38	3 40	
11	W	♌	5 24	6 39	sets	
12	F	♌	5 22	6 41	p.m.	
13	T	♌	5 20	6 42	6 32	Cloudy, frequent showers.
14	S	♌	5 18	6 43	7 45	
15	Sun	♌	5 17	6 45	8 57	
16	M	♌	5 15	6 46	10 06	
17	T	♌	5 14	6 47	11 09	Cooler, frost at night.
18	W	♌	5 13	6 48	a.m.	
19	T	♌	5 11	6 49	0 04	
20	F	♌	5 09	6 50	0 48	
21	S	♌	5 07	6 52	1 24	Cooler, frost at night.
22	Sun	♌	5 06	6 53	1 53	
23	M	♌	5 04	6 54	2 17	
24	T	♌	5 03	6 55	2 38	
25	W	♌	5 02	6 56	2 57	Cooler, frost at night.
26	T	♌	5 00	6 57	rises	
27	F	♌	4 58	6 58	p.m.	
28	S	♌	4 56	6 59	6 16	
29	Sun	♌	4 55	7 00	7 34	Cooler, frost at night.
30	M	♌	4 53	7 02	8 52	

### Following Directions

District Visitor.—"I thought the doctor put you on a light diet, Lizzie?"

Lizzie.—"I've 'ad me diet, Miss Smith, and now I'm 'aving me dinner."

—Punch.

# No more INDIGESTION

Since Using

## Dodd's Dyspepsia Tablets

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.

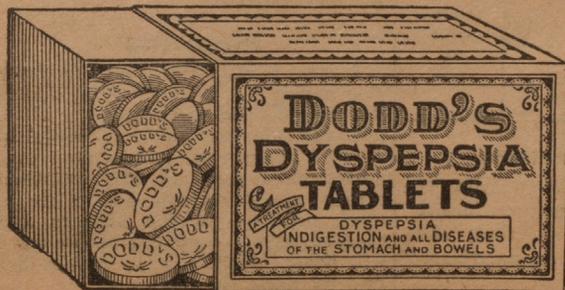
There are no two stomachs exactly alike, and what will cause pain and distress, and derangement and illness in one case may in another be taken with impunity.

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.

Dodd's Dyspepsia Tablets should be used immediately to correct any of these unpleasant symptoms. If not immediately corrected, they may lead to Dyspepsia with all its burden of distress, depression and pain.



**Large Box  
PRICE 50c**

Dodd's Dyspepsia Tablets are sold at all Dealers or will be mailed upon receipt of price from the Dodds Medicine Co., Limited, Toronto 2, Ont.

# THE KING OF TONICS

**I**F you don't "feel" well, you most certainly are not well. Your feeling is generally a safe guide.

There is something wrong with a man, or woman, or child who says, "I don't feel well."

Nature is protesting. Mildly perhaps, but if neglected, this warning will make you "feel" worse. Your Kidneys are not acting properly. They are failing in their work of abstracting from the system the seeds of

disease and poisonous impurities, and this "not feeling well" simply means that these poisons are gradually creeping through your system, and selecting a favorable spot in which to appear in the form of some disease. Correct the Kidneys at once.

As a general tonic, Dodd's Kidney Pills are unequalled. By their action on the Kidneys, they restore vitality to every organ of the body, and tone up the whole system.

Dodd's Kidney Pills are the King of Tonics, because they work with Nature, by encouraging and assisting the disease-expellers—the Kidneys—to cast out everything impure or diseased.

Read the rules for self-examination on page 2.

## Suffered for Twenty Years—Now Well

"I have been troubled with Backache and Rheumatism for twenty years, and in that time I have spent quite a tidy sum, trying all different kinds of medicines, but I could never move the Backache combined with Rheumatism from my Back. Then I was advised to try adjustments, which I did for a year, but found that a waste of time and money. And as it seemed to be getting worse I had to do something, because being a mason I had to do a lot of bending. My age being 50 did not help me. I got a box of Dodd's Kidney Pills and before the box was half empty I had wonderful results. I keep a box handy and when I feel any pain in my Back on rising in the morning I take a couple of Pills and it isn't long before I am free from pain. My Rheumatism does not bother me any more.

My daughter has also started to take Dodd's Kidney Pills with great benefit."



Ernest Gould

ERNEST GOULD,  
142 McRoberts Ave.,  
Toronto, Ontario.

## 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 head-

ache, 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

## HELPFUL HINT BOOKLET and TRIAL SAMPLES FREE!

Take advantage of this opportunity to obtain a copy of **Dodd's Helpful Hint Booklet** which contains a fund of useful information and also trial packages of **Diamond Dinner Pills**, **Dodd's Antiseptic Healing Ointment**, and **Dodd's Dyspepsia Tablets**.

**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 5c. in cash to cover cost of mailing.

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

1. Have you ever used Dodd's Kidney Pills?..... Your age?.....  
Mr.
2. Name Mrs.....  
Miss
3. Address.....
4. Town..... Province..... A-34

TEAR HERE

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# All Other Medicines Failed

*But Dodd's Kidney Pills Made Him Well*

5th month      MAY, 1934      31 days

MOON'S PHASES  
Eastern Standard Time

	D.	H.	M.
Last Quarter.....	6	1	41 a.m.
New Moon.....	13	7	30 a.m.
First Quarter.....	21	10	20 a.m.
Full Moon.....	28	4	41 p.m.

\* See page 3 for Local Time



Fred Clark

"I was always being bothered with kidney trouble," writes Fred Clark, 15 Selkirk Street, Chatham, Ontario. "I went to several doctors and also tried different medicines, but nothing

seemed to do me any good. A friend told me of Dodd's Kidney Pills and after taking two boxes I felt better than I had done for several years. I would advise any one who is troubled with their kidneys to take Dodd's Kidney Pills as I found them the only medicine for this trouble."

The road to good health lies through the Kidneys. If they are kept well and strong, they do their duty of straining all the impurities out of the blood stream. If they are weak and out of order the impurities stay in the blood and sickness is the sure result.

Dodd's Kidney Pills keep the Kidneys in condition to do their full work of cleaning and purifying the blood. Keep a box of Dodd's Kidney Pills in the house at all times.

"Last Fall my back was so bad I could hardly lift anything. I was sure my kidneys were to blame. After taking three boxes of Dodd's Kidney Pills I am quite all right again. I recommend Dodd's Kidney Pills to anybody who is suffering from kidney trouble."

EMIL PIDT,  
Eastbrook, Sask.

Day of Month	Day of Week	Zodiac Signs	Sun		Moon	Weather Probs.
			Rises	Sets		
1	T	♈	H.M. 4 51	H.M. 7 04	H.M. 10 08	Continues cloudy, frequent showers.
2	W	♈	4 50	7 05	11 14	
3	T	♈	4 48	7 06	a.m.	
4	F	♈	4 46	7 07	0 07	
5	S	♈	4 44	7 08	0 48	
6	Sun	♈	4 43	7 10	1 19	Much cooler.
7	M	♈	4 41	7 11	1 45	
8	T	♈	4 40	7 12	2 07	
9	W	♈	4 39	7 14	2 27	Warmer.
10	T	♈	4 38	7 15	sets	
11	F	♈	4 37	7 16	p.m.	Strong winds.
12	S	♈	4 35	7 17	6 41	
13	Sun	♈	4 34	7 18	7 51	Bright sunny days.
14	M	♈	4 33	7 19	8 56	
15	T	♈	4 32	7 20	9 54	Temperature drops a little and continues variable.
16	W	♈	4 31	7 21	10 42	
17	T	♈	4 30	7 21	11 22	
18	F	♈	4 29	7 22	11 53	
19	S	♈	4 28	7 24	a.m.	
20	Sun	♈	4 27	7 26	0 19	Temperature drops a little and continues variable.
21	M	♈	4 26	7 28	0 40	
22	T	♈	4 25	7 29	1 00	
23	W	♈	4 24	7 30	1 18	
24	T	♈	4 23	7 31	1 36	
25	F	♈	4 22	7 32	rises	
26	S	♈	4 21	7 33	p.m.	
27	Sun	♈	4 20	7 34	6 27	Temperature drops a little and continues variable.
28	M	♈	4 20	7 35	7 46	
29	T	♈	4 19	7 36	8 58	
30	W	♈	4 18	7 37	9 58	
31	T	♈	4 17	7 38	10 45	

## The Joke is on Him

Master.—"You look sweet enough to eat."

Sophie.—"I do eat. Where shall we go?"—Annapolis Log.

# HOW DISEASE BEGINS

**W**HETHER by germ, microbe, bacillus, contagion or infection, no matter how disease enters the body, the fact remains that the seeds of illness *do get in*, and, if not drawn out, do their awful work of havoc and destruction, causing sickness, suffering and death.

How do these seeds enter the body?

Either in the air we breathe, the water we drink, or the food we eat.

**What has nature done to protect us from these enemies?**

Nature has given us eyes to detect impurities in our food and drink. Everything we eat or drink must pass right under our eyes for inspection before entering the body.

Nature has given us a nose whose sense of smell is a further safeguard. Foulness and impurities which might escape the eye may be detected by the ever ready nose, right under which everything taken into the mouth must pass.

The nose is also provided with an air filter which will arrest impurities before they can pass into the lungs (we should do all our breathing through the nose), and which also warms the cold air before it goes into the delicate membranes of the throat and lungs.

Nature has given us a sense of taste, by which anything whose impurities may have escaped the vigilance of the eyes and nose, may be detected and rejected before it is too late.

**Nature has therefore done everything possible to prevent our taking into our bodies that which is not good.**

But she has done more.

In addition to the safeguards at the entrance to the body, she has added a means of expelling any enemies that may have stolen in.

Nature, foreseeing the possibility of attack from within as well as without, has furnished every human body with a never failing trap with which to catch, destroy and expel every foe to health—the **Kidneys**.

These are Nature's Health Defenders. The Kidneys are the Strainers through which the blood passes for purification. If they are well, they will separate everything bad and send it out through the bladder and urinary organs.

The seeds of disease may enter, but they cannot remain long enough to get a foot-hold in the system, if the Kidneys are well. Examine yourself (see page 2), and if you find traces of Kidney Trouble use Dodd's Kidney Pills at once.

## Pain Soon Left Him

"I am a man 73 years of age, and had never taken any medicine in my life. About two years ago I was taken by a stroke; since then I have been confined to the house and suffered from lack of exercise. I have suffered with pains in my back. After I had taken a box of Dodd's Kidney Pills I felt so much improved that I bought six more boxes and have continued to take them since. Am glad to say that my pains have entirely left me."

PETER PICKERING,  
Toronto Street,  
West Selkirk, Man.

# Other Medicines Failed

*But Dodd's Made a New Man of Him*



E. B. Seguin

6th month      JUNE, 1934      30 days

## MOON'S PHASES Eastern Standard Time

		D.	H.	M.
☾	Last Quarter.....	4	7	53 a.m.
☾	New Moon.....	11	9	11 p.m.
☽	First Quarter.....	20	1	37 a.m.
☽	Full Moon.....	27	0	8 a.m.

\* See page 3 for Local Time

Day of Month	Day of Week	Zodiac Signs	* Sun		° Moon	Weather Probs.
			Rises	Sets	Rises	
1	F	♈	H.M.	H.M.	H.M.	Dry and warm.
	S		4 17 7	38 11	20 48	
3	Sun	♈	4 16 7	40	a.m.	Thunder and heavy rain.
4	M	♈	4 15 7	41	0 12	
5	T	♈	4 15 7	42	0 32	Cooler with occasional thunder and moderate rain.
6	W	♈	4 14 7	42	0 52	
7	T	♈	4 14 7	43	1 12	Warmer again.
8	F	♈	4 14 7	43	sets	
9	S	♈	4 13 7	44	p.m.	Some heavy rain with thunderstorms.
10	Sun	♈	4 13 7	45	6 46	
11	M	♈	4 13 7	45	7 46	Warmer again.
12	T	♈	4 13 7	46	8 38	
13	W	♈	4 12 7	46	9 20	Some heavy rain with thunderstorms.
14	T	♈	4 12 7	47	9 54	
15	F	♈	4 12 7	48	10 21	Some heavy rain with thunderstorms.
16	S	♈	4 12 7	48	10 44	
17	Sun	♈	4 13 7	49	11 05	Some heavy rain with thunderstorms.
18	M	♈	4 13 7	49	11 22	
19	T	♈	4 13 7	50	11 39	Some heavy rain with thunderstorms.
20	W	♈	4 13 7	50	11 58	
21	T	♈	4 13 7	50	a.m.	Some heavy rain with thunderstorms.
22	F	♈	4 14 7	50	0 18	
23	S	♈	4 14 7	50	0 43	Some heavy rain with thunderstorms.
24	Sun	♈	4 14 7	51	rises	
25	M	♈	4 14 7	51	p.m.	Some heavy rain with thunderstorms.
26	T	♈	4 15 7	51	7 41	
27	W	♈	4 15 7	51	8 36	Some heavy rain with thunderstorms.
28	T	♈	4 15 7	50	9 17	
29	F	♈	4 16 7	50	9 49	Some heavy rain with thunderstorms.
30	S	♈	4 16 7	50	10 14	

## RECEIVED QUICK RELIEF

"I have used your Dodd's Kidney Pills for backache and they surely helped me. My lame back soon disappeared."

L. BENEDICT,  
Cornwall Island, Ont.

"I have suffered with pains in the back and kidney trouble," writes E. B. Seguin, Box 142, Hudson, P.O. "I had tried different medicines but always without results. I was very discouraged when a friend advised me to try Dodd's Kidney Pills. After taking three boxes I felt a different man. Many thanks to Dodd's Kidney Pills. I recommend them to all my friends."

Backache is usually the first sign of Kidney trouble. It is Nature telling you, that the Kidneys are failing in their important duty of removing the impurities, the waste matter, from the blood.

Why suffer with Backache when it is so easy to treat the Kidneys and put them in shape to do their full work? Dodd's Kidney Pills can be obtained at all Druggists. If you have not used Dodd's Kidney Pills ask your friends about them—they will tell you.

"I had been bothered with my kidneys for a long time and could not get anything to help me until a friend advised Dodd's Kidney Pills. Now I have no more backache and all signs of kidney trouble are gone. I have also used your Dodd's Antiseptic Healing Ointment and must say that I have not found its equal."

MRS. FRED C. WOODS,  
Box 283, Vanguard, Sask.

## « To Remove Stains »

**T**O remove tea, coffee, cocoa or chocolate stains soak in cold water first, then place the stain over a bowl and pour boiling water through it, holding the tea kettle at a height to ensure force.

Strong ammonia water is excellent for removing iodine stains, and blueberry stains may be removed by washing at once with cold water and white soap.

To remove grease stains from coat collars caused by the rubbing of the hair, rub them with a cloth moistened with ammonia, in which a little salt has been dissolved. Rinse with clear water.

Eucalyptus oil will remove grease stains from any kind of material without injuring it. Apply a little of the oil with a clean piece of flannel and rub the material gently until the stains disappear.

Remove grease stains on silk by rubbing gently with a piece of flannel saturated with benzine.

If your child is suffering from Kidney Trouble, don't hesitate. Give Dodd's Kidney Pills immediately.

For removing rust stains from any fabric that will wash, take onion juice and wet spot well, sprinkle with salt and rub briskly between hands. Lay goods on a warm iron (not hot) and pat gently. The spot will instantly disappear. Do not put iron on goods.

To remove machine oil from materials in which the colors might run, use cold water, to which has been added a teaspoonful of ammonia. Then wash with soap.

Yellow spots on clothing are often due to acid; try immersing them in a weak solution of ammonia and warm water.

Dodd's Kidney Pills are for women's ailments, because nine-tenths of these ailments come from sick kidneys. Dodd's Kidney Pills always help the sick kidneys.

To remove automobile grease or any dark heavy grease from washable goods, apply a small piece of butter and rub it in well, then wash with soap and rinse.

To remove iron rust from white goods, lay the spot over the top of a kettle of boiling water. Rub the spot with lemon juice while over the kettle, and it will fade away.

"I developed a pain in my back which bothered me more or less for about a year. Different remedies were recommended to me but none of those I tried did me any good until I used Dodd's Kidney Pills. They certainly fixed me up fine and I think they are the best on the market."

JOHN T. MAJOR,  
Cap La Ronde, Richmond, N.S.

# Pains in My Kidneys Have Gone

Thanks To Dodd's Kidney Pills



J. B. Dugas

"I certify that I have been completely relieved of my kidney trouble by the use of Dodd's Kidney Pills," writes J. B. Dugas, Spanish, Ontario.

"I have to work pretty hard being a journeyman on a section of the railroad. Since taking Dodd's Kidney Pills I have not felt any more pains in my kidneys. Eight boxes sufficed to give me complete relief. I am very thankful to be able to say this and trust that all those who are suffering with their kidneys will receive relief also."

Dodd's Kidney Pills increase in popularity daily. This is not a matter of chance nor is it because of promises they make, but because of the good they do.

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

Ask your friends and neighbours about Dodd's Kidney Pills.

7th month JULY, 1934 31 days

## MOON'S PHASES Eastern Standard Time

	D.	H.	M.
Last Quarter.....	3	3	28 p.m.
New Moon.....	11	0	6 p.m.
First Quarter.....	19	1	53 p.m.
Full Moon.....	26	7	9 a.m.

\* See page 3 for Local Time

Day of Month	Day of Week	Zodiac Signs	* Sun		° Moon	Weather Probs.
			Rises	Sets	Rises	
1	Sun	♌	4 16	7 50	10 36	Very warm.
2	M	♌	4 17	7 50	10 57	
3	T	♌	4 18	7 49	11 18	Thunder with heavy rain.
4	W	♌	4 18	7 49	11 40	
5	T	♌	4 19	7 49	a.m.	Not so warm as last week.
6	F	♌	4 19	7 49	0 05	
7	S	♌	4 20	7 48	sets	Heavy rain storms.
8	Sun	♌	4 20	7 48	p.m.	
9	M	♌	4 21	7 47	6 34	A little warmer.
10	T	♌	4 22	7 47	7 20	
11	W	♌	4 22	7 46	7 56	Very pleasant and dry.
12	T	♌	4 23	7 46	8 25	
13	F	♌	4 24	7 45	8 49	Occasional showers and thunder.
14	S	♌	4 25	7 45	9 10	
15	Sun	♍	4 26	7 44	9 28	Month ends dry.
16	M	♍	4 27	7 44	9 45	
17	T	♍	4 28	7 43	10 03	Occasional showers and thunder.
18	W	♍	4 29	7 42	10 22	
19	T	♍	4 30	7 41	10 44	Month ends dry.
20	F	♍	4 31	7 40	11 11	
21	S	♍	4 32	7 40	11 46	Occasional showers and thunder.
22	Sun	♍	4 33	7 39	rises	
23	M	♍	4 34	7 38	p.m.	Occasional showers and thunder.
24	T	♍	4 35	7 37	6 21	
25	W	♍	4 36	7 36	7 08	Occasional showers and thunder.
26	T	♍	4 37	7 35	7 45	
27	F	♍	4 38	7 34	8 14	Month ends dry.
28	S	♍	4 39	7 32	8 38	
29	Sun	♍	4 40	7 31	9 00	Month ends dry.
30	M	♍	4 41	7 30	9 21	
31	T	♍	4 42	7 30	9 43	

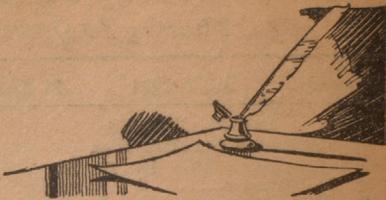
"I have used your Dodd's Kidney Pills and like them very much. I had terribly bad pains in my back every day and especially after I had been doing my washing. I hardly knew what to do. I decided to try Dodd's Kidney Pills, and the pain stopped almost right away."

MRS. A. LACOUNTE,

P.O. Sub. 11, Windsor, Ont.

# READ WHAT OTHERS SAY

ONLY a few of the thousands of letters about 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.



"I suffered for many years with my Kidneys. At times I was in bed unable to do any work and suffered greatly until I was told about Dodd's Kidney Pills. I got four boxes and they did so much good I got more. I used about twelve boxes and was completely well again. I am sixty-one years of age and am an agent for nursery stock. You may publish this letter as I hope it will help some other poor fellows."

HENRY OL MSTED,  
R.R. 3. Shawville, Que.

"I had a very bad back, could hardly lie in bed especially in the mornings. There is no knowing what I suffered. I also had bladder trouble and was attended by two different doctors but got little or no relief. I gave Dodd's Kidney Pills a trial and six boxes completely relieved me. The rest of our family also use your Dodd's Kidney Pills."

MRS. GORDON SPEARS,  
Sheet Harbor Passage,  
Halifax Co., N.S.

"I was feeling very weak and was not able to sleep, I also had pains in my kidneys. I bought some Dodd's Kidney Pills and they have relieved me, and I now feel very well."

MRS. F. THIBAUT,  
Grand Tronc 2691,  
Pointe St. Charles, P.Q.

"In 1912 I bought a box of Dodd's Kidney Pills. I was suffering with kidney complaint and could hardly lift a thing. In fact I could not straighten myself up at all. I took them for ten days and by that time I was quite well. I have never had a return of the ailment since, and am in my seventy-fourth year. Dodd's Kidney Pills are worth their weight in gold."

SANFORD B. WHITNEY,  
Bruno, Sask.

"I am thankful to say I enjoy the very best of health. I was never in a hospital for treatment of any kind, but I take all the necessary precautions and care against kidney trouble. For years I have kept Dodd's Kidney Pills in my possession, and when one box is done I get another. These are the reasons I am so healthy in my allotted span of life."

MRS. S. E. L. WYAND,  
147 Hillsboro Street,  
Charlottetown, P.E.I.

"I took Dodd's Kidney Pills because my back was weak. It used to ache terribly. A neighbour told me to give Dodd's Kidney Pills a trial. I did so and found great relief. I continued taking them and have found my health a lot better."

MARJORY CRAWFORD,  
Box 986, Midland, Ont.

*Nothing To Buy—Nothing To Sell*

**\$250.00** IN CASH  
**PRIZES**

Here's your chance to win a valuable prize. You can do it as easily as anyone else. There is no "catch". Positively nothing to buy or nothing to sell. Merely send your answer along with a 1 cent stamp. That is all.

### THE CONTEST

We try to make the pages of this booklet as interesting and informative as possible. Now we want you to help us by telling what pages, in your opinion, tell the most convincing story about Dodd's Kidney Pills. Twelve pages have been selected (pages 2, 4, 5, 6, 10, 13, 17, 20, 24, 36, 43 and 45). You will see that these pages are listed on the coupon appearing on the next page. **Read these pages carefully and then mark on the coupon which of them you think is the best**—which would best convince you that Dodd's Kidney Pills make and keep you well. Place No. 1 in the little square opposite the page you have selected. Then decide which is the next best page and mark it No. 2, and so on until you have placed a number from one to twelve in each of the squares on the coupon. These numbers indicate what you think is the order of merit of the pages under consideration.

All entries in this contest will be tabulated, so that the **Contestants themselves determine what is the best page**; second best page, and so on.

The person whose list is nearest correct, in the opinion of The Dodds Medicine Company Limited, to the most popular list as conceived by all contesting, will receive the First Prize of \$100.00 cash, and the fifteen lists who are next nearest will each receive an award of \$10.00 cash.

So you see no one knows what will be the correct answer until all entries are in. Everyone has a chance!

#### CASH AWARDS

For the Nearest Correct Answer

**\$100.00 CASH**

For the Next 15 Nearest Correct

**15 AWARDS of \$10 ea.**

**A TOTAL OF \$250.00**

**Read Rules Carefully—See Next Page**

# Read These Rules Carefully

1. Contest is open to everyone, other than employees of The Dodds Medicine Company Limited, and members of their families.

2. Only one prize may be won by the same person or from the same home.

3. Entries to Contest must be made on the coupon below, and must be in The Dodds Medicine Company Limited offices not later than 5 p.m., January 6th, 1934. All entries must be accompanied by a 1 cent unused stamp, as the results will be announced

in a letter mailed to each Contestant on or before January 31st, 1934.

4. All Contestants by entering this contest agree to accept as final any decision The Dodds Medicine Company Limited, who reserve the right to amend or add to the rules, and to disqualify any entry for any reason deemed sufficient by it.

5. In the event of a tie, The Dodds Medicine Company Limited, at their discretion, may either divide the prize money among those tying or may set a second contest of a similar nature to be solved by only those tying.

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

## USE THIS COUPON TO ENTER CONTEST

**The Dodds Medicine Company Limited,  
Contest Department,  
Toronto 2, Ontario.**

Here is my entry to the contest. You will find enclosed a 1 cent unused stamp in order that I may be notified of the results.

Page 2—  
Ask Yourself These  
Questions.

Page 4—  
Don't Wait For  
Sickness To Over-  
take You.

Page 5—  
Backache.

Page 6—  
Why Do Doctors  
Test Kidneys First?

Page 10—  
Springtime is  
Cleaning Time.

Page 13—  
Rheumatism.

Page 17—  
King of Tonics.

Page 20—  
How Disease  
Begins.

Page 24—  
Read What Others  
Say.

Page 36—  
Common Sense and  
Medicine.

Page 43—  
Help the Aged.

Page 45—  
Kidney Poison.

Mr.  
Name Mrs. ....  
Miss

Address ..... Province .....

**Contest Closes January 6th, 1934**

TEAR HERE

# HEALTH HINTS

## ANÆMIA

This 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 lead 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 fullness 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.

# HEALTH HINTS

*Continued*

## 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 27.

## BURNS

Apply at once to soothe, promote healing and prevent infection

## Dodd's OINTMENT

In a jar like the finest face creams. Price 50c

## ECZEMA AND SALT RHEUM

Ecze<sup>m</sup>a 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 Ecze<sup>m</sup>a and other skin diseases. They get at the root of the trouble while

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.

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.

# Should Be In Every Home

Says Alberta Man of Dodd's



John McMillan

8th month AUGUST, 1934 31 days

## MOON'S PHASES Eastern Standard Time

	D.	H.	M.
Last Quarter.....	2	1	27 a.m.
New Moon.....	10	3	46 a.m.
First Quarter.....	17	11	33 p.m.
Full Moon.....	24	2	37 p.m.
Last Quarter.....	31	2	40 p.m.

\* See page 3 for Local Time

Day of Month	Day of Week	Zodiac Signs	* Sun		* Moon	Weather Probs.
			Rises	Sets	Rises	
1	W	♋	H.M. 4 43	H.M. 7 30	H.M. 10 08	Warm and very pleasant
2	T	♋	4 44	7 28	10 36	
3	F	♋	4 45	7 26	11 11	
4	S	♋	4 47	7 24	11 53	
5	Sun	♌	4 48	7 22	sets	with little rain.
6	M	♌	4 49	7 20	p.m. 5 58	
7	T	♌	4 50	7 19	5 58	Dry and warm.
8	W	♌	4 51	7 18	6 29	
9	T	♌	4 53	7 17	6 54	Continues dry
10	F	♌	4 55	7 16	7 16	
11	S	♌	4 56	7 15	7 35	becoming cooler.
12	Sun	♍	4 57	7 13	7 52	
13	M	♍	4 58	7 11	8 10	Warmer again
14	T	♍	4 59	7 09	8 28	
15	W	♍	5 00	7 07	8 48	with moderate rain.
16	T	♍	5 01	7 05	9 13	
17	F	♍	5 02	7 04	9 44	Thunderstorms.
18	S	♍	5 03	7 03	10 24	
19	Sun	♎	5 05	7 01	11 17	Warmer again
20	M	♎	5 06	6 59	rises p.m.	
21	T	♎	5 07	6 57	p.m.	with moderate rain.
22	W	♎	5 08	6 55	5 39	
23	T	♎	5 10	6 54	6 11	Thunderstorms.
24	F	♎	5 11	6 53	6 38	
25	S	♎	5 12	6 51	7 01	Thunderstorms.
26	Sun	♏	5 14	6 49	7 23	
27	M	♏	5 15	6 47	7 45	Thunderstorms.
28	T	♏	5 16	6 45	8 09	
29	W	♏	5 17	6 44	8 37	Thunderstorms.
30	T	♏	5 18	6 42	9 10	
31	F	♏	5 19	6 40	9 50	

"I am 73 years of age and have suffered with backache for some time," writes John McMillan, Gordondale, Alta.

"I decided to give Dodd's Kidney Pills a trial and purchased six boxes last Spring. I found they did me a great deal of good. I think Dodd's Kidney Pills should be in every home, they are so easy to take."

Experience is proven to be the best teacher when it comes to keeping in good health. Every man or woman approaching or past middle life has learned the wisdom of paying attention to pains and aches as symptoms of some disorder or forerunner of real sickness.

Mr. McMillan recognized that his Aching Back was the result of faulty kidneys and profited by the experience of others and obtained Dodd's Kidney Pills, with the result that his Backache quickly disappeared and he was restored to perfect health once again.

### Helpful Husband

"What's the matter, Oscar—you look terrible."

"My wife's on a diet."—Judge.

McGinty.—"I've a terrible corn on the bottom of me foot."

Pat.—"That's a foine place to have it. Nobody can step on it but you."

"I have used Dodd's Kidney Pills for weak back and rheumatism and have had splendid results."

MISS. ELLA M. BINOT,

Box 47, Penetanguishene, Ont.

# 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 have taken 12 boxes of Dodd's Kidney Pills and now feel fine. My kidneys bothered me for years. After I had taken one box I could tell the difference, and continued until I had taken 12 boxes. I never felt better than I do now."

MRS. M. NERSTAD,  
Bad Heart, Alta.

# Misery Gone—Health Restored

Cannot Praise Dodd's Enough

9th month SEPTEMBER, 1934 30 days

## MOON'S PHASES Eastern Standard Time

	D.	H.	M.
☾ New Moon.....	8	7	20 p.m.
☽ First Quarter.....	16	7	26 a.m.
☾ Full Moon.....	22	11	19 p.m.
☽ Last Quarter.....	30	7	29 a.m.

\* See page 3 for Local Time

Day of Month	Day of Week	Zodiac Signs	*Sun		Mo*Sun	Weather Probs.
			Rises	Sets	Rises	
1	S	♈	H.M.	H.M.	H.M.	Continues warm with thunder and rain.
2	Sun	♈	5 21	6 37	11 33	
3	M.	♈	5 23	6 35	a.m.	
4	T	♈	5 24	6 33	0 34	
5	W	♈	5 25	6 30	1 38	
6	T	♈	5 27	6 29	2 43	
7	F	♈	5 28	6 27	sets	
8	S	♈	5 29	6 26	p.m.	
9	Sun	♈	5 30	6 22	6 17	Pleasant weather for few days.
10	M	♈	5 32	6 20	6 35	
11	T	♈	5 33	6 19	6 55	
12	W	♈	5 34	6 18	7 18	
13	T	♈	5 35	6 16	7 47	
14	F	♈	5 36	6 14	8 23	
15	S	♈	5 38	6 12	9 11	
16	Sun	♈	5 39	6 10	10 10	Little frost at night.
17	M	♈	5 40	6 09	11 22	
18	T	♈	5 41	6 07	a.m.	
19	W	♈	5 42	6 05	0 41	
20	T	♈	5 43	6 03	2 03	
21	F	♈	5 44	6 01	3 25	
22	S	♈	5 45	5 59	rises	
23	Sun	♈	5 47	5 57	p.m.	Warmer with some rain and high winds.
24	M	♈	5 48	5 55	6 09	
25	T	♈	5 49	5 53	6 36	
26	W	♈	5 50	5 52	7 07	
27	T	♈	5 51	5 50	7 45	
28	F	♈	5 53	5 48	8 31	
29	S	♈	5 54	5 46	9 24	
30	Sun	♈	5 55	5 44	10 23	Showery.



Charles F. Clore

"I suffered greatly with rheumatism and had tried many kinds of medicines without getting relief," writes Charles F. Clore, Pineville, N.B.

"I could not walk, my limbs were so badly swollen and I had no use in my hands. A friend told me about Dodd's Kidney Pills and I decided to give them a trial. I got two boxes and soon found that they were helping me. I continued their use until I had taken seven boxes. By this time I was completely relieved. I cannot praise Dodd's Kidney Pills too highly because they took my misery away."

Good Health is so important to our success and happiness that every opportunity should be taken to learn how others keep fit.

It was through this readiness to be guided by others that relief came to Mr. Clore.

When the kidneys become clogged and out of order they fail to strain the impurities and waste matter from the blood stream and sickness surely follows. Read what others say about Dodd's Kidney Pills and be guided by their experience.

### Asking for Trouble

He.—"Your husband looks like a brilliant man. I suppose he knows everything."

She.—"Don't fool yourself, he doesn't even suspect anything."—*Annapolis Log.*

"I have used Dodd's Kidney Pills and found them excellent. They are very good for kidney trouble. I always keep a box in the house."

MRS. ISAAC WILSON,  
North Cobalt, Ont.

## Weather Signs

**H**ERE are a few extracts from The Weather Book by Admiral Fitz Roy which are useful to seamen, farmers and gardeners.

Whether clear or cloudy, a rosy sky at sunset means fair weather. A sickly looking, greenish hue, means wind and rain. A dark (or Indian red) means rain. In the morning a red sky means bad weather, or much wind with perhaps rain. A grey sky means fine weather.

A high dawn means wind. A low dawn means fair weather (a high dawn is when the first indications of daylight are seen above a bank of clouds. A low dawn is when the day breaks on or near the horizon.)

Soft looking or delicate clouds foretell fine weather with moderate or light breezes.

Hard-edged, oily-looking clouds foretell wind.

A dark, gloomy blue sky is windy, but a light, blue sky indicates fine weather.

A bright yellow sky at sunset presages wind; a pale yellow—wet.

Small inky-looking clouds foretell rain.

Light scud clouds driving across heavy masses show wind and rain; but if alone indicate wind only.

High upper clouds crossing the sun, moon, or stars in a direction different from that of the lower clouds, or the wind, foretell a change of wind.

Light, delicate, quiet tints or colours, with soft undefined forms of clouds, indicate and accompany fine weather; but unusual or gaudy hues, with hard, definitely outlined clouds, foretell rain, and probably strong wind.



Misty clouds forming, show wind and rain coming, if they remain, increase, or descend. If they rise, or disperse, the weather will improve or become fine.

Remarkable clearness of atmosphere near the horizon—distant objects, such as hills, unusually visible, or raised are signs of wet and possibly wind.

When animals seek sheltered places, an unfavourable change is probable.

“I suffered for more than twenty years with, what I was told was rheumatism, my back bothered me so much I had to lose quite a lot of time from my work. I tried all kinds of liniments and plasters but they did not help me much. One day in 1924 I was reading your Almanac and saw about Dodd’s Kidney Pills, I decided at once to try them. After I had taken four boxes I felt like a new man. I have taken eight boxes to date and will at all times have a word of praise for Dodd’s Kidney Pills. I am 73 years old.”

DAVID ARMOUR,  
Cedar St., Ingersoll, Ont.

“I use Dodd’s Kidney Pills every Spring. They always make me feel so much better.”

JOHN DANELIUK,  
Box 111, Wroxton, Sask.

# Dodd's Ointment

*Antiseptic-Healing*

**Quick Acting—Absolutely Safe**

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



*In a snow-white jar like the finest cold creams.*

**Price 50c per large jar**

**CHECK YOUR NEEDS FOR DODD'S OINTMENT**

**CUTS WOUNDS**



**BURNS-SCALDS**

**SKIN INFECTIONS AND**



**IRRITATIONS**

**CHILDREN'S HURTS**



**SUNBURN HEAT RASHES BITES**



**MANY OTHER USES**

# RATES OF POSTAGE

**Letters.** 3c. for first ounce, 2c. each additional ounce.

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

**Foreign Letters.** British Empire, North, Central and South America, France, Spain and Palestine, 3c. for first ounce, 2c. each additional ounce.

Other countries, 5c. for first ounce, 3c. for each additional ounce.

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

**Post Cards.** American Continent and British Empire, 2c. each  
Other countries, 3c. each.

**Printed Matter.** Canada, U.S.A. and all other countries, 1c. per 2 ounces.

**Newspapers and Periodicals.** All publications to Canada, U.S.A. and Mexico, 1c. per 4 ounces. Canadian papers to British Empire, Central and South America, 1c. per 4 ounces. Australia minimum prepayment 2c. for first eight ounces. All other publications, 1c. per 2 ounces.

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

**Canadian Registration.** On all classes of mail matter (except parcel post)—10c. covering indemnity not exceeding \$25.00; 20c. covering indemnity not exceeding \$50.00; 30c. covering indemnity not exceeding \$75.00; 40c. covering indemnity not exceeding \$100.00.

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

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

**Postal Notes.** 10c., 3c.; 20c. to 40c., 4c.; 50c. to \$1.50, 5c.; \$2.00 to \$5.00, 6c.; \$10.00, 8c.

## Parcel Post Rates

In Province of mailing

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.

# 56 Years Old Feels Like New Man

Another Tribute To Dodd's



10th month **OCTOBER, 1934** 31 days

## MOON'S PHASES Eastern Standard Time

	D.	H.	M.
New Moon.....	8	10	5 a.m.
First Quarter.....	15	2	29 p.m.
Full Moon.....	22	10	1 a.m.
Last Quarter.....	30	3	22 a.m.

\* See page 3 for Local Time

Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon	Weather Probs.
			Rises	Sets	Rises	
			H.M.	H.M.	H.M.	
1	M	T	5 57	5 42	11 26	Light rain.
2	T	♈	5 58	5 40	a.m.	
3	W	♈	5 59	5 38	0 31	
4	T	♈	6 00	5 36	1 36	" A little lower
5	F	♈	6 02	5 34	2 40	tempera-
6	S	♈	6 04	5 32	3 45	ture.
7	Sun	♈	6 05	5 30	4 50	
8	M	♈	6 06	5 29	5 57	
9	T	♈	6 08	5 27	sets	Cool and
10	W	♈	6 09	5 25	p.m.	pleasant.
11	T	♈	6 10	5 23	6 25	
12	F	♈	6 11	5 21	7 09	
13	S	♈	6 12	5 20	8 05	Rain towards
14	Sun	♈	6 14	5 18	9 13	end
15	M	♈	6 15	5 16	10 28	of
16	T	♈	6 16	5 14	11 47	week.
17	W	♈	6 17	5 13	a.m.	
18	T	♈	6 18	5 12	1 06	Con-
19	F	♈	6 20	5 10	2 24	tinues
20	S	♈	6 22	5 08	3 42	cool and
21	Sun	♈	6 23	5 06	4 58	fine.
22	M	♈	6 24	5 05	6 14	Overcast
23	T	♈	6 25	5 03	7 31	with
24	W	♈	6 26	5 02	rises	frequent
25	T	♈	6 28	5 00	p.m.	rain.
26	F	♈	6 29	4 59	7 13	
27	S	♈	6 30	4 57	8 11	Month ends
28	Sun	♈	6 32	4 55	9 14	warmer
29	M	♈	6 33	4 54	10 18	with
30	T	♈	6 34	4 53	a.m.	some
31	W	♈	6 35	4 51	0 27	showers.

"I was down and out," writes C. A. Faulkenham, South Maitland, Hants Co., N.S. "My kidneys were in bad shape and I had pains in my back. I have taken twelve boxes of Dodd's C. A. Faulkenham Kidney Pills and find them very good. I am fifty-six years old and feel like a young boy. Dodd's Kidney Pills cannot be praised too much by me."

Dodd's Kidney Pills are purely and simply a Kidney Remedy. They strengthen weak kidneys, aid diseased kidneys, clear the clogged passages and revitalize the kidneys of the aged and tone up the kidneys of the young.

The road to good health lies through the Kidneys, so profit by the experience of others and keep your kidneys in good condition through the regular use of Dodd's Kidney Pills.

"I have pleasure in saying I have used Dodd's Kidney Pills for a number of years for my lumbago and find great relief in them."

A. G. CHADNEY,  
Nobleville, Sask.

"Since childhood I have always had kidney trouble. I think I have tried every available medicine but none of them have given me the relief I obtain from Dodd's Kidney Pills.

MRS. NORMAN H. WAGAR,  
R. R. No. 3, Enterprise, Ont.

### Alibi

Ring Lardner once telegraphed his regrets that he couldn't attend a dinner because it was the children's night out, and he had to stay home with the nurse.

# COMMON SENSE and MEDICINE

**E**VERY 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 new tissue 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 kidneys 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 of 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.

## Father's Advice Good

"For two years I have suffered greatly with kidney trouble. My father had used Dodd's Kidney Pills for a long time and suggested that I should give them a trial. I followed his advice, and after taking one box my trouble has gone and I have not suffered with my kidneys since. I would like to recommend Dodd's Kidney Pills to all persons who suffer with their kidneys."

GERARD RIVET,

2075 Papineau Ave., Montreal

# He Could Hardly Do Any Work Until Two Boxes of Dodd's Brought Relief

11th month NOVEMBER, 1934 30 days

## MOON'S PHASES Eastern Standard Time

		D.	H.	M.
●	New Moon.....	6	11	44 p.m.
◐	First Quarter.....	13	9	39 p.m.
◑	Full Moon.....	21	11	26 p.m.
◓	Last Quarter.....	29	0	39 a.m.

\* See page 3 for Local Time

Day of Month	Day of Week	Zodiac Signs	* Sun		* Moon		Weather Probs.
			Rises	Sets	Rises	Sets	
1	T	♈	H.M. 6 37	H.M. 4 50	H.M. 0 27		Cool. Frequent light showers and some thunder.
2	F	♈	6 39	4 48	1 31		
3	S	♈	6 40	4 47	2 35		
4	Sun	♈	6 42	4 45	3 41		Temperature falls a little.
5	M	♈	6 43	4 43	4 49		
6	T	♈	6 45	4 42	6 01		
7	W	♈	6 46	4 41	7 15		Moderating.
8	T	♈	6 47	4 40	sets		
9	F	♈	6 48	4 39	p.m.		
10	S	♈	6 49	4 37	7 04		Becoming unsettled.
11	Sun	♈	6 50	4 36	8 19		
12	M	♈	6 52	4 35	9 37		
13	T	♈	6 53	4 34	10 56		Rain or snow.
14	W	♈	6 55	4 33	a.m.		
15	T	♈	6 56	4 32	0 13		
16	F	♈	6 58	4 31	1 28		Warmer and more pleasant.
17	S	♈	6 59	4 30	2 42		
18	Sun	♈	7 00	4 30	3 57		
19	M	♈	7 02	4 29	5 11		Becoming un-settled.
20	T	♈	7 03	4 28	6 25		
21	W	♈	7 04	4 27	rises		
22	T	♈	7 06	4 26	p.m.		Rain or snow.
23	F	♈	7 08	4 25	5 59		
24	S	♈	7 09	4 24	7 00		
25	Sun	♈	7 10	4 23	8 04		Rain or snow.
26	M	♈	7 11	4 22	9 09		
27	T	♈	7 12	4 22	10 13		
28	W	♈	7 13	4 21	11 17		Rain or snow.
29	T	♈	7 13	4 21	a.m.		
30	F	♈	7 15	4 20	0 20		



A. V. Sebelius

"Last Spring I suffered with a sore back and could hardly get about to do any work," writes A. V. Sebelius, Vantage, Sask. "My kidneys and bladder were in bad shape and I could not rest at nights. I decided to try Dodd's Kidney Pills and after taking two boxes I must say I felt better. I have great faith in Dodd's Kidney Pills."

Thousands of grateful people have publicly testified to the benefits to be derived through the use of Dodd's Kidney Pills. Why not benefit by their experience? Singleness of purpose explains success like this. Dodd's Kidney Pills do not affect the liver or stomach. They are a special Kidney Remedy solely affecting the Kidneys.

Insist upon having Dodd's. They have built up their reputation as a Kidney Remedy by the relief they give.

### 3 Boxes Brought Relief

"My husband has been suffering with kidney trouble for months and has been using doctor's medicine without getting any relief. He decided to take Dodd's Kidney Pills, and after using three boxes he was quite relieved of his trouble. Many thanks to Dodd's Remedies."

MRS. IRENE KASUBA,  
R. R. No. 1, Wainfleet, Ont.

"I had bad kidney trouble and was not able to do my work. I took six boxes of Dodd's Kidney Pills, and at present am feeling very well. I can now do my work without difficulty."

ANACLET RIVARD,  
Guerin, P.Q.

## A FEW HELPFUL HINTS

**D**O not apply paint or enamel over a damp surface.

To remove an obstinate cork, dip a piece of woollen cloth into boiling water and wrap tightly about the neck of the bottle. In a few minutes the stopper can be removed.

One or more brass headed tacks driven in the framework of a window which rattles will stop the annoyance. The curved heads allow the windows to move over them easily and they are always in place.

Do not apply varnish on a surface that has been waxed.

Use turpentine to remove wax. Wax cannot be removed with water.

Use adhesive tape for marking plates. When sending dishes to a community supper they often get mixed or lost, but a small piece of adhesive tape with an initial or name

written in indelible pencil saves trouble. The plaster does not wash off and remains from one function to another.

Sprinkle borax under the carpets and the moths will keep away.

Round centrepieces, lace edged, often do not lie flat after washing because the lace was not immersed in water

before it was whipped on. Do this, and you will find that although the material will shrink at first washing, the lace will retain the same fullness and fit nicely.

Table linen needs very little bluing in the wash water.

Instead of being poured down the sink, cold tea should be used to water the plants. Ferns and Ivy thrive on it.

If you add a teaspoonful of turpentine to a quart of water and use this on the plants once a week the leaves and flowers will be brighter.

Do not use a paint brush that has not been properly cleaned. Better to buy a new brush than spoil the job.

Do not apply paint, enamel, stains, etc., before first stirring thoroughly.

Silk should never be ironed on the right side, as it will be

shiny wherever the iron has touched it.

A mustard plaster made with the white of an egg will not blister the skin.

When running the rod through curtain hems you will be able to prevent ripping if you will cover the end of the rod with an old glove finger or thimble.

# TIRED

all the Time

—she thought it was

"NERVES"

But Her . . .  
KIDNEYS

were really to  
blame



Losing interest—losing friends—she never went out any more—always too tired. "Nerves", she thought—but it was her kidneys, the filters of her blood, that needed attention. Delay meant danger. She took Dodd's Kidney Pills at once. Restored to healthy, normal action, her kidneys soon cleared away blood impurities. Energy returned. Fatigue, headache, backache, and all signs of faulty kidneys disappeared.

Now Feeling Well—Thanks to

**Dodd's Kidney Pills**

# Kitchen Equivalents

**N**EW, yes, even old housekeepers are frequently puzzled regarding weights and measuring proportions, and this little schedule will, we are sure, be helpful to all; before starting, see that all materials are free from lumps of any kind, and the measuring cup or spoon even full, not running over.



1 large pint of granulated sugar equals 1 pound.  
 1 pint of tapioca equals 12 ounces.  
 About 25 drops of any thin liquid will fill a common sized teaspoon.

1 pint of dried hominy equals 13 ounces.  
 2 cups lard make 1 pound.  
 2 cups butter make 1 pound.  
 4 cups pastry or bread flour make 1 pound.  
 1 quart of unsifted flour equals 1 pound.

4½ cups graham flour make 1 pound.  
 4⅞ cups rye flour make 1 pound.  
 2⅔ cups cornmeal make 1 pound.  
 4¾ cups rolled oats make 1 pound.  
 2⅔ cups oatmeal make 1 pound.  
 4⅓ cups coffee make 1 pound.  
 2 cups granulated sugar make 1 pound.  
 3½ cups confectioners' sugar make 1 pound.  
 2⅔ cups brown sugar make 1 pound.  
 2 cups chopped meat make 1 pound.

1⅞ cups rice make 1 pound.  
 2 cups raisins (packed) make 1 pound.  
 2¼ cups currants make 1 pound.  
 2 cups stale bread crumbs make 1 pound.  
 6 tablespoonfuls baking powder make one ounce.

9 large hens' eggs equal 1 pound.  
 2 level tablespoonfuls of butter equal 1 ounce.

1 ounce of flour equals four level tablespoonfuls.

1 ounce of grated chocolate equals 3 level tablespoonfuls.

1 ounce of cornstarch equals 3 tablespoonfuls.

1 ounce of fine salt equals 2 level tablespoonfuls.

1 ounce of cinnamon equals 4½ level teaspoonfuls.

1 ounce of cloves equals 4 level tablespoonfuls.

2 tablespoonfuls equal 1 ounce, liquid.

An ordinary tumblerful equals 1 coffee cupful, or half a pint.

4 teaspoonfuls make 1 tablespoonful.

16 tablespoonfuls dry ingredient make 1 coffee cupful.

4 teaspoonfuls equal 1 wine glass, or half a gill.

2 wine glasses equal 1 gill, or half a cup.

**If you need medicine at all you need it at the right time, and as nine times out of ten it is the kidneys that are crying for help, then you should use Dodd's Kidney Pills.**

# INDIGESTION

What 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 the 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.

# Backache Quickly Relieved

Mother of Nine Children Used Dodd's



Mrs. M. B. Corey.

"I am a farmer's wife and the mother of nine children," writes Mrs. M. B. Corey, R. R. No. 1, Hatley, P.Q. "Before my third child, was born I was troubled a lot with backache and was advised to try Dodd's Kidney Pills. I had not taken the whole of the first box before I was better. I have always used them since."

Every woman takes a pride in her children and in keeping her home neat and clean.

Women find no difficulty in looking after the hundred and one details of home management as long as they enjoy good health. It is when sickness comes along, such as Backache, that household duties become a trial.

Mrs. Corey realized that an aching back is the sign of faulty kidneys and had the good sense to profit by the experience of others, with the result that she obtained Dodd's Kidney Pills and banished her Backache immediately.

### No Chance

"Nurse," said the patient, "I'm in love with you. I don't want to get better."

"Don't worry, you won't," she said, cheerfully. "The doctor's in love with me, too, and he saw you kiss me this morning."—*Magazine Digest.*

12th month DECEMBER, 1934 31 days

### MOON'S PHASES

Eastern Standard Time

	D.	H.	M.
New Moon.....	6	0	25 p.m.
First Quarter.....	13	5	52 a.m.
Full Moon.....	20	3	53 p.m.
Last Quarter.....	28	9	08 p.m.

\* See page 3 for Local Time

Day of Month	Day of Week	Zodiac Signs	* Sun		Moons	Weather Probs.	
			Rises	Sets	Rises		
			H.M.	H.M.	H.M.		
1	S	♏	7 16	4 20	1 24	Generally cold.	
2	Sun	♏	7 18	4 20	2 30	Frequent rain and snow squalls.	
3	M	♏	7 19	4 20	3 39		
4	T	♏	7 20	4 20	4 52		
5	W	♏	7 21	4 19	6 07		
6	T	♏	7 22	4 19	sets		
7	F	♏	7 24	4 19	p.m.		
8	S	♏	7 25	4 19	6 02		
9	Sun	♏	7 26	4 19	7 22		
10	M	♏	7 27	4 18	8 43	Clearing.	
11	T	♏	7 27	4 18	10 02		
12	W	♏	7 28	4 18	11 19	Dry and cold.	
13	T	♏	7 28	4 18	a.m.		
14	F	♏	7 29	4 18	0 33		
15	S	♏	7 30	4 19	1 47		
16	Sun	♏	7 31	4 19	3 00	Continues very cold.	
17	M	♏	7 32	4 19	4 13		
18	T	♏	7 32	4 20	5 23		
19	W	♏	7 33	4 21	6 29		
20	T	♏	7 33	4 21	rises		
21	F	♏	7 34	4 21	p.m.		
22	S	♏	7 35	4 21	5 51	Warmer.	
23	Sun	♏	7 35	4 22	6 56		
24	M	♏	7 36	4 22	8 01		
25	T	♏	7 36	4 23	9 04	Month ends dry but very cool.	
26	W	♏	7 37	4 23	10 07		
27	T	♏	7 38	4 24	11 10		
28	F	♏	7 38	4 25	a.m.		
29	S	♏	7 38	4 26	0 14		
30	Sun	♏	7 38	4 27	1 20		
31	M	♏	7 38	4 28	2 29		

"I have found Dodd's Kidney Pills excellent for purifying the blood and would not be without them."

MRS. GEORGE SIMPKINS,  
151 Homewood Ave.,  
Hamilton, Ont.

## HINTS TO HOUSEWIVES

**T**O test cooking eggs, put them in a glass of cold water, and if they rise and float they will taste musty and be unfit for use.

Stale eggs should be boiled three minutes, while newlaid eggs need boiling for four minutes and a half for the white to be firmly set.

When preparing small quantities of fish for frying, use a paste of flour and water to make the crumbs adhere. This does not alter the flavour of the fish in the least and saves an egg.

If washing soda is used to cut the grease in the sink it should be followed by a flood of hot water, otherwise the grease and soda makes a soft soap that congeals in cooling and may close the drain.

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

When pickling onions or red cabbage, crispness may be obtained by adding a pinch of alum.

Badly chipped enamel saucepans should be thrown away. Once the enamel has begun to wear away inside there is always the danger of stirring enamel chips into food cooked in the pans, and so setting up serious trouble.

The bluing will never settle in patches on the clothes if a lump of soda is dissolved in hot water and added to the blue water.

If you put too much salt in food while cooking, place a wet cloth over the top of vessel in which food is cooking and the steam will draw the salt into the wet cloth.

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

If the bacon is too salt place a little water in the pan in which you intend frying it. Let the water come to a boil, then pour the water off and cook the bacon in the usual manner.

Don't keep canned provisions in the cans after being opened; the air renders them unwholesome.

Most women's troubles are caused by disordered kidneys. Dodd's Kidney Pills bring back youth to women by helping their kidneys.

By soaking oatmeal over night it can be cooked in fifteen minutes and have the flavor of cooking many hours.

After frying fish, a few potato peelings should be put into the fat. They will absorb the smell and purify the fat, so that it can be used again.

When tea is spilled on a tablecloth cover the stain at once with common salt. Leave for a little while, and when the cloth is washed all stains will have disappeared.



## HELP THE AGED

If you could be brought to the offices of The Dodds Medicine Company, and allowed to look over the thousands of letters received from those whom Dodd's Kidney Pills had relieved of pains and aches, and brought from illness to good health, the first thing that would strike you would be the number of letters written by aged people.

These veterans in the war of life; these pioneers who have in many cases torn homes out of the trackless forests, cannot fail to feel in their declining years the effects of the toil and privations of their earlier days.

Theirs was the exposure, the hard unceasing toil that wears the body away and leaves it stricken with the ills to which flesh is heir. And the wear and tear of life acts first on the Kidneys.

**Rheumatism, Lumbago, Gout, Backache, Bladder and Urinary Troubles, Lack of Vigor and Vitality, Nervous Troubles—are not these the ills to which the aged are subject? Are not these ills the result of disordered Kidneys?**

The Kidneys of the youthful may be out of order; the Kidneys of the aged are almost sure to be tired or worn out.

Dodd's Kidney Pills put them in good order, and the purified stream of life leaps anew through the veins. The veteran man or woman feels once again the thrill of youth, and in the warm sunset of life feels the joy of living.

That is why from the aged men and women there is a stream of letters which shout aloud the joy of the writers. "I feel young again," is their theme.

Dodd's Kidney Pills make comfortable good health possible to old men and women.

**Dodd's Kidney Pills are the old people's truest friend.**

"Being one who always finds your Dodd's Kidney Pills of great benefit, will you please send me one of your Almanacs. I find many things in them to enlighten me. For months I have had a terrible pain around my kidneys. My friend said, "Oh, its kidney trouble you have and once that starts with a woman your age there is not much use bothering about it." I did not say anything to her but took a box of Dodd's Kidney Pills and found a slight change. After taking a second box of your wonderful Pills I have no more pain. I am well up in years, and after all, life is very sweet."

MRS. M. GALLEY,  
450 Regina Ave.,  
Verdun, Montreal, P.Q.

"For six months I have suffered with rheumatism. My feet and hands were swollen so much I was unable to work. I have taken twelve boxes of Dodd's Kidney Pills and now my health is completely restored. I always keep a box in the house."

MRS. NOE LESSARD,  
Delmas, Sask.

### CAUTION

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

# On Her Mission of Mercy Nurse Finds Dodd's Invaluable



Nurse  
Mitchell



**Her own health restored by Dodd's—Nurse Mitchell now carries this reliable Kidney Remedy into the far outposts of Newfoundland to benefit her own patients.**

"I was stricken with Uric Acid and a severe neurotic condition while in training at the St. John's Hospital, Wilmington, N.C. My condition became so severe that I was forced to leave my post at the hospital as I was not able to keep up under the strain of the work and long hours on duty.

"The doctors at the hospital did all that was possible but with little avail. I seemed to be getting weaker as time went on. I became terribly discouraged as I wanted to finish my training as a nurse.

### Mother Suggested Dodd's

"In my despair I remembered that my mother was also a sufferer of kidney trouble and spoke very highly of Dodd's Kidney Pills. I purchased a box of Dodd's Kidney Pills, and after taking about half the contents of the box I felt relieved and my strength seemed to be returning. Within five months I was back to school and my post in the hospital, feeling like a new woman with my condition absolutely and wholly cleared up. The following year I graduated with honours and haven't felt a day's sickness since—thanks to Dodd's Kidney Pills.

"I am now holding a nursing post in Newfoundland and have four hundred miles of territory on the North Coast. I visit my patients in summer by

motor launch and in winter by dog team. I always carry a large supply of Dodd's Medicines in my nursing 'chest', and thanks to Dodd's wonderful discovery I have relieved thousands of sufferers with Dodd's Remedies. Quarterly I visit Nain and Hopdale in the frozen North and find quite a lot of kidney disorders among the natives due to exposure in their cold climate. Dodd's Kidney Pills have worked successfully amongst these people, and hundreds have got relief. They look forward to my visits and Dodd's Kidney Pills as earnestly as they do to the coming of the Seal Patches which is their only sustenance.

### Thousands Relieved

"When I pick up your Almanac and see how few tell of their experiences with Dodd's Kidney Pills compared with the many thousands that I have personally relieved through your Dodd's Kidney Pills, I realize the great number of people who keep their praises of Dodd's Kidney Pills to themselves.

"I am 34 years of age and expect to leave within the next two weeks on my trip for the North, and you may be sure that I will continue to praise your wonderful Dodd's Kidney Pills.

MRS. J. W. MITCHELL R.N.,  
Corner Brook, Nfld.

## What is Kidney Poison

**W**HAT 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, undermining 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.

"For two years I have suffered with kidney trouble. I started taking Dodd's Kidney Pills and they have been very helpful to me, and I am never without a box in the house."

MRS. F. LUPOSTEAN,  
2064 McDonald St.,  
Regina, Sask.

## ITCHING SKIN

Stop irritation now. Soothe, promote healing and prevent infection with

# Dodd's OINTMENT

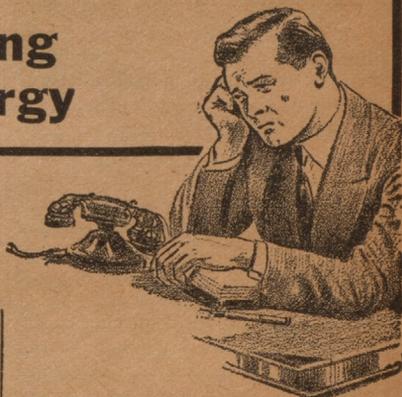
In a jar like the finest face creams. Price 50c

# IF CONSTIPATION Is Sapping Your Energy

## Take **DIAMOND DINNER PILLS**

**CONSTIPATION** is caused in the first place by the failure of the Liver to furnish the bowels a sufficient amount of bile—Nature's own laxative. 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 felt in the stomach often causing Nausea. 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.

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



**Price 25c**

## Every Day Uses For Salt

Salt thrown on a fire will extinguish a burning chimney.

Salt in whitewash makes it stick.

Salt is an excellent dentifrice. It hardens the gums and makes the teeth white.

Salt thrown on soot which has fallen on the carpet will prevent stain.

Salt thrown on a coal fire which is low will revive it.

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

Salt is excellent for removing freshly spilled ink from the carpet or fabrics.

A hot salt bath just before retiring promotes sleep and quietens the nerves.

Strong salt water is excellent for reviving an unconscious person.

Salt added to water in which colored dresses are washed will prevent fading.

It is always best to add a pinch of salt to boiled milk.

Salt should always be available to cows. Its use increases the digestibility of food, the amount of water consumed, and hence the flow of milk is also increased.

Salt is one of the best agents for cleaning marble wash-basins and sink fixtures.

Pure blood is the first essential not only to health but to life itself; so keep it pure through the use of Dodd's Kidney Pills.

Salt on the fingers when cleaning a fowl or meat will prevent slipping.

When washing coloured stockings a pinch of salt added to the water will help them to retain their colour much longer.

In order to preserve cut flowers, cut the stalks and stand in water to which a pinch of salt has been added.

Salt water is the best and simplest solution known for cleaning willow ware and matting.

A burnt saucepan can be made clean again by filling with water and some salt, and placed on the fire or gas for a short time until the burnt matter is boiled off.

When teacups and china become stained, they should be rubbed with salt and then washed in the ordinary way and the discoloration will disappear.

A pinch of salt added to an egg white makes it whip quicker and better.

### 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

# »       »       DIET       «       «

This 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 or 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, dumplings, 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.

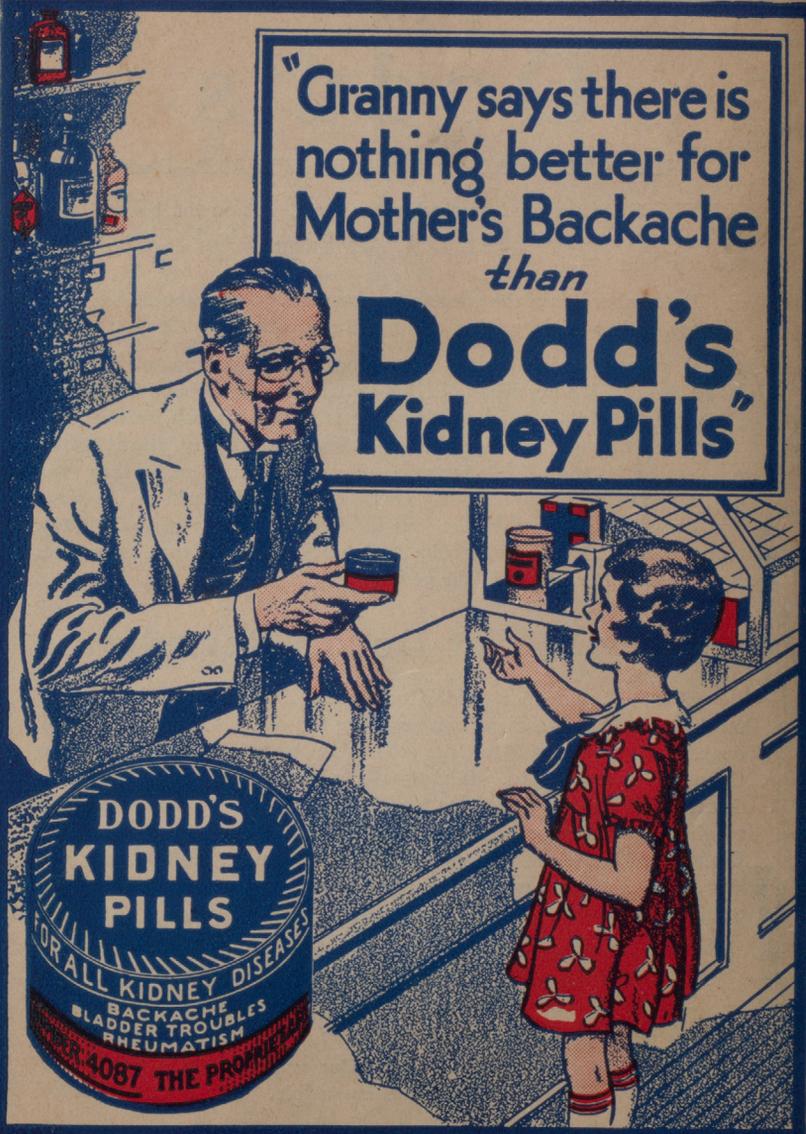
WE EMPLOY NO AGENTS. Our goods are sold by regular dealers only, or by mail when this is impossible. The Dodds Medicine Co., Limited, Toronto 2, Canada.

UNCAT Almanacs...

"Granny says there is  
nothing better for  
Mother's Backache

*than*

**Dodd's  
Kidney Pills"**



**DODD'S  
KIDNEY  
PILLS**  
FOR ALL KIDNEY DISEASES  
BACKACHE  
BLADDER TROUBLES  
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