



Dodd's
ALMANAC

1935

USEFUL INFORMATION
FOR FAMILY
AND HOME

1935

Golden Number..... 17 Solar Cycle..... 17 Roman Indiction..... 3
 Epact..... 26 Dominical Letter..... F Julian Period (year of) 6648

THE SEASONS

Sun enters Aries—Spring begins..... Mar. 21st, 8.18 a.m.
 Sun enters Cancer—Summer begins..... June 22nd, 3.38 a.m.
 Sun enters Libra—Autumn begins..... Sept. 23rd, 6.39 p.m.
 Sun enters Capricornus—Winter begins..... Dec. 22nd, 1.37 p.m.

ZODIACAL SIGNS

Head and Face, ♈ ARIES, the Ram.

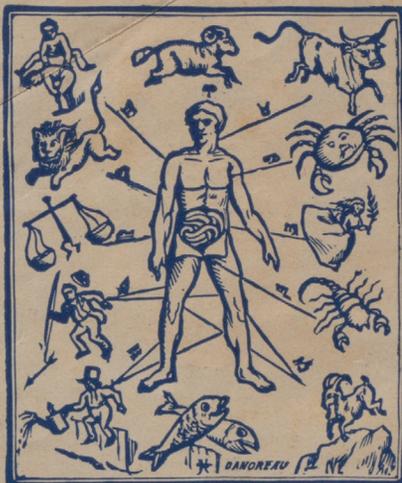
Arm.
 ♊ GEMINI
 The Twins.

Heart.
 ♌ LEO,
 The Lion.

Reins.
 ♎ LIBRA,
 The Balance.

Thighs.
 ♐ SAGITTARIUS,
 The Bowman.

Legs.
 ♑ AQUARIUS,
 The Waterman.



Neck.
 ♉ TAURUS,
 The Bull.

Breast.
 ♋ CANCER,
 The Crab.

Bowels.
 ♍ VIRGO,
 The Virgin.

SECRETS.
 ♏ SCORPIO,
 The Scorpion.

Knees.
 ♐ CAPRICORNUS,
 The Goat.

Feet, ♓ PISCES, the Fishes.

HOLIDAYS FESTIVALS, ANNIVERSARIES, ETC.

New Year's Day..... Jan. 1	Accession King George V. May 6	Dominion Day..... July 1
Epiphany..... Jan. 6	Victoria Day..... May 24	Labor Day..... Sept. 2
Septuagesima..... Feb. 17	Birth Queen Mary (1867) May 26	Hebrew New Year..... Sept. 28
St. David..... Mar. 1	Ascension Day..... May 30	Day of Atonement..... Oct. 7
Quinquagesima..... Mar. 3	Birth King George V. 1865 June 3	Feast of Tabernacles..... Oct. 12
Ash Wednesday..... Mar. 6	Pentecost (Shebuoth)..... June 7	All Saints' Day..... Nov. 1
St. Patrick..... Mar. 17	Pentecost (Whit Sunday) June 9	Armistice Day..... Nov. 11
Palm Sunday..... Apr. 14	Trinity Sunday..... June 16	First Sunday in Advent..... Dec. 1
Good Friday..... Apr. 19	Corpus Christi..... June 20	Conception Day..... Dec. 8
Easter Sunday..... Apr. 21	Birth Prince of Wales..... June 23	Christmas Day..... Dec. 25
St. George..... Apr. 23	Midsummer Day..... June 24	Last Day of Year..... Dec. 31

MORNING AND EVENING STARS

Mercury:—An evening star to February 17th, 1935, 0100 hours, with greatest elongation East 2000 hours February 1st, 1935, 18° 20'. A morning star until 0700 hours April 27th with greatest elongation West at 1400 hours, March 15th, 27° 37'. An evening star to 1300 hours, June 21st, with greatest elongation East at 1700 hours, May 26th, 22° 51'. A morning star to 2000 hours August 9th with greatest elongation West 0300 hours, July 14th, 20° 46'. An evening star to 0001 hours, October 18th, with greatest elongation East at 0600 hours, September 23rd, 26° 18'. A morning star to 0200 hours, December 10th, with greatest elongation West at 1700 hours, November 2nd, 18° 44'. An evening star to the end of the year. **Venus**:—Greatest elongation East 45° 26' June 30th. Attains greatest brilliancy August 3rd. September 8th—Inferior conjunction with Sun and becoming an evening star—October 15th obtains greatest brilliancy. Attains greatest brilliancy West 46° 41' November 19th. **Mars**:—In opposition to Sun April 6th, 1300 hours. Nearest earth April 12th. **Jupiter**:—In opposition to Sun, March 10th. In conjunction with Sun, November 27th. **Saturn**:—In conjunction with Sun, February 20th. In opposition to Sun, August 31st. **Uranus**:—In conjunction with Sun, April 22nd. In opposition to Sun, October 27th. **Neptune**:—In opposition to Sun, March 4th. In conjunction with Sun, September 7th.

ECLIPSES IN 1935

In the year 1935 there will be seven eclipses, five of the Sun and two of the Moon.

281-32
1500
106

GREETINGS



TO OUR MANY READERS

WE take great pleasure in presenting to you the 1935 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 ailments 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 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 often affect them, and cause them to fail in their duty. **Dodd's Kidney Pills** are a treatment for the many ailments arising from faulty Kidney action. They help restore the Kidneys to healthy activity, and assist them to perform their full duties.

Dodd's Dyspepsia Tablets are a valuable aid to digestion, and a reliable help for all forms of Dyspepsia.

Diamond Dinner Pills are a 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, Piles, etc.

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

CAN YOU ANSWER "NO" TO ALL THESE



Many have found out to their dismay that they have had Kidney trouble, 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.

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Use This Table To Determine Exact Time of Sunrise and Sunset

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.

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 Local Time on this Page

Day of Month	Day of Week	Zodiac Signs	* Sun		* Moon		Weather Probs.
			Rises	Sets	Rises	Sets	
			H.M.	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
3	M	♏	7 19	4 20	3 39		and snow squalls.
4	T	♏	7 20	4 20	4 52		Clearing.
5	W	♏	7 21	4 19	6 07		Dry and cold.
6	T	♏	7 22	4 19	sets		Continues very cold.
7	F	♏	7 24	4 19	p.m.		Warmer.
8	S	♏	7 25	4 19	6 02		Month ends but very cool.
9	Sun	♏	7 26	4 19	7 22		
10	M	♏	7 27	4 18	8 43		
11	T	♏	7 27	4 18	10 02		
12	W	♏	7 28	4 18	11 19		
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		
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		
23	Sun	♏	7 35	4 22	6 56		
24	M	♏	7 36	4 22	8 01		
25	T	♏	7 36	4 23	9 04		
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		

When 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

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
Subury.....	" 24
Toronto.....	" 18
Windsor.....	" 32
Woodstock.....	" 23

Alberta

Calgary.....	Add 36
Edmonton.....	" 32
Lethbridge.....	" 30
Medicine Hat.....	" 21

Saskatchewan

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

Quebec

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

Manitoba

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

Prince Edward Is.

Charlottetown.....	Add 12
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Ontario

Barrie.....	Add 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

New Brunswick

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

Nova Scotia

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

Newfoundland

St. John's.....	Sub. 24
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DON'T WAIT for SICKNESS

to Overtake You

MEDICAL research in the past few years has proved that to disordered kidneys are due many troubles 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 troubles 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 disordered kidneys. 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**

Some Facts About Lightning

The chances of your being struck by lightning are really very slight. In fact, there is barely one chance in 300,000 that a person will be killed during the year. However, it is comforting to remember that when you see the flash you will know that the lightning has missed you.

Lightning is an electrical spark seeking the earth. Like all electrical discharges, it follows the line of least resistance and seeks the best electrical conductor.

The highest point is most apt to attract lightning. This may be a high tree, a building, a fence, or even an animal or person on flat level ground. The more open the country the greater will be the attraction at that point. Groups of people or animals are more apt to attract lightning than an individual person or animal.

The chimney is the most likely point of a house to be struck, and the lightning will follow it to the ground or until it finds an easier path on the way. A metal pipe might provide this, and in order to get from the chimney, the lightning will jump through the air. If indoors during a storm it is best to stay away from the walls, the fireplace, the stove and radiators. The safest spot is usually in the centre of the room, as long as you do not place yourself between the chimney and any good "earth", such as a radiator.



Contrary to general opinion, draughts do not attract lightning, and it is not particularly dangerous to stand by an open window.

Never seek shelter under an isolated tree, particularly an Oak or Fir as they are fifteen times as likely to be struck as, for instance, a Beech tree. It is nearly as dangerous to

be well out in a clearing by yourself. The safest place is near the tree, which will make it the highest point. If in a group of trees, avoid standing under the tallest.

Keep away from wire fences during a storm, and never seek shelter in an isolated building.

Radio aerials do not seem to attract lightning. The reason being, that the wire is so small that it cannot accommodate the terrific electrical charge.

Lightning rods, when properly installed, are an excellent protection. Their main function is not to carry the lightning bolt to the ground as is generally thought, but to disburse the electricity in the air before lightning has occurred.

To determine how far away lightning has struck, count the seconds between the flash and the first sound of thunder. For every five seconds interval you will know that the lightning has struck approximately 1 mile away.

A metal flag pole or a wooden one wired from top to bottom with heavy wire, offers good protection to a small building alongside.

Saved Months of Suffering

By Taking Dodd's on Friend's Advice



Mrs. Lloyd Walker

"I am 33 years old, married and have five children," writes Mrs. Lloyd Walker, Straffordville, Ont.

"My feet and limbs were so badly swollen I was unable to wear my shoes. I suffered with terrible headaches and had no appetite. I finally took a friend's advice and got two boxes of Dodd's Kidney Pills. When I had taken them the swelling had gone down and I felt a great difference in every way. Give me Dodd's every time when the kidneys are out of order. I have taken eight boxes and always keep them on hand. I also find them excellent for the children. I am so glad I listened to my friend for I am sure I would not be enjoying life to-day if I had not taken her advice. Dodd's Kidney Pills have saved me months of suffering."

Many women such as Mrs. Walker suffer needless pain and discomfort by failing to heed Nature's warnings that the kidneys are out of order.

When the kidneys become clogged and fail to do their duty of straining the impurities and waste matter from the blood stream, sickness surely follows. Just to read what others say about Dodd's Kidney Pills should convince you that they are a reliable and effective remedy and can be taken with confidence. It is a wise precaution to keep a box of Dodd's Kidney Pills always in the house in case of need.

1st month JANUARY, 1935 31 days

MOON'S PHASES Eastern Standard Time

	D.	H.	M.
New Moon.....	5	0	20 a.m.
First Quarter.....	11	3	55 p.m.
Full Moon.....	19	10	44 a.m.
Last Quarter.....	27	2	59 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. 7 38	H.M. 4 28	H.M. 5 0	Begins
2	W	♈	7 38	4 29	4 55	cold
3	T	♈	7 38	4 30	6 06	with
4	F	♈	7 38	4 31	7 08	light
5	S	♈	7 38	4 32	sets	snow.
6	Sun	♈	7 38	4 33	p.m.	
7	M	♈	7 38	4 34	7 42	
8	T	♈	7 37	4 36	9 03	
9	W	♈	7 37	4 37	10 21	
10	T	♈	7 37	4 38	11 36	Becomes
11	F	♈	7 37	4 39	a.m.	colder.
12	S	♈	7 36	4 40	0 50	
13	Sun	♈	7 36	4 41	2 04	
14	M	♈	7 36	4 42	3 15	
15	T	♈	7 35	4 44	4 22	Heavy
16	W	♈	7 35	4 45	5 22	snow.
17	T	♈	7 34	4 46	6 13	
18	F	♈	7 34	4 48	6 55	
19	S	♈	7 33	4 49	rises	
20	Sun	♈	7 33	4 50	p.m.	The
21	M	♈	7 32	4 51	6 54	month
22	T	♈	7 31	4 52	7 57	will
23	W	♈	7 31	4 54	9 00	continue
24	T	♈	7 30	4 55	10 02	cold
25	F	♈	7 29	4 56	11 06	with
26	S	♈	7 28	4 58	a.m.	frequent
27	Sun	♈	7 27	4 59	0 13	snow.
28	M	♈	7 26	5 00	1 22	
29	W	♈	7 24	5 02	2 33	
30	T	♈	7 23	5 04	3 43	
31	T	♈	7 22	5 05	4 48	

"I have suffered with Kidney trouble for months. After taking four boxes of Dodd's Kidney Pills I obtained wonderful relief."

EVELYN D. DEAL,
Meiseners, Lun. Co., N.S.

Why Do Doctors Always 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.

IT 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.

"Having received your Dodd's Almanac, I thought I would send you a few remarks of what Dodd's Kidney Pills have done for me. I suffered from Sciatica, Rheumatism and Nervous Strain for six months. I couldn't walk and suffered untold agony. I began taking Dodd's Kidney Pills, and within a month I was relieved of the pain and was a well woman."

MRS. WILLIAM REID,
R.R. 4, Coldwater, Ont.

Suffered From Swollen Limbs

But Dodd's Soon Brought Relief



"Many thanks for Dodd's Kidney Pills. They made me feel like a girl of sixteen," writes Mrs. M. Check, Roblin, Manitoba.

"Two years ago I was troubled with Rheumatism and headaches and became very pale. In the mornings my hands and limbs were all swollen. I decided to give Dodd's Kidney Pills a trial and they helped me wonderfully. I am a new person to-day and can do all my housework without aid. Your pills are surely life-savers to many women and I am one that is full of praises for them. Four of my neighbours have started using them and say they would not be without Dodd's Kidney Pills."

After reading the experience of Mrs. Check it is easy to understand why Dodd's Kidney Pills increase in popularity daily.

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

If you want to feel well it is important that you keep your Kidneys in good order. Don't neglect the first warning of faulty Kidneys. Take Dodd's Kidney Pills without delay. It is a wise plan to keep a box handy in case of need.

2nd month FEBRUARY, 1935 28 days

MOON'S PHASES Eastern Standard Time

	D.	H.	M.
☾ New Moon	3	11	27 a.m.
☽ First Quarter	10	4	25 a.m.
☾ Full Moon	18	6	17 a.m.
☽ Last Quarter	26	5	14 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	F	♈	H.M.	H.M.	H.M.		Moderating.
2	S	♈	7 20	5 07	a.m.	6 30	
3	Sun	♈	7 20	5 09		sets	Unsettled
4	M	♈	7 18	5 11		p.m.	
5	T	♈	7 17	5 12		7 56	with rain
6	W	♈	7 15	5 14		9 15	
7	T	♈	7 14	5 15		10 33	and snow.
8	F	♈	7 12	5 17		11 50	
9	S	♈	7 11	5 18		a.m.	
10	Sun	♈	7 10	5 19		1 04	Continues
11	M	♈	7 09	5 20		2 13	
12	T	♈	7 07	5 22		3 17	for few days.
13	W	♈	7 06	5 23		4 11	
14	T	♈	7 04	5 25		4 55	Colder with snow.
15	F	♈	7 03	5 26		5 31	
16	S	♈	7 02	5 27		6 01	
17	Sun	♈	7 01	5 29		6 25	Month ends
18	M	♈	6 59	5 30		6 45	
19	T	♈	6 57	5 32		7 04	eold.
20	W	♈	6 55	5 34		rises	
21	T	♈	6 54	5 35		p.m.	
22	F	♈	6 52	5 37		10 03	
23	S	♈	6 50	5 38		11 10	
24	Sun	♈	6 48	5 39		a.m.	Month ends
25	M	♈	6 47	5 40		12 19	
26	T	♈	6 45	5 42		1 28	eold.
27	W	♈	6 43	5 44		2 33	
28	T	♈	6 41	5 46		3 31	

No Chance!

Rastus Jackson, a thoroughly married ducky, was one day approached by a life insurance agent.

"Better let me write you a policy, Rastus," suggested the agent.

"No, sah," declared Rastus emphatically. "Ah ain't any too safe at home as it is!"

BACKACHE

is your **WARNING!**



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 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 much more serious than many people think. Backache, if not corrected, is often followed by something more alarming.

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.

For over a third of a century Dodd's Kidney Pills have been relieving Canadian men and women from that painful and serious malady—Backache.

"After my seventh child was born I took a terrible pain in my Back. A neighbour of mine told me to try Dodd's Kidney Pills, and I did. I only used three boxes when I felt like a new woman."

MRS. DAVID CAMPBELL,
Mill Creek, Cape Breton, N.S.

"I had been suffering for three years with pains around my heart and back. I could not do my work and was in bed most of the time. I read about Dodd's Kidney Pills, and tried three boxes and was soon well and able to do my work. About three weeks ago I heard that one of my friends was sick with her back. I took her a box of Dodd's Pills and told her to try them. She said they helped her fine and thanked me for telling her about Dodd's Kidney Pills."

MRS. J. PATENAUD,
8 McDonald Ave., Cornwall, Ont.

NEVER NEGLECT AN ACHING BACK



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!

Your Kidneys-too-need a Spring cleaning. Dodd's Kidney Pills are the best Spring medicine.

Took Mother-in-Law's Advice

Both Husband and Wife Benefit by Dodd's

3rd month MARCH, 1935 31 days

MOON'S PHASES

Eastern Standard Time

	D.	H.	M.
☾ New Moon.....	4	9	40 p.m.
☾ First Quarter....	11	7	30 p.m.
☾ Full Moon.....	20	0	31 a.m.
☾ Last Quarter....	27	3	51 p.m.

* See page 3 for Local Time



"Both my husband and myself have taken your medicines for years," writes Mrs. J. W. Bramley, R.R. 2, Florenceville, N.B.

"When I first came to Canada my mother-in-law told me how good Dodd's Kidney Pills were. At that time my kidneys were in such poor condition that I was sick all over. After taking Dodd's Kidney Pills for a time I felt so much better. I am a farmer's wife, 34 years of age, and have had nine children. I think Dodd's Kidney Pills are a wonderful medicine, and always keep a box in the house. I give them to my children when they feel out of sorts."

Many other young mothers like Mrs. Bramley have found Dodd's Kidney Pills of great value in helping correct faulty kidneys.

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

So often the road to good health lies through the kidneys. Why not profit by the experience of others and keep your kidneys in good condition through the regular use of Dodd's Kidney Pills. Dodd's Kidney Pills are no cure-all but purely an effective and reliable Kidney medicine

Day of Month	Day of Week	Zodiac Signs	Sun		Moon	Weather Probs.
			Rises	Sets	Rises	
1	F	♌	H.M.	H.M.	H.M.	Begins cold and showery.
2	S	♌	6 39	5 46	4 20	
3	Sun	♌	6 38	5 47	5 00	
4	M	♌	6 37	5 48	5 32	Milder with rain.
5	T	♌	6 35	5 50	5 59	
6	W	♌	6 34	5 51	6 22	
7	F	♌	6 32	5 53	6 22	Continues mild with rain.
8	T	♌	6 30	5 54	p.m.	
9	S	♌	6 28	5 55	10 43	
10	Sun	♌	6 26	5 56	11 58	Continues mild with rain.
11	M	♌	6 23	5 58	a.m.	
12	T	♌	6 21	5 59	2 04	
13	W	♌	6 20	6 01	3 32	Continues mild with rain.
14	T	♌	6 19	6 02	2 53	
15	F	♌	6 17	6 04	3 32	
16	S	♌	6 15	6 05	4 03	Continues mild with rain.
17	Sun	♌	6 14	6 06	4 29	
18	M	♌	6 11	6 07	4 51	
19	T	♌	6 09	6 09	5 10	Continues mild with rain.
20	W	♌	6 07	6 10	5 29	
21	T	♌	6 05	6 12	5 47	
22	F	♌	6 04	6 13	7 54	Continues mild with rain.
23	S	♌	6 02	6 14	9 01	
24	Sun	♌	6 00	6 15	10 10	
25	M	♌	5 57	6 17	11 18	Continues mild with rain.
26	T	♌	5 55	6 18	a.m.	
27	W	♌	5 54	6 19	0 24	
28	T	♌	5 52	6 20	1 23	Continues mild with rain.
29	F	♌	5 51	6 21	2 14	
30	S	♌	5 49	6 22	2 55	
31	Sun	♌	5 47	6 24	3 29	

Profit

Greene.—"Of course, as soon as I realized there were dishonest profits being made, I got out of it."

Browne.—"How much?"

BUYING A USED CAR

Patronize a dealer who has a reputation to maintain. Avoid questionable places and also "repossessed" cars because it is often difficult to obtain a clear bill of sale.

Allow about one-fifth of the money you are prepared to pay for replacements and repairs. In other words, if you expect to pay \$200.00 for a car, buy one for \$160.00 and have the extra \$40.00 for emergencies.

No matter how good the tires look, always figure that they are just about ready to go.

Don't buy in a hurry. Take your time and look around. See that the car has a clear title, and check the motor and serial number with the bill of sale.

Engage a competent mechanic who knows the make under consideration to assist you in your choice.

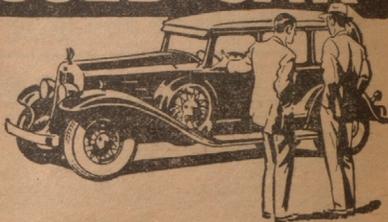
Inspect the clutch, brakes and accelerator pedals for wear.

Do not pay attention to the recorded mileage on the speedometer.

If all four tires are of the same make and are worn comparatively smooth, they are probably the original tires and the car has run somewhat less than 20,000 miles.

Notice how badly the front floor board and driver's seat is worn.

Examine the mud guards. A new one may be evidence that the car has been in an accident.



Examine the frame to see if it shows any signs of being straightened. If so, don't buy.

Look at the crank-case oil, and if it is fairly light and the motor quiet the chances are that the motor is in fair shape. A dose of heavy oil is often used to quiet noisy engines.

Dip a stick in the transmission and rear-end grease to see if it has been mixed with sawdust, oatmeal, etc., to quiet the noise of worn parts.

An odour of ether in the gasoline being used will indicate that it has been placed there to improve the performance of the car during demonstration.

Blue smoke from the exhaust when the engine is first started probably means worn piston rings or cylinders.

Check to see that the rear wheels follow the same tracks as the front ones when the car is moving in a straight line. Don't buy a car "out of line".

If possible drive the car yourself for at least an hour. Test it on a steep hill. Try opening and closing the throttle quickly, as this will show up lost motion in the clutch, transmission, etc.

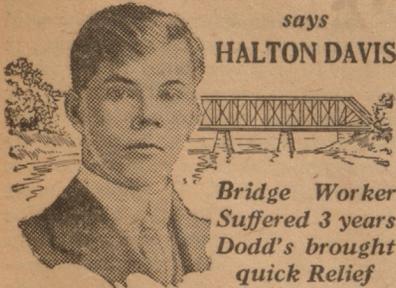
"My son got a knuckle knocked off while cutting wood with a buzz saw, and it would not heal. Just as everything had failed he used Dodd's Antiseptic Healing Ointment, and I must say it worked wonders."

Mrs. C. COTTER, R.R. 1, Chesley, Ont.

Rheumatism Gone after 2 Boxes

says

HALTON DAVIS



**Bridge Worker
Suffered 3 years
Dodd's brought
quick Relief**

"I was troubled severely with Rheumatism,"—says Mr. Halton Davis, Orrville, Ontario. "I saw an advertisement of Dodd's Kidney Pills explaining that Rheumatism was caused from the kidneys. I at once went to my nearest store and purchased a box of Dodd's Kidney Pills. After using one box I was 75 per cent better. That encouraged me to purchase another box. After using the second box I was completely better. Before using Dodd's Kidney Pills I had this trouble for three years—and tried a number of different remedies which proved to be of no benefit. I always keep a box of Dodd's Kidney Pills at hand, after proving them to be of extreme value. I would not use anything else and have advised different ones to use Dodd's, as I have always found them to be fully as recommended."

Uric Acid Causes Rheumatism

No ailment is more common than Rheumatism. Its aches and pains, its tortures you might say, are unfortunately known to most persons.

Rheumatism is often due to the presence of uric acid in the blood. Urea is one of the impurities of the blood designed to be extracted by healthy 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 most obstinate, and as remedies such as oils, liniments, embrocations, baths and rubbings fail to relieve, sufferers become discouraged. There are many people to-day who have suffered for years from this painful malady without knowing that Rheumatism is usually caused by faulty kidneys.

Thousands of boxes of Dodd's Kidney Pills are used every day in the treatment of Rheumatism, and in this booklet will be found letters from prominent Canadian men and women telling of their relief from Rheumatism by the simple and obvious method of treating the kidneys with the old reliable remedy—Dodd's Kidney Pills.

Mr. Davis Gets Quick Relief

1. For three years Rheumatism kept Mr. Davis miserable.
2. Mr. Davis sees advertising telling of Dodd's value for Rheumatism.



3. After 2 boxes of Dodd's Kidney Pills — Rheumatism has gone and Mr. Davis feels fit again.



Now I Can **SLEEP!**

What a relief to settle down to a real night's rest, and to awake next morning fully refreshed and ready for the day's duties. Yet only a few weeks ago this man was tortured by fretful nights—tossing, turning—never comfortable, never at ease. Half awake days—over tired, driving his body and mind to work when rest was what they needed.

His business partner suggested Dodd's Kidney Pills. "It may be your kidneys," he said. The advice was followed, with the above result—and he is now sleeping well—thanks to Dodd's.

If you don't sleep well—if your nights are interrupted by restlessness—look to your kidneys. If your kidneys are out of order, and are failing in their duty of cleansing the blood of poisons and waste matter—your rest is likely suffering, too. At the first sign of kidney trouble turn confidently to Dodd's Kidney Pills.

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.

To make lace yellow, rinse in weak coffee.

To remove gum from clothing, freeze with ice then work the material under it and the gum will chip off.

To remove shine from a garment, sponge with hot vinegar, cover with damp cloth and press on the right side, remove cloth and brush.

Soak green vegetables in cold water to make them fresh and crisp.

Remember that all green vegetables are placed in boiling water and all dried vegetables in cold water before starting to cook.

Common table salt sprinkled on the tooth brush makes a good dentifrice.

Relief Obtained Overnight

Mother of 7 Children Used Dodd's



Mrs. J. H. Wheatley

"I take pleasure in writing to tell you how I found out the value of Dodd's Kidney Pills," writes Mrs. J. H. Wheatley, R.R. 3, New Glasgow, N.S.

"I am 44 years old and have always enjoyed the best of health. Never experienced sickness of any kind. We had an acre of oats which needed cutting and as my husband works in the mines I decided to do the work myself. Strange work soon tells a tale and when I was finished I could scarcely stand up straight. About a month ago my husband got some Dodd's Kidney Pills because his back was so bad. I remembered about these pills and took some myself and went to bed. The next morning I felt as good as if nothing had ever been wrong."

Mrs. Wheatley realized that her aching back was the sign of Kidney strain and immediately profited by the experience of others. Don't neglect the first sign of Kidney trouble but turn with confidence to Dodd's Kidney Pills.

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, 1935 30 days

MOON'S PHASES

Eastern Standard Time

	D.	H.	M.
New Moon.....	3	7	11 a.m.
First Quarter....	10	12	42 p.m.
Full Moon.....	18	4	10 p.m.
Last Quarter....	25	11	20 p.m.

* See page 3 for Local Time

Day of Month	Day of Week	Zodiac Signs	* Sun		* Moon	Weather Probs.
			Rises	Sets	Rises	
1	M		H.M.	H.M.	H.M.	
2	T	♈	5 43	6 26	4 23	
3	T	♈	5 41	6 27	4 47	Begins
4	W	♈	5 39	6 29	5 16	showery.
5	T	♈	5 37	6 31	5 37	
6	F	♈	5 35	6 32	sets	
6	S	♈	5 34	6 33	p.m.	Snow
7	Sun	♈	5 32	6 34	11 51	and
8	M	♈	5 30	6 36	a.m.	rain.
9	T	♈	5 28	6 37	0 45	
10	W	♈	5 26	6 38	1 29	
11	T	♈	5 24	6 39	2 03	Moder-
12	F	♈	5 22	6 40	2 31	ating.
13	S	♈	5 20	6 41	2 55	
14	Sun	♈	5 18	6 42	3 15	
15	M	♈	5 17	6 44	3 34	Clear
16	T	♈	5 16	6 45	3 52	days.
17	W	♈	5 14	6 46	4 11	
18	T	♈	5 12	6 48	4 32	Becoming
19	F	♈	5 10	6 49	4 56	warmer.
20	S	♈	5 08	6 50	rises	
21	Sun	♈	5 07	6 52	p.m.	Clear
22	M	♈	5 05	6 53	11 18	and
23	T	♈	5 03	6 55	a.m.	bright.
24	W	♈	5 01	6 56	0 11	
25	T	♈	5 00	6 57	0 54	
26	F	♈	4 59	6 58	1 30	
27	S	♈	4 57	6 59	1 59	Fine
28	Sun	♈	4 55	7 00	2 25	growing
29	M	♈	4 54	7 01	2 48	weather.
30	T	♈	5 52	7 02	3 12	

No Treat

A Scottish minister was on his usual visiting rounds when he came across one of his old friends. "And how has the world been treating you, Jock?" asked the minister.

"Very seldom!" replied Jock sadly.

I have a GOOD APPETITE



Now!

THE stomach plays a very important part in human life. It is the centre of all nutrition and medication.

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

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

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

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

There are no two stomachs exactly alike, and what will cause pain and distress, and derangement and illness in one case, may in another be taken with impunity. There can be no absolute rule of diet laid down, for the very reason that there are not two human bodies that require exactly the

same quantity and quality of nourishment.

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

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

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

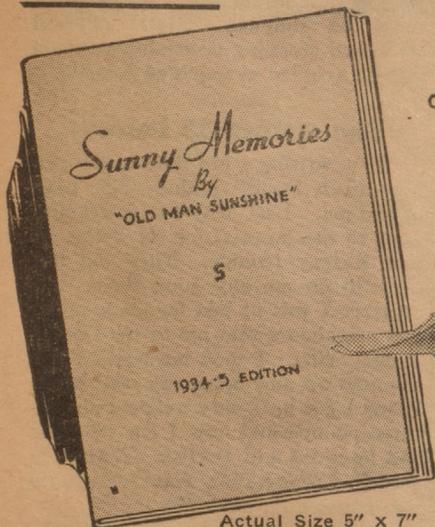
It must be remembered that it is easier to prevent than to remedy, and it is wise to begin the treatment the moment the first symptoms make their appearance.

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

**Treat PILES with
Dodd's Ointment**

FREE

This Delightful Book of Verse Selected by "OLD MAN SUNSHINE" AN AMAZING OFFER!



Actual Size 5" x 7"

- 100 Pages
-
- On Good Paper
-
- Color Cover
-



"OLD MAN SUNSHINE"
(The Rev. G. W. Tebbs)

who delivers daily messages of good cheer and friendliness to thousands of members of his Radio "Sunshine Club" now entering its fourth year of service.

A Book You'll Like To Have In Your Own Bookcase . . . Or To Give To A Friend . . .

"Sunny Memories" is a collection of favourite verses selected by "Old Man Sunshine" from his library of poetry (one of the largest collections in Canada), and makes a worthy addition to any home. Through our association with "Old Man Sunshine" we have purchased the entire first edition of "Sunny Memories" to offer to our many friends FREE. This book is suitable for gift purposes as it contains no advertising matter whatsoever. It would normally be sold for at least 75c or \$1.00 a copy.

TO GET A COPY—simply send the outside cardboard carton from a 50c jar of Dodd's Ointment along with the coupon printed below. Do not fail to fill out your full name and address on coupon. (Please use pencil and print name). If you do not have a carton from Dodd's Ointment on hand, and if your druggist is unable to supply you—enclose 50c with coupon and we will send the Book of Verse and a 50c jar of Dodd's Ointment postpaid.

SEND FOR YOUR COPY NOW — USE THIS COUPON

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

I enclose outside carton from jar of Dodd's Ointment. Please send me copy of "Sunny Memories", by "Old Man Sunshine".

OR— I enclose 50c. Please send me postpaid a jar of Dodd's Ointment and a copy of "Sunny Memories".

Name (Mr., Mrs. or Miss).....

Street Address.....

Town, City or P.O..... Province.....

A Word to WOMEN



*A message
of importance
to women of
all ages.*

Women who suffer from backache—headache—lack of energy and who feel tired all the time and irritable—whose blood is impure, should try Dodd's Kidney Pills as just such conditions are often brought about by faulty kidney action.

For over half a century Dodd's Kidney Pills have been invaluable to women in impoverished health. Their action is, as in all other kidney troubles, first to restore the important kidneys to their healthy state, and then to tone up the system. What is known as the "change of life" is a period of great importance to women. At such a time no remedy could be more effective than Dodd's Kidney Pills.

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.

She Gained 19 Pounds

"I am writing a few lines to tell you how much Dodd's Kidney Pills have helped me. Last May I took sick and went to the hospital for six weeks. I had Kidney trouble. They did not seem to do me any good there. Altogether I was in bed for six months. My neighbours told me to try Dodd's Kidney Pills. I took ten boxes and I am now up and doing my own work. When I got up I only weighed ninety-three pounds and now I am weighing one hundred and twelve. Thanks to Dodd's Kidney Pills, I am able to do my housework again."

MRS. ALLAN BLACGUIERE,
North Market St.,
Summerside, P.E.I.

Let's Hope So

Caller.—"Is your mother engaged?"
Little Boy.—"I think she is married."

AVERAGE MEASUREMENTS OF CHILDREN

AGE IN YEARS	6	7	8	9	10	11	12	13	14	15	16
BOYS											
Height in inches..	43.8	45.7	47.8	49.7	51.7	53.3	55.1	57.2	59.9	62.3	65.0
Weight in pounds	45.2	49.1	53.9	59.2	65.3	70.2	76.9	84.8	94.9	107.1	121.0
GIRLS											
Height in inches..	43.4	45.5	47.6	49.4	51.3	53.4	55.9	58.2	59.9	61.1	61.6
Weight in pounds	43.3	47.5	52.0	57.1	62.4	68.8	78.3	88.7	98.4	106.1	112.0

All Other Medicines Failed

But Dodd's Kidney Pills Made Him Well

"Before taking Dodd's Kidney Pills I had great trouble with my kidneys. I had taken almost everything that was advertised; but since taking Dodd's Kidney Pills I have had no trouble. I always keep a box on hand and still use a couple of pills every month or so. A doctor recently examined my kidneys and said I was O.K."



J. H. MITCHELL,
642 Ontario St.,
Toronto, Ont.

J. H. Mitchell

"I had been suffering with kidney trouble ever since my baby was born, and that was about a year and a half ago. My mother-in-law told me to get some Dodd's Kidney Pills, and I had not used a box when my trouble was gone. I am a housewife, twenty-five years old, and it sure was a relief."

MRS. R. BELLAMY,
R.R. 1, Eberts, Ont.

"I am forty-nine years old and have been bothered with backache for many years. Eight years ago a neighbour told me about Dodd's Kidney Pills and I took two or three boxes and felt lots better. I did not take them again until a year ago. At that time I had a slight attack of neuritis, and I must say they have relieved me greatly. I keep them on hand as they are practically the only medicine I take. I do not feel a day older than thirty and do not look it either, and have raised a family of eight."

MRS. B. WILKINSON,
Foxdale, Sask.

Heredity

Betty's report card read: "Good worker, but talks too much."

Note from Betty's father over signature on back of card: "You ought to meet her mother."

5th month MAY, 1935 31 days

MOON'S PHASES

Eastern Standard Time

	D.	H.	M.
New Moon.....	2	4	36 p.m.
First Quarter....	10	6	54 a.m.
Full Moon.....	18	4	57 a.m.
Last Quarter....	25	4	44 a.m.

* See page 3 for Local Time

Day of Month	Day of Week	Zodiac Signs	Sun*		Moon*	Weather Probs.
			Rises	Sets		
1	W	♌	H.M.	H.M.	H.M.	
2	T	♌	4 51	7 04	3 36	
3	F	♌	4 50	7 05	4 04	Month begins
4	S	♌	4 49	7 06	sets	cool.
5	Sun	♌	4 45	7 09	10 32	
6	M	♌	4 44	7 10	11 21	Rain
7	W	♌	4 42	7 11	a.m.	almost
8	T	♌	4 41	7 13	0 01	daily.
9	F	♌	4 39	7 14	0 31	
10	T	♌	4 38	7 15	0 57	
11	S	♌	4 37	7 16	1 18	Finer
12	Sun	♌	4 35	7 17	1 38	with
13	M	♌	4 34	7 18	1 56	dry
14	T	♌	4 33	7 19	2 15	winds.
15	W	♌	4 32	7 20	2 34	
16	T	♌	4 31	7 22	2 57	
17	F	♌	4 30	7 23	3 24	
18	S	♌	4 29	7 24	3 58	Warmer
19	Sun	♌	4 28	7 26	4 42	with
20	M	♌	4 27	7 27	rises	light
21	T	♌	4 26	7 28	p.m.	rain.
22	W	♌	4 25	7 29	11 31	
23	T	♌	4 24	7 30	a.m.	
24	F	♌	4 23	7 31	0 02	Fine
25	S	♌	4 22	7 32	0 29	and
26	Sun	♌	4 21	7 33	0 50	warm
27	M	♌	4 20	7 34	1 15	to
28	T	♌	4 19	7 35	1 38	end
29	W	♌	4 18	7 36	2 04	of
30	T	♌	4 18	7 37	2 34	month.
31	F	♌	4 18	7 37	3 10	

He Could Not Get Out of Bed

But Dodd's Soon Brought Relief

6th month JUNE, 1935 30 days

MOON'S PHASES

Eastern Standard Time

	D.	H.	M.
New Moon.....	1	2	52 a.m.
First Quarter.....	9	0	49 a.m.
Full Moon.....	16	3	20 p.m.
Last Quarter.....	23	9	21 a.m.
New Moon.....	30	2	44 p.m.

* See page 3 for Local Time

Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon	Weather Probs.
			Rises	Sets	Rises	
1	S	♈	H.M. 4 18	H.M. 7 37	H.M. 3 55	Cool.
2	Sun	♈	4 17	7 38	4 48	Dry weather prevails for some days.
3	M	♈	4 17	7 40	5 48	
4	T	♈	4 16	7 41	sets p.m.	Occasional rain.
5	W	♈	4 15	7 42	11 21	
6	T	♈	4 14	7 43	11 41	Thunderstorms.
7	F	♈	4 14	7 43	a.m.	
8	S	♈	4 13	7 44	0 01	Becomes much warmer.
9	Sun	♈	4 13	7 45	0 18	
10	M	♈	4 13	7 45	0 37	Thunderstorms.
11	T	♈	4 13	7 46	0 53	
12	W	♈	4 12	7 46	1 23	Becomes much warmer.
13	T	♈	4 12	7 47	1 54	
14	F	♈	4 12	7 47	2 33	Thunderstorms.
15	S	♈	4 12	7 48	3 33	
16	Sun	♈	4 12	7 48	3 23	Becomes much warmer.
17	M	♈	4 13	7 49	4 25	
18	T	♈	4 13	7 49	rises p.m.	Thunderstorms.
19	W	♈	4 13	7 49	10 32	
20	T	♈	4 13	7 50	11 57	Becomes much warmer.
21	F	♈	4 13	7 50	12 32	
22	S	♈	4 14	7 50	11 20	Thunderstorms.
23	Sun	♈	4 14	7 50	11 43	
24	M	♈	4 14	7 50	a.m.	Becomes much warmer.
25	T	♈	4 14	7 50	0 08	
26	W	♈	4 14	7 50	0 36	Thunderstorms.
27	T	♈	4 14	7 51	1 09	
28	F	♈	4 15	7 51	1 50	Thunderstorms.
29	S	♈	4 16	7 51	2 39	
30	Sun	♈	4 16	7 50	3 36	

An Education

Mother.—“You know, Geoffrey, Norma is nearly seventeen years old, so to-day I had a frank discussion with her about the facts of life.”

Father.—“Ah! what did you learn?”

—Everybody's Weekly.

“Six months ago I could not have held a pen in my hand. I suffered so with rheumatism and a general run down condition,” writes J. Stewart, 749 Audley Street, Victoria, B.C. “I have always enjoyed the best of health until one



J. Stewart

day I found I could not rise from my bed. My back near the base of the spine seemed numb and I had a bad pain in my left shoulder. I tried several different kinds of medicine but got no relief. Shooting pains of intense agony would creep through my limbs. I was told I had lumbago and rheumatism. I had heard of Dodd's Kidney Pills but did not try them because I thought my kidneys were all right. Seeing your advertisement for Dodd's Kidney Pills, I bought a box. I soon noticed a difference. My back got easier. I still had the pains in my shoulders and arms, but two more boxes restored me to health. Hoping this will help some other sufferers to regain their health.”

Rheumatism is a most obstinate disease, and as remedies such as oils, liniments, embrocations, fail to relieve, sufferers become discouraged. There are many people to-day like Mr. Stewart, who have suffered for years from this painful malady without knowing that Rheumatism is often caused by faulty Kidneys. If you suspect your Kidneys—take Dodd's Kidney Pills.

FAREWELL to BACKACHE



Her back ached—she felt miserable—no pep—she couldn't be 'bothered' to go out—preferred to stay at home—lost contact with her friends and was lonely.



*A
Play
in
three
Acts*

If you are going to squeeze a lemon for its juice, warm it first. You will get more juice out of it.

Borax softens hard water; improves the polish when added to starch; dissolved in washing-water removes stains from silver; and cleans porcelain baths and bowls with little trouble.

To heat left-over boiled new potatoes throw them for a few seconds into boiling water and they will taste like freshly cooked ones.

On washing day when coloured goods have been mangled (stockings especially) and a dirty dark stain is left on the rollers, this can be easily removed by rubbing briskly for a few minutes with a soft cloth containing a little cloudy ammonia (undiluted).

Never allow meat to remain in paper, or in the kitchen, or it will quickly become tainted.

Your carpets will look like new if they are rubbed hard with a cotton cloth which has been steeped in a pint of water to which has been added a dessert-spoonful of ammonia (cloudy) and the same quantity of salt.

Vinegar in washing-up water removes grease, brightens china, and takes away disagreeable smells.

Her sister told her that she had all the symptoms of faulty kidney action and advised her to give Dodd's Kidney Pills a trial—she took her sister's advice.



After using Dodd's a short time her backache vanished—enthusiasm and energy returned—her eyes sparkled—her step was sprightly—and once again she was her 'old self.'

They Are Man's Best Friend

Says Calgary Man of Dodd's Kidney Pills



John Finnon

"I am a Railroad Brakeman and am out doors in all kinds of weather," writes John Finnon, 2022-8th Ave. East, Calgary, Alta. "My back became very sore. Thinking I had contracted muscular rheumatism I used every kind of rubbing liniment, also a large flannel belt, but these did not give results. Reading your Almanac I noticed many cases just like my own, so I decided to give Dodd's Kidney Pills a trial. I purchased two boxes. The relief was wonderful. I continued using them and after the eighth box I found the pain had completely left my back. Experience has taught me that my trouble was sluggish, overtaxed Kidneys. I am 52 years old and my doctor tells me I am a good risk for an insurance policy as I have sound Kidneys. All due to the fact that I rely on your famous Dodd's Kidney Pills. I claim they are man's best friend."

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 few of the thousands of letters such as that of Mr. Finnon's, telling of health regained through Dodd's Kidney Pills.

Men and women in all walks of life have found great benefit from Dodd's Kidney Pills. You, too, can wisely follow their advice and keep a box always on hand in case of need.

7th month JULY, 1935 31 days

MOON'S PHASES

Eastern Standard Time

	D.	H.	M.
☾ First Quarter	8	5	28 p.m.
☾ Full Moon	16	0	4 a.m.
☾ Last Quarter	22	2	42 p.m.
☾ New Moon	30	4	32 a.m.

* See page 3 for Local Time

Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon		Weather * Probs.
			Rises	Sets	Rises	Sets	
			H.M.	H.M.	H.M.	H.M.	
1	M	♌	4 16	7 50	4 39		Warm
2	T	♌	4 17	7 50			and
3	W	♌	4 18	7 50	sets		dry.
4	T	♌	4 18	7 50	9 39		
5	F	♌	4 19	7 50	10 02		
6	S	♌	4 19	7 50	10 23		Some
7	Sun	♍	4 20	7 49	10 41		light
8	M	♍	4 21	7 49	11 01		showers.
9	T	♍	4 22	7 49	11 24		
10	W	♍	4 22	7 48	11 51		Continues
11	T	♍	4 23	7 48	a.m.		warm
12	F	♍	4 23	7 48	0 26		without
13	S	♍	4 24	7 47	1 09		any
14	Sun	♎	4 25	7 46	2 05		extreme
15	M	♎	4 26	7 45	3 13		heat
16	T	♎	4 27	7 45	4 30		and
17	W	♎	4 28	7 44	rises		not
18	T	♎	4 29	7 43	p.m.		much
19	F	♎	4 30	7 42	9 24		thunder.
20	S	♎	4 31	7 41	9 48		
21	Sun	♏	4 32	7 40	10 12		
22	M	♏	4 33	7 39	10 39		
23	T	♏	4 34	7 38	11 11		Frequent
24	W	♏	4 35	7 37	11 49		rain
25	T	♏	4 36	7 36	a.m.		but
26	F	♏	4 37	7 35	0 35		not
27	S	♏	4 39	7 34	1 29		heavy.
28	Sun	♏	4 40	7 32	2 30		
29	M	♏	4 41	7 31	2 34		
30	T	♏	4 42	7 30	4 40		Showery.
31	W	♏	4 43	7 29	5 45		

"I was restored to health by Dodd's Kidney Pills, and to-day I am in perfect condition. I recommend them to everyone. I am a farmer, 65 years of age, and I work like a boy of 20."

JOS. J. B. LANDRY,

Upper Caraquet, Gloucester Co., N.B.

SCHOOL LUNCHESES

From a health standpoint luncheon is the most important meal of the day for school children. It should not only be nourishing but put up attractively to tempt the appetite.

Lunch boxes and dishes should be scalded regularly and carefully packed so that articles most likely to be crushed are on top.

Children should be taught to wash their hands and faces just before eating and never to use each other's dishes, cups, forks or spoons.

Glass jars with screw tops make excellent containers for jellies, jam, custard, apple sauce, stewed fruits, etc.

A Thermos bottle can be filled with such things as hot soup, stewed tomatoes, etc.

Sliced meats are better for sandwiches than chopped meats.

Always try and include milk and fruit in the luncheon box.

A paper towel is often better for school luncheon boxes than paper napkins.

Here are a few well-balanced Menus:

—Cottage cheese sandwich made with brown bread; jelly sandwich on white bread; 1 orange; cookies and $\frac{1}{2}$ pint of milk.

CHILDREN'S MEDICINES

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 by children have been most remarkable. Very many little ones have Kidney and Urinary Troubles and Dodd's Kidney Pills help the kidneys, and put them in shape to do their full work.



—Egg sandwiches; raisin sandwiches; celery; cup custard.

—Meat sandwiches; baked apple; cake and $\frac{1}{2}$ pint of milk.

—Hard-boiled eggs; brown or maple sugar sandwiches; milk.

—Slices of meat loaf; bread and butter; stewed fruit; milk.

“I have been taking Dodd's Kidney Pills for a number of years and enjoy very good health. There is hardly a week in the year that I do not take Dodd's Pills. My husband was greatly aided in his recovery from kidney trouble by three boxes of your Pills. My children take them from time to time and they are very well. I recommend them always to my neighbours and friends. I tell them to take Dodd's Kidney Pills and they are always well satisfied.”

MRS. JOSEPH LEVELLE,
St. Lin des Laurentide,
Co. L'Assomption, Que.

From ATLANTIC to PACIFIC

Comes The Same Good News

MR. J. A. FORTIN, 123 TENTH AVE. WEST, VANCOUVER:—"I have used Dodd's Kidney Pills for Bladder Troubles and they sure work like a charm. My mother also used them with wonderful results. We are never without Dodd's Kidney Pills."



J. A. FORTIN

MRS. E. H. BLANCO, SANFORD, MANITOBA: "We have used Dodd's Kidney Pills regularly and find nothing better for Backache, or Kidney Trouble. My mother also suffered with Kidney Trouble and Sore Back and found nothing would relieve her only Dodd's Kidney Pills. I am a farmer's wife with a family of five and find that Dodd's Kidney Pills are fine for children as well as grown-ups."



MRS. BLANCO

MRS. ALEX. HURLEY, INKERMAN, ONT.:—"I had Kidney Trouble and got run down. Every little thing seemed to worry me. My back ached so that I could scarcely straighten up and I could not sleep at nights. Never had any appetite and my weight went down to 110 pounds. I then tried Dodd's Kidney Pills. After about six pills I felt brighter and when I had taken a box I felt like a new person. Now I feel fine and nothing worries me and my work seems no trouble to do. I sleep well and am always hungry for my meals. I now weigh 140 pounds. So I can heartily say that Dodd's Kidney Pills are a tonic as well as a Kidney medicine. I can't praise Dodd's Kidney Pills enough."



MRS. HURLEY

MR. CHARLES HORNE, NEW GLASGOW, N.S.: "I am a steel-worker of 64 years of age and have been using Dodd's Kidney Pills for the last twenty years. I started with them as I had a Lamé Back and Lum-bago and found they helped me. Now, every time my back gets sore I turn to Dodd's Kidney Pills and soon feel better. I often recommend Dodd's Kidney Pills to my fellow workmen."



C. D. HORNE

MRS. JAMES PENNELL, CURLING, NEW-FOUNDLAND:—"I was always troubled with pains across my Kidneys and when I stooped I could hardly straighten up. About four years ago I tried Dodd's Kidney Pills and after taking three boxes I felt like myself again. I would not be without them in the house. It pays any sufferer to try Dodd's Kidney Pills."



MRS. PENNELL

\$250.00 IN CASH PRIZES

***Nothing To Buy
—Nothing To Sell***

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 self-addressed stamped envelope.

THE CONTEST

Each year we receive thousands of letters from grateful users of Dodd's Remedies. Owing to lack of space we can only print very few of these in this booklet.

Now we want you to tell us which letters, in your opinion, tell the most convincing story about Dodd's Kidney Pills. Twelve letters have been selected which appear on pages 15, 20, 22, 29, 32, 35, 37, 40, 41, 44, 45 and 46. You will see that the names of the people writing these letters are listed on the coupon appearing on the next page. **Read these letters 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

FIRST PRIZE

100.00 CASH

Second Prize

\$50.00 CASH

Third Prize

\$25.00 CASH

Next 9 Prizes

\$5.00 CASH EACH

Next 15 Prizes

\$2.00 CASH EACH

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 letters under consideration.

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

The person whose list is the 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 balance of the prizes will be awarded in the order of merit of the next 26 nearest correct lists.

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

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 7th, 1935. All entries must be accompanied by an envelope stamped with a 1c unused stamp and addressed to the contestant submitting the entry. The results will be announced in a letter mailed to each Contestant on or before January 31st, 1935.

4. Numbers ranging from 1 to 12

indicating the order merit of the letters under consideration must be placed in the squares of the coupon below.

5. All Contestants by entering this contest agree to accept as final any decision made by 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.

6. 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.

7. Writing on the coupon must be legible but neatness does not count.

---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 stamped envelope addressed to myself, in order that I may be notified of the results.

Page 15—Letter from Mrs. J. H. Wheatley.

Page 32—Letter from Mrs. F. Knight.

Page 41—Letter from Mrs. M. Yorston.

Page 20—Letter from J. Stewart.

Page 35—Letter from W. R. Manning.

Page 44—Letter from Mrs. Violet Post.

Page 22—Letter from John Finnon.

Page 37—Letter from Mrs. A. Bernier.

Page 45—Letter from D. E. Raby.

Page 29—Letter from Mrs. J. L. Murphy.

Page 40—Letter from Edouard Leblanc.

Page 46—Letter from John Cleary.

Mr.

Name Mrs.
Miss

USE PENCIL AND PRINT PLAINLY

Address Province

Contest Closes January 7th, 1935

---TEAR HERE---

Every HEADACHE has a "Cause"!

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 are apt to become chronic and seriously undermine the constitution. There are many preparations sold that give temporary relief, but 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. 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.



If your baby has convulsions. Send for a doctor, and in the meantime put the baby in a warm bath, testing the temperature with your elbow. A cold cloth should be placed on the baby's head and he should be kept quiet.

Judicious care of shrubs is necessary to secure health and vigor. Lilacs, Weigelas, Forsythias, Mock Orange and Spiræas flower on the wood of the preceding year's growth, hence these shrubs should be pruned in June, after they have finished flowering. This promotes the growth of the young wood, which is to flower the following season.

The best time to prune shrubs is when they have finished flowering.

Can't Be Done

Madge.—"What do you think of a man who is constantly deceiving his wife."

Jack.—"He is a marvel."

Biblical Money and Measures

The following table gives the approximate to-day's value of some of the units of weight, measure and money as mentioned in the Bible:—

60 Shekels (Weight).....	2 lbs.
1 Talent "	102 lbs.
1 Shekel (Money).....	55c
1 Gold shekel "	\$8.76
1 Talent "	\$1,642.50
1 Cubit (Land Measure)...	1.8 feet
1 Sabbath day's journey...	727 "
1 Day's journey.....	33 miles
1 Bath or ephah (Liquid)	7.5 gallons
1 Kor or homer "	75.5 "
1 Kor or homer (Dry)	32 pecks

[NOTE.—A *shekel* would probably purchase 10 times as much in ancient times as the same nominal amount would now.

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
- 5 1/2 Yards 1 Rod or Pole
- 40 Rods 1 Furlong
- 8 Furlongs 1 Mile
- 3 Miles 1 League
- 69 1/2 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
- 30 1/4 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'wt.
- 20 Hund'wt. } 1 Ton
- 2000 lbs., Can. }
- 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.



Mrs. J. L. Murphy

Her Sore Back Was Completely Relieved

"I am a farmer's wife, 56 years of age, and used to be troubled with a sore back," writes Mrs. J. L. Murphy, R.R. 1, St. Anicet, Que.

"About twelve years ago, a neighbour recommended Dodd's Kidney Pills to me. I bought a box and got such relief that I used three boxes. I found that I was completely relieved of my trouble. Since that time I have always kept a box on hand. The family are always asking for some of my Dodd's Pills. I use at least half a dozen boxes every year. It is quite safe to use Dodd's Kidney Pills."

Mrs. Murphy now knows, as do thousands of others, that 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.

"Last winter I was troubled with a very bad Back and Rheumatism. I took several kinds of medicines, but none of them seemed to help me. I finished off with six boxes of Dodd's Kidney Pills, and have never had an ache since. I keep on taking them now and then to tone me up. There must be thousands who are suffering from Kidney trouble the same as I did, and I am sure that those little nuggets will help them."

V. R. WILLODSON,
293 Killride Ave., Winnipeg, Man.

8th month **AUGUST, 1935** 31 days

MOON'S PHASES Eastern Standard Time

	D.	H.	M.
☽ First Quarter	7	8	23 a.m.
☽ Full Moon	14	7	43 a.m.
☽ Last Quarter	20	10	17 p.m.
☽ New Moon	28	8	0 p.m.

* See page 3 for Local Time

Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon	Weather Probs.
			Rises	Sets	Sets	
			H.M.	H.M.	H.M.	
1	T	♌	4 43	7 28	p.m.	Begins showery followed by a period of moderately cool dry weather changing to much warmer.
2	F	♌	4 45	7 27	8 28	
3	S	♌	4 46	7 25	8 47	
4	Sun	♍	4 47	7 24	9 06	Very warm for several days.
5	T	♍	4 48	7 23	9 37	
6	T	♍	4 49	7 22	9 52	
7	W	♍	4 50	7 20	10 22	Some-what cooler.
8	T	♍	4 52	7 19	11 01	
9	F	♍	4 53	7 17	11 49	
10	S	♎	4 54	7 15	a.m.	
11	Sun	♎	4 56	7 14	0 50	Some-what cooler.
12	M	♎	4 57	7 12	2 02	
13	T	♎	4 58	7 11	3 22	
14	W	♎	4 59	7 10	4 44	Some-what cooler.
15	T	♎	5 00	7 08	6 07	
16	F	♎	5 01	7 07	rises	
17	S	♏	5 02	7 06	p.m.	
18	Sun	♏	5 04	7 04	8 42	Some-what cooler.
19	M	♏	5 05	7 02	9 13	
20	T	♏	5 06	7 00	9 49	
21	W	♏	5 08	6 58	10 33	Some-what cooler.
22	T	♏	5 09	6 56	11 24	
23	F	♏	5 10	6 54	a.m.	
24	S	♏	5 11	6 53	0 23	
25	Sun	♐	5 12	6 51	1 26	Some-what cooler.
26	M	♐	5 13	6 49	2 31	
27	T	♐	5 15	6 47	3 36	
28	W	♐	5 16	6 46	4 40	Some-what cooler.
29	T	♐	5 17	6 45	5 42	
30	F	♐	5 18	6 44	sets	
31	S	♐	5 19	6 43	p.m.	

A DURABLE WHITEWASH

Here is an excellent formula for Whitewash. Soak 5 lbs. of Casein in about 2 gallons of hot water until thoroughly softened. This will take about two hours. Dissolve 3 lbs. of Trisodium Phosphate in about 1 gallon of water and add this solution to the Casein. Allow this mixture to dissolve. Prepare a thick cream by mixing 50 lbs. of Hydrated Lime in about 7 gallons of water, stirring vigorously. Dissolve 3 pints of formaldehyde in about 3 gallons of water. When the lime paste and the Casein solution are both thoroughly cool, slowly add the Casein solution to the lime stirring constantly. Just before using slowly add the formaldehyde to the batch stirring constantly and vigorously. Care must be taken not to add the formaldehyde too rapidly as this may cause the Casein to jell. Do not make up more of this formula than can be used in one day. This White Wash should not rub or chalk, and is quite weather-resisting. One gallon of White Wash should cover about 225 square feet on wood; 180 square feet on brick; 270 square feet on plaster.

"For a long time I have suffered with sore back and kidney trouble, and could hardly do my housework. I read about Dodd's Kidney Pills in your Almanac—the good they had done for other people who suffered as I did, so I decided to try them. After taking one box of Dodd's Kidney Pills I felt much better. I have great faith in them and will recommend them to all who suffer as I did."

MRS. HUGHIE PIGEON,
R.R. 2, Maxville, Ont.



With Dodd's Dyspepsia Tablets

Many of us eat and drink solely for pleasure, and seldom consider the after effect on the stomach or health.

Sometimes we eat too much; often we eat too fast—with consequent pain and distress.

Heartburn, Waterbrash, Sour Stomach, Pain in the Stomach after meals, Headache, Constipation, Bilioussness, Feeling of Heaviness, Bad Breath, Bad Dreams—any one of these may indicate the commencement of stomach trouble and should be promptly treated with Dodd's Dyspepsia Tablets. Neglected, they may lead to Dyspepsia with all its burden of distress, depression and pain.



Large Box, PRICE 50c

At all dealers or by mail upon receipt of price from The Dodds Medicine Co., Limited, Toronto 2, Ontario.

MOON'S PHASES
Eastern Standard Time

	D.	H.	M.
☾ First Quarter.....	5	9	26 p.m.
☾ Full Moon.....	12	3	18 p.m.
☾ Last Quarter.....	19	9	23 a.m.
☾ New Moon.....	27	12	29 p.m.

* See page 3 for Local Time

Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon	Weather Probs.
			Rises	Sets	Sets	
1	Sun	♊	H.M. 5 21	H.M. 6 38	p.m. 7 42	Rain.
2	M	♋	5 22	6 37	8 24	
3	T	♌	5 23	6 36	8 58	Temperature rising.
4	W	♍	5 25	6 35	9 42	
5	T	♎	5 26	6 34	10 36	Much warmer with occasional rain.
6	F	♏	5 27	6 30	11 40	
7	S	♐	5 28	6 28	a.m. 0 45	Cooler with frost.
8	Sun	♑	5 29	6 26	1 28	
9	M	♒	5 31	6 24	2 32	Warmer with thunder.
10	T	♓	5 32	6 22	3 35	
11	W	♈	5 33	6 20	4 36	Showery.
12	T	♉	5 34	6 19	5 37	
13	F	♊	5 35	6 17	6 28	
14	S	♋	5 37	6 15		
15	Sun	♌	5 38	6 13		
16	M	♍	5 39	6 11		
17	T	♎	5 40	6 09		
18	W	♏	5 41	6 07		
19	T	♐	5 43	6 05		
20	F	♑	5 44	6 03		
21	S	♒	5 45	6 01		
22	Sun	♓	5 46	5 59	0 24	
23	M	♈	5 47	5 58	1 28	
24	T	♉	5 49	5 56	2 32	
25	W	♊	5 50	5 54	3 35	
26	T	♋	5 51	5 52	4 36	
27	F	♌	5 52	5 50	5 37	
28	S	♍	5 53	5 48	sets	
29	Sun	♎	5 55	5 46	p.m. 6 28	
30	M	♏	5 56	5 44		

66 Years Old But Feels Like 30

Ontario Man Praises Dodd's Kidney Pills



F. J. Read

"I am glad to be able to tell others that Dodd's Kidney Pills have made a new man of me," writes F. J. Read, Sleeman, Ontario. "After the war I hurt my back whilst clearing up a new field. I could hardly walk. If I stooped over I could hardly straighten up again. They said it was Lumbago and rubbed my back with liniment. I also tried plasters and a big woollen belt. Nothing seemed to help me. Finally I was advised to try Dodd's Kidney Pills. About the second day the pain seemed to leave my back, and although it was still tender I could turn and twist without pain. After I had taken three boxes I was O.K. I am only 66 years old this spring but feel as good as I did 30 years ago."

Thousands of grateful people such as Mr. Read have publicly testified to the benefits to be derived from the use of Dodd's Kidney Pills. Why not benefit by their experiences?

NO BACKACHE NOW

Three weeks ago she could hardly straighten up for the pain in her back. Headaches blinded her—she felt miserable, couldn't rest, housework was a trial—children and friends bothered her. Yet she never suspected the real cause—her kidneys—until a friend said—"Try Dodd's Kidney Pills." She did so at once. Soon the headaches stopped, backache and all signs of faulty kidneys disappeared. At the first sign of backache turn confidently to Dodd's Kidney Pills—the favourite kidney remedy for over three generations.



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 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.

Bloofus.—“How do you get along with your wife?”

Obfuscus.—“I wonder sometimes myself.”

Rheumatism For Ten Years

Soon Vanished After Taking Dodd's



“There is an old proverb which says—Honour to whom Honour is due—and I praise greatly the discoverer of Dodd's Kidney Pills. For more than ten years I suffered untold agony with Rheumatism and Neuritis. At the age of ten I went out to work and the extra hours undoubtedly told on my young system. There were times I could scarcely stand. I started taking Dodd's Kidney Pills and they made such a difference that I felt I was in another world altogether. I am really a new woman at 35 years of age. Can do any work that comes along and am in perfect health.

My mother has received great benefit from Dodd's Antiseptic Healing Ointment. She suffered with Eczema and there is nothing that soothes and heals like Dodd's Ointment.”

MRS. F. KNIGHT,
Jackson's Cove, Nfld.

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 formulae 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 Ointment is Recommended for:

Cuts
Burns
Cold Sores
Chafed Hands

Sore Nipples
Eczema
Pimples
Blackheads
Sore Lips
Hives
Itching Skin
Abscesses

Bites
Scalds
Chilblains
Heat Rashes
Festering Sores
Sore Feet
Sunburn
Boils

Salt-water Sores
Piles
Corns
Chafing



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

50c per Large Jar

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, France, Spain, Palestine, 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. (Canada)—Up to value \$50.00—Free, if requested. Over \$50.00 to \$100.00, 12c.

Postal Notes. 10c., 1c.; 20c. to 40c., 2c.; 50c. to \$1.00, 3c.; \$1.50, 5c.; \$2.00 to \$5.00, 6c.; \$10.00, 8c.

Parcel Post Rates

		1 lb.	2 lb.	3 lb.	4 lb.	5 lb.	6 lb.	7 lb.	8 lb.	9 lb.	10 lb.	Over 10 lbs. and up to 15 lbs.
To any Post Office within 20 miles (irrespective of Provincial Boundary).....		.05	.06	.07	.08	.10	.12	.14	.16	.18	.20	25 cents
To any Post Office beyond 20 miles but in same Province*.....		.10	.15	.20	.25	.30	.35	.40	.45	.50	.55	55 cents
From a Post Office in any Province to a Post Office in the immediately adjoining Province*.....		.10	.17	.24	.31	.38	.45	.52	.59	.66	.73	75 cents
To or from any P.O. in the Province of	To or from any P.O. in the Province of											
N.B., N.S., or P.E.I.	Ontario.....	.12	.21	.30	.39	.48	.57	.66	.75	.84	.93	\$1.15
N.B., N.S., or P.E.I.	Manitoba.....	.12	.24	.36	.47	.58	.69	.80	.91	1.02	1.13	1.35
N.B., N.S., or P.E.I.	Sask., Alta., B.C., or Yukon.....	.12	.24	.36	.48	.60	.72	.84	.96	1.08	1.20	1.50
Quebec.....	Manitoba.....	.12	.21	.30	.39	.48	.57	.66	.75	.84	.93	1.15
Quebec.....	Saskatchewan.....	.12	.24	.36	.47	.58	.69	.80	.91	1.02	1.13	1.35
Quebec.....	Alta., B.C., or Yukon.....	.12	.24	.36	.48	.60	.72	.84	.96	1.08	1.20	1.50
Ontario.....	Saskatchewan.....	.12	.21	.30	.39	.48	.57	.66	.75	.84	.93	1.15
Ontario.....	Alberta.....	.12	.24	.36	.47	.58	.69	.80	.91	1.02	1.13	1.35
Ontario.....	B.C. or Yukon.....	.12	.24	.36	.48	.60	.72	.84	.96	1.08	1.20	1.50
Man.....	Alberta.....	.12	.21	.30	.39	.48	.57	.66	.75	.84	.93	1.15
Man.....	B.C.....	.12	.24	.36	.47	.58	.69	.80	.91	1.02	1.13	1.35
Sask.....	B.C.....	.12	.21	.30	.39	.48	.57	.66	.75	.84	.93	1.15

The maximum charge on any parcel shall not exceed 1 cent an ounce.

*The Maritime Provinces, New Brunswick, Nova Scotia and P.E.I. are considered as one Province.

All parcels weighing more than 1 lb., posted in Canada for delivery in Canada will be liable to postage at the rate applicable to the nearest pound.

Stricken Without Warning

Musician Discovers the Value of Dodd's

10th month OCTOBER, 1935 31 days

MOON'S PHASES
Eastern Standard Time

	D.	H.	M.
☉ First Quarter	5	8	39 a.m.
☾ Full Moon	11	11	39 p.m.
☾ Last Quarter	19	0	36 a.m.
☽ New Moon	27	5	15 a.m.

* See page 3 for Local Time



W. R. Manning

"It is indeed a pleasure to relate a chain of facts relative to my recovery from intense Kidney trouble by the aid of Dodd's Kidney Pills," writes W. R. Manning, 472 King Edward St., Winnipeg, Man.

"My occupation for the past 23 years has been that of theatre musician which necessitated sitting for a number of hours each day. Lack of exercise brought on intense Kidney trouble. My druggist and I are on rather friendly terms and he suggested I should get more exercise and try a box of Dodd's Kidney Pills. Either the third or fourth box resulted in bringing me relief. The pain I suffered was indescribable. Each attack was worse, until the climax was reached. Since this occurred, conditions in my profession have changed, compelling me to do all sorts of hard work that I have never done before and taking into consideration that I am in my 45th year it proves beyond doubt that I have obtained perfect relief. Even at this time a box of Dodd's Kidney Pills is always kept in the house.

Should you be able to pass this along to any sufferers, I would deem it a service I am sure they would appreciate."

Testimony such as this from Mr. Manning speaks for itself. If you are suffering with Kidney trouble give Dodd's Kidney Pills a trial at once. As Mr. Manning suggests it is a wise precaution to keep a box of Dodd's Kidney Pills always in the house.

Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon	Weather Probs.
			Rises	Sets	Sets	
			H.M.	H.M.	H.M.	
1	T	♄	5 57	5 42	p.m.	Fine cool days prevail.
2	W	♄	5 58	5 41	7 40	
3	T	♄	5 59	5 39	8 30	
4	F	♄	6 01	5 38	9 29	
5	S	♄	6 02	5 36	10 38	
6	Sun	♄	6 03	5 34	11 52	Showery, getting colder with trying winds.
7	M	♄	6 04	5 32	a.m.	
8	T	♄	6 05	5 30	1 10	
9	W	♄	6 06	5 29	2 29	
10	T	♄	6 08	5 27	3 49	
11	F	♄	6 09	5 25	5 10	
12	S	♄	6 10	5 23	rises	
13	Sun	♄	6 12	5 21	p.m.	
14	M	♄	6 13	5 19	6 21	
15	T	♄	6 15	5 18	7 10	
16	W	♄	6 16	5 16	8 06	Continues cool.
17	T	♄	6 17	5 14	9 08	
18	F	♄	6 18	5 12	10 13	
19	S	♄	6 19	5 10	11 19	
20	Sun	♄	6 21	5 09	a.m.	Quite cold.
21	M	♄	6 23	5 08	0 24	
22	T	♄	6 24	5 06	1 26	
23	W	♄	6 25	5 04	2 28	
24	T	♄	6 26	5 02	3 30	
25	F	♄	6 28	5 00	4 32	
26	S	♄	6 29	4 59	5 35	Moderating with some rain.
27	Sun	♄	6 30	4 58	6 40	
28	M	♄	6 32	4 56	sets	
29	T	♄	6 33	4 54	p.m.	
30	W	♄	6 35	4 52	6 28	
31	T	♄	6 36	4 51	7 24	

"My husband has used Dodd's Kidney Pills and finds them excellent for Backache and Kidney trouble. I have also used them and find them very good."

MRS. HIRAM CAUL,
Cartwright, Man.

The KIDNEYS

What They Do - and How They Affect Your Health

THE Kidneys are situated in the back of the abdomen.

They are bean-shaped, about four inches long and two in width, and in a full-grown, average-sized person weigh about four ounces. The interior of the Kidneys consists of a net-work of short thread-like tubes, starting from the arteries and ending in little sac-like cavities. Through these little tubes the whole bulk of the blood passes once every three minutes.

The function of the Kidneys is to filter the blood. The blood in its work of tearing down the old tissue and building up the new, becomes laden with decayed waste matter which must be thrown from the body. This waste as it passes through the tubes of the Kidneys is separated from the blood, drained into the little sacs, sent to the bladder, and finally expelled from the body in the form of urine.

If the Kidneys are not working properly these impurities will remain in the "Stream of Life" and the befouled blood passes on to every portion of the body and sickness is certain to follow.

Kidney trouble often starts with inflammation caused by cold. Owing to the lack of nerves and consequent dullness of feeling the Kidneys themselves are the last to cry out, unless, of course, they are constitutionally weaker than the rest of the body. But though no pain is felt at first, the inflammation, unless checked at once, causes a most dangerous condition to exist.

The little tubes become inflamed and distended. The sacs at the end of the tubes choke up and burst. Pus accumulates and the whole system of filtration becomes befouled. Nevertheless the blood is now being pumped through this corruption at the rate of three quarts to the minute. Instead of being purified it is thus poisoned.

Are you surprised that you are not in good health if your Kidneys are not working properly?

Nature seems to have provided medicines that find their way straight to and act upon certain parts of the human system. Opium stupefies the brain. Alcohol hastens the action of the heart, a few seconds after it passes the lips. Other medicines have immediate effect on the stomach and bowels. Dodd's Kidney Pills find their way direct to the Kidneys. There is no better treatment for disordered Kidneys than this time-tested remedy—Dodd's Kidney Pills.

Henderson.—"You gave that cloak-room attendant a big tip, old boy."

Johnson.—"Well, he gave me a good coat."—*Calgary Albertan.*

Commodities by the Bushel

Unless a bushel by measure is specially agreed upon, it must weigh the number of pounds set opposite each article.

Bushels	Weight in lbs.	Bushels	Weight in lbs.
Barley	48	Lime	70
Beans	60	Malt	36
Buckwheat	48	Oats	34
Castor Beans	40	Peas	60
Clover Seed	60	Rye	56
Hemp Seed	44	Timothy Seed	48
Indian Corn	56	Wheat	60

So Tired Could Hardly Work

Took Dodd's—And Soon Felt Better

11th month NOVEMBER, 1935 30 days

MOON'S PHASES

Eastern Standard Time

	D.	H.	M.
☽ First Quarter	3	6	12 p.m.
☾ Full Moon	10	9	42 a.m.
☾ Last Quarter	17	7	35 p.m.
☽ New Moon	25	9	35 p.m.

* See page 3 for Local Time



Mrs. A. Bernier

"I suffered from Backache and Kidney trouble. I was always tired and could hardly do my housework," writes Mrs. A. Bernier, 34 St. Denis St., St. Lambert, Montreal, P.Q.

"I was advised to take Dodd's Kidney Pills and did so. Before I had finished the first box I felt much better, and since then I have taken them for eight years. I am thirty-three years old, but feel younger—thanks to Dodd's Kidney Pills.

"Young women, if you wish to enjoy good health, use Dodd's Kidney Pills."

Every day more people are realizing, as Mrs. Bernier does, that the road to good health lies through the Kidneys. If the Kidneys 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.

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

Day of Month	Day of Week	Zodiac Signs	* Sun		* Moon	Weather Probs.
			Rises	Sets	Sets	
1	F	♈	H.M.	H.M.	H.M.	Showers.
2	F	♈	6 37	4 49	9 40	
3	Sun	♈	6 39	4 47	10 55	
4	M	♈	6 41	4 46	a.m.	Changeable but most fair.
5	T	♈	6 42	4 45	0 02	
6	W	♈	6 43	4 43	1 24	
7	T	♈	6 45	4 42	2 46	Colder with snow or rain.
8	F	♈	6 46	4 40	4 03	
9	S	♈	6 48	4 40	5 23	
10	Sun	♈	6 49	4 39	6 44	Continues keen and snowy to end.
11	M	♈	5 50	4 37	rises	
12	T	♈	6 52	4 36	p.m.	
13	W	♈	6 53	4 35	6 52	Colder with snow or rain.
14	T	♈	6 54	4 34	7 58	
15	F	♈	6 56	4 33	9 05	
16	S	♈	6 57	4 31	10 11	Continues keen and snowy to end.
17	Sun	♈	6 59	4 30	11 15	
18	M	♈	7 00	4 29	a.m.	
19	T	♈	7 02	4 28	0 18	Continues keen and snowy to end.
20	W	♈	7 03	4 27	1 19	
21	T	♈	7 04	4 26	2 21	
22	F	♈	7 06	4 25	3 23	Continues keen and snowy to end.
23	S	♈	7 07	4 25	4 28	
24	Sun	♈	7 09	4 25	5 33	
25	M	♈	7 10	4 24	6 39	Continues keen and snowy to end.
26	T	♈	7 11	4 23	sets	
27	W	♈	7 12	4 22	p.m.	
28	T	♈	7 13	4 22	6 22	Continues keen and snowy to end.
29	F	♈	7 14	4 21	7 32	
30	S	♈	7 15	4 21	8 46	

Talkative

"Just think, my dear," said the talkative wife to her husband, "one half of the world doesn't know how the other half lives!"

"Never mind, my love," was the reply; "that isn't your fault."

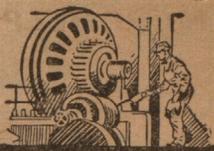
ITCHING SKIN

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

Dodd's OINTMENT

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

About MACHINERY



HAVE you ever watched a careful engineer or machine operator run a piece of machinery?

He is ever on the alert. Eye and ear and every sense is keenly ready to discover the slightest derangement of any part.

Listen! A slight rattle or wearing noise strikes his ear and tells him there's something wrong somewhere.

What does he do?

Instantly without a moment's delay he flies to the closer inspection of the difficulty. The power is shut off the very moment the trouble is located, and with wrench, screw-driver, hammer or oil can he immediately repairs the mischief and starts up again. If his efforts have not been entirely successful, he shuts down again and goes at it the second time, and so on till at last the machinery runs all smoothly and satisfactorily.

Why does he do this so promptly and carefully?

Because the machine is a valuable one, and the intelligent man in charge knows full well that if he allows the slightest derangement in any one of

the parts to continue, the strain and wear on the whole will soon destroy the value of this magnificent and accurate instrument and reduce it to a pile of scrap iron, or at best to an inferior and second-hand old rattle-trap, incapable of doing good work.

The human body is a delicate piece of machinery, capable of producing the most wonderful results if kept in good order.

You are the man in charge.

It is your duty to notice and investigate the very first sign of the slightest derangement in any part.

Having located the trouble, it is your duty to immediately take the swiftest and surest means to correct it, for your body is of much more value than any other machine. When worn out you cannot get a new one. Be careful of it, therefore, and don't let anything go wrong, or if it has gone wrong, set it right without delay.

On page 2 will be found rules for self-examination. Go carefully through these, and if they prove to you that something is amiss, don't hesitate, but use at once the safe and proven remedy—Dodd's Kidney Pills.



"You have no idea what I suffered with pains in the Back. I tried a good many different treatments but got no satisfaction until I used Dodd's Kidney Pills. They are the only Pill that gave relief and satisfaction. And now I am never without them. I am thankful for what Dodd's Kidney Pills have done for me."

E. W. HAYTON,

9 Belhaven Rd., Toronto, Ont.

MORE HELPFUL HINTS

A tablespoonful of salt will revive a dying fire.

Enameled frying pans will not stand a hot fire.

Never place hot pans on oilcloth. The heat removes the surface of the cloth.

Locks should be oiled frequently by dipping the key in oil and turning it several times in the lock. Screws should be tightened after rainy weather.

Velvet can be cleaned by sponging with benzine, rubbing always in one direction. Then steam over a boiling kettle.

Your headache, neuralgia, nervousness, indigestion, the dizzy or tired feeling may be warning signs that your Kidneys need attention. Don't hesitate to take Dodd's Kidney Pills. They are a proven remedy.

When washing chamois gloves, add a drop or two of olive oil to the water; they will not become stiff or hard.

To soften a used paint brush, boil it in vinegar. If the brush is very full of paint, boil it the second time.

People should be fitted for shoes in the late afternoon or in the evening, since the feet are not their maximum size earlier in the day.

Sponges used in the bathroom may be kept soft and sweet if washed occasionally in warm water to which a few drops of lemon juice has been added.

If you dip pieces of cheesecloth in turpentine, and let them dry, you will have some dustless dusters.

Emery cloth rubbed carefully against shiny garments will raise the nap and thereby remove the gloss.

Use an old tooth-brush with naphtha or gasoline instead of a cloth for removing spots from clothes. It will do the work faster and leave no rings.

A convenient way to keep a floor lamp cord out of the way is to wind it around a pencil, which gives it a curled effect (when the pencil is removed) and it looks much neater than before.

When your automobile becomes stuck in the mud, try placing dry newspapers under the rear wheels as this will improve the traction.



“WORN OUT” and WORRIED

Not Sure What Was Wrong

Many women drag around each day, unable to do their housework—cranky with their children—not wanting to see friends—feeling miserable—yet not sick enough to go to bed. Some blame it on “nerves”—more likely their kidneys are out of order. When kidneys fail the system becomes clogged with impurities—headaches—backache, frequently follow. If you don't feel right, take Dodd's Kidney Pills, as thousands of others have done for three generations. Clear your system and give nature a chance to rebuild your health and energy.

**Now Feeling Well—Thanks To
Dodd's Kidney Pills**

ECZEMA

Eczema is a skin disease that should be arrested promptly as it is apt to become chronic. It is therefore best to follow the directions carefully and persistently. The disease manifests itself by an itching or smarting of the affected parts. The skin becomes raised in the form of little pimples and a watery lymph exudes. Later scales and crusts form. Eczema is most usually caused by impure blood and a consequent run-down condition of the body. Impure blood is caused by the failure of the kidneys to remove the impurities from the blood. Dodd's Kidney Pills are the best treatment for sick kidneys and should be used in all cases of Eczema and other skin diseases. They get at the root of the trouble while Dodd's Antiseptic Healing Ointment, applied externally, promotes healing of 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.

Be Definite

Sambo.—"Whut time do dis train get to Jacksonville?"

Conductor.—"Four-five a.m."

Sambo.—"Yassuh, but how long 'fo' five?"—*Capper's Weekly*.

"I might say that I had two operations which did not do me the slightest good." One day I was watching the sun rise from my bedroom window; I took down Dodd's Almanac from its hook to see if my watch was keeping time with the sun, and I saw on the same page that trouble like my own had been helped by Dodd's Kidney Pills. I told my grandson to go and get me some. After taking six boxes I was perfectly well again, although I am eighty-nine years old. I recommend them to all those with kidney trouble. My son was in great pain from rheumatism. I told him that it did not cost much to set himself right again with Dodd's Kidney Pills, and he told me that after taking four boxes he felt like a new man. Now I keep a box of Dodd's Kidney Pills in the house as a sort of doctor for us."

EDOUARD LEBLANC,
Gros Cap,
Iles de la Madeleine, Que.

"What do you mean by selling me such a bird?" asked the irate customer.

"Why, was there anything wrong?"

"Wrong! It wasn't good at all!"

"Well, it ought to have been. It won first prize in the poultry show 11 years in succession!"—*The Progressive Grocer*.



Hold this picture level with the eyes then bring it towards you and watch her take the Dodd's Kidney Pill!

Mother and Son Both Benefit

10 Years' Suffering Relieved By Dodd's



Mrs. M. Yorston

"I am glad to be able to say that I am feeling fit again after taking half a dozen boxes of your famous Dodd's Kidney Pills," writes Mrs. M. Yorston, 11 Richmond St., Charlottetown, P.E.I.

"I am 30 years old and have suffered for over ten years from Kidney trouble. I was first made aware of this condition by a continual feeling of weak back and a decided pain if I attempted to pick up anything heavy. At times I was unable to straighten up. My complexion became blotchy and I decided something was radically wrong. After giving Dodd's Kidney Pills a trial I feel like a new person. All my old indications of Kidney trouble have disappeared. I have also been giving them to my son. He has been troubled a great deal with his Kidneys, and I find they put him in shape to resist the cold winters. I would advise anyone suffering from any Kidney disorder to try Dodd's Kidney Pills first and if they give them a fair trial—their problem is solved without going any further."

Pain, or a tired and weak feeling in the small of the back such as experienced by Mrs. Yorston, is often 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.

12th month DECEMBER, 1935 31 days

MOON'S PHASES

Eastern Standard Time

D. H. M.

☉	First Quarter....	3	2	28 a.m.
☾	Full Moon.....	9	10	10 p.m.
☾	Last Quarter....	17	4	57 p.m.
☉	New Moon.....	25	12	49 p.m.

* See Local Time on this page

Day of Month	Day of Week	Zodiac Signs	* Sun		* Moon	Weather Probs.
			Rises	Sets	Sets	
			H.M.	H.M.	H.M.	
1	Sun	☉	7 16	4 20	p.m.	
2	M	☽	7 18	4 20	11 16	Month opens cold and dry.
3	T	♈	7 19	4 20	a.m.	
4	W	♈	7 20	4 20	0 30	
5	T	♈	7 22	4 19	1 46	
6	F	♈	7 23	4 19	3 03	
7	S	♈	7 24	4 19	4 21	
8	Sun	☉	7 25	4 19	5 37	
9	M	☽	7 26	4 19	6 50	
10	T	♈	7 27	4 18	rises	Change-able with snow or rain.
11	W	♈	7 27	4 18	p.m.	
12	T	♈	7 28	4 18	6 46	
13	F	♈	7 29	4 18	7 54	
14	S	♈	7 30	4 18	9 00	
15	Sun	☉	7 31	4 19	10 04	
16	M	☽	7 31	4 19	11 08	
17	T	♈	7 32	4 19	a.m.	
18	W	♈	7 32	4 20	0 08	
19	T	♈	7 33	4 20	1 10	
20	F	♈	7 33	4 20	2 13	Very cold followed by snow.
21	S	♈	7 34	4 21	3 17	
22	Sun	☉	7 35	4 21	4 23	
23	M	☽	7 35	4 22	5 28	
24	T	♈	7 36	4 22	6 31	
25	W	♈	7 36	4 23	7 27	
26	T	♈	7 37	4 23	sets	
27	F	♈	7 37	4 24	p.m.	
28	S	♈	7 37	4 24	7 49	Moderating.
29	Sun	☉	7 38	4 25	9 05	
30	M	☽	7 38	4 26	10 21	
31	T	♈	7 38	4 27	11 36	

Hub.—"I can't eat this stuff."

Young Bride.—"Never mind, dear, I have some lovely recipes for making up left-overs."

Hub.—"In that case I'll eat it now."



Helpful Hints

If a roast appears to be getting too brown in the oven before it is thoroughly cooked, place a dish of water beside it. The steam will not only prevent scorching, but will cook the meat better.

The red tissue paper left from Christmas makes first class pink dye if soaked in cold water. Dip faded pink silk articles in it. They will look like new again.

If your umbrella looks stained and marked, you can freshen it up by this method: dissolve a tablespoonful of sugar in half a pint of hot water. Open the umbrella and sponge down, starting from the top. Leave open till dry.

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

Don't ever use too hot an iron. Apart from the danger of scorching, a hot iron may ruin the color of any garment. Too much heat affects the dye as no amount of wear or exposure to the sun ever will.

To Soften Hard Water.—Stir one ounce of quicklime into four gallons and a half of water. When it has settled pour off the clear solution, which will be enough to add to two barrels of hard water.

Glycerine will move scorch marks from flannel if it is applied immediately.

One tablespoonful of olive oil added to every gallon of water required will remove the danger of flannels becoming hard when washing.

A piece of white oilcloth is a good substitute for a pastry board. It is very easily cleaned and can be rolled up when not in use.

Never hang a mirror where the sun's rays will fall upon it. The sun acts upon the mercury and clouds the glass. Camphor rubbed on a mirror after the dust has been wiped off will brighten it considerably.

CONSTIPATION

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. There is no better remedy for constipation than Diamond Dinner Pills. See page 47.

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 often lead to anæmia. Dodd's Kidney Pills taken regularly should soon give relief and cause new blood to nourish, strengthen and restore the sufferer to health.





Nearing the Sunset

CAN anything be more beautiful than a grand old man or woman, whose faculties are unimpaired and whose ripe old age is preserved in good health as a benediction to children and grandchildren?

They have borne with fortitude and honor the burden and the heat of the day, and now, their hair grown white with the frosts of many winters, with calm serenity and dignity they watch and encourage, and counsel the younger and more active ones on whose shoulders have fallen the loads they themselves knew so well how to bear.

Unfortunately, however, they too often find themselves called upon to take up painful burdens of illness and weakness which worry and wear out the body and spirit.

Kidney trouble is often the cause of most sickness which comes to the aged.

Rheumatism, Sciatica, Backache, Neuralgia, Bladder and Urinary troubles, Lack of Vigor and Vitality, Nervous Troubles and mind wandering are often traceable to weakened Kidneys and imperfect Kidney action.

Dodd's Kidney Pills are making a healthy, happy, vigorous, useful old

age possible to thousands of men and women who but for their use would be a burden to themselves and a constant care to those whose duty it is to make their declining years as comfortable as possible.

Grandfather and grandmother, if it is your honest ambition to prolong the evening of your life in comfortable good health, a joy and a pleasure to yourself, use Dodd's Kidney Pills the medicine that has done so much for many other aged ones.

Sons and daughters, if it is your desire—and it surely is—to lengthen the days of grandfather and grandmother, in peace and rest and comfort, free from pain and sickness, get and give them Dodd's Kidney Pills for many a wrinkle has been smoothed from the brows of tired and worn old people by the use of this wonderful remedy.

Be assured of this, that sick Kidneys are the cause of most troubles peculiar to advanced years.

Dodd's Kidney Pills are truly the friend of the aged, and the hundreds of grateful testimonials from those who have passed three score and ten are the strongest confirmation of this claim.



NURSE GIVES GOOD ADVICE

"I have had wonderful relief through taking Dodd's Kidney Pills, and wouldn't be without them. They saved me an operation, so I cannot speak too highly of them as their efficiency is unparalleled.

Those suffering with Kidney and Urinary Troubles, Rheumatism, etc., cannot do better than to give Dodd's Kidney Pills a trial.

I have recommended Dodd's Kidney Pills widely, and will continue to do so. One man had just spent \$100.00 on treatments, and was no better. I told him of my great relief and begged him to take Dodd's Kidney Pills. He sent for some right away, and in one week he was so fit that he said they had done him more good than all the other treatments on which he had spent so much."

Mrs. Violet Post, (Graduate Nurse)
Kingsville, Ont.

BLADDER TROUBLE

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 diarrhoea. The cause is weakness of the kidneys, and the best treatment is Dodd's Kidney Pills. Constipation should be avoided, and the diet should be light and nourishing, avoiding all irritants such as vinegar, pickles, sauces, new bread, hot pastry, etc.

To remove white spots from furniture. Rub with cloth moistened with equal parts of Linseed Oil and Alcohol, or cover with Baking Soda and hold a hot iron close to the spot, taking care not to scorch or burn the wood.

To take out bruises in furniture, wet the part with warm water, double a piece of brown paper five or six times, soak it and lay on the place; apply on that a hot flat iron until the moisture is evaporated. Repeat, if necessary.

Strong ammonia water may be used to clean leather.

It is thrifty to mend holes in garments before washing.

Never use hot water to remove blood stains. Soak in cold water until most of the colouring is dissolved. Then wash the material in hot water as in the ordinary process of laundry.

Egg stains can best be removed from clothing by washing or sponging with cold water before any hot water is applied.

Potatoes will slice easier if the paring knife is hot.

Before cutting marshmallows, dip the scissors in cold water.

A piece of charcoal placed in the pot will prevent odour from boiling ham or cabbage.

Rag rugs may be washed in a tub like any other heavy coloured material, but must be rinsed thoroughly in order to prevent them from looking grimy.

Freshly spilt liquid should not be rubbed from a carpet or rug, but should be covered with corn meal, talcum powder, blotting paper torn into bits, or any other absorbent material which will take it up and prevent it spreading.

Drench the nests of lawn ants with boiling water or with a small quantity of kerosene or coal oil.

Tar splashes on cars may be removed with Eucalyptus Oil.

The United States Army Medical School use this method of purifying polluted drinking water. To each quart of water add one or two drops—no more—of tincture of iodine, the ordinary 7 per cent kind that you buy at the drug store. Shake up water a bit and wait for twenty or thirty minutes. The iodine does not taste the water.

White window shades may be cleaned with magnesia. Spread the shade on the floor, unroll the shade, and with a soft cloth scrub the shade with magnesia and water.

A piece of zinc put on the live coils in the stove will clean the stove pipe.

When putting away white linen for any length of time, roll out in blue paper. This prevents it from becoming yellow.

When baking apples, prick the skin and they will cook without bursting.

After the core is removed from the apple, and before baking, try stuffing with raisins and then baking in the ordinary manner.

His Sore Back Has Now Gone

"Six years ago while on construction work I fell and received an injured back," writes Mr. D. E. Raby of 567 Albert St., Ottawa. "I tried many prescriptions but they did not help me to get better. My back was so sore I could hardly walk.



D. E. Raby

A well-known druggist in Ottawa told me that I might have bruised my Kidneys and advised Dodd's Kidney Pills. After using two boxes my back started to feel better. I bought two more boxes and kept on taking them until they were used up, and to-day my back feels as if it is double-jointed. No more soreness. No more weakness nor sickness as long as I have Dodd's Kidney Pills on hand.

Dodd's Kidney Pills are a sure worker, and I will stick to them as long as I live, and recommend Dodd's Kidney Pills to anyone in Ottawa or in any other place, as I have proved that they are good."

COLDS 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.

Never beat eggs in an aluminum pan as it is likely to darken them.

Wood alcohol sponged on the material will often remove grease stains.

If new tinware is rubbed over with fresh lard and thoroughly heated in the oven before it is used, it will never rust afterwards, no matter how much it is put in water.

There is no better way of cleaning fumed oak furniture than by washing it with hot water in which a little borax has been dissolved. Dry thoroughly and rub with a cloth moistened with linseed oil.

If loose screws are drawn out of furniture, dipped into glue and screwed back in quickly, they will stay put.

Adhesive plaster is excellent for mending rubber goods of all kinds, hot water bags, garden hose, raincoats, etc., and to replace the worn heel lining of shoes.

IMPURE BLOOD

Every movement we make, every second we live, dead tissue is constantly being created and thrown into the blood stream. It is then carried to the kidneys which are the filters, and the only filters, of the blood. Strained and filtered the blood passes from the kidneys to carry nourishment to every part of the body. But supposing these filters—the kidneys—are not functioning properly and fail in their duty. What happens? Why all the poisons, all the impurities remain in the blood stream and instead of pure, rich blood returning to nourish every part of the body, the stream is polluted with poisons. Sickness is sure to follow.

Dodd's Kidney Pills have proven themselves over a period of half a century to be the best and most reliable treatment for faulty Kidneys and because of this for Impure Blood.

LAME BACK 15 YEARS



Soon Relieved by Dodd's

"It is a well known fact that men who follow Railroading any length of time are troubled with lame back and Kidney trouble.

My Back troubled me very much for about fifteen years, and I was treated with very little results. I was very discouraged, until one day a druggist recommended Dodd's Kidney Pills, and so I started using them. After three boxes I was feeling considerably better, and by the time I had used seven or eight boxes my lame back had entirely disappeared.

In addition to Backache I was troubled with cramps in the muscles and my limbs, and rheumatism in my shoulders, and I am happy to say that I have not been troubled with these since using Dodd's Kidney Pills.

I used to be a Locomotive Engineer, but as I am now seventy years of age have retired. I am feeling fine—thanks to Dodd's Kidney Pills. They are a wonderful Remedy."

**John Cleary,
102 Charles St., Kingston, Ont.**

When Adam in bliss
Asked Eve for a kiss,
She puckered her lips with a coo;
With looks quite ecstatic
She answered emphatic
"I don't care, ADAM, if I do!"

IS CONSTIPATION

Sapping Your Energy?

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.



Take **DIAMOND DINNER PILLS**

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 at all dealers or by mail on receipt of price by The Dodds Medicine Co., Limited, Toronto 2, Canada.



Price 25c

» » 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 trouble 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.

THIS ONE WORD IS YOUR SAFEGUARD

Dodd's

UNLESS 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.

She Called it "NERVES"



I was miserable—restless—
couldn't sleep at night—couldn't
work in the daytime.



Every little thing bothered me,
I was cranky with the children—
irritable—friends avoided me.



Nerves—I thought,—until
Mother said "it may be your
kidneys—try Dodd's Kidney Pills."



After taking Dodd's a short time
my old energy and good nature
returned and I sleep like a top.

I blamed it on my
"NERVES" - it was
really my KIDNEYS -

I'm feeling
fine now
- Thanks
to Dodd's

