



Dodd's

A L M A N A C

1936

**USEFUL INFORMATION
FOR FAMILY
AND HOME**

Golden Number..... 18 Solar Cycle..... 13 Roman Indiction..... 4
 Epact..... 6 Dominical Letter..... ED Julian Period (year of) 6649

THE SEASONS

Sun enters Aries—Spring begins..... Mar. 20th, 1.58 p.m.
 Sun enters Cancer—Summer begins..... June 21st, 9.22 a.m.
 Sun enters Libra—Autumn begins..... Sept. 23rd, 0.26 a.m.
 Sun enters Capricornus—Winter begins..... Dec. 21st, 7.27 p.m.

ZODIACAL SIGNS

Head and Face, ♈ ARIES, the Ram.

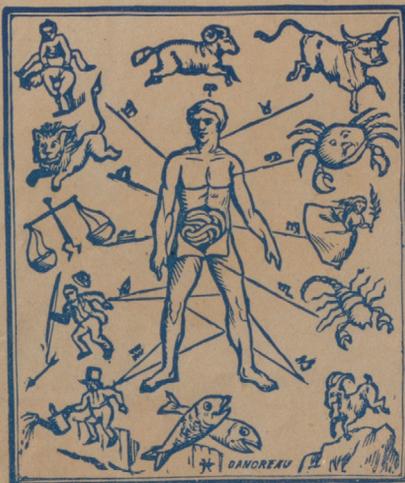
Arm.
 ♊ GEMINI
 The Twins.

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	Easter Sunday.....Apr. 12	Dominion Day.....July 1
Epiphany.....Jan. 6	St. George.....Apr. 23	Labor Day.....Sept. 7
Septuagesima Sunday.....Feb. 9	Accession King George V.....May 6	Hebrew New Year.....Sept. 17
Valentine's Day.....Feb. 14	Rogation Sunday.....May 17	Day of Atonement.....Sept. 26
Quinquagesima.....Feb. 23	Victoria Day.....May 24	Feast of Tabernacles.....Oct. 1
Ash Wednesday.....Feb. 26	Ascension Day.....May 21	Hallow'e'n.....Oct. 31
St. David.....Mar. 1	Pentecost (Shebuoth).....May 27	All Saints' Day.....Nov. 1
St. Patrick.....Mar. 17	Pentecost (Whit Sunday).....May 31	Armistice Day.....Nov. 11
Palm Sunday.....Apr. 5	King George V. Birthday June 3	First Sunday in Advent.....Nov. 29
First Day of Passover.....Apr. 7	Trinity Sunday.....June 7	St. Andrew's Day.....Nov. 30
Good Friday.....Apr. 10	Prince of Wales Birthday June 23	Christmas Day.....Dec. 25

MORNING AND EVENING STARS

Mercury:—An evening star to January 31st, 2300 hours, with greatest elongation West, 16th January, 0600 hours, 18° 50'. Morning star to 1300 hours, 10th April, with greatest elongation East, 0500 hours, 26th February, 26° 51'. Evening star to 1200 hours, 31st May, with greatest elongation East, 1800 hours, 7th May, 21° 20'. Morning star to 0300 hours, 24th July, with greatest elongation West, 0800 hours, 25th June, 22° 18'. Evening star to 0001 hours, 1st October, with greatest elongation East, 2300 hours, 4th September, 27° 5'. Evening star for balance of year, with greatest elongation East, 1400 hours, 29th December, 19° 37'. **Venus**:—In superior conjunction with Sun, 0900 hours 29th June and becoming an evening star. **Mars**:—In conjunction with Sun 0001 hours, 11th June. **Jupiter**:—In conjunction with Sun, 1600 hours, 27th December. **Saturn**:—In conjunction with Sun, 1300 hours, 3rd March. Quadrature from Sun, 1000 hours, 13th June. In opposition to Sun, 0200 hours, 12th September. Quadrature from Sun, 0900 hours, 8th December. **Uranus**:—Quadrature from Sun, 1900 hours, 22nd January. Conjunction with Sun, 2200 hours, 25th April. Quadrature from Sun, 0001 hours, 2nd August. In opposition to Sun, 0400 hours, 31st August. **Neptune**:—In opposition to the Sun, 0300 hours, 6th March. Quadrature from Sun, 2100 hours, 4th June. In conjunction with Sun, 1000 hours, 9th September. Quadrature from Sun, 0400 hours, 11th December.

ECLIPSES IN 1936

In the year 1936 there will be four eclipses, two of the Sun and two of the Moon.

Greetings

TO OUR MANY READERS

WE take great pleasure in presenting to you the 1936 Edition of **Dodd's Almanac and Household Hints**, to be hung up along with its "Companions of Information" which we have published annually for nearly half a century.

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

We are often asked to explain how it is that the Kidneys are responsible for so many diseases that appear to differ so widely. The answer is simple, and we can make it clear to you when we explain that the Kidneys are nothing more nor less than the filters of the body. It is their duty to filter out of the blood all the impurities, waste matter, Uric Acid, and other poisons that are for ever gathering there. Without the Kidneys our bodies would soon become a mass of corruption. The Kidneys are the sentinels nature has placed within us to watch over our well-being. They are very delicate, easily deranged, a strain, a blow, excessive eating or drinking, or a chill will affect them, and cause them to fail in their duty. **Dodd's Kidney Pills** 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 these duties.

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

Dodd's Dyspepsia Tablets are a

valuable aid to digestion, and a reliable help for all forms of Dyspepsia.

Diamond Dinner Pills are a most satisfactory remedy for derangements of the Liver and Bowels.

Dodd's Antiseptic Healing Ointment is a safe, antiseptic, healing and soothing treatment for all forms of Skin Diseases, Cuts, Burns, Piles, etc.

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

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

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.



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.

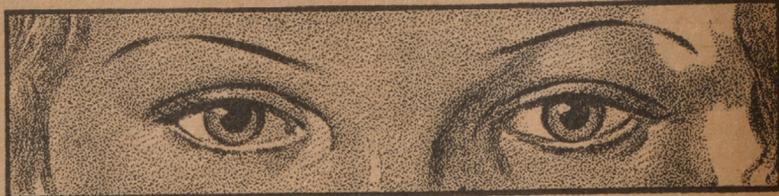


After using **Dodd's** a short time her backache vanished—enthusiasm and energy returned—her eyes sparkled—her step was sprightly—and once again she was her "old self."



Say **GOODBYE TO BACKACHE** with
Dodd's Kidney Pills

ASK YOURSELF THESE QUESTIONS



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 mucus 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 Kidney ailments.

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, 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.	Month opens cold and dry.
2	M	♈	7 18	4 20	11 16	
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	Change-able with snow or rain.
9	M	♈	7 26	4 19	6 50	
10	T	♈	7 27	4 18	rises	
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	
21	S	♈	7 34	4 21	3 17	
22	Sun	♈	7 35	4 21	4 23	Very cold by snow.
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	
29	Sun	♈	7 38	4 25	9 05	
30	M	♈	7 38	4 26	10 21	
31	T	♈	7 38	4 27	11 36	

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

Alberta

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

Saskatchewan

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

Quebec

Caspe	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

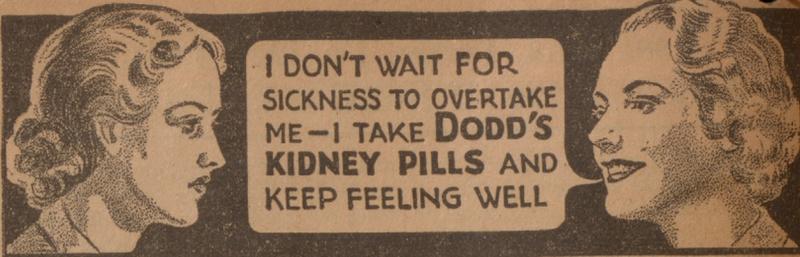
Chatham	Add 22
Fredericton	Sub. 32
Saint John	Add 26
Moncton	" 19

Nova Scotia

Halifax	Add 14
Sydney	" 1
Yarmouth	" 25

Newfoundland

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

MEDICAL research in the past few years has proved that to disordered kidneys are due many ailments 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 ailments 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 an excellent remedy for kidney ailments. These Pills are sugar-coated, easily taken and conveniently carried on the person.

"I suffered practically all my life with bladder and kidney trouble until mother gave me several boxes of Dodd's Kidney Pills which did me the world of good. I am now the mother of 9 children and do all my own work. I live on a farm so have not much time to lose. My grandmother always used Dodd's Kidney Pills and she lived to the grand old age of 91."

Mrs. W. MacDougall,
Nesterville, Ont.

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 should you have 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 by old and young alike.

Dodd's Kidney Pills have helped restore sound health to thousands of ailing men and women. Why don't you give them a trial?

HOME

A Most Dangerous Spot!

Accidents don't happen—they are committed. For this reason they can be avoided.

Strange to say statistics show that the home is one of the most dangerous places on earth. A large life insurance company recently reported that the risk from injury at home is "almost seven times as great as when riding on buses, taxicabs, boats, airplanes, trains and other public conveyances."

In the United States the automobile kills only about five per cent more people than meet their death through accidents in the home.

The average cost in medical care from falls from persons' climbing on teetery chairs and tables instead of using a good stepladder is \$303.



Slippery or worn rugs, or rugs with their edges curled kill 17 times as many householders as electricity.

Forty-four out of 100 injuries in the home are from falls. Many falls are caused by articles being left around, particularly at the head of stairs. The average stair fall costs \$132 in doctor's bills.

In the United States alone about 120,000 people are injured each year from slipping in the bath.

HOW TO AVOID ACCIDENTS

If you observe the following safety hints in your home you will greatly lessen the chance of accidents—and possibly save a life.

Don't use gasoline in the house even for cleaning.

Strike matches away from you.

Mop up spilled grease right away.

Put old safety razor blades and broken glass in an old box before throwing away.

Don't put pins in your mouth or stick needles in the arms of upholstered furniture.

Keep pot handles turned away from the front and edges of the stove.

Put sand on icy steps.

Put pins in the corks of poison bottles to warn anyone in the dark. Keep poisons, or, in fact, all medicines away from where the children can get at them.



Don't take medicine in the dark.

Don't handle electric fixtures with wet hands. And don't under any circumstances stand in a bath and turn on or off the electric light or electric heater.

Don't run the motor car engine unless the garage doors are open.

Don't patch electric cords. Get new ones.

Always wield a knife away from you.

Don't burn a gas or oil stove in a closed room. Open a door or window.

Treat all guns as if they were loaded.

Don't have rickety banisters.

Don't walk around in the dark.

Don't be shy about calling for help.

Keep the children away from the stove.

Write on a piece of paper the names, addresses and telephone numbers of at least four nearby doctors and paste this list on the wall where it can be quickly referred to.

Don't smoke in bed.

Step out of the bath onto a mat, not the bare floor.



Had To Walk With Two Canes

Gardener Got Relief by Taking Dodd's



E. A. Sharpe

"In 1912 I was troubled a great deal with lumbago and rheumatism," writes E. A. Sharpe, of 1003 Carbonate Street, Nelson, B.C. "I was often unable to get out of bed and other times had to walk with the aid of two sticks, being bent nearly double. Being a professional gardener and horticulturist practically all my life, I attributed this trouble to kneeling on damp ground and being out in all kinds of weather. Later it was aggravated by three years' service in France. After taking five boxes of Dodd's Kidney Pills I felt like a new being and have not been troubled since. Dodd's Kidney Pills have proved a blessing in my case and I cannot speak too highly of them. I am sixty years of age, and can still do a good day's work with the young men."

GERMAN DOCTOR GAVE ADVICE

"I was badly wounded in France and ever since I came to this country 12 years ago, I had been trying to get rid of the wicked pain in my back. All treatment failed and I gave up all hope until I happened to run into a German doctor and told him my troubles. He certainly gave me good advice when he said to use Dodd's Kidney Pills. Am proud to say that they made a new man of me. I now feel younger as Dodd's Kidney Pills gave me back my health and strength."



E. J. Brennan,
405 Spruce St. W., Sudbury, Ont.

1st month JANUARY, 1936 31 days

MOON'S PHASES

Eastern Standard Time

	D.	H.	M.
☾ First Quarter.....	1	10	15 a.m.
☾ Full Moon.....	8	1	15 p.m.
☾ Last Quarter.....	16	2	41 p.m.
☾ New Moon.....	24	2	18 a.m.
☽ First Quarter....	30	6	36 p.m.

* See page 3 for Local Time

Day of Month	Day of Week	Zodiac Signs	Sun		Moon Sets	Weather Probs.
			Rises	Sets	a.m.	
			H.M.	H.M.	H.M.	
1	W	♄	7 39	4 28	12 14	Begins mild with rain.
2	T	♃	7 39	4 29	12 52	
3	F	♂	7 39	4 30	2 08	
4	S	♁	7 38	4 31	3 23	Changing to cold and snow.
5	Sun	♄	7 38	4 32	4 35	
6	M	♃	7 38	4 33	5 41	
7	T	♂	7 38	4 34	6 37	
8	W	♁	7 37	4 35	rises	
9	T	♄	7 37	4 36	p.m.	Continues cold.
10	F	♃	7 37	4 37	6 43	
11	S	♂	7 37	4 38	7 49	
12	Sun	♁	7 36	4 39	8 52	Slightly milder with rain.
13	M	♄	7 36	4 40	9 54	
14	T	♃	7 36	4 42	10 56	A gradual change to colder with snow.
15	W	♂	7 35	4 43	11 58	
16	T	♁	7 35	4 44	a.m.	
17	F	♄	7 34	4 46	1 01	
18	S	♃	7 34	4 47	2 06	
19	Sun	♁	7 33	4 48	3 11	Ending mild and rainy.
20	M	♄	7 33	4 50	4 14	
21	T	♃	7 32	4 51	5 13	Max.—"Mose, you should put the curtains down when you kiss your wife. I saw you last night." Mose.—"The joke's on you, Max; I wasn't home last night."
22	W	♂	7 32	4 53	6 05	
23	T	♁	7 31	4 54	sets	
24	F	♄	7 30	4 56	p.m.	
25	S	♃	7 29	4 57	6 46	
26	Sun	♁	7 28	4 58	8 04	
27	M	♄	7 27	4 60	9 22	
28	T	♃	7 26	5 01	10 40	
29	W	♂	7 25	5 03	11 57	
30	T	♁	7 24	5 04	a.m.	
31	F	♄	7 23	5 05	1 13	

Max.—"Mose, you should put the curtains down when you kiss your wife. I saw you last night."

Mose.—"The joke's on you, Max; I wasn't home last night."

Doctors Test KIDNEYS First!



DOCTORS know that the importance of the kidneys to the well-being of the human body simply cannot be overestimated. With them rest, health, happiness, life itself. No ailment 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. Like sentinels they stand guarding the body, instantly assailing and destroying enemies to good health.

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.

It is the function of Dodd's Kidney Pills to restore to the kidneys 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.

Her Doctor Advised Dodd's



Mrs. J. Killer

"I am 29 years of age and was bothered with backache for about 9 years. About 3 years after I was married I started with this trouble in my back. I blamed it on my 'nerves' and got so bad that I couldn't do any work on my little place—2 acres of land that I work myself. I went to my family doctor and he examined me and told me it was my kidneys and to get some Dodd's Kidney Pills and give them a trial. Two boxes gave me relief. My backache left me and I could do my work better than before. I am the mother of 3 children and have used Dodd's Kidney Pills during pregnancy and now wouldn't be without them."

Mrs. James Killer,
Breslau, Ont.

Could Hardly Rise From Bed

But Dodd's Soon Relieved Rheumatism



Mrs. A. G. Frayle

"I was troubled with my back for 3 years or more and could hardly rise out of my bed in the morning," writes Mrs. A. G. Frayle, of Westfield, N.S. "My hands swelled and I had rheumatism in my fingers so I would drop whatever I had in my hand. I took several kinds of treatment but did not seem to get any better. One day I was looking over Dodd's Almanac and I saw how Dodd's Kidney Pills had helped others. I decided to try them, and after I had taken 2 boxes, I found my hands much better and my back-ache greatly relieved. I took 4 more boxes, and I now feel as though I can do most any kind of work. My old trouble does not bother me a bit. I am 53 years old, and have lots to do."

HE HAD TO GET UP AT NIGHT

"I started using Dodd's Kidney Pills about 2 years ago, after trying almost everything else. I was troubled with cramps in my legs and feet. My kidneys were so bad that I would have to get up 6 or 8 times every night. I have worked on the C.N.R. for 22 years and am exposed to all weathers and get a lot of heavy lifting. Since using Dodd's Kidney Pills I don't have any cramps nor do I have to get up nights. Dodd's Kidney Pills have done what everything else failed to do."



F. Bellingham

F. Bellingham,
Napanee, Ont.

2nd month FEBRUARY, 1936 29 days

MOON'S PHASES

Eastern Standard Time

	D.	H.	M.
Full Moon.....	7	5	19 a.m.
Last Quarter.....	15	10	45 a.m.
New Moon.....	22	1	42 p.m.
First Quarter.....	29	4	28 a.m.

* See page 3 for Local Time

Day of Month	Day of Week	Zodiac Signs	* Sun		* Moon	Weather
			Rises	Sets	Sets a.m.	
1	S	♈	H.M. 7 22	H.M. 5 06	H.M. 2 26	Slightly warmer.
2	Sun	♈	7 20	5 08	3 33	Moderate.
3	M	♈	7 19	5 09	4 32	
4	T	♈	7 18	5 11	5 20	Change to colder with occasional snow.
5	W	♈	7 17	5 12	6 00	
6	T	♈	7 15	5 14	rises	very cold for a few days.
7	F	♈	7 14	5 15	p.m.	
8	S	♈	7 13	5 16	6 39	Continues very cold for a few days.
9	Sun	♈	7 12	5 18	7 42	
10	M	♈	7 10	5 19	8 44	Becoming milder.
11	T	♈	7 09	5 20	9 46	
12	W	♈	7 08	5 21	10 48	A little warmer.
13	T	♈	7 06	5 22	11 51	
14	F	♈	7 05	5 24	a.m.	Clear fine weather to end of month.
15	S	♈	7 03	5 26	12 55	
16	Sun	♈	7 01	5 27	1 58	Clear fine weather to end of month.
17	M	♈	7 00	5 29	2 58	
18	T	♈	6 58	5 30	3 52	A little warmer.
19	W	♈	6 57	5 31	4 39	
20	T	♈	6 56	5 33	5 19	Clear fine weather to end of month.
21	F	♈	6 54	5 34	sets	
22	S	♈	6 53	5 36	p.m.	Clear fine weather to end of month.
23	Sun	♈	6 51	5 37	6 57	
24	M	♈	6 49	5 39	8 18	Clear fine weather to end of month.
25	T	♈	6 47	5 40	9 38	
26	W	♈	6 45	5 42	10 58	Clear fine weather to end of month.
27	T	♈	6 43	5 43	a.m.	
28	F	♈	6 41	5 45	0 14	Clear fine weather to end of month.
29	S	♈	6 40	5 46	1 25	

Looking Ahead

"Horace is going to teach me to play cards so that I'll know all about it after we are married."

"That's right. What game is he going to teach you?"

"I think he called it solitaire."

BACKACHE

Is Your WARNING!

Backache is usually 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 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. Kidney trouble is a more serious matter than many people think. Backache, if not corrected, is often followed by something more alarming. Do not hesitate until Kidney Trouble 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.

"I am a locomotive fireman and as you probably know a man in my occupation needs a strong back. About 7 years ago, I began to be troubled with backache and an engineer friend of mine told me about Dodd's Kidney Pills and said that they had done him a world of good. I tried



them and the results were more than satisfactory. I always have a box on hand now and use them quite regularly."

J. RYAN,
297 Cassel St.,
North Bay, Ont.

"I cannot speak highly enough of Dodd's Kidney Pills. I am 42 years old and have 9 children, the youngest of whom is one year old. Before my last child was born my doctor told me my kidneys may be out of order. I started using Dodd's Kidney Pills and soon never felt better in my life."

MRS. B. LOWE,
R.R. 2, Welland, Ont.

NEVER NEGLECT AN ACHING BACK

SLEEP!

Nature's Great Restorative

Sleep is one of the most essential needs of life. The present-day pace of living, the greater "hustle and bustle", undoubtedly results in greater mental and physical fatigue, so that we actually need more and more sleep.

Man sleeps about a third of his life away. If you consider the long hours spent sleeping as a child in cradle and cot, a man of 75 has spent more than 25 years in bed.



Nightcaps
are Wrong

Recent experiments and observations made by scientists have brought forth some interesting facts about sleep. Here are a few of them:

Man cannot do without sleep. The longest period of authentic wakefulness on record, made during a laboratory experiment, is 231 hours.

You cannot "make up for lost sleep" by sleeping longer when you finally get to bed. Even after 3 or 4 days without rest, a single night's sleep will restore you as far as you can be restored.

Your deepest, most refreshing sleep comes within the first two hours or so after you retire.



Lost in a
Feather Bed

The expression "sleeping like a log" is not borne out by fact. No one sleeps like a log. Normal sleepers move from 4 to 10 times an hour. Restless sleepers change their position as often as 20 times an hour.

If you did not move in your sleep you would wake up stiff and sore and only partially rested. Because of this the old feather bed was bad for proper rest as it was so soft it hampered natural movement.



Woollen night caps are wrong because they warm the head, which should be cool. Bed socks are not a bad idea because the feet should be warm and the head cool, to draw the blood away from the brain.



Peace!

Snoring comes from too much relaxation of the soft palate and jaw muscles. It is not necessarily a sign that the person is sleeping well.

The average person needs 8 hours sleep each night.

The sleep of children is violent and often disturbed; old people sleep more quietly than children, though with frequent interruptions. Manual laborers rest for longer intervals than brain workers. Women rest 30 per cent longer than men.

The cause of insomnia or chronic sleeplessness, in a great many cases, is often due to kidney trouble.



A Modern
Nightcap

HOW TO SLEEP WELL

Possibly eat a cracker, with a glass of milk, before retiring, to give the stomach enough exercise to draw the blood from the head. Get into bed and don't worry.

Dodd's Kidney Pills may be of great help to you if you don't sleep well. 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.

Strange Work Made Back Ache Took Dodd's and Pain Soon Gone

3rd month MARCH, 1936 31 days

MOON'S PHASES

Eastern Standard Time

	D.	H.	M.
☉ Full Moon.....	8	0	13 a.m.
☾ Last Quarter.....	16	3	35 a.m.
☽ New Moon.....	22	11	13 p.m.
☽ First Quarter....	29	4	22 p.m.

* See page 3 for Local Time



F. J. O. Roy

"I am a book-keeper, 61 years old, but had been without work for more than 4 years because of the general depression," writes F. J. O. Roy, of 1683 De Lasalle, Montreal. "To

earn my living and that of my family I had to recourse to physical labour. I became an employee at the Municipal Golf Course. Being forced to do what was expected of me by the foreman, a month after entering the employ of the Golf Course I was affected with terrible pains in the lumbar region, and believing it to be lumbago, I gave myself a rub-down with—— but it did not help me. I then decided to take Dodd's Kidney Pills. One box relieved me. After the fourth box I no longer felt any pain at all, and was able to continue my work with ease, although not accustomed to such work. Two of my co-workers who also suffered from back-ache, surprised to see me so well, decided to take Dodd's Kidney Pills on my recommendation, and they have both benefited. I recommend Dodd's Kidney Pills so that others who suffer from the same ailment may try them and get benefit as I did."

BUT WHAT'S THE ANSWER?

A man who was in the habit of picking up cigarette 'butts' from the street found from long experience that he could make one cigarette from the tobacco contained in seven 'butts'.

One day he was particularly fortunate and found forty-nine 'butts'. How many cigarettes could he make from these forty-nine 'butts'?

(See answer on page 15).

Day of Month	Day of Week	Zodiac Signs	* Sun			* Moon Sets a.m.	Weather Probs.
			Rises	Sets	H.M.		
1	Sun	♌	6 39	5 47	2 27	Cold with snow-furries.	
2	M	♌	6 38	5 48	3 18		
3	T	♌	6 36	5 50	4 00		
4	W	♌	6 34	5 51	4 34		
5	T	♌	6 32	5 53	5 02	Turning milder.	
6	F	♌	6 30	5 54	rises p.m.		
7	S	♌	6 29	5 55			
8	Sun	♍	6 27	5 57	6 34	Colder for some days.	
9	M	♍	6 25	5 58	7 36		
10	T	♍	6 23	5 59	8 38		
11	W	♍	6 21	6 00	9 41		
12	T	♍	6 20	6 01	10 44	Snow, high winds and stormy.	
13	F	♍	6 18	6 03	11 46		
14	S	♍	6 16	6 04	a.m.		
15	Sun	♎	6 14	6 05	12 46	Fair and cool with high winds.	
16	M	♎	6 12	6 07	1 41		
17	T	♎	6 10	6 08	2 30		
18	W	♎	6 08	6 09	3 12		
19	T	♎	6 06	6 11	3 47	Moderate to end of month.	
20	F	♎	6 04	6 12	4 18		
21	S	♎	6 02	6 13	sets		
22	Sun	♏	6 00	6 15	p.m.	Fair and cool with high winds.	
23	M	♏	5 59	6 16	7 08		
24	T	♏	5 57	6 17	8 30		
25	W	♏	5 55	6 19	9 52		
26	T	♏	5 53	6 20	11 08	Moderate to end of month.	
27	F	♏	5 51	6 21	a.m.		
28	S	♏	5 49	6 22	0 16		
29	Sun	♐	5 47	6 24	1 13	Moderate to end of month.	
30	M	♐	5 45	6 25	1 59		
31	T	♐	5 43	6 26	2 35		

Nothing Else To Do

"Rastus, I am sorry to hear that you have buried your wife."

"Yassah, boss, ah jus' had to—she was dead."

RAIN

Too Much—And Not Enough

Do you know how heavy rains generally are?

When there has been only an inch of rainfall, 113 tons of water have poured down on an acre of ground upon which the inch of rain fell.

Then, quickly as the sun comes out, the rain has disappeared—some into the ground, some back into the air again, drawn up by the warm power of the sun's rays.



Of course, ordinary rainfalls are not often so heavy as this, but an inch of rain during a summer's shower is not

uncommon in many parts of Canada. Ordinarily the weather bureau measures about one-twentieth of an inch. One of the heaviest rains on record was a fall of 18 inches in a single hour.

An odd thing about rain is that the driest deserts are often to be found behind the wettest mountains. But when you realize that all rain—or nearly all of it—is formed almost straight above the land where it falls, it is quite understandable.

How Rain Forms

Warm air rises, and it absorbs and holds a great deal of moisture. But cold air does just the opposite. When, therefore, the moisture-laden warm air rises along the sides of steep mountains and meets the cooler air above, the moisture globules change and condense into drops of water and fall as rain. So all the moisture in the warm rising air falls in the mountains and there is none left to rain down on the other side.

Average Rainfall

The average rainfall in a year at any given place depends on a great variety of circumstances—such as latitude, proximity to the sea, elevation, mountain ranges, exposure to prevailing winds, etc. The presence or absence of vegetation also has influence on the rainfall.



Land where there is no vegetation has its soil intensely heated by the sun, the air in contact with it also becomes heated, and so is able to hold more and more moisture, so that a fall of rain is almost impossible. On the other hand, land covered with abundant vegetation has its soil kept cool and thus assists in the condensation which causes rain to fall.

Although more rain falls in tropical countries in a year, yet the number of rainy days is less than in more temperate climates. Thus, in an average year there are 80 rainy days in the tropics, while in temperate zones 160.

At a few isolated places the rainfall is very great. At Cherrapunjee in the Khasia Hills of Assam, 615 inches fell in one year. The rainfall at Paris, France, is 22 inches; London, England, 22½ inches; New York, 43 inches; San Francisco, 22 inches; British Honduras, 153 inches; South Australia, 19 inches.



In Canada, government records of rainfall include snowfall—counting 10 inches of snow as 1 inch rainfall. Rainfall during one year at some Canadian points show Vancouver, 58 inches; Calgary, 16 inches; Saskatoon, 14 inches; Winnipeg, 20 inches; Toronto, 33 inches; Montreal, 40 inches; Saint John, 46 inches; Halifax, 55 inches; Charlottetown, 39 inches.

Rheumatism Conquered

by taking Dodd's Kidney Pills
states 55 Year Old Draftsman



John Morris

"I am a draftsman 55 years old. Three years ago I suffered so badly from what I thought was rheumatism that I could hardly rise from my bed, and when I did manage to get up I could only move with the aid of two sticks. I used all kinds of rubbing liniments and I spent over \$100 in treatments all told without results.

One day a medical student at the University of Western Ontario, called upon me. He spoke very highly of Dodd's Kidney Pills and advised me to try them as he said he thought my trouble was from my kidneys. On his advice I bought two boxes of Dodd's Kidney Pills and by the time I had finished them the results were so marvelous that I got four more boxes. When these were finished I was well again.

I still take Dodd's Kidney Pills, now and then, and feel as fit as a fiddle. I will never be without Dodd's Kidney Pills. I only wish I had found out about them before I had spent so much money."

JOHN MORRIS,

150 Pine Lawn Ave.,
London, Ontario.

Uric Acid Causes Rheumatism

Rheumatism is usually 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 will increase daily.

How Dodd's Kidney Pills Help

Rheumatism is most obstinate, and as remedies such as oils, liniments, 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.



Springtime IS CLEANING TIME



SPRING is the time when Mother Nature cleans house. The Spring sun melts the ice and snow, then heavy rains 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. At no other time of year is bodily



vitality at lower ebb than in the Spring. The reason is very simple to understand. Winter places added strain on the resistance of the body. Lack of

outdoor exercise, heavier and richer meals, changes in temperature, cold and dampness, all tax the system. When Spring approaches the body is tired and its functions slowed up. Because of this poisons are given a better chance to accumulate in the system, and we feel sluggish and lazy.

Among the body's most important agents for cleaning away poisons are the kidneys. It is the normal duty of healthy kidneys to filter all poisonous matter from the blood. If the kidneys are sluggish in action, and out of order, the poisons



remain in the system and "Spring Fever", Backache, Headaches, Rheumatism and other indications of a faulty kidney condition are likely to appear.



Because healthy kidneys are so important in cleaning poisons out of the system, you will understand why so many people refer to Dodd's Kidney Pills as one of the best Spring Medicines—and one of the most beneficial methods of helping to restore the natural health and energy of the body in the Springtime.

Don't neglect your kidneys—especially in the Spring. Take Dodd's Kidney Pills and help your kidneys to rid the system of accumulated poisons. Greet the summer full of buoyant energy and good health.

"How did you stop your husband from staying late at his club?"

"When he came in late, I called out, 'Is that you, Jack?' and my husband's name is Robert."

YOUR KIDNEYS TOO NEED A SPRING CLEANING

Mother of 14 Now Feels Fine

Her Husband's Friend Gave Good Advice



Mrs. McCarthy

"I am a mother of 14 children and have suffered this last 7 years with rheumatism," writes Mrs. McCarthy, of 8 Wiltshire Ave., Toronto. "My joints were so bad that at times I thought I would go crazy. My husband advised me to try Dodd's Kidney Pills, as a man he worked with told him what they had done for him. I took 8 boxes in all and feel just as well as I did the day I was married. I can now look after my family; do my own washing, cooking, sewing and baking and can go and enjoy going out like others—Thanks to Dodd's Kidney Pills. I am now never without Dodd's Kidney Pills in the house and recommend them to others."

NO BIRTHMARKS

Scientists now say a mother cannot birthmark her unborn child, and that there is no connection between the nervous system of the mother and that of her unborn child. Birthmarks are usually defects of development. For example, the red birthmarks so often seen are a collection of small blood vessels which have been developed near the surface of the skin.

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, 1936 30 days

MOON'S PHASES

Eastern Standard Time

	D.	H.	M.
☾ Full Moon.....	6	5	46 p.m.
☾ Last Quarter....	14	4	21 p.m.
☾ New Moon.....	21	5	32 a.m.
☽ First Quarter....	28	6	16 a.m.

* See page 3 for Local Time

Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon Sets	Weather Probs.	
			Rises	Sets	a.m.		
1	W	♌	H.M.	H.M.	H.M.	Cold and dry.	
2	T	♌	5 41	6 27	3 05		
3	T	♌	5 40	6 28	3 30		
4	S	♌	5 38	6 29	3 52		
5	S	♌	5 36	6 31	4 12	Warmer with rain and sleet.	
6	Sun	♍	5 34	6 32	4 32		
7	M	♍	5 33	6 33	rises		
8	T	♍	5 31	6 35	p.m.		
9	T	♍	5 29	6 36	8 36		
10	F	♍	5 27	6 38	9 38		
11	F	♍	5 25	6 39	10 39		
12	S	♍	5 24	6 40	11 35		
12	Sun	♎	5 22	6 41	a.m.		Mild and fine.
13	M	♎	5 20	6 42	12 25		
14	T	♎	5 18	6 44	1 08		Thunder but little rain.
15	W	♎	5 16	6 45	1 45		
16	T	♎	5 15	6 46	2 16		
17	F	♎	5 14	6 47	2 44		
18	S	♎	5 12	6 48	3 10		
19	Sun	♏	5 10	6 50	3 37		
20	M	♏	5 08	6 51	4 04	Cooler and high winds.	
21	T	♏	5 07	6 52	sets		
22	W	♏	5 05	6 53	p.m.		
23	T	♏	5 03	6 55	9 55		
24	F	♏	5 01	6 57	11 00		
25	S	♏	4 59	6 58	11 52		
26	Sun	♐	4 58	6 58	a.m.		Be-coming milder.
27	M	♐	4 57	7 00	12 33		
28	T	♐	4 55	7 01	1 06		
29	W	♐	4 53	7 02	1 33		
30	T	♐	4 51	7 04	1 56		

ANSWER TO 'BUTT' PROBLEM

You are wrong. The answer is not seven. It is eight. The forty-nine 'butts' made seven cigarettes but from these seven cigarettes he got seven more 'butts' which made the eighth cigarette.

BANISH INDIGESTION

Enjoy Every Meal with Dodd's Dyspepsia Tablets

Sometimes we eat too much—sometimes we eat too fast—sometimes we eat things we “like”, but which do not “agree with us”. How we feel is often determined by just how good is our digestion.

Because the stomach is the centre of all nutrition for the body, and plays such a very important part in human life, it is of the greatest importance that we take every precaution to keep the stomach healthy and in good condition.

In spite of this, there is, perhaps, no organ of the body that receives less consideration and is so often subjected to abuse and neglect.

It is only human to eat and drink for the pleasure we derive from it—and with little thought as to what the effect will be on the stomach.

Eating too quickly—too much rich food—too many acid-forming foods in our diet—may all cause digestive distress and may, if neglected, develop into more serious conditions which may have a serious effect upon the general health and well being.

“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, Biliousness, Feeling of Heaviness, Bad Breath, Bad Dreams, any one of these may indicate 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**

COOKING TIME-TABLE

You should bear in mind to keep up a good average heat suitable for the article being cooked, during roasting or baking of joints, etc. Carefully baste. The times set up for boiling have been after the water boils. Skimming must not be neglected.

Time to Allow for Cooking Poultry and Game.

NAME	HOW COOKED	SIZE OR QUANTITY	TIME		NAME	HOW COOKED	SIZE OR QUANTITY	TIME	
			h.	m.				h.	m.
Ducklings	Roasted	Medium	0	35	Pheasant	Roasted	Large	0	50
Ducks	Roasted	Large	1	0	Green Goose	Roasted	Medium	0	50
Fowl	Boiled	Large	1	0	Pigeon	Grilled	Medium	0	15
Fowl	Boiled	Medium	0	45	Rabbit	Boiled	Medium	0	40
Fowl	Roasted	Medium	0	50	Rabbit	Roasted	Large	0	50
Goose	Roasted	Large	1	50	Turkey	Boiled	Medium	1	45
Goose	Roasted	Small	1	25	Turkey	Roasted	Large	2	40
Duck (Wild)	Roasted	Medium	0	25	Venison	Roasted	Large	4	30
Partridge	Roasted	Medium	0	30	Haunch	Roasted	Small	3	0

Time to Allow for Cooking Lamb.

JOINT	HOW COOKED	WEIGHT TIME		WEIGHT TIME		WEIGHT TIME	
		lb.	h. m.	lb.	h. m.	lb.	h. m.
Breast	Stewed	1	1 10	2	1 20	3	1 30
Fore-quarter	Roasted	6	1 20	7	1 35	8	1 45
Hind-quarter	Roasted	7	1 35	8	1 45	9	1 50
Leg	Roasted	3	1 20	4	1 30	6	1 40
Loin	Roasted	3	0 50	4	1 5	5	1 15
Neck (Best End)	Baked	2	0 40	3	0 50	4	1 0
Shoulder	Roasted	3	0 50	4	1 0	5	1 10

Time to Allow for Cooking Pork.

PART	HOW COOKED	WEIGHT TIME		WEIGHT TIME		WEIGHT TIME	
		lb.	h. m.	lb.	h. m.	lb.	h. m.
Ham (Smoked)	Baked	8	3 45	10	4 0	12	4 20
Ham	Boiled	8	3 50	10	4 15	12	4 30
Ham	Boiled	3	2 0	4	2 15	5	2 25
Fore-loin	Roasted	6	2 15	8	2 40	10	3 0
Hind-loin	Roasted	6	2 15	8	2 40	12	3 0
Leg	Boiled	6	3 0	8	3 30	10	4 0
Leg	Roasted	6	2 15	8	3 10	10	4 0
Bacon	Boiled	2	1 30	4	2 0	6	2 20
Face (Half)	Boiled	2	1 30	3	1 40	4	1 50

Dodd's Kidney Pills are made purely and simply for the Kidneys. They are compounded for the specific purpose of reaching, regulating, and restoring these important organs to healthy action. Recognize the all-important fact that without healthy Kidneys no one can be well, and that for over half a century Dodd's Kidney Pills have been the recognized treatment for faulty Kidneys.



A Word to WOMEN

*A message
of importance
to women of
all ages*

Many women drag around each day—feeling miserable. They can't do their housework—cranky with the children—not wanting to go out or see friends—feeling thoroughly miserable—but not quite sure what is causing their distress.

So frequently the real cause is impure blood, due to a faulty kidney condition. The duty of healthy kidneys is to filter all impurities from the blood. If they get out of order and fail, poisons remain in the system and backache, headache,

rheumatism and other ailments follow.

Dodd's Kidney Pills help restore the kidneys to normal action. For more than half a century this famous remedy has proven invaluable to women in impoverished health. This has been especially true during that trying period known as the "change of life".

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.

In laundry work, sugar is excellent for things that need starching. A few lumps dissolved in the last rinsing water for laces, muslin, and silk, gives just the right amount of stiffness for these fabrics.

Height and Weight For Women

The figures given below are average weights for women dressed in light clothes. These figures are given as a guide only and do not necessarily represent the best weight for a person of a given height. It must be remembered that a person's weight depends a great deal on bone structure. A person with large bones should weigh more than one with light bones. Any rapid change in weight without apparent reason should receive prompt attention.

Age Group	Height and Weight							
	5'	5' 2''	5' 4''	5' 5''	5' 6''	5' 8''	5' 10''	6'
	lbs.							
15-19.....	112	117	123	126	130	138	145	155
20-24.....	115	120	126	129	133	141	149	157
25-29.....	118	122	129	132	136	144	152	159
30-34.....	121	125	132	136	140	148	155	162
35-39.....	124	129	136	140	144	152	159	165
40-44.....	128	133	139	143	147	155	162	169
45-49.....	131	136	142	146	151	159	166	173
50-54.....	133	138	144	148	152	162	170	177

MOON'S PHASES
Eastern Standard Time

	D.	H.	M.
Full Moon.....	6	10	1 a.m.
Last Quarter.....	14	1	12 a.m.
New Moon.....	20	3	34 p.m.
First Quarter.....	27	9	5 p.m.

* See page 3 for Local Time

Day of Month	Day of Week	Zodiac Signs	* Sun		* Moon Sets a.m.	Weather Probs.
			Rises	Sets		
1	F	♈	H.M.	H.M.	H.M.	
2	S	♈	4 48	7 05	2 18	
3	Sun	♈	4 47	7 06	2 37	Slightly cooler
4	M	♈	4 46	7 08	2 58	with frost
5	T	♈	4 45	7 09	3 19	at night.
6	W	♈	4 44	7 10	3 43	
7	T	♈	4 43	7 11	4 11	
8	F	♈	4 42	7 12	p.m.	
9	S	♈	4 40	7 14	10 22	Warmer.
10	Sun	♈	4 37	7 16	11 07	Showery.
11	M	♈	4 46	7 17	11 45	
12	T	♈	4 45	7 18	a.m.	Clearing
13	W	♈	4 44	7 20	12 17	to warm
14	T	♈	4 43	7 21	12 46	bright
15	F	♈	4 41	7 22	1 12	weather.
16	S	♈	4 30	7 23	1 37	
17	Sun	♈	4 29	7 24	2 02	Rain
18	M	♈	4 28	7 25	2 31	with dull
19	T	♈	4 27	7 26	3 03	cloudy
20	W	♈	4 26	7 27	sets	weather.
21	T	♈	4 25	7 28	p.m.	
22	F	♈	4 24	7 29	9 38	
23	S	♈	4 23	7 30	10 26	
24	Sun	♈	4 22	7 31	11 03	Mostly fair.
25	M	♈	4 21	7 32	11 34	
26	T	♈	4 21	7 33	11 59	
27	W	♈	4 20	7 34	a.m.	Tempera- ture higher.
28	T	♈	4 20	7 35	12 21	
29	F	♈	4 19	7 36	12 42	
30	S	♈	4 18	7 37	1 02	
31	Sun	♈	4 18	7 38	1 23	

**TIRED—NO PEP
Was Losing Weight**

**But Dodd's
Soon Made
Her Well**



Mrs. E. Barrett

"About 5 months ago I was feeling half sick—Tired all the time—No pep. Was continually losing weight. Naturally I was pretty much worried as I have a family of 4 children," writes Mrs. E. Barrett, of 93 Elm St., London, Ont. "The doctor tested my blood and said I was anæmic. Mother advised Dodd's Kidney Pills after other medicines failed. It was the turning point for me alright. I used 5 boxes and am now back to normal weight and feel life is worth living again—Thanks to Dodd's Kidney Pills."

IF HAIR FALLS OUT

A leading newspaper recently printed an interview with one of the leading Canadian specialists in the treatment of the hair and scalp. This specialist was reported to have stated that his forty years' experience had led him to believe that one of the chief causes of falling hair was acid poisoning in the system,—and that the poisoning might come from the kidneys; decayed teeth or diseased tonsils.

We mention this to emphasize the very wide range of influence upon our health and general condition that is exercised by the kidneys.

It is the duty of healthy kidneys to filter all poisons from the blood. To keep the system free of poisons, the kidneys must be in good order. To keep them in good order—or to help restore them to normal healthy action—take Dodd's Kidney Pills.

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

Night Watchman Finds Relief

Used Dodd's on the Advice of Others

6th month JUNE, 1936 30 days

MOON'S PHASES Eastern Standard Time

		D.	H.	M.
⊙	Full Moon.....	5	0	22 a.m.
☾	Last Quarter.....	12	7	5 a.m.
☾	New Moon.....	19	0	14 a.m.
☽	First Quarter.....	26	2	23 p.m.

* See page 3 for Local Time

Day of Month	Day of Week	Zodiac Signs	* Sun		* Moon Sets a.m.	Weather Probs.
			Rises	Sets		
1	M	♈	H.M.	H.M.	H.M.	
2	T	♈	4 18 7	39	1 46	
3	W	♈	4 17 7	39	2 12	
4	T	♈	4 16 7	40	2 43	
5	F	♈	4 15 7	41	3 21	
6	S	♈	4 15 7	42	4 07	
7	Sun	♈	4 14 7	44	p.m.	
8	M	♈	4 13 7	45	10 20	
9	T	♈	4 13 7	45	10 50	
10	W	♈	4 13 7	46	11 16	
11	T	♈	4 13 7	47	11 41	
12	F	♈	4 13 7	47	a.m.	
13	S	♈	4 13 7	48	12 06	
14	Sun	♈	4 13 7	48	12 32	
15	M	♈	4 13 7	49	1 02	
16	T	♈	4 13 7	49	1 36	
17	W	♈	4 13 7	49	2 20	
18	T	♈	4 13 7	50	3 12	
19	F	♈	4 13 7	50	sets	
20	S	♈	4 13 7	50	p.m.	
21	Sun	♈	4 13 7	50	9 32	
22	M	♈	4 14 7	51	10 00	
23	T	♈	4 14 7	51	10 24	
24	W	♈	4 14 7	51	10 45	
25	T	♈	4 14 7	51	11 06	
26	F	♈	4 15 7	51	11 26	
27	S	♈	4 15 7	51	11 48	
28	Sun	♈	4 15 7	51	a.m.	
29	M	♈	4 16 7	51	12 13	
30	T	♈	4 16 7	51	12 42	

"I am a night-watchman, 72 years of age, and wish to say a few words in respect to Dodd's Kidney Pills," writes W. L. Bird, of 903 River St. W., Prince Albert, Sask. "I had bladder trouble for a number of years and tried numerous



W. L. Bird

remedies, with no good results. I saw Dodd's Kidney Pills advertised and read some letters from people who had suffered and received relief, so I thought I would try them myself. I only used a few boxes of Dodd's Kidney Pills and derived great benefit from them. I surely recommend Dodd's Kidney Pills to anyone suffering from bladder trouble."

The sap of a tree does not rise in the spring and return to the roots in the fall or winter. During warm weather, water moves from the roots of trees to the leaves, and certain liberated materials move from the leaves to the branches, trunk, and roots. During winter there is a slackening activity of the roots, probably because of the lack of need for moisture and food by the plant tops. However, there is never a reversal of the movement.

HE WAS ABLE TO GIVE UP HIS WAR PENSION

"Dodd's Kidney Pills brought me complete relief from arthritis," writes Mr. Robert S. Keegan, 338 Davenport Road, Toronto. "I was in the Royal Flying Corps and was able to give up my Imperial pension because by taking Dodd's Kidney Pills the arthritis in my shoulders has entirely disappeared."

With the Cash?

"Do Englishmen understand Canadian slang?"

"Some of them. Why do you ask?"

"My daughter is to be married to an earl, and he has just cabled to me to come across."

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. 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 ITS THE BLOOD

If the blood is the cause, then the kidneys are to blame, and Dodd's Kidney Pills should be taken regularly to remove all the impurities from the blood.

IF ITS THE STOMACH

If the headaches are due to disordered stomach 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.

THE GOOD OLD DAYS?

The manner of living in the olden days made lousiness inevitable. Among the poorer classes, clothing was so scarce that washing was out of the question.

The habit of shaving the head and wearing a wig was no doubt due to an effort to hold down vermin.

Even in highest society the question of lice and scratching were serious problems. Reboux, speaking of the education of a princess of France in the middle of the 17th century says: "One had carefully taught the young princess that it was bad manners to scratch when one did it from habit and not from necessity, and it was improper to take lice or fleas or other vermin by the neck to kill them in company, except in the most intimate circles."

George Washington in his fourteenth year copied from "Rules of Civility"—"Kill no Vermin, as Fleas, lice, tics, etc., in the sight of others. If you See any fifth or thick Spittle, put your foot Dexteriously upon it; if it be upon the Cloths of your Companions, put it off privately, and if it be on your own Cloths, return thanks to him who puts it off."

READ YOUR BIBLE

If you have the blues read the 27th Psalm.

If your pocket book is empty read the 37th Psalm.

If people seem unkind, read the 15th Chapter of St. John.

If you are discouraged about your work read the 126th Psalm.

If you are out of sorts read the 12th Chapter of Hebrews.

If you can't have your own way, keep silent and read the 3rd Chapter of the Epistle of James.

Snow never falls on 70 per cent of the earth's surface.

Makes Statement Under Oath

That Dodd's Brought Prompt Relief



H. W. Reddicopp

"For over two years I suffered with terrible pains in the back. It was so bad at times that I could not sleep at nights, I tried many different remedies, some of them eased the pain for a few days, and then came the same old story of pain and agony.

It was not until a friend of mine who had had the same trouble, told me of Dodd's Kidney Pills that I ordered 2 boxes, and gave them a fair trial, after using the first box my pain had eased up surprisingly, after using the second box my pain had left me entirely, and I now feel strong and am able to do my work in a man's way—Thanks to Dodd's Kidney Pills.

I recommend any one who is in a run down condition due to kidney trouble, to give Dodd's Kidney Pills a fair trial, the results will be astonishing.

I am willing at any time to make the above statement under oath, should you desire to use this letter for advertising purposes.

H. W. REDDICOPP,
310-19th Street W.,

March 14, 1935. Saskatoon, Sask."

PROVINCE OF
SASKATCHEWAN }
To Wit:

I, H. W. Reddicopp, of the City of Saskatoon, in the Province of Saskatchewan, make oath and say:

That the statements contained in my letter to The Dodds Medicine Company Limited, of March 14th, 1935 (a copy of which is attached hereto) are true in all respects.

That this letter was not solicited, and I wrote it of my own free will and accord in the hope that through its publication others would derive benefit as I did.

I have not, nor do I expect to receive any remuneration for having written this letter.

SWORN BEFORE ME at the City of Saskatoon, in the Province of Saskatchewan, this 1st day of April, 1935.

"H. W. REDDICOPP."

"A. S. WRIGHT," J.P.,
in and for Saskatchewan.

Seal.

7th month

JULY, 1936

31 days

MOON'S PHASES

Eastern Standard Time

	D.	H.	M.
Full Moon.....	4	0	34 a.m.
Last Quarter.....	11	11	28 a.m.
New Moon.....	18	10	19 a.m.
First Quarter.....	26	7	36 a.m.

* See page 3 for Local Time

Day of Month	Day of Week	Zodiac Signs	* Sun		* Moon Sets a.m.	Weather Probs.
			Rises	Sets		
1	W	♈	4 16	7 50	1 17	Month commences warm.
2	T	♈	4 17	7 50	2 00	
3	F	♈	4 17	7 50	2 51	
4	S	♈	4 18	7 50	3 52	
5	Sun	♈	4 18	7 49	rises	Dry and fine.
6	M	♈	4 19	7 49	p.m.	
7	T	♈	4 20	7 49	9 20	
8	W	♈	4 21	7 48	9 46	Thunderstorms.
9	T	♈	4 22	7 48	10 10	
10	F	♈	4 22	7 47	10 36	
11	S	♈	4 23	7 47	11 04	Becoming cooler.
12	Sun	♈	4 24	7 46	11 37	
13	M	♈	4 25	7 46	a.m.	
14	T	♈	4 26	7 45	12 16	Little warmer.
15	W	♈	4 27	7 44	1 03	
16	T	♈	4 28	7 44	2 00	
17	F	♈	4 29	7 43	3 04	Very pleasant and dry.
18	S	♈	4 30	7 42	4 14	
19	Sun	♈	4 31	7 41	sets	
20	M	♈	4 32	7 40	p.m.	Warm with occasional thunderstorms.
21	T	♈	4 33	7 39	8 48	
22	W	♈	4 34	7 38	9 10	
23	T	♈	4 35	7 37	9 30	
24	F	♈	4 36	7 36	9 52	
25	S	♈	4 37	7 35	10 15	
26	Sun	♈	4 38	7 34	10 42	
27	M	♈	4 39	7 33	11 14	
28	T	♈	4 40	7 32	11 53	
29	W	♈	4 41	7 31	a.m.	
30	T	♈	4 42	7 30	12 40	
31	F	♈	4 43	7 28	1 36	

STRANGE FACTS ABOUT THE SUN AND MOON



The Sun is the central orb of the solar system—that around which revolve the earth and other planets. Its average distance from the earth is 93,000,000 miles. Contrary to popular impression—the Sun is approximately 3,000,000 miles closer to the earth in January than it is in July. Its density is about one-quarter that of the earth—its diameter is 866,900 miles. It rotates on its own axis, and its rotation period is estimated at 25 days, 7 hours, 48 minutes. The dark spots on the Sun are hollows, and their depth has been estimated at from 3,000 to 10,000 miles. They vary in size from mere points to spaces of more than 50,000 miles in diameter.

The Sun is now generally believed to be of gaseous constitution covered with a sort of dazzling luminous shell of cloud. This shell is called the photosphere. Outside the photosphere is the chromosphere, which has an average depth of from 2,000 to 6,000 miles. Flames stretch out beyond this for distances of 20,000 to 100,000 miles.



The pressure at the centre of the Sun is probably 800,000,000 lbs. per square inch. The temperature at the centre of the Sun about 50,000,000 degrees. The amount of light sent forth by the Sun is not exactly measurable. It is estimated that the Sun's heat would melt a shell of ice covering its own surface to a depth of between 39 and 40 feet in one minute. Of this heat, only a minute fraction is

received by the earth and other planets—the remainder radiating out into inter-stellar space.

The Moon is one of the secondary planets, and the satellite of the earth. It is 238,840 miles from the earth. Its diameter is 2,163 miles. Its surface is 14,600,000 square miles, or about one-thirteenth that of the earth. An eclipse of the moon occurs when it passes into the earth's shadow, when it prevents the Sun being seen there is an eclipse of the Sun. During an eclipse of the Sun by the earth, the temperature on the Moon drops to 150 degrees below zero.



There are no colours on the Moon, only sunshine and shadow—or in other words black and white. Day dawns suddenly, just like turning on an electric light and night comes the same way. There is no atmosphere on the Moon. The force of gravity is only about one-sixth of the force of



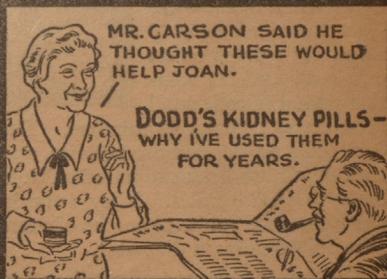
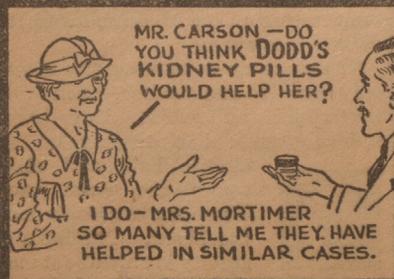
gravity on the earth. A man on the Moon could probably jump 36 feet in air, or make a long jump of 120 feet. There is no vegetation, no water, no ice. The surface is mainly occupied by mountainous masses. Some of the mountains have been estimated to be over 24,000 feet high.

The highest telescopic power yet applied to the Moon is only equivalent to bringing it within about 40 miles of the naked eye.

"For many years I suffered from bilious attacks and nothing seemed to help me. Since taking Diamond Dinner Pills I feel a different woman and don't have to dread that headache and biliousness coming on. I used to get an attack every week."

Mrs. Le Geyt,
277-15th Ave. East, Calgary, Alta.

IT HAPPENS SO OFTEN



NO MORE HEADACHES
OR SLEEPLESS NIGHTS
FOR ME-THANKS TO DODD'S



\$375 IN CASH PRIZES

**BUY NOTHING—SEND NO CARTON—SELL NOTHING
56 Free Prizes—No Letter to Write—No “Catch”**

Win a valuable CASH PRIZE!
You can do it as easily as anyone else. There is no “catch”. No letter to write. No carton to send. Buy nothing. Sell nothing. Neatness does not count.

You wonder why we are giving away cash. Here is the reason. 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 6, 8, 11, 15, 19, 20, 22, 29, 31, 35, 37 and 41. 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 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.

Read Rules Carefully—See Next Page

- | |
|--|
| 1st PRIZE \$100 |
| \$25 for best answer from the Maritime Provinces and P. E. I. |
| \$25 for best answer from Province of Quebec |
| \$25 for best answer from Province of Ontario |
| \$25 for best answer from Man. Alta. Sask. or B.C. |
| \$25 for best answer from Newfoundland |
| NEXT 50 PRIZES—\$3 Each |

HOW WINNERS WILL BE DECIDED

The letter which is marked “1” by the greatest number of contestants, will be adjudged best. The letter which is marked “1” by the second greatest number of contestants will be adjudged second best; and so on. In this manner the contestants themselves determine the order of popularity of all the letters under consideration—which will be the correct answer. The contestant whose list is nearest correct, in the opinion of The Dodds Medicine Company Limited, to the most popular list as conceived by all contestants (i.e., the correct answer), will receive the first prize of \$100.00 cash. The best answer from each of the four groups of provinces and Newfoundland (see prize list above), will each receive \$25.00 cash and the next 50 contestants, in order of merit, will receive \$3.00 cash each.

No one knows the correct answer until all entries are in. Favouritism is impossible. The contestants themselves determine the winning answer. **ENTER THIS CONTEST NOW.**

Read These Rules Carefully

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

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

3. Entries to Contest must be made on the coupon below, and must be in The Dodds Medicine Company Limited offices not later than 5 p.m., January 6th, 1936. 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, 1936.

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.

8. Receipt of entries will not be acknowledged.

-----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.

<input type="checkbox"/> Page 6—Letter from E. A. Sharpe.	<input type="checkbox"/> Page 19—Letter from Mrs. E. Barrett.	<input type="checkbox"/> Page 31—Letter from Mrs. F. Johnstone.
<input type="checkbox"/> Page 8—Letter from Mrs. A. G. Frayle.	<input type="checkbox"/> Page 20—Letter from W. L. Bird.	<input type="checkbox"/> Page 35—Letter from Mrs. F. Finn.
<input type="checkbox"/> Page 11—Letter from F. J. O. Roy.	<input type="checkbox"/> Page 22—Letter from H. W. Reddicopp.	<input type="checkbox"/> Page 37—Letter from Mrs. E. Vallee.
<input type="checkbox"/> Page 15—Letter from Mrs. McCarthy.	<input type="checkbox"/> Page 29—Letter from Mrs. W. Laroche.	<input type="checkbox"/> Page 41—Letter from C. Brown.

Mr. _____
Name Mrs. _____
Miss _____

USE PENCIL AND PRINT PLAINLY

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

Contest Closes January 6th, 1936

TEAR HERE

YOUR KIDNEYS

Probably the **MOST IMPORTANT ORGANS** of the Body
—yet the least understood!

The kidneys are two bean shaped organs situated in the upper abdomen close to the vertebral column. Each kidney contains about 2,000,000 tiny tubes or filters, each 3 centimeters long,—a total of about 75 miles for both kidneys—through which the blood circulates once every 3 minutes. The kidneys are delicate and highly sensitive. Their function is to filter the impurities and body poisons out of the blood.

Everyone knows that they have "kidneys"—but few people really know what the kidneys do—nor do they realize how vitally important a part is played by the kidneys in protecting and preserving their general health and well being. In a recently published article, a famous physician says: "No one will deny the vital relationship of the kidneys to health and life. Though it is possible to survive without a stomach, part of the intestines, the eyes and other vital organs, we cannot live without the kidneys. It is essential to respect these vital organs and to take every precaution to preserve their health."

What do THE KIDNEYS do?

The human body is continuously, going through a process of decay and rebuilding. Body tissues break down and re-form. This breaking down of body tissue produces poisonous waste matter which must be carried out of the system or illness will result. These poisonous products of tissue waste are carried by the blood stream to the

kidneys. The kidneys, if in proper working order, filter the blood, picking out this poisonous matter which is then passed out of the body through the urinary system.

What causes KIDNEY trouble?

The kidneys are very sensitive and delicate organs, and consequently are easily upset. Infection, illness, faulty diet, over-indulgence, excessive mental or physical strain, fatigue, exposure to dampness and cold, all may affect the kidneys. If the kidneys are weakened and fail in their normal function of clearing impurities out of the blood stream, illness is sure to follow. Failure of the kidneys to throw off the accumulating body poisons may cause an attack of "uræmia" or uræmic poisoning, which, if neglected, may lead to serious and general functional disturbances. Violent and uncontrollable vomiting, nausea, profuse diarrhœa, disturbed and difficult breathing, protracted and severe headaches, convulsions, and even temporary loss of sight, called uræmic blindness, are some of the serious complications which may follow uræmic poisoning.

Why Delay is Dangerous

Kidney troubles are of such an insidious nature, that they may be present for months or years without being suspected. Be always on guard, then, to note the first symptoms and act promptly. At the first sign of kidney trouble, such as backache, take Dodd's Kidney Pills, a remedy, tried and proven for half a century by thousands of Canadian women and men in all walks of life. Dodd's Kidney Pills are purely and simply a kidney remedy.

INCHES

WEIGHTS and MEASURES

Linear Measure

- 1 foot = 12 inches
- 1 yard = 3 feet
- 1 rod = $5\frac{1}{2}$ yards = $16\frac{1}{2}$ feet
- 1 mile = 320 rods = 1760 yards = 5280 feet
- 1 nautical mile = 6080 feet
- 1 knot = 1 nautical mile per hour
- 1 furlong = $\frac{1}{8}$ mile = 660 feet = 220 yards
- 1 league = 3 miles = 24 furlongs
- 1 fathom = 2 yards = 6 feet
- 1 chain = 100 links = 22 yards
- 1 link = 7.92 inches
- 1 hand = 4 inches
- 1 span = 9 inches

Square Measure

- 1 square foot = 144 square inches
- 1 sq. yard = 9 sq. feet
- 1 sq. rod = $30\frac{1}{4}$ sq. yards = $272\frac{1}{4}$ sq. ins.
- 1 acre = 160 sq. rods = 43560 sq. ft.
- 1 sq. mile = 640 acres = 102400 sq. rods
- 1 sq. rod = 625 square links
- 1 sq. chain = 16 square rods
- 1 acre = 10 square chains

Cubic Measure

- 1 cubic foot = 1728 cubic inches
- 1 cubic yard = 27 cubic feet
- 1 register ton (shipping measure) = 100 cubic feet
- 1 U. S. shipping ton = 40 cu. ft.
- 1 cord = 128 cubic feet
- 1 U. S. liquid gallon = 4 quarts = 231 cubic inches
- 1 imperial gal. = 1.20 U. S. gals. = 0.16 cubic feet
- 1 board foot = 144 cubic inches

Metric Units

- 1 inch = 2.54 centimeters
- 39.37 inches = 1 meter
- 1 mile = 1609 meters
- 2.47 acres = 1 hektar

Dry Measure

- 1 quart = 2 pints
- 1 gallon = 4 quarts = 8 pints
- 1 peck = 2 gallons
- 1 bushel = 4 pecks = 8 gallons
- 1 chaldron = 36 bushels

Apothecaries'

- 1 scruple = 20 grains
- 1 dram = 3 scruples
- 1 ounce = 8 drams
- 1 pound = 12 ounces

Capacity Measure

- 1 pint = 4 gills
- 1 quart = 2 pints
- 1 gallon = 4 quarts = 8 pints
- 1 firkin = 9 gallons
- 1 barrel = 36 gallons
- 1 hogshead = 63 gallons

Avoirdupois Weight

- 1 ounce = 16 drams
- 1 pound = 16 ounces
- 14 pounds = 1 stone
- 1 hundredweight = 100 pounds (112 pounds English)
- 1 ton = 20 hundredweight = 2000 pounds (2240 pounds English)

Troy

- (Used in weighing gold, silver, jewels)
- 1 pennyweight = 24 grains
- 1 ounce = 20 pennyweight
- 1 pound = 12 ounces

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. W. Laroche

Her Face Was Swollen and Nerves Were Bad

"When I was 20 years old I felt very weak, and at times had nerve and kidney attacks," writes Mrs. W. Laroche, of Mount Laurier, P.Q. "When I had washing to do, I found it very difficult. I tried many remedies but without results. One morning I woke up and found that my face and eyes were swollen and was advised to take Dodd's Kidney Pills. I did not delay in getting a

box, but after taking it, I was surprised with the results. Within one week the swelling had gone down and I felt much stronger, and my nerves were calm. I thought that since I felt all right I would leave off the treatment, but was strongly advised to continue taking Dodd's Kidney Pills and so I took three more boxes in succession. I still use them and always keep some in the house.

I am now married and have a child. I take care of sick people, and am now 30 years old, but all my friends tell me I look much younger. I advise others who wish to recover their health, gaiety, happiness, and gain weight to take Dodd's Kidney Pills. By cleaning the kidneys the blood will be cleared up, and I recommend Dodd's Kidney Pills for calming the nerves and cleaning the kidneys."

8th month **AUGUST, 1936** 31 days

MOON'S PHASES Eastern Standard Time

	D.	H.	M.
Full Moon.....	2	10	47 p.m.
Last Quarter.....	9	3	59 p.m.
New Moon.....	16	10	21 p.m.
First Quarter....	25	0	49 a.m.

* See page 3 for Local Time

Day of Month	Day of Week	Zodiac Signs	* Sun		* Moon	Weather Probab.
			Rises	Sets	Sets a.m.	
1	S	♋	4 44	7 27	2 40	Cooler with dry weather.
2	Sun	♋	4 45	7 26	3 51	
3	M	♋	4 47	7 24	rises	
4	T	♋	4 48	7 23	p.m.	
5	W	♋	4 49	7 21	8 15	Warm and very pleasant
6	T	♋	4 50	7 20	8 41	
7	F	♋	4 51	7 19	9 08	
8	S	♋	4 53	7 18	9 40	
9	Sun	♋	4 54	7 16	10 17	with little rain.
10	M	♋	4 55	7 15	11 01	
11	T	♋	4 56	7 13	11 54	
12	W	♋	4 57	7 12	a.m.	
13	F	♋	4 59	7 10	12 54	Week very fine.
14	T	♋	5 00	7 09	2 01	
15	S	♋	5 01	7 07	3 10	
16	Sun	♋	5 02	7 06	4 18	
17	M	♋	5 03	7 04	sets	Becoming showery.
18	T	♋	5 05	7 02	p.m.	
19	W	♋	5 06	7 00	7 35	
20	T	♋	5 07	6 59	7 56	
21	F	♋	5 08	6 57	8 19	Followed by a period of moderate dry weather.
22	S	♋	5 09	6 56	8 44	
23	Sun	♋	5 10	6 54	9 14	
24	M	♋	5 11	6 55	9 49	
25	T	♋	5 12	6 51	10 32	Some encouragement to go in search of your best.
26	W	♋	5 13	6 49	11 23	
27	T	♋	5 14	6 47	a.m.	
28	F	♋	5 16	6 45	12 23	
29	S	♋	5 17	6 43	1 29	Some responsibility that cannot be avoided.
30	Sun	♋	5 18	6 41	2 41	
31	M	♋	5 19	6 40	3 57	

EACH DAY BRINGS

- Some duty that no one else can discharge.
- Some opportunity that will never come again.
- Some blows that cannot be avoided.
- Some defeats that seem final but never are.
- Some reason for making a new fight for the right.
- Some encouragement to go in search of your best.
- Some responsibility that cannot be avoided.

One way to make friends is not to give them away.

DO YOU KNOW

In 1871 less than 3% of Canada's population dwelt west of the Lake of the Woods. In 1931 29½%.

Sixty years ago less than 20% of Canada's population lived in towns and cities. Today there are more urban dwellers than rural.

In 1931, 8,069,261 of Canada's population were Canadian born; 1,184,830 British born; 344,574 born in U. S., and 778,121 born in other foreign countries. Total population 1931, 10,376,786.

In 1931, 4,285,388 Canadians were of the Roman or Greek Catholic Faith; 2,017,375 United Church; 1,635,615 Anglican; 870,728 Presbyterian; 443,341 Baptist; 394,194 Lutheran; 155,614 Jewish; 102,389 Greek Orthodox.

Here are the chief commodities exported by Canada in order of value:

Wheat.....	\$119,000,000
Newsprint paper.....	73,000,000
Nickel.....	28,000,000
Wood pulp.....	25,000,000
Planks and boards.....	21,000,000
Fish.....	20,000,000
Wheat flour.....	20,000,000
Whiskey.....	16,000,000
Meats.....	15,000,000
Copper bars, rods, etc.....	15,000,000
Raw furs.....	14,000,000
Apples.....	13,000,000
Automobiles.....	11,000,000
Cheese.....	8,000,000

GOOD ADVICE FROM NURSE AND COUNCILLOR

"I am a graduate nurse (male) from one of the best hospitals in Chicago. I am also a councillor for the municipality of Inverness County. For the last 35 years I have been recommending Dodd's Kidney Pills to my friends. They brought me complete relief from serious kidney trouble. Before taking Dodd's Kidney Pills I was so bad that I could not turn alone in bed."

E. Chiasson,

St. Joseph du Moine, N.S.



**I CAN
EAT
ANYTHING
NOW**

After Taking Dodd's DYSPEPSIA TABLETS

What a wonderful feeling it would be to be able to eat anything you like—all the foods you enjoy—yet not suffer any distress afterwards, like indigestion.

A little common sense in choosing our foods can go a long way to help avoid trouble. But in spite of all the caution we may exercise, there are times when we eat too much—eat too fast—or eat something that doesn't agree with us. It is at such times as these that DODD'S DYSPEPSIA TABLETS prove so helpful.

Look For These Signs

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



LARGE BOX PRICE 50¢

MOON'S PHASES
Eastern Standard Time

	D.	H.	M.
Full Moon.....	1	7	37 a.m.
Last Quarter.....	7	10	14 p.m.
New Moon.....	15	0	41 a.m.
First Quarter.....	23	5	12 p.m.

* See page 3 for Local Time

Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon Sets a.m.	Weather Probs.
			Rises	Sets		
1	T	♌	H.M.	H.M.	H.M.	Rain and high winds.
2	W	♌	5 21	6 38	5 14	
3	F	♌	5 22	6 36	6 32	
4	T	♌	5 24	6 34	rises	
5	S	♌	5 25	6 32	p.m.	
6	Sun	♌	5 27	6 28	9 00	Warmer with thunder and rain.
7	M	♌	5 28	6 27	9 51	
8	T	♌	5 29	6 25	10 49	
9	W	♌	5 31	6 23	11 54	
10	T	♌	5 32	6 21	a.m.	Becoming cooler.
11	F	♌	5 33	6 19	1 01.	
12	S	♌	5 34	6 17	2 09	
13	Sun	♌	5 35	6 15	3 15	
14	M	♌	5 37	6 13	4 20	Frost may occur.
15	T	♌	5 38	6 11	sets	
16	W	♌	5 39	6 09	p.m.	
17	T	♌	5 40	6 08	6 24	
18	F	♌	5 41	6 06	6 48	Dry and pleasant weather for some days.
19	S	♌	5 43	6 04	7 16	
20	Sun	♌	5 44	6 02	7 49	
21	M	♌	5 45	6 00	8 29	
22	T	♌	5 46	5 58	9 15	High winds and showers.
23	W	♌	5 47	5 56	10 10	
24	T	♌	5 49	5 54	11 12	
25	F	♌	5 50	5 52	a.m.	
26	S	♌	5 51	5 50	12 20	
27	Sun	♌	5 52	5 49	1 31	
28	M	♌	5 53	5 47	2 46	
29	T	♌	5 54	5 45	4 03	
30	W	♌	5 56	5 43	5 22	

Couldn't SLEEP Cried With Pain

**But Dodd's
Soon brought
Her Relief**



Mrs. F. Johnstone

"For 22 years I suffered with backache, which started after child-birth," writes Mrs. Florence Johnstone, Imperoyal, Dartmouth, N.S. "I tried lots of medicines but they did me no good. About a year ago I started taking Dodd's Kidney Pills, and I felt some good after using the first 2 boxes. I kept on taking them until now one box of Dodd's Kidney Pills goes on my grocery bill every fortnight. I had three troubles — backache, bladder trouble and rheumatism—but now have none. I can walk for miles without tiring and am able to sleep and work like a young girl. I am 45 years of age, and besides doing my housework and baking all my own bread, I look after a large school. Three or four years ago my rheumatism was so bad that I could not lay down at night and I used to cry with pain. As I said before, now I have no rheumatism—thanks to Dodd's Kidney Pills."

He was Nervous and Fidgety



"About 3 years ago I was stricken with a severe pain in my back. This caused me to be nervous and fidgety. A friend told me to try Dodd's Kidney Pills. I bought a box and before this was finished I felt as if someone had taken a load off me. After the second box I was completely relieved. I am a teacher and still use Dodd's Kidney Pills because they keep me on 'an even keel'."

James E. Squires,
St. John's West, Nfld.

Frying Pan Diet Too Much For Him



G. Tancock "Twenty-four years ago I had an attack of backache," writes Mr. George Tancock, of Lancer, Sask. "I was at a loss to understand the cause as it couldn't be a chill as the backache came in the middle of the summer heat; nor was it a strain. I found that it was painful for me to move. A friend told me that he thought the cause of my trouble was 'Bachelor's Frying Pan' diet, and that had put my system out of order. He said 'it's your kidneys' and told me to get some Dodd's Kidney Pills. Two boxes of Dodd's Kidney Pills brought me relief. I am a wheat farmer, and during the change of seasons I find Dodd's Kidney Pills very beneficial. They are certainly a wonderful effective remedy for backache ills. I am 47 years of age, and have taken Dodd's Kidney Pills for 24 years."

"An awful lot of girls are stuck on me."

"Yes; they must be an awful lot."

CHILDREN'S MEDICINES

Many remedies cannot be used with safety by children. Dodd's Kidney Pills may be given with 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.

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.

Dodd's Ointment

**Antiseptic
Healing**



**Quick Acting
Absolutely Safe**

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

Dodd's Antiseptic Healing Ointment

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

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

Dodd's 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.

Mother's Advice Was Correct

Backache Goes After Taking Dodd's

10th month OCTOBER, 1936 31 days

MOON'S PHASES

Eastern Standard Time

	D.	H.	M.
Full Moon.....	7	7	28 a.m.
Last Quarter.....	15	5	20 a.m.
New Moon.....	23	7	53 a.m.
First Quarter....	30	0	58 a.m.

* See page 3 for Local Time

Day of Month	Day of Week	Zodiac Signs	* Sun		* Moon Rises p.m.	Weather Probs.
			Rises	Sets		
1	F	♂	H.M.	H.M.	H.M.	Warmer.
2	F	♂	5 58	5 41	5 38	
3	S	♂	5 59	5 39	6 14	
4	Sun	♂	6 00	5 37	6 55	Cloudy with wind and rain.
5	M	♂	6 02	5 35	7 44	
6	T	♂	6 03	5 33	8 42	
7	T	♂	6 04	5 31	9 46	Mostly fair but week ends wet.
8	W	♂	6 05	5 30	10 54	
9	W	♂	6 06	5 28	a.m.	
10	F	♂	6 08	5 26	12 02	Snow-furries.
11	Sun	♂	6 09	5 24	1 08	
12	M	♂	6 10	5 22	2 13	
13	T	♂	6 11	5 21	3 16	Cool and pleasant.
14	T	♂	6 12	5 19	4 18	
15	W	♂	6 14	5 17	5 20	
16	F	♂	6 15	5 15	sets	Warmer with light rain.
17	S	♂	6 17	5 13	p.m.	
18	S	♂	6 18	5 12	5 51	
19	Sun	♂	6 20	5 10	6 29	Warmer with light rain.
20	M	♂	6 21	5 08	7 13	
21	T	♂	6 22	5 06	8 04	
22	W	♂	6 23	5 05	9 02	Cool and pleasant.
23	T	♂	6 24	5 04	10 06	
24	F	♂	6 25	5 02	11 13	
25	Sun	♂	6 27	5 00	a.m.	Warmer with light rain.
26	M	♂	6 28	4 58	12 24	
27	T	♂	6 30	4 57	1 37	
28	T	♂	6 31	4 56	2 53	Cool and pleasant.
29	W	♂	6 32	4 54	4 11	
30	T	♂	6 34	4 52	rises	
31	S	♂	6 35	4 51	p.m.	
	S	♂	6 37	4 50	5 31	

An Old Problem

When Noah sailed the ocean blue,
He had his troubles same as you.
He drove and drove and drove his ark
Until he found a place to park.

"I had always been bothered with a sore back," writes Mrs. F. Finn, of 485½ Gladstone Ave., Ottawa. "Mother said it might be caused by my kidneys. I didn't believe it, but got some Dodd's Kidney Pills. After using the first box,



Mrs. F. Finn

I felt a change. My backache was gone after the third box and I didn't fly into tempers like I used to.

I am a housekeeper and can do any amount of work now—and never a pain. I used to have a lot of pimples, —but thanks to Dodd's Kidney Pills, my skin is now lovely and clear."

A FEW HELPFUL HINTS

Prunes should always be prepared without sugar, but a pinch of salt should be added to each pound of prunes. Wash the prunes in warm water, then cover with cold water and set on the back of the range over night. Prunes should not boil.

Moths dislike ammonia; use it when wiping out chests of drawers, wardrobes, and the like.

Although a knife-board is somewhat old-fashioned in these days of stainless steel, if you use one you'll find a cork better than the time-honoured potato for removing stains. Wrapped round with a strip of emery cloth, a cork makes a very good buffer and polisher.

In cold weather, when using frail china or glass dishes, rinse first with warm water before pouring any hot liquid into them.

FACTS AND FUN

The hardest time to get baby to sleep is when she is 18.

A jealous compatriot once complained to King George III that General Wolfe was mad. The King replied: "I wish he would bite some of the others."

There are 235,000,000 persons in the world who do not comment on the weather. They are the Mohammedans. They do not wish to appear to criticize Allah's arrangements.

There isn't much to be seen in a little town but what you hear makes up for it. —Abe Martin.

A century ago in England, Friday was considered such an unlucky day that the Admiralty decided to refute the superstition with the building of a "Friday" ship. Friday was the day her keel was laid, and the day she was launched. Friday was her name, and the name of her captain. Friday was the day she started on her maiden voyage. And she was never heard of again. —Reader's Digest.

She's only a dentist's daughter—but she goes around with the best set in town.

KING GEORGE V

Born, June 3, 1865.
Entered Navy, 1877.
Married, July 6, 1893.
Visited Canada, 1901.
Acceded to Throne, May 6, 1910.
Coronation, June 22, 1911.
The Durbar, India, Dec. 12, 1911.
Silver Jubilee, 1935.

A bathing suit is a garment with no hooks but with plenty of eyes on it.

Pelee Island in Ontario is further south than the northerly part of the State of California. Pelee Island is also approximately as far south as Rome, Italy.

The west coast of Alaska is further west of the city of Vancouver than Vancouver is west of Toronto.

Do you realize that 50% of Canadian mothers are 28 years and less. 50% of Canadian fathers 32 years and less?

Do you realize the average age of marriage in Canada is 29 years for men, 25 years for women?

Was Nearly Crazy With Backache

Her Husband Laughed when She Suggested Dodd's



G. Turnbull

"My husband was nearly crazy with his back aching," writes Mrs. G. Turnbull, of 1458A Dundas St., Toronto. "I applied mustard plasters, turps and hot flannels until I was nearly done up myself. Still he got no ease. An old friend asked us to get just one box of Dodd's Kidney Pills and give them a trial. My husband laughed. We thought that if plasters, etc., did no good, nothing else would. However, I bought a box and you must believe me that before it was half gone, my husband's pain went too! I only hope that other sufferers will not put off the use of Dodd's Kidney Pills as long as my husband did."

No Strength To Do Housework

Dodd's Help Mother of 7 Regain Health

11th month NOVEMBER, 1936 30 days

MOON'S PHASES

Eastern Standard Time

	D.	H.	M.
Full Moon	5	8	28 p.m.
Last Quarter	13	11	42 p.m.
New Moon	21	8	19 p.m.
First Quarter	28	11	12 a.m.

* See page 3 for Local Time

Day of Month	Day of Week	Zodiac Signs	* Sun		* Moon	Weather Probs.
			Rises	Sets	Rises p.m.	
			H.M.	H.M.	H.M.	
1	Sun	♌	6 38	4 49	6 27	Continues wet and cold.
2	M	♌	6 39	4 47	7 32	
3	T	♌	6 41	4 45	8 40	
4	T	♌	6 42	4 44	9 50	
5	F	♌	6 44	4 43	10 59	
6	F	♌	6 45	4 42	a.m.	Becoming warmer and more pleasant.
7	S	♌	6 46	4 41	12 05	
8	Sun	♍	6 48	4 40	1 09	Unsettled.
9	M	♍	6 49	4 39	2 11	
10	T	♍	6 51	4 37	3 13	
11	W	♍	6 52	4 36	4 14	
12	T	♍	6 53	4 35	5 16	
13	F	♍	6 55	4 34	6 17	
14	S	♍	6 56	4 33	sets	
15	Sun	♍	6 58	4 32	p.m.	Cold with rain.
16	M	♍	6 59	4 31	6 00	
17	T	♍	7 00	4 30	6 56	
18	W	♍	7 02	4 29	7 59	
19	T	♍	7 03	4 28	9 04	
20	F	♍	7 04	4 27	10 12	
21	S	♍	7 05	4 26	11 22	Continues dull.
22	Sun	♎	7 06	4 25	a.m.	Clearing.
23	M	♎	7 08	4 25	12 33	
24	T	♎	7 09	4 24	1 46	
25	W	♎	7 11	4 23	3 03	
26	T	♎	7 12	4 23	4 22	
27	F	♎	7 13	4 22	5 42	
28	S	♎	7 14	4 22	rises	Dry and fine to end of month.
29	Sun	♎	7 15	4 21	p.m.	
30	M	♎	7 16	4 21	6 18	



"I am married to a farmer. Am 57 years old and mother of 7 children," writes Mrs. Edmond Vallee, of Beaumont, Alta. "During the first year of my marriage I suffered terribly from kidney trouble as well as from rheumatism. I was

Mrs. E. Vallee

weak, discouraged, had not the strength of doing my housework. I tried several remedies which did not help me. It was then I read some testimonials about Dodd's Kidney Pills and decided to try them. I used 3 boxes to start with, and they were very beneficial to me. As I finished each box I felt a distinct improvement. I had less pain, better appetite, better sleep, my kidneys were better, and every day I had more strength to do my work.

I took 6 more boxes, and now am in marvellous health. I always keep a box of Dodd's Kidney Pills in the house as it is our family medicine.

My husband, who is 67 years old, and in perfect health, also took Dodd's Kidney Pills because he found they were very beneficial. He still takes them from time to time to keep his kidneys in good order."

Only a convict likes to be stopped in the middle of a sentence.

The man entered a cigar store, bought a cigar, and left. Five minutes later he dashed back.

"That cigar," he shouted, "is simply awful."

"What have you got to kick about?" asked the storekeeper. "You've only got one; I've got hundreds of the darn things!"

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

COMMON SENSE and MEDICINE

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

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

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

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

A Filter.

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

The kidneys are the blood filters.

This is their only function.

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

It is the function of the kidneys to filter out all this poisonous matter, and send it on to be discharged from the body in the natural way. But if the kidneys falter or fail in this, their

natural work, and allow this waste matter to remain in the blood until the stream of life becomes polluted, sickness is sure to follow.

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

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

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

McSnorter.—“What's McHunt doing now?”

McSorley.—“Oh, he's got a job travelling from house to house selling 'No Peddlers Wanted' signs.”

BRANDON WOMAN GOT ADVICE

“For 3 years I suffered terribly from kidney and bladder trouble,” writes Mrs. E. Redstone, 702-9th Street, Brandon, Man. “A friend came to visit me and told me to try Dodd's Kidney Pills.



After taking two boxes I obtained great relief and am never without them. I hope that people that are suffering as I did, will take Dodd's Kidney Pills as I can highly recommend them.”

MORE HELPFUL HINTS

When repairing wall paper do not put on a square patch, but cut the edges as nearly as possible after the pattern. If a plain paper, it is a good plan to tear it, as this makes a thinner edge, which will stick better.

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

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

If your pipes are choked up, hot water poured down over salt and soda, will speedily unstop them.

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

Vaseline is the best thing to use for mildewed leather. The vaseline should be well rubbed in, and left for a short time before it is rubbed off.

Mint is useful to scare mice with. These pests cannot bear the smell of it, and will never eat any food if mint, either fresh or dry, has been scattered near. If a bunch of the herbs is hung in the pantry mice will never venture inside.

Cut a piece of oilcloth the size of a small centerpiece and place under the centerpiece on which your plant stands. No moisture will then mar the table.

If soap is allowed time to harden it will last twice as long.

Eggs covered with boiling water and allowed to stand for five minutes are more nourishing and easier digested than eggs placed in boiling water and allowed to boil furiously for three and one-half minutes.

The taxi suddenly came to a halt in the middle of the street.

"What's the matter?" called the man from the back seat.

"I thought the young lady said to 'stop'," answered the driver.

"Well, she wasn't talking to you."

Do right and fear no man. Don't write and fear no woman.



TIRED All The Time

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

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

ECZEMA

EczeMa is a skin disease that should be arrested promptly as it is apt to become chronic. EczeMa 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 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 an excellent treatment for sick kidneys and should be used in cases of EczeMa and other skin diseases. Their function is to 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 COST OF WAR

The World War, all told, cost—apart from 30 million lives—400 billion dollars. With that money we could have built a \$2,500 house, furnished it with \$1,000 worth of furniture, placed it on five acres of land worth \$100 an acre and given this home to each and every family in Canada, the United States, Australia, England, Wales, Ireland, Scotland, France, Belgium, Germany and Russia. We could have given to each city of 20,000 inhabitants and over, in each country named, a five million dollar library and a ten million dollar university. Out of what

was left we could have set aside a sum at five per cent that would provide a \$1,000 yearly salary for an army of 125,000 teachers and a like salary for another army of 125,000 nurses.

Nicholas Murray Butler.

HOW TO PEEL ONIONS WITHOUT CRYING

Take a steel needle between your teeth, with the sharp end sticking out between your lips. Bite on the needle while you peel your onions. Your eyes won't water—you will experience no discomfort.



Until I Found What Was Robbing My Rest—

For months I didn't get a good night's rest. I'd turn and toss about all night—never at ease. Every night was a nightmare. Every day was drudgery.



My work suffered. The boss noticed it. "Try Dodd's Kidney Pills," said a friend. "It may be your kidneys." I did. He was right. No more restless nights for me.

NOW I CAN SLEEP
thanks to
Dodd's Kidney Pills



Couldn't Work For Lame Back

Fisherman Gets Relief From Dodd's

12th month DECEMBER, 1936 31 days

MOON'S PHASES

Eastern Standard Time

	D.	H.	M.
Full Moon.....	5	1	20 p.m.
Last Quarter.....	13	6	25 p.m.
New Moon.....	21	6	30 a.m.
First Quarter.....	27	11	0 p.m.

* See page 3 for Local Time



C. Brown

"I am a fisherman, and am out in all kinds of weather and at all times of day and night, for a fisherman has to work with the tide," writes Clayton Brown, of Grand Harbour, Grand Manan, N.B. "A few years ago I was laid up with a lame back and could not work. I was this way for about 6 months. One day a friend suggested that I try Dodd's Kidney Pills. After taking one box I felt better. After 6 or 7 boxes I felt as if I had never had a lame back—Thanks to Dodd's Kidney Pills."

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

Her 'Nerves' Now All Gone...

... Miss J. Grenier of Garthby Station, P.Q. writes: "About 3 years ago I started training as a nurse in a Montreal hospital. I found myself affected with 'nerves'. I returned to my family and after trying many expensive remedies and spending a great deal of money, I found I was growing worse from day to day. I was the prey to all sufferings imaginable. I decided to try Dodd's Kidney Pills, altho' the symptoms of kidney trouble were very slight. After the first box I felt slightly relieved. Thanks to persevering with Dodd's Kidney Pills, I was soon completely well again."



Day of Month	Day of Week	Zodiac Signs	* Sun		* Moon	Weather Probs.
			Rises	Sets	Rises p.m.	
1	T	☉☉	H.M.	H.M.	H.M.	Unsettled with some snow.
2	W	☉☉	7 18	4 20	7 31	
3	T	☉☉	7 19	4 20	8 42	
4	F	☉☉	7 20	4 20	9 51	
5	S	☉☉	7 21	4 19	10 58 a.m.	
6	Sun	♊	7 23	4 19	12 02	Generally cold with occasional rain.
7	M	♊	7 24	4 19	1 04	
8	W	♊	7 25	4 18	2 06	Warmer.
9	T	♊	7 26	4 18	3 07	
10	W	♊	7 27	4 18	4 09	
11	F	♋	7 28	4 18	5 10	Mostly fair and cool.
12	S	♋	7 29	4 18	6 09	
13	Sun	♋	7 30	4 18	sets	Becoming stormy.
14	M	♋	7 31	4 19	p.m.	
15	T	♋	7 32	4 19	5 51	Light snow.
16	W	♋	7 32	4 19	6 56	
17	T	♋	7 33	4 19	8 04	Clearing and colder.
18	F	♋	7 34	4 20	9 13	
19	S	♋	7 34	4 20	10 23	
20	Sun	♌	7 35	4 20	11 34	Clearing and colder.
21	M	♌	7 35	4 21	a.m.	
22	T	♌	7 36	4 21	12 46	
23	W	♌	7 36	4 22	2 01	
24	T	♌	7 37	4 22	3 18	
25	F	♌	7 37	4 23	4 34	
26	S	♌	7 37	4 24	5 47	
27	Sun	♌	7 37	4 24	rises	Clearing and colder.
28	M	♌	7 38	4 25	p.m.	
29	T	♌	7 38	4 26	6 17	
30	W	♌	7 38	4 27	7 29	
31	T	♌	7 38	4 28	8 39	

A Wise Child

"Wot yo' doin', chile?"
 "Nothin', mammy."
 "My, but yo' is gettin' like yo' father."

HELPFUL HINTS

Old blankets take on a new lease of life if they are turned, like sheets, sides to middle, joined with a flat sewn seam, and used as under-blankets.

The odour of fish will disappear from metal utensils if a drop of vinegar is added to the washing-up water.

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

Curtains should be made two or three inches longer than required, and two sets of runner hems made at the top—one an inch or so below the other. If the curtains shrink, then strings can be inserted in the top hem, so lowering them to the required length.

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

A wad of steel wool in the end of an ordinary spring clothes pin for scouring saves the hands, and often minutes too,



as when using the wool without protector there is danger of getting a piece of it into the hands.

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

Go over your painted floor with a good waterproof varnish and the coat will last more than twice as long, it will not spot and will be easier to clean. Old linoleum may be given one coat of paint of the desired color and then a coat of waterproof varnish and will last for years after the pattern is worn off.

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. For constipation use 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. The kidneys are often to blame as 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.



The VOICE of EXPERIENCE



Her Face Became Pimply . . . Mrs. William Davis of 133 Edmonton St., Winnipeg, writes: "I was troubled with constipation and also my skin became pimply.

I was told to try Diamond Dinner Pills, which I did, and received almost instant relief."

Postmaster Hurt Back Clearing Farm

Frank Mann, Cana, Sask., writes:

"One day a big stone fell on me. I could not move. After an hour help came. My back was twisted and I doctored for over a year but my back did not get any better. I decided to give Dodd's Kidney Pills a trial. The first 2 boxes gave me very little relief but I bought 4 more and by the time I had used 2 of these I could walk without a cane. After using 9 boxes I was a well man again. I was farming up to 1926 but for the past 8 years have been Postmaster here."



Her Husband Had Neuritis . . . writes

Mrs. J. Bogle, R. R. 2, Hamilton, Ont.:

"Dodd's Kidney Pills are a wonderful remedy for kidney trouble. Backache is often a sign of kidney trouble and I would recommend Dodd's to

anyone suffering that way. My husband bought 3 boxes not long ago, as he had neuritis in his shoulder. It is now gone and he is feeling fine once again."

Graduate Nurse Now Well . . . Mrs. J. T. Legault (Graduate Nurse), 262 Lisgar St., Ottawa, writes:

"I have been a nurse for over 15 years. I suddenly felt nervous and tired of my work. My back



was sore and I had a kind of rheumatism. I was suffering from my kidneys. After 3 boxes of Dodd's Kidney Pills I was feeling better and now recommend this treatment."

Was Depressed and Irritable . . . Mrs. Milo Wood of R.R. 5, Trenton, Ont., writes:

"I was troubled with kidney trouble for about a year. My back would catch me when I stooped over and I would have pains across my kid-



neys. I became irritable, depressed in spirits, tired easily and had nightmares. By the time I had taken about 5 boxes of Dodd's Kidney Pills I felt fine and all my languid feelings were gone."

Running Tractor Made Back Bad . . . Fred Freschett of 318 South, Saskatoon, writes:

"I have been doing road work, running a tractor on hard gravel roads for the last 12 years. My back got so bad that



I would have to give up my work, but after using 6 boxes of Dodd's Kidney Pills, I obtained complete relief. I am now 47 years old and my back is stronger now than it ever was."

Graduate Nurse Recommends Dodd's

"Recently I attempted a heavier task than I was fitted for with the result that I suffered severely with strained back, lumbago and sciatica.

I am a graduate nurse on special duty, rather fortunate, in these troublesome times, to be kept rather busy, I was on a particularly pleasant, lucrative case when taken sick.

I began a course of Dodd's Kidney Pills at once, drank plenty liquids and rested. I noticed decided improvement after the first twenty-four hours.

I was so much better I was able to resume my duties in three days.

I noticed other benefits in that short space of time. I had suffered from an exematous skin blemish which seared and burned and was particularly unsightly at this windy season. After Dodd's it appeared so much better, clearer, since then less irritant, the entire tissue became healthier, how welcome in my work.

I used to feel lethargic, heavy, particularly after eating, but gradually this condition faded and I realized this too was due to my Dodd's Pills.

Of course, this was not my first experience, I have used Dodd's products for years, and on many cases where costly doctor bills were taboo. I was able to pilot the patient very successfully through the painful seas of rheumatism, kidney ailments and sundry other trying sieges."

NOTE.—A photographic copy of the original, unsolicited letter, extracts from which are printed above, will be gladly sent free of charge upon request to The Dodds Medicine Company, Limited, 54 Wellington St. W., Toronto 2, Ont.

After you have polished your brass, go over it again with wax polish, and it will keep brighter longer, especially in damp weather.

When boiling a fowl add a spoonful of vinegar to the water in the saucepan, and it will help to make the bird tender. Do the same when boiling fish, and it will keep it white. Old potatoes, also, can be kept white by this means. When put with rice, it keeps the grains separate. This is a good tip when boiling rice for curry.

To mend china or glass, melt some powdered alum in an old spoon. Before it hardens rub this over the pieces to be united, press them together, and set them aside to dry. They will not come apart, even if washed with hot water.

When a door sticks at the top, rub it over with a little yellow soap, and the annoyance will cease.

Broken glass should be thrown into a hot fire before throwing away in order to melt the edges, leaving no sharp points to do injury.

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 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 SMOKERS

From an article which discusses the effects of smoking upon the health of individuals, and published in a recent issue of a leading technical magazine,—comes this statement "It has been estimated that the smoker of a pack of cigarettes a day absorbs a grain of pure nicotine.

"The elimination of the poisons thus absorbed places an added burden upon the liver and kidneys,—and it has been stated that an intemperate and excessive use of tobacco brings about disturbance of these organs."

If you smoke—even though in moderation—how necessary it is to keep your kidneys in good condition to fulfil their normal duty of filtering poisons from the blood.

To keep your kidneys in good order take **DODD'S KIDNEY PILLS** as thousands of others have done during the last half century.

Careless

"It's too bad, the careless way the tailor sewed this button on," said the young wife to her husband. "This is the fifth time I've had to put it back for you."

COLDS

The kidneys are very delicate organs and easily affected—especially by a cold. It is surprising how few people realize this. A damp bed, wet feet, sitting in a draught, profuse perspiration following on any unusual exertion will often 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 a couple of Dodd's Kidney Pills, and continue to take one pill three times a day until the symptoms have entirely disappeared.

Her Doctor said To Use Dodd's

"When I was a little girl, only nine years old, I was always troubled with a very sore back. My mother did everything she could for me but my ailment did not leave me. When I got to be



Mrs. A. Teshner

sixteen years old I heard of Dodd's Kidney Pills. I was doing general housework and had a lot of hard work to do as there were no washing machines or electric irons in those days. I was just a wreck in health and I was losing weight very fast; my complexion was sallow. In fact, I felt life wasn't worth while. I was a long way from home, but got acquainted with some very nice people, and they treated me like their own child. They insisted on my using Dodd's Kidney Pills. When they gave me my wages I went to the drug store and got a box, and when this was done I bought more until I felt real well. No one knows what a relief it was to me and just what real health meant once more.

I have also used Dodd's Kidney Pills when I was carrying my children. I have three girls and two boys; all big and strong and in the best of health. I asked my family doctor about Dodd's Kidney Pills also whether I should use them during such a critical time. He told me they were safe and one of the finest things to use. Doctors always tell their patients, at such times, to watch their kidneys. I cannot praise Dodd's Kidney Pills too highly, and think no one should be without them in the house."

MRS. A. TESHNER,
236 W. Frederic St.,
Fort William, Ont.

Pains in Head —Couldn't Sleep



F. L. Tower

aches. I highly recommend Dodd's Kidney Pills to all sufferers."

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 a reliable treatment for faulty Kidneys and Impure Blood.

"I decided," writes Marie Dressler, "That no vice is so bad as advice."

"I am 46 years of age, and suffered for 10 years with pains in my head," writes Mr. F. L. Tower, of 317 King St. W., Saint John, N.B. "I could not eat. Was restless and could not sleep. After taking Dodd's Kidney Pills I no longer suffer from head-

Odd pieces of soap boiled down and rolled in sand, will take stains from the hands of anyone who is used to the grimy dirt resulting from motor work, etc.

A little silver spoon placed in a bowl or tumbler before pouring hot liquid in it will prevent cracking. The metal absorbs the heat to such an extent that it will tend to prevent the sudden heating of the glass or china.

Keep a brush handy, a paint brush will answer the purpose, and when corners of windows are to be cleaned it is the best thing obtainable to do it with. It saves your fingers and gets all the dust and dirt.

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

MARVELS OF SCIENCE

Fill a saucer with water. In the centre place a candle about one inch in length. Light the candle and place an inverted glass tumbler over it so that



the mouth of the tumbler rests on the saucer. The candle will be quickly extinguished but the water will be drawn up into the tumbler.

The reason for this is that the flame consumes part of the air in the tumbler causing a partial vacuum. The atmospheric pressure on the water outside forces it up into the tumbler to take the place of the air consumed by the burning candle.

ARE YOU ONE OF THESE?



Oh Jim—let's go over to the Brown's some other night—I'm so tired.



How often have I told you not to play in the house!



I'm tired out already and only half the housework done.

IS CONSTIPATION Sapping Your Energy?

Take **DIAMOND DINNER PILLS**

CONSTIPATION is caused in the first place by the failure of the Liver to furnish the bowels a sufficient amount of bile—Nature's own laxative. A tired sluggish Liver may cause no end of sickness and suffering. This important organ sometimes requires assistance and encouragement, but it should never be forced.

It is the business of Diamond Dinner Pills to tone and strengthen and coax the Liver back to a healthy condition of activity. You should treat the torpid Liver carefully, gently and patiently. You should never try force. Nature resents such treatment and Diamond Dinner Pills are compounded not with a view of simply applying force to "move the bowels", but to gently and gradually tone up the Liver till it supplies the necessary amount of bile (Nature's own laxative), and the bowels *move themselves*.

BILIOUSNESS.—The torpid Liver allows the bile to escape through every part of the system instead of into the bowels as Nature intended. It is felt in the stomach often causing Nausea.

It clogs the blood and shows itself in the sallow skin. In many cases it produces sick headache, and that heavy dull feeling so very oppressive. Diamond Dinner Pills are essentially a Liver Medicine, and they act promptly on the sluggish Liver, gently coaxing and encouraging and helping it to do its duty. After patient treatment the Liver 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	You Must NOT Take
Fish. All kinds of fresh fish <i>boiled only, not fried.</i>	Fish. Salt fish, salmon, eels, mackerel, or any kind of fish <i>fried.</i>
Meats. Lean beef, mutton, lamb, chicken, fowls—all fresh cooked, not stewed.	Meats. Fried chops and steaks, stewed meat, hash, pork, veal, sausages, fat meat.
Eggs. Boiled or poached on toast.	Eggs. Fried or hard boiled.
Bread. Stale bread, dry toast, rusks, or crusts.	Bread. New hot bread, rolls, buns, etc.
Pastry. Most kinds of biscuits, oat cakes, etc.	Pastry. Pies, puddings, tarts, dumplings, etc.; sweets.
Fruit. Nearly all kinds of fresh ripe fruit.	Fruit. Unsound or over-ripe fruit.
Drinks. One cup of tea or coffee with a little cream or new cow's milk; mineral waters, lime juice, or lemonade.	Drinks. Malt liquors, beer, stout, sweet wines, whisky, brandy, gin, rum, etc.
Vegetables. Spinach, lettuce, celery (cooked), watercress, asparagus, cauliflower, onions, white cabbages, tomatoes, turnips.	Vegetables. Potatoes, horse-radish, cucumber, radishes, carrots, beet-root, <i>green</i> 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 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.



I NEVER WOULD HAVE THOUGHT OF IT - BUT
MOTHER WAS RIGHT!

OH! IF MY BACK WOULD ONLY
STOP ACHING -
I CAN'T WORK -
CAN'T SLEEP -
AND FEEL SO
DEPRESSED



BUT MOTHER, THERE IS NOTHING
WRONG WITH MY KIDNEYS!



SO YOU MAY THINK
MY DEAR - BUT IT
IS WORTH TRYING -
AND I'VE SEEN IT
HAPPEN SO OFTEN

- AND A BOX OF *Dodd's*
KIDNEY PILLS, PLEASE
MR. GARDNER.



SO MANY OF MY
CUSTOMERS SPEAK
HIGHLY OF *Dodd's*
I'M SURE THEY
MUST BE GOOD.

WHY ANN, THROUGH YOUR
WASHING ALREADY - YOU
MUST BE FEELING BETTER!



INDEED I AM
MOTHER - THANKS
TO YOU, AND TO
Dodd's KIDNEY
PILLS - I'LL NEVER
BE WITHOUT
THEM NOW!

MOTHER WAS RIGHT
BOB, I FEEL LIKE MY
REAL SELF
AGAIN

- AND WHAT'S MORE
YOU LOOK IT TOO -
I'M GLAD YOU
TOOK HER
ADVICE



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