



Dodd's

A L M A N A C

1937

**USEFUL INFORMATION
FOR FAMILY
AND HOME**

Golden Number.....	19	Solar Cycle.....	14	Roman Indiction.....	5
Epact.....	17	Dominical Letter.....	C	Julian Period (year of)	6650

THE SEASONS
Eastern Standard Time

Sun enters Aries—Spring begins.....	Mar. 20th, 7.45 p.m.
Sun enters Cancer—Summer begins.....	June 21st, 3.12 p.m.
Sun enters Libra—Autumn begins.....	Sept. 23rd, 6.13 a.m.
Sun enters Capricornus—Winter begins.....	Dec. 22nd, 1.22 a.m.

ZODIACAL SIGNS

Head and Face, ♈ ARIES, the Ram.

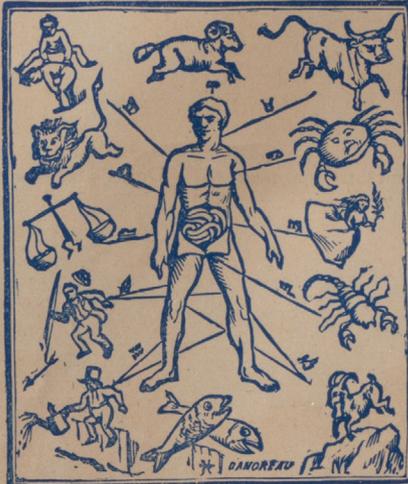
Arm.
♊ GEMINI
The Twins.

Heart.
♌ LEO,
The Lion.

Reins.
♎ LIBRA,
The Balance.

Thighs.
♏ SAGITTARIUS,
The Bowman.

Legs.
♑ AQUARIUS,
The Waterman.



Neck.
♉ TAURUS,
The Bull.

Breast.
♋ CANCER,
The Crab.

Bowels.
♍ VIRGO,
The Virgin.

SECRETS.
♏ SCORPIO,
The Scorpion.

Knees.
♑ CAPRICORNUS,
The Goat.

Feet, ♉ PISCES, the Fishes.

HOLIDAYS, FESTIVALS, ANNIVERSARIES, ETC.

New Year's Day.....	Jan. 1	First Day of Passover.....	Mar. 27	Labor Day.....	Sept. 6
Epiphany.....	Jan. 6	Easter Sunday.....	Mar. 28	Hebrew New Year.....	Sept. 6
Accession King Edw'd VIII.....	Jan. 22	St. George.....	Apr. 23	Day of Atonement.....	Sept. 15
Septuagesima Sunday.....	Jan. 24	Rogation Sunday.....	May 2	Feast of Tabernacles.....	Sept. 20
Quinquagesima.....	Feb. 7	Ascension Day.....	May 6	Hallowe'en.....	Oct. 31
Ash Wednesday.....	Feb. 10	Whit Sunday & Shebuoth.....	May 16	All Saints' Day.....	Nov. 1
Valentine's Day.....	Feb. 14	Trinity Sunday.....	May 23	Armistice Day.....	Nov. 11
St. David.....	Mar. 1	Victoria Day.....	May 24	First Sunday in Advent.....	Nov. 28
St. Patrick.....	Mar. 17	Corpus Christi.....	May 27	St. Andrew's Day.....	Nov. 30
Palm Sunday.....	Mar. 21	King Edw'd VIII Birth'd'y.....	June 23	Christmas Day.....	Dec. 25
Good Friday.....	Mar. 26	Dominion Day.....	July 1		

MORNING AND EVENING STARS

Mercury:—Evening star to January 14th, 1700 hours. Morning star to March 25th, 0100 hours. Evening star to May 11th, 0500 hours. Morning star to July 8th, 0600 hours. Evening star to September 14th 0500 hours. Morning star to October 29th, 0500 hours. Evening star to December 29th, 2200 hours. **Venus:**—Attains greatest brilliancy March 12th, 1100 hours. Inferior conjunction with the Sun and becoming an evening star, April 17th, 2000 hours. Attains greatest brilliancy May 24th, 2000 hours. **Mars:**—In quadrature from the Sun February 4th, 0300 hours. In opposition to the Sun May 19th, 1400 hours. Nearest Earth, May 27th 2300 hours. In quadrature from the Sun September 10th, 0500 hours. **Jupiter:**—In opposition to the Sun July 15th, 0300 hours. In quadrature from Sun October 12th, 0700 hours. **Saturn:**—In conjunction with Sun March 16th, 0100 hours. In opposition to Sun September 25th, 0001 hours. **Uranus:**—In conjunction with Sun April 30th, 0400 hours. In opposition to Sun November 4th, 0700 hours. **Neptune:**—In opposition to Sun March 8th, 0900 hours. In conjunction with Sun September 11th, 1600 hours.

ECLIPSES IN 1937

In the year 1937 there will be three eclipses, two of the Sun, and one of the Moon.

Greetings to Our Readers

We take pleasure in presenting to you with our compliments the
1937 EDITION of DODD'S ALMANAC and HOUSEHOLD HINTS

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

We are often asked to explain how it is that the Kidneys are responsible for so many ailments that appear to differ so widely. The answer is simple, and we can make it clear to you when we explain that the Kidneys are nothing more nor less than the filters of the body. It is their duty to filter out of the blood all the impurities, waste matter, excess 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 may 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 by old and young.

Dodd's Dyspepsia Tablets are a valuable aid to digestion, and a reliable help for Indigestion and 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, Canada

SAY GOODBYE to BACKACHE



Her back ached—she felt miserable—no pep—preferred to stay at home—lost her friends and was lonely.



Her sister told her she had the symptoms of faulty kidney action and advised Dodd's Kidney Pills.



After using Dodd's her backache vanished—enthusiasm and energy returned—and once again she was her "old self".

ASK YOURSELF THESE QUESTIONS



It is only following an examination for life insurance that many have found out to their dismay that they have kidney trouble. If YOU have to answer 'Yes' to two or more of these questions 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 nervous or 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 MAY BE DANGER IN DELAY

There is one remedy which can be used with perfect confidence. Dodd's Kidney Pills have helped many Canadian men and women back to health—so why not you? For more than half a century Dodd's Kidney Pills have been the most popular remedy for Kidney ailments.

POPULARITY IS BEST PROOF—TAKE DODD'S KIDNEY PILLS.

SUNRISE and SUNSET

USE THIS TABLE TO DETERMINE EXACT TIME

Standard Time is used in this Almanac and the time quoted can only be accurate for one central point in each division of time. In order to arrive at the exact time of the rising and setting of the sun, etc., where you

reside, it is necessary to add or subtract the number of minutes indicated opposite your place of residence or the nearest point for which this information is given.

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

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 Local Time on this page

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

British Columbia

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

Alberta

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

Saskatchewan

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

Manitoba

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

Ontario

Barrie.....	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

Ontario-Cont'd.

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

Quebec

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

Prince Edward Is.

Charlottetown.....	Add 12
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New Brunswick

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

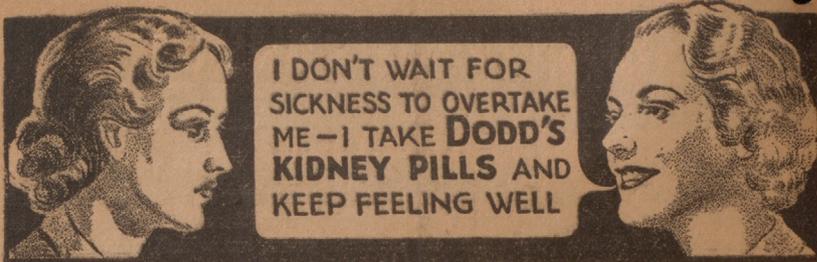
Nova Scotia

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

Newfoundland

St. John's.....	Sub. 24
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Treat PILES with
Dodd's Ointment



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 ail-

"I am a married woman 40 years old, and for eight years suffered with Rheumatism. For one day that I was well, the next day I was sick. I was most discouraged as I used to have fainting spells and I never thought I was going to get better. I then read about Dodd's Kidney Pills and used four boxes. Before these were done I felt better. Life was worth living again."

Mrs. P. Hussey,
3628 Debullion St.,
Montreal, P.Q.

ments. These Pills are sugar-coated, easily taken and conveniently carried on the person.

Dodd's Kidney Pills were introduced to the public many years ago. The medicines they contain are of a highly concentrated form and act 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?



IF YOUR HOUSE CATCHES FIRE

According to recent reports, sixty-two per cent of the people who die in fires meet death in their own homes.

Not knowing how to open a door in a building on fire has caused the death of more people than any other factor.

The reason so many fail to get out of their bedrooms under ordinary fire conditions is that nobody has ever taught them just what to do.

Here are suggestions made by a prominent fire chief:

Don't open your bedroom door until you have made sure there is not a hall full of hot air and smoke the other side of it. Put the palm of the hand on the door panel before opening the door. If the wood feels hot, it's too late. The only chance left is the window, and even if that be too high to escape from, if the door is closed behind you, you can call for help and wait there until it comes.

If the door panel doesn't feel hot, take the knob of the door in one hand, put the palm of the other hand across the crack and higher than the head, put one foot or knee or hip against the door to facilitate closing it against any possible pressure from the other side, and stand as far away from the opening as possible so as to keep the face away from the first inrush of fumes or heat. Even if the wood is not hot, there may be heat enough outside in the hall to stagger you with its first blast, or pressure enough to push the door wide open the moment

you pull it ajar. If neither of these signs is in evidence, you can trust to the hall. But shut the door behind you.

Children should learn that the safest place in a smoke-filled room is close to the floor, for whatever fresh air there is will be down there. Consequently, the individual who is moving about in a burning building is safest on all fours. Likewise on a stairway the safest place is close to the wall. A wet cloth over the mouth and nose will help breathing, if there is time to obtain one. But remember that the first rule of the fireman in a "hot spot" is never to breathe deeply.

The most foolish thing people do in fires is to waste precious time trying to save personal belongings. Seconds count more in a fire than in any other activity.



The place for the householder is out on the street—and the sooner he gets there the better for everybody.

A farmer who went to a large city to see the sights engaged a room at a hotel, and before retiring, asked the clerk about the hours for meals.

"We have breakfast from 7 to 11, dinner from 12 to 3, tea from 4 to 6, and supper from 8 to 10," explained the clerk.

"Look here," exclaimed the farmer in surprise, "what time am I goin' to see the town?"

Nerves on Edge - Felt Rundown

Dodd's Brings Relief to Hamilton Lady



Mrs. H. Spearing

"Before I was married, I was in a rundown condition from housework, and my nerves were all on edge," writes Mrs. H. Spearing of 17 Emerald Street North, Hamilton, Ontario. "I suffered terribly with

Kidney trouble and took many kinds of tonics and medicines but nothing seemed to help me. I then saw an advertisement for Dodd's Kidney Pills and began taking them. They sure helped me. I have been married 8 years now and have two children. I always keep a box of Dodd's Kidney Pills in the house. I have also used Dodd's Ointment and it is real good."

A BRAIN TWISTER

A railroad train had a crew of three, and three passengers, travelling between Chicago and New York. The train crew is made up of an engineer, fireman and a guard. Their names are Smith, Jones and Robinson, but not necessarily in that order. The passengers are Smith, Jones and Robinson, but will be referred to as Mr. Smith, Mr. Jones and Mr. Robinson.

Mr. Robinson lives in New York. Mr. Jones' annual salary is \$5,000. The guard lives halfway between New York and Chicago and his namesake among the passengers lives in Chicago. The guard's closest neighbor is one of the passengers and his annual salary is exactly three times that of the guard.

Smith beat the fireman at billiards.

The problem is: What is the name of the engineer? —*New York Sun.*

(See answer on page 29.)

12th month DECEMBER, 1936 31 days

MOON'S PHASES Eastern Standard Time

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

* See page 3 for Local Time

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

Mrs. Smith (showing portrait of herself in her mother's arms).—"This is how I looked twenty years ago."

Guest.—"Wonderful! And who is the baby on your arm?"

WHY DO 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 may rest, health, happiness, life itself. Probably no ailment is more common than kidney trouble.

It is the function of the kidneys to extract and expel decayed waste matter and poisonous impurities from the system. If the kidneys are healthy they do this, and in doing so help 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 indicated by urinal examination, is often a 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 a case, is careful to first find out the condition of the kidneys, 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 help restore to the kidneys their natural power of collecting up and casting out the poisonous waste matter in the system. This is the explanation of the wonderful success of Dodd's Kidney Pills.



V. F. Cote

Doctor Advised Dodd's

"I am 26 years old. A few years ago I was so badly laid up with backache that I could hardly work. Our family Doctor advised me to take Dodd's Kidney Pills, telling me my kidneys were the whole trouble. I bought two boxes and after taking them was very much surprised at the results. So I took a few more boxes and again felt strong and healthy. I now feel I can stand all kinds of hard work."

VINCENT F. COTE,
Dendron, Sask.

Thought He Had Rheumatism

Felt Relief After One Box of Dodd's



Wm. Linde

"I am 41 years of age and a builder," writes William Linde of 11824-83rd St., Edmonton, Alta. "About 12 years ago I suffered with what I thought was Rheumatism and it got so bad and I felt so miserable

and irritable that I started complaining. A friend of mine advised me that he had had the same trouble and that his Doctor claimed it was caused by his Kidneys. I then remembered that my Dad had always praised Dodd's Kidney Pills and I decided to get some as I just felt that I could not go on as I was, unable to stoop to pick up a piece of timber without getting dizzy. I had specks floating before my eyes, pains in the back, burning pains in the bladder, lack of appetite and in the morning I felt tired and my eyes were puffed. After I had used one box of Dodd's Kidney Pills I felt relief. I then got another and I felt so improved that I got three more, and after using them I was able to stoop and pick up heavy timbers or bags of cement without pain, and the specks before my eyes and other symptoms disappeared. I can only give grateful thanks to Dodd's Kidney Pills, and now always recommend them to my friends and keep some on hand as I would not be without them."

A whisk cut in the shape of a sharp "v" is excellent for brushing out corners.

If your finger nails are brittle, rub a little olive oil or vaseline on them every night.

A half cupful of thick cream in place of butter will improve spinach.

1st month JANUARY, 1937 31 days

MOON'S PHASES

Eastern Standard Time

	D.	H.	M.
Last Quarter.....	4	9	22 a.m.
New Moon.....	12	11	47 a.m.
First Quarter.....	19	3	2 p.m.
Full Moon.....	26	12	15 p.m.

* See page 3 for Local Time

Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon	Weather
			Rises	Sets	Rises p.m.	
1	F	♈	H.M. 7 38	H.M. 4 29	H.M. 9 46	
2	S	♉	7 38	4 30	10 50	Cold with light snow.
3	Sun	♊	7 38	4 31	11 53	
4	M	♋	7 38	4 32	a.m. 12 56	
5	T	♌	7 38	4 34	1 57	
6	W	♍	7 38	4 35	2 58	
7	T	♎	7 38	4 36	3 58	Becoming milder
8	F	♏	7 37	4 37	4 55	with little rain.
9	S	♐	7 37	4 38	5 48	
10	Sun	♑	7 37	4 39	sets	
11	M	♒	7 37	4 40	p.m.	
12	T	♓	7 37	4 41	5 53	
13	W	♈	7 36	4 41	5 53	
14	T	♉	7 36	4 42	7 03	Colder with heavy snow.
15	F	♊	7 35	4 44	8 13	
16	S	♋	7 35	4 45	9 25	
17	Sun	♌	7 34	4 46	10 37	
18	M	♍	7 34	4 48	11 50	
19	T	♎	7 33	4 49	a.m.	Very cold.
20	W	♏	7 32	4 50	1 05	
21	T	♐	7 31	4 52	2 19	
22	F	♑	7 31	4 53	3 31	Turning gradually milder.
23	S	♒	7 30	4 55	4 37	
24	Sun	♓	7 29	4 57	5 33	
25	M	♈	7 28	4 58	rises	
26	T	♉	7 27	4 59	p.m.	
27	W	♊	7 26	5 00	6 17	Month ends dry and mild.
28	T	♋	7 25	5 02	7 26	
29	F	♌	7 24	5 03	8 33	
30	S	♍	7 23	5 04	9 37	
31	Sun	♎	7 22	5 06	10 41	

Sure Sign

Young Husband (in early morning).

—"It must be time to get up."

Wife.—"Why?"

Husband.—"Baby's fallen asleep."



Backache, pain, or a tired and weak feeling in the small of the back may be the first warning that there is something wrong with your Kidneys. If you fail to heed the warnings given through these symptoms, you may be running the risk of more serious trouble. Kidney trouble is a more serious matter than many people think. Backache, if not corrected, is often followed by something more alarming. Do not neglect such warnings or hesitate until Kidney trouble or some of the maladies that follow in its train, gets hold of you; but at the first sign of Backache turn unhesitatingly to Dodd's Kidney Pills.

Dodd's Kidney Pills are a safe remedy. Non-habit forming and contain no harmful drugs, consequently, they can be taken with perfect safety by old and young.

"For over two years I suffered from severe pains in my back. I tried treatments and medicines but got no relief. I then decided to take Dodd's Kidney Pills and after using three boxes the pain was completely gone and I could do a hard day's work again. Thanks to Dodd's Kidney Pills."

MARTIN CHIPMAN,
275 Prince Street, Sydney, N.S.

NEVER NEGLECT AN ACHING BACK!



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 I've seen it happen so often.

—and a box of Dodd's Kidney Pills please.

So many of my customers speak highly of Dodd's. They must be good.

Why, Ann, through your work already—You must be feeling better!

Indeed I am, Mother—Thanks to you, and to Dodd's Kidney Pills.



HOW TO AVOID CATCHING COLDS WHAT TO DO IF YOU CATCH ONE

A leading physician recently stated: "In certain months of the year common colds may put the whole family flat on their backs, with doctor's bills galore, and a too often minimized danger of serious ear trouble, heart trouble, rheumatism, kidney trouble and many another real hazard to happiness and even life. Colds are no fooling business."

The so-called Common Cold is responsible for a tremendous loss of time and a great deal of discomfort and unhappiness. Because a cold may spread through a household so rapidly and completely, it is one ailment that few people seem unable to avoid at one time or another.

How to PREVENT Colds

Because colds are highly contagious, and are readily passed from one person to another—it is a wise precaution to stay away as far as possible from anyone suffering with a cold.

Other recommended preventive measures include—avoid crowds, keep children away from friends who are ill. At the earliest sign of a cold, such as dryness in the throat or nose, or often a sudden chill, take steps at once to break it up before it develops. Gargle your throat and spray your nose with some good antiseptic, or a solution of salt and water. A drink of hot lemonade is said to be helpful. Sleep in a well ventilated room, avoid sudden changes of temperature, and what is most important, get plenty of rest—in bed, if possible.

What to do if you Catch Cold

If you are unfortunate enough to have a cold get a hold on you, don't treat the matter lightly—as just an-

other cold. Get into bed as fast as you can and stay there, for rest is essential to prompt relief. Despite the old idea of exercising a cold away, competent medical men state that exercise is the last thing that should be undertaken. Naturally, with a cold, the system may carry an excess of poisonous waste matter and so it is essential that the bowels be kept active and the kidneys in good order.

One doctor, in a recently published article on the subject of Colds, states: "The last thing you want is exercise. The thing you need most is rest, flat on your back, and best of all in bed. A good washing out seems to be a splendid thing."

When you know that the kidneys are the filters of the blood, you can quickly understand how important it is to have the kidneys in good working order, at any time, if you are to enjoy good health. But how much more important it is that the kidneys are functioning properly, if you have a cold, or any other ailment which creates an added quantity of poisons in the system.

Prepared to act directly on the kidneys, DODD'S KIDNEY PILLS should prove a most helpful aid in keeping your kidneys in good order, or helping restore them to normal action.

Worked in Water Up to Knees

Got Backache—Dodd's Brought Relief

2nd month FEBRUARY, 1937 28 days

MOON'S PHASES

Eastern Standard Time

	D.	H.	M.
☾ Last Quarter.....	3	7	4 a.m.
☾ New Moon.....	11	2	34 a.m.
☽ First Quarter.....	17	10	50 p.m.
☽ Full Moon.....	25	2	43 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		
			H.M.	H.M.	H.M.	
1	M	T ♄	7 21	5 08	11 43	
2	T	W ♄	7 20	5 10	a.m.	Very cold. Cold for few days.
3	W	T ♄	7 18	5 11	12 45	
4	T	F ♄	7 17	5 12	1 45	
5	F	M ♄	7 16	5 13	2 43	
6	S	J ♄	7 15	5 15	3 37	
7	Sun		7 13	5 16	4 26	
8	M	K ♄	7 12	5 17	5 10	
9	T	L ♄	7 10	5 19	5 47	Milder with heavy snow.
10	W	M ♄	7 09	5 20	sets	
11	T	N ♄	7 08	5 21	p.m.	
12	F	O ♄	7 06	5 22	7 10	
13	S	P ♄	7 04	5 24	8 24	
14	Sun	Q ♄	7 03	5 25	9 39	Zero weather.
15	M	R ♄	7 02	5 27	10 54	
16	T	S ♄	7 01	5 28	a.m.	
17	W	T ♄	7 00	5 30	12 09	
18	T	F ♄	6 58	5 31	1 22	A little milder with rain and snow.
19	F	M ♄	6 56	5 32	2 28	
20	S	J ♄	6 54	5 34	3 27	
21	Sun	K ♄	6 53	5 35	4 16	
22	M	L ♄	6 51	5 37	4 56	
23	T	M ♄	6 50	5 39	5 29	
24	W	N ♄	6 48	5 40	rises	
25	T	O ♄	6 46	5 41	p.m.	
26	F	P ♄	6 44	5 42	7 21	Temperature drops.
27	S	Q ♄	6 42	5 43	8 25	
28	Sun	R ♄	6 40	5 45	9 28	



James Gordon

"When I returned from service overseas in 1919 I got a job with a construction company," writes James Gordon of Centreville, Carleton Co., N.B. "I worked in butments in water up to my knees, and in all kinds of

weather. I developed pains in my back and was unable to work. One day a friend who was visiting me asked what I was doing for my back, I told him I had tried plasters and medicine but without getting relief. He said he had some pills at home that he was taking for his back, and the next day brought me some Dodd's Kidney Pills and told me to try them. After a week or so I felt a change. The pain was not so bad. I bought six more boxes of Dodd's Kidney Pills and before I had used them up I was back to work as usual feeling better every way. I am 53 years old now and my back feels as good as ever."

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 usually faulty kidneys, and the treatment is Dodd's Kidney Pills.

A salesman taking his bride South on their honeymoon, visited an hotel where they boasted of their fine honey.

"Sambo," he asked the colored waiter, "where's my honey?"

"Ah don't know, boss," replied Sambo, eyeing the lady cautiously, "she don' work here no mo'."

Does LIGHTNING Frighten You?

The chances of your being struck by lightning are really very slight. In fact, there is barely one chance in 300,000.

The highest point is most apt to attract lightning. This may be a high tree, a building, a chimney, a fence, or even an animal or person on flat level ground.

Groups of people or animals are more apt to attract lightning than an individual person or animal.

Keep away from wire fences, and never seek shelter in an isolated building, or under an isolated tree, particularly an Oak or Fir.

It is nearly as dangerous to be well out in a clearing by yourself. The safest place is near the tree. If in a group of trees, avoid standing under the tallest.

Indoors, stay away from the walls, fireplace, stove, and radiators. The safest spot is usually in the centre of the room. But don't crawl under your bed, or hide in the cellar during the next lightning blast. It's no use.

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

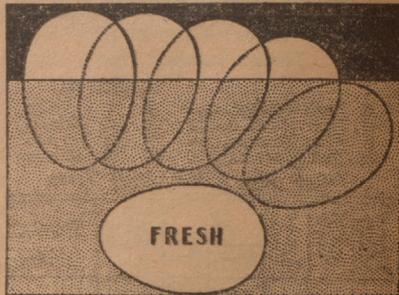
Radio aerials do not seem to attract lightning.

Lightning rods, when properly installed, are an excellent protection. Their main function is not to carry



the lightning bolt to the ground as generally thought, but to disburse the electricity in the air before lightning has occurred.

STALE 21 DAYS 14 DAYS 8 DAYS 5 DAYS



HOW OLD IS AN EGG

Dissolve common salt in rain or distilled water. Use twice as much water, by measurement, as salt. In this solution drop the eggs to be tested. An egg less than 36 hours old will sink to the bottom and lie horizontally. When from two to three days old, the egg also sinks, but not to the bottom, remaining just below the surface of the liquid, with a slight tendency of the large end to rise. In eggs 4 or 5 days old this tendency of the large end will become more pronounced. At the end of the fifth day the axis of the egg (that is, an imaginary line extended lengthwise from the end), will stand at an angle of 20 degrees from the horizontal. This angle will increase daily, so that at the end of the eighth day it is about 45 degrees; on the fourteenth day, about 60 degrees; on the twenty-first day, 75 degrees, and at the end of four weeks the egg stands upright in the liquid, small end downwards.

Railroad Man's Rheumatism So Bad Could Not Turn in Bed

Back to Work 15 Days After Taking Dodd's Kidney Pills

"I suffered two years from kidney trouble," writes Alfred St. Laurent, of St. Octave Metis, Matane Co., P.Q. "Often when I would bend down I would not be able to straighten out again, and when getting an attack would have to lean against something. I contracted a pain in the right side, from the foot to the hip, and could hardly walk. The pain was spreading from day to day to the back and hips. I was told it was rheumatism. My con-



Had to be turned with aid of sheets.

3rd Day after taking Dodd's could sit down on a chair.



dition seemed to be getting worse in spite of treatment. It got so bad that I was not able to get out of bed, and had to be turned with the aid of sheets. I suffered terribly as though being slashed with a knife.

"I finally decided to try Dodd's Kidney Pills because of what I had heard about them. I started taking them, and the third day I was able to get up and to walk a little and sit down on a chair. Within five days I went outside. Fifteen days after I



started taking Dodd's Kidney Pills I went back to my work as a section hand on the railroad. I used about three boxes the first time, bought two more boxes and felt completely relieved. It seems to me I am 10 years younger since that time. I am now 42 years old and feel in perfect health."

How Dodd's Kidney Pills Help

Rheumatism is often caused by excess uric acid in the blood. Uric

5th Day out again.



15th Day at work once more.

acid, a blood impurity, should be extracted by the kidneys. If kidneys fail, and uric acid remains, it irritates the muscles and joints causing excruciating pains. To help prevent rheumatism, keep your kidneys in good condition by taking Dodd's Kidney Pills, the favourite kidney remedy for more than half a century.



A Word to WOMEN

*An important
message to women
of all ages*

Many women drag around each day—feeling miserable. They can't do their housework—are irritable with the children—do not want to go out or see their friends—feel thoroughly upset and distracted—but are not quite sure what is causing their distress.

So often the real cause may be impure blood, due to a faulty kidney condition. The duty of healthy kidneys is to filter impurities from the blood. If the kidneys get out of order and fail, poisons remain in the system and backache, headache, rheumatism and other ailments often follow.

It is the function of Dodd's Kidney Pills to restore the kidneys to normal action. For more than half a century this famous remedy has proven of great value 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.

Boss.—"You should have been here at nine o'clock."

New Employee.—"Why? What happened?"

If postage stamps have become glued together, do not soak in water. Instead lay a thin piece of paper over them and run a hot iron over it. They will come apart easily and the mucilage will all be on them instead of soaking off.

If an orange is placed in the oven for a moment and then removed you will find that it peels much easier.

To make linen easier to write on, when marking it, dip the piece to be marked in cold starch, and the pen will write without scratching.

Use wire paper clips to join two edges of material, instead of basting them. They will hold the two sections of material firmly while the seam is being stitched.

Are You Always "TOO TIRED"

Always feeling "too tired" to carry out our normal daily duties is a most distressing feeling. It may be a sign of "burdened blood"—that is, the blood stream is clogged up or overloaded with body poisons, which under normal conditions would be filtered out of the blood by the kidneys. Yet many women who always feel "too tired" never think that the cause of their lack of energy, headaches, backache and general depression may be due to a faulty kidney condition. DODD'S KIDNEY PILLS are specially prepared to aid the kidneys in regaining their normal active function of removing excess poisons and acids from the blood.



Nervous-No Ambition for Work

Thanks Dodd's for Bringing Relief



Mrs. Kanmacher

"About six years ago I felt my health going down, I was so nervous I couldn't sleep and had no ambition for work," writes Mrs. Alberta Kanmacher of 529 Duke Street, Preston, Ont. "My kidneys did not function properly, and I had pains across the kidneys. I was also troubled with headaches. After taking one box of Dodd's Kidney Pills I felt improvement, and after taking four boxes I felt fine and could do a day's work with ease and pleasure. Dodd's Kidney Pills were also my father's and mother's remedy every time they felt a touch of lumbago or did not feel up to the mark."

Brain Twister

Read this trick sentence:

Federal fuses are the result of years of scientific study combined with the experience of years.

How many F's are there in that sentence? Count them only once—don't go back and count them again.

(See answer on page 22.)

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.

3rd month MARCH, 1937 31 days

MOON'S PHASES Eastern Standard Time

	D.	H.	M.
Last Quarter.....	5	4	17 a.m.
New Moon.....	12	2	32 p.m.
First Quarter....	19	6	46 a.m.
Full Moon.....	26	6	12 p.m.

* See page 3 for Local Time

Day of Month	Day of Week	Zodiac Signs	* Sun		* Moon Rises	Weather Probs.
			Rises	Sets	p.m.	
			H.M.	H.M.	H.M.	
1	M	♈	6 39	5 46	10 31	
2	T	♈	6 37	5 48	11 32	
3	W	♈	6 36	5 49	a.m.	Moderately cold with snow.
4	T	♈	6 34	5 51	12 31	
5	F	♈	6 32	5 53	1 26	
6	S	♈	6 30	5 54	2 17	
7	Sun	♈	6 28	5 55	3 02	
8	M	♈	6 27	5 57	3 42	
9	T	♈	6 25	5 58	4 16	Continues cold and stormy.
10	W	♈	6 23	5 59	4 47	
11	T	♈	6 21	6 00	sets	
12	F	♈	6 19	6 01	p.m.	
13	S	♈	6 18	6 03	7 18	
14	Sun	♈	6 16	6 05	8 36	
15	M	♈	6 14	6 06	9 54	Turning milder.
16	T	♈	6 12	6 07	11 10	
17	W	♈	6 10	6 08	a.m.	
18	T	♈	6 09	6 09	12 20	
19	F	♈	6 07	6 10	1 22	High winds.
20	S	♈	6 05	6 12	2 13	
21	Sun	♈	6 03	6 13	2 56	
22	M	♈	6 01	6 14	3 31	Moderate to end of month with some rain.
23	T	♈	5 59	6 15	4 00	
24	W	♈	5 57	6 17	4 26	
25	T	♈	5 55	6 18	4 50	
26	F	♈	5 53	6 19	rises	
27	S	♈	5 51	6 21	p.m.	
28	Sun	♈	5 50	6 22	8 19	
29	M	♈	5 48	6 23	9 20	
30	T	♈	5 46	6 25	10 20	
31	W	♈	5 44	6 26	11 16	

Banking Courtesies

Hubby.—"The bank has returned the cheque."

Wife.—"Isn't that splendid! What can we buy with it this time?"

ENJOY YOUR MEALS

Banish **INDIGESTION** 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.

“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. What will cause pain and distress in one case, may in another be taken with safety. No absolute rule of diet can be laid down, for 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.

Never eat too rapidly, always take time to chew the food thoroughly.

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.

If possible, take at least a half hour’s rest after each meal.

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

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.



Large Box **50c**

KITCHEN EQUIVALENTS

Because new housekeepers and even some experienced ones, are frequently puzzled regarding weights and measuring proportions, we are sure this little schedule will be helpful to all. Before starting, see that all materials are free from lumps of any kind, and the measuring cup or spoon even full, not running over.



1 large pint granulated sugar = 1 lb.	2 level tablespoons of butter = 1 oz.
1 pint tapioca = 12 oz.	1 ounce of flour = 4 level tablespoons.
1 pint dried hominy = 13 oz.	1 ounce of grated chocolate = 3 level tablespoons.
2 cups lard = 1 lb.	1 ounce of cornstarch = 3 tablespoons.
2 cups butter = 1 lb.	1 ounce of fine salt = 2 level tablespoons.
4 cups pastry or bread flour = 1 lb.	1 ounce of cinnamon = 4½ level teaspoons.
1 quart unsifted flour = 1 lb.	1 ounce of cloves = 4 level tablespoons.
4½ cups graham flour = 1 lb.	2 tablespoonfuls = 1 oz. liquid.
4¾ cups rye flour = 1 lb.	An ordinary tumblerful = 1 coffee cupful, or half a pint.
2¾ cups cornmeal = 1 lb.	4 teaspoonfuls make 1 tablespoonful.
4¾ cups rolled oats = 1 lb.	16 tablespoonfuls dry ingredient = 1 coffee cupful.
2¾ cups oatmeal = 1 lb.	4 teaspoonfuls = 1 wine glass, or half a gill.
4⅓ cups coffee = 1 lb.	2 wine glasses = 1 gill, or half a cup.
2 cups granulated sugar = 1 lb.	About 25 drops of any thin liquid will fill a common sized teaspoon.
3½ cups confectioners' sugar = 1 lb.	
2¾ cups brown sugar = 1 lb.	
2 cups chopped meat = 1 lb.	
1¾ cups rice = 1 lb.	
2 cups raisins (packed) = 1 lb.	
2¼ cups currants = 1 lb.	
2 cups stale bread crumbs = 1 lb.	
6 tablespoons baking powder = 1 oz.	
9 large hens' eggs = 1 lb.	

The measure of enjoyment you get out of living, is controlled to a great degree by your health. Guard against illness by keeping your kidneys in good order. Dodd's Kidney Pills are made to help you—just as they have helped thousands of others for more than half a century.

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 eliminating poisons are the kidneys. It is the normal duty of healthy kidneys to filter poisonous matter from the blood. If the kidneys are sluggish in action, and out of order, poisons remain in the system and "Spring Fever", Backache, Headaches, Rheumatism and other indications of

a faulty kidney condition often appear.

Because healthy kidneys are so important in eliminating excess poisons from 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.



Nothing annoys a woman like having her friends drop in unexpectedly to find the house looking as it usually does.

MOON'S PHASES
Eastern Standard Time

	D.	H.	M.
☾ Last Quarter.....	3	10	53 p.m.
☾ New Moon.....	11	12	10 a.m.
☽ First Quarter.....	17	3	34 p.m.
☽ Full Moon.....	25	10	23 a.m.

* See page 3 for Local Time

Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon	Weather Probs.
			Rises	Sets	Rises a.m.	
1	F	♈	H.M.	H.M.	H.M.	
2	F	♈	5 42	6 27	12 08	
3	S	♈	5 41	6 28	12 08	Frost at night.
4	Sun	♈	5 39	6 30	12 55	
5	M	♈	5 37	6 31	1 36	
6	T	♈	5 35	6 32	2 12	
7	W	♈	5 33	6 33	2 44	
8	T	♈	5 32	6 34	3 13	Fine weather but cold.
9	F	♈	5 31	6 36	3 40	
10	S	♈	5 28	6 37	4 07	
11	Sun	♈	5 26	6 39	sets	
12	M	♈	5 24	6 40	p.m.	
13	T	♈	5 23	6 41	8 47	Warmer with rain and sleet.
14	W	♈	5 21	6 43	10 03	
15	T	♈	5 19	6 44	11 10	
16	F	♈	5 17	6 45	a.m.	
17	S	♈	5 15	6 46	12 08	
18	Sun	♈	5 14	6 47	12 54	
19	M	♈	5 12	6 49	1 32	
20	T	♈	5 10	6 50	2 03	Colder with some snow.
21	W	♈	5 08	6 51	2 30	
22	T	♈	5 06	6 52	2 55	
23	F	♈	5 04	6 53	3 18	
24	S	♈	5 03	6 54	3 41	
25	Sun	♈	5 01	6 55	rises	
26	M	♈	5 00	6 57	p.m.	Rain and thunder storms.
27	T	♈	4 58	6 58	8 12	
28	W	♈	4 57	6 59	9 09	
29	T	♈	4 55	7 00	10 03	
30	F	♈	4 53	7 02	10 51	
			4 52	7 03	11 33	

By Way of Change

An actor who had just returned to London from Hollywood buttonholed a friend in the street one day and talked interminably about his recent success in the States, the films he had starred in, etc.

Finally he stopped and said graciously, "Oh, but I fear I have talked too long about myself. Now, let's talk about yourself—how did you like my last picture?"

Couldn't SLEEP Nerves Bad

Soon Felt
Better After
Using Dodd's



Mrs. V. M. Carter

"For the last 10 years I have suffered with acute back-ache which caused sleepless nights and made my nerves on edge," writes Mrs. V. M. Carter, of 359 Woodlawn St., St. James, Winnipeg, Man. "Having a home and two children to look after it was an effort to do the work and I felt miserable. About 18 months ago I started to take Dodd's Kidney Pills and took them regularly. After 3 boxes I really felt better and continued to take them until the pain had quite gone. I would not like to be without a box in the house and have recommended them to others like myself."

Our city has the finest aldermen money can buy.

Don't Let
CONSTIPATION
Sap Your
Energy

Take

A
LIVER
TONIC
AND CORRECTIVE

FOR SICK HEADACHE - BILIOUSNESS

Her Mother-in-Law was Right

Dodd's Soon Relieved Backache

5th month

MAY, 1937

31 days

MOON'S PHASES
Eastern Standard Time

		D.	H.	M.
☾	Last Quarter.....	3	1	36 p.m.
☾	New Moon.....	10	8	17 a.m.
☾	First Quarter....	17	1	49 a.m.
☾	Full Moon.....	25	2	38 a.m.

* See page 3 for Local Time

Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon Rises a.m.	Weather Probs.
			Rises	Sets		
			H.M.	H.M.	H.M.	
1	S	♈	4 50	7 05	a.m.	Cool.
2	Sun	♈	4 48	7 06	12 10	
3	M	♈	4 47	7 07	12 43	
4	T	♈	4 46	7 08	1 12	
5	W	♈	4 44	7 09	1 39	Becoming warmer.
6	T	♈	4 43	7 11	2 05	
7	F	♈	4 41	7 12	2 32	
8	S	♈	4 40	7 13	3 01	
9	Sun	♈	4 39	7 14	sets	Thunder storms followed by slightly lower temperature.
10	M	♈	4 37	7 15	p.m.	
11	T	♈	4 36	7 17	8 50	
12	W	♈	4 34	7 18	9 54	
13	T	♈	4 33	7 19	10 47	
14	F	♈	4 32	7 20	11 30	
15	S	♈	4 31	7 21	a.m.	
16	Sun	♈	4 30	7 23	12 04	
17	M	♈	4 29	7 24	12 33	
18	T	♈	4 28	7 25	12 59	
19	W	♈	4 27	7 26	1 23	Mostly fair and cool.
20	T	♈	4 26	7 27	1 46	
21	F	♈	4 25	7 28	2 10	
22	S	♈	4 24	7 29	2 35	
23	Sun	♈	4 24	7 30	rises	
24	M	♈	4 23	7 31	p.m.	
25	T	♈	4 22	7 32	7 58	Continues clear and cool to end.
26	W	♈	4 21	7 33	8 48	
27	T	♈	4 20	7 34	9 32	
28	F	♈	4 20	7 35	10 11	
29	S	♈	4 19	7 36	10 45	
30	Sun	♈	4 18	7 37	11 14	
31	M	♈	4 17	7 38	11 41	

At Large Again

"Would you give ten cents to help the Old Ladies Home?"

"What! Are they out again?"



Mrs. R. Ibell

"When I was first married we went on a fruit farm, and in addition to my own work I helped in the orchards," writes Mrs. Robert Ibell of Cayuga, Ont. "I enjoyed it as I was always used to work. However, I developed a terrible backache. I spoke to my mother-in-law and she asked if I had ever tried Dodd's Kidney Pills. I said I did not think I needed anything like that. I got worse however and finally thought I would try them. After the first box I felt different. I took 4 boxes and was greatly relieved."



FRIEND OF THE FAMILY

In your Medicine Chest you will find no better friend of all the family than the blue and red box of DODD'S KIDNEY PILLS. Every member of the household may find comforting relief and welcome aid from this safe and proven kidney remedy. Over half a century of service is your strongest assurance that DODD'S KIDNEY PILLS may be of help to your family, too—and deserve a prominent place on your household medicine shelf. Always keep a box of DODD'S KIDNEY PILLS in the house, in case of need.

She Called it "NERVES"



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



Nerves—I thought,
—until mother said
"it may be your kid-
neys.— try Dodd's
Kidney Pills."



Every little thing
bothered me, I was
cranky-irritable
— children and
friends avoided me



After using Dodd's
a short time my
energy and good
nature returned
and I sleep well.

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 may 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 often due to two things—bad blood or disordered stomach.

IF ITS THE BLOOD. If the blood is the cause, then the kidneys are likely to blame, and Dodd's Kidney Pills should be taken regularly as it is their duty to remove 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 tone the stomach.

To tell pottery from porcelain, hold the piece up to the light and if light can be seen through it, it is porcelain, if not, it is pottery. Pottery is not as light as porcelain.

It is more economical to buy a whole cheese than small portions. You also get better flavoured cheese. To prevent cheese from drying out, cut off sufficient for a few days use, and keep the remainder in a cool, dampish place, spreading a thin layer of butter over the fresh surface and covering it with a cloth to keep off dirt.

A close estimate of the weight of a cake of ice can be made by multiplying its length in inches by its height and then by its width, and dividing the answer by 30. For instance, if a block of ice is 10 inches long by 10 inches wide by 6 inches high, the product of multiplication is 600. Divided by 30 gives us its weight, which is 20 pounds.

Couldn't Rest or Work for Pain

Soon Back at Work—Thanks to Dodd's



Hugh Christie

"For years I was troubled with my kidneys, and pains in the back," writes Hugh Christie, 232 Carruthers Ave., Ottawa, Ont. "I could not rest at night and finally I could not carry on my work. I took Dodd's Kidney Pills but the first

box gave me little relief. After the third box I felt a good deal better and could sleep, did not have to get up in the middle of the night, and had no pains in the back. I am back again at work. My occupation is steel constructing. I am 38 years old."

ANSWER TO TWISTER ON PAGE 15

There are six F's in the sentence. An average intelligence recollects three of them. If you spotted four, you're above average. If you got five, you can turn up your nose at most anybody. If you caught all six you're a genius.

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.

6th month JUNE, 1937 30 days

MOON'S PHASES Eastern Standard Time

	D.	H.	M.
Last Quarter	2	12	23 a.m.
New Moon	8	3	43 p.m.
First Quarter	15	2	3 p.m.
Full Moon	23	6	0 p.m.

* See page 3 for Local Time

Day of Month	Day of Week	Zodiac Signs	*Sun		†Moon	Weather Probs.
			Rises	Sets	Sets a.m.	
1	T	♈	H.M. 4 17	H.M. 7 39	H.M. a.m. 12 07	Mostly fair.
2	W	♈	4 16	7 40	12 32	
3	T	♈	4 16	7 41	12 32	
4	F	♈	4 15	7 41	12 59	Turns warm and sultry with thunder storms.
5	S	♈	4 15	7 42	1 29	
6	Sun	♈	4 15	7 42	2 04	
7	M	♈	4 14	7 43	2 47	
8	T	♈	4 14	7 44	sets	
9	W	♈	4 14	7 44	p.m.	
10	T	♈	4 13	7 45	9 22	
11	F	♈	4 13	7 45	10 01	Cool and cloudy with some rain, becoming warmer.
12	S	♈	4 13	7 46	10 34	
13	Sun	♈	4 13	7 46	11 01	
14	M	♈	4 12	7 47	11 26	
15	T	♈	4 12	7 48	11 50	
16	W	♈	4 12	7 48	a.m.	
17	T	♈	4 12	7 49	12 14	
18	F	♈	4 12	7 49	12 39	
19	S	♈	4 13	7 49	1 06	Quite cool at night.
20	Sun	♈	4 13	7 50	1 37	
21	M	♈	4 13	7 50	2 14	
22	T	♈	4 13	7 50	2 56	
23	W	♈	4 14	7 51	rises	Turns quite warm with some thunder.
24	T	♈	4 14	7 51	p.m.	
25	F	♈	4 14	7 51	8 47	
26	S	♈	4 15	7 51	9 18	
27	Sun	♈	4 15	7 50	9 46	
28	M	♈	4 15	7 50	10 12	
29	T	♈	4 16	7 50	10 37	
30	W	♈	4 16	7 50	11 02	

"So you were in the army, Ikey?" remarked an acquaintance to an ex-service man.

"Oh, yes, I was in the army," was the proud response.

"Did you get a commission?"

"No, only my wags."



Drive SAFELY



HINTS for MOTORISTS and PEDESTRIANS

During the past eight years there has been an average of 1,138 persons killed annually in traffic accidents in Canada. Injured average around 2,500, and property worth close to \$2,500,000 is destroyed within a year as a further toll of motor mishaps.

To avoid accidents calls for more than ordinary care. You should at all times realize the presence of different traffic risks and exercise eternal vigilance to avoid them.

For Safety's Sake

The car on your right at an intersection has the right of way. But when you *are* on the right, don't be too positive about exerting your prerogative. The other driver may not know the rule.

It is wise to wait when the "caution" light (the yellow light) is showing at an intersection, indicating a change. Then, if some other fellow is catching the green at the last minute, or anticipating it by a second, you'll be safe from him.

By all means look to see if the way is clear before venturing out of an alley, a garage, or a private driveway.

When leaving your parking place at the curb, remember that moving traffic has the right of way, signal your intentions, and be sure the way is clear for your advance.

Children are thoughtless. Any child on or near the street is likely to dash in front of your car without warning. The only safe way, then, is to proceed with extreme caution—not only where you can see children, but where they may possibly be even if you can't see them . . . such as along a street lined with parked cars, behind which children may be playing.

And last of all—but perhaps first of all in importance—what's the good of high speed? All the authorities unite in stating that speeds above fifty miles an hour increase the wear on tires, the gas and oil consumption, the strain on the motor, and the strain on the driver. Let's be sensible about speed, and have a happy journey . . . and a SAFE return!

If You Are On Foot

Always walk on a highway *facing* on-coming traffic. Do not walk on the pavement unless you are forced to, and especially after dark.

HER FRIENDS WONDERED WHY SHE DIDN'T GO TO PARTIES

All her old pep and energy was gone. She felt miserable, draggy, low in vitality—lower in spirits. Just hadn't any "heart" for fun. She hadn't thought of her kidneys being the cause until a friend suggested DODD'S KIDNEY PILLS. She took DODD'S at once. The "washed out" feeling was soon replaced by clear-headed energy and restful sleep. Headache, backache, lassitude, disappeared.



From COAST to COAST

Comes The Same Good News



Mrs. T. Prileaux

MRS. T. PRILEAUX, 2265 E. 50th AVENUE, VAN-COUVER:—"I am 53 years of age. About 10 years ago I could hardly do my housework for rheumatism. I started taking Dodd's Kidney Pills and have found they bring relief. I have also found them very beneficial during the Change of Life."



Mrs. F. O'Donnell

MRS. F. O'DONNELL, TENBY, MAN.:—"I was troubled with rheumatism six years ago and could not walk. I tried several medicines without relief. After reading your Dodd's Almanac I thought I would try Dodd's Kidney Pills. I used 5 boxes and they gave me great relief."



Mr. F. S. Robb

MR. F. S. ROBB, TROY, ONT.:—"I am 63 years old and have farmed all my life. Some years ago I had lumbago and was laid up for 3 weeks. I had been suffering for about two years, when I was told to try Dodd's Kidney Pills. The first box gave me such relief I kept on taking them. I took 4 boxes and had no more attacks."



Mrs. J. Gourde

MRS. JOSEPH GOURDE, 127 RICHARDSON ST., QUEBEC, P.Q.:—"I was greatly discouraged and as a last resort tried Dodd's Kidney Pills. What a surprise! After taking four boxes I felt well enough to start looking after my little children. I took the pills for one year and today I feel in good health and can handle any work."



Stanley Roy

MR. STANLEY ROY, LIVERPOOL, N.S.:—"For over a year I had a very lame back. It would keep me awake all night. I bought Dodd's Kidney Pills to try them. After the second box I felt better. I took five boxes in all and was not troubled with my back any more. My age is 28."



Mrs. V. Bonia

MRS. VERONICA BONIA, RED ISLAND, PLACENTIA BAY, NEWFOUNDLAND:—"I am the mother of ten children. For 3 years after my last baby was born I had severe headaches, fainting spells and many sleepless nights. A friend advised me to try Dodd's Kidney Pills. Before I had taken the third box I felt like a new woman. I am 51 years of age and able to attend to all my household duties."

How To Read Character from HANDWRITING

A FASCINATING PASTIME . .



TRY IT ON YOUR FRIENDS' WRITING—IT IS GOOD FUN

Place the edge of the Handwriting Chart along the base line of any writing. Slide the edge slowly back and forth and determine in which direction the slant of the writing inclines. Thus writing that is written in back-hand style will correspond with No. 1 and 2. The upright style of writing will correspond to No. 3.



The forward slants will be 4, 5, 6 and 7. Take the tall up-strokes, such as the t's, d's and l's because that is easier for the amateur. Some writings are uniform in slant. Others contain a mixture of several slants. (Note:—If the slant falls between any two numbers, the writer will be a mixture of both.)

HOW TO INTERPRET THE CHART—WHAT SLANTS MEAN

1. Writers using this slant are apt to be too reserved, and may even be timid. There is usually a little too much silent contemplation, and not enough self-expression. If you write this way, try to be a little less reserved.

2. When you find this slant, you can be sure to meet with some reticence. Do not misunderstand these people,—they may turn out to be just as warm hearted and friendly as others, but that will only be after you get to know them well. They are naturally inclined to be like No. 1 writers, but the reserve may not be quite so pronounced.

3. These writers are, as a rule, mentally poised, and able to adjust themselves quickly to emergencies without getting flurried. If the writing is habitually light, self interest is most likely to be a controlling factor, and judgment very cool. If the writing is heavy, there will still be mental poise, but also depth of feeling, and also much that is felt is likely to remain unexpressed.

4. In the majority of cases, this slant indicates just sufficient emotional response to be a little more expressive of what is felt than the person who is completely poised. Such writers are apt to try to do things gracefully and in good taste. They are likely to keep on an even balance between judgment and feeling.

5. These writers are likely to be on the verge of expressing readily what they feel. They are inclined to be warm hearted and friendly. They are not likely to really act suddenly without reflection. They are often very much like No. 4 writers, but there will usually be a greater tendency to respond emotionally.

6. When you find this slant prominently in the writing, you may look for warm hearted, sympathetic response, and often quick action on the spur of the moment. There is likely to be a high strung tendency, and likes and dislikes may influence thought and action very much. You can get a lot out of these writers by encouraging them and treating them kindly.

7. Never discourage these writers. They are not only highly emotional, but in the case of light writing, especially they may go to pieces under emotional stress and may even become hysterical. Because they are subject to periods of hopefulness and depression, never treat them harshly. They are quickly receptive to suggestion. If you write this way, take plenty of rest and avoid going to extremes.

TRY IT ON YOUR FRIENDS

There is a definite emotional reaction associated with every slant that is habitual in the handwriting of your friends or yourself. Discover the slant of your friends' writing and the chart will tell you how the writer is most likely to respond to emotional appeal

The Kingsley Handwriting Chart, Canada Copyright, Serial No. 28900, Entered at Stationers' Hall, London, England.



Nearing the Sunset

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

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

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

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

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

Dodd's Kidney Pills are helping to make a healthy, happy, vigorous, useful

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

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

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

Be assured of this, that sick Kidneys are often the cause of troubles that come to the aged.

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

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 4 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 excess poisonous matter which is then passed out of the body through the urinary system.

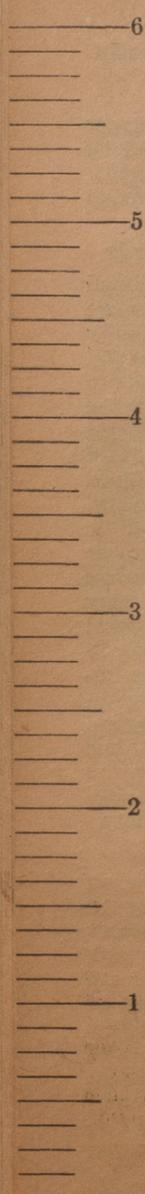
What causes KIDNEY trouble?

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. O. Hagerty

Suffered 3 Years But Can Now Do Own Work

"For over three years I had been troubled with severe headaches and stabbing pains in my side and back." writes Mrs. O. Hagerty of Glenmont, Kings Co., N.S. "Sometimes I would not be able to walk or eat for a day. It got worse and the spells came oftener. About six months ago I read of one who had about the same trouble, backaches and swelling of the hands. I started to take

Dodd's Kidney Pills. I felt better before I had finished the first box, but I kept on taking them. I have taken six boxes and feel real well. I am 30 years of age, have three children of school age. I can now do all my own work again, and enjoy my home, friends and family which I did not feel able to do a few months ago. I cannot praise Dodd's Kidney Pills too highly."

7th month JULY, 1937 31 days

MOON'S PHASES Eastern Standard Time

	D.	H.	M.
☾ Last Quarter.....	1	8	3 a.m.
☾ New Moon.....	7	11	13 p.m.
☽ First Quarter.....	15	4	36 a.m.
☽ Full Moon.....	23	7	45 a.m.
☽ Last Quarter.....	30	1	47 p.m.

* See page 3 for Local Time

Day of Month	Day of Week	Zodiac Signs	* Sun		* Moon Rises p.m.	Weather Probs.	
			Rises	Sets			
			H.M.	H.M.	H.M.		
1	T	♋	4 16	7 50	11 30	Fair and warm.	
2	F	♋	4 17	7 50	a.m.		
3	S	♋	4 17	7 49	12 02		
4	Sun	♋	4 18	7 49	12 40	Becomes unsettled with some thunder storms.	
5	M	♋	4 19	7 49	1 26		
6	T	♋	4 19	7 48	2 22		
7	W	♋	4 20	7 48	3 28		
8	T	♋	4 21	7 48	sets		
9	F	♋	4 21	7 47	p.m.		
10	S	♋	4 22	7 47	9 01		
11	Sun	♋	4 23	7 46	9 28		Pleasant warm days.
12	M	♋	4 24	7 46	9 53		
13	T	♋	4 25	7 45	10 17		
14	W	♋	4 26	7 45	10 42		
15	T	♋	4 27	7 44	11 09		
16	F	♋	4 28	7 44	11 38		
17	S	♋	4 29	7 43	a.m.		
18	Sun	♋	4 29	7 42	12 13	Cool at night.	
19	M	♋	4 30	7 41	12 52		
20	T	♋	4 31	7 40	1 39		
21	W	♋	4 32	7 40	2 32	Continues pleasant and warm with occasional showers.	
22	T	♋	4 33	7 39	rises		
23	F	♋	4 35	7 38	p.m.		
24	S	♋	4 36	7 37	7 50		
25	Sun	♋	4 37	7 36	8 17		
26	M	♋	4 38	7 35	8 42		
27	T	♋	4 39	7 34	9 08	Unsettled.	
28	W	♋	4 40	7 33	9 35		
29	T	♋	4 41	7 32	10 05		
30	F	♋	4 42	7 30	10 40		
31	S	♋	4 43	7 29	11 21		

ANSWER TO BRAIN TWISTER ON PAGE 6

The engineer's name is Smith, the guard is Jones and the fireman is Robinson. Note that Mr. Robinson lives in New York. That lets him out. The guard's namesake among the passengers lives in Chicago, and that namesake must be Mr. Jones, because as the latter makes \$5,000 annual salary he cannot be the closest neighbor of the guard, who makes exactly three times the guard's salary. (Three times any amount of money cannot make exactly \$5,000.) Therefore, the guard's name is Jones. That leaves Smith and Robinson. As Smith beat the fireman at billiards, the loser must be Robinson, the fireman, leaving Smith the engineer.

"Mr. Chairman," said the speaker, "there are so many ribald interruptions I can scarcely hear myself speaking."

"Cheer up, guv-nor," said a voice. "You ain't missin' much!"

The simplest way to get rid of spiders is to procure a quarter of a pound of powdered borax, empty this into a dredger, and sprinkle well where their webs are. Do this several times until the spiders drop down. This is very effective.

A piece of charcoal placed in the refrigerator will absorb odours.

To clean sponges, soak for 24 hours in buttermilk, and then wash well in tepid water.

Lemon juice can be substituted for vinegar in any recipe except pickling.

To string beads use fine silk fishline as it is very strong.

Salt in warm water makes an excellent gargle for sore throat.



**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.

You LOOK Your Best



When You FEEL Well

One of the greatest foundations of beauty is a healthy body. And to keep healthy the system must be kept free of poisons. Most important in this work of keeping the system free of impurities are the kidneys, filters of the blood, whose duty it is to remove from the blood poisonous waste matter. If your kidneys get out of order, and become sluggish or impaired in action, your health will likely suffer. When you are ill and out of sorts, your face and manner show it. Keep your beauty by keeping your health. Dodd's Kidney Pills can be of aid to you in helping to keep the kidneys in good condition.

What Are You Planting

Life is garden, thought is seed;
What are you planting, friend?
A fruit, a flower, a noxious weed;
Sweet charity, or bitter greed;
Love and honor or selfishness,
Waste to worry, or thrift to bless,
What are you planting, friend?
By and by we'll garner our grain,
What are you planting, friend?
Health, contentment, grief or pain,
June sunshine or November rain;
Your garden is your work alone,
And what it yields is what you've sown.
What are you planting, friend?

—“Old Man Sunshine”

MOON'S PHASES
Eastern Standard Time

	D.	H.	M.
New Moon.....	6	7	37 a.m.
First Quarter....	13	9	23 p.m.
Full Moon.....	21	7	47 p.m.
Last Quarter....	28	6	55 p.m.

* See page 3 for Local Time

Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon	Weather Probs.
			Rises	Sets	Rises a.m.	
			H.M.	H.M.	H.M.	
1	Sun	♌	4 44	7 28		Mostly fair and warm.
2	M	♌	4 45	7 27	12 12	
3	T	♌	4 46	7 26	1 12	
4	W	♌	4 48	7 24	2 20	
5	T	♌	4 49	7 23	sets	
6	F	♌	4 50	7 22	p.m.	
7	S	♌	4 51	7 20	7 28	Becoming unsettled with thunder storms.
8	Sun	♍	4 52	7 18	7 54	Fair and warm.
9	M	♍	4 54	7 16	8 19	
10	T	♍	4 55	7 14	8 44	
11	W	♍	4 56	7 12	9 10	
12	T	♍	4 57	7 11	9 40	
13	F	♍	4 58	7 10	10 12	
14	S	♍	5 00	7 09	10 50	Continues pleasant and warm with occasional showers.
15	Sun	♎	5 01	7 07	11 33	
16	M	♎	5 02	7 06	a.m.	
17	T	♎	5 03	7 04	12 23	
18	W	♎	5 04	7 03	1 19	
19	T	♎	5 06	7 01	2 20	
20	F	♎	5 07	6 59	3 24	
21	S	♎	5 08	6 58	rises	
22	Sun	♏	5 09	6 56	p.m.	
23	M	♏	5 10	6 54	7 12	
24	T	♏	5 11	6 52	7 40	
25	W	♏	5 12	6 51	8 09	
26	T	♏	5 13	6 50	8 43	
27	F	♏	5 14	6 48	9 22	
28	S	♏	5 15	6 46	10 09	Very hot with thunder storms then cooler.
29	Sun	♏	5 17	6 44	11 05	
30	M	♏	5 18	6 42	a.m.	
31	T	♏	5 19	6 40	12 09	

The grated rind of a lemon or an orange added to the cake, not only gives it an agreeable flavour, but prevents it from becoming stale too quickly.

Vinegar in the blacking makes shoes and boots shine more brilliantly.

We are told that an excellent way to remove white spots from furniture is to apply a thick coating of vaseline to the spot and leave it for 48 hours, then wipe off.

Dizzy—Felt Fagged Out

But Now Feels Well



Mrs. H. Kielland

"For many months I suffered miserably from dizziness, nightmares and severe pains in the back, and felt generally all fagged out," writes Mrs. H. Kielland of 429-11th St., N.W., Calgary, Alta. "Dodd's Kidney Pills were suggested to me by a friend who had been greatly helped by them for lumbago. I began using them and felt better after 3 boxes, and when I had taken 8 boxes I felt like a new woman and was able to do my housework without complaint."

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.

A crumpled up newspaper is an excellent thing to clean glassware with. The glass should be damp before it is wiped with the paper.

A very easy way of getting a knot out of a thin gold chain is to take two pins, hold with one and pick out with the other.

Spinach may be served on buttered toast and garnished with poached eggs.

Crush some egg-shell into a fine powder and sprinkle it on a scrubbing brush, and you will find that this is an excellent preparation to clean wood-work.

To extract a cork which has been pushed into a bottle while still filled, take a button, thread it on a string and drop into the bottle. Then pull the cork up to the neck of the bottle with the aid of a hatpin, pull the string which is attached to the button, and the cork will soon come out.

A slice of onion rubbed over tinware will impart a wonderful shine to it.

Paint spots on window panes can be removed with cloth wet with hot vinegar.

If a metal collapsible drinking-cup is taken apart you will find that the pieces make excellent dough cutters for biscuits.

CHILDREN'S MEDICINES

Many medicines are too strong, or too harmful, to be used by children. But not Dodd's Kidney Pills. Dodd's Kidney Pills may be given with safety to children. Many little ones have kidney and urinary troubles and it is the function of Dodd's Kidney Pills to help restore their kidneys to normal action, and so put them in shape to do their full work of filtering excess uric acid and poisonous wastes from the blood stream.

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 normal work of filtering the blood of impurities. Strengthen the kidneys so that they will satisfactorily do their work and the desired result of sound health should 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—such 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



SUNBURN
HEAT
RASHES
BITES

SKIN
INFECTIONS
AND
IRRITATION

CHILDREN'S
HURTS

CUTS
WOUNDS

BURNS-SCALDS

50c per Large Jar

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

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 well-known ointment to quickly relieve pain and irritation and help bring about a speedy recovery.

Dodd's Antiseptic Healing Ointment

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

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

Dodd's Ointment is Recommended for:

Cuts
Burns
Cold Sores
Eczema
Pimples
Blackheads

Sore Lips
Hives
Abscesses
Bites
Scalds
Chilblains

Sore Feet
Sunburn
Boils
Piles
Corns
Chafing

Sore Nipples
Chafed Hands
Itching Skin
Heat Rashes
Festering Sores
Salt-water Sores

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 first class 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											
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.

Suffered Years with Head Pains

Took Dodd's and Soon Felt Relief

9th month SEPTEMBER, 1937 30 day

MOON'S PHASES

Eastern Standard Time

	D.	H.	M.
New Moon.....	4	5	54 p.m.
First Quarter....	12	3	57 p.m.
Full Moon.....	20	6	32 a.m.
Last Quarter....	27	12	43 a.m.

* See page 3 for Local Time

Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon	Weather Probs.
			Rises	Sets	Rises a.m.	
1	W	♋	H.M.	H.M.	H.M.	
2	T	♋	5 21	6 39	1 18	
3	T	♋	5 22	6 37	2 30	Warmer
4	S	♋	5 23	6 35	3 42	with some rain and high winds.
5	Sun	♋	5 24	6 33	4 53	
6	M	♌	5 25	6 31	sets	
7	T	♌	5 26	6 29	p.m.	
8	W	♌	5 27	6 27	7 12	
9	T	♌	5 29	6 25	7 40	
10	T	♌	5 30	6 24	8 12	
11	F	♌	5 31	6 22	8 48	Thunder storms.
12	F	♌	5 32	6 20	9 28	
13	Sun	♌	5 33	6 18	10 15	
14	M	♌	5 35	6 16	11 08	
15	T	♌	5 36	6 14	a.m.	Turning colder with a possibility of frost.
16	W	♌	5 37	6 12	12 06	
17	T	♌	5 38	6 10	1 08	
18	F	♌	5 39	6 08	2 13	
19	F	♌	5 41	6 06	3 20	
20	Sun	♌	5 42	6 04	4 30	
21	M	♌	5 43	6 03	5 41	
22	T	♌	5 44	6 01	rises	
23	W	♌	5 45	5 59	p.m.	
24	T	♌	5 47	5 57	7 22	Milder with showers.
25	F	♌	5 48	5 55	8 08	
26	F	♌	5 50	5 53	9 02	
27	Sun	♌	5 51	5 51	10 03	
28	M	♌	5 52	5 49	11 10	High winds.
29	T	♌	5 54	5 47	a.m.	
30	W	♌	5 55	5 45	12 20	
	T	♌	5 56	5 43	1 31	

Uncle and niece stood watching the young people dance about them.

"I'll bet you never saw any dancing like that, back in the nineties, eh, uncle?"

"Once—but the place was raided."

"I am a housewife, 47 years of age, and do all my own work," writes Mrs. John Taylor of 529 Bourgeois St., Montreal P.Q. "For many years I suffered with pains in my head. Sometimes they lasted for a week. I tried several



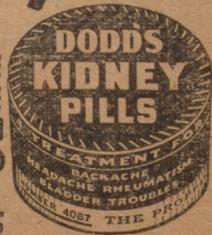
Mrs. John Taylor

treatments without success. 3 years ago I tried Dodd's Kidney Pills and the pain felt less. I knew then it must have been my kidneys, as I used to have to get up sometimes four or five times in the night. I feel like a different woman these days. Work is a delight, and I seldom have to get up now, have a restful sleep and feel fine in the morning. Dodd's Kidney Pills are the only thing I take if I feel a bit tired. I would not be without them for anything."

Be Sure You Get the Genuine

Dodd's Kidney Pills

For
**BACKACHE
 HEADACHE
 RHEUMATISM
 IMPURE BLOOD
 BLADDER
 TROUBLES**



"I'm a plain, blunt man, Mr. Williams," says my friend with unnatural heartiness; and he means by that that he is a cunning, subtle, diplomatic sort of fellow who is about to tell some lies. Whenever anyone, either avoiding your gaze or uneasily challenging it, says aloud the pronoun "I" followed by a claim to some definite virtue, you may safely expect a lie, or a lecture, or both:—

"I'm only thinking of you, dear" means *I am now about to get a bit of my own back.*

"I don't want to make you unhappy," means *I will now repeat to you certain malicious gossip which will reduce you to sleepless misery.*

"I'm bound to admit" means *I will now confuse the main issue.*

"I'm not one to criticize" means *I shall now proceed to find fault with all you have done.*

"I'm as broad-minded as anyone" means *All my ideas on this subject are hopelessly out of date.*

"I hope I know my place" means *I am about to step right out of it and tell you a few home truths.*

"I'm a tolerant sort of fellow" means *I can't endure you another moment and am now preparing to throw you out of the house.*

These, or words like them, must be the prelude to half the quarrels in the world. It is odd that we go on using them, and even odder that we do so in all good faith.

—Monica Redlich in *The Spectator*

Smoking in church used to be common and the first edict against tobacco came from Pope Urban VIII in 1642 who forbade it because of the noise set up by steel and flint among echoing naves during Mass.—*Fortune*

KEEP CLEAN

IF YOU
WANT TO
KEEP
HEALTHY



From our youngest days we are taught that to keep our bodies clean is an essential aid to keeping healthy. We are told that the pores of the skin must be kept active so that they may "breathe" and permit normal perspiration to exude and help carry off certain body poisons. To complete the disposal of these poisons we wash our skin regularly. Frequent bathing is also a safeguard against infection.

KEEP KIDNEYS ACTIVE TOO

Important as it is to keep the outside of the body clean, it is even more important to keep the inside cleansed. When you know that it is the duty of the kidneys to filter poisons from the blood, you can understand how necessary it is to keep them active and regular. Dodd's Kidney Pills help to keep your kidneys functioning normally and assist in maintaining or restoring them to activity. Don't wait for backache, rheumatism, or signs of kidney trouble. It is a wise precaution and a good health safeguard to take a course of DODD'S KIDNEY PILLS at regular intervals and so help to prevent the possibility of illness due to a faulty kidney condition. DODD'S KIDNEY PILLS are non-habit forming and may be taken with safety.

Had Pains in Back and Arms

Found Great Relief by Taking Dodd's

10th month **OCTOBER, 1937** 31 days

MOON'S PHASES
Eastern Standard Time

	D.	H.	M.
☾ New Moon.....	4	6	58 a.m.
☽ First Quarter.....	12	10	47 a.m.
☾ Full Moon.....	19	4	47 p.m.
☽ Last Quarter.....	26	8	26 a.m.

* See page 3 for Local Time

Day of Month	Day of Week	Zodiac Signs	* Sun		* Moon Rises a.m.	Weather Probs.
			Rises	Sets		
			H.M.	H.M.		
1	F	♈	5 58	5 41	2 40	
2	S	♈	5 59	5 39	3 48	Warmer.
3	Sun	♈	6 00	5 38	4 55	
4	M	♈	6 02	5 37	sets	
5	T	♈	6 03	5 35	p.m.	Week of cool, dry weather.
6	W	♈	6 04	5 33	6 12	
7	T	♈	6 05	5 31	6 46	
8	F	♈	6 06	5 29	7 25	
9	S	♈	6 07	5 28	8 10	
10	Sun	♈	6 08	5 26	9 00	
11	M	♈	6 09	5 24	9 55	
12	T	♈	6 10	5 22	10 54	Cooler with showers.
13	W	♈	6 12	5 20	11 56	
14	T	♈	6 13	5 19	a.m.	
15	F	♈	6 14	5 17	1 01	
16	S	♈	6 16	5 15	2 08	
17	Sun	♈	6 17	5 13	3 18	Snow flurries.
18	M	♈	6 19	5 11	4 30	
19	T	♈	6 20	5 10	rises	
20	W	♈	6 22	5 09	p.m.	
21	T	♈	6 23	5 07	6 01	
22	F	♈	6 24	5 05	6 53	Cool and pleasant.
23	S	♈	6 26	5 03	7 54	
24	Sun	♈	6 27	5 02	9 02	
25	M	♈	6 29	5 00	10 12	
26	T	♈	6 30	4 59	11 23	
27	W	♈	6 31	4 57	a.m.	Warmer with light rains.
28	T	♈	6 32	4 55	12 33	
29	F	♈	6 33	4 54	1 40	
30	S	♈	6 34	4 52	2 46	
31	Sun	♈	6 36	4 50	3 51	

"I have had neuritis for two years in my hands and arms and have also been troubled with pains in my back," writes Mrs. A. Nearing of 274 Prince William St., Saint John, N.B. "I have tried several medicines with no results. A friend advised me to get a box of Dodd's Kidney Pills, which I purchased at my druggist's. I have already taken two boxes and have found great relief. Now I feel free from pain—thanks to Dodd's Kidney Pills."



Mrs. A. Nearing

Tired—No Energy —And No Appetite

Doctor Advised Dodd's Kidney Pills

"About a year ago I was tired all the time, without energy, and had no appetite," writes Miss Louise Du Bée, of 93A Drummond St., Sherbrooke, P.Q. "In the morning I would find it very difficult to get up. If I bent down I found it very hard to straighten out again. One of my friends, a young doctor, advised me to take Dodd's Kidney Pills. I took three boxes and felt completely relieved."



Miss L. Du Bée

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

MOON'S PHASES
Eastern Standard Time

		D.	H.	M.
☾	New Moon.....	2	11	16 p.m.
	First Quarter....	11	4	33 a.m.
	Full Moon.....	18	3	9 a.m.
☽	Last Quarter.....	24	7	4 p.m.

* See page 3 for Local Time

Day of Month	Day of Week	Zodiac Signs	* Sun		* Moon Rises a.m.	Weather Probs.
			Rises	Sets		
1	M	♊	H.M.	H.M.	H.M.	Temperature falls.
2	T	♋	6 37	4 49	4 55	
3	W	♌	6 39	4 48	5 58	
4	T	♍	6 41	4 46	sets	
5	F	♎	6 42	4 45	p.m.	
6	S	♏	6 44	4 43	6 06	
7	Sun	♐	6 46	4 41	7 47	A little snow.
8	M	♑	6 47	4 40	8 44	Warmer and more pleasant.
9	T	♒	6 48	4 39	9 44	
10	W	♓	6 49	4 37	10 47	
11	T	♈	6 51	4 36	11 51	
12	F	♉	6 53	4 35	a.m.	
13	S	♊	6 54	4 34	12 57	
14	Sun	♋	6 54	4 33	2 06	Showery and unsettled.
15	M	♌	6 56	4 32	3 17	
16	T	♍	6 58	4 31	4 32	Colder with rain or sleet.
17	W	♎	7 00	4 30	5 49	
18	T	♏	7 02	4 29	rises	
19	F	♐	7 03	4 29	p.m.	
20	S	♑	7 04	4 28	6 44	
21	Sun	♒	7 05	4 27	7 56	
22	M	♓	7 06	4 26	9 10	Month ends dry and fine.
23	T	♈	7 07	4 25	10 22	
24	W	♉	7 09	4 25	11 32	
25	T	♊	7 10	4 24	a.m.	
26	F	♋	7 11	4 23	12 39	
27	S	♌	7 13	4 22	1 44	
28	Sun	♍	7 14	4 22	2 48	
29	M	♎	7 15	4 21	3 51	
30	T	♏	7 16	4 21	4 52	

Patient.—“You know, this is my first illness.”

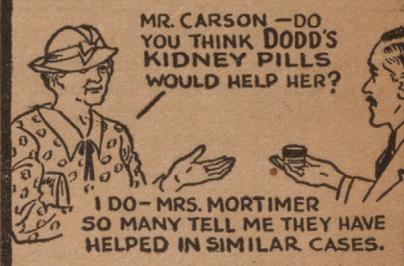
Kind Visitor.—“Well, let's hope it will be your last!”

An Even Break

First Undergraduate.—“What shall we do tonight?”

Second Ditto.—“Let's toss for it. Heads we go to the movies; tails we'll call on the girls. And if it stands on edge we'll study.”

IT HAPPENS SO OFTEN



Getting Rid of BODY POISONS

Nature provides the body with four routes by which body poisons and waste matter can be eliminated. These are—the Kidneys, the Bowels, the Lungs and the Skin.

Through the lungs the body gets rid of carbonic acid gas and water, in the form of vapour. (This is easily demonstrated by the "steam" produced when you breathe on a mirror.)

Through the skin poisons are eliminated by perspiration. If the kidneys are out of order so that their power of elimination is diminished, the amount of perspiration is greatly increased.

The disposal of waste matter through the bowels and the importance of keeping them active are described elsewhere in this book.

KIDNEYS MOST IMPORTANT

The kidneys are considered the most important organs of elimination. The body makes heavy and insistent demands upon them to filter from the blood poisons, acid salts and waste matter created by the normal breaking down and reconstruction of body tissues. They play a very important part in maintaining the level of certain

substances in the blood, such as sugar. The kidneys also help to regulate the degree of alkalinity of the blood.

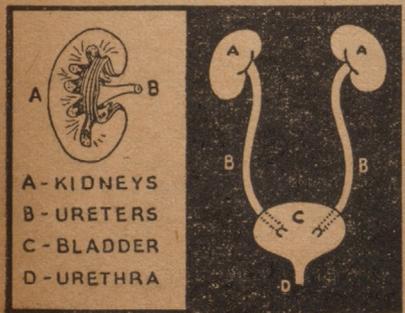
Every twenty-four hours the kidneys dispose of between two and a half and three pints of liquid waste matter. If the kidneys become weakened or deranged these poisons accumulate in the system and illness follows. You can understand therefore why we emphasize the importance of keeping kidneys in good order.

We hear Mae West is going on the air for a corset manufacturer—some hook-up!

Earthworm, the Ploughboy

Earthworms are busy all the year round except when the frost grips the earth very hard. That they are the most useful animals in the world was proved convincingly by Darwin in his book, *The Formation of Vegetable Mold*. Darwin showed that there are on an average 53,000 earthworms in an acre of arable ground in England, that they pass ten tons of soil per acre per annum through their food-canals, and that they bury the surface with their castings of finely bruised earth at the rate of three inches in fifteen years. They drag fallen leaves into their burrows, partly making these more comfortable and partly using the decayed foliage as food. In one earthworm's burrow we found 91 leaflets of the rowan tree; and this burying is going on over vast areas of the world where fertile soil continues to be formed. Plowers before the plow, the earthworms keep the surface soil circulating, and their burrows allow the air and rain to enter, besides making convenient pathways for the probing tips of rootlets. There is no doubt that earthworms sow many seeds, even of trees.

—J. Arthur Thomson, *Modern Science*



THE SIZE OF THE UNIVERSE

The human brain cannot conceive the immense size of the universe. Although our world rotates around the Sun, 93 million miles away, and enables us to explore quite a bit of space when measured in ordinary earthly units, nevertheless, we would go 275,000 times 93,000,000 miles if we ever were to visit the nearest star.

It is difficult to imagine an object as large as our Sun. If it were hollowed out and the Earth placed at the centre of it, there would still be plenty of room inside the shell for the Moon to make its monthly trip around the Earth. And the Moon is 238,000 miles from the Earth!

It is only natural to imagine that the Sun is the largest body in the universe, but astronomers say not. Every star in the sky is a sun and our Sun is nothing but a star. It appears large to us merely as we are close to it, but as a matter of fact compared to other stars it is very small.

THE DISTANCE OF STARS

If man could make an aeroplane that would travel at the speed of a radio wave, which is 186,000 miles per second, then the Moon would be reached in $1\frac{1}{2}$ seconds and the Sun in about 8 minutes. But it would take 4 years travelling at this inconceivable speed to reach the nearest star. The seven stars of the Big Dipper would not be reached for about 80 years, and the stars in Orion for about 500 or 600 years.

Light also travels at 186,000 miles a second, so if one of the stars of the Big Dipper was suddenly extinguished

we would not know of it for another 80 years.

The light you see from Orion tonight left there about the time Columbus discovered America. And it has been travelling to us at the enormous speed of 186,000 miles per second ever since!

"Where's the cashier?"

"Gone to the races."

"Gone to the races in business hours?"

"Yes, sir, it's his last chance of making the books balance."

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.

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Could Hardly Sweep Her Floor

Took Dodd's on Mother's Advice



Mrs. J. T. Smoke

"I am a farmer's wife—62 years of age and mother of four children," writes Mrs. John T. Smoke of Freeman, Ont. "After I was married I suffered with backache and kidney trouble. My back would have a tingling and throbbing sensation, and would ache when I stooped over. So badly at times I could hardly sweep my floor. I also had rheumatism in my fingers. My mother advised me to use Dodd's Kidney Pills, as she had used them for kidney trouble and they also helped her. I got a box—took them and noticed a change, so got more. I used four or five boxes, which helped me greatly and I was able to do my work again without help."

"I suffered untold agony with backache, headache and fatigue. In fact my back was so bad, I found it very hard to even breathe. No end to sleepless nights. I tried many medicines but did not even get relief. I knew many people that had taken Dodd's Kidney Pills and got so much benefit from them that they could not find much else to talk about. So I then took Dodd's Kidney Pills and noticed a vast difference after using my second box. I can truthfully say that I do not have to worry about sleepless nights any more, and now I hardly know what it is like to have a backache. Believe me, there is always a box of Dodd's Kidney Pills in our home now." Mrs. G. J. Motley, 671 Turner Rd., Walkerville, Ont.

12th month DECEMBER, 1937 31 days

MOON'S PHASES Eastern Standard Time

	D.	H.	M.
New Moon.....	2	6	11 p.m.
First Quarter....	10	8	12 p.m.
Full Moon.....	17	1	52 p.m.
Last Quarter.....	24	9	20 a.m.

* See page 3 for Local Time

Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon	Weather Probs.
			Rises	Sets	Rises a.m.	
1	W	♈	H.M. 7 18	H.M. 4 20	H.M. 5 52	Mostly fair and cool.
2	T	♈	7 19	4 20	sets	
3	F	♈	7 20	4 20	p.m.	
4	S	♈	7 21	4 20	5 41	
5	Sun	♈	7 22	4 19	6 37	Becoming colder with rain.
6	M	♈	7 23	4 19	7 36	
7	T	♈	7 24	4 19	8 37	
8	W	♈	7 25	4 18	9 40	
9	T	♈	7 26	4 18	10 44	Warmer.
10	F	♈	7 27	4 18	11 49	
11	S	♈	7 28	4 18	a.m.	
12	Sun	♈	7 29	4 18	12 57	
13	M	♈	7 30	4 18	2 07	Much cooler with light snow and high winds.
14	T	♈	7 31	4 18	3 21	
15	W	♈	7 31	4 20	4 36	
16	T	♈	7 32	4 20	rises	
17	F	♈	7 33	4 20	p.m.	Warmer with occasional showers.
18	S	♈	7 34	4 21	5 29	
19	Sun	♈	7 34	4 21	6 45	
20	M	♈	7 35	4 21	8 01	
21	T	♈	7 35	4 22	9 15	Warmer with occasional showers.
22	W	♈	7 36	4 22	10 26	
23	T	♈	7 36	4 22	11 34	
24	F	♈	7 37	4 23	a.m.	
25	S	♈	7 37	4 23	12 39	
26	Sun	♈	7 38	4 24	1 43	
27	M	♈	7 38	4 24	2 45	
28	T	♈	7 38	4 25	3 45	
29	W	♈	7 38	4 26	4 43	
30	T	♈	7 38	4 27	5 37	
31	F	♈	7 38	4 27	6 26	

Boss.—"Well, did you read the letter I sent you?"

Office Boy.—"Yes, sir. I read it inside and outside. On the inside it said 'You are fired,' and on the outside it said 'Return in five days,' so here I am."

HELPFUL HINTS



After peeling onions run the knife through a potato and you will find that this will eliminate the odour.

A good way to utilize the small pieces of toilet soap which accumulate so easily, is to boil in a little water till melted, thicken with corn meal and mould into a cake of soap. This is very good to use on the hands.

Tissue paper is much better than a cloth for wiping the steam from the windows in the winter-time, as it leaves no lint.

Never put glassware in water bottom first. Slip it in edgewise; this will prevent the most delicate piece from cracking.

The contents of a pot will never boil over if the inside of the rim is greased slightly.

After frying bacon or potatoes place them on a piece of plain brown paper which will remove excess grease.

When whipping cream you will find that three or four drops of lemon juice to a cup of cream will make it stiff and firm.

To allay the irritation when any foreign matter alights in the eye, apply one or two drops of castor oil at once.

Salt and vinegar will remove ink-stains from the fingers.

A very hot nail will not split plaster when driven into it.

A little bluing added to the water when scrubbing floors will make the floors much whiter.

Any malleable iron stove if washed in cold coffee will keep black and glossy.

To keep potatoes a good colour after they have been peeled, place them in water to which a few drops of

lemon juice has been added.

To clean wallpaper, rub with a flannel cloth dipped in oatmeal.

A little salt in the pan before frying will prevent splashing of the grease.

Never brush a splashed coat or skirt until the splashes are perfectly dry.

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 are an excellent treatment as it is their function to put the kidneys in shape to remove impurities from the blood.



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.

She Enjoys Doing Housework Now



Mrs. Williams

"I am a farmer's wife, 38 years of age," writes Mrs. C. H. Williams, of Pennant, Sask. "I was feeling run down for over two years, with rheumatism and kidney trouble. I could not do my work. My husband told me to try Dodd's Kidney Pills, as he had taken them with benefit. After taking two boxes of the Pills I was able again to do my work and six months later I feel just as fit as can be and free of rheumatism. I have seven children and can now enjoy doing my housework."

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 four minutes, and in the kidneys (Nature's Filters) it is relieved of waste matter which the blood accumulated in its 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 system.

It is the normal function of the kidneys to filter out 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, and burdened with poisons, 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 helping to regulate, heal and restore these important organs to normal action.

NIGHT RISING DISTURBED REST

May be Signs of Kidney Trouble

If the kidneys are in a normal, healthy condition, two-thirds of the urine excreted in twenty-four hours would be passed between seven o'clock in the morning and seven o'clock in the evening.

This means that healthy kidneys are called upon to do their hardest work during waking hours, extracting two-thirds of the poisons and waste matter from the blood system between 7 a.m. and 7 p.m.

If, however, the kidneys are out of order and fail to do their full share of work during the daytime, extra strain is placed upon them during the night. This naturally results in so much urine accumulating in the bladder that it cannot hold it during sleeping hours and discomfort, unrest, and night rising are bound to follow.

Night rising, then, may be taken as a sign that your kidneys are not functioning properly. It is the duty of Dodd's Kidney Pills to help your kidneys regain an active, healthy condition, so that they will carry out their normal span of duty in the daytime

and leave your sleeping hours undisturbed.

In cases of night rising, Dodd's Kidney Pills have proved a most successful treatment. They may be taken, with confidence, and safety, by old and young as they are safe and non-habit forming.

100 Years Ago in the United States

There was not a public library in the United States.

Almost all furniture was imported from England.

An old copper mine in Connecticut was used as a prison.

There was only one hat factory and it made cocked hats.

Every gentleman wore a queue and powdered his hair.

Crockery plates were objected to because they dulled the knives.

Two stagecoaches bore all the travel between New York and Boston.

A day laborer considered himself well paid with two shillings a day.

The whipping post and pillory were still standing in Boston and New York.

Buttons were scarce and expensive, and the trousers were fastened with pegs or lace.

Leather breeches, a checked shirt, a red flannel jacket and a cocked hat formed the dress of the real artisan.

Beef, pork, salt fish, potatoes and hominy were the staple diet all the year around.

—Quoted in *National Glass Budget*

COULDN'T SLEEP OR WORK

Fretful nights—tossing, turning—never comfortable. Half awake days—over-tired, driving body and mind to work when they needed rest. What a miserable time he had until a friend suggested Dodd's Kidney Pills. "It may be your kidneys", said the friend. He took Dodd's—and soon he was sleeping like a top—energy returned and work no longer seemed a trial.





HOW TO FORECAST THE WEATHER



THERE are no definite and easily learned rules for making accurate weather forecasts. Even the government weather bureaus admit an average error of 15 per cent. in their forecasts. You may become reasonably accurate, however, by starting to be a weather observer. Merely by using your eyes and writing down what you see, you will automatically, though unconsciously, gain a lot of information which will be valuable to you when you attempt to do any forecasting. For example, at definite times each day, say at 8 o'clock in the morning and evening, note the kinds and extent of clouds in the sky, and everything else you can observe about the weather. If there is a ring around the sun, jot it down; or any other notes on fog, rain, snow, etc. Note the direction and force of the wind. Do this every day for a week, month or longer. Every month, assemble your information and study it. You will be surprised the things you can learn about weather in this way.

Nature also provides plenty of "instruments" to help you study weather changes, in the plants, birds, insects and animals. The exact time when certain plants bloom, when certain trees bud, the arrival of certain insects all, if written down, can help you build up your knowledge of seasonal changes, whether seasons are backward or ahead of normal, when conditions appear right for planting certain crops and as a guide to other activities which will be directly affected by the weather.

Using the trees and flowers as weather guides is an old and much used plan by many farmers. The Indians, so they say, used to plant corn when the white oak leaves were the size of a mouse's ear.

How Animals Forecast Storms

Cattle sniff the air and herd closely, heads away from wind; sheep quit pasture; dogs sleepy, seek warmth; cats wash faces; roosters crow much and flap wings; hens, ducks and geese quack too much; birds preen selves; sparrows noisy; many toads appear; crows noisy; bat seek shelter; robins close to house; flies bite, frogs croak loudly; worms appear on surface.

Some Popular Weather Notions

Red sunset means dull sunrise.
Red morning sky means rain or wind.
Soft, fleecy clouds mean fair weather.
Rough, heavy clouds mean wind.
Thin, streaked clouds mean wind or rain.
Seabirds, flying early and far to sea means fair weather.
Seabirds, flying near land or inland means bad weather.
Swallows, flying low, close to home, means rain or wind.
Pigs, carrying straw to pens means bad weather.
Smoke rising slowly means bad weather.
Dew in the morning portends fine weather.
Fog in the morning means good weather.
Morning rainbow indicates good weather.
Twinkling stars at night, good weather.
Clear air early in day means fair weather.
Circles about sun or moon, bad weather.
East or southeast wind, storms.
North wind, cold.
South wind, warm.
Wind changing from south to north-east, bad.
Wind from north-west, brisk or cold.
Sky deep blue, good; gray, dry or hot; yellow in evening, wind.
Wind changing from north to west, fair.
Evening rainbow, good.

"I had Kidney and Bladder trouble on and off for ten years. I often felt miserable and did not want to move. I tried several remedies without success until a friend told me about Dodd's Kidney Pills. After taking two or three boxes I just felt fine. Now whenever I feel heavy, with aching pains all over, I just take Dodd's Kidney Pills again. I am 42 years old, have two girls, do my own housework and sewing. Thanks to Dodd's Kidney Pills for the relief I have derived from them."

Mrs. Alan Campbell,
287-7th Ave. E., Owen Sound, Ont.

"I was so ill with Rheumatism that I could hardly walk, and also suffered intense pains in the regions of the Kidneys. I was very much discouraged as I am the mother of three children and was unable to do my work. I could not sleep at night and was crying almost all the time. One of my friends having read Dodd's Almanac, advised me to try Dodd's Kidney Pills. I sent for a box immediately and as soon as it was finished I noticed a change. I slept better at night and the pains seemed less severe. I then took six boxes in succession and now feel very well and am able to look after my children and do my washing and housework."

Mrs. Patrick Cooper,
6658 Drolet Street, Montreal, P.Q.

"I had an upset stomach and would sit down to a meal feeling hungry, yet there was nothing that seemed to suit me. After I had eaten a certain amount I would feel sick. I then read about Dodd's Dyspepsia Tablets and thought they were worth giving a trial. I got a box and after taking some of them my stomach seemed to be in good condition and I can now eat the way a working man should. I sure feel myself again now."

William Farr, Mitchell, Ont.

"I am an ex-service man (5th Battalion) and suffered from Kidney and Bladder trouble and received very little relief. About a year ago I was advised to try Dodd's Kidney Pills and have taken them at intervals with very beneficial results. In fact, it seems to me, as if I have a new lease of life. I recommended Dodd's Kidney Pills to other soldiers who have suffered as I have done, and have been thanked for doing so."

Donald Bruce, 2518-15½ St. N.W., Calgary, Alta.

COULDN'T WORK COULDN'T SLEEP



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



My work suffered. The boss noticed it. I was worried. "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**

IF CONSTIPATION Is Sapping Your Energy Take **DIAMOND DINNER PILLS**

CONSTIPATION is often caused 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 should begin to improve and finally 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.



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.



Price 25c

» » **DIET** « «

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

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

You MAY Take

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

You Must NOT Take

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

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

But, remember, the rules given above are only AIDS to recovery and to the maintenance of good health. Regulating your food and drink will not rid you of disease. The most important thing for you to bear in mind 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.



NO BACKACHE NOW

*To spoil her fun
or hinder her work*

I SIMPLY CAN'T GO MOTHER
— THIS BACKACHE IS DRIVING
ME MAD

WHAT WILL WE DO
WITHOUT JANE —
SHE'S THE CONVENOR
— AND SHE'S ILL!

BACKACHE? — IT'S
MORE LIKELY
YOUR KIDNEYS
— I'LL SEE TO
THAT



ALL RIGHT MOTHER, I'LL TRY ANYTHING
— BUT MY KIDNEYS ARE ALL RIGHT

— AND DON'T FORGET
THE LITTLE CAKES —
YES, THANKS BESS —

I'M SO GLAD
YOU'RE FEELING
WELL AGAIN,
JANE

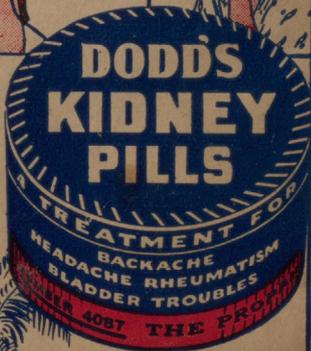
PERHAPS — BUT DODD'S
WERE ALWAYS YOUR
FATHER'S FAVOURITE
— GIVE THEM A TRIAL

I FEEL FINE
NOW — THANKS
TO MOTHER
AND DODD'S
KIDNEY
PILLS



JANE, YOU LOOK WONDERFUL —
AND IT'S A LOVELY PARTY

FROM A HUSBAND
THAT'S A REAL
COMPLIMENT — I
FEEL WONDERFUL,
TOO



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