



Dodd's

A L M A N A C

1938

**USEFUL INFORMATION
FOR FAMILY
AND HOME**

Golden Number..... 1	Solar Cycle..... 15	Roman Indiction..... 6
Epact..... 29	Dominical Letter..... B	Julian Period (year of) 6651

THE SEASONS

Eastern Standard Time

Sun enters Aries—Spring begins.....	Mar. 21st,	1.43 a.m.
Sun enters Cancer—Summer begins.....	June 21st,	9.04 p.m.
Sun enters Libra—Autumn begins.....	Sept. 22nd,	11.59 p.m.
Sun enters Capricornus—Winter begins.....	Dec. 22nd,	7.14 a.m.

ZODIACAL SIGNS

Head and Face, ♈ ARIES, the Ram.

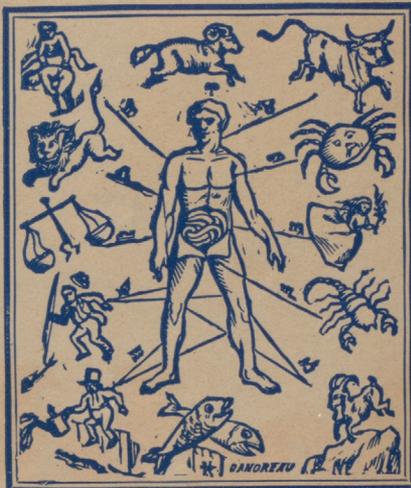
Arm.
♊ GEMINI,
The Twins.

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	Easter Sunday..... Apr. 17	Hebrew New Year..... Sept. 26
Epiphany..... Jan. 6	St. George..... Apr. 23	Day of Atonement..... Oct. 5
Death King George V, '36..... Jan. 20	King George VI Cr'd, '37..... May 12	Feast of Tabernacles..... Oct. 10
Septuagesima Sunday..... Feb. 13	Rogation Sunday..... May 22	Thanksgiving..... Oct. 10
Valentine's Day..... Feb. 14	Victoria Day..... May 24	Hallowe'en..... Oct. 31
Quinquagesima..... Feb. 27	Ascension Day..... May 26	All Saints' Day..... Nov. 1
St. David..... Mar. 1	Pentecost (Whit Sunday)..... June 5	Armistice Day..... Nov. 11
Ash Wednesday..... Mar. 2	Birthday King George VI..... June 9	First Sunday in Advent..... Nov. 27
St. Patrick..... Mar. 17	Trinity Sunday..... June 12	St. Andrew's Day..... Nov. 30
Palm Sunday..... Apr. 10	Corpus Christi..... June 16	Edward VIII Abd'd, Dec. 10, '36
Good Friday..... Apr. 15	Dominion Day..... July 1	Accession George VI, Dec. 12, '36
First Day of Passover..... Apr. 16	Labor Day..... Sept. 5	Christmas Day..... Dec. 25

MORNING AND EVENING STARS

Mercury:—Morning Star to March 8th, 1200 hours with greatest elongation West, January 20th, 2300 hours 24° 17'; Evening Star to April 21st, 2200 hours, with greatest elongation East, April 2nd, 2100 hours 19° 5'; Morning Star to June 22nd, 2100 hours with greatest elongation West, May 19th, 1400 hours 25° 37'; Evening Star to August 28th, 0900 hours with greatest elongation East, July 31st, 1700 hours 27° 15'; Morning Star to October 10th, 1100 hours with greatest elongation West Sept. 13th, 1100 hours 17° 54'; Evening Star to December 14th, 1000 hours, with greatest elongation East, November 25th, 1100 hours 21° 51'; Morning Star to end of year. **Venus:**—In superior conjunction with Sun Feb. 4th, 0300 hours and becoming an Evening Star Inferior conjunction with Sun November 20th, 0600 hours and becoming a Morning Star. **Mars:**—In conjunction with Sun July 24th, 1900 hours. **Jupiter:**—In conjunction with Sun January 29th, 2300 hours. **Saturn:**—In conjunction with Sun March 29th, 0800 hours. **Uranus:**—In conjunction with Sun May 4th, 2000 hours. **Neptune:**—In conjunction with Sun September 14th, 0900 hours.

ECLIPSES IN 1938

In the year 1938 there will be four eclipses, two of the Sun and two of the Moon.

Greetings to Our Readers

We take pleasure in presenting to you with our compliments the
1938 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 or 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

GOODBYE TO BACKACHE

<p>WHAT'S WRONG JOAN?</p>  <p>THIS BACK OF MINE IS DRIVING ME MAD-IT ACHES SO I CAN'T SLEEP OR WORK</p>	<p>SO DID MINE UNTIL I USED DODD'S KIDNEY PILLS -</p>  <p>I'LL GET SOME RIGHT AWAY -</p>	<p>JOAN, YOU'VE TAKEN A NEW LEASE ON LIFE RECENTLY - WHAT'S THE SECRET?</p>  <p>JUST THREE LITTLE WORDS - DODD'S KIDNEY PILLS</p>
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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 uneasiness or pains occasionally in the loins?

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 a backache? Do your limbs feel heavy?

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, 1937 30 days

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 Local Time on this page

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

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

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

Prince Edward Is.

Charlottetown	Add 12
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New Brunswick

Chatham	Add 22
Fredericton	Sub. 32
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 to Overtake You

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

Experience for nearly half a century has proved Dodd's Kidney Pills to be an excellent remedy for kidney ailments.

Dodd's Kidney Pills 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. 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.

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?

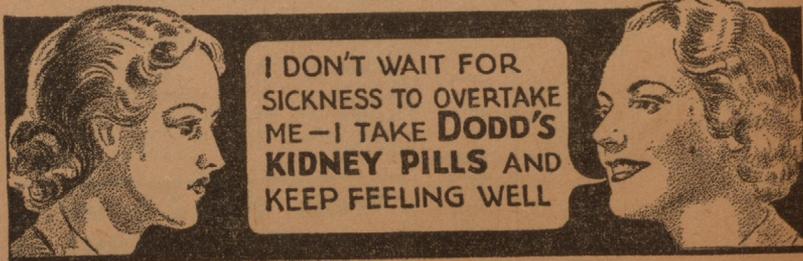
Three Scotchmen were in church one Sunday morning when the minister made a strong appeal for some worthy cause, hoping that everyone in the congregation would give at least one dollar or more. The three Scots became very nervous as the collection plate neared them. Finally one of them fainted and the other two carried him out.

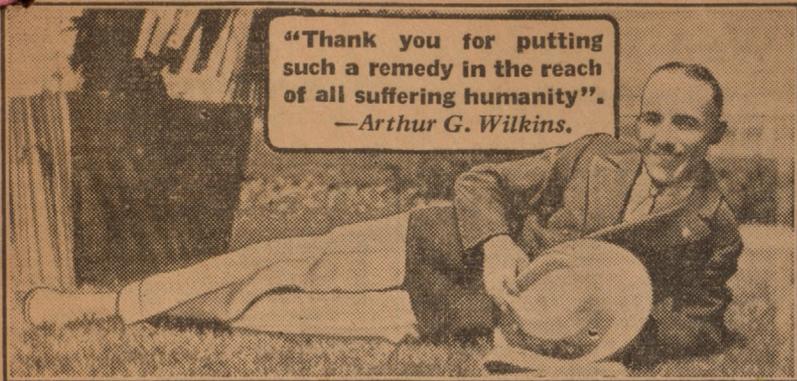
TRY THIS ON YOUR FRIENDS

Give your friend a piece of paper and pencil and ask him to do the following without you seeing any of the figures.

Put down his age. Double it. Add 5. Multiply by 50. Add the amount of change in his pocket (any amount below \$1.00). Add the number of days in the year (365). Subtract 615.

Then ask him to show you the result. The first two figures of this will be his age and the second two figures the amount of change in his pocket.





**"Thank you for putting
such a remedy in the reach
of all suffering humanity".**

—Arthur G. Wilkins.

SUFFERED SIX WEEKS WITH LAME BACK

**Carpenter Gets Relief by
Taking Dodd's Kidney
Pills on advice of a friend**

"I am a carpenter and naturally work in all kinds of weather," writes Mr. Arthur G. Wilkins of 238 Maple Ave., Ville St. Pierre, P.Q. "Two years ago I was laid up for about six weeks with a very lame back. I tried numerous so called remedies to no avail.

A friend of mine recommended Dodd's Kidney Pills for which I am truly thankful. Before the first box



Back so bad he
couldn't work.

was gone I noticed a great improvement in both my back and general health. Before the second box of Dodd's Kidney Pills was finished my back felt completely better. Needless to say a box of Dodd's Kidney Pills is always in the house. I take them regularly as I am a firm believer in the old adage that a stitch in time saves nine.

I am very pleased to say that up to, and including, the present time I have had no re-occurrence of my ailment.

Thank you for putting such a remedy in the reach of all suffering humanity."



A friend recommends
Dodd's Kidney Pills



New always keeps
Dodd's in house

My watch is ten minutes slow and I think it is five minutes fast. Your watch is five minutes fast and you think it is ten minutes slow. We plan to catch a train that leaves at four o'clock. Who gets there first? *Work this out mentally before you turn to the answer on page 15.*

—Angus Reid in the Reader's Digest.

An out-of-town minister was preparing to occupy the pulpit at the Episcopal Church.

"Do you wish to wear a surplice?" asked the rector.

"Surplice!" cried the visitor. "Surplice! I am a Methodist. What do I know about surplices? All I know about is a deficit!"

Was Nearly Crazy With Pain

Now Blesses Day Mother Told Her of Dodd's



Mrs. E. Wells

"I feel I must write and let you know what a blessing Dodd's Kidney Pills have been to me," writes Mrs. E. Wells, 228 Elgin St., London, Ont. "I suffered so much with my back. The pain was just awful.

My Mother had used Dodd's Kidney Pills for years and kept telling me to try them, but I really did not believe that they would help. She came to visit me about two months ago and at that time I was nearly crazy with pain. She did not wait but went right out and bought me a box. How I bless that day! I really can hardly believe what they can do for a person.

I am the mother of 7 little children so you know I must keep going. I have only taken one box of Dodd's Kidney Pills but I feel fine. I shall never be without Dodd's Kidney Pills.

I have heard so many people recommend them that I feel that the least I can do is to write and thank you."

A BRAIN TWISTER

Visualize a wooden three-inch cube, painted black.

1. How many cuts would it require to divide the cube into one-inch cubes?
2. How many cubes would you then have?
3. How many cubes have four black sides?
4. How many cubes have three black sides?
5. How many cubes have two black sides?
6. How many cubes have one black side?
7. How many cubes are unpainted?

(See answer on page 11.)

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

"So you are building a new house, eh? How are you getting along with it?"

"Fine, I've got the roof and the mortgage on it, and I expect to have the furnace and the sheriff in before fall."

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.

Doctor Told Nurse 'Use Dodd's'



Mrs. A. Bean

"My experience with Dodd's Kidney Pills was when I was practising as a trained maternity nurse. This is a very hard calling, especially in private cases where there is so much stooping and lifting to be done. I became so run down and had dizzy spells so often that I spoke to a doctor who is a personal friend of mine. He told me to get Dodd's Kidney Pills. I did, and gave them a trial for two weeks.

I try never to be without them as whenever I feel run-down or have the least touch of backache I take them for a few days and they seem to fix me up."

MRS. A. BEAN,
1706 Lillian Road,
Victoria, B.C.

Was Dizzy - Nervous - Irritable

Now Advises Others To Try Dodd's



Mrs. E. B. Mosher

"For about 2 years I suffered with pains in my back, dizziness and was nervous and irritable," writes Mrs. Edward B. Mosher of Summer-ville, N.S. "I tried different remedies but none seemed to

do me any good. I am 34 years of age, the mother of 3 small children, and am a housewife doing all my own work, washing and sewing.

I took my first box of Dodd's Kidney Pills and then purchased 3 more boxes. My backache and dizziness disappeared and I found I was not so nervous and irritable. That was the first time I ever tried Dodd's Kidney Pills, but it certainly will not be the last.

I strongly advise any mother who has suffered as I have to try taking a few boxes of Dodd's Kidney Pills."

A "Nervous Breakdown" is not Caused by Over-Work or Worry

The expression "nervous breakdown" is used by many to describe mental derangement or insanity.

Mental disorders are caused by two things. Firstly, a tendency to disorders of the mind which may be inherited or may be due to alcoholism or prolonged poisoning of the system. Secondly, by exciting causes, such as over-work, financial trouble, disappointment in love, anxiety, grief. Neither one of these causes will produce a mental disorder in itself. Both must be present to cause what is generally referred to as a "nervous breakdown". In other words, over-work or worry will not cause mental disorder unless the tendency towards mental disorders is also present.

1st month JANUARY, 1938 31 days

MOON'S PHASES Eastern Standard Time

	D.	H.	M.
☾ New Moon.....	1	1	58 p.m.
☽ First Qtr.....	9	9	13 a.m.
☾ Full Moon.....	16	12	53 a.m.
☽ Last Qtr.....	23	3	9 a.m.
☾ New Moon.....	31	8	35 a.m.

* See page 3 for Local Time

Day of Month	Day of Week	Zodiac Signs	* Sun		* Moon Sets	Weather Probs.
			Rises	Sets	p.m.	
1	S	♋	H.M. 7 38	H.M. 4 28	H.M. 4 31	
2	Sun	♌	7 38	4 29	5 29	Becoming colder with light snow.
3	M	♌	7 38	4 30	6 30	
4	T	♌	7 38	4 31	7 33	
5	W	♌	7 38	4 32	8 36	
6	T	♌	7 38	4 33	9 40	
7	F	♌	7 38	4 35	10 46	
8	S	♌	7 38	4 36	11 53	
9	Sun	♍	7 37	4 37	a.m.	
10	M	♍	7 37	4 38	1 03	Very cold.
11	T	♍	7 37	4 39	2 14	
12	W	♍	7 37	4 40	3 26	
13	T	♍	7 36	4 41	4 36	
14	F	♍	7 36	4 42	5 39	
15	S	♍	7 35	4 44	6 34	
16	Sun	♎	7 35	4 45	rises	Turning gradually milder.
17	M	♎	7 34	4 46	p.m.	
18	T	♎	7 34	4 48	8 03	
19	W	♎	7 33	4 49	9 14	
20	T	♎	7 32	4 50	10 23	
21	F	♎	7 32	4 52	11 29	
22	S	♎	7 31	4 53	a.m.	
23	Sun	♏	7 30	4 55	12 33	Little snow or rain.
24	M	♏	7 29	4 56	1 36	
25	T	♏	7 28	4 57	2 35	
26	W	♏	7 27	4 58	3 30	
27	T	♏	7 26	5 00	4 21	
28	F	♏	7 25	5 02	5 07	
29	S	♏	7 24	5 03	5 47	
30	Sun	♐	7 23	5 04	6 23	Clearing.
31	M	♐	7 22	5 05	6 54	

"My wife ran away with my best friend."

"Was he good-looking?"

"I don't know. Never met the fellow!"

Our mountains whose peaks extend 5 miles above sea level, we call high. Our oceans whose depths are sometimes 6 miles from the surface, we call deep. But "high" and "deep" are only relative expressions. If all the mountains should be taken off the earth, and all the waters of the ocean evaporated, the change in the size and shape of the earth would not be greater than that made in a wet football by wiping it dry.

At the North Pole there is no such thing as East, West or North. No matter which way you look it is South.

BACKACHE MAY BE YOUR WARNING!

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 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.

MOTHER WAS RIGHT

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

BUT MOTHER, THERE IS NOTHING WRONG WITH MY KIDNEYS!

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

- AND A BOX OF *DODD'S* KIDNEY PILLS, PLEASE MR. GARDNER.

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

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

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

The height of emptiness is a Glasgow street on a tag day.

INTERESTING FACTS ABOUT BREAD



Bread is an important food in every household. And so it should be, for bread supplies a tasty, cheap source of food energy—man's greatest need.

Extensive research by scientists has shown that good bread is more nearly a well balanced food than any other item in the average diet.

Most people have the idea that to develop strong muscles and maintain good health, meat is an absolute necessity. They forget that the horse and the ox grow strong on cereal grains. Good bread is probably the cheapest source of protein and is said to be equal to meat as a muscle repair food.

Bread is one of our most economical foods. There is no waste to bread and it is nearly 100% digestible. Prominent doctors in clinical tests have proven that bread speeds digestion and shortens the emptying time of the stomach and, therefore, aids the digestion of other foods. At a cost of 6 cents the bread consumed at 3 meals of average menus will supply nearly three-tenths of our daily energy requirements; four-tenths of the daily repair and growth requirements, as well as a considerable portion of our daily requirements of calcium, phosphorus, iron and copper.

Bread supplies a high-grade of protein for muscle repair, fat and carbohydrate for energy and a large proportion of calcium phosphorus, silver, potassium, chlorine, iron, copper, manganese, etc. It must be remembered that 85% of the food we eat is used for energy, and at least one-fourth of this should be bread.

The following statements are provided by one of the most reliable authorities on nutrition as related to health, The Committee on Foods of the American Medical Association—

"Bread is our outstanding source of the largest single need in the balanced diet—Food-Energy."

"Bread is often incorrectly called a 'fattening food'. The fact that bread is high in Food-Energy does not mean that it, itself, will produce overweight. Remember you should never think of bread as a 'fattening food', but as a food high in Energy."

SHE HAD NO FAITH



Mrs. E. J. Porter "I am a farmer's wife, 33 years of age, and came to this country from Scotland 13 years ago," writes Mrs. Earl J. Porter of R.R. No. 1, Benton, N.B. "Some time ago I suffered with severe pains in my back and hips and I think I tried every kind of medicine under the sun but got no relief. I then happened to see an advertisement in the paper for Dodd's Kidney Pills and my husband said, 'Why don't you get some as they might help'. I did not have much faith in them but I decided to do so. The first box of Dodd's Kidney Pills did me so much good that when they were gone I sent out and got 3 more boxes and they sure did the trick for I now feel as well as can be."

He Suffered for About 8 Years

Says Dodd's Made Him Feel His Old Self

2nd month FEBRUARY, 1938 28 days

MOON'S PHASES Eastern Standard Time

	D.	H.	M.
First Qtr.	7	7	32 p.m.
Full Moon.	14	12	14 p.m.
Last Qtr.	21	11	24 p.m.

* See page 3 for Local Time

Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon	Weather Probs.
			Rises	Sets	Sets p.m.	
1	T	♈	H.M.	H.M.	H.M.	Very cold this week.
2	W	♈	7 21 5	07	6 28	
3	T	♈	7 20 5	08	7 32	
4	F	♈	7 18 5	09	8 38	
5	S	♈	7 17 5	11	9 44	
6	Sun	♈	7 16 5	12	10 53	Milder with heavy snow.
7	M	♈	7 15 5	15	a.m.	
8	T	♈	7 13 5	16	12 03	
9	W	♈	7 12 5	17	1 13	
10	T	♈	7 11 5	19	2 21	
11	F	♈	7 10 5	20	3 25	
12	S	♈	7 08 5	21	4 21	
13	Sun	♈	7 06 5	22	5 10	
14	M	♈	7 04 5	24	rises	
15	T	♈	7 03 5	25	p.m.	
16	W	♈	7 02 5	27	6 49	
17	T	♈	7 01 5	28	8 00	
18	F	♈	7 00 5	30	9 10	
19	S	♈	6 58 5	31	10 16	
20	Sun	♈	6 56 5	32	11 21	
21	M	♈	6 55 5	34	a.m.	
22	T	♈	6 53 5	35	12 22	
23	W	♈	6 51 5	37	1 20	
24	T	♈	6 50 5	39	2 13	
25	F	♈	6 48 5	40	3 01	
26	S	♈	6 46 5	41	3 44	
27	Sun	♈	6 44 5	42	4 21	
28	M	♈	6 42 5	43	4 54	
			6 40 5	45	5 24	

"For about 8 years I suffered from bad kidneys and difficult and painful urination. I had been receiving treatment but got so bad I could hardly walk," writes Mr. Henry Cromier of 183 St. Anne St.,



Henry Cormier

Coaticook, P.Q. "Last fall I saw a Dodd's Almanac and thought I would try Dodd's Kidney Pills. After the first box I felt a little relief, and after 3 boxes felt quite my old self. I have told a couple of my friends about Dodd's Kidney Pills and they too, got relief. I have no hesitation in recommending Dodd's Kidney Pills and give you full permission to use this letter."

Tongue-Twisters

How many times can you rapidly repeat the following tongue-twisting sentences without making a mistake?

- Graceful giraffes gleefully graze on growing grass gleaming green.
- Flesh of fifteen fresh fried flying fish formed fine fare for forty-five families.

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

ANSWER TO BRAIN TWISTER ON PAGE 6

- Six cuts.
- Twenty-seven cubes.
- None.
- Eight.
- Twelve.
- Six.
- One.

36 BARRELS OF HUMAN BLOOD



Your KIDNEYS Must Filter EVERY DAY

Each and every day 36 barrels of blood pass through the average person's kidneys—there to be cleansed of harmful acids and 22 thimblefuls of urea. If your kidneys are out of order and fail to extract the full amount of this poisonous waste matter, sickness surely follows. If you suffer from lack of energy, sleeplessness, backache, rheumatism, getting up nights, dizzy spells—or if you just feel run-down, losing interest and lacking pep—then you, too, may be a victim of unfiltered blood. Instead of fresh, pure blood carrying nourishment to every nerve, every muscle of your body, the system may be polluted with waste poisons and excess acids.

Medical Prescription Needed

To cleanse your system of these 22 thimblefuls of wastes and poisonous acids every day you need a medical prescription that acts directly on the kidneys.

For over half a century Dodd's Kidney Pills have been recognized as an excellent kidney prescription. Clinical tests prove that Dodd's Kidney Pills act quickly, safely and effectively. You have evidence in this book what they have done for others. So, why don't you give them a trial?

Be sure to demand Dodd's—and don't let them sell you anything else.

Heart Not On Left Side

The average person believes that the human heart is situated on the left side of the body. This is not so. If a body were sliced exactly in half, only a trifle more than one-half of the heart would be found on the left side. In other words, the heart is situated in the centre of the body. The heart is so situated and its action is such that heart beats are more readily felt on the left side.

Cutting Hair Does Not Cause Weakness

Hair is an outgrowth of the skin very much like the finger-nails. It is neither a blood or nerve supply. Cutting the hair either of a child or a grown person causes no more loss of strength than cutting the finger-nails.

NORTH STAR CHANGES

The star Polaris is at present known as the North Star. This is because an imaginary line drawn through the earth from the South Pole to the North Pole, points towards it. This line, however, does not always point at the same star and in about twelve thousand years the bright star Vega will be the North Star.

"I suffered from lumbago and restless nights. The lumbago was so bad that I was unable to walk without pushing a chair ahead of me to cross the room.

I then purchased some Dodd's Kidney Pills and am pleased to state that I received great benefit from them. In fact, I can state that I consider that the complaint has gone entirely. I now enjoy a full night's sleep and feel ten years younger.

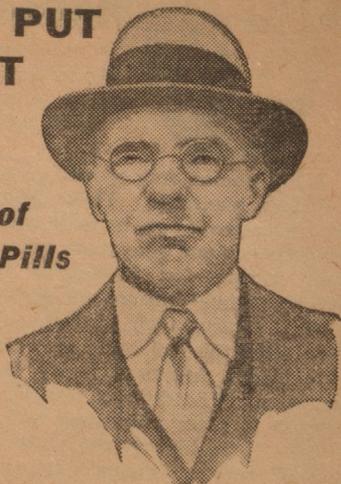
I can assure you these are true facts and my wife can vouch for what I have stated."

George Dohoo,
812 Seventh Ave.,
Saskatoon, Sask.

RHEUMATISM for 35 YEARS

TOOK 4 MINUTES TO PUT ON HIS COAT

**Woodstock Man
felt relief after
taking first box of
Dodd's Kidney Pills**



"I suffered with rheumatic pains for about 35 years," writes Mr. A. R. Redshaw of 114 Dover Street, Woodstock, Ontario. "I came to America with the hope of getting rid of these pains as I was advised that this was the best thing to do, but it did not change my rheumatic pains any.

No medicine seemed to do me any good. I got worse and worse. It took me three or four minutes to put my coat on myself, and I suffered agony. I then heard of Dodd's Kidney Pills over the radio and I thought I would try them. I could hardly believe myself when after taking one box I began to get relief. Then I got so I could put on my coat without any pain. I used to suffer so much at night that I could not get any sleep but now I have no pain at night and can sleep well.

You can publish this letter if you wish or use it in any way to help others."

Dinah had been having trouble with an ulcerated tooth for some time before she got up enough courage to go to a dentist. The moment he touched her tooth she screamed.

"What are you making such a noise for?" demanded the doctor. "Don't you know that I'm a 'painless dentist?'"

"Well, sah," retorted Dinah, "mebby yo' is painless, but Ah isn't."



Pain so bad at night,
could not sleep.

Heard over Radio of
Dodd's Kidney Pills.

Felt relief soon after
taking Dodd's.

Puts on coat without
pain-sleeps at night.



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.

One out of every 24 inhabitants of the United States has a prison record.

—*International Detective Cases.*

**She
Called It
"NERVES"**



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



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



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



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

**It is a wise pre-
caution to keep a
box of Dodd's Kid-
ney Pills at hand.
Every member of
the family may
find helpful relief
through the use of
this safe and time-
tested remedy.**

Was 16 When First Child Born

Is Now Mother of Five— Uses Dodd's



Mrs. J. Whitney

"I am the mother of 5 children and have been using Dodd's Kidney Pills since before the birth of my first child when I was 16 years old," writes Mrs. J. Whitney of

447 Elgin Avenue, Winnipeg. "I take Dodd's Kidney Pills at the slightest sign of pain in my back and after a couple of days the pain leaves me. I find that I have to take very few as my back only aches about twice a year. The largest amount of Dodd's Kidney Pills I have ever used at one time was two boxes. I certainly feel that they have kept my kidneys in good order."

ANSWER TO WATCH PROBLEM ON PAGE 5

You get there first, and I miss the train. I will try to arrive a short time before 4.05 by my watch; but 4.05 by my watch is 4.15 train time. You will try to arrive a short time before 3.50 by your watch; but 3.50 by your watch is 3.45 train time.

"I always do my hardest work before breakfast."

"What's that?"

"Getting up."

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, 1938 31 days

MOON'S PHASES

Eastern Standard Time

	D.	H.	M.
☾ New Moon.....	2	12	40 a.m.
☾ First Qtr.....	9	3	35 a.m.
☾ Full Moon.....	16	12	15 a.m.
☾ Last Qtr.....	23	8	06 p.m.
☾ New Moon.....	31	1	52 p.m.

* See page 3 for Local Time

Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon Sets	Weather Probs.
			Rises	Sets	p.m.	
1	T	♈	H.M.	H.M.	H.M.	
2	W	♈	6 39	5 46	5 20	
3	T	♈	6 38	5 48	6 27	
4	F	♈	6 36	5 49	7 34	Becoming milder with light snow.
5	S	♈	6 34	5 51	8 43	
6	Sun	♈	6 32	5 52	9 53	
7	M	♈	6 30	5 53	11 04	
8	T	♈	6 29	5 54	a.m.	
9	W	♈	6 27	5 57	12 12	
10	T	♈	6 25	5 58	1 17	
11	F	♈	6 23	5 59	2 15	Colder.
12	S	♈	6 21	6 00	3 05	
13	Sun	♈	6 20	6 01	3 47	
14	M	♈	6 18	6 03	4 24	
15	T	♈	6 16	6 05	4 56	Still cold and windy.
16	W	♈	6 14	6 06	5 25	
17	T	♈	6 12	6 07	rises	
18	F	♈	6 11	6 08	p.m.	
19	S	♈	6 09	6 09	9 03	
20	Sun	♈	6 07	6 10	10 06	
21	M	♈	6 05	6 12	11 07	
22	T	♈	6 03	6 13	a.m.	Milder with rain.
23	W	♈	6 01	6 14	12 03	
24	T	♈	5 59	6 15	12 53	
25	F	♈	5 57	6 17	1 38	
26	S	♈	5 55	6 18	2 17	
27	Sun	♈	5 53	6 19	2 52	Con- times milder and un- settled.
28	M	♈	5 52	6 20	3 23	
29	T	♈	5 50	6 21	3 51	
30	W	♈	5 48	6 22	4 18	
31	T	♈	5 46	6 23	4 45	
			5 44	6 25	5 12	

Little Jack horner stood on a corner
Watching the cars go by;
He held up his thumb until it was
numb,
But got only dust in his eye!

EAT AND ENJOY IT

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”, and would better be left untasted. 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.

Hearthburn, Waterbrash, Sour Stomach, Pain in the Chest after meals, Headache, Constipation, Biliaryness, 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.



To LOOK Well TO TELL A PERSON'S AGE



You Must 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.

WOULD TWIST AND TURN

"A little over a year ago I had a backache with a dull, heavy feeling all over," writes Mrs. J. Mortensen, Lake Alma, Sask. "I would wake up at nights and twist and turn with pain. My husband brought home some Dodd's Kidney Pills and I soon felt fine again. It was a joy to be able to do my work especially after it had been such a burden for about 3 months. I can truthfully say that any time I feel any return of my old trouble that I shall again depend upon Dodd's Kidney Pills."



Mrs. J. Mortensen

Ask your friend to name the letter of every column in which his age appears. Then add together the figures at the top of the columns named and the total of these will be the person's exact age.

For instance, your friend says that columns B, D, and E, contain his age. The figures at the top of these columns are 4, 32, and 8. The total of which is 44. This is your friend's age.

A	B	C	D	E	F
1	4	16	32	8	2
5	6	18	34	10	6
7	7	19	35	11	7
9	13	20	36	12	10
11	12	21	37	13	11
3	5	17	33	9	3
13	14	22	38	14	14
15	15	23	39	15	15
17	20	24	40	24	18
19	21	25	41	25	19
21	22	26	42	26	22
23	23	27	43	27	23
25	28	28	44	28	26
27	29	29	45	29	27
29	30	30	46	30	30
31	31	31	47	31	31
33	36	48	48	40	34
35	37	49	49	41	35
37	38	50	50	42	38
39	39	51	51	43	39
41	44	52	52	44	42
43	45	53	53	45	43
45	46	54	54	46	46
47	47	55	55	47	47
49	52	56	56	56	50
51	53	57	57	57	51
53	54	58	58	58	54
55	55	59	59	59	55
57	60	60	60	60	58
59	61	61	61	61	59
61					

Doctor (complacently).—"You cough more easily this morning."

Patient (querulously).—"I should. I've been practicing all night."



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 the 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, Lassitude, 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 Spring-time.



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.

Who Wouldn't?

"Sam, I hates a bad loser."

"Yeah, Ike, dat's so. But I'd rather play wid a bad loser dan wid any kind of a winner, any day!"

MOON'S PHASES
Eastern Standard Time

		D.	H.	M.
☾	First Qtr.....	7	10	10 a.m.
☾	Full Moon.....	14	1	21 p.m.
☾	Last Qtr.....	22	3	14 p.m.
☾	New Moon.....	30	12	28 a.m.

* See page 3 for Local Time

Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon	Weather Probs.
			Rises	Sets	Sets p.m.	
1	F	♈	H.M.	H.M.	H.M.	Turning cold and raw.
2	F	♈	5 42	6 26	7 38	
3	Sun	♈	5 41	6 28	8 50	Some heavy rain.
4	Sun	♈	5 39	6 29	10 02	
5	M	♈	5 37	6 31	11 09	Dull and windy.
6	T	♈	5 35	6 32	a.m.	
7	W	♈	5 33	6 33	12 10	Becoming more spring-like.
8	T	♈	5 32	6 34	1 02	
9	F	♈	5 31	6 36	1 46	Very cool becoming warmer.
10	S	♈	5 28	6 37	2 24	
11	Sun	♈	5 26	6 38	2 57	Becoming more spring-like.
12	M	♈	5 24	6 39	3 26	
13	T	♈	5 23	6 40	3 54	Very cool becoming warmer.
14	W	♈	5 21	6 42	4 22	
15	T	♈	5 19	6 43	4 50	Very cool becoming warmer.
16	F	♈	5 17	6 44	rises p.m.	
17	Sun	♈	5 14	6 47	9 51	Very cool becoming warmer.
18	M	♈	5 12	6 49	10 44	
19	T	♈	5 10	6 50	11 32	Very cool becoming warmer.
20	W	♈	5 08	6 51	a.m.	
21	T	♈	5 07	6 52	12 36	Very cool becoming warmer.
22	F	♈	5 05	6 53	12 49	
23	S	♈	5 03	6 54	1 21	Very cool becoming warmer.
24	Sun	♈	5 01	6 55	1 50	
25	M	♈	5 00	6 57	2 17	Very cool becoming warmer.
26	T	♈	4 58	6 58	2 44	
27	W	♈	4 57	6 59	3 11	Very cool becoming warmer.
28	T	♈	4 55	7 00	3 39	
29	F	♈	4 53	7 02	4 11	Very cool becoming warmer.
30	S	♈	4 52	7 03	4 48	

Before washing sweaters or knitted garments, either draw their outlines as they lie flat on paper, or measure the sweater itself. Wash only one garment at a time, by squeezing it gently in lukewarm suds, without scrubbing. Then rinse out in lukewarm water and squeeze, not wring, out excess water after each rinse.

The garment should then be carefully shaped to the original size and dried on a flat surface away from heat.

Felt Back Was About To Break

Soon Felt Better After Using Dodd's



Mrs. A. Herbert

"I suffered for about 15 years with kidney complaints. About 10 years ago I had such a severe attack that I could not stand on my feet, let alone go upstairs," writes Mrs. Alice Herbert, 652 Gerrard St. East, Toronto. "Four years ago I had another severe attack. Well, it is no joke when a woman has 3 children to care for and to feel that your back is about to break with pain. After taking Dodd's Kidney Pills they did me so much good that I think they are everything I have ever heard about them. I only hope that this letter may be of help to some person who has suffered as I have and then to find relief in Dodd's Kidney Pills."

HERE'S A CHANCE TO TEST YOUR SKILL

If you can get the correct answer to this riddle inside of one hour you can consider yourself pretty smart.

Mr. Smith and Mr. Green were walking along the road. Mr. Smith had 3 loaves of bread, and Mr. Green had 5 loaves. They met Mr. Black who had no bread. Mr. Black was hungry so Mr. Smith and Mr. Green shared their bread with him. All the bread was eaten and each of the three men had an equal amount. Mr. Black insisted on paying Mr. Smith and Mr. Green for the bread he had eaten. He gave Mr. Smith five cents. *How much should Mr. Black pay Mr. Green for his bread?*

(Turn to page 20 for the answer.)

She Could Not Sleep At Night

Her Rheumatic Pains Were So Bad



5th month MAY, 1938 31 days

MOON'S PHASES

Eastern Standard Time

		D.	H.	M.
☉	First Qtr.....	6	4	24 p.m.
☽	Full Moon.....	14	3	39 a.m.
☾	Last Qtr.....	22	7	36 a.m.
☾	New Moon.....	29	9	0 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	Sun	♌	4 51	7 04	5 32	
2	M	♌	4 49	7 05	sets	
3	T	♌	4 48	7 07	p.m.	Warm bright days.
4	W	♌	4 46	7 09	11 45	
5	T	♌	4 44	7 10	a.m.	
6	F	♌	4 43	7 11	12 25	
7	S	♌	4 41	7 12	12 59	
8	Sun	♍	4 40	7 13	1 30	
9	M	♍	4 39	7 14	1 58	Rain with some thunderstorms.
10	T	♍	4 38	7 16	2 25	
11	W	♍	4 37	7 17	2 52	
12	T	♍	4 36	7 18	3 21	
13	F	♍	4 35	7 19	3 53	
14	S	♍	4 34	7 20	4 29	
15	Sun	♎	4 33	7 22	rises	
16	M	♎	4 31	7 23	p.m.	Slightly cooler.
17	T	♎	4 30	7 24	10 10	
18	W	♎	4 29	7 25	10 48	
19	T	♎	4 28	7 26	11 21	
20	F	♎	4 27	7 28	11 51	
21	S	♎	4 26	7 29	a.m.	
22	Sun	♏	4 25	7 30	12 18	Probably frost at night.
23	M	♏	4 24	7 31	12 44	
24	T	♏	4 23	7 32	1 10	
25	W	♏	4 22	7 33	1 37	
26	T	♏	4 21	7 33	2 07	
27	F	♏	4 20	7 34	2 40	
28	S	♏	4 20	7 35	3 20	
29	Sun	♏	4 19	7 36	sets	Becoming warmer.
30	M	♏	4 18	7 37	p.m.	
31	T	♏	4 17	7 38	9 38	

"I had rheumatic pains for three years and could not sleep at nights," writes Mrs. John Deveau of Lower Concession, Digby Co., N.S.

Mrs. John Deveau

"A friend of mine advised me to try Dodd's Kidney Pills. Before the first box was finished I knew they were good because I was feeling better. I bought five more boxes and now feel much better.

I am 65 years old and am now able to do my housework and sleep better. Thanks to Dodd's Kidney Pills."

She came into the police station with a picture in her hand.

"My husband has disappeared," she sobbed. "Here is his picture I want you to find him."

The inspector looked up from the photograph.

"Why?" he asked.

ANSWER TO BREAD RIDDLE ON PAGE 19

The correct answer is thirty-five cents. Suppose each loaf was cut in 3 slices. Then, as there were 8 loaves there would be 24 slices. As all the men ate an equal amount they would each eat 3 slices. Mr. Smith contributed 3 loaves which made 9 slices and he ate 8. Therefore, he was paid five cents for the one slice eaten by Mr. Black. Mr. Green contributed 5 loaves which made 15 slices, and ate only 8 slices. Therefore, Mr. Black got 7 slices from him and as he paid Mr. Smith five cents for one slice, he should pay Mr. Green 7 times five cents, or thirty-five cents for the 7 slices.

Sleeping On the Left Side Does Not Affect the Heart's Action

The heart is not situated on the left side of the body but in the middle and it is so perfectly protected by the chest that its action is not impaired in any way by sleeping on the left side.



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.

When washing flannels and woollens add a little olive oil to the rinsing water. Not more than a tablespoonful to the gallon. This keeps them soft.

Instead of boiling a small piece of fish try steaming it between two old dinner plates over a saucepan half filled with water. First wash the fish, then flour it. Butter the lower plate and put a piece of butter on top of the fish. It will take about 30 minutes to cook.

Try adding a spoonful of vinegar to the water in which a fowl is boiled. This will help make it tender.

Children's silk dresses and silk blouses may be slightly stiffened by adding two or three lumps of sugar to the rinsing water.

When washing silver and glass, add a pinch of borax to the water. It helps clean off the marks and makes the articles shine.

"I am a housekeeper, 26 years old, working on a farm," writes Mrs. E. M. Lindley of Hillesden, Sask.

"Last July I broke my arm and had to go away. Whether it was the water I drank, or the walking I did while in the city, I don't know, but I was home for only two days when my back and kidneys became so sore that I could not rest or sit down. I screamed with the pain. I was crawling around for two weeks like an old woman until a friend of mine gave me a few Dodd's Kidney Pills until I could get a box. We had to go with team and wagon 15 miles to town but before I had taken many Dodd's Kidney Pills I was lively like my old self."



Mrs. E. M. Lindley

Folks Found Them Superior

To All Other Kinds Says Mother of 5



Mrs. R. M. Young

"I am 32 years of age and the mother of 5 children," writes Mrs. Richard Young of Arran, Sask. "I had been troubled with severe backaches and last summer, before my baby was born, I used Dodd's Kidney Pills. They eased my backache and took away that tired 'all in' feeling. Our folks have used Dodd's Kidney Pills for years and found them superior to other kinds. I was glad to find they were of use for children as my son, aged 6 years, seemed to have rather weak kidneys. I strongly recommend the use of Dodd's Kidney Pills as I believe they are a great aid in helping the kidneys to function properly."

A Bee Riddle

There are 2 bees in a box. They multiply so rapidly that their number is doubled every day. In 30 days the box is full. How many days are required to half fill the box?

(See answer on page 31)



J. Fancett

"I am a baker by trade," writes Mr. J. Fancett, 1506 Dundas St. West, Toronto. "This means a big strain on the back and I had been bothered a great deal with severe pains. I tried numerous kinds of medicines but Dodd's Kidney Pills seemed to hit the spot. I have used four or five boxes and I am glad to say that the pains are completely gone."

"I am a baker by trade," writes Mr. J. Fancett, 1506 Dundas St. West, Toronto. "This means a big strain on the back and I had been bothered a great deal with severe pains. I tried numerous kinds of medicines but Dodd's Kidney Pills seemed to hit the spot. I have used four or five boxes and I am glad to say that the pains are completely gone."

6th month JUNE, 1938 30 days

MOON'S PHASES

Eastern Standard Time

	D.	H.	M.
☾ First Qtr.	4	11	32 p.m.
☾ Full Moon	12	6	47 p.m.
☾ Last Qtr.	20	8	52 p.m.
☾ New Moon	27	4	10 p.m.

* See page 3 for Local Time

Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon Sets p.m.	Weather Probs.
			Rises	Sets		
			H.M.	H.M.	H.M.	
1	W	♈	4 17	7 39	10 23	Dry and warm.
2	T	♈	4 16	7 40	11 00	
3	F	♈	4 16	7 41	11 32	
4	S	♈	4 15	7 41	a.m.	
5	Sun	♈	4 15	7 42	12 02	Thunderstorms.
6	M	♈	4 15	7 42	12 29	
7	T	♈	4 14	7 43	12 57	
8	W	♈	4 14	7 44	1 25	
9	T	♈	4 14	7 44	1 56	Cooler for a few days.
10	F	♈	4 13	7 45	2 29	
11	S	♈	4 13	7 45	3 08	
12	Sun	♈	4 13	7 46	3 51	
13	M	♈	4 13	7 46	rises	Warmer with occasional showers.
14	T	♈	4 12	7 47	p.m.	
15	W	♈	4 12	7 48	9 23	
16	T	♈	4 12	7 48	9 54	
17	F	♈	4 12	7 49	10 22	Month ends dry and warm.
18	S	♈	4 12	7 49	10 48	
19	Sun	♈	4 13	7 49	11 13	
20	M	♈	4 13	7 50	11 39	
21	T	♈	4 13	7 50	a.m.	First Farmer.—"I suppose your daughter takes settin' up exercises a lot since she came home from takin' that physical culture course?"
22	W	♈	4 13	7 50	12 06	
23	T	♈	4 14	7 51	12 36	
24	F	♈	4 14	7 51	1 12	
25	S	♈	4 14	7 51	1 55	Second Farmer.—"I should say so. She sets up all evening and with a different boy friend every night."
26	Sun	♈	4 15	7 51	2 48	
27	M	♈	4 15	7 50	3 50	
28	T	♈	4 15	7 50	sets	
29	W	♈	4 16	7 50	p.m.	
30	T	♈	4 16	7 50	9 32	



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!

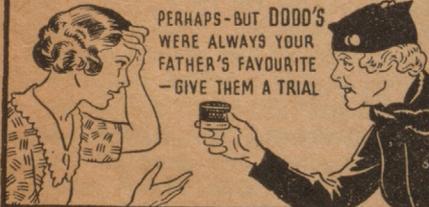
BACKACHE? — IT'S
 MORE LIKELY
 YOUR KIDNEYS
 — I'LL SEE TO
 THAT



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

— AND DON'T FORGET
 THE LITTLE CAKES —
 YES, THANKS BESS —
 I FEEL FINE
 NOW — THANKS
 TO MOTHER
 AND DODD'S
 KIDNEY
 PILLS

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

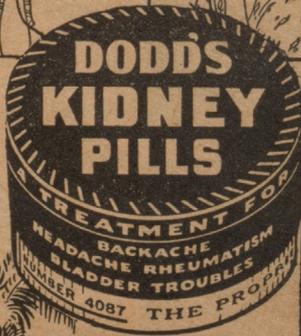


PERHAPS — BUT DODD'S
 WERE ALWAYS YOUR
 FATHER'S FAVOURITE
 — GIVE THEM A TRIAL



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

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



The VOICE of EXPERIENCE



Mrs. R. Oke

MRS. RICHARD OKE, R.R. No. 2, GODERICH, ONT.:—"I am a gardener's wife and have to go out in all kinds of weather. I took awful sweats in the night and could not sleep. This left me weak and nervous. One day I read about Dodd's Kidney Pills and sent for a box. After taking 4 boxes in all, I feel fine."



Mrs. M. Thomas

MRS. M. THOMAS, 621 UNIVERSITY DRIVE, SASKATOON:—"One time when my baby was small, my back hurt me so that I could not straighten up. I had to crawl on my hands and knees to get its bottle. I took Dodd's Kidney Pills and in a very short time my back felt better. I have now been using Dodd's Kidney Pills for about 20 years."



Mrs. E. B. Harriss

MRS. E. B. HARRISS, 379 MAYOR ST., MONTREAL:—"For 2 years I suffered from severe backaches which became so bad I had to give up my position in domestic service. I had a great deal of standing and walking to do, but after using 3 boxes of Dodd's Kidney Pills the results were so satisfactory that even my friends were surprised at my improved health."



Mrs. W. J. Lane

MRS. W. J. LANE, SMITH'S FALLS, ONT.:—"I am 49 years of age and do all my own housework. I was sick with my kidneys and had to get up three and four times every night. I tried a number of remedies but Dodd's Kidney Pills helped me more than any other medicine. They were of great benefit to me and I found them all they are claimed to be. After using about 3 boxes of Dodd's Kidney Pills I found wonderful relief and cannot praise them too highly."



Mrs. J. Mortin

MRS. JOHN MORTIN, BURLINGTON, NEWFOUNDLAND:—"For over 2 years I suffered with such terrible pains in my back that I could not sleep at night. I was weak and discouraged and had not the strength to do my housework. I tried many remedies which did not help me. My husband advised me to try Dodd's Kidney Pills and after using 2 boxes I felt much better. I then got some more and now feel that I can do almost any kind of work."

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.

PROPOSALS OF MARRIAGE



Recently a leading magazine interviewed a number of women from all walks of life and collected interesting statistics that may be regarded as the experience of the average woman.

Most women received their first proposal between the hours of 10 p.m. and 2 a.m., although there was a bit of a flurry for some reason or other at noon and 5 p.m. Eighteen years is by far the most popular age at which to receive the first proposal of marriage. Only 3 out of 100 received their first proposal between the ages of 25 and 30 and 9 out of 100 after 30 years of age.

Next, comes the question as to where the first proposal occurred. The living room and the automobile are each 5 times as popular as any other single place. Surprisingly few proposals occurred at dances.

One of the greatest factors contributing to a proposal is good old-fashioned jealousy. There is no question of it, if a man is repulsed by

one girl he often promptly takes revenge upon himself by proposing to another.

As may be expected most proposals are received in the spring, but this season does not lead by as wide a margin as might be expected. Winter is 4 times more popular a season for a proposal than fall and for some strange reason summer is a particularly poor time.

Next comes the attraction of opposites and it is found that brunettes divide their choice almost equally between blondes and brunettes, but in twice as many cases blondes selected brunettes. Very few red-heads ever marry other red-heads.

The result of this investigation showed that matrimony's most favourable set of circumstances consisted of being 18 years old, in an automobile in the spring at 10 p.m.

She isn't my best girl. Just necks best.

How to Blow Your Nose

To blow the nose most people hold both nostrils firmly and with the lips tightly pressed blow vigorously through the nose while gradually releasing the pressure on the nostrils. This is decidedly dangerous as it is apt to force the poisonous mucus in the nose into the sinuses or up towards the ears causing acute ear trouble. The right way to blow the nose is to press one nostril at a time and keep the mouth open. In this way the passages of the nose are cleared and there is no danger of forcing the mucus into the sinuses or to the ears.

"I am 30 years of age and am doing housework. I was bothered with headaches and was also very thin and weak. I heard about Dodd's Kidney Pills and after taking the first box I began gaining weight and my complexion changed to a better color. I have now taken several boxes of Dodd's Kidney Pills and found them to be of great benefit to me. Before taking them I weighed 123 lbs. and after taking the first box I gained 7 lbs. All my friends tell me that I look much better."

Mrs. Reuben J. Harris,
Scatarie Island, N.S.

MACHINERY

Teaches a Lesson

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

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



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

What does he do?

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

Why does he do this so promptly and carefully?

Because the machine is a valuable one, and the intelligent man in charge knows full well that if he allows the slightest derangement in any one of the parts to continue, the strain and wear on the whole will soon destroy the value of this magnificent and accurate instrument and reduce it to a pile of scrap iron, or at best to an inferior and second-hand old rattle-trap, incapable of doing good work.

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

You are the man in charge.

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

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

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

"I work for the C.P.R. as a section-man and suffered a great deal with pains in my back, which I presume were caused by my kidneys. I tried Dodd's Kidney Pills and want to tell you that without the least word of exaggeration that they are the most effective treatment I have ever taken and I have tried several other medicines without success. I had been troubled with my back for at least 5 years, but I now sincerely think that my troubles are over since I discovered Dodd's Kidney Pills.

I have told quite a few of my fellow workers what Dodd's Kidney Pills have done for me. I convinced them to give them a trial which they did, and they too found good results."



John Thom

John Thom,
59 Elmsley Street, Smith's Falls, Ont.

Why **YOUR KIDNEYS** *are* 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?

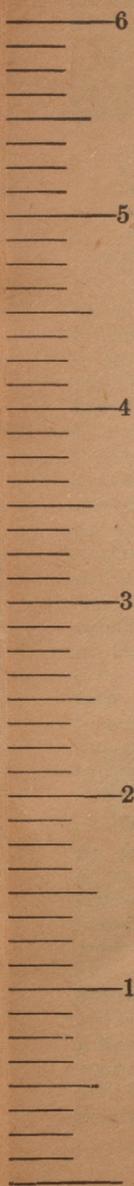
The kidneys are very sensitive and delicate organs, and consequently are

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 diarrhoea, 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 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. J. E. Dixon

When Over-Tired Dodd's Seem To Pep Her Up

"I have used Dodd's Kidney Pills for some time," writes Mrs. J. E. Dixon of 124 Bridge Street West, Belleville, Ontario. "At times my back becomes very tired and at the first sign of this I grab the Dodd's Kidney Pill box and in a short time the tired feeling disappears.

I also use Dodd's Kidney Pills whenever I become overtired, sleep disturbed, eyes dark, or have headaches. In fact, whenever I don't feel as I should. Dodd's Kidney Pills seem to pep me up and make me feel like myself.

I am 32 years of age and have been married nine years and firmly believe that by taking Dodd's Kidney Pills regularly my back is kept well.

I might state that I am never without Dodd's Kidney Pills in the house and I always feel that a product that is as well advertised as Dodd's Kidney Pills is, must be good. Dodd's 1937 Almanac is hanging on my wall now."

7th month JULY, 1938 31 days

MOON'S PHASES Eastern Standard Time

		D.	H.	M.
☽	First Qtr.....	4	8	47 a.m.
☽	Full Moon.....	12	10	4 a.m.
☽	Last Qtr.....	20	7	19 a.m.
☽	New Moon.....	26	10	53 p.m.

* See page 3 for Local Time

Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon	Weather Probs.
			Rises	Sets	Sets p.m.	
1	F	♋	H.M. 4 16	H.M. 7 50	H.M. 10 03	Very warm.
2	F	♋	4 17	7 50	10 32	
3	Sun	♋	4 17	7 49	11 00	Continues warm and pleasant.
4	M	♋	4 18	7 49	11 29	
5	T	♋	4 19	7 49	11 59	
6	W	♋	4 19	7 48	a.m.	Fine bright summer weather.
7	T	♋	4 20	7 48	12 32	
8	F	♋	4 21	7 48	1 08	
9	F	♋	4 21	7 47	1 49	Becoming unsettled.
10	Sun	♋	4 22	7 47	2 36	
11	M	♋	4 23	7 46	3 27	
12	T	♋	4 24	7 46	4 22	Heavy rain storms.
13	W	♋	4 25	7 45	rises	
14	T	♋	4 26	7 45	p.m.	
15	F	♋	4 27	7 44	8 53	Two birds with one stone: 1650, Hobbes
16	S	♋	4 28	7 44	9 18	
17	Sun	♋	4 29	7 43	9 43	
18	M	♋	4 29	7 42	10 10	Steal one's thunder: 1709
19	T	♋	4 30	7 41	10 38	
20	W	♋	4 31	7 40	11 10	
21	T	♋	4 32	7 40	11 49	Two birds with one stone: 1650, Hobbes
22	F	♋	4 33	7 39	a.m.	
23	S	♋	4 34	7 38	12 35	
24	Sun	♋	4 35	7 37	1 30	—J. Louis Kuethe in American Speech.
25	M	♋	4 36	7 36	2 35	
26	T	♋	4 37	7 35	3 49	
27	W	♋	4 38	7 34	sets	
28	T	♋	4 39	7 33	p.m.	
29	F	♋	4 40	7 32	8 32	
30	S	♋	4 42	7 30	9 02	
31	Sun	♋	4 43	7 29	9 31	

IS SLANG NEW?

Many slang expressions now in use can be dated back a century or more:

Lousy: 1690

Mad as a March Hare: 1535, More

Tell that to the marines: 1830, Moncrieff

Needle in a haystack: 1565

Plain as the nose on one's face: 1660

Put one's oar in (to intrude): 1596, Florio

Take down a peg: 1664, Butler

Pin-money: 1673, Wycherley

Put one's better foot forward: 1596

It never rains, but it pours: 1749

Like a drowned rat: 1508

Make oneself scarce: 1749, Smollett

To call a spade a spade: 1588

Spliced (married): 1751, Smollett

Sponge (a parasite): 1598, Shakespeare

Tan one's hide: 1731, Coffey

Through thick and thin: 1359, Gaytrigg

Three's a crowd: 1430

Steal one's thunder: 1709

Two birds with one stone: 1650, Hobbes

—J. Louis Kuethe in American Speech.



What It Is

Within the last few years many of our trains, stores, theatres, office buildings and even private homes have been air-conditioned. Almost everyone is familiar with the term "Air-Conditioning", but few know its real meaning.

The general belief is that air-conditioning is air-cooling. While this is correct in a sense, the term "Air-Conditioning" covers a broader field than the mere cooling of air. Any one or more of the following is air-conditioning:—

1. Cooling of air by passing it through cold water or over refrigerators.
2. Cleansing the air of dust and pollen.
3. Adding moisture to the air.
4. Removing moisture from the air.

What It Does

Just what are the advantages of air-conditioning? First of all, body comfort and health benefit by living and working in clean and uniformly humid air. You can understand why uniform humidity is essential to comfort when you recall how uncomfortable you are on some warm, humid days in summer. You perspire but because the air is already so laden with moisture, the perspiration will not evaporate and you remain moist and uncomfortable. On a dry, hot day when you perspire the air being dry quickly takes up the perspiration and in the drying off process you experience a cooling effect. But, if the air is too dry your skin and throat become dry and parched.

Saves On Fuel

Comfort is not merely a matter of how many degrees of heat exist. Your thermometer may register 70 degrees, but you may still feel chilly. Because the air may lack a certain proportion of moisture. A room in which the thermometer registers 66 degrees and where there is a proper moisture content in the air, is more comfortable and feels warmer than a room of 70 degrees when the moisture content of the air is abnormally low.

We can heat our homes to produce the desired temperature but for perfect comfort we must control the amount of humidity in the air through air-conditioning.

Because of the relationship between humidity and heat, substantial savings on fuel costs can be effected and yet produce the same comfort. Because of this, many modern homes and buildings have combination heating and air-conditioning plants which keep the air uniformly heated, humidified and cleansed in the winter, and in the summer provide a circulation of cleansed air from which excess moisture has been removed.

"I could not eat a meal without being bothered with pain and heartburn. My weight went down to 135 lbs. I tried several kinds of medicines for my stomach without results. Then I got 2 boxes of Dodd's Dyspepsia Tablets and after taking them, felt no more pain—no more heartburn, and my weight returned to 165 lbs."

J. Coad,
Espanola, Ont.

MOON'S PHASES
Eastern Standard Time

	D.	H.	M.
First Qtr.	2	9	0 p.m.
Full Moon.	11	12	57 a.m.
Last Qtr.	18	3	30 p.m.
New Moon.	25	6	17 a.m.

* See page 3 for Local Time

Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon	Weather Probs.	
			Rises	Sets	Sets p.m.		
1	M	♈	4 44	7 28	10 01	Month opens warm.	
2	T	♈	4 45	7 27	10 33		
3	W	♈	4 46	7 26	11 09		
4	T	♈	4 47	7 24	11 49		
5	F	♈	4 49	7 23	a.m.		
6	S	♈	4 50	7 22	12 33		
7	Sun	♈	4 51	7 20	1 23	Continues very warm with light showers.	
8	M	♈	4 52	7 18	2 16		
9	T	♈	4 53	7 16	3 14		
10	W	♈	4 55	7 14	4 12		
11	T	♈	4 56	7 12	rises		
12	F	♈	4 57	7 11	p.m.		
13	S	♈	4 58	7 10	7 49		
14	Sun	♈	4 59	7 09	8 15		
15	M	♈	5 01	7 07	8 43		
16	T	♈	5 02	7 06	9 13		
17	W	♈	5 03	7 04	9 49		
18	T	♈	5 04	7 03	10 31		
19	F	♈	5 05	7 01	11 20		
20	S	♈	5 07	6 59	a.m.		
21	Sun	♈	5 08	6 58	12 19	Turns dry and cool.	
22	M	♈	5 09	6 56	1 26		
23	T	♈	5 10	6 54	2 40		
24	W	♈	5 11	6 53	3 56		
25	T	♈	5 12	6 51	sets		
26	F	♈	5 13	6 50	p.m.		
27	S	♈	5 14	6 48	7 30		
28	Sun	♈	5 15	6 46	8 00		Fair and warmer.
29	M	♈	5 17	6 44	8 32		
30	T	♈	5 18	6 42	9 08		
31	W	♈	5 19	6 40	9 46		

With health, everything is a source of pleasure; without it, nothing else, whatever it may be, is enjoyable. It follows that the greatest of follies is to sacrifice health for any other kind of happiness, whatever it may be, for gain, advancement, learning, or fame, let alone, then, for fleeting sensual pleasures.—Schopenhauer.

ANSWER TO BEE RIDDLE ON
PAGE 22 is 29.

Vancouver Man Had Lumbago

But Found Dodd's Beneficial



H. E. Stephens

"I have used Dodd's Kidney Pills on several occasions," writes Mr. H. E. Stephens of 3436 West Third Ave., Vancouver. "I suffered from lumbago and found Dodd's Kidney Pills beneficial. The last box I gave to my wife who was complaining of pains in her back and she purchased more and is still using them with satisfactory results. I am a painter but do not suffer often from lumbago now, but whenever I do, I take Dodd's Kidney Pills which bring me relief."

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 the poisons, and 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.

When buying a stair-carpet, get a little extra and fold it under the top and bottom of the stairs. Then move the carpet from time to time so as to vary the tread.

Wash egg-spoons under cold water first, then the egg-yoke will come off easily.

Vegetables and fruit, such as prunes, should not be boiled too rapidly as it tends to make vegetables and the skin of fruit, tough.

To clarify dripping, place about three-quarters of a pound in a saucepan with one gill of water, one teaspoonful of carbonated soda and a half teaspoonful of salt. Bring to a boil and skim. Then boil fairly fast for 15 to 20 minutes and turn into a large basin. When set, remove the fat, the water will be at the bottom. Remove the fat and pour into a jar for use.

In cleaning old pewter the greatest care should be taken not to scratch the surface. The article should be washed with warm soapy water and the inaccessible corners scrubbed with a soft brush. Dry thoroughly and polish briskly with a soft rag or flannel.

Modern pewter may be successfully cleaned with finely powdered whiting applied with a damp cloth. Dry and then polish.

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

Doctors 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 often results.

Why does this condition exist?

Simply from the failure of the kidneys to perform their normal work of filtering the blood 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.

"For over 3 years I suffered terribly from kidney pains and headaches. I could hardly do my work. One of my friends advised me to take Dodd's Kidney Pills and after using 2 boxes I felt better and was able to do my work without becoming exhausted."

Mrs. Frank Belland,
Campbell's Bay, Que.

Dodd's Ointment

Antiseptic - Healing

Quick Acting - Absolutely Safe

50c Per
Large Jar



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 comes in a snow-white jar like the finest face creams

Dodd's Ointment is Recommended for:

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

"Some time ago I broke out with a rash on my arm and it became very itchy and sore. I was advised that it was eczema. I took some medicine and also used a salve for several weeks. Instead of getting better the eczema seemed to be spreading so I tried other salves but nothing seemed to help.

A friend told me to use Dodd's Antiseptic Healing Ointment. I purchased a jar and found that it took the soreness and itch away. I then got 2 more jars and soon felt completely better."

JEAN M. GLEN,
Goderich, Ont.

RATES OF POSTAGE

Letters. Canada, United States and Mexico, 3c. for first ounce, 2c. each additional ounce.

Canada. 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. Canada, United States and Mexico, Great Britain, places within the Empire, France, Spain, North and South America, 2c. each.

Other countries, 3c. each.

Printed Matter. Canada, United States and all other countries, 1c. per 2 ounces.

Newspapers and Periodicals. All publications to Canada, United States 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 8 ounces. All other publications, 1c. per 2 ounces.

Books, Circulars, Negatives on Films or Plates, Photos in Frames (Parcel Post), Photos on Card or Paper, Proofs of Photos, Maps, etc. All countries, 1c. per 2 ounces.

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

Insurance of Parcel Post. Canada—Up to value \$50.00—Free, if requested. Over \$50.00 to \$100.00, 12c.

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

Parcel Post Rates

		1 lb.	2 lb.	3 lb.	4 lb.	5 lb.	6 lb.	7 lb.	8 lb.	9 lb.	10 lb.	Over 10 lbs. and up to 15 lbs.
To any Post Office within 20 miles (irrespective of Provincial Boundary)05	.06	.07	.08	.10	.12	.14	.16	.18	.20	25 cents
To any Post Office beyond 20 miles but in same Province*10	.15	.20	.25	.30	.35	.40	.45	.50	.55	55 cents
From a Post Office in any Province to a Post Office in the immediately adjoining Province*10	.17	.24	.31	.38	.45	.52	.59	.66	.73	75 cents
To or from any P.O. in the Province of	To or from any P.O. in the Province of											
N.B., N.S., or P.E.I.	Ontario12	.21	.30	.39	.48	.57	.66	.75	.84	.93	\$1.15
N.B., N.S., or P.E.I.	Manitoba12	.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 Yukon12	.24	.36	.48	.60	.72	.84	.96	1.08	1.20	1.50
Quebec	Manitoba12	.21	.30	.39	.48	.57	.66	.75	.84	.93	1.15
Quebec	Saskatchewan12	.24	.36	.47	.58	.69	.80	.91	1.02	1.13	1.35
Quebec	Alta., B.C., or Yukon12	.24	.36	.48	.60	.72	.84	.96	1.08	1.20	1.50
Ontario	Saskatchewan12	.21	.30	.39	.48	.57	.66	.75	.84	.93	1.15
Ontario	Alberta12	.24	.36	.47	.58	.69	.80	.91	1.02	1.13	1.35
Ontario	B.C. or Yukon12	.24	.36	.48	.60	.72	.84	.96	1.08	1.20	1.50
Man.	Alberta12	.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 except that a minimum prepayment of 3 cents is required.

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

Never Felt Better In Her Life

Since Sister Coaxed Her To Take Dodd's

9th month SEPTEMBER, 1938 30 days

MOON'S PHASES

Eastern Standard Time

D. H. M.

First Qtr.....	1	12	28 p.m.
Full Moon.....	9	3	8 p.m.
Last Qtr.....	16	10	12 p.m.
New Moon.....	23	3	34 p.m.

* See page 3 for Local Time

Day of Month	Day of Week	Zodiac Signs	* Sun		* Moon	Weather Probs.
			Rises	Sets	Sets p.m.	
1	T	♈	H.M.	H.M.	H.M.	
2	F	♈	5 20	6 38	10 30	
3	S	♈	5 22	6 37	11 18	
4	Sun	♈	5 23	6 35	a.m.	Very warm with some thunderstorms.
5	M	♈	5 24	6 33	12 10	
6	T	♈	5 25	6 31	1 06	
7	W	♈	5 26	6 29	2 04	
8	T	♈	5 27	6 27	3 04	
9	F	♈	5 29	6 26	4 05	
10	S	♈	5 30	6 24	5 07	
11	Sun	♈	5 31	6 22	rises	Warm pleasant days.
12	M	♈	5 32	6 20	p.m.	
13	T	♈	5 33	6 18	7 17	
14	W	♈	5 35	6 16	7 52	
15	T	♈	5 36	6 14	8 31	
16	F	♈	5 37	6 12	9 18	
17	S	♈	5 38	6 10	10 13	Cool nights.
18	Sun	♈	5 39	6 08	11 15	
19	M	♈	5 41	6 07	a.m.	
20	T	♈	5 42	6 04	12 24	
21	W	♈	5 43	6 03	1 36	Some heavy rain.
22	T	♈	5 44	6 01	2 50	
23	F	♈	5 45	5 59	4 05	
24	S	♈	5 47	5 57	5 18	
25	Sun	♈	5 48	5 55	6 30	
26	M	♈	5 50	5 53	sets	Turning cooler with high winds.
27	T	♈	5 51	5 51	p.m.	
28	W	♈	5 52	5 49	7 42	
29	T	♈	5 53	5 48	8 24	
30	F	♈	5 54	5 46	9 11	
			5 55	5 44	10 02	

That's a Thought

Old Lady (to flapper).—"Shame on you child, for smoking in this restaurant! I would just as soon get drunk as be caught smoking."

Flapper.—"Well, who wouldn't?"

"I am 30 years of age and the mother of 3 boys, the eldest of whom is 13," writes Mrs. J. Kinsella of 5413 Verdun Ave., Verdun, P.Q. "Last year I began to suffer with backache and with that 'all in' feeling.



Mrs. J. Kinsella

For about 3 months I went on like this and then went to visit a sister of mine who always uses Dodd's Kidney Pills. She coaxed me to try at least one box of them. Well, I did not think any more about it for some time and then got a box. I have been taking Dodd's Kidney Pills regularly ever since and might say that I have never felt better in my life than I do right now."

TRAIN RIDDLE

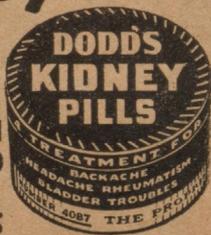
How long does it take a train one mile long to go through a tunnel one mile long, if the train is going a mile a minute?

(See answer on page 37)

Be Sure You Get the Genuine

Dodd's Kidney Pills

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



THE MISSISSIPPI RIVER RUNS UPHILL

We have always been taught that water runs downhill, but the Mississippi and several other large rivers actually run uphill. The mouth of the Mississippi is much farther from the centre of the earth than the source. It is the rotation of the earth that makes it run uphill towards the south. If the earth should stop rotating the Mississippi would run towards the North.

We who live in Canada sometimes find it rather difficult to picture in our minds the position of the heavenly bodies as seen from the southern hemisphere. We are accustomed to seeing the Sun and the Moon towards the South, but people living South of the Equator must look northward at the Sun and at the Moon.

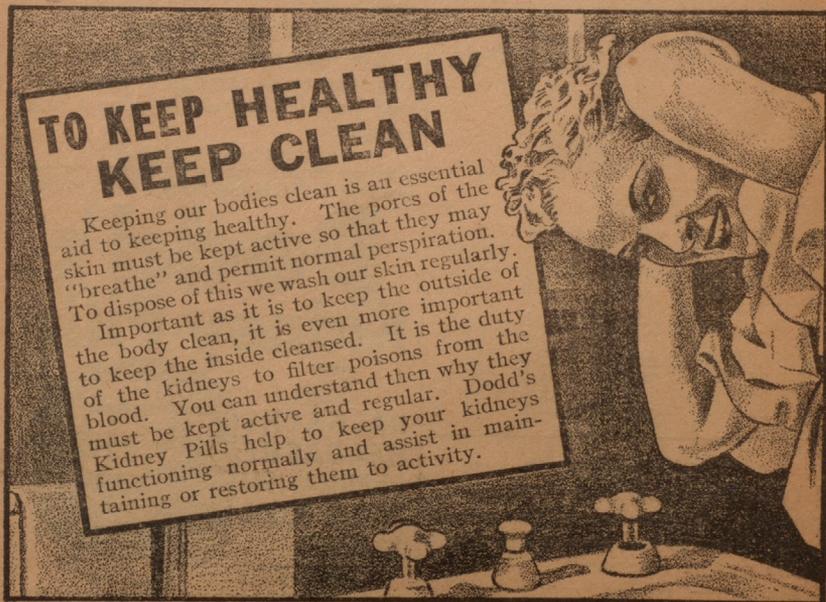
It is so cold on the planet of Neptune, a chemist points out, that rubber in that frigid atmosphere would be brittle as china, cloth could be broken, and mercury would make good material to hammer with.

BALL LIGHTNING

The most harmless type of lightning, an expert has said, is the famous "ball" lightning, which, he declared, "exists only in the eye of the beholder".

A flash of lightning at close range, he explained, is of such blinding intensity that it leaves a bright spot in the eye, just as a glance at the sun does.

"Now," he said, "that spot looks like a ball, and, of course, you expect to see a ball drop. So you start your eyes down, and it drops, of course. It will even bounce for you, if you look for it to bounce, and your eyes do not return to normal too soon."



**TO KEEP HEALTHY
KEEP CLEAN**

Keeping our bodies clean is an essential aid to keeping healthy. The pores of the skin must be kept active so that they may "breathe" and permit normal perspiration. To dispose of this we wash our skin regularly.

Important as it is to keep the outside of the body clean, it is even more important to keep the inside cleansed. It is the duty of the kidneys to filter poisons from the blood. You can understand then why they must be kept active and regular. Dodd's Kidney Pills help to keep your kidneys functioning normally and assist in maintaining or restoring them to activity.

She Could Not Move In Bed

Her Backache Hurt Her So

10th month **OCTOBER, 1938** 31 days

MOON'S PHASES

Eastern Standard Time

	D.	H.	M.
First Qtr.	1	6	45 a.m.
Full Moon.	9	4	37 a.m.
Last Qtr.	16	4	24 a.m.
New Moon.	23	3	42 a.m.
First Qtr.	31	2	45 a.m.

* See page 3 for Local Time

Day of Month	Day of Week	Zodiac Signs	* Sun		* Moon Sets	Weather Probs.
			Rises	Sets	p.m.	
1	S	♋	H.M. 5 56	H.M. 5 42	H.M. 10 56	
2	Sun	♌	5 58	5 40	11 53	Dry and a little warmer.
3	M	♌	5 59	5 38	a.m.	
4	T	♌	6 01	5 37	12 52	
5	W	♌	6 02	5 35	1 53	
6	T	♌	6 04	5 33	2 54	
7	F	♌	6 05	5 31	3 57	
8	S	♌	6 06	5 29	5 02	
9	Sun	♍	6 07	5 28	6 08	
10	M	♍	6 08	5 26	7 16	Fine bright days.
11	T	♍	6 09	5 24	rises	
12	W	♍	6 10	5 22	p.m.	
13	T	♍	6 12	5 20	8 09	
14	F	♍	6 13	5 19	9 09	
15	S	♍	6 14	5 17	10 16	
16	Sun	♎	6 16	5 15	11 26	Continues warm with rain and wind.
17	M	♎	6 17	5 13	a.m.	
18	T	♎	6 18	5 12	12 38	
19	W	♎	6 21	5 10	1 50	
20	T	♎	6 22	5 09	3 01	
21	F	♎	6 23	5 07	4 12	
22	S	♎	6 24	5 05	5 21	
23	Sun	♏	6 25	5 03	sets	
24	M	♏	6 26	5 02	p.m.	
25	T	♏	6 28	5 00	6 17	Decidedly colder.
26	W	♏	6 30	4 59	7 03	
27	T	♏	6 31	4 57	7 52	
28	F	♏	6 32	4 55	8 46	
29	S	♏	6 33	4 54	9 42	
30	Sun	♏	6 34	4 52	10 40	
31	M	♏	6 36	4 50	11 39	



Mrs. A. F. Acorn

"About 7 years ago I got a terrible cold and had such a backache that I could not move in bed," writes Mrs. Annie F. Acorn of Forest Hill, P.E.I. "My doctor called it neuralgia of the back and he gave me treatment which

brought relief. I was not troubled with it any more that year. The next winter it returned and I need not describe what I suffered those two weeks in bed. Ever since then, whenever I take a cold it always seemed to affect my back. I tried plasters, liniments, ointments, etc., which only seem to give me very slow relief. About 3 years ago I saw Dodd's Kidney Pills advertised and decided to try them. I took 6 boxes but before I was finished the first one my back felt really well again. Since then I have taken over a dozen boxes in all, but I never suffer from neuralgia any more. I always keep a box of Dodd's Kidney Pills on hand. Should I feel an attack coming on I will at once take them. I would not have a medicine cabinet without Dodd's Kidney Pills in it as I think they are a real remedy for back ills."

ANSWER TO TRAIN RIDDLE ON PAGE 35

It takes the train two minutes to go through the tunnel.

One night, near Christmas, Mrs. Smith looked out of her window and exclaimed to Mr. Smith: "Why how picturesque! Look, the Browns are carrying in the Yule log!" "Yule log!" said Mr. Smith. "That's no Yule log, that's Brown!"—Gossip.

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



Ontario Mother of 9 Found Wash Day Hard

"I am 39 years old and the mother of 9 children," writes Mrs. S. Parks, of Princes Lake, Ontario. "I had suffered with a lame back ever since I was a small child and when I would lay down at night I could not sleep at all.

After taking three boxes of Dodd's Kidney Pills I could not feel the least pain in my back and could rest comfortably. Wash-day used to be a hard day for me as my backache would get worse then. But after taking Dodd's Kidney Pills I can put out a big wash without backache."

WHIRLPOOLS REVERSED BY THE EQUATOR



This Scotch Whirlpool Rotates Counter-Clockwise

This New Zealand Whirlpool Rotates Clockwise



Whirlpools south of the Equator revolve in the same direction as the hands of a clock, while whirlpools north of the Equator revolve in the opposite direction. The reason is that the Equator drags the side of the whirlpool nearest to it in the direction of its (the Equator's) rotation. This direction is west to east. Hence, the southern side of a Northern Hemisphere whirlpool and the northern side of a Southern Hemisphere whirlpool move west to east.

11th month NOVEMBER, 1938 30 days

MOON'S PHASES

Eastern Standard Time

D. H. M.

☉	Full Moon.....	7	5	23 p.m.
☾	Last Qtr.....	14	11	20 a.m.
☽	New Moon.....	21	7	5 p.m.
☽	First Qtr.....	29	10	59 p.m.

* See page 3 for Local Time

Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon Sets a.m.	Weather Probs.
			Rises	Sets		
1	T	♈	H.M.	H.M.	H.M.	
2	W	♈	6 37	4 49	a.m.	
3	T	♈	6 39	4 48	12 40	Little warmer and more pleasant.
4	F	♈	6 40	4 47	1 41	
5	S	♈	6 41	4 45	2 44	
		♈	6 42	4 44	3 49	
6	Sun	♈	6 43	4 42	4 57	
7	M	♈	6 46	4 41	6 06	
8	T	♈	6 47	4 40	rises	
9	W	♈	6 48	4 39	p.m.	Showery and unsettled.
10	T	♈	6 49	4 37	7 00	
11	F	♈	6 51	4 36	8 06	
12	S	♈	6 52	4 35	9 17	
13	Sun	♈	6 53	4 34	10 29	
14	M	♈	6 54	4 33	11 41	
15	T	♈	6 56	4 32	a.m.	
16	W	♈	6 58	4 31	12 51	Fair.
17	T	♈	6 59	4 30	2 01	
18	F	♈	7 00	4 29	3 09	
19	S	♈	7 03	4 28	4 16	
20	Sun	♈	7 04	4 28	5 22	Light winds becoming a little colder.
21	M	♈	7 05	4 27	6 25	
22	T	♈	7 06	4 26	sets	
23	W	♈	7 07	4 25	p.m.	
24	T	♈	7 09	4 24	6 36	
25	F	♈	7 10	4 24	7 32	
26	S	♈	7 11	4 23	8 29	
27	Sun	♈	7 12	4 22	9 27	
28	M	♈	7 13	4 22	10 27	
29	T	♈	7 15	4 21	11 27	Some rain.
30	W	♈	7 16	4 21		

KIDNEYS MOST IMPORTANT IN RIDDING BODY OF 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.

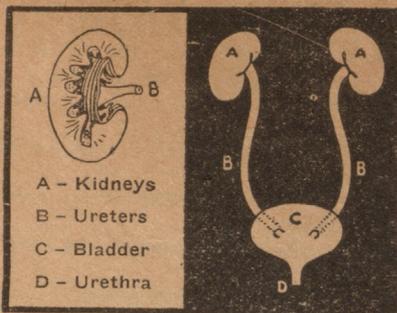
Through the lungs the body gets rid of carbonic acid gas and water, in the form of vapour. (This is easily demonstrated by the "steam" produced when you breathe on a mirror.)

Through the skin poisons are eliminated by perspiration.

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 poisons accumulate in the system and illness follows. You can understand therefore why we emphasize the importance of keeping kidneys in good order.

A ONE IN FOUR CHANCE

Every time the clock ticks off a minute and a half, there is a robbery, burglary, hold-up, theft, or embezzlement somewhere in the United States. Federal statistics indicate that you have only one chance in four of going through 60 years of life without being the victim of a serious crime tantamount to robbery, assault, rape, arson, manslaughter, or murder.

—Courtney Ryley Cooper

EVERYONE ASKED WHY SHE NEVER WENT OUT ANY MORE

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.



A SPELLING LESSON

We'll begin with box; the plural is boxes,
But the plural of ox should be oxen,
not oxes.
One fowl is a goose, but two are called geese.
Yet the plural of moose should never be meese.
You may find a lone mouse, or a whole nest of mice.
But the plural of house is houses, not hice.
The cow in the plural may be called cows, or kine;
But a bow, if repeated, is never called bine;
And the plural of vow is vows, never vine.
If I speak of a foot and show my two feet,
And I give you a boot, would a pair be called beet?
If one is a tooth and a whole set are teeth,
Why shouldn't the plural of booth be called beeth?
If the singular's this, and the plural is these,
Should the plural of kiss ever be written keese?
Then one may be that, and the two would be those,
Yet hat in the plural would never be hose,
And the plural of cat is cats, not cose.
We speak of a brother and also of brethren,
But though we say mother, we never say methren,
Then the masculine pronouns are he, his and him,
But imagine the feminine she, shis and shim.
So that English, I think you all will agree,
Is the funniest language you ever did see.—*John O'London's Weekly.*

"For 5 years I have been a postman and you know it is a very hard job," writes Mr. E. Roquebrune of 822 Fourth Ave., Verdun, P.Q. "Last year I began to feel a pain in my back and one of my friends told me to use Dodd's Kidney Pills which I did. I must say that I am glad to recommend them as I found they made me feel perfectly well."



E. Roquebrune

ECZEMA

Ecze^ma is a skin disease that should be arrested promptly as it is apt to become chronic. Ecze^ma 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. Ecze^ma is often 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 Ecze^ma 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.

Young Boy Kept Her On The Go

When She Felt Tired And Irritable



Mrs. R. Benton

"I live in the country and during the winter months am confined to the house a great deal," writes Mrs. R. Benton, R.R. No. 4, Acton, Ont. "Last winter I had no

pep at all—was feeling tired and irritable—no appetite—my back ached, especially when sweeping and polishing my floors. I tried all kinds of tonics without results, but after using a box of Dodd's Kidney Pills I began to feel different and decided to get another box.

Since then, I have been better—more energy—no headaches and, in short, 'glad to be alive again'. Thanks to Dodd's Kidney Pills!

I might add that I am 27 years old and have a healthy boy of two years of age who certainly keeps me 'on the go' during the day. I shall certainly keep a box of Dodd's Kidney Pills always in the house as I have great faith in them."

TO WASH BLANKETS

Always use lukewarm water for the suds and rinse-water. If the blankets are being washed by hand, do not rub them, but squeeze the suds through the fabric gently. It is important to rinse out every bit of soap, in two or three rinse-waters, squeezing the water out after each rinse, either by hand or in the wringer with the rolls loosened.

When you hang the blanket, place it lengthwise on the line to dry, and gently stretch both the blanket and binding into shape while drying.

When the blanket is dry, brush it with a clean soft brush and press the binding with a moderately hot iron.

12th month DECEMBER, 1938 31 days

MOON'S PHASES Eastern Standard Time

	D.	H.	M.
Full Moon.....	7	5	22 a.m.
Last Qtr.....	13	8	17 p.m.
New Moon.....	21	1	7 p.m.
First Qtr.....	29	5	53 p.m.

* See page 3 for Local Time

Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon Sets	Weather Probs.
			Rises	Sets	a.m.	
1	T	♋	H.M. 7 17	H.M. 4 20	H.M. 12 28	Generally cold.
2	F	♋	7 18	4 20	1 30	
3	S	♋	7 20	4 20	2 35	
4	Sun	♋	7 21	4 20	3 43	Sleet and rain.
5	M	♋	7 22	4 19	4 52	
6	T	♋	7 23	4 19	6 02	
7	W	♋	7 24	4 19	7 10	Becoming milder and fine.
8	T	♋	7 25	4 19	rises	
9	F	♋	7 26	4 19	p.m.	
10	S	♋	7 27	4 18	8 14	Turns cold again with sleet or rain.
11	Sun	♋	7 28	4 18	9 29	
12	M	♋	7 28	4 18	10 42	
13	T	♋	7 29	4 18	11 52	Continues unsettled.
14	W	♋	7 30	4 18	a.m.	
15	T	♋	7 31	4 19	1 01	
16	F	♋	7 32	4 19	2 08	
17	S	♋	7 32	4 19	3 14	
18	Sun	♋	7 33	4 20	4 17	
19	M	♋	7 33	4 20	5 17	
20	T	♋	7 34	4 21	6 13	
21	W	♋	7 35	4 21	7 03	
22	T	♋	7 35	4 21	sets	
23	F	♋	7 36	4 22	p.m.	
24	S	♋	7 37	4 23	7 18	
25	Sun	♋	7 37	4 23	8 17	
26	M	♋	7 38	4 24	9 16	
27	T	♋	7 38	4 24	10 16	
28	W	♋	7 38	4 25	11 17	
29	T	♋	7 38	4 26	a.m.	
30	F	♋	7 38	4 27	12 19	
31	S	♋	7 38	4 27	1 23	

He called his girl "Brown Sugar" because she was sweet but unrefined.

"Human beings are taller in the mornings than at night," says a famous doctor. And much shorter again at the end of the month.

HELPFUL

HINTS

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

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

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

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

Enameled frying pans will not stand a hot fire.

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

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

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

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.



If you wish to measure shortening when it is very hard fill a cup with as much cold water as, added to the amount of shortening required will make a cupful. Now, add the shortening until the water reaches the level of one cup and you will have the amount desired.

Apple, potato and most other stains may be removed from the hands by rubbing them with oatmeal moistened with lemon juice or vinegar. If you use

soap before removing the stain it will be more difficult to remove.

Mud-stained garments will look like new if, after thoroughly brushing the spots with a stiff brush, they are rubbed with a piece of raw potato.

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 may 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.



IF YOU SUFFER FROM "NERVES"



Be Sure to Read This

WHEN you hear someone say: "My Nerves are bad," they may mean one of several things. They may mean that they suffer from what is popularly called "the jitters"—a feeling of apprehension about everything, a lack of confidence in their own ability and the future of the world. Or they may suffer from a fit of "the blues", feel morbid and depressed, wonder what life is all about anyway, and consider what a heavy burden of work and worry they are forced to carry.

This upsetting of what doctors frequently call our "nervous constitution," may be the result of many circumstances or habits. The high pressure of modern living has naturally contributed greatly to the increasing prevalence of "nerves" among people who



otherwise are normally in good health. As a result of war time service many men developed a highly nervous condition. The pace of modern life, the changes brought about in living conditions due to the depression, the constant urgency of making a living, family problems and little domestic worries all help to create or encourage a nervous attitude.

To regain a normal state of health demands a closer than ever attention to bodily rest and nourishment, according to leading scientists. Anyone suffering from a highly nervous condition is naturally placing a greater than normal burden on all bodily

organs and functions. The kidneys, being such sensitive organs, are likely to be affected. In such cases the use of Dodd's Kidney Pills may be of great assistance in helping to restore the kidneys to normal action.

There are probably a great many people who, when not feeling up to the mark, are inclined to blame their condition to "nerves", as being a popular and not too specific complaint. In many cases the real cause may be



some temporary upset of the system which permits an accumulation of poisons in the body with resulting headaches, lassitude and general depression. When body poisons accumulate, the kidneys, as filters of the blood, are called upon to work overtime in helping to clear out the poisons in the system. To enable the kidneys to carry out this essential duty effectively and efficiently, take Dodd's Kidney Pills. Dodd's Kidney Pills do not contain any harmful or habit forming drugs, are entirely safe for young or old, and act directly upon the kidneys.

"I am 35 years of age and the mother of 4 children." writes Mrs. May Nolan of 4 Tacoma Ave., Toronto. "I was nearly crazy with pains in my back. My doctor said it was my nerves so I got a box of Dodd's Kidney Pills. Believe me, I bless the day I took them."



Mrs. M. Nolan



TO JUDGE WIND SPEED



Wind Speeds can be accurately judged by means of a system worked out by Sir Francis Beaufort, a British Admiral.

CALM—*Less than 1 mile an hour*—smoke rises vertically.

LIGHT AIR—*1 to 3 miles an hour*—smoke drifts but wind vanes do not move.

LIGHT BREEZE—*4 to 7 miles an hour*—leaves rustle and wind can be felt on the face.

GENTLE BREEZE—*8 to 12 miles an hour*—light flags extended and leaves and small twigs move constantly.

MODERATE BREEZE—*13 to 18 miles an hour*—dust and loose paper blown about. Small branches moved.

FRESH BREEZE—*19 to 24 miles an hour*—small trees in leaf start to sway. Crested wavelets visible on inland waters.

STRONG BREEZE—*25 to 31 miles an hour*—large branches moving. Telegraph wires whistle. Umbrellas hard to use.

MODERATE GALE—*32 to 38 miles an hour*—whole trees in motion. Difficult to walk against wind.

FRESH GALE—*39 to 46 miles an hour*—twigs broken from trees. Affects moving vehicles.

STRONG GALE—*47 to 54 miles an hour*—slight damage to buildings, such as slates, chimney pots, etc., blown off.

WHOLE GALE—*55 to 63 miles an hour*. Rarely experienced inland. Considerable building damage. Trees uprooted.

STORM—*64 to 75 miles an hour*—very rare. Causes widespread damage.

HURRICANE—*above 75 miles an hour*—extremely destructive to everything in its path.

Wife.—“That couple next door seem very devoted. He kisses her every time they meet. Why don't you do that?”

Husband.—“I don't know her well enough yet.”



COLDS AND YOUR KIDNEYS

When you know that the kidneys are the filters of the blood, you can quickly understand how 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.

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 may manifest itself in a pain in the back, difficulty in stooping or rising. The kidneys will need prompt attention. Take Dodd's Kidney Pills, until the symptoms have entirely disappeared.

Your SLEEP Suffers When KIDNEYS Are Out of Order



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 and they must work overtime at night to make up for the work they failed to do during the day. So while the rest of your body is trying to get to sleep, your

kidneys are working full blast. 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 may not be functioning properly. It is the duty of Dodd's Kidney Pills to help your kidneys regain an active, healthy condition, so that they will do the full two-thirds of their work in the daytime and leave your sleeping hours undisturbed. Then when night comes your kidneys relax as well as all the rest of your body. You get no more "nerviness" or discomfort,—sleep like a top and awake fully refreshed, ready for the day's duties and pleasures.

NO SLEEP FOR BILL-UNTIL-

IF I COULD ONLY SETTLE DOWN TO A GOOD NIGHT'S REST

YOU'D FEEL TERRIBLE TOO IF YOU TOSSED ALL NIGHT

WHY NOT TRY DODD'S KIDNEY PILLS AS YOUR BROTHER SUGGESTED?

YOU SAY A LOT OF YOUR CUSTOMERS USE DODDS?

YES, INDEED IT'S ONE OF OUR BEST SELLING REMEDIES

A FEW NIGHTS LATER

ZZZZZ

"For some months I suffered with severe pains in my back, the after-effects of an attack of pleurisy. I tried several remedies but did not seem to get relief. While in a store I noticed some Dodd's Kidney Pills on the counter, and purchased several boxes. Before I had taken the whole of one box I was convinced that I was getting better and by the time I had finished them all, I was sure that my pains were practically all gone. I would not hesitate one moment should the pains return to get more Dodd's Kidney Pills."

Rev. W. H. Shadbolt, Athens, Ontario.

"After nursing my husband for a lengthy period I was feeling very run-down and tired and could not seem to take an interest in anything. I then concluded that my kidneys needed attention. I got some Dodd's Kidney Pills and must say I have felt very much improved in health, being able to do all my own housework. It is needless to say that I keep a spare box of Dodd's Kidney Pills in the medicine chest and am very thankful for the help they have given me."

**Mrs. W. Mann,
110 McPhillips St., Winnipeg, Man.**

"I suffered from pains in my back so that I could hardly sweep the floor. My face began to break out and it got so bad that I had to stay indoors. I was always tired and glad when the day was over. I was troubled with getting up at nights and lost quite a bit of sleep. Felt generally run down all the time. I had used other kinds of kidney pills but found no relief. The first relief I got was when I started to use the first box of Dodd's Kidney Pills.

I am 28 years of age and I do all my own housework. My weight was 125 lbs. up until a year and a half ago and then I went down to 107 lbs. I am now back to 123 lbs. and feel fine now—thanks to Dodd's Kidney Pills."

**Mrs. J. Finucan,
616 Glebeholme Blvd. Toronto, Ontario.**

"My husband is a coal-miner and every winter he has been laid up for 7 to 10 days with what the doctor said was lumbago. Last Christmas he complained of his back again and being a hater of any kind of pills it was hard for me to get him to take any Dodd's Kidney Pills. But he finally took some and went to work in the morning. He has felt no pains since then and it is no trouble to get him to take Dodd's Kidney Pills any more. He even takes them down the mine with him so that he can have them handy should he feel the pain coming on. This is the first year he has not missed work for about six years."

Mrs. F. R. Smith, Midlandvale, Alta.

TIRED ALL THE TIME



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 Dodds. 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.

MARY GETS A NEW LEASE ON LIFE



To Overcome **CONSTIPATION,** **SICK HEADACHE, BILIOUSNESS**

Take **DIAMOND DINNER PILLS**

CONSTIPATION CAUSED BY LACK OF BILE

Constipation often results when a tired, sluggish liver fails to supply your bowels with a sufficient amount of bile—Nature's own laxative. You feel dull, listless, have no pep or energy. To restore the liver to a healthy, normal, active condition calls for careful, gentle treatment. You should never try force. Diamond Dinner Pills act safely, gently,—yet surely; and help tone up the liver until it gets the necessary amount of bile flowing, and the bowels then move themselves.

BILIOUSNESS, SICK HEADACHES DUE TO LAZY LIVER ACTION

If the torpid liver allows the bile to escape through the system, instead of into the bowels as Nature intended, nausea, sick headaches, frequently follow. Because Diamond Dinner Pills are essentially a liver medicine, they act promptly on the sluggish liver, gently coaxing and encouraging and helping it to do its normal duty.

DIAMOND DINNER PILLS FOLLOW NATURE'S METHOD

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 until it supplies the necessary amount of bile (Nature's own laxative), and thus assist the bowels to move themselves. After patient treatment the liver should improve until it may finally be trusted to perform its function independently.

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



Price 25c

» » DIET « «

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

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

You MAY Take	You Must NOT Take
Fish. All kinds of fresh fish <i>boiled</i> only, <i>not</i> fried.	Fish. Salt fish, salmon, eels, mackerel, or any kind of fish <i>fried</i> .
Meats. Lean beef, mutton, lamb, chicken, fowls—all fresh cooked, not stewed.	Meats. Fried chops and steaks, stewed meat, hash, pork, veal, sausages, fat meat.
Eggs. Boiled or poached on toast.	Eggs. Fried or hard boiled.
Bread. Stale bread, dry toast, rusks, or crusts.	Bread. New hot bread, rolls, buns, etc.
Pastry. Most kinds of biscuits, oat cakes, etc.	Pastry. Pies, puddings, tarts, dumplings, etc.; sweets.
Fruit. Nearly all kinds of fresh ripe fruit.	Fruit. Unsound or over-ripe fruit.
Drinks. One cup of tea or coffee with a little cream or new cow's milk; mineral waters, lime juice, or lemonade.	Drinks. Malt liquors, beer, stout, sweet wines, whisky, brandy, gin, rum, etc.
Vegetables. Spinach, lettuce, celery (cooked), watercress, asparagus, cauliflower, onions, white cabbages, tomatoes, turnips.	Vegetables. Potatoes, horse-radish, cucumber, radishes, carrots, beet-root, <i>green</i> cabbage, celery (raw), parsnips, artichokes.

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

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

3939074

"I'M TOO TIRED"



SHE ALWAYS SAID

I'D LOVE TO GO RUTH, BUT I'M REALLY TOO TIRED -AND ALL THIS WORK TO DO



WHAT IS WRONG LATELY, MARY - YOU NEVER USED TO MISS A PARTY



I WISH I KNEW WHAT MAKES MY BACK ACHE SO - I CAN'T SEEM TO SLEEP OR WORK



IT MAY BE YOUR KIDNEYS - GET SOME DODD'S KIDNEY PILLS - THEY'RE MOTHER'S FAVOURITE REMEDY



THEN SHE TOOK DODD'S KIDNEY PILLS

I'LL BE THERE ALL RIGHT - THANKS TO YOUR ADVICE I FEEL SO MUCH BETTER



THANK DODD'S KIDNEY PILLS TOO, MARY - WE'LL BE LOOKING FOR YOU AND BOB

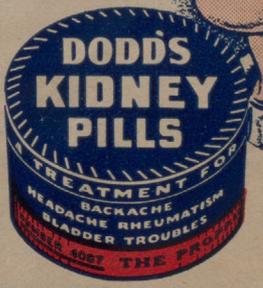


NO MORE BACKACHE OR RESTLESS NIGHTS NOW



MARY, YOU LOOK SIMPLY WONDERFUL TO-NIGHT

THANKS, BOB, AND I FEEL WONDERFUL TOO



LOOK FOR THE NAME DODD'S ON THE BLUE BOX WITH THE RED BAND