



**Dodd's**  
**ALMANAC**  
**1942**

USEFUL INFORMATION FOR FAMILY AND HOME

Dominical Letter.....	D	Golden Number.....	5	Roman Indiction.....	10
Epact.....	13	Solar Cycle.....	19	Julian Period.....	6655

**THE SEASONS (Eastern Standard Time)**

Sun enters Aries—Spring begins.....	Mar. 21st, 1.11 a.m.
Sun enters Cancer—Summer begins.....	June 21st, 8.17 p.m.
Sun enters Libra—Autumn begins.....	Sept. 23rd, 11.17 a.m.
Sun enters Capricornus—Winter begins.....	Dec. 22nd, 7.40 a.m.

**ZODIACAL SIGNS**

Head and Face. ♈ ARIES, the Ram.

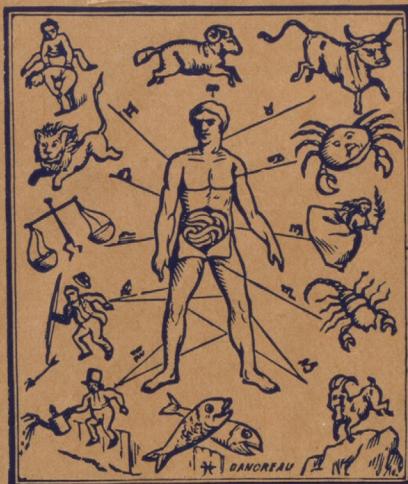
Arm.  
♊ GEMINI,  
The Twins.

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. 5	Labor Day.....Sept. 7
Epiphany.....Jan. 6	St. George.....Apr. 23	Hebrew New Year.....Sept. 12
Septuagesima Sunday.....Feb. 1	Rogation Sunday.....May 10	Day of Atonement.....Sept. 21
Valentine's Day.....Feb. 14	Ascension Day.....May 14	Feast of Tabernacles.....Sept. 26
Quinquagesima.....Feb. 15	Victoria Day and Pentecost (Whit Sunday).....May 24	Hallow'e'n.....Oct. 31
Ash Wednesday.....Feb. 18	Trinity Sunday.....May 31	All Saints' Day.....Nov. 1
St. David.....Mar. 1	Corpus Christi.....June 4	Armistice Day.....Nov. 11
St. Patrick.....Mar. 17	King George VI (cel'b'tion) June 9	First Sunday In Advent.....Nov. 29
Palm Sunday.....Mar. 29	St. Jean Baptiste.....June 24	St. Andrew's Day.....Nov. 30
First Day of Passover.....Apr. 2	Dominion Day.....July 1	Birthe'd'y, King George VI '95 Dec. 14
Good Friday.....Apr. 3		Christmas Day.....Dec. 25

**MORNING AND EVENING STARS (Greenwich Time)**

**Mercury**—Evening Star to February 9th, 11 p.m. with greatest elongation East, January 25th, 12 noon. Morning Star to April 20th, 10 a.m. Evening Star to June 12th, 9 p.m. with greatest elongation East, May 18th, 8 p.m. Morning Star to August 2nd, 10 p.m. Evening Star to October 11th, 1 a.m. with greatest elongation East, September 15th, 5 p.m. Morning Star to December 1st, 2 a.m. Evening Star for balance of month.

**Venus**—Inferior conjunction with the Sun and becomes Morning Star February 2nd, 12 p.m. Superior conjunction with the Sun and becoming an Evening Star November 16th, 12 noon. **Mars**—Quadrature to Sun, January 29th, 7 p.m. Conjunction with Sun October 6th, midnight. Nearest to Earth January 1st, 1942, 6.49 p.m. Farthest from Earth September 19th, 12.15 p.m. **Jupiter**—Quadrature with the Sun, March 3rd, 6 p.m. and October 18th, 5 a.m. Conjunction with Sun, June 25th, 5 p.m. **Saturn**—Quadrature to the Sun, February 11th, 8 a.m. Conjunction with the Sun, May 23rd, 5 p.m. Opposition to the Sun, December 1st, 8 p.m. **Uranus**—Quadrature to the Sun, February 15th, 5 p.m. Conjunction with the Sun, May 22nd, 3 a.m. Quadrature to the Sun, August 28th, 11 a.m. Opposition to the Sun, November 25th, 11 a.m. **Neptune**—Opposition to the Sun, March 19th, 6 p.m. Quadrature to the Sun, June 19th, 1 a.m. Conjunction with the Sun, September 23rd, 7 a.m. Quadrature to the Sun, December 24th, 11 a.m.

**Eclipses in 1942.**—There will be five eclipses, three of the Sun and two of the Moon.

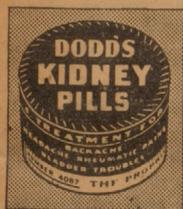
# GREETINGS

## TO OUR READERS

*We take pleasure in presenting to you with our compliments the 1942 edition of Dodd's Almanac and Household Hints.*

For half a century Dodd's Almanac has been a yearly visitor to many thousands of Canadian homes. That it is a welcome visitor is very clearly shown by letters received from readers all over Canada who eagerly look forward to its arrival, and find entertainment and helpful guidance in the information and advice it contains.

Because of its popularity in so many households we feel sure you, too, will find every page interesting and helpful.



We are frequently asked to explain why the kidneys may be responsible for so many ailments which appear to differ so widely. The answer is simple. The kidneys

are the filters of the body. It is their duty to filter out of the blood all the impurities, waste matter, excess acids, and poisons which constantly gather there. The kidneys are very delicate organs, 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.

In this booklet you will find descriptions of the causes and symptoms of many ailments arising from faulty kidney action.



Dodd's Kidney Pills are a treatment for kidney ailments. They help



restore the kidneys to healthy activity and the performance of their natural duties.

Dodd's Kidney Pills are not habit-forming and may be taken safely by old and young.

Dodd's Dyspepsia Tablets are a valuable aid to good digestion and a reliable treatment for indigestion and dyspepsia.



Diamond Dinner Pills are a reliable remedy for derangements of the liver and bowels. A popular laxative for over 50 years.



Dodd's Ointment is a safe, antiseptic, healing and soothing treatment for skin infections and irritations.

Scoot—for Athlete's Foot is a scientific quick-acting treatment for this distressing foot infection.

In the interests of safeguarding the good health of yourself and your family, and for your own entertainment, we suggest you read every page

of this booklet thoroughly.

*The Dodds Medicine Co. Limited*



## ASK YOURSELF THESE QUESTIONS

**It is only after 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 rheumatic pains, 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 a 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. When Daylight Saving Time is used, add one hour.

**Moon's Phases**—Shown in Eastern Standard Time, and apply to Ontario and Quebec. In Maritimes and New-

foundland (Atlantic Time Zone) add 1 hour. In Western Ontario, Manitoba and S.E. Saskatchewan (Central Time Zone) subtract 1 hour. In Central and Western Saskatchewan and Alberta (Mountain Time Zone) subtract 2 hours. In British Columbia (Pacific Time Zone) subtract 3 hours.

**Sunrise, Sunset, Moonset**—Time quoted is taken at one central point in Ontario. To arrive at exact time in your locality, take local time in your zone and add or subtract the number of minutes opposite your place of residence (or nearest point), on the list below.

**11th month NOVEMBER, 1941 30 days**

MOON'S PHASES—Eastern Standard Time

+1 h.=A.S.T.    -1 h.=C.S.T.  
-2 hrs.=M.S.T.    -3 hrs.=P.S.T.

	D.	H.	M.
☾ Full Moon.....	3	9	0 p.m.
☾ Last Qtr.....	11	11	53 p.m.
☾ New Moon.....	18	7	4 p.m.
☾ First Qtr.....	25	12	52 p.m.

Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon Sets a.m.	Weather Probs.
			Rises	Sets		
1	S	♋	H.M. 6 38	H.M. 4 49	3 49	Fine and cooler.
2	Sun	♋	6 39	4 48	4 49	
3	M	♋	6 40	4 47	5 48	Rain.
4	T	♋	6 41	4 45	rises	
5	W	♋	6 43	4 44	p.m.	Clear and cold this week.
6	F	♋	6 45	4 42	6 35	
7	S	♋	6 46	4 41	7 18	Light snow or rain.
8	S	♋	6 47	4 40	8 06	
9	Sun	♋	6 49	4 39	8 58	Cold nights.
10	M	♋	6 50	4 38	9 54	
11	T	♋	6 52	4 36	10 55	Unsettled.
12	W	♋	6 53	4 35	11 59	
13	T	♋	6 55	4 34	a.m.	Unsettled.
14	F	♋	6 57	4 33	1 05	
15	S	♋	6 58	4 32	2 15	Unsettled.
16	Sun	♋	6 59	4 31	3 27	
17	M	♋	7 00	4 30	4 42	Unsettled.
18	T	♋	7 01	4 29	5 58	
19	W	♋	7 03	4 28	sets	Unsettled.
20	T	♋	7 04	4 28	p.m.	
21	F	♋	7 05	4 26	7 16	Unsettled.
22	S	♋	7 06	4 26	8 21	
23	Sun	♋	7 07	4 25	9 28	Unsettled.
24	M	♋	7 09	4 24	10 34	
25	T	♋	7 10	4 24	11 38	Unsettled.
26	W	♋	7 12	4 23	a.m.	
27	T	♋	7 13	4 22	12 41	Unsettled.
28	F	♋	7 14	4 21	1 42	
29	S	♋	7 15	4 21	2 42	Unsettled.
30	Sun	♋	7 16	4 21	3 41	

\* See Local Time on this page

**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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## How Famous Sayings Began

**"Cook Your Goose"**—Eric of Sweden, once approached an enemy town with so small a band of soldiers that the enemy in derision hung out a goose for him to shoot at. Eric conquered, nevertheless, and when the villagers' asked what terms he demanded he replied, "I want to cook your goose".

**"Sabotage"**—A French workman, angry at his employer, threw his wooden shoe into the machinery . . . others followed his example . . . Now, when machinery is destroyed during labour disputes, it is called sabotage, because sabot is the French word for shoe.

**"Mad as a Hatter"**—Is a corruption of 'Mad as an adder'. The Saxon word for 'adder' is 'nædre'. The slurring of the expression 'Mad as an nædre', gave us our version.

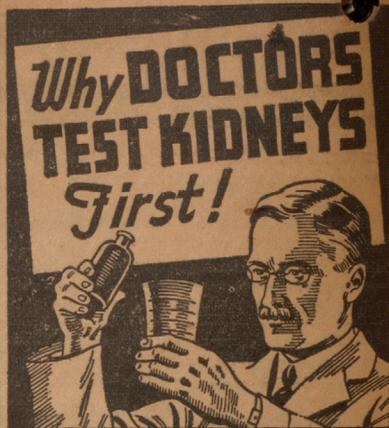
**"In the Nick of Time"**—Our half civilized forefathers kept track of time by notching sticks to indicate the passing of days. This expression comes from their practice.

## Felt Like a New Person



Mrs. T. Taylor

"One year after I was married my whole system started acting queerly," writes Mrs. Thomas Taylor, 1632 Victoria Ave., Regina, Sask. "I couldn't sleep, lost my appetite and felt so irritable all the time. On the advice of my aunt I started to use Dodd's Kidney Pills. The first 2 boxes did wonders. I ate better, started sleeping better and was not so irritable. The third box really did the trick. I felt like a new person. I can really say it was the first time for months that I felt the way any girl of 24 should feel."



DOCTORS know that upon the condition of the kidneys may rest health, happiness, life itself. Probably no ailment is more common than kidney trouble.

Experienced doctors in making a diagnosis, first find out the condition of the kidneys. They know that without the help of the kidneys they may be powerless to overcome sickness.

It is the natural function of healthy kidneys to extract and expel waste matter and poisonous impurities from the system, and in doing so help drive away bodily ailment.

The condition of the kidneys 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."

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 and excess acids in the system.

# Legs Ached, Ankles Swollen

## Soon Better After Mother Advised Dodd's

12th month DECEMBER, 1941 31 days

MOON'S PHASES—Eastern Standard Time

+1 h.=A.S.T. -1 h.=C.S.T.  
-2 hrs.=M.S.T. -3 hrs.=P.S.T.

	D.	H.	M.
Full Moon.....	3	3	51 p.m.
Last Qtr.....	11	1	48 p.m.
New Moon.....	18	5	18 a.m.
First Qtr.....	25	5	43 a.m.



Mrs. M. Cook

"I am a housewife, 34 years of age," writes Mrs. M. Cook, 18 Willard St., Belleville, Ont. "I have 4 children and do my own housework. After the birth of my last baby, 8 years ago, I suffered terrible backaches and headaches. My ankles started to swell and my legs ached at times until I thought I would go crazy. My mother, who was a great user of Dodd's Kidney Pills said she thought my trouble was my kidneys. She got me a box and after finishing it I felt a lot better. By the time I had used 4 boxes my legs had quit aching and the swelling ceased."

Electric bulbs of high wattage give considerably more light per watt than those of low wattage. For instance, while consuming the same amount of current, a 100-watt bulb gives about one-third more illumination than four 25-watt bulbs.—*Collier's*

### CHILDREN'S MEDICINES

Many children have kidney and urinary troubles. Many medicines are too strong, or too harmful, to be used by children. But not Dodd's Kidney Pills. Because Dodd's Kidney Pills do not contain any harmful or habit-forming drugs, they may be given with safety to children. It is the function of Dodd's Kidney Pills to help restore the kidneys to their normal action of filtering excess uric acid and poisonous wastes from the blood stream. For the treatment of children follow the direction on the circular accompanying every box of Dodd's Kidney Pills.

Day of Month	Day of Week	Zodiac Signs	*Sun		†Moon	Weather Probs.
			Rises	Sets	Sets a.m.	
1	M	♈	7 17	4 20	4 40	Fine and cold.
2	T	♈	7 19	4 20	5 37	
3	W	♈	7 20	4 20	6 33	
4	T	♈	7 21	4 20	rises	
5	F	♈	7 22	4 19	p.m.	
6	S	♈	7 23	4 19	6 53	
7	Sun	♉	7 24	4 19	7 48	High winds with snow.
8	M	♉	7 25	4 19	8 46	
9	T	♉	7 26	4 19	9 48	
10	W	♉	7 27	4 18	10 52	
11	T	♉	7 28	4 18	11 58	Cloudy and generally warmer.
12	F	♉	7 29	4 18	a.m.	
13	S	♉	7 29	4 18	1 06	
14	Sun	♊	7 30	4 18	2 17	
15	M	♊	7 31	4 19	3 30	Heavy snow.
16	T	♊	7 32	4 19	4 44	
17	W	♊	7 33	4 20	5 58	
18	T	♊	7 33	4 20	sets	
19	F	♊	7 33	4 20	p.m.	Much colder.
20	S	♊	7 34	4 21	7 06	
21	Sun	♋	7 35	4 21	8 15	
22	M	♋	7 36	4 22	9 23	
23	T	♋	7 36	4 22	10 28	Unsettled.
24	W	♋	7 37	4 23	11 32	
25	T	♋	7 37	4 23	a.m.	
26	F	♋	7 37	4 24	12 33	
27	S	♋	7 38	4 24	1 33	
28	Sun	♌	7 38	4 25	2 31	
29	M	♌	7 38	4 26	3 29	
30	T	♌	7 38	4 27	4 26	
31	W	♌	7 38	4 27	5 21	

\* See page 3 for Local Time

In a quiz given at a college recently, one of the questions was: "Name two ancient sports."

A freshman wrote: "Antony and Cleopatra."

## An Important Message For WOMEN Only



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. They are thoroughly upset and distracted—not really sick enough to go to bed but not well, and 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, rheumatic pains and other ailments often follow.

It is the function of Dodd's Kidney Pills to help restore the kidneys to normal action. For more than half a century this famous remedy has proved of great value to women in impoverished health. This has been especially true during that trying period of physical readjustment 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.

Because Dodd's Kidney Pills contain no harmful or habit-forming drugs, they may be used at any time and with perfect safety by young and old.

Young Lady Visitor.—"Are people drowned very often at this place?"  
Old Salt.—"No, lady, only once."

### Felt Like a New Person

"I am a housewife, 40 years of age," writes Mrs. John Marshall, 591 Sammon Ave., Toronto, Ont. "Eight years ago after my second boy was born I suffered terribly with bladder trouble. I had to get up continually through the night and by next day would be completely worn out and miserable with a constantly aching back. My sister advised me to try my mother's good old standby, Dodd's Kidney Pills. After the first box I gained so much relief so continued using them and after three boxes I felt like a new person."



Mrs. J. Marshall

MINUTE MOVIES



THIS BACKACHE IS DRIVING ME MAD-I DON'T KNOW WHAT TO DO



TRY MY FAVOURITE REMEDY - DODD'S KIDNEY PILLS



NO MORE ACHING BACK FOR ME NOW I KNOW OF DODD'S KIDNEY PILLS



THANKS - I WILL

GRIEF - DODD'S - RELIEF

# She Felt Weak and Rundown

**Dodd's Helped Her Feel Much Stronger**



Mrs. M. A. Ablett

"I am a housewife, 40 years of age," writes Mrs. M. A. Ablett, 170 Van Horne Ave., Montreal. "After the birth of our fourth child I was weak and rundown,

tired and unable to do my housework because of the pains in my back and legs. My husband had used Dodd's Kidney Pills and we always had some in the house. I started to use them and after using 2 boxes I felt much better and stronger, and was able to do my housework without difficulty."

## CONSTIPATION

A regular action of the bowels is of utmost importance in maintaining health. Once every 24 hours the bowels should move and a complete evacuation take place. Violent purgatives should be avoided; they are weakening, and do no permanent good. For constipation use Diamond Dinner Pills. See page 47.

## Her Sleep Was Broken

"I am 32 years old and the mother of two children," writes Mrs. Ronald E. Hume, 7 Park Lane, Dartmouth, N.S. "For several years I had been troubled with back-ache, always tired and my sleep broken up. It made housework im-



Mrs. R. Hume

possible. Having heard so much about Dodd's Kidney Pills I decided to try a box which worked wonders. I used 3 more boxes and could do my housework and really felt fine."

1st month JANUARY, 1942 31 days

MOON'S PHASES—Eastern Standard Time

+1 h.=A.S.T. -1 h.=C.S.T.  
-2 hrs.=M.S.T. -3 hrs.=P.S.T.

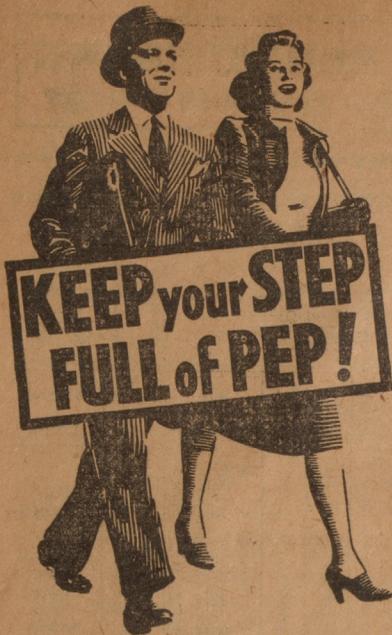
	D.	H.	M.
☉ Full Moon.....	2	10	42 a.m.
☾ Last Qtr.....	10	1	5 a.m.
☽ New Moon.....	16	4	32 p.m.
☽ First Qtr.....	24	1	35 a.m.

Day of Month	Day of Week	Zodiac Signs	Sun		Moon Sets a.m.	Weather Probs.
			Rises	Sets		
1	T	♈	7 38	4 28	6 14	Fair weather.
2	F	♈	7 38	4 29	7 03	
3	S	♈	7 38	4 30	rises	
4	Sun	♈	7 38	4 31	p.m.	Wet with high winds.
5	M	♈	7 38	4 32	7 41	
6	T	♈	7 38	4 33	8 44	
7	W	♈	7 38	4 34	9 49	Mostly fair all this week.
8	T	♈	7 38	4 35	10 56	
9	F	♈	7 37	4 36	a.m.	
10	S	♈	7 37	4 37	0 03	Snow flurries and cloudy weather.
11	Sun	♈	7 37	4 39	1 13	
12	M	♈	7 37	4 40	2 24	
13	T	♈	7 36	4 41	3 35	Clear and quite cold.
14	W	♈	7 36	4 42	4 45	
15	T	♈	7 35	4 44	5 50	
16	F	♈	7 35	4 45	sets	Clear and quite cold.
17	S	♈	7 34	4 46	p.m.	
18	Sun	♈	7 34	4 48	7 00	
19	M	♈	7 33	4 49	8 08	Snow flurries and cloudy weather.
20	T	♈	7 32	4 50	9 15	
21	W	♈	7 32	4 52	10 18	
22	T	♈	7 31	4 53	11 20	Clear and quite cold.
23	F	♈	7 30	4 55	a.m.	
24	S	♈	7 29	4 56	0 20	
25	Sun	♈	7 28	4 58	1 19	Clear and quite cold.
26	M	♈	7 27	4 58	2 17	
27	T	♈	7 26	5 00	3 12	
28	W	♈	7 25	5 02	4 06	Clear and quite cold.
29	T	♈	7 24	5 03	4 57	
30	F	♈	7 23	5 04	5 44	
31	S	♈	7 22	5 05	6 28	

\* See page 3 for Local Time

"I wish I could find out how many relatives I have."

"Why, that's the easiest thing in the world. Just buy a summer cottage."



Nowadays most people realize that to keep well is usually simpler, safer, more pleasant and less costly than to try to "get well".

A healthy, well-regulated system resists many ailments to which a less sturdy constitution may fall victim. Because of this, more and more men and women are using Dodd's Kidney Pills at regular intervals. By so doing they feel that they are helping to keep their kidneys in good order, so that poisonous waste matter and excess acids may be cleansed from the system, and possible illness avoided.

It is a wise health safeguard to use Dodd's Kidney Pills from time to time. Dodd's Kidney Pills are not habit-forming, safe and easy to use.

Collegiate viewpoint.—"It isn't the girl that counts, it's what she stands for."

## Old Ailment Soon Gone

"I am a housewife, 47 years of age," writes Mrs. H. J. Allen, 65 Belvidere St. N., Sherbrooke, P.Q. "I complained a great deal about pains in my back. I tried ordinary medicines but received no relief until a friend recommended



Mrs. H. J. Allen

Dodd's Kidney Pills. I only used two boxes and I have not been bothered by my old ailment since."

**ECZEMA** Eczema is a skin disease that should be arrested

promptly as it is apt to become chronic. Eczema manifests itself by an itching or smarting of the affected parts. The skin becomes raised in the form of little pimples and a watery lymph exudes. Later scales and crusts form. Eczema is 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 Eczema and other skin diseases. Their function is to get at the root of the trouble while Dodd's Antiseptic Healing Ointment, applied externally, promotes healing of the sores.

It is also very important that the bowels be kept open by the use of Diamond Dinner Pills.

The surface of the body should be kept clean by frequent bathing, and in drying the sores, gently press the towel. Do not rub as this only irritates. Dodd's Antiseptic Healing Ointment should be applied in generous quantities both night and morning.

## Largest Underground "City"

The Witwatersrand Gold Mine near Johannesburg, Union of South Africa, is the largest underground "city" in the world. It employs 245,000 miners and has more than four thousand miles of subterranean shafts, streets and avenues, a distance nearly equivalent to the length of the African continent.

Precocious little sister was desiring some information. "Mother, if baby were to eat some tadpoles would they give him a deep bass voice like big frogs have?"

"Gracious, no! They'd kill him."

"Well, they didn't."

English girls to-day are 10 pounds heavier, one inch taller, than the girls of 1916. Young men are 16 pounds heavier, 1½ inches taller than their fathers 25 years ago were.

## Nervous and Irritable

"I am a housewife, 32 years old, with 2 small children," writes Mrs. N. Ouellette, 487 Parent Ave., Windsor, Ont. "After my little girl was born I had such terrible backaches that I became very nervous and irritable. I began to have



Mrs. Ouellette

almost constant headaches, and my housework became a burden to me. I was advised by a friend to use Dodd's Kidney Pills. I did so, and before I had finished the third box my headaches and backache were gone and I felt like myself again."

"Shopping?"

"No, I haven't time today. I'm just buying a few things I need."



## BACKACHE May be Your Warning of KIDNEY TROUBLE

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.

Do not fail to heed this warning. If you do, you may run the risk of more serious trouble and suffering.

At the first sign of backache, turn confidently to Dodd's Kidney Pills—for over half a century a favourite remedy for kidney ailments. Dodd's Kidney Pills are safe and not habit-forming. They are easy to buy and easy to use. Get a box of Dodd's Kidney Pills today at any drug counter. Look for the blue box with the red band.

# HOW OUR FOOD IS DIGESTED

**T**HE human body, by a chemical process, converts food into a form which can be absorbed into the blood to produce energy and tissue. This is called *digestion*.

The digestive system is like a muscular tube into which pour the digestive juices supplied by the body. Some of these juices come in the wall of the tube; some from the pancreas and the liver. Doctors say that the digestive juices flow at the sight and smell of appetizing food. The more appetizing the food, the larger the flow.

## *Stomach Acts as a churn*

The muscular action of the walls of the digestive channel, push the food ever onward, while the chemical action by the digestive juices goes on at the same time. The stomach and intestines churn and mix the food to break it up so that the juices, each one of which is fitted for the conversion of a particular food, can get at every part of it.

The stomach is a bag, the walls of which are largely made up of muscle fibres. It is separated from the intestines by a strong circular muscular band. During digestion this band relaxes at intervals to allow the well-digested parts of the food to pass into the intestines.

## *If Nature Falls Down*

Food substances for building tissue are contained principally in such foods as meat and eggs. These are called *Proteins*. Proteins should be partially digested by the gastric juices, the chief active ingredient of which is pepsin.

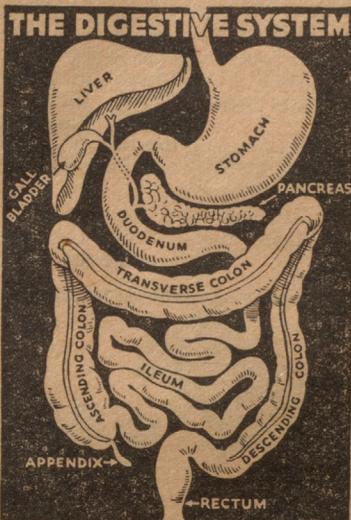
Many cases of indigestion are caused where the body does not supply sufficient pepsin. Dodd's Dyspepsia Tablets supply extra pepsin and thus make up for what Nature sometimes fails to supply in sufficient quantity.

Starchy foods such as bread, potatoes and sugar are called *Carbohydrates*. These are partially digested in the mouth and digestion is completed in the intestines by the pancreatic and intestinal juices. Dodd's Dyspepsia Tablets con-

tain an ingredient to digest starches and thus assist the pancreatic and intestinal juices in their work.

In addition to the two ingredients mentioned above that assist in the digestion of *Proteins* and *Carbohydrates*, Dodd's Dyspepsia Tablets contain ingredients to soothe the mucous membrane and check excessive acidity and tendency to nausea, vomiting and diarrhoea.

The reason women live longer than men is because paint is a great preservative.—Ed Wynn



# Optometrist Praises Dodd's Finds Patients May Need Kidney Remedy

2nd month FEBRUARY, 1942 28 days

MOON'S PHASES—Eastern Standard Time

+1 h. = A.S.T. -1 h. = C.S.T.  
-2 hrs. = M.S.T. -3 hrs. = P.S.T.

	D.	H.	M.
☉ Full Moon.....	1	4	12 a.m.
☾ Last Qtr.....	8	9	52 a.m.
☽ New Moon.....	15	5	2 a.m.
☽ First Qtr.....	22	10	40 p.m.



J. A. Forbes

"I always have Dodd's Kidney Pills on hand," writes J. A. Forbes, Registered Optometrist, Regina, Sask. "When I have a backache or have to get up too frequently at night I use them for relief. I inherited the habit from my parents. In our position as an optometrist we always examine the retina of the eye. In many cases when it presents a yellowish-orange reflex it is suggestive of a nephritic condition. I always recommend Dodd's Kidney Pills. Sometimes what patients presume is eye trouble may be just a trouble calling for your remedy. They are advised to go to the drug department."

In some countries, notably France and Mexico, marriages have no legal status unless they are performed by a civil servant.

Out of every 1,000 births of twins, 368 are a girl and boy, 327 are twin boys and 305 are twin girls.

## 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. Principal symptoms 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.

Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon Rises p.m.	Weather Probs.
			Rises	Sets		
1	Sun	☉	H.M.	H.M.	H.M.	Clear bright days very cold.
2	M	☉☉	7 21 5	07 5	31	
3	T	☉☉☉	7 20 5	08 6	35	
4	W	☉☉☉☉	7 19 5	09 7	40	
5	T	☉☉☉☉☉	7 18 5	10 8	47	
6	F	☉☉☉☉☉☉	7 16 5	12 9	55	
7	S	☉☉☉☉☉☉☉	7 15 5	14 11	04	
8	Sun	☉☉☉☉☉☉☉☉	7 13 5	16 a.m.		Heavy snow in some districts.
9	M	☉☉☉☉☉☉☉☉☉	7 12 5	17 0	14	
10	T	☉☉☉☉☉☉☉☉☉☉	7 11 5	18 1	23	
11	W	☉☉☉☉☉☉☉☉☉☉☉	7 10 5	20 2	31	
12	T	☉☉☉☉☉☉☉☉☉☉☉☉	7 08 5	21 3	36	
13	F	☉☉☉☉☉☉☉☉☉☉☉☉☉	7 06 5	23 4	36	
14	S	☉☉☉☉☉☉☉☉☉☉☉☉☉☉	7 05 5	24 5	28	
15	Sun	☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉	7 04 5	25 sets		Bright days heavy frost at night.
16	M	☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉	7 02 5	27 p.m.		
17	T	☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉	7 00 5	28 6	54	
18	W	☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉	6 58 5	30 8	00	
19	T	☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉	6 57 5	31 9	04	
20	F	☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉	6 57 5	32 10	06	
21	S	☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉	6 55 5	34 11	06	
22	Sun	☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉	6 54 5	35 a.m.		Some snow but mostly fair.
23	M	☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉	6 52 5	37 0	05	
24	T	☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉	6 50 5	38 1	01	
25	W	☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉	6 48 5	39 1	56	
26	T	☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉	6 46 5	41 2	48	
27	F	☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉	6 45 5	42 3	36	
28	S	☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉☉	6 43 5	43 4	21	

\* See page 3 for Local Time

Young Mother (anxiously).—"What makes you think the baby is going to be a great politician?"

Father (confidently).—"I'll tell you, my dear. He can say more things that sound well and mean nothing at all than any child I ever saw."

### Some Proverbs Revised

The darkest hour is just before the dawn.

What the eye doesn't see the foot trips over.

Where singleness is bliss, 'tis folly to be wives.

One touch of sunshine makes the whole world skin.

There are none so blind as those who face strong headlights.

Mohammedanism, whose adherents represent 15 per cent of the world's population, is the only great religion that prohibits the use of coffins, the dead being wrapped only in a burial cloth.

One man who has turned a lot of women's heads is the barber.

### Colds Affect Kidneys

"Each time I catch a cold," writes W. R. Dewar of 173 Broad St., Ottawa, Ont., "it seems to affect my kidneys, and make my back so lame it is hard to work. By taking Dodd's Kidney Pills for a few days I receive relief from my pains in my back. I came to use Dodd's Kidney Pills because my father always used them as long as I can remember, and they always helped him."



W. R. Dewar

"Have you ever been to a school for stammering?"

"N-no, it j-j-just c-came n-n-natural to m-me."



# How COLDS affect YOUR KIDNEYS

The kidneys are very delicate organs, easily affected,—especially by a cold. Their duty is to filter impurities and excess acids from the blood. When you have a cold—or any other ailment which creates added poisons in the system—extra work is thrown upon your kidneys. To help keep the kidneys in good order, to help clear your system of excess acids and poisons caused by colds or other ailments, use Dodd's Kidney Pills, Non-habit forming,—easy to take.

# KIDNEYS MUST KEEP THE BODY FREE OF POISONS

**T**HE human body is continually decaying and re-building itself. In this process waste products and excess acids are formed.

**These substances must be thrown off by the body.** Firstly, because they are useless, and secondly, because in some instances, *they are poisonous.*

The chief route of getting rid of these waste products is through the urinary system. This consists of two kidneys which extract the wastes and poisons from the blood and secrete urine. The urine is conducted by two tubes (the ureters) to the bladder, a hollow muscular organ, which acts as a receptacle for the urine. From there the urine passes through a short canal (the urethra) which carries it to the outside.

**The urine, carrying poisonous wastes and excess acids, accumulates in the bladder** at the rate of about one drop every 30 seconds from each kidney. When a sufficient degree of tension is experienced there is a conscious urge to pass urine by the act of urination.

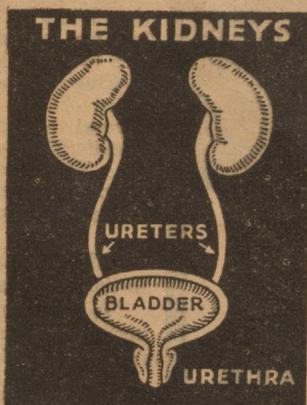
The quantity of urine passed by an adult in the 24 hours, averages about 2½ pints. This varies, being less in hot weather when the urine becomes more highly concentrated.

The kidneys play an important part in maintaining the proper level of certain substances in the blood —

sugar, for example. The kidneys also help regulate the degree of alkalinity of the blood.

## KIDNEYS HIGHLY SENSITIVE

**The kidneys are highly sensitive organs.** They may be quickly affected by a blow, a strain, dampness, exposure, cold, the toxins or poisons of infectious diseases (scarlet fever, diphtheria, etc.), and infections of the teeth, tonsils and gall bladder. Any of these may so hamper the operation of the kidneys that they may fail to do their duty of keeping poisons and excess acids filtered out of the blood. *Illness follows quickly when kidneys fail to function properly.*



## DON'T RISK ILLNESS

Don't risk serious illness but at the first sign of kidney trouble use Dodd's Kidney Pills. They are prepared to act directly upon the kidneys and help them carry out their normal duty. Dodd's Kidney Pills contain medicines to stimulate sluggish kidneys into action and help soothe irritation. Because of their highly concentrated form and ready assimilation in the system they act promptly. Within a short time after taking, they are at work, helping the kidneys regain their normal strength and vigour. Dodd's Kidney Pills do not contain any harmful or habit-forming drugs.



Since I Started to Use

## Dodd's DYSPEPSIA TABLETS

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

Common sense in choosing foods can help avoid trouble. But in spite of all the caution there are times when we eat too much—eat too fast—or eat something that doesn't agree with us. It is at such times as these that DODD'S DYSPEPSIA TABLETS should prove so helpful. See page 25.

### Rheumatic Pains Relieved

"I am a book-keeper, 35 years of age," writes Fred Hervey, 4015 Hochelaga St., Montreal. "I am a hearty eater, and not much given to outdoor exercise on account of short-sightedness. It is no wonder, perhaps, I am subject to rheumatic pains. At one time I was laid up in bed for several days, unable to walk due to pains in the right leg. I was told my trouble was due to an accumulation of acid in the system. I tried several remedies and finally found Dodd's Kidney Pills most effective for me. I have been using Dodd's Kidney Pills over the past ten years and have not felt any recurrence of rheumatic pains."



F. Hervey

"Thinking is said to draw the blood to the head," said the professor.

"Is that why when you think twice about some things you get cold feet?" asked the student.

### Feet and Ankles Swollen

"I am 62 years of age and the mother of two children," writes Mrs. Maud Bellamy, 12245-101st St., Edmonton, Alta. "Following an illness eleven years ago my feet and ankles became swollen. I could not sleep at night, could not eat, and took no interest in my home. After reading Dodd's Almanac I decided to try Dodd's Kidney Pills. After the fourth box I began to feel a little better. After using the ninth box of Dodd's Kidney Pills I was completely relieved. I had no more swollen joints, my appetite was good and I slept well."



Mrs. M. Bellamy

# He Soon Felt Like a New Man

## Dodd's Helped Relieve His Bad Backache



C. Smeltzer

"I am 45 years of age and employed at insulating steam lines on steamers in the shipyards," writes Charles Smeltzer, 55 Cunard St., Halifax, N.S. "I thought one day I would

have to give up my back bothered me so badly. A friend told me to try Dodd's Kidney Pills and I did. I used 3 boxes and in a few weeks I felt like a new man. I slept well and was not bothered any more with my back."

### SOME FUN WITH FIGURES

A teacher announced a test in arithmetic. She then wrote on the blackboard five rows of figures as you see below. The scholars thought that it was a test in simple addition, but imagine their surprise when the teacher told them to cross out 22 of the figures so that the sum of the remaining three, when correctly totaled, would amount to 20. Can you do it? (See page 32.)

1	1	1	1	1
3	3	3	3	3
5	5	5	5	5
7	7	7	7	7
9	9	9	9	9

### Backache Kept Her Awake



Mrs. G. Sharpe

"I am 27 years of age, and the mother of 3 little girls," writes Mrs. Gwen Sharpe, R.R. 4, Hamilton, Ont. "After my second little girl was born I had pains in my back. I would lie awake for hours at night, my back hurt so. My husband kept telling me to try Dodd's Kidney Pills and one day came home with 2 boxes. After I used the first box my back was nearly better. After the second box I was completely relieved."

3rd month MARCH, 1942 31 days

MOON'S PHASES—Eastern Standard Time

+1 h. = A.S.T. -1 h. = C.S.T.  
-2 hrs. = M.S.T. -3 hrs. = P.S.T.

		D.	H.	M.
☉	Full Moon.....	2	7	20 p.m.
☾	Last Qtr.....	9	5	0 p.m.
☉	New Moon.....	16	6	50 p.m.
☾	First Qtr.....	24	7	1 p.m.

Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon Rises p.m.	Weather Probs.
			Rises	Sets		
1	Sun	♌	H.M.	H.M.	H.M.	Comes in like a lion.
2	M	♌	6 39	5 47	4 20	
3	T	♌	6 38	5 48	5 26	
4	W	♌	6 35	5 49	6 34	
5	T	♌	6 33	5 51	7 43	
6	F	♌	6 31	5 52	8 53	
7	S	♌	6 29	5 54	11 15	
8	Sun	♍	6 26	5 56	a.m.	This week mostly fair.
9	M	♍	6 25	5 58	0 24	
10	T	♍	6 23	5 59	1 29	
11	W	♍	6 21	6 00	2 30	
12	T	♍	6 20	6 01	3 23	
13	F	♍	6 18	6 03	4 10	
14	S	♍	6 16	6 04	4 51	
15	Sun	♎	6 14	6 05	5 27	Blustery weather with heavy snow.
16	M	♎	6 12	6 07	sets	
17	T	♎	6 11	6 08	p.m.	
18	W	♎	6 08	6 09	7 51	
19	T	♎	6 06	6 10	8 52	
20	F	♎	6 04	6 12	9 52	
21	S	♎	6 02	6 13	10 50	
22	Sun	♏	6 01	6 14	11 46	Milder with rain or sleet.
23	M	♏	5 59	6 15	a.m.	
24	T	♏	5 57	6 17	0 39	
25	W	♏	5 55	6 18	1 29	
26	T	♏	5 53	6 19	2 15	
27	F	♏	5 52	6 20	2 57	
28	S	♏	5 49	6 22	3 36	
29	Sun	♐	5 47	6 23	4 11	Fair.
30	M	♐	5 45	6 24	4 45	
31	T	♐	5 43	6 26	5 17	

\* See page 3 for Local Time

"Isn't there anything I can do to stop you from giving me the cold shoulder?"

"Sure, drape a sable wrap over it."

# SPRINGTIME

is **CLEANING** Time



**S**PRING is when Nature cleans house. Rains drench the land, washing the accumulated sediment of Winter into every river and stream, to be carried away with the rush of rains which follow.

In the Spring the human system also needs a thorough cleansing. Winter's 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, its functions slowed up. Poisons are given a better chance to accumulate in the system.

It is the normal duty of the healthy kidneys to filter poisonous matter from the blood. If the kidneys are sluggish in action poisons remain in the system and "Spring Fever", Backache, Headaches, Rheumatic Pains and other indications of a faulty kidney condition often appear.

## A Good Spring Medicine

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



Don't neglect your kidneys—especially in the Spring. Take Dodd's Kidney Pills and help your kidneys to rid the system of accumulated poisons.

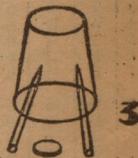
## MAGIC WITH MATCHES

Place 16 matches to form five squares—like this—



The problem is to change 2 of the matches, and using them make four squares only of same size as before. (For solution see page 47)

## HOW TO TAKE A COIN OUT FROM UNDER A GLASS WITHOUT TOUCHING IT



scratch the table cloth directly in front of the glass, and the dime nips out under its own power.

## Police Officer Keeps Fit



Lt.-Det. Morin

"Every fall and spring for the last few years I was subjected to a sore back and headaches," writes Lieutenant-Detective Arthur Morin, 6993 Chambord St., Montreal. "One day I saw advertising in a drug store window for Dodd's Kidney Pills. I bought some and

after using two boxes the pains came to an end. I am 56 years of age and a member of the police force in Montreal. I generally take a box of Dodd's Kidney Pills each year to keep these pains away."

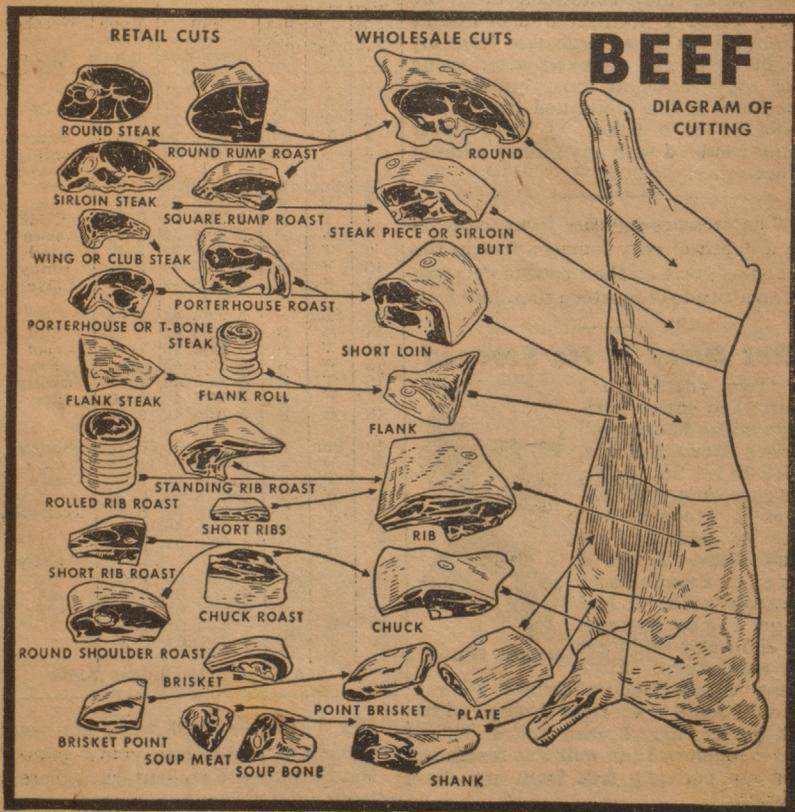
# How to Buy MEAT

A knowledge of the retail cuts of meat and what part of the animal they come from, is of great help in planning meals, and choosing the most suitable and economical cuts for your family's needs. Meat has a place in the diet of the normally healthy individual, because its proteins are usually so readily and easily digested. It is also valuable in many diets on account of its mineral salts, vitamin and fat content.

## Care of Meat in the Home

Meat should be removed at once from the paper, placed in a clean, covered dish, and put in the coldest place available. If kept at a temperature of 40° F., with the air around it circulating freely, meat should keep as long as usually required.

**Beef**—There are many kinds, grades and cuts of beef, but choice beef is usually obtained from steers. It should be firm, of a fine grained texture, bright in colour, and well mottled or marbled with firm, cream-coloured fat. This chart will help you when you buy.



# Backaches After Baby Born

Young Mother Relieved by Using Dodd's



Mrs. Cole, Jr.

"I am 23 years of age and the mother of two children," writes Mrs. Wm. Cole, Jr., 72 Camden St., Saint John, N.B. "Before my first baby was born I had terrible backaches. I thought it natural and let it go. However when they continued after the baby came I started to use Dodd's Kidney Pills on a suggestion from my mother. I was relieved after using not quite a whole box, but on my mother's advice continued until I had used about 6 boxes. I have never been troubled with any kidney ailment since."

The pressure increase from sea level to a depth of only fourteen feet in the sea is as great as the pressure decrease at an altitude of fourteen thousand feet.

## Got Dizzy If He Stooped

"Two years ago I started to suffer terribly with backache," writes Donald Bruce, 2518-15½ St. N.W., Calgary, Alta. "Whenever I stooped and rose up suddenly I got very dizzy. I was a wreck and could scarcely walk. I had to get up a dozen times at night and could get no real sleep. After using a few Dodd's Kidney Pills I found I could sleep right through without getting up. I used half a dozen boxes and now I can walk any distance, and am perfectly free from any discomfort."



Donald Bruce

4th month APRIL, 1942 30 days

MOON'S PHASES—Eastern Standard Time

+1 h.=A.S.T. -1 h.=C.S.T.  
-2 hrs.=M.S.T. -3 hrs.=P.S.T.

	D.	H.	M.
☾ Full Moon.....	1	7	32 a.m.
☾ Last Qtr.....	7	11	43 p.m.
☾ New Moon.....	15	9	33 a.m.
☾ First Qtr.....	23	1	10 p.m.
☾ Full Moon.....	30	4	59 p.m.

Day of Month	Day of Week	Zodiac Signs	* Sun		* Moon Rises p.m.	Weather Probs.
			Rises	Sets		
			H.M.	H.M.	H.M.	
1	W	♈	5 42	6 26	6 34	
2	T	♈	5 40	6 28	7 48	
3	F	♈	5 38	6 29	9 01	Some spring showers.
4	S	♈	5 36	6 31	10 13	
5	Sun	♈	5 34	6 32	11 22	
6	M	♈	5 33	6 33	a.m.	
7	T	♈	5 31	6 34	0 25	Clear skies and sunny days.
8	W	♈	5 29	6 36	1 21	
9	T	♈	5 27	6 37	2 10	
10	F	♈	5 25	6 38	2 52	
11	S	♈	5 24	6 39	3 29	
12	Sun	♈	5 22	6 41	4 02	
13	M	♈	5 20	6 42	4 32	Still cool but mostly fine.
14	T	♈	5 18	6 43	sets	
15	W	♈	5 16	6 45	p.m.	
16	T	♈	5 15	6 46	7 41	
17	F	♈	5 14	6 47	8 40	
18	S	♈	5 12	6 49	9 37	
19	Sun	♈	5 10	6 50	10 32	Sunny days at week-end.
20	M	♈	5 08	6 51	11 23	
21	T	♈	5 07	6 52	a.m.	
22	W	♈	5 05	6 53	0 10	
23	T	♈	5 03	6 54	0 53	
24	F	♈	5 01	6 56	1 32	
25	S	♈	4 59	6 57	2 08	Mostly fair at end.
26	Sun	♈	4 58	6 58	2 42	
27	M	♈	4 57	7 00	3 14	
28	T	♈	4 55	7 01	rises	
29	W	♈	4 53	7 02	p.m.	
30	T	♈	4 51	7 04	6 37	

\* See page 3 for Local Time

Her Father.—"And what are your prospects of promotion, young man?"

Her Suitor.—"Excellent, sir. There's nobody in the firm below me."

## How Far Do You Walk in a Day or Week?

The importance of keeping the legs and feet in good condition is more readily realized when we learn that—the average shopping tour a woman takes is  $8\frac{1}{2}$  miles of walking. The average stenographer walks 43 miles every week. The average chorus girl dances  $4\frac{1}{2}$  miles every performance. A farmer while plowing will walk  $25\frac{1}{2}$  miles a day. A salesman covers 75 miles on foot a week. A railroad guard walks 5 to 7 miles—a policeman 14 miles—a mailman approximately 22 miles daily. A schoolboy covers the equivalent of 15 miles each day, but the average schoolgirl only does about  $11\frac{1}{2}$  miles. A waiter in a restaurant walks  $12\frac{1}{2}$  miles a day from eleven in the morning until nine at night.

When asked when legs are at their best—a noted doctor expressed the opinion between the ages of twenty-two and twenty-eight.

### He Lost Many Days' Work

"I am a mechanic, 45 years of age" writes C. H. Jolley, 575 Manitoba Ave., Winnipeg, Man. "I had been troubled with my back for some time. I lost many days' work on account of the pain. One day after reading some of the letters in Dodd's Almanac I decided to try Dodd's Kidney Pills. After using only 3 boxes my backache disappeared and I have not lost a day's work since. You can be sure that I use Dodd's Kidney Pills regularly now as a preventative."



C. H. Jolley

## BILIOUSNESS

### AND SICK HEADACHE

Often Caused by LAZY LIVER



If the liver is lazy and fails to supply the necessary bile to the bowels, as Nature intends, nausea, sick headaches, constipation, 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.

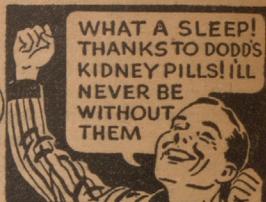
### DIAMOND DINNER PILLS FOLLOW NATURE'S METHOD

Diamond Dinner Pills are compounded not with a view of simply applying force to "move the bowels", but to gently and gradually help 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. Ltd., Toronto 2, Canada.

The Dead Sea, maligned for centuries as a body of water whose vapors not only killed bird life but also all vegetation for many miles around it, really has a fine climate; being 1,300 feet below sea level and the lowest spot on earth, its air contains more oxygen than that of any other place.—*Collier's*

# How to Get A GOOD NIGHT'S REST



**I**F the kidneys are in a normal, healthy condition, two-thirds of the urine excreted in 24 hours would be passed between 7 o'clock in the morning and 7 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. So much urine accumulates in the bladder during sleeping hours that discomfort, unrest, and night risings surely follow.

Night rising, then, may be taken as a sign that your kidneys may not be functioning properly. Dodd's Kidney Pills help your kidneys regain an active, healthy condition, so that they may do the full two-thirds of their work in the daytime and leave your sleeping hours undisturbed. Then when night comes your kidneys relax. You get no more "nerviness" or discomfort,—sleep like a top and awake fully refreshed, ready for the day's duties and pleasures.

The strongest fibre in the world is olona, *Touchardia latifolia*, grown only in the Hawaiian Islands. Owing to its remarkable durability and a tensile strength about eight times that of hemp, fishing nets made of olona are so tough that they are passed on to and are used by generation after generation.

Among the planets, Venus is the only one bright enough to cast a shadow on the earth, Saturn is the only one light enough to float on water, and Neptune and Pluto are the only ones so far away they cannot be seen by the unaided eye.

## She Soon Slept All Night



Mrs. E. Siddle

"Dodd's Kidney Pills were first recommended to me by a friend of the family," writes Mrs. Edythe M. Siddle, Mission City, B.C. "I suffered terribly from having to get up so repeatedly at night. It hardly seemed worth while going to bed. Dodd's Kidney Pills corrected this and I am able to sleep the night through. I am a housewife, doing all my own work, and with 2 children at home, yet can take in all the meetings of two lodges, the local agricultural board, the women's institute, and church activities, and keep fit."

# His Health Was Below Par

## Felt Like New Man After Using Dodd's

5th month      MAY, 1942      31 days

MOON'S PHASES—Eastern Standard Time

+1 h.=A.S.T.    -1 h.=C.S.T.  
-2 hrs.=M.S.T.    -3 hrs.=P.S.T.

	D.	H.	M.
Last Qtr.....	7	7	13 a.m.
New Moon.....	15	12	45 a.m.
First Qtr.....	23	4	11 a.m.
Full Moon.....	30	12	29 a.m.

"I am a machinist, 24 years of age," writes P. H. Balfour, 421 Lansdowne Ave., Westmount, P.Q. "While working all last year my health was generally below par. In the mornings I felt unwilling to go to work, due to loss of energy. I had frequent hampering backaches and in the evenings came home tired and worn out and usually in an irritable frame of mind. After seeing Dodd's Kidney Pills advertised in the local paper I decided to try them. After using Dodd's Kidney Pills a week I noticed a definite change for the better. I continued and in a month was almost a new man. I went to work with a will and am doing more and better work."



P. H. Balfour

Day of Month	Day of Week	Zodiac Signs	* Sun		* Moon Rises	Weather Probs.	
			Rises	Sets	p.m.		
1	F	♂	H.M.	H.M.	H.M.	Clear.	
2	S	♂	4 51	7 04	7 52		
3	Sun	♏	4 49	7 06	10 14		
4	M	♏	4 47	7 07	11 15	Cheerful spring weather.	
5	T	♏	4 45	7 08	a.m.		
6	W	♏	4 43	7 10	0 08		
7	T	♏	4 41	7 11	0 53		
8	F	♏	4 40	7 12	1 32		
9	S	♏	4 39	7 13	2 06		
10	Sun	♏	4 38	7 14	2 36		Showery and then turns warm.
11	M	♏	4 37	7 16	3 05		
12	T	♏	4 35	7 17	3 33		
13	W	♏	4 34	7 18	4 01		
14	T	♏	4 33	7 19	4 31		
15	F	♏	4 32	7 20	sets		
16	S	♏	4 31	7 22	p.m.		
17	Sun	♏	4 30	7 23	9 18	Bright sunny days then showery.	
18	M	♏	4 29	7 24	10 07		
19	T	♏	4 28	7 25	10 52		
20	W	♏	4 27	7 26	11 32		
21	T	♏	4 26	7 28	a.m.		
22	F	♏	4 25	7 29	0 09		
23	S	♏	4 24	7 30	0 42		
24	Sun	♏	4 23	7 31	1 14	Moon change brings fair weather.	
25	M	♏	4 22	7 32	1 44		
26	T	♏	4 21	7 33	2 15		
27	W	♏	4 20	7 34	2 47		
28	T	♏	4 19	7 35	rises		
29	F	♏	4 18	7 36	p.m.		
30	S	♏	4 17	7 37	7 53		
31	Sun	♏	4 17	7 38	9 00		

\* See page 3 for Local Time

Road maps tell a motorist everything he wants to know except how to fold them up again.

### Pains Soon Began To Ease



Mrs. F. Orr

"I am 26 years of age and a housewife," writes Mrs. Fred Orr, 10254-96th St., Edmonton, Alta. "I suffered a great deal with headaches, backaches and spent many sleepless nights. I was always tired and nervous. I tried all kinds of remedies and none seemed to help, until

Young Man (entering jewelry store).  
—"I—er—um—say—ah—"  
Jeweler (to assistant).—"Bring me that tray of engagement rings."

I met a friend who recommended Dodd's Kidney Pills. After the first box my pains began to ease, and after two more boxes I really felt that happy days were here again."

# Mother of 14 Praises Dodd's

## Sees Daughters Benefit by Her Experience



Mrs. J. Dewling

"I am 56 years of age and the mother of 14 children," writes Mrs. J. C. Dewling, Champneys East, Trinity Bay, Nfld. "Since the birth of my first child I suffered from backache and kidney trouble. A friend who had heard about Dodd's Kidney Pills told me of them and suggested I get some. I did so and after using 2 boxes my aches and pains vanished and I felt perfectly well. After the birth of each child I used Dodd's Kidney Pills. I am enjoying good health, but I make sure my young married daughters use Dodd's Kidney Pills when they complain of backaches, giddy heads and dizziness."

A dry, warm wind will not only evaporate more moisture from the surface of a lake than the heat of the Sun, but it will also melt snow many times faster than the hottest sunshine. In fact, winds alone have been known to evaporate completely many great snowfalls.

**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 may often be 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 help the kidneys to remove impurities from the blood.

6th month JUNE, 1942 30 days

MOON'S PHASES—Eastern Standard Time

+1 h.=A.S.T. -1 h.=C.S.T.  
-2 hrs.=M.S.T. -3 hrs.=P.S.T.

	D. H. M.		
☾ Last Qtr.....	5	4	26 p.m.
☾ New Moon.....	13	4	2 p.m.
☽ First Qtr.....	21	3	44 p.m.
☽ Full Moon.....	28	7	9 a.m.

Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon Rises p.m.	Weather Probs.
			Rises	Sets		
			H.M.	H.M.	H.M.	
1	M	♈	4 17	7 39	9 59	June begins with frequent showers.
2	T	♈	4 17	7 40	10 50	
3	W	♈	4 16	7 40	11 32	
4	T	♈	4 16	7 41	a.m.	
5	F	♈	4 15	7 42	0 09	
6	S	♈	4 15	7 42	0 40	
7	Sun	♉	4 15	7 43	1 10	Cool this week north winds.
8	M	♉	4 14	7 44	1 38	
9	T	♉	4 14	7 44	2 06	
10	W	♉	4 13	7 45	2 35	
11	T	♉	4 13	7 45	3 05	
12	F	♉	4 13	7 46	3 39	
13	S	♉	4 13	7 47	4 16	Showers and then warmer.
14	Sun	♊	4 12	7 47	4 58	
15	M	♊	4 12	7 48	5 44	
16	T	♊	4 12	7 48	sets	
17	W	♊	4 12	7 49	p.m.	
18	T	♊	4 13	7 49	10 45	
19	F	♊	4 13	7 50	11 16	Spell of very warm days.
20	S	♊	4 13	7 50	11 47	
21	Sun	♋	4 13	7 50	a.m.	
22	M	♋	4 13	7 50	0 16	
23	T	♋	4 14	7 51	0 46	
24	W	♋	4 14	7 50	1 18	
25	T	♋	4 14	7 51	1 54	
26	F	♋	4 15	7 51	2 36	Ends fine.
27	S	♋	4 15	7 51	3 24	
28	Sun	♌	4 15	7 50	4 21	
29	M	♌	4 16	7 50	5 26	
30	T	♌	4 16	7 50	6 36	

\* See page 3 for Local Time

"I suppose your baby is very fond of you?"

"Fond of me! Why, the rascal sleeps all day when I'm at work so that he can stay up at night and enjoy my company."

MARY IS CERTAINLY NOT HERSELF TODAY

SHE SEEMS SO TIRED OUT LATELY—AND LOOKS YEARS OLDER TOO—I WONDER—

SORRY I COULDN'T HELP HEARING— AND WHAT YOU SAY IS TRUE—I FEEL AND LOOK ABOUT 90—IF MY BACK WOULD ONLY STOP ACHING—

BACKACHE?—WHY DON'T YOU TAKE DODD'S KIDNEY PILLS

I USE THEM OFTEN TOO

## THEN SHE USED DODD'S KIDNEY PILLS

BILL—THERE'S A GOOD SHOW AT THE RIALTO—LET'S GO

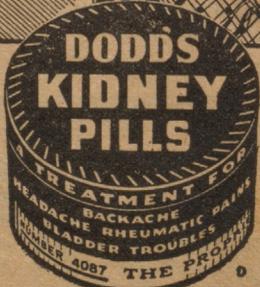
YOU BET—SAY—YOU'RE A CHANGED LADY LATELY—YOU NEVER WANTED TO GO OUT BEFORE

I OWE SO MUCH TO YOU BETTY SINCE MY BACKACHE IS GONE I FEEL SO MUCH YOUNGER —BILL HAS NOTICED IT TOO

THANK DODD'S KIDNEY PILLS TOO MARY

IF YOU SUFFER WITH BACKACHE—TAKE MY ADVICE AND USE DODD'S KIDNEY PILLS

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



## 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, rheumatic pains, night-rising, 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.

*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 try them?

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

## 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? Then the poisons and impurities remain in the system and instead of pure, rich blood returning to nourish every part of the body, the blood is polluted with poisons and waste matter. 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.



**IF YOU ARE DULL, LISTLESS → USE THIS REMEDY → AND ENJOY BETTER HEALTH**

## THE FISHERMAN'S KNOT

The Fisherman's Knot, shown in Figure 1, is simple to tie and useful for many purposes. It is an excellent knot for fastening lines together.

Fig. 1

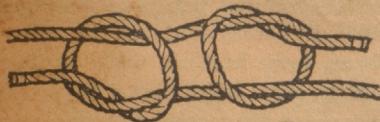


Fig. 2

will not slip. A double Fisherman's Knot has two overhand knots, each side, as in Figure 2.

To tie this knot the two ends are laid together, and the end of each is made into an overhand knot over the standing part of the other. After being drawn tight this knot

The custom of married sons living in the homes of their parents is carried to such extremes in China that it is not uncommon to find families consisting of six generations and three hundred members—under one roof.—*Collier's*

## Around Again in 2 Weeks



Alex. Flude

"I am past 45 years of age, a hospital attendant, and on my feet 12 hours a day," writes Alex. Flude, 1272 John St., North Battleford, Sask. "My first experience with Dodd's Kidney Pills was in 1920. At that time I slipped and hurt my back. After lying in bed that

winter, a neighbour visiting me recommended Dodd's Kidney Pills and next day he returned with part of a box he had on hand, for me to try. I found quite a strengthening benefit and decided to give them a fair trial. In 2 weeks I was able to be around again. We always keep a supply of Dodd's Kidney Pills on hand."

## How to Avoid INDIGESTION

### Gas - Bloating - Nausea

It is only human to eat and drink 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—fatigue—worry—nervousness—may all cause digestive distress.

No two stomachs are exactly alike. No absolute rule of diet can be laid down. Everyone may benefit, however, if they never eat too rapidly,—always chew the food thoroughly,—and if possible, take at least a half hour's rest after each meal.

Indigestion, Heartburn, Waterbrash, Sour Stomach, Pain in the Chest after meals, Headache, Constipation, Bili-ousness, Feeling of Heaviness, Bad Breath, Diarrhoea, Vomiting, Bad Dreams — any one of these may indicate the need of Dodd's Dyspepsia Tablets.

Dodd's Dyspepsia Tablets are an effective treatment for the numerous ailments arising from faulty digestion because they act in these 7 ways—

1. Supply deficiency in the gastric juices that should digest proteins (meat, eggs, etc.).
2. Supply ingredients to digest the carbohydrates (starchy foods, such as bread, potatoes and sugar).
3. Check excessive acidity.
4. Check irritation of the mucous membrane.
5. Check nausea.
6. Check vomiting.
7. Check diarrhoea.

Get Dodd's Dyspepsia Tablets at your druggist to-day. Only 50c a box. They may be used with Dodd's Kidney Pills, taking the pills before meals and tablets immediately after.

## THE CORRECT WAY TO FLY THE "UNION JACK"



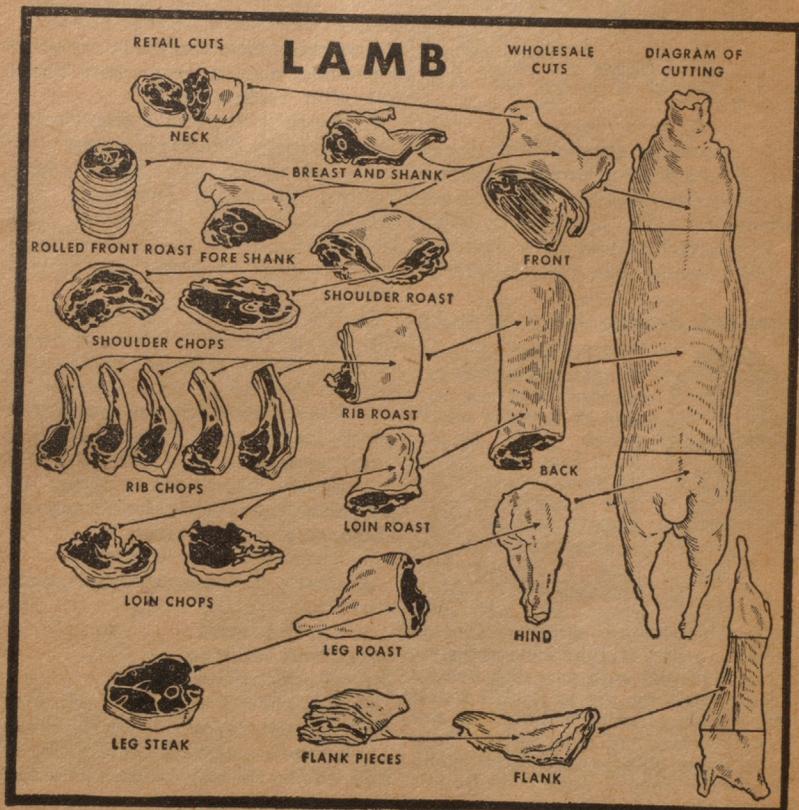
Don't get the "Union Jack" upside down. That is a distress signal. You will notice in every "Union Jack" diagonal bars of red and white. The white is the St. Andrew's cross, the red St. Patrick's. At

least it is so-called frequently. It represents Ireland, as St. Andrew's cross does Scotland.

One of the white bars is broad, the other narrow. The "Union Jack" is right side up when the broad white bar of St. Andrew's cross is at the upper edge of the corner next to the mast. Make sure of that and everything else comes right.

## Guide to LAMB CUTS

**Lamb**—Should be pinkish red in colour, fine in grain and of a firm, velvety texture. The bone of a young lamb is porous and red in colour. Young lamb from six weeks to three months old is called Spring Lamb. It appears on the market as early as the end of March but is relatively scarce until May. The chart below will help you to choose the cuts best suited to your needs. (For BEEF See Page 17).



# **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?**

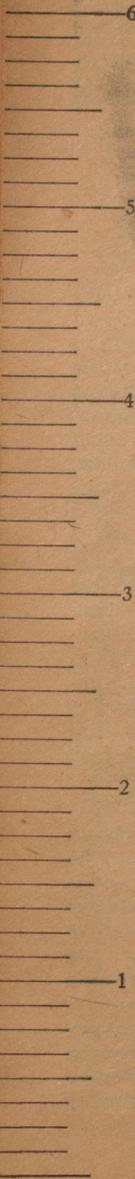
The kidneys are very sensitive and delicate organs, and consequently are

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 use 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. ft.
- 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

## Miscellaneous Measures

- 1 dozen = 12 units
- 1 gross = 12 dozen
- 1 great gross = 12 gross
- 1 score = 20 units
- 1 quire = 24 sheets of paper
- 1 ream = 20 quires
- 1 teaspoon =  $\frac{1}{8}$  fluid ounce
- 1 dessertspoon =  $\frac{1}{4}$  fluid ounce
- 1 tablespoon =  $\frac{1}{2}$  fluid ounce



J. R. Mills

# He Thought He Would Have to Lay Off Work

## Rheumatic Pains Relieved by Dodd's

"I am a truck driver, 28 years of age," writes J. R. Mills, 45 Gloucester St., Toronto, Ont. "About a year ago I was stricken with rheumatic pains in my back and thought I would have to lay off work. My wife told me about Dodd's Kidney Pills. She said she had used them before she was married and they had done wonders for her. I used only 2 boxes and got relief, and have not been bothered with my back since."

### "Letting the Cat Out of the Bag"

—Is a phrase that began in country fairs in the selling of suckling pigs. One sample pig was exposed to view. The others were tied in bags or 'pokes' ready to be carried away. Sometimes a buyer would insist upon seeing the contents of the bag, or a careless clerk would open it, and a cat would jump out instead of a pig. From this same method of sale we get the expression, "Buying a pig in a poke".

### She Was Very Anæmic

"I am 34 years old and the mother of 3 boys," writes Mrs. Allan Pursey, North Rustico, P.E.I. "After my first baby was born I was weak and had a sore back. I was very anæmic, could not do my work and was in bed most of the time for 6 months. I tried several remedies but they did no good. My mother then told me to try Dodd's Kidney Pills as she had used them. I did so. When the first box was done I felt a lot better. I used 6 boxes and was well again. I am fine ever since, and do all my own work."



Mrs. A. Pursey

7th month JULY, 1942 31 days

MOON'S PHASES—Eastern Standard Time

+1 h.=A.S.T. -1 h.=C.S.T.  
-2 hrs.=M.S.T -3 hrs.=P.S.T.

	D.	H.	M.
☾ Last Qtr.....	5	3	58 a.m.
☾ New Moon.....	13	7	3 a.m.
☽ First Qtr.....	21	12	13 a.m.
☽ Full Moon.....	27	2	14 p.m.

Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon Rises	Weather Probs.
			Rises	Sets	p.m.	
			H.M.	H.M.	H.M.	
1	W	♈	4 17	7 50	10 07	
2	T	♈	4 17	7 50	10 42	Usual hot spell.
3	F	♈	4 18	7 49	11 13	
4	S	♈	4 18	7 49	11 42	
5	Sun	♈	4 19	7 49	a.m.	
6	M	♈	4 19	7 48	0 10	
7	T	♈	4 20	7 48	0 38	Very warm with thunder showers.
8	W	♈	4 21	7 48	1 09	
9	T	♈	4 22	7 47	1 41	
10	F	♈	4 22	7 47	2 17	
11	S	♈	4 23	7 46	2 57	
12	Sun	♈	4 24	7 46	3 41	
13	M	♈	4 25	7 45	4 31	
14	T	♈	4 26	7 45	sets	Some real hot days.
15	W	♈	4 26	7 44	p.m.	
16	T	♈	4 27	7 44	9 21	
17	F	♈	4 28	7 43	9 51	
18	S	♈	4 29	7 42	10 20	
19	Sun	♈	4 30	7 41	10 49	
20	M	♈	4 31	7 40	11 20	
21	T	♈	4 32	7 40	11 53	Thunder storms and then fine.
22	W	♈	4 33	7 39	a.m.	
23	T	♈	4 34	7 38	0 31	
24	F	♈	4 35	7 37	1 14	
25	S	♈	4 36	7 36	2 05	
26	Sun	♈	4 37	7 34	3 04	
27	M	♈	4 38	7 33	rises	Mostly fair this week.
28	T	♈	4 39	7 32	p.m.	
29	W	♈	4 40	7 31	8 38	
30	T	♈	4 42	7 30	9 12	
31	F	♈	4 43	7 29	9 43	

\* See page 3 for Local Time

# WHAT TO EAT TO BE HEALTHY

The five food constituents essential to the maintenance of human life are— (1) vitamins, (2) minerals, (3) proteins, (4) fats, and (5) carbohydrates. To keep in good health it is necessary that the diet contains all these essential food elements in adequate amounts. Generally speaking if your daily diet includes milk, meat, eggs, vegetables and fruit (and in winter cod liver oil), you are getting a share of each of the five essential food elements.

(1) **VITAMINS** are distinct chemical substances, not related to one another in any way, except that they are essential for good health, growth, vigour and general well-being. In most cases the amounts required are extremely minute. Their function is to stimulate growth and protect health rather than to furnish the material for

building tissue or supplying energy. The seven vitamins so far discovered are described below, and a list of foods, which are good sources of each, is given in the chart herewith.

(2) **MINERALS** — Calcium, Iron and Iodine are the three most important. Calcium, to build sound bones and teeth is supplied by milk and cheese. Iron, a blood builder, is obtained from eggs, liver, kidney, vegetables and fruit. Iodine from sea foods or iodized salt.

(3) **PROTEINS** are tissue builders, chiefly secured from meat, fish, poultry and eggs.

(4) **FATS** to supply heat or energy. Best sources are butter, cream, lard, shortening and egg yolk.

(5) **CARBOHYDRATES**—the chief sources of energy. Supplied by sugar, candy, jams, bread and pastry, potatoes. Must be used moderately to ensure a balanced diet.

## WHERE VITAMINS COME FROM—WHAT THEY DO

The vitamin	Where it comes from	What it is	Ailments it Overcomes
<b>A</b>	Fish oils, egg yolks, butter, milk.	A beautician.	Skin diseases, retarded growth, night blindness.
<b>B<sub>1</sub></b>	Yeast, liver, milk, wheat bran.	A pepper-upper.	Beriberi, loss of appetite, spring fever.
<b>B complex</b>	The same foods as B <sub>1</sub>	A nerve quieter.	Pellagra, digestive disorders, jitters.
<b>C</b>	Fruits, green vegetables, milk.	A blood builder.	Scurvy, anæmia, pyorrhæa.
<b>D</b>	Sunshine, fish oils, irradiated milk.	A bone maker.	Rickets, stunted growth, dental decay.
<b>E</b>	Wheat oil.	A population booster.	Sterility, muscle weakness.
<b>K</b>	Alfalfa, leafy vegetables.	A blood clotter.	Hæmorrhages, obstructive jaundice. —American Magazine.

# Thought He'd Have To Quit Until Painter Used Dodd's on Boss's Advice

8th month AUGUST, 1942 31 days

MOON'S PHASES—Eastern Standard Time  
+1 h.=A.S.T. -1 h.=C.S.T.  
-2 hrs.=M.S.T. -3 hrs.=P.S.T.

	D.	H.	M.
Last Qtr.....	3	6	4 p.m.
New Moon.....	11	9	23 p.m.
First Qtr.....	19	6	30 a.m.
Full Moon.....	25	10	46 p.m.

Day of Month	Day of Week	Zodiac Signs	* Sun			* Moon Rises p.m.	Weather Probs.
			Rises	Sets			
1	S	♋	H.M. 4 44	H.M. 7 28	H.M. 10 12		
2	Sun	♋	4 45	7 27	10 41	Fair.	
3	M	♋	4 46	7 25	11 11		
4	T	♋	4 47	7 24	11 42	Fine vacation weather this week.	
5	W	♋	4 48	7 22	a.m.		
6	T	♋	4 50	7 21	0 17		
7	F	♋	4 51	7 19	0 55		
8	S	♋	4 52	7 18	1 38		
9	Sun	♋	4 53	7 17	2 26		
10	M	♋	4 55	7 15	3 18	Keeps dry with warm days.	
11	T	♋	4 56	7 14	4 14		
12	W	♋	4 57	7 12	sets		
13	T	♋	4 58	7 11	p.m.		
14	F	♋	4 59	7 09	8 24		
15	S	♋	5 01	7 08	8 54		
16	Sun	♋	5 02	7 07	9 24	Some high winds and rain.	
17	M	♋	5 03	7 05	9 56		
18	T	♋	5 04	7 03	10 31		
19	W	♋	5 05	7 01	11 11		
20	T	♋	5 07	6 59	11 57		
21	F	♋	5 08	6 58	a.m.		
22	S	♋	5 09	6 56	0 51		
23	Sun	♋	5 10	6 54	1 52	Clears and remains fine and cool.	
24	M	♋	5 11	6 53	3 00		
25	T	♋	5 12	6 51	4 11		
26	W	♋	5 13	6 50	rises		
27	T	♋	5 14	6 48	p.m.		
28	F	♋	5 15	6 46	8 10		
29	S	♋	5 17	6 44	8 40		
30	Sun	♋	5 18	6 42	9 10	Fair.	
31	M	♋	5 19	6 40	9 41		

\* See page 3 for Local Time

"I am a painter, 45 years of age," writes John R. B. Pickard, 1233-18th Ave. N.W., Calgary, Alta. "Four years ago I was working painting in a cold wind and next day was suffering from a pain in the back. I



J. R. Pickard was going to tell the boss I would have to lay off but he said the job had to be finished and he could not have me away sick. He gave me a few Dodd's Kidney Pills to take when I got home. In a few days I was feeling better. After using 4 boxes of Dodd's Kidney Pills I was feeling better than I ever did. Now I always take them as a spring tonic to help clear the blood and be fit for the heavy spring work."

The most practical feat in parlor magic is to take a quarter and make the kid brother disappear.

## She Had Severe Backaches



Mrs. W. George

"A few years ago I worked in an office as a typist," writes Mrs. W. George, 782 Fifth Ave., Verdun, P.Q. "As I had to sit down all day I used to have severe backaches. I read in Dodd's Almanac about Dodd's Kidney Pills and decided to try them. After using about 3 boxes my backaches disappeared completely. I am married now and have 3 children. After my last baby was born I felt so rundown and miserable I decided to use Dodd's Kidney Pills again. I used 4 boxes and, as in the first case, felt like a new woman."

Another thing I'd like to solve  
Before it gets too late . . .  
Is how these daughters twenty-four  
Have mothers twenty-eight?

# HEADACHE

## Has 3 Main Types

Unless the cause is discovered and corrected, headaches may become chronic and seriously undermine the health.

Headaches may be divided into three main groups—

- (1) **mechanical** (produced by diseases of, or damage to, the head itself) —
- (2) **functional** (due to high or low blood pressure, anæmia, etc.), and
- (3) **toxic** (produced by poisons from outside or inside the body). Most headaches probably fall in the last group. Many of them may be due to two causes, **impure blood** or **disordered stomach**.

If the **blood** is the cause, then the **kidneys** are likely to blame. A



leading medical journal recently stated: "In kidney ailments, poisons are generated which may alter the circulation in the blood vessels of the brain, or affect the nutrition of cranial nerves. The webwork of blood vessels in the brain covering may expand, the dura (outer covering of the brain) is stretched, and pain (headache) results." In such circumstances Dodd's Kidney Pills can assist by helping the kidneys clear poisons from the system.

If due to a **disordered stomach** use Dodd's Dyspepsia Tablets. They help in 7 ways to correct faulty digestion and assist the stomach in the proper assimilation of the food.



## HOW TO PUT A DIME IN A BOTTLE WITHOUT TOUCHING IT



Place a dime on an *almost*-broken match over the mouth of a bottle with a neck big enough to admit the coin (Figure 1). Now the trick is to get the dime into the bottle without touching the bottle, the match, or the dime. It's simple when you know how. Let a single drop of water fall on the almost broken match (Figure 2), and the coin will fall into the bottle of its own accord.

## ANSWER TO FIGURE TRICK

Cross out all the figures except the last two ones in the first row and the last nine in the fifth row. The two ones thus become 11, which, when added to 9, makes 20. (Page 15)

The North and South poles not only vary in geology, temperature and plant and animal life, but also in the number of hours of daylight and darkness in every year. At the North Pole, the Sun is above the horizon 186 days and below it 179 days, thus making the "day" seven days longer than the "night". At the South Pole, the opposite exists, "night" being seven days longer than "day".

## Would Take Dizzy Spells

"I am a housewife, 30 years of age," writes Mrs. W. Roberts, 62 Henry St., Galt, Ont. "After my last baby was born I used to take dizzy spells. I was always tired and had terrible headaches, and my back ached so badly I could hardly get my housework done. A friend asked me to try Dodd's Kidney Pills. After using 3 boxes of Dodd's Kidney Pills I began to feel better. The dizzy spells left me and I could do my work without that tired feeling."



Mrs. Roberts

# The Quick-Healing, Antiseptic Action of DODD'S OINTMENT

## Helps Prevent Infection - Relieves Pain

DODD'S Antiseptic Healing Ointment is a safe, soothing treatment for skin abrasions, infections and irritations. Its powerful, antiseptic action helps prevent 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 formulae 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 its great healing value and its outstanding antiseptic and cleansing qualities. Because of its many uses every household should have a jar of Dodd's Ointment in the medicine chest.

### Dodd's Ointment

*is packed in a snow-white jar like the finest cold creams. Clean, neat and always ready for use.*

**Large Jar 50c**

**Use Dodd's Ointment For:**

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



# RATES OF POSTAGE

**Letters and Post Cards.** Canada, United States, Newfoundland, Great Britain, Ireland, Australia, New Zealand, British West Indies, Mexico, North, Central and South America, letters 3c. for first ounce, 2c. for each additional ounce. Postcards 2c. each. Other countries not within the British Empire, letters 5c. for first ounce, 3c. for each additional ounce. Postcards 3c. each.

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

**Special Delivery Letters.** 10c. in addition to first class postage.

Special delivery also accorded parcels at Post Offices having Letter Carrier delivery. Consult local postmaster for rates.

**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 3 ounces. All other publications, 1c. per 2 ounces.

**Books, Circulars, Photos on Card or Paper, Maps, etc.—** all countries 1c. per 2 ounces.

**Negatives on Films or Plates, Photos in Frames—**Parcel post.

**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.; \$1.25 and \$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.	11 lb.	12 lb.	13 lb.	14 lb.	15 lb.	Over 15 lb. up to 20 lb.	Over 20 lb. up to 25 lb.
To any P.O. within 20 miles (irrespective of Provincial Boundary)....	.05	.07	.09	.11	.13	.15	.17	.18	.19	.20	.21	.22	.23	.24	.25	.30	.35
To any P.O. beyond 20 miles but in same Provincet.	.11	.16	.21	.26	.31	.36	.41	.46	.51	.56	.61	.66	.71	.76	.81	.85	.90
From a P.O. in any Province to a P.O. in the immediately adjoining Provincet.	.12	.20	.28	.35	.42	.49	.56	.63	.69	.75	.80	.85	.90	.95	1.00	1.15	1.25
To or from any Post Office in	To or from any Post Office in																
N.B., N.S., or P.E.L.	Ontario																
N.B., N.S., or P.E.L.	Manitoba																
N.B., N.S., or P.E.L.	Sask., Alta., B.C., or Yukon*																
Quebec	Manitoba																
Quebec	Saskatchewan																
Quebec	Alta., B.C., or Yukon*																
Ontario	Saskatchewan																
Ontario	Alberta																
Ontario	British Columbia or Yukon*																
Manitoba	Alberta																
Manitoba	British Columbia																
Manitoba	Yukon*																
Saskatchewan	British Columbia																
Saskatchewan	Yukon*																
Alberta	Yukon*																

The maximum charge on any parcel shall not exceed 1 cent an ounce—Minimum prepayment of 3 cents required, covering a weight up to 3 ounces. Parcels are liable to 1 cent an ounce on excess weight over even pound until next pound or group rate is reached.

\*The Maritime Provinces, New Brunswick, Nova Scotia, and Prince Edward Island, are considered as one Province.

\*Consult local Postmaster as regards rate on parcels over 10 lb., for delivery in Yukon, or at Atlin or Telegraph Creek, B.C., and also for information respecting parcel post service to the Yukon, during season of closed navigation.

# Waitress Had Dizzy Spells

## First Box of Dodd's Brought Her Relief

9th month SEPTEMBER, 1942 30 days

MOON'S PHASES—Eastern Standard Time

+1 h.=A.S.T. -1 h.=C.S.T.  
-2 hrs.=M.S.T. -3 hrs.=P.S.T.

	D.	H.	M.
Last Qtr.....	2	10	42 a.m.
New Moon.....	10	10	53 a.m.
First Qtr.....	17	11	56 a.m.
Full Moon.....	24	9	34 a.m.



Miss M. Ecker

"I am 24 years of age and have been working as a waitress for several years," writes Miss Madeline Ecker, 28 Second Ave., Timmins, Ont. "Be-

cause of the long hours and constant walking I began to suffer terribly from back-ache, swollen legs and feet, usually accompanied by headaches and dizzy spells. An older friend who worked with me had suffered the same and advised me to take Dodd's Kidney Pills, which had helped her. The first box brought relief, and after using five boxes I had completely regained my former health. Now I am able to work steadily without discomfort."

Although only 10 per cent of the people in the world can read or write English, it is the language used in 50 per cent of all newspapers, 60 per cent of all radio programs, 70 per cent of all magazines and 80 per cent of all correspondence.—*Collier's*

### Farmer Suffered 10 Years



J. Brown

"I am a farmer, 47 years of age," writes J. Brown, 612 Alexander Avenue, Winnipeg, Man. "I suffered for 10 years or more with lumbago and kidney trouble. I tried many medicines with very little result, until a friend advised me to use Dodd's Kidney

Pills. After using 4 boxes I experienced much relief, and had no more bad spells."

Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon	Weather Probs.
			Rises	Sets	Rises p.m.	
1	T	♈	H.M.	H.M.	H.M.	Showery days.
2	W	♈	5 20	6 38	10 15	
3	T	♈	5 22	6 36	10 52	
4	F	♈	5 23	6 35	11 33	
5	S	♈	5 24	6 33	a.m.	
6	Sun	♈	5 25	6 31	0 19	Mostly fair with cool nights.
7	M	♈	5 26	6 29	1 09	
8	T	♈	5 28	6 27	2 04	
9	W	♈	5 29	6 26	3 02	
10	T	♈	5 30	6 24	4 04	
11	F	♈	5 31	6 22	5 07	Sunny days but keeps cool.
12	S	♈	5 32	6 20	sets p.m.	
13	Sun	♈	5 34	6 18	7 58	
14	M	♈	5 35	6 16	8 32	
15	T	♈	5 36	6 14	9 11	
16	W	♈	5 37	6 12	9 55	High winds at equinox.
17	T	♈	5 38	6 10	10 45	
18	F	♈	5 40	6 08	11 43	
19	S	♈	5 41	6 07	a.m.	
20	Sun	♈	5 42	6 05	0 46	
21	M	♈	5 43	6 02	1 54	
22	T	♈	5 44	6 00	3 04	
23	W	♈	5 46	5 59	4 14	
24	T	♈	5 47	5 57	5 23	
25	F	♈	5 48	5 55	riserises	
26	S	♈	5 50	5 53	p.m.	
27	Sun	♈	5 51	5 51	7 39	Clear and cool.
28	M	♈	5 52	5 49	8 12	
29	T	♈	5 53	5 48	8 48	
30	W	♈	5 55	5 46	9 28	

\* See page 3 for Local Time

Bank Clerk.—"You forgot to dot an 'i' in your signature."

Patron.—"Would you mind dotting it for me?"

Clerk.—"I'm sorry, but it has to be in the same handwriting."

RATES OF POSTAGE

# Used Dodd's 40 Years Ago

## Recalls Early Days at Lumber Camp



F. W. Adams

"I first used Dodd's Kidney Pills about 40 years ago," writes F. W. Adams, Langley Prairie, B.C. "I was 24 years of age at the time and was working in Cowan's Lumber Camp north of Prince Albert. Due to the

uncertain water supply, the unsanitary conditions under which we were living, and the fact that I was not used to such hard work, my kidneys got into a rather bad condition. The camp kept a small supply of medicines and I purchased a box of Dodd's Kidney Pills and started to use them. It was not long before my kidneys were all O.K. again. Several others at the camp also used Dodd's Kidney Pills with the same good results. I am now 64, and since then have been working for myself most of the time manufacturing concrete products, and latterly running a small store."

One of the rarest afflictions is total colour blindness, there being fewer than 150 recorded cases in all medical history.

### Dull Pain in Her Back

"For some time I was bothered with a dull pain in my back," writes Mrs. John Hodgson, 123 Gibson St., South Devon, N.B. "One day I read in Dodd's Almanac how Dodd's Kidney Pills had helped so many people, so I decided to get a box. I used 2 boxes but the second box was not necessary as the pain had left before finishing the first. I felt 100% better."



Mrs. J. Hodgson

10th month OCTOBER, 1942 31 days

MOON'S PHASES—Eastern Standard Time

+1 h. = A.S.T. -1 h. = C.S.T.  
-2 hrs. = M.S.T. -3 hrs. = P.S.T.

	D.	H.	M.
☾ Last Qtr. ....	2	5	27 a.m.
☾ New Moon. ....	9	11	6 p.m.
☾ First Qtr. ....	16	5	58 p.m.
☾ Full Moon. ....	23	11	5 p.m.

Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon Rises p.m.	Weather Probs.
			Rises	Sets		
			H.M.	H.M.	H.M.	
1	F	♈	5 57	5 42	10 11	
2	F	♈	5 58	5 39	11 00	Begins fair.
3	S	♈	5 59	5 38	11 52	
4	Sun	♉	6 00	5 36	a.m.	
5	M	♉	6 03	5 34	0 49	
6	T	♉	6 04	5 32	1 48	Stormy days with some rain.
7	W	♉	6 05	5 30	2 51	
8	T	♉	6 06	5 29	3 56	
9	F	♉	6 07	5 27	5 03	
10	S	♉	6 08	5 25	sets	
11	Sun	♊	6 10	5 23	p.m.	
12	M	♊	6 11	5 21	7 09	
13	T	♊	6 12	5 20	7 52	Clear and remains fair and cool.
14	W	♊	6 14	5 18	8 41	
15	T	♊	6 15	5 16	9 37	
16	F	♊	6 16	5 14	10 39	
17	S	♊	6 17	5 13	11 45	
18	Sun	♋	6 18	5 12	a.m.	
19	M	♋	6 20	5 10	0 53	
20	T	♋	6 22	5 08	2 01	
21	W	♋	6 23	5 06	3 09	Cold rains and windy.
22	T	♋	6 24	5 04	4 16	
23	F	♋	6 25	5 03	5 22	
24	S	♋	6 27	5 01	rises	
25	Sun	♌	6 28	5 00	p.m.	
26	M	♌	6 30	4 58	6 44	Fine autumn weather.
27	T	♌	6 31	4 56	7 22	
28	W	♌	6 32	4 55	8 04	
29	T	♌	6 33	4 53	8 51	
30	F	♌	6 34	4 52	9 41	
31	S	♌	6 36	4 50	10 36	

\* See page 3 for Local Time

Stagestruck maiden (after trying her voice).—"Do you think I can do anything with my voice?"

Stage Manager.—"Well, it may come in handy in case of fire."

### Duration of Sun's Eclipse

Although a total eclipse of the sun cannot last longer than seven minutes and thirty seconds in any one place, its total duration can be as long as four hours and thirty-eight minutes, as that is the maximum time required by the moon's shadow to travel its course across the earth.

A count of hundreds of book manuscripts submitted to publishers by amateur writers revealed that men wrote twice as many as women.

Among the countless things nature makes six-sided are snowflakes, the cells of the honeycomb and the segments of the eye of the housefly.

### Itching Skin Soon Gone

"Four years ago I was troubled with itching skin on my back, arms, neck and legs," writes Mrs. C. Colyer, 824-4th Ave. West, Owen Sound, Ont. "My rest was so broken I became cross and cranky. A friend suggested it might be caused from my kidneys and recommended Dodd's Kidney Pills. I used one box and noticed a big improvement. I did not get up at nights as often. I kept on and after the fifth box I could go to bed and rest with no getting up and no itching skin."



Mrs. C. Colyer

## That "TIRED-ALL-THE-TIME" Feeling May be due to FAULTY KIDNEYS



When you feel jumpy, "on edge",—when everything seems to bother you,—when you can't sleep at night or relax during the day,—when you feel exhausted and "all in",—that's the time to check up on the condition of your kidneys.

Instead of filtering impurities out of the blood (which is their normal duty), faulty kidneys permit poisonous wastes and excess acids to accumulate in the system. Backache, headache, sleeplessness, irritability, may often follow.

Help your kidneys to keep these trouble-making poisonous wastes and excess acids out of your system by using Dodd's Kidney Pills, a favourite kidney remedy for more than half a century.

Dodd's Kidney Pills are easy to take, easy to carry, and, because they contain no harmful or habit-forming drugs, may be used with safety.

## MARY GETS A NEW LEASE ON LIFE



# Her Back Sore After "Flu"

**Dodd's Helped Relieve Pain and Dizziness**



Mrs. Nicholson

"I am 35 years of age, and the mother of four small children," writes Mrs. Pearl Nicholson, 867 Nassau St., Winnipeg, Man. "After being very sick with the 'flu' I was left with a very sore back and was having bad dizzy spells four or five times a day and felt awfully weak. I tried several treatments without relief. Finally a friend suggested Dodd's Kidney Pills, as she had used them with benefit. Following her advice I got a box of Dodd's Kidney Pills and by the time I had finished this one box I was feeling fine again. The sore back had disappeared, also the dizzy spells."

The skin of one person cannot be grafted successfully upon another individual. But skin that has been transplanted from one part of the body to another almost invariably adheres and remains viable.

## Pensioned for Bad Back

"I am a railway machinist," writes Edgar O'Brien, 96 North St., Moncton, N.B. "I was pensioned three years ago on account of a very bad back, and therefore had to take my pension seven years before my time. A few weeks after my pension day, a railroad man told me to try Dodd's Kidney Pills. I got a box and started to use it. I soon knew that I was on the right way to health as my back felt much better. I used 4 boxes and I am proud to state that I feel a perfectly fit man."



E. O'Brien

11th month NOVEMBER, 1942 30 days

MOON'S PHASES—Eastern Standard Time

+1 h.=A.S.T. -1 h.=C.S.T.  
-2 hrs.=M.S.T. -3 hrs.=P.S.T.

D. H. M.

☾	Last Qtr.....	1	1	18 a.m.
☾	New Moon.....	8	10	19 a.m.
☽	First Qtr.....	15	1	56 a.m.
☽	Full Moon.....	22	3	24 p.m.
☾	Last Qtr.....	30	8	37 p.m.

Day of Month	Day of Week	Zodiac Signs	*Sun		Moon Rises p.m.	Weather Probs.
			Rises	Sets		
1	Sun	♌	H.M. 6 38	H.M. 4 49	H.M. 11 34	Fair and then high winds.
2	M	♌	6 39	4 48	a.m.	
3	T	♌	6 40	4 47	0 34	
4	W	♌	6 41	4 45	1 37	
5	T	♌	6 43	4 44	2 42	
6	F	♌	6 45	4 42	3 50	
7	S	♌	6 46	4 41	5 00	
8	Sun	♍	6 47	4 40	sets	Dull cloudy days cold rain.
9	M	♍	6 49	4 39	p.m.	
10	T	♍	6 50	4 38	6 32	
11	W	♍	6 52	4 36	7 27	
12	T	♍	6 52	4 35	8 29	
13	F	♍	6 55	4 34	9 36	
14	S	♍	6 56	4 33	10 44	
15	Sun	♎	6 57	4 32	11 53	Fair but week ends dull.
16	M	♎	6 58	4 31	a.m.	
17	T	♎	6 59	4 30	1 01	
18	W	♎	7 00	4 29	2 07	
19	T	♎	7 02	4 28	3 12	
20	F	♎	7 03	4 28	4 16	
21	S	♎	7 05	4 26	5 18	
22	Sun	♏	7 06	4 26	rises	Severe storms with high winds.
23	M	♏	7 07	4 25	p.m.	
24	T	♏	7 09	4 24	5 59	
25	W	♏	7 10	4 24	6 44	
26	T	♏	7 11	4 23	7 33	
27	F	♏	7 12	4 22	8 26	
28	S	♏	7 14	4 21	9 22	
29	Sun	♏	7 15	4 21	10 20	Clear.
30	M	♏	7 16	4 21	11 21	

\* See page 3 for Local Time

Farmer.—"If I were as lazy as you, I'd go and hang myself in my barn."

Hobo.—"No you wouldn't. If you were as lazy as me you wouldn't have any barn."

## Would YOU Like To HELP A FRIEND?

As you read in this booklet the many statements from users of Dodd's Kidney Pills, you cannot help but notice how often Dodd's Kidney Pills were first used 'on a friend's advice'. One person telling another—passing on to some other sufferer the good news about Dodd's. The prevalence of this endorsement by kind friends is substantiated by a recent check of over 2,000 letters from grateful users showing that more than one-third of the writers specifically mentioned that they had first used Dodd's Kidney Pills because advised to do so by a friend.

It is a human desire to want to help others, especially those who may be suffering. Experience is truly our greatest teacher. Many of those who have used Dodd's Kidney Pills have been most generous in telling other sufferers of their experience with this well-known remedy. This experience is passed on by word of mouth and by written statements such as you read in this book.

### Passing On the Good Word

If you are one of the many who have had occasion to use Dodd's Kidney Pills then you can render a real service to some ailing friend by making a point of telling just what Dodd's Kidney Pills did for you.

Backache, kidney trouble, headaches, tired feeling, too frequent urination, rheumatic pains, sleeplessness, leg pains, dizzy spells, 'nerves'—are often indications of faulty kidney action. If any of your friends have any of these symptoms, then why not pass on the good word about Dodd's Kidney Pills *to-day*.

### Postman Soon Got Relief



A. A. Burgess

"I am a letter carrier, 52 years of age," writes Arthur A. Burgess, 939-17th St. W., Prince Albert, Sask. "I have been suffering from faulty kidneys since the last war. Twelve years ago I was laid up for a long time and was told that I would never do another day's work. I tried many remedies without result. Then I decided to try Dodd's Kidney Pills and I soon got relief."

## When You ASK for Dodd's Make Sure You GET Dodd's!

**LOOK OUT** for those who try to sell you something else when you ask for Dodd's Kidney Pills. You don't know anything about what these substitutes will do for you. But you *do* know what Dodd's Kidney Pills will do. In this book you have before you the evidence of people who have taken Dodd's Kidney Pills and have benefited. For your own sake, therefore, insist on the genuine Dodd's Kidney Pills in the blue box with the red band—and don't let them sell you anything else.





## Before and After BABY ARRIVES

During the trying period of pregnancy Dodd's Kidney Pills may be of great benefit to the expectant mother. **Throughout the time prior to childbirth an extra burden of work is placed upon the kidneys.** In the later stages added pressure upon the bladder may cause great inconvenience and pain. Because **Dodd's Kidney Pills contain no harmful or habit-forming drugs, they may be taken with safety** by the expectant mother, and may be of welcome help in assisting the function of the kidneys through this time of extra strain.

### When BACKACHE Threatens

The extreme physical readjustment that follows childbirth, and the many new demands made upon the young mother's strength, may often result in excessive fatigue, backache, headaches, and general lassitude. At such critical times it is equally important that the kidneys be kept in good order. **Many young mothers have depended upon Dodd's Kidney Pills to help keep the kidneys in condition both before and after the baby arrives.**

The finest flat plate glass transmits only 90 per cent of the light that strikes it, the remainder being turned back in reflections.

The coffee consumption of the United States, with only 6 per cent of the world's population, far exceeds the combined consumption of all other countries.

In the few seconds that elapse between dialing a telephone number and hearing the ringing machine, more than 1,800 electric circuits have either opened or closed.—*Collier's*

## FIELD CROPS IN CANADA

	1940	1939
<i>Grain Crops</i>	bus.	bus.
Wheat . . . .	547,179,000	489,623,000
Oats . . . . .	387,805,000	384,407,000
Barley . . . .	105,454,000	103,147,000
Rye . . . . .	14,294,000	15,307,000
Buckwheat	6,717,000	6,848,000
Mixed		
Grains . .	43,602,000	44,072,000
<i>Crop</i>	cwt.	cwt.
Potatoes . .	42,058,000	36,390,000
Turnips . . .	39,153,000	37,636,000
Hay and	tons	tons
Clover . .	14,156,000	13,377,000
Fodder		
Corn . . .	4,176,000	4,514,000
Sugar Beets	847,000	605,000

**"Hurrah!"** — The exclamation 'Hurrah' is a Slavonic term, meaning 'To Paradise'. It began when men believed that if they died in battle they would be transported to Heaven, so they shouted 'Hurrah' as they rushed toward the enemy.

**"Cheater"** — The Tax Collectors of the King's exchequer were called excheators. Nearly always they were a scoundrelly lot who fleeced the people. Through a shortening process they came to be known as cheaters and we inherited the word.

### Young Mother 100% Better



Mrs. L. Moore

"I am a housewife, 25 years of age," writes Mrs. Lewis Moore, Coleman, Alta. "For a year after my baby was born I suffered terrible backaches, that nearly drove me wild. One day after reading in Dodd's Almanac of a case similar to mine, I decided to try Dodd's Kidney Pills. After using a couple of boxes I felt 100 per cent better."

# Had Frequent Fainting Spells

*Lost Sleep and Weight Until Dodd's Used*



Mrs. Shearman

"I am a housewife and mother and do all my own work," writes Mrs. M. E. Shearman, 7677 Berri St., Montreal. "For years I was subject to frequent fainting spells, dizziness and was extremely nervous. I was unable to sleep and was losing weight. My back ached all the time. Having seen Dodd's Kidney Pills advertised I decided to try them. After using two boxes I was a good deal better. I continued using them until I was completely well again. Now when I start to feel the least bit run down I always use Dodd's Kidney Pills. They are all they are advertised to be."

Persons often "freeze" their fingers or toes, or suffer from frost-bite, even when the temperature of the weather is well above the freezing point. This condition occurs through long exposure to a strong wind while wearing damp gloves or shoes.

## Fisherman Had Bad Back



J. B. Cornact

"I am a fisherman and farmer, 53 years of age," writes John B. Cornact, Cape St. George, Nfld. "I suffered from a sore back, always pain in the morning, always tired, no appetite and could not sleep. After reading Dodd's Almanac I decided to try Dodd's Kidney Pills. After using 3 boxes I could sleep and eat well and had no pains in the back."

12th month DECEMBER, 1942 31 days

MOON'S PHASES—Eastern Standard Time

+1 h.=A.S.T. -1 h.=C.S.T.  
-2 hrs.=M.S.T. -3 hrs.=P.S.T.

D. H. M.

☾ New Moon.....	7	8	59 p.m.
☽ First Qtr.....	14	12	47 p.m.
☾ Full Moon.....	22	10	3 a.m.
☽ Last Qtr.....	30	1	37 p.m.

Day of Month	Day of Week	Zodiac Signs	*Sun*		*Moon Rises	Weather Probs.
			Rises	Sets	a.m.	
1	T	♈	H.M.	H.M.	H.M.	
2	W	♈	7 17	4 20		
3	T	♈	7 18	4 20	0 24	Month begins cold.
4	F	♈	7 20	4 20	1 28	
5	S	♈	7 21	4 20	2 36	
6	Sun	♈	7 22	4 19	3 46	
7	M	♈	7 23	4 19	4 59	
8	T	♈	7 24	4 19	sets	Bright fine days cold nights.
9	W	♈	7 25	4 19	p.m.	
10	T	♈	7 25	4 19	6 11	
11	F	♈	7 26	4 18	7 18	
12	S	♈	7 27	4 18	8 29	
13	Sun	♈	7 28	4 18	9 41	
14	M	♈	7 29	4 18	10 51	
15	T	♈	7 30	4 18	11 59	Mostly fair this week.
16	W	♈	7 31	4 19	a.m.	
17	T	♈	7 31	4 19	1 04	
18	F	♈	7 32	4 19	2 09	
19	S	♈	7 32	4 20	3 11	
20	Sun	♈	7 33	4 20	4 12	
21	M	♈	7 33	4 21	5 12	Cloudy with slight snow flurries.
22	T	♈	7 34	4 21	rises	
23	W	♈	7 35	4 21	p.m.	
24	T	♈	7 36	4 22	5 28	
25	F	♈	7 36	4 23	6 20	
26	S	♈	7 37	4 23	7 14	
27	Sun	♈	7 37	4 24	8 12	
28	M	♈	7 38	4 24	9 11	Cold and wet.
29	T	♈	7 38	4 25	10 12	
30	W	♈	7 38	4 26	11 14	
31	T	♈	7 38	4 27	a.m.	
			7 38	4 27	0 18	

\* See page 3 for Local Time

"Do you love me, darling?"  
"You know I do, Harry."  
"Harry? My name's Sam."  
"Of course! I keep thinking today is Monday."

# Pitch Horseshoes for Health

The old game of Horseshoes is gaining in popularity daily. It is interesting, exhilarating, and good exercise, as practically every muscle of the body is used.

Horseshoes can be played anywhere without costly equipment. While most any horseshoe will do, the proper shoe should not exceed  $7\frac{1}{2}$  inches in length, 7 inches in width. The heel or toe calk should not project more than  $\frac{3}{4}$  of an inch and the opening should not exceed  $3\frac{1}{2}$  inches, inside measurement.

The stakes should be 1 inch in diameter and placed 40 feet apart. They should project 10 inches above the ground and each stake should incline 2 inches forward toward the other.

Each stake should be placed in the centre of the 'pitchers' box'. This is a wooden framework sunk in the ground so the top edges do not extend more than 1 inch above the ground. It should be filled with moist clay.

The game consists of 50 points. All shoes must be within 6 inches of the stake to score. Closest shoe scores 1 point. Two shoes closer than either of opponent's—2 points. A ringer—3 points. Two ringers—6 points. One ringer and closest shoe—4 points.

A ringer is a shoe that encircles the stake far enough so that a straight edge may touch both heel calks.

All shoes must be pitched from within the pitchers' box to count.

Shoes must land in the pitchers' box to count.

The winner of an end pitches both shoes before his opponent.

Shoes are scored in their final position after all shoes have been pitched. For instance, ringers knocked off would not count as ringers. All equals count as ties and no points are

scored. For instance, supposing each player has a ringer, then these cancel one another and no score is credited for the ringers but the closer of the other two shoes would count 1 point.

## ONLY A WOMAN WOULD—

- Read the same love story, under different titles, a thousand times, and love it every time.
- Start thinking, at the age of 12, of the kind of house she wants.
- Go from store to store before making a purchase to be sure she is getting the best buy.
- Enjoy a good cry at a movie.
- Bother to make a man seem smarter than he is—even to himself.
- Confess that she doesn't know anything about politics.
- Manage to make a man think she is fascinated by his talk about himself and at the same time plan her spring wardrobe.

—The Saskatchewan Farmer

## His Legs Ached Badly



A. R. Gilbert

"I am employed under the Civil Service and my work calls for a lot of bending and walking," writes A. R. Gilbert, 240 Maynard St., Halifax, N.S. "I began to suffer with shooting pains in the lower part of the back. My legs from the knees down would ache so I could hardly walk. I had dizzy spells. I was about to give up work when I heard over the radio of Dodd's Kidney Pills. I got some and before one box was gone I felt better. I used two boxes and was A1."

# Itchy, Burning FEET

are often the first sign of

## ATHLETE'S FOOT

**SCOOT can bring Quick Relief from Burning - Itching**

Scientists say Athlete's Foot is an ingrowing fungus that digs deep into the skin, then thrives and spreads rapidly. It is highly infectious and is easily passed on to others. A recent report states that probably 50% of all adults suffer from it at one time or another. The first sign of Athlete's Foot is usually an itching sensation, often between the toes, accompanied by very small blisters, only seen on close inspection. The skin becomes inflamed. If treatment is neglected the blisters break, painful cracks and fissures appear, the outer skin becomes white and soggy.

**Athlete's Foot Is Easy To Get—Hard To Get Rid Of, Unless You Go After It Properly**

Ordinary surface treatment is not enough. Dead skin under which Athlete's Foot fungus thrives does not stop Scoot. It quickly penetrates and destroys the fungus at its source. Scoot is safe, yet powerful and effective. Scoot cools, stops the itching and burning and promotes healing.

If you, too, are one of the many sufferers from Athlete's Foot, buy Scoot today and see for yourself how quickly this modern treatment clears up Athlete's Foot.



**SCOOT is:—**

1. A snow-like cream.
2. Easy to use.
3. Clean to carry.
4. Does not stain the clothing.

MY FEET ITCH AND BURN SO I CAN HARDLY WORK

IT'S LIKELY ATHLETE'S FOOT—TRY SCOOT

WILL NOT STAIN

**Scoot**  
FOR  
ATHLETE'S  
FOOT

COOLS—HEALS  
STOPS ITCHING  
KILLS FUNGUS  
IMMEDIATELY  
EFFECTIVE

ODOURLESS  
GREASELESS

**SOON AFTER**

HOW ARE YOUR FEET NOW, ED?

FINE, BILL, THANKS TO YOU AND SCOOT—ITCH AND BURN GONE AND NO SIGN OF ATHLETE'S FOOT NOW

# RESUSCITATION

(OR ARTIFICIAL RESPIRATION)

Follow these preliminary rules for

**ELECTRICAL SHOCK**—Free the victim from the contact as promptly as possible. Use a dry stick, dry rope, dry coat or other non-conductor.

**GAS ASPHYXIATION**—Get the patient into fresh air quickly, but not out of doors in cold weather.

**DROWNING**—Quickly remove victim from water and place on flat surface. If possible, have head slightly lower than rest of body.

## GENERAL RULES

1. Lay patient face downward, one arm extended directly overhead, the other arm bent at elbow and with the face turned outward and resting on hand or forearm, so that nose and mouth are free for breathing. With your fingers remove any foreign body (gum, tobacco, false teeth, etc.), from the patient's mouth. If the mouth is tight shut, pay no more attention to it until later.

2. Kneel, straddling the patient's thighs. Place palms of hands on the small of the back with fingers resting on the ribs, the little finger just touching the lowest rib, thumb and fingers in a natural position, tips of the fingers just out of sight.

With arms held straight, swing forward slowly so that the weight of your body is gradually brought to bear upon the patient. The shoulder should be directly over the

heel of the hand at the end of the forward swing. (See Figure 1.) Do not bend your

FIG. 1



elbows. This operation should take about two seconds.

FIG. 2



3. Now immediately swing backward so as completely to remove the pressure. (See Figure 2.)

4. After two seconds, swing forward again.

Repeat twelve to fifteen times a minute, and continue without interruption until natural breathing is restored (if necessary, four hours or longer).

5. As soon as this artificial respiration has been started, an assistant should loosen any tight clothing about the patient's neck, chest or waist. Keep the patient warm. Do not give any liquids whatever by mouth until patient is fully conscious.

6. When the patient revives, he should be kept lying down and given some stimulant, such as one teaspoonful of aromatic spirits of ammonia in a small glass of water, or a hot drink of coffee or tea.

## 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 indicated by a pale face, languor and weakness. General debility often results.

### Why does this condition exist?

Simply from a failure of the kidneys to perform their normal work of filtering impurities out of the blood. 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 assisted to move regularly by the means of Diamond Dinner Pills. Follow the 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.



# MOONLIGHT IS SUNLIGHT

## Where the Moon Gets its Light—and How the Moon's Phases Occur

The Moon itself is a dark spherical object; we see as bright only that portion of the Moon on which the Sun is shining. Thus the phases of the Moon are due to the relative positions of three objects—the Sun, the Moon and the Earth. The Moon moves eastward around the Earth in an approximately circular path once every  $29\frac{1}{2}$  days, causing the Moon to pass from New Moon to New Moon in this period of time.

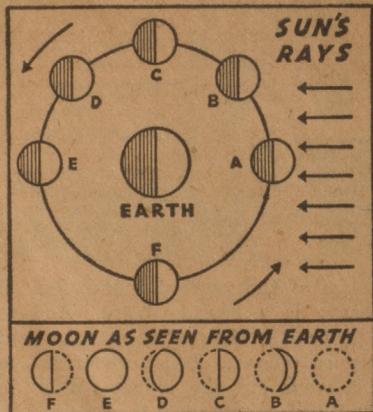
### The Phases of the Moon

The production of the phases of the Moon is illustrated in the diagram. Sunlight arrives at the Earth and Moon in almost parallel beams. The half Moon turned towards the Sun will be bright, and the half turned away from the Sun will be dark. When the Moon is at A in the diagram, between us and the Sun, the bright side will be turned entirely away from us, the dark side towards us, and the Moon will be invisible. This phase is called New Moon.

### Moon East of Sun

Three or four days later, when the Moon has moved around to B, we will see only a small crescent of the illuminated side of the Moon. In the sky the Moon is east of the Sun and hence is visible in the evening sky just after sunset. The horns of the crescent Moon must point away from the Sun.

When the Moon has moved around to C it will have completed one quarter of its monthly journey. One half of the illuminated half of the Moon (that is one-quarter of the whole sphere) will be visible to us. The phase is



First Quarter. At sunset the Moon will be 90 degrees from the sun and hence will be found high in the southern sky.

By the time the Moon has reached D more than half of the bright side will be visible; the Moon is then gibbous. About 14 days after New Moon the Moon reaches the point E, diametrically opposite to the Sun. We see the whole of the illuminated side of the Moon, and call the phase Full Moon. Being opposite the Sun, the Full Moon will rise in the east at sunset.

### Waxing and Waning

From New Moon to Full Moon the amount of Moon we see is increasing, and we speak of the Moon as waxing. From the position E onwards the amount of the Moon visible decreases again, and the Moon is said to be waning. When it reaches F we see only half of the disc bright, and the phase is Third or Last Quarter. The Moon further wanes, becoming a crescent, and finally reaching A or New Moon again,  $29\frac{1}{2}$  days after the previous New Moon.—Toronto Star.



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 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.

She believed the only way to hold a man was down.—Lee Shippey

It takes the average person just under half an hour to fall asleep at bedtime. In conditions of low atmospheric pressure—for example, at the top of a mountain—it is said that a person passes from complete wakefulness to sleep in from two to four seconds. This is even faster than the falling asleep of a person who has been kept awake for several days.

### She Could Hardly Stand

"I am 30 years of age and work as a domestic," writes Miss Ruth Andrews, 4701 Boyer St., Montreal. "I had terrible pains in my legs. I could hardly stand on my feet and was so nervous and jittery. Getting up three or four times every night was so tiring me out that I looked a wreck from loss of sleep. I saw Dodd's Kidney Pills advertised and bought a box. After using the first box I felt a little better. By the time I had used 3 boxes I was fully recovered and the pains were gone."



Miss Andrews

## How to Get Dodd's Remedies

First, ask your local dealer for them. If he has not got them in stock, he can get them in two or three days as every wholesale dealer in Proprietary Medicines sells them. If there is no dealer near you 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. Your order will be sent to you, postage paid, the day your letter and remittance reach us. The prices are:

**Dodd's Kidney Pills—50 cents per box.**

**Dodd's Dyspepsia Tablets—50 cents per box.**

**Dodd's Antiseptic Healing Ointment—50 cents per jar.**

**Diamond Dinner Pills—25 cents per box.**

**Scot—for Athlete's Foot—50 cents a tube.**

Our goods are sold by regular dealers only, or, when this is impossible, by mail. The Dodds Medicine Company, Limited, Toronto 2, Canada.

Pleasant - Easy to Use -

# DIAMOND DINNER PILLS

Help Tone up the Liver -  
Start Bile Flowing to  
Relieve **CONSTIPATION**



When a tired, sluggish liver fails to supply your bowels with a sufficient amount of bile—Nature's own laxative—constipation often results. 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.

### Avoid Harsh Purgatives or Habit-forming Drugs

Diamond Dinner Pills have been a favourite liver medicine for more than 50 years. They act safely, gently,—yet surely, and help tone up the liver until it gets the necessary amount of bile flowing. The bowels then move themselves.

As Diamond Dinner Pills are quite small and sugar coated they are easy and pleasant to use. The handy tube in which they are packed fits readily into purse or pocket. Diamond Dinner Pills are 25 cents a box at all dealers, or by mail on receipt of price by The Dodds Medicine Co., Ltd., Toronto.

### SOLUTION OF MATCH TRICK



Simply move the two matches formerly in positions marked "X" to new positions shown "O". (See Page 16)

Two or three days after a queen bee returns from her first mating flight, she begins her egg-laying career, sometimes producing 2,000 eggs a day, or a number that weighs about half as much as her own body.

There are breeds of cats that are hairless, many kinds of fish that produce musical sounds and several species of butterflies that exude delicate perfumes.

### In Agony All The Time

"I am 27 years of age, and the mother of 5 children," writes Mrs. Percy Brown, Melfort, Sask. "I had such terrible backaches I was in agony all the time. I tried some remedies but none seemed to help. It got so bad I couldn't straighten up. Finally



Mrs. P. Brown

a friend of my husband's suggested Dodd's Kidney Pills. I got one box and started using it. When I had used half a box I began to feel somewhat better and when it was finished I was able to straighten up a bit more and my backache seemed to be disappearing. After I had used 3 boxes I was back to normal, and my miserable backache was gone."

# THE DIET

## AN IMPORTANT AID TO GOOD HEALTH

What to eat, and what *not* to eat is a most important subject, and cannot receive too much attention. All foods likely to irritate the stomach or urinary passages such as pickles, sauces, vinegar, sour fruit, beer, etc., should be avoided. 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. These are: Alcohol, hot spicy foods, tough indigestible foods such as fried steak, tinned lobster, etc.

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

### 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.

### You MAY Take—

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

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

### You Must NOT Take—

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

# This NAME is your SAFEGUARD



**W**HEN you buy Dodd's Kidney Pills you get a remedy backed by one of the oldest and most successful of medicine manufacturers. The formula for Dodd's Kidney Pills has been tested by eminent doctors in modern clinics. But, more important than clinical tests is the fact that Dodd's Kidney Pills have been used successfully by thousands of other men and women for over 50 years.

The merit of Dodd's Kidney Pills has been proved without a doubt. This is not a matter of chance but the result of a good formula made from the purest and freshest of drugs under the most exacting conditions. No expense is spared in the manufacture of Dodd's Kidney Pills. Only the very best of drugs and materials are used and everything that goes into this formula is carefully tested in one of Canada's most up to date laboratories.

Dodd's Kidney Pills are made in batches of millions at a time. This assures the utmost accuracy in the quantity of each drug entering into each pill. Before coating, Dodd's Kidney Pills are 'matured' under carefully controlled humidity and temperature conditions.

Dodd's Kidney Pills are made and packed by modern scientific machinery. Human hands do not touch them.

Dodd's Kidney Pills were first conceived and marketed in Canada and to-day are one of the largest selling package medicines—with a world-wide reputation.

The proprietors of Dodd's Kidney Pills is a Canadian Corporation entirely owned and staffed by Canadians.

You can turn with confidence to Dodd's. You have plenty of evidence of what Dodd's Kidney Pills have done for others and should do for you. You have no evidence of what substitutes will do. Your health is much too important a matter to subject to unproven remedies, so remember insist upon Dodd's. The name Dodd's is your safeguard.

## FRIEND OF THE FAMILY FOR 50 YEARS

# I HATED TO LOOK IN A MIRROR

I LOOKED SO TIRED AND OLD



I'M SORRY, MRS. GIBB, BUT MOTHER JUST DOESN'T FEEL ABLE TO GO TODAY -



THAT'S TOO BAD - TELL HER WE'LL ALL MISS HER



MOTHER, YOU NEVER SEEM TO FEEL LIKE GOING OUT ANY MORE, YOU'RE ALWAYS SO TIRED - WHY NOT TRY DODD'S KIDNEY PILLS AS GRANDMA SUGGESTED ?

PERHAPS DODD'S WOULD HELP ME - CALL THE DRUG STORE NOW WILL YOU DEAR



## THEN SHE USED DODD'S KIDNEY PILLS

JANE IT'S SO GOOD TO HAVE YOU ACTIVE IN THE CLUB AGAIN



SINCE I LOST THAT "TIRED-ALL-THE-TIME" FEELING I'M ENJOYING EVERY MINUTE OF IT



YES, AND SHE ALWAYS LOOKS AND ACTS SO FULL OF ENERGY

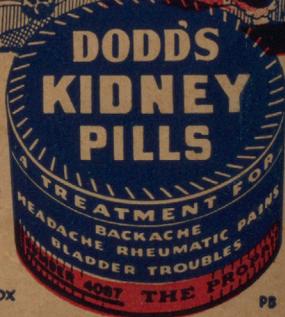
JANE CARSON MAKES SUCH A SPLENDID PRESIDENT



THANKS TO YOU AND DODD'S, MOTHER, I FEEL LIKE A NEW PERSON



NOW YOU KNOW, JANE, WHY DODD'S KIDNEY PILLS HAVE BEEN MY STAND-BY FOR YEARS



LOOK FOR THE BLUE BOX WITH THE RED BAND