



Dodd's
ALMANAC
1943

USEFUL INFORMATION FOR FAMILY AND HOME

Dominical Letter.....	C	Golden Number.....	6	Roman Indiction.....	1
Epact.....	24	Solar Cycle.....	20	Julian Period.....	6556

THE SEASONS (Eastern Standard Time)

Sun enters Aries—Spring begins.....	Mar. 21st, 7.03 a.m.
Sun enters Cancer—Summer begins.....	June 22nd, 2.13 a.m.
Sun enters Libra—Autumn begins.....	Sept. 23rd, 5.12 p.m.
Sun enters Capricornus—Winter begins.....	Dec. 22nd, 0.30 p.m.

ZODIACAL SIGNS
Head and Face. ♈ ARIES, the Ram.

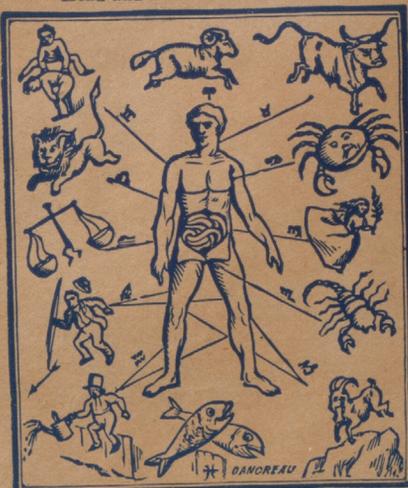
Arm.
♊ GEMINI,
The Twins.

Heart.
♌ LEO,
The Lion.

Reins.
♎ LIBRA,
The Balance.

Thighs.
♏ SAGITTARIUS,
The Bowman.

Legs.
♐ AQUARIUS,
The Waterman.



Neck.
♉ TAURUS,
The Bull.

Breast.
♋ CANCER,
The Crab.

Bowels.
♍ VIRGO,
The Virgin.

Secrets.
♏ SCORPIO,
The Scorpion.

Knees.
♑ CAPRICORNUS,
The Goat.

Feet. ♉ PISCES, the Fishes.

HOLIDAYS, FESTIVALS, ANNIVERSARIES, ETC.

New Year's Day.....	Jan. 1	Good Friday & St. George	Apr. 23	Day of Atonement.....	Oct. 9
Epiphany.....	Jan. 6	Easter Sunday.....	Apr. 25	Feast of Tabernacles.....	Oct. 14
Valentine's Day.....	Feb. 14	Victoria Day.....	May 24	Hallow'een.....	Oct. 31
Septuagesima Sunday.....	Feb. 21	Rogation Sunday.....	May 30	All Saints' Day.....	Nov. 1
St. David.....	Mar. 1	Ascension Day.....	June 3	Armistice Day.....	Nov. 11
Quinquagesima.....	Mar. 7	King George VI (cel'b'tion)	June 9	First Sunday in Advent.....	Nov. 28
Ash Wednesday.....	Mar. 10	Trinity Sunday.....	June 20	St. Andrew's Day.....	Nov. 30
St. Patrick.....	Mar. 17	Dominion Day.....	July 1	Birthday King George VI,	
Palm Sunday.....	Apr. 18	Labor Day.....	Sept. 6	1895.....	Dec. 14
First Day of Passover.....	Apr. 20	Hebrew New Year.....	Sept. 30	Christmas Day.....	Dec. 25

MORNING AND EVENING STARS (Greenwich Time)

Mercury:—Evening Star to January 24th, 7 p.m. with greatest elongation East, January 8th, 9 p.m. Morning Star to April 4th, 8 a.m. with greatest elongation West, February 18th, 10 a.m. Evening Star to May 23rd, 3 p.m. with greatest elongation East, April 30th, 9 p.m. Morning Star to July 18th, 3 a.m. with greatest elongation West, June 18th, 6 a.m. Evening Star to September 24th, 5 p.m. with greatest elongation East, August 29th, 5 a.m. Morning Star to November 10th, 12 noon with greatest elongation West, October 10th, 7 a.m. **Venus**:—Inferior conjunction with the Sun and becomes Morning Star September 6th at midnight. **Mars**:—Quadrature to the Sun, August 24th, 2 a.m. Opposition to the Sun, December 5th, 6 p.m. Nearest to Earth November 28th, 1 p.m. **Jupiter**:—Opposition to the Sun, January 11th, 7 a.m. Quadrature to the Sun, April 6th, 10 p.m. Conjunction with the Sun, July 30th, 1 p.m. Quadrature to the Sun, November 19th, 8 a.m. **Uranus**:—Quadrature to the Sun, February 20th, 4 a.m. Conjunction with the Sun, May 26th, 7 p.m. Quadrature to the Sun, September 2nd, 3 a.m. Opposition to the Sun, November 29th, 10 p.m. **Neptune**:—Opposition to the Sun, November 22nd, 5 a.m. Quadrature to the Sun, June 21st, 2 p.m. Conjunction with the Sun, September 25th, 6 p.m. Quadrature to the Sun, December 26th, 9 p.m. **Saturn**:—Quadrature to the Sun, February 25th, 10 a.m. Conjunction with the Sun, June 7th, 3 p.m. Quadrature to the Sun, September 20th, 3 a.m. Opposition to the Sun, December 16th midnight.

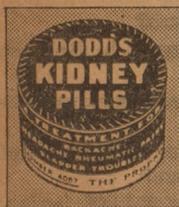
Eclipses in 1943.—There will be four eclipses, two of the Sun and two of the Moon.

GREETINGS TO OUR READERS

We take pleasure in presenting to you with our compliments the 1943 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-

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	(1) Weather Prob.
			Rises	Sets	Rises p.m.	
			H.M.	H.M.	H.M.	
1	Sun	☉	6 38	4 49	11 34	Fair and then high winds.
2	M	☉	6 39	4 48	a.m.	
3	T	☉	6 40	4 47	0 34	
4	T	☉	6 41	4 45	1 37	
5	F	☉	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 Local Time on this page

(1) Not Official Weather Bureau Forecasts

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.

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
--------------------	--------

New Brunswick

Chatham.....	Add 22
Fredericton.....	Add 27
Saint John.....	Add 24
Moncton.....	" 19

Nova Scotia

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

Newfoundland

St. John's.....	Sub. 24
-----------------	---------

Why do DOCTORS TEST KIDNEYS First?



DOCTORS know that upon the condition of the kidneys may rest, health, happiness, life itself. Probably no ailment is more common than kidney trouble. In making a diagnosis, doctors usually 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 the kidneys to normal action.

HOW MUCH DO YOU KNOW ABOUT REDUCING?

Here is an easy way to find out just what you know about reducing! And it may give you a clue to your weight problem.

Run through the list of questions and check your replies, then read the answers given on page 38.

1. Which is more fattening, sugar or butter?
2. Which uses the most calories, dishwashing, ironing or typing?
3. Are lemons reducing?
4. Is fat sometimes inherited?
5. Do smart housewives add soda to vegetables to preserve their fresh, green colour?
6. Are there more fat men, or more fat women?
7. On the average, when is the most weight gained—between the ages of 25 and 30; 30 and 40; 40 and 50?
8. Which is more fattening, a glass of grapejuice or a glass of whole milk?
9. Could you eat nothing but desserts and reduce?
10. Can you speed up reducing by cutting down on sleep?

Doctor Advised Dodd's



J. A. Milne

"When I was 16 years old," writes James A. Milne, 17 Churchill Ave., Toronto, Ont., "I was weak, nervous, could not sleep and had no appetite. My mother was worried and tried several treatments but I did not seem to improve. Finally a friend of my mother's recommended an old family doctor. He suggested Dodd's Kidney Pills, so my mother got some and I used about 4 boxes. I was never sick again for 16 years and in fact have never had any internal trouble since."

Was Restless, Couldn't Sleep

Used Dodd's and Soon Noticed Difference

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.

"For years I suffered with pains in my back and aching legs," writes Wm. Lawson, 175 Oak Park Ave., Toronto, Ont. "I became restless and couldn't sleep. One morning my wife suggested I try Dodd's Kidney



Wm. Lawson

Pills. After only a few doses I noticed a difference. I continued and used 5 boxes. They have helped me so much I would not be without them. My work is very strenuous with lots of lifting to do. My age is 46 years and I feel like a young man."

Not long ago, a study made among a large number of persons to ascertain how closely they could judge the length of a minute, by ringing a gong at the beginning and end of their estimate, revealed that their average guess was only thirty-five seconds.—*Colliers.*

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

*See page 3 for Local Time

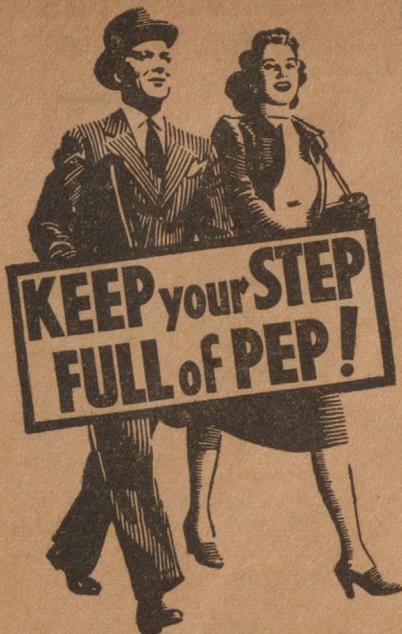
(1) Not Official Weather Bureau Forecasts

She (admiringly): "Just look at that man's chest development!"

He: "Chest development! He got that bulge patting himself on the back."

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.



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.

Use Dodd's Kidney Pills from time to time. They are not habit-forming, safe and easy to use.

Soiled playing cards can be cleaned by rubbing with a cloth dipped in spirits of camphor.

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 may be 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. Dodd's Antiseptic Healing Ointment should be applied night and morning.

Uses Dodd's If Irritable

"Being a young wife and mother of 2 husky children entails a round of duties which necessitate good health and nerves," writes Mrs. A. Hall, 159 Delaware St., London, Ont. "When I find myself getting irritable and unable to do my work without getting exhausted, I just use Dodd's Kidney Pills until I am able to resume my chores with zest and cheerfulness. It does not take long till Dodd's Kidney Pills give the lift so badly needed."



Mrs. A. Hall

She Felt Weak and Nervous

Strength Soon Regained After Using Dodd's

1st month JANUARY, 1943 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.....	6	7	37 a.m.
☾	First Qtr.....	13	2	48 a.m.
☾	Full Moon.....	21	5	48 a.m.
☾	Last Qtr.....	29	3	13 a.m.

Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon Rises a.m.	(1) Weather Probs.
			Rises	Sets		
			H.M.	H.M.	H.M.	
1	F	♊	7 38	4 28	1 24	Some snow.
2	S	♋	7 38	4 29	2 34	
3	Sun	♌	7 38	4 30	3 45	Cloudy skies and snow or rain.
4	M	♌	7 38	4 31	4 58	
5	T	♌	7 38	4 32	6 08	
6	W	♌	7 38	4 33	7 14	
7	T	♌	7 38	4 34	sets	
8	F	♌	7 38	4 35	p.m.	
9	S	♌	7 37	4 36	8 32	
10	Sun	♍	7 37	4 37	9 43	Fair and cold all this week.
11	M	♍	7 37	4 39	10 52	
12	T	♍	7 37	4 40	11 59	
13	W	♍	7 36	4 41	a.m.	
14	T	♍	7 36	4 42	1 03	
15	F	♍	7 35	4 44	2 05	
16	S	♍	7 35	4 45	3 05	
17	Sun	♎	7 34	4 46	4 03	Rain or sleet then clears.
18	M	♎	7 34	4 48	4 58	
19	T	♎	7 33	4 49	5 49	
20	W	♎	7 32	4 50	6 36	
21	T	♎	7 32	4 51	7 18	
22	F	♎	7 31	4 53	rises	
23	S	♎	7 30	4 55	p.m.	
24	Sun	♏	7 29	4 56	8 05	Fair and cold to end.
25	M	♏	7 28	4 58	9 06	
26	T	♏	7 28	4 58	10 09	
27	W	♏	7 27	5 00	11 13	
28	T	♏	7 25	5 02	a.m.	
29	F	♏	7 24	5 03	0 19	
30	S	♏	7 23	5 04	1 27	
31	Sun	♏	7 22	5 05	2 36	

*See page 3 for Local Time

(1) Not Official Weather Bureau Forecasts

"I am 32 years of age and have been married for 1½ years," writes Mrs. M. Charlebois, 5043 Des Erables Street, Montreal, P.Q. "After my first baby was born I was completely exhausted. The pains in my back were so bad I could not stay in bed. The least thing would get on my nerves. One day I read in Dodd's Almanac of a woman whose suffering was the same as mine, and how her health improved through the use of Dodd's Kidney Pills. I followed her example. I used 6 boxes of Dodd's Kidney Pills and before finishing them I had regained my strength and my pains had disappeared."



Mrs. Charlebois

The word "over" is used in more compound and combined words than any other in the English language. Webster's dictionary lists more than 2,200, beginning with overability and ending with overzealousness.

His Friend Convinced Him



A. Butler

"For a year or more I suffered from pains in the back," writes Alan Butler, 1511 Victoria Ave., Saskatoon, Sask. "A friend told me of Dodd's Kidney Pills and seemed so enthusiastic that I decided to try them. After continuing a systematic course of Dodd's Kidney Pills I was free of all pain. My wife has also used Dodd's Kidney Pills with benefit."

"This is a wonderful cake, darling."
 "Yes. Cook made it for the milkman, but they quarrelled this morning."

INTERESTING FACTS

That there is an appreciable afflux of blood to the brain during mental activity has been demonstrated several times by having persons lie on a delicately balanced table. As long as the mind is a blank, the table does not move. But when the demonstrator is given a problem to solve, the head end sinks under the increased weight.

When animals are alive, their English names are usually of Saxon derivation, but when they are prepared as food, their names are Norman. For example, the words cow, calf, sheep, swine, deer and fowl are Saxon, while the words beef, veal, mutton, pork, venison and pullet are Norman.—*Colliers*.

Cold Settled in His Back



A. Richardson

"Over 30 years ago, when I was about 20, I had a cold settle in my back," writes A. F. Richardson, 539 Broad St., Regina, Sask. "Even while in bed the pain continued. It was almost impossible to stoop down and then straighten up. As my father had implicit faith in Dodd's

Kidney Pills and always had them on hand, he advised me to use them. After using 3 boxes I was as well as ever. I have used Dodd's Kidney Pills several times since then when threatened with back trouble and they fix me up."

A black and white illustration of a man's face and upper torso. He is shown in profile, coughing into his right hand. The illustration is framed by a thick black border.

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.

How Famous Sayings Began

"French Leave"—In the early part of the 18th Century it was customary for French people to withdraw from crowded assemblies without taking leave of the host and hostess.

"Reckon Without Your Host"—When people had to rely on the uncertain accommodations of inns and the innkeeper was the host, there were no set charges for rooms and meals. A traveller never could be certain what a trip would cost, and many a man in figuring expenses would find that he had "reckoned without his host".

"Butterflies"—Our early ancestors believed that fairies changed themselves into butterflies to steal milk and butter . . . hence the name.

"Just Like a Woman"—The Greeks accounted for the whims and vagaries of woman by the theory that Zeus ordered Vulcan to make woman out of clay and then induced various gods and goddesses to bestow their worst qualities upon her.

Always Has Dodd's Handy



Mrs. F. Carrier

"I am 47 years of age and the mother of 10 children," writes Mrs. F. Carrier, 8 St. Henri St., Levis, P.Q. "During the latter years of having my family I felt a great deal of pain in the kidneys. I had tried many remedies but nothing seemed to help. I saw an advertisement in Dodd's Almanac for Dodd's Kidney Pills and decided to try them. I used 4 boxes and was completely relieved. I do all my own work now as if I had never had any trouble with my health, but I always take the precaution of keeping a box of Dodd's Kidney Pills in the house."

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.

HOW OUR FOOD IS DIGESTED

THE 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.

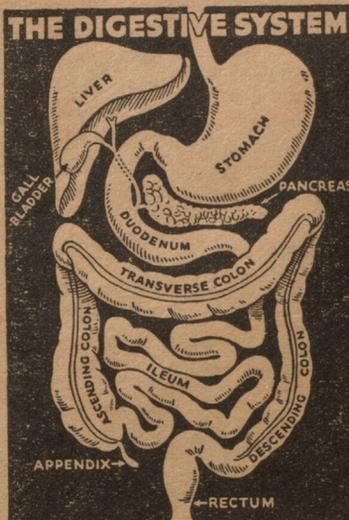
Starchy foods such as bread, potatoes and sugar are called *Carbohydrates*. These are partially digested in the mouth and digestion is completed in the intestines by the pancreatic and intestinal juices. Dodd's Dyspepsia Tablets con-

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.

He: "You should see the new altar in our church."

She: "Lead me to it."



She Felt Tired and Listless

Was Soon Full of Pep After Using Dodd's



Mrs. Whitehead

"I am a housewife, 25 years of age," writes Mrs. W. Whitehead, 646 Furby St., Winnipeg, Man. "I was always tired, listless, didn't have any pep for anything, and also

had dizzy spells and headaches. My husband was using Dodd's Kidney Pills and I thought I would try them to see if they would help me. Before I had finished the first box I had renewed energy and my dizzy spells and backaches had gone."

Dogs often eat as much if not more food than their masters because they have much larger stomachs, that of a 40-pound animal holding three times as much as that of a 150-pound man,

The best substance for filtering air, particularly in gas masks, is charcoal made from cocoanut shells. One gram of its particles, or less than a teaspoonful, contains about 3,000 square yards of adsorbing surface.

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.

2nd month FEBRUARY, 1943 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.
● New Moon.....	4 6 29 p.m.
◐ First Qtr.....	11 7 40 p.m.
◑ Full Moon.....	20 0 45 a.m.
◒ Last Qtr.....	27 1 22 p.m.

Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon	(1) Weather Probs.
			Rises	Sets	Rises a.m.	
			H.M.	H.M.	H.M.	
1	M	♈	7 21	5 07	3 46	North winds and chilling weather.
2	T	♈	7 20	5 08	4 52	
3	W	♈	7 19	5 09	5 52	
4	T	♈	7 18	5 10	6 46	
5	F	♈	7 17	5 12	sets	
6	S	♈	7 15	5 14	p.m.	
7	Sun	♉	7 13	5 16	8 31	This week brings snow and cold.
8	M	♉	7 12	5 17	9 41	
9	T	♉	7 11	5 18	10 48	
10	W	♉	7 10	5 19	11 53	Stormy and cold week end.
11	T	♉	7 08	5 21	a.m.	
12	F	♉	7 06	5 23	0 56	
13	S	♉	7 05	5 24	1 51	
14	Sun	♊	7 04	5 25	2 51	
15	M	♊	7 03	5 26	3 44	Clear and fine this week.
16	T	♊	7 00	5 28	4 33	
17	W	♊	6 58	5 30	5 16	
18	T	♊	6 57	5 31	5 57	
19	F	♊	6 57	5 32	6 32	
20	S	♊	6 55	5 34	rises	
21	Sun	♋	6 54	5 35	p.m.	
22	M	♋	6 52	5 37	8 02	Snow.
23	T	♋	6 50	5 38	9 06	
24	W	♋	6 48	5 39	10 11	
25	T	♋	6 47	5 40	11 18	
26	F	♋	6 45	5 42	a.m.	
27	S	♋	6 43	5 43	0 25	
28	Sun	♋	6 41	5 45	1 32	

*See page 3 for Local Time

(1) Not Official Weather Bureau Forecasts

Said the Employer.—"Miss Brown, I'm afraid I'll have to —er—reduce . . ."

"Oh, Mr. Jones," replied the typist, "I wasn't in earnest when I said I didn't like fat men."

WALKING for Exercise

According to a leading athletic coach, quoted recently in *The Saturday Evening Post*, walking is the most natural form of exercise. It puts the least burden on the system and is the easiest to take. To get the full value of the exercise that walking provides, however, it is necessary to walk correctly. Following are some suggestions to help you assume the proper posture when you walk.

How to Walk Correctly

1. Walk with the chest arched. This lifts the diaphragm and contracts the stomach muscles, so that the stomach loses its sag.

2. Lean slightly to throw your weight a little forward of centre and so place your weight immediately above the arch. This makes your body pull you along, instead of you pulling it.



3. Walk with your toes pointing straight ahead. Toeing out breaks down the foot structure.

4. Hold your head erect, but not so stiffly as to interfere with free breathing.

5. Let the arms hang loosely. Swing

them in time with your stride and parallel with the direction you are walking (not across the body). The forearms should be brought up in a natural easy lift from the elbow.



General Suggestions

If you are out for the exercise, try walking half a mile first. After a few days stretch it into a mile. Practice walks should be brisk. The person of average height should try and develop a pace approximately 30 inches long. Such a pace can be held for a long time without fatigue. Learn to take a certain number of steps to the minute. Never saunter. Sauntering is the most tiring way to walk.

The weight of the body should never be carried on the heels. In beginning the stride, the heel should touch the ground first. The weight should be quickly transferred to the ball of the foot in such a way that the heel makes no sound on contact with the ground.

"My husband is an efficiency expert."

"What does an efficiency expert do?"

"Well, if we women did it, they'd call it nagging!"

IF A SLUGGISH LIVER
IS MAKING YOU DULL
USE

DIAMOND
INNER
PILLS

AND
BRIGHTEN UP

KIDNEYS MUST KEEP THE BODY FREE OF POISONS

THE 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.

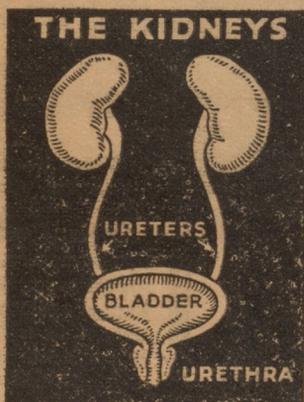
Any of these may so hamper the operation of the kidneys that they may fail to do their duty of keeping poisons and excess acids filtered out of the blood.

Illness follows quickly when kidneys fail to function properly.

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 30.

Railroad Man Felt Tired

"I am a railroad man, 42 years of age, and have heavy work to do," writes G. D. Cole, Gadsby, Alta. "Some years ago I had pains across my back and a very tired feeling. Liniments did not seem to help. I bought a box of Dodd's Kidney Pills and started to use them. In a short time the pain left me and I felt fine. We always keep Dodd's Kidney Pills in our medicine cabinet and believe a person should take a few each week, to help keep fit."



G. D. Cole

Water must be added to certain anti-freeze materials to keep them from freezing. For example, pure ethylene glycol solidifies at 10 degrees F. above zero, while a 50-50 mixture solidifies at 40 degrees below zero. Pure glycerin freezes at about 60 above zero, while a 70 per cent glycerin and 30 per cent water mixture freezes at about 34 below zero.

She Suffered for 5 Years

"I am 32 years of age and the mother of 3 children," writes Mrs. Napoleon Duchesne, Metabetchouan, Lac St. Jean Co., P.Q. "I suffered with kidney trouble for 5 years. Sometimes if I bent over too rapidly I could hardly straighten up again. The pains were bad and I felt exhausted. I took several remedies but without results. Having read an advertisement in the newspaper about Dodd's Kidney Pills I decided to try them. I bought 3 boxes and used them. After using 3 more boxes all my pains had disappeared."



Mrs. Duchesne

Pain Kept Her Awake at Night

Long Suffering Relieved By Using Dodd's



Mrs. S. Mouland

"For years I suffered with a sore aching back and pains in my limbs, which kept me awake at nights," writes Mrs. S. Mouland, 10 Richmond Street, Sydney, N.S. "I tried several treatments without result. Finally my mother suggested Dodd's Kidney Pills. I started to use them and after a few doses began to feel better. By the time the third box was empty I was feeling fine. I am 37 years of age, the mother of 3 children, do all my own housework, and feel I owe a great deal to Dodd's Kidney Pills."

WORLD'S LANGUAGES

One European authority states that there are a total of 2,976 languages spoken throughout the world, including the many means of expression used in obscure corners of the earth.

If In Pain He Uses Dodd's



R. H. Vaughan

"I am a factory worker, 46 years of age," writes R. H. Vaughan, 42 Halton St., Perth Ont. "Due to changes of temperature I suffered with cold in the kidneys, lumbago and sciatica. Someone recommended Dodd's Kidney Pills and I decided to try them. The benefits derived from the first box were so great that I decided to never be without a box in the house. I do not wait now until I am laid up but use Dodd's Kidney Pills when kidney trouble symptoms appear."

3rd month MARCH, 1943 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.....	6	5	34 a.m.
☽	First Qtr.	13	2	30 p.m.
☾	Full Moon.....	21	5	8 p.m.
☿	Last Qtr.	28	8	52 p.m.

Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon	(1) Weather Probs.
			Rises	Sets	Rises a.m.	
1	M	♈	H.M.	H.M.	H.M.	
2	T	♈	6 39	5 47	2 37	
3	W	♈	6 38	5 47	2 38	Sudden changes of weather.
4	T	♈	6 35	5 49	4 33	
5	F	♈	6 33	5 51	5 22	
6	S	♈	6 31	5 52	6 04	
			6 30	5 53	sets	
7	Sun	♈	6 30	5 54	p.m.	Severe storms and much snow.
8	M	♈	6 27	5 56	8 27	
9	T	♈	6 25	5 58	9 35	
10	W	♈	6 23	5 59	10 40	
11	T	♈	6 21	6 00	11 43	
12	F	♈	6 20	6 01	a.m.	
13	S	♈	6 18	6 03	0 42	
14	Sun	♈	6 16	6 04	1 37	Clear and cold for some days.
15	M	♈	6 14	6 05	2 27	
16	T	♈	6 12	6 06	3 13	
17	W	♈	6 11	6 07	3 54	
18	T	♈	6 08	6 09	4 31	
19	F	♈	6 06	6 10	5 04	
20	S	♈	6 04	6 12	5 34	
21	Sun	♈	6 03	6 13	rises	Changeable with some rain.
22	M	♈	6 02	6 14	p.m.	
23	T	♈	5 59	6 15	8 02	
24	W	♈	5 57	6 17	9 10	
25	T	♈	5 55	6 18	10 17	
26	F	♈	5 53	6 19	11 25	
27	S	♈	5 52	6 20	a.m.	
28	Sun	♈	5 49	6 22	0 31	Stormy at end.
29	M	♈	5 47	6 23	1 32	
30	T	♈	5 45	6 24	2 28	
31	W	♈	5 43	6 26	3 17	

*See page 3 for Local Time

(1) Not Official Weather Bureau Forecasts

Husband.—"I have left instructions in my will that I am to be cremated."

Wife.—"Yes, just like you to go and leave ashes all over the place."

SPRINGTIME

is **CLEANING Time**



SPRING 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.



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.

Ordinary commercial gasoline weighs from 5.6 to 6.2 pounds per gallon.

She Was Laid Up 6 Weeks

"I am 49 years of age and the mother of 5 children," writes Mrs. W. M. Riddell, 11530-75th Ave., Edmonton, Alta. "I formerly lived on a farm and the work was very heavy. For a number of years I had very bad pains in my back. The attacks kept getting worse. I was laid up for six weeks not able to straighten out. One day my sister-in-law suggested I use Dodd's Kidney Pills. I started to do so and by the time I had used the first box my back was so much better I could walk around. When I had used 4 boxes I could do my own work once more."



Mrs. W. Riddell

Hard For Him To Do Fine Work

Dodd's Helped Watchmaker End Suffering



M. Nicholson

"I am a watchmaker, 33 years of age," writes M. Nicholson, 412-13th Ave. E., Calgary, Alta. "For some time I suffered with backache, headache, rheumatic pains and frequent dizzy spells, which made it almost impossible for me to do fine work such as watch repairing. I tried all sorts of medicine without success. On the advice of a friend I used Dodd's Kidney Pills. I used about 10 boxes and felt like a new man. I will never be without Dodd's Kidney Pills because they are my life saver."

The largest rubber tires ever made for actual use are those on the giant excavation trucks employed on dam projects. They are 9½ feet in height, of 34-ply construction, weigh 3,487 pounds and take a 186-pound tube. Costing \$6,073, including tube and taxes, to change them requires a special derrick and the work of three men for five hours.—*Colliers*.

Saw Popularity of Dodd's

"I am 28 years of age and the mother of 3 children," writes Mrs. R. E. McFarlane, Elmsville, N.B. "I had a very lame back from doing housework. I also helped my father in his store and seeing Dodd's Kidney Pills so greatly in demand, I thought I would try them. I used 3 boxes and got complete relief."



Mrs. McFarlane

4th month APRIL, 1943 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.
☉ New Moon.....	4	4	53 p.m.
☽ First Qtr.....	12	10	4 a.m.
☽ Full Moon.....	20	6	11 a.m.
☾ Last Qtr.....	27	2	51 a.m.

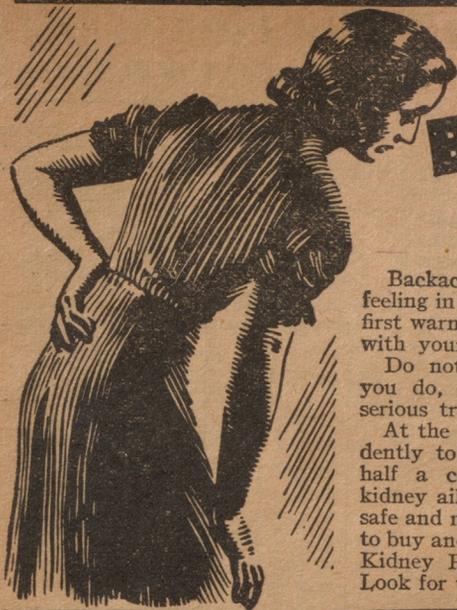
Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon Rises	(1) Weather Probs.
			Rises	Sets	a.m.	
1	T	F	H.M.	H.M.	H.M.	Begins fine.
2	F		5 43	6 26	4 00	
3	S		5 40	6 28	4 37	
4	Sun		5 38	6 29	5 11	Spring still cool and backward.
5	M		5 36	6 31	sets	
6	T		5 35	6 32	p.m.	
7	W		5 34	6 33	8 22	
8	T		5 31	6 34	9 27	
9	W		5 29	6 36	10 28	
10	F		5 27	6 37	11 27	
11	Sun		5 26	6 38	a.m.	Some grand spring days.
12	M		5 25	6 39	0 20	
13	T		5 24	6 41	1 08	
14	W		5 22	6 42	1 51	
15	T		5 20	6 43	2 29	
16	F		5 18	6 44	3 04	
17	S		5 16	6 45	3 35	
18	Sun		5 14	6 47	4 04	
19	M		5 12	6 49	4 32	
20	T		5 10	6 50	rises	
21	W		5 08	6 51	p.m.	
22	T		5 07	6 52	8 05	
23	F		5 05	6 53	9 15	
24	S		5 03	6 54	10 24	
25	Sun		5 01	6 56	11 28	Warmer and remains fine.
26	M		4 59	6 57	a.m.	
27	T		4 59	6 58	0 26	
28	W		4 57	7 00	1 17	
29	T		4 55	7 01	2 00	
30	F		4 53	7 02	2 38	
			4 51	7 04	3 12	

*See page 3 for Local Time

(1) Not Official Weather Bureau Forecasts

"Tell me, please, how I should go about getting a start in the great game of business?"

"Sell your wrist watch, and buy an alarm clock."



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.

The Useful Clothes Pin

You'll find them so convenient to hold pages open when following directions in knitting, recipes, music, etc. It leaves both hands free.

In the garden use them to label certain plants, the dates sown, etc.; also when a packet is opened and not all seeds sown, just fold edge and clip on the peg.

Keep one in your purse with your name on it, then when in large gatherings where you need to remove rubbers or overshoes just snap them together and you can always find your own.

Keep two on wire skirt-hangers, then the skirt always hangs straight, without the unsightly crease through the centre from folding over hanger.

If a fly-coil loses its original weight

just snap on a peg and it can easily be removed when coil is destroyed.

Chauffeur Had Sore Back

"I am 28 years of age and a truck chauffeur," writes Rodney Walker, 225 Rielle Ave., Verdun, P.Q.

"Two years ago I developed a sore back and side. I thought perhaps it was a sprain so used different remedies without results. It

was so bad I had to lay off work. Then I remembered my dad using Dodd's Kidney Pills so I phoned for some. Before the first box was half finished I was back at work. After using 3 boxes I was as good as new."



R. Walker

Modern Miracle

—is what one prominent magazine called this discovery of Miss Lydia O'Leary, a young New York woman who, from childhood, had suffered mental anguish and self-consciousness due to a disfiguring birthmark.

Through no fault of their own, many women have been forced to suffer the embarrassment and humiliation of a blemished skin. Even the most skilful application of ordinary cosmetics cannot conceal birthmarks or discoloration of the skin.

To satisfactorily and completely conceal major skin blemishes calls for a different and specific type of cosmetic—a cream which can be simply and easily applied; which is opaque, and will completely hide the blemish, yet which is entirely safe to use on even the most sensitive skin.

Discovery, Experiment and Success!

A few years ago such a cream was developed by Miss Lydia O'Leary of New York, who through childhood, school years and an early business career had been handicapped and embarrassed by a large port-wine birthmark which almost covered one side of her face. Despite her evident intelligence and ability in selling work, she was forced to accept employment which did not entail meeting the public. While at work one day as a commercial artist, she was using opaque colour to hide a darker colour underneath. Suddenly the thought struck her, why not use opaque colour to hide her blemish! With the assistance of a chemist friend she began to experiment. After many months of extensive research and experimental work a thick cream was developed which could easily, quickly and safely be applied over any skin mark or blemish, from large birthmark to small

mole or bruise, and completely hide it.

Cover Mark, as Miss O'Leary called her new discovery, was then submitted for test to leading laboratories and dermatologists, who proclaimed it entirely safe for constant use on the skin. Cover Mark has also been accepted for advertising by the American Medical Association.

To extend this new found service to womankind, Miss O'Leary opened a salon at 551 Fifth Avenue, New York, and later one in Chicago. Cover Mark has also been made available in leading stores throughout the United States and Canada so that women everywhere might benefit by Miss O'Leary's discovery.

An Every Day Aid to Beauty

In addition to its primary service of concealing permanent skin blemishes, such as birthmarks, operation scars, vaccination marks, and x-ray burns, Cover Mark is finding great favour among women as an every day cosmetic to hide transient skin marks, such as blotches, moles, scars, bruises, wind or sun burn. Cover Mark is the ideal means of always presenting a blemish free complexion for it lasts all day. While Cover Mark will not crack or rub off it can be removed quickly and simply. For summer use while swimming, or for use on the hands, there is a Waterproof Cover Mark.

Cover Mark is available in Canada. If you suffer from a skin blemish or have a friend who does, and would like further information, write Cover Mark Ltd., 54 Wellington St. West, Toronto.

She Could Hardly Walk

"I am a young woman, age 26, and have 4 children from 7 years to a 9 months old baby," writes Mrs. C. Powell, Suite 12, Riverside Apts., Calgary, Alta. "I was troubled with dizzy spells, nervousness, and pains in my legs so badly I could hardly walk. I was weak and run down for 4 months after my last baby was born. My husband said to try Dodd's Kidney Pills. I used 2 boxes and was feeling fine again."



Mrs. C. Powell

It is difficult to imagine an object as large as our Sun. If it were hollowed out and the Earth placed at the centre of it, there would still be plenty of room inside the shell for the Moon to make its monthly trip around the Earth. And the Moon is 238,000 miles from the Earth! Its diameter is 2,163 miles, and its surface 14,600,000 square miles.

DISTANCE OF STARS

If man could make an aeroplane that would travel at the speed of a radio wave, which is 186,000 miles per second, then the Moon would be reached in $1\frac{1}{3}$ seconds and the Sun in about 8 minutes. But it would take 4 years travelling at this inconceivable speed to reach the nearest star. The seven stars of the Big Dipper would not be reached for about 80 years, and the stars in Orion for about 500 or 600 years.

Light also travels at 186,000 miles a second, so if one of the stars of the Big Dipper was suddenly extinguished we would not know of it for another 80 years.

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

In One Day Of Your Life

If you are an adult weighing about 160 pounds, in 24 hours:

Your heart beats.....	103,680 times
Your blood travels.....	168,000,000 miles
You breathe.....	23,040 times
You inhale.....	438 cu. ft. of air
You eat.....	$3\frac{1}{4}$ pounds of food
You drink.....	2.9 pints of liquid
You lose in weight.....	7.8 pounds of waste
You perspire.....	1.43 pints
You give off in heat.....	85.6 degrees F.
You generate in energy.....	450 foot-tons
You turn in sleep.....	25-35 times
You speak.....	4,800 words
You move.....	750 major muscles
Your nails grow.....	.000046 in.
Your hair grows.....	.01714 in.
You exercise.....	7,000,000 brain cells

—Lilliput Magazine.

Farmer Had To Employ Help

Could Do All His Work After Using Dodd's



M. Thibaudeau

"I am 39 years old and a farmer," writes Maurice Thibaudeau, St. Felix de Kingsey, Drummond Co., P.Q. "I suffered with heavy headaches and my kidneys hurt me so

for 3 years that it was impossible for me to do all my work. I had to have someone to help me. One day I read an advertisement about Dodd's Kidney Pills. I immediately ordered 6 boxes and I started to use them regularly three times a day. After the second box my ailments were beginning to disappear. I continued using all the Dodd's Kidney Pills I had ordered, and I was soon able to do all my work once more."

As sunburn is caused by the ultra-violet rays of the sun and not by its heat, some of the worst cases ever recorded have occurred on mountains at such low temperatures that the victims' faces froze while they were being "burned".

Backache After Gardening

"I am a housewife with all kinds of work to do," writes Mrs. B. Crawley, Gladstone, Man. "After doing a bit of gardening I had an awful backache and stiffness. This worried me until my father advised me to get Dodd's Kidney Pills. After using 2 boxes my backache and stiffness had entirely gone."



Mrs. B. Crawley

5th month MAY, 1943 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.....	4	4	43 a.m.
☾ First Qtr.....	12	4	52 a.m.
☽ Full Moon.....	19	4	13 p.m.
☾ Last Qtr.....	26	8	33 a.m.

Day of Month	Day of Week	Zodiac Signs	*Sun		Moon Rises a.m.	(1) Weather Prob.
			Rises	Sets		
1	S	♋	H.M. 4 51	H.M. 7 04	H.M. 3 43	
2	Sun	♋	4 50	7 05	4 13	Succession of fine days.
3	M	♋	4 49	7 06	4 42	
4	T	♋	4 47	7 07	sets	
5	W	♋	4 45	7 08	p.m.	
6	T	♋	4 44	7 10	9 15	
7	F	♋	4 42	7 11	10 12	
8	S	♋	4 40	7 12	11 02	
9	Sun	♌	4 39	7 13	11 48	Fair weather and somewhat warmer.
10	M	♌	4 38	7 14	a.m.	
11	T	♌	4 37	7 16	0 28	
12	W	♌	4 35	7 17	1 04	
13	T	♌	4 34	7 18	1 36	
14	F	♌	4 33	7 19	2 05	
15	S	♌	4 32	7 20	2 33	
16	Sun	♍	4 31	7 22	3 00	Variable weather this week some rain.
17	M	♍	4 30	7 23	3 28	
18	T	♍	4 29	7 24	3 59	
19	W	♍	4 28	7 25	4 33	
20	T	♍	4 27	7 26	rises	
21	F	♍	4 26	7 28	p.m.	
22	S	♍	4 25	7 29	10 20	
23	Sun	♎	4 24	7 30	11 15	
24	M	♎	4 23	7 31	a.m.	Cooler and often cloudy showers.
25	T	♎	4 22	7 32	0 02	
26	W	♎	4 21	7 33	0 42	
27	T	♎	4 20	7 34	1 16	
28	F	♎	4 20	7 35	1 48	
29	S	♎	4 19	7 36	2 17	
30	Sun	♏	4 19	7 37	2 46	
31	M	♏	4 18	7 37	3 15	

*See page 3 for Local Time

(1) Not Official Weather Bureau Forecasts

"Edith said she could tell I was intellectual by reading my face."

"She must have read between the lines."

Mother of 5 Had Bad Backache

Until She used Dodd's on Husband's Advice



Mrs. J. Weaver

"I am 30 years of age and the mother of 5 children," writes Mrs. J. L. Weaver, 151 Cameron Ave., Hamilton, Ontario. "After my third baby was born I suffered with backache and leg trouble and tried all kinds of remedies without results. My husband had used Dodd's Kidney Pills for years, so I took his advice and started using them too. After the third box my backache disappeared and my legs felt much better."

The world's largest organ, which is installed in Convention Hall in Atlantic City, contains 7 manuals, or keyboards, 487 keys, 933 stops, 32 pedals swell-blowers with motors totaling 365 horsepower and 33,056 pipes, ranging in height from a quarter-inch to sixty-four feet.

Cold Days Brought Pain

"I am 34 years of age and employed as a motorcycle and truck driver," writes J. Watkins, 35 Strathcona Apts., Calgary, Alta. "During the cold winter months I had pains in my back as though someone was sticking me with a knife. My mother advised me to take Dodd's Kidney Pills. I bought a box and after using them for several days the pains left me. Since then I always keep a box of Dodd's Kidney Pills on hand."



J. Watkins

6th month JUNE, 1943 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.
☉ New Moon.....	2	5	33 p.m.
☾ First Qtr.....	10	9	35 p.m.
☉ Full Moon.....	18	0	14 a.m.
☾ Last Qtr.....	24	3	8 p.m.

Day of Month	Day of Week	Zodiac Signs	Sun		☾ Moon	(1) Weather Probs.
			Rises	Sets	Rises a.m.	
1	T	♄	4 17	7 39	H.M.	Cloudy with rain.
2	W	♄	4 17	7 40	3 46	
3	T	♄	4 16	7 40	4 20	
4	F	♄	4 16	7 41	sets	
5	S	♄	4 16	7 42	p.m.	
6	Sun	♄	4 15	7 42	10 27	Clears and is mostly fair.
7	M	♄	4 15	7 43	11 04	
8	T	♄	4 14	7 44	11 37	
9	W	♄	4 14	7 44	a.m.	
10	T	♄	4 13	7 45	0 07	Variable weather but remains cool.
11	F	♄	4 13	7 45	0 35	
12	S	♄	4 13	7 46	1 02	
13	Sun	♄	4 13	7 47	1 29	First week of real warm weather.
14	M	♄	4 12	7 47	1 57	
15	T	♄	4 12	7 48	2 28	
16	W	♄	4 12	7 48	3 04	
17	T	♄	4 12	7 49	3 46	
18	F	♄	4 13	7 49	rises	
19	S	♄	4 13	7 50	p.m.	
20	Sun	♄	4 13	7 50	9 57	Light showers.
21	M	♄	4 13	7 50	10 41	
22	T	♄	4 13	7 50	11 19	
23	W	♄	4 14	7 50	11 52	
24	T	♄	4 14	7 50	a.m.	
25	F	♄	4 14	7 50	0 22	
26	S	♄	4 15	7 50	0 51	
27	Sun	♄	4 15	7 50	1 19	
28	M	♄	4 15	7 50	1 49	
29	T	♄	4 16	7 50	2 22	
30	W	♄	4 16	7 50	2 57	

*See page 3 for Local Time

(1) Not Official Weather Bureau Forecasts

Manager (interviewing applicant for job).—"And how long have you been out of work?"

Applicant.—"Well, I couldn't just say, sir. I've lost my birth certificate."

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



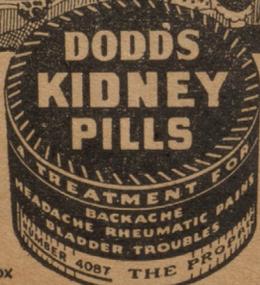
JANE CARSON MAKES SUCH A SPLENDID PRESIDENT

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



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

How to Get A GOOD NIGHT'S REST



IF 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.

WHISTLE FACTS

The whistle of a locomotive is higher in pitch as a train approaches and lower after it has passed because as the train approaches, vibrations strike the ear with increasing frequency, causing a higher pitch. After passing, the vibrations are strung out as the distance increases.

"What have you done with that book, 'How to Live a Hundred Years'?" asked Mrs. Brown.

"You don't think I'm going to leave that lying about with your mother in the house, do you?" replied Mr. Brown.

Had To Get Up At Night



G. Lariviere

"I am a farmer, 35 years old," writes Georges Lariviere, St. Zacharie, Beauce Co., P.Q. "I started suffering with back-ache and had to get up often at night. This trouble increased until I had to stop working at the height of the spring planting season. After reading Dodd's

Almanac I decided to try Dodd's Kidney Pills. I used 2 boxes and was able to do my work without feeling any pain. Since that time I use 2 or 3 boxes each spring and feel very well."

PRUNING YOUNG FRUIT TREES

When purchasing a young fruit tree it usually has many more twigs than necessary so some pruning will be in order.

Do not cut back the top but do remove all low branches. The usual height for small-growing trees is twenty-four inches up to the lowest branch and eight inches between branches.

All branches which will later form a crotch should be eliminated. The branches should not be directly one above the other but going in all directions. If the tree is looked at from directly above the branches, it should suggest the evenly placed spokes of a wheel. This allows for maximum of sunshine and results in abundant crops.

Sandy was paying \$7.50 weekly board and lodgings. One day his landlady said: "Sandy, I am afraid I'll have to charge you \$1 a week more, you are such a good eater."

"For goodness sake," cried Sandy, "dinna do that, I'm killing myself already trying to eat \$7.50 worth."

A Friend Gave Her Dodd's



"I am 22 years of age and teach in a rural school," writes Miss Doris Robart, R.R. 5, Kingston, N.S. "Four years ago while doing heavier work than I had been accustomed to I had continued trouble with my back.

Miss D. Robart A friend gave me some Dodd's Kidney Pills which I used and found quite effective. I then bought myself a box and found they helped me wonderfully. Since then I always keep a box on hand and as soon as the pain begins I use Dodd's Kidney Pills and find that it soon disappears leaving me feeling fit."

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.

Shaking hands with the right hand started in the days when everyone carried a sword or knife. In those ancient days it was customary, to indicate a friendly feeling, to hold out the right hand, showing that there was no knife or sword therein for attack.

How to Make FOOD Go FARTHER

Making a plea for more thrift in the kitchen, a recent issue of *Esquire* carries the following suggestions for making use of left-over foods.

First of all never throw bread away. If stale, turn it into bread-crumb flour by toasting it in the oven and then pounding it. Or convert it into bread pudding, bread sauce, or croutons for soup or salad. Or fry it in butter, milk or egg to make a modest but tasty course. Here is a wonderful Near Eastern dish called Ekmer Khadaiff:

Steam a large but thin piece of stale bread with the juice of 2 lemons and 4 cups of water. When puffed put in a flat pan. Pour a pint of honey over it and bake until golden brown.

Turn the remains of steak-vegetable-potato dinner into a casserole. Or a cottage pie this way:

Cut cold meat in neat slices; slice left over potatoes. Boil an onion in salted water, chop fine. Butter a pie dish, place a layer of potatoes and some of the onion on the bottom; season with salt and pepper. Lay slices of meat on top, then a layer of potatoes, onion, salt and pepper, and so on. Pour some gravy or melted butter over it. Bake for 1½ hours.

Left over vegetables take a new lease on life if you serve them with butter sauce:

Melt butter over a slow fire. Skim it, add lemon juice, salt and paprika. Or a butter mustard sauce with mustard taking the place of lemon juice. Or a cream sauce made of butter, milk, flour, cream and seasoning.

The yellow legs, the bones of a chicken and ten cents worth of greens make an excellent soup.

The discarded large outer leaves of lettuce contain 5,000 units of Vitamin "E" (valuable for would-be mothers), while the inner part, the much preferred "hearts of lettuce" has only 150 units. If the large leaves are wilted, shred the salad finely. Unless you have a dislike for apple peels, eat them too, as the vitamins are directly under the skin of fruits. It is a shame not to

make delicious candy of orange, grapefruit or lemon peel, this easy way:

Cut the peel into quarters. Keep over-night in salted water. Drain and wash. Cook, changing water frequently. When tender, drain. Make a syrup of equal measures water and sugar. Boil 5 minutes. Add the peel to the syrup and cook until transparent. Drain on a platter and roll in granulated sugar.

Rancid butter is perfectly good in cooking, as the rancid taste disappears as soon as the butter is browned.

Sour milk makes cottage cheese:

Heat milk to 95° Fahrenheit over hot water and put aside for a few minutes. Pour the mass into a cheesecloth bag and hang to drain. Chopped parsley, chives and olives may be used for flavouring.

Coffee grounds need never be thrown out. After using, dry on a hot stove or in the air. With a little fresh coffee added, another pot, nearly as aromatic as the first, may be made.

With tea leaves the situation is much the same. Pour the tea off the leaves after 3 or 4 minutes and preserve them for the next day, adding a few fresh ones.

This excellent sauce gives new zest to left-over chicken, vegetables, croquettes, and other edibles which might be wasted, and it may be stored for several weeks:

Melt a tablespoon of sweet butter, add 6 tablespoons of flour, mix well and cook till brown; add gradually 1 quart of boiling milk, and one onion, stirring constantly, with a teaspoon of salt. Cook for an hour over low heat in a saucepan, and strain through cheesecloth. Put in a mayonnaise jar.

ATHLETE'S FOOT

—is easy to get, hard to get rid of, unless you treat it with a penetrating fungicide like Scoot. Scoot is a stainless cream, that soothes and relieves itching and burning. It penetrates

and kills the Athlete's Foot fungus at its source. Scoot is clean, safe, effective. Handy Tube 50c. 56

Sweeping the Floor was Agony

Until Newfoundland Woman Used Dodd's



Mrs. J. Follett

"I am a fisherman-farmer's wife, 45 years of age," writes Mrs. John Follett, Angels Cove, Placentia East, Nfld. "A few years ago I had an attack of the flu' which left me with a very bad back.

The pain was indescribable. When I would stoop I could hardly straighten up. Even sweeping the floor was agony. My mother advised me to use Dodd's Kidney Pills. She called them 'The Old Reliable'. I used 4 boxes and my pain was gone."

Although gravity and the rotation of the earth differ sufficiently with latitude and altitude to make or break many sports records, no athlete or judge of athletic games has ever been known to take them into consideration. For example, a man can put the shot farther in Bombay than in Helsinki owing to the decrease in gravity, and he can also throw it farther east than west in any city, owing to the earth's rotation.—*Colliers.*

ANAEMIA 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 used regularly are an excellent treatment as it is their function to help the kidneys to remove impurities from the blood.

7th month JULY, 1943 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.....	2	7	44 a.m.
●	First Qtr.....	10	11	29 a.m.
●	Full Moon.....	17	7	21 a.m.
●	Last Qtr.....	23	11	38 p.m.
●	New Moon.....	31	11	6 p.m.

Day of Month	Day of Week	Zodiac Signs	*Sun		Moon Rises a.m.	(1) Weather Probs.
			Rises	Sets		
			H.M.	H.M.	H.M.	
1	T	♉	4 17	7 50	3 37	Very warm spell.
2	F	♉	4 17	7 50	4 22	
3	S	♉	4 18	7 50	sets	
4	Sun	♊	4 18	7 50	p.m.	Continues warm most of week.
5	M	♊	4 19	7 50	9 39	
6	T	♊	4 19	7 49	10 10	
7	W	♊	4 20	7 48	10 38	
8	T	♊	4 21	7 48	11 05	
9	F	♊	4 22	7 48	11 31	Some rain and cooler.
10	S	♊	4 22	7 48	11 58	
11	Sun	♈	4 23	7 47	a.m.	
12	M	♈	4 24	7 46	0 27	Week of fine summer weather.
13	T	♈	4 25	7 45	0 59	
14	W	♈	4 26	7 45	1 37	
15	T	♈	4 26	7 45	2 23	
16	F	♈	4 27	7 44	3 16	
17	S	♈	4 28	7 43	rises	
18	Sun	♉	4 29	7 42	p.m.	
19	M	♉	4 30	7 41	9 16	Clear skies and much heat.
20	T	♉	4 31	7 41	9 52	
21	W	♉	4 32	7 40	10 24	
22	T	♉	4 33	7 39	10 54	
23	F	♉	4 34	7 38	11 23	
24	S	♉	4 35	7 37	11 53	
25	Sun	♊	4 36	7 36	a.m.	
26	M	♊	4 37	7 34	0 24	
27	T	♊	4 38	7 33	0 59	
28	W	♊	4 39	7 32	1 37	
29	T	♊	4 40	7 31	2 20	
30	F	♊	4 42	7 30	3 07	
31	S	♊	4 43	7 29	3 59	

*See page 3 for Local Time

(1) Not Official Weather Bureau Forecasts

Joan.—"I'm sorry, I quite forgot your party last night."

Jill.—"Oh, weren't you there?"

RATES OF POSTAGE

Letters and Post Cards. Canada, United States, Newfoundland, Great Britain, Ireland, all other places in the British Empire, France, Spain, 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 Province†	.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 Province†	.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.I.	Ontario	13	22	31	40	49	58	67	75	83	90	97	1.04	1.11	1.18	1.25	1.50	1.75
N.B., N.S., or P.E.I.	Manitoba	14	26	38	50	62	74	86	98	1.09	1.20	1.31	1.42	1.53	1.64	1.75	2.00	2.25
N.B., N.S., or P.E.I.	Sask., Alta., B.C., or Yukon*	15	28	41	54	67	80	92	1.04	1.16	1.28	1.40	1.52	1.63	1.74	1.85	2.20	2.50
Quebec	Manitoba	13	22	31	40	49	58	67	75	83	90	97	1.04	1.11	1.18	1.25	1.50	1.75
Quebec	Saskatchewan	14	26	38	50	62	74	86	98	1.09	1.20	1.31	1.42	1.53	1.64	1.75	2.00	2.25
Quebec	Alta., B.C., or Yukon*	15	28	41	54	67	80	92	1.04	1.16	1.28	1.40	1.52	1.63	1.74	1.85	2.20	2.50
Ontario	Saskatchewan	13	22	31	40	49	58	67	75	83	90	97	1.04	1.11	1.18	1.25	1.50	1.75
Ontario	Alberta	14	26	38	50	62	74	86	98	1.09	1.20	1.31	1.42	1.53	1.64	1.75	2.00	2.25
Ontario	British Columbia or Yukon*	15	28	41	54	67	80	92	1.04	1.16	1.28	1.40	1.52	1.63	1.74	1.85	2.20	2.50
Manitoba	Alberta	13	22	31	40	49	58	67	75	83	90	97	1.04	1.11	1.18	1.25	1.50	1.75
Manitoba	British Columbia	14	26	38	50	62	74	86	98	1.09	1.20	1.31	1.42	1.53	1.64	1.75	2.00	2.25
Manitoba	Yukon*	15	28	41	54	67	80	92	1.04	1.16	1.28	1.40	1.52	1.63	1.74	1.85	2.20	2.50
Saskatchewan	British Columbia	13	22	31	40	49	58	67	75	83	90	97	1.04	1.11	1.18	1.25	1.50	1.75
Saskatchewan	Yukon*	14	26	38	50	62	74	86	98	1.09	1.20	1.31	1.42	1.53	1.64	1.75	2.00	2.25
Alberta	Yukon*	13	22	31	40	49	58	67	75	83	90	97	1.04	1.11	1.18	1.25	1.50	1.75

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.

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.



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.

Couldn't Do Housework



Mrs. R. Smith

"I am 64 years of age, am living on a small farm, and have plenty of work to do," writes Mrs. Robert Smith, R.R. 1, Trenton, Ont. "A number of years ago I was so badly crippled in my legs I could not walk or do any housework. The pain in my back was almost impossible to bear. I had many sleepless nights. I tried many treatments but they proved unsatisfactory. After reading one day about Dodd's Kidney Pills I decided to try them. I bought 2 boxes and after using them felt so much better I bought 3 more boxes. Before I had used them all I was able to do my own work and the pain was all gone."

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, Biliousness, 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.

Nervous and Couldn't Sleep

She Soon Found Relief by Using Dodd's

8th month **AUGUST, 1943** 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.
☉ First Qtr.	8	10	36 p.m.
☾ Full Moon.	15	2	34 p.m.
☽ Last Qtr.	22	11	4 p.m.
☽ New Moon.	30	2	59 p.m.

Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon	(1) Weather Probs.
			Rises	Sets	Rises a.m.	
1	Sun	♌	H.M.	H.M.	H.M.	Week of warm dry weather.
2	M	♌	4 44	7 28	4 54	
3	T	♌	4 45	7 27	sets	
4	W	♌	4 46	7 25	p.m.	
5	T	♌	4 47	7 24	9 09	Fine August days not too warm.
6	F	♌	4 48	7 22	9 35	
7	S	♌	4 50	7 21	10 01	
8	Sun	♌	4 52	7 18	10 58	
9	M	♌	4 53	7 17	11 32	This week turns cloudy and wet.
10	T	♌	4 55	7 15	a.m.	
11	W	♌	4 56	7 14	0 12	
12	T	♌	4 57	7 12	1 00	
13	F	♌	4 58	7 11	1 58	Clear and continues very fine.
14	S	♌	4 59	7 10	3 04	
15	Sun	♍	5 01	7 09	rises	
16	M	♍	5 02	7 07	p.m.	
17	T	♍	5 03	7 05	8 21	Cloudy.
18	W	♍	5 04	7 03	8 53	
19	T	♍	5 05	7 02	9 23	
20	F	♍	5 07	7 00	9 54	
21	S	♍	5 08	6 58	10 25	Clear and continues very fine.
22	Sun	♍	5 09	6 56	10 59	
23	M	♍	5 10	6 54	11 37	
24	T	♍	5 11	6 53	a.m.	
25	W	♍	5 12	6 51	0 18	Cloudy.
26	T	♍	5 13	6 50	1 04	
27	F	♍	5 14	6 48	1 54	
28	S	♍	5 15	6 46	2 48	
29	Sun	♍	5 17	6 45	3 45	
30	M	♍	5 18	6 43	4 44	
31	T	♍	5 19	6 40	5 43	

*See page 3 for Local Time

(1) Not Official Weather Bureau Forecasts



Mrs. L. Franks

"I suffered for several years with kidney trouble and nervousness," writes Mrs. Lena Franks, 216 Ave. F, South, Saskatoon, Sask. "My back bothered me most of the time and I was unable to sleep. I tried all kinds of medicines without results. After reading Dodd's Almanac I bought a box of Dodd's Kidney Pills and started to use it. I began to feel better before I had used the first box. After using 4 boxes I was completely relieved. I am 52 years of age and do all my own housework."

The bloodhound did not derive its name from the bloodthirsty nature that is implied by the animal's ability to track down fugitives. It was the first breed of dog to have a pedigree and the term "bloodhound" was used originally simply to indicate that the animal was purebred, or had come from "blood" or "blooded" stock.

Had Backache After Flu'

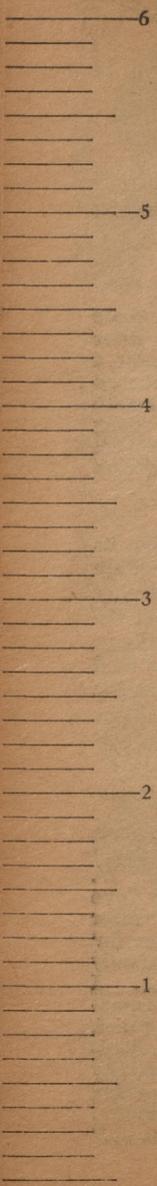


R. W. Ferris

"I am a farmer, 52 years of age," writes Russel W. Ferris, Young's Cove Road, N.B. "After recovering from flu' I suffered greatly with backache. I tried different remedies without relief. One day a friend advised me to try Dodd's Kidney Pills. After using just one box I felt very much better. The third box completely fixed me up."

Performer.—"I certainly object to going on right after that monkey act."
Circus Master.—"You're right. They may think it's an encore."

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

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

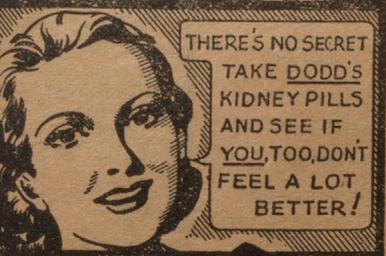
HOW ARE YOUR FEET NOW, ED?

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

THEY CALLED HER "MISERABLE MARY"



THEN SHE USED DODD'S KIDNEY PILLS



FACTS ABOUT YAWNING

Many people believe yawning is a sign of fatigue or boredom. But this is a false idea. Yawning is caused by a lack of oxygen in the system. People who live outdoors don't yawn before they go to sleep, nor do you yawn at a party because you're bored. More likely the room is stuffy and your body is asking for air.

Regard the yawn as a subconscious SOS call from your system for oxygen. When you yawn you take a deep breath and then you feel better. Your lungs have a chance to expand and your flagging energy picks up. It is the fresh supply of oxygen that helps you.

A woman who entertains frequently was recently disturbed because one of her parties lacked the usual sparkle and gaiety. But it was found that her living and dining-room windows were improperly ventilated. There was insufficient oxygen in the rooms and since each person needs at least eight hundred cubic feet of air space, her guests were mildly stifled. When her rooms were properly ventilated, the guests were gay and happy.

He Had To Stop Working

"I am a paper cutting machine operator, aged 54," writes F. J. Hickey, 257 Dalhousie St., Ottawa, Ont. "I stand up all day long which is a hard strain on the legs and back. About 2 years ago I felt severe pains in my legs. Then my back got so weak I finally had to stop work. A fellow worker came to see me one day and brought me a box of Dodd's Kidney Pills which I began using. After using about 3½ boxes the pains in my legs and back gradually disappeared."



F. J. Hickey

She Began To Feel Very Tired

Felt Like A New Person after using Dodd's

9th month SEPTEMBER, 1943 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.

☉	First Qtr.....	7	7	33 a.m.
☾	Full Moon.....	13	10	40 p.m.
☽	Last Qtr.....	21	2	6 a.m.
☾	New Moon.....	29	6	29 a.m.



Mrs. F. Comeau

"I am a housewife, 47 years of age," writes Mrs. Frank Comeau, 77 Simond St., Saint John, N.B. "About 14 months ago I began to feel very tired and could not do my house-

work. When I went out on the street I took dizzy spells. After reading about Dodd's Kidney Pills in a local newspaper, I decided to try them. After using one box I began to feel better. By the time I had used 2 boxes I felt like a new person."

Scientific studies have shown that the arrival of the first baby in the average family increases the work in the household about 50 per cent.

Although most creatures have a definite growth limit, others continue to increase in size as long as they live, among them being trees, fish, oysters, clams, shrimps, crabs and lobsters.—*Colliers.*

Grain Buyer Had Bad Back



A. Lindquist

"I am a grain buyer, 56 years of age," writes A. Lindquist, Glengarry Bldg., Saskatoon, Sask. "A few years ago I was bothered a lot with a weak back, and tried different kinds of remedies but no relief. Then a friend of mine recommended Dodd's Kidney Pills to me.

I used 2 boxes and the soreness disappeared."

Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon Sets p.m.	(1) Weather Probs.
			Rises	Sets		
			H.M.	H.M.	H.M.	
1	W	♈	5 20	6 38	7 40	Variable with some winds.
2	T	♈	5 22	6 36	8 06	
3	F	♈	5 23	6 36	8 32	
4	S	♈	5 24	6 34	9 01	
5	Sun	♉	5 25	6 32	9 33	Some rain but mostly fair.
6	M	♉	5 26	6 30	10 10	
7	T	♉	5 28	6 28	10 53	
8	W	♉	5 29	6 26	11 44	
9	T	♊	5 30	6 24	a.m.	Fine Autumn weather all this week.
10	F	♊	5 31	6 22	0 44	
11	S	♊	5 32	6 20	1 53	
12	Sun	♋	5 34	6 18	3 06	Clear skies and fair weather.
13	M	♋	5 35	6 17	4 23	
14	T	♋	5 36	6 14	5 40	
15	W	♋	5 37	6 12	rises	
16	T	♋	5 38	6 10	p.m.	
17	F	♋	5 39	6 08	8 22	
18	S	♋	5 40	6 07	8 56	
19	Sun	♌	5 41	6 05	9 33	Showery this week.
20	M	♌	5 43	6 02	10 14	
21	T	♌	5 44	6 00	10 58	
22	W	♌	5 46	5 59	11 48	
23	T	♌	5 47	5 58	a.m.	
24	F	♌	5 48	5 55	0 41	
25	S	♌	5 50	5 53	1 37	
26	Sun	♍	5 51	5 51	2 35	
27	M	♍	5 52	5 49	3 35	
28	T	♍	5 53	5 48	4 35	
29	W	♍	5 55	5 46	5 37	
30	T	♍	5 56	5 44	6 40	

*See page 3 for Local Time

(1) Not Official Weather Bureau Forecasts

Movie Actress.—"I want to get a divorce."

Lawyer.—"For what reason?"

Actress.—"Dear me, do you have to have a reason?"

Her Health was soon Improved

Young Mother Used Dodd's With Benefit



Mrs. Richards
 "I am 24 years of age and the mother of 2 small children," writes Mrs. W. E. Richards, Thornloe, Ont. "For several years I was troubled with backaches and a general run down condition. I could not sleep well nor do my housework without assistance. Seeing in Dodd's Almanac how others were helped I decided to give Dodd's Kidney Pills a trial. I started to use them and in a short time my health was remarkably improved. After using 4 boxes I no longer found my work a drudgery, and caring for two children was a real pleasure."

The most isolated spot in the world is Bouvet Island, a small uninhabited Norwegian possession in the South Atlantic. Within a radius of one thousand miles, or an area containing 3,146,000 square miles, there is no other land.

Took His Mother's Advice

"It was ten years ago when I first discovered the value of Dodd's Kidney Pills," writes W. Ranger, 211 Nicol St., Nanaimo, B.C. "I was telling my mother how my back ached when working at my bench. Knowing how she had benefited by using Dodd's Kidney Pills she told me to buy a box and use it. I did so with great results and would recommend Dodd's Kidney Pills to anyone with backache or bladder trouble."



W. Ranger

10th month OCTOBER, 1943 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.

☽	First Qtr.	6	3	10 p.m.
☾	Full Moon.	13	8	23 a.m.
☽	Last Qtr.	20	8	42 p.m.
☾	New Moon.	28	8	59 p.m.

Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon	(1) Weather Proba.
			Rises	Sets	Sets p.m.	
1	F	♏	H.M.	H.M.	H.M.	Fine.
2	F	♏	5 57	5 42	7 04	
3	Sun	♏	5 59	5 39	8 10	Clear sunshiny weather this week.
4	T	♏	6 00	5 37	8 50	
5	T	♏	6 02	5 35	9 38	
6	T	♏	6 03	5 33	10 34	
7	F	♏	6 04	5 31	11 38	
8	F	♏	6 05	5 30	a.m.	
9	S	♏	6 07	5 28	0 47	Some cold rain and then clears.
10	Sun	♏	6 08	5 26	2 00	
11	M	♏	6 10	5 24	3 15	
12	T	♏	6 11	5 22	4 30	
13	W	♏	6 12	5 21	rises	
14	T	♏	6 14	5 19	p.m.	
15	F	♏	6 15	5 17	6 51	
16	S	♏	6 16	5 15	7 26	
17	Sun	♏	6 17	5 13	8 06	Fine Autumn weather and milder.
18	M	♏	6 18	5 12	8 50	
19	T	♏	6 20	5 10	9 38	
20	W	♏	6 22	5 08	10 31	
21	T	♏	6 23	5 06	11 26	
22	F	♏	6 24	5 05	a.m.	
23	S	♏	6 25	5 04	0 24	Month ends cool and windy.
24	Sun	♏	6 27	5 02	1 23	
25	M	♏	6 28	5 00	2 23	
26	T	♏	6 30	4 58	3 24	
27	W	♏	6 31	4 57	4 27	
28	T	♏	6 32	4 56	sets	
29	F	♏	6 33	4 54	p.m.	
30	S	♏	6 34	4 52	6 09	
31	Sun	♏	6 36	4 50	6 48	

*See page 3 for Local Time

(1) Not Official Weather Bureau Forecasts

"It's not the school I'm complaining about," said the small boy who had been called to interview the headmaster, "it's the principal of the thing."

HOW TO REMOVE PORCUPINE QUILLS FROM DOGS

The right method of removing porcupine quills from dogs is given by an inspector of the Society for the Prevention of Cruelty to Animals.

"Cut off the tops of the quills, leaving about one inch protruding. A porcupine quill swells when it becomes imbedded. This is because there is air imprisoned in it which expands when it gets into warm flesh. Cutting off the top of the quill releases this air, deflates the quill and enables it to be pulled out much more easily." Using pliers or tweezers without first cutting off tops of the quills, causes extreme pain to the animal.—*Saskatchewan Farmer*.

When becoming unconscious, a person's face turns red, white or blue, depending on the cause. It becomes red, for example, when one suffers from sunstroke, white when one is stricken with heat exhaustion, and blue in cases of choking and electric shock.

A man likes to feel that he is loved—
a woman likes to be told.—*Myrtle Reed*.

Dressmaker Felt Crippled



Mrs. P. Baker

"I am a dressmaker, 31 years of age," writes Mrs. Peggy Baker, 953 Robinson St., Regina, Sask. "I was crippled up with a sore back and stiff legs. Every time I got up I would get dizzy spells. I tried many medicines and got no results. I read about Dodd's Kidney Pills and started using them. After using 2 boxes I found great relief. I used one more box and could do dressmaking again without pains or aches."

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.

ANSWERS TO THE QUESTIONS ON REDUCING—See Page 4

All right, here are the answers. See how you made out.

1. Butter is more than twice as fattening as sugar. One ounce of butter contains two and one-fourth times as many calories as one ounce of sugar.

2. Maybe this one fooled you! They all use the same number of calories—.85 calories per pound per hour.

3. No. Neither lemons nor any other food is reducing.

4. No. One may inherit a tendency to put on weight easily, but fat itself is not inherited. Only excess food can cause excess weight.

5. No! The best housewives know that the addition of soda causes the rapid destruction of the vitamins.

6. Statistics prove that fat women are in the majority.

7. Statistics also reveal that the average weight gain is greatest between the ages of 30 and 40.

8. One eight-ounce glass of grape-juice contains the same number of calories as an eight-ounce glass of whole milk—160 calories.

9. Yes, you could if you kept your calories intake sufficiently low. But without the protective foods you would lose your health and looks.

10. Nobody has been known to reduce by going without sleep. You become lethargic, your will power dwindles, you lose interest in your diet, and you lounge around all you can. Sufficient sleep to keep feeling fit speeds up a reducing program.

He Had No Appetite



C. G. Davey

"I am a wood-worker, 57 years of age," writes C. G. Davey, 1344 Bloor St. W., Toronto, Ont. "Ten years ago I was bothered with kidney and bladder trouble. I had no appetite and a kind of sickly feeling. At my wife's suggestion I started to use Dodd's Kidney Pills. After a few doses I began to feel better. I used 4 boxes, my appetite returned and I had no more trouble."

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.

Scout—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.

Small Daughter.—“What is alimony, Mother?”

Mother (former wife of insurance agent).—“Alimony is a man's cash surrender value, dear.”

“Steal My Thunder”—John Dennis, a playwright of Shakespeare's time, wrote tragedies which were so bad that the actors refused to perform them. Dennis also invented an excellent back-stage imitation of thunder. One night he was at the theatre when a rival's drama was being played. A roll of thunder pealed forth back-stage. Up rose John and shouted to the audience, “By God, they won't act my tragedy, but they steal my thunder”!

Dodd's Gave Him Relief

“A few years ago while in the cartage business, I was out in all kinds of weather, winter and summer,” writes A. M. Rogers, 2326 Coleraine St., Montreal, P.Q. “I suffered with my back and kidneys. When



A. M. Rogers

I would stoop down and then rise up again I thought my back was breaking. I used to get up 5 or 6 times during the night and in the mornings felt very tired, just as if I had had no rest at all. On the advice of friends I used several boxes of Dodd's Kidney Pills and found great relief. I am now 47 years of age and feel fine.”

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.

Felt Tired and Nervous



Mrs. Woodside

"I am a married woman, 53 years of age," writes Mrs. Charles B. Woodside, R.R. 1, Kensington, P.E.I. "I was nervous, could not sleep, and always felt tired. After using Dodd's Kidney Pills I felt completely restored to health. Today it is a pleasure

for me to do my housework."

When You ASK for DODD'S Be Sure You GET DODD'S

LOOK OUT for those who may try to sell you something else when you ask for Dodd's Kidney Pills. You don't know anything about what 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 used 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.



Had To Sit To Do Housework

Felt Like New Person After Using Dodd's



Mrs. F. Dalton

"After my third child was born my back pained so badly I had to sit down to do some of my housework," writes Mrs. Florence Dalton, Oliver, B.C. "My legs and ankles began to swell badly which made it more difficult for me to get around. My husband was using Dodd's Kidney Pills at the time and asked me to try them as he had received such relief for backache. I used two boxes of Dodd's Kidney Pills and felt like a new person. I had a slight repeat of the trouble after my fifth child so used another box of Dodd's Kidney Pills and that cleared it up. Since then I have done all my housework and taken up fruit packing as well. I am 49 years of age and give a lot of credit to Dodd's Kidney Pills for my good health and strength."

About 80 per cent of all the buildings struck by lightning in this country are farm structures.

Acted on Friend's Advice



M. McTavish

"A few years ago I suffered for some time from kidney trouble," writes Menzie McTavish, 371 Edmonton St., Winnipeg, Man. "I was advised by a personal friend to try Dodd's Kidney Pills. I acted on his advice and got such relief and satisfaction from one box that I did not consider it necessary

to continue the treatment."

11th month NOVEMBER, 1943 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.
First Qtr.	4	10	22 p.m.
Full Moon.	11	8	26 p.m.
Last Qtr.	19	5	43 p.m.
New Moon.	27	10	23 a.m.

Day of Month	Day of Week	Zodiac Signs	*Sun		Moon Sets p.m.	(1) Weather Probs.
			Rises	Sets		
1	M	T ♄	H.M. 6 37	H.M. 4 49	H.M. 7 34	Fine clear days this week.
2	T	W ♃	6 38	4 48	8 23	
3	W	T ♄	6 40	4 47	9 30	
4	T	F ♃	6 41	4 45	10 37	
5	F	F ♃	6 43	4 44	11 47	
6	S	S ♄	6 44	4 43	a.m.	
7	Sun	S ♄	6 45	4 42	1 00	Winds rain and cloudy weather.
8	M	T ♄	6 47	4 40	2 12	
9	T	W ♃	6 49	4 39	3 24	
10	W	T ♄	6 50	4 38	4 36	
11	T	F ♃	6 52	4 37	rises	
12	F	F ♃	6 52	4 36	p.m.	
13	S	S ♄	6 55	4 34	5 59	
14	Sun	S ♄	6 56	4 33	6 41	Dull cloudy days all this week.
15	M	T ♄	6 57	4 32	7 28	
16	T	W ♃	6 58	4 31	8 19	
17	W	T ♄	6 59	4 30	9 14	
18	T	F ♃	7 00	4 29	10 11	Some fine days, week ends windy.
19	F	F ♃	7 02	4 28	11 09	
20	S	S ♄	7 03	4 28	a.m.	
21	Sun	S ♄	7 05	4 26	0 09	Clear.
22	M	T ♄	7 06	4 26	1 10	
23	T	W ♃	7 07	4 25	2 11	
24	W	T ♄	7 09	4 24	3 15	
25	T	F ♃	7 10	4 24	4 20	
26	F	F ♃	7 11	4 23	5 27	
27	S	S ♄	7 12	4 22	sets	
28	Sun	S ♄	7 14	4 21	p.m.	Clear.
29	M	T ♄	7 15	4 21	6 19	
30	T	W ♃	7 16	4 21	7 20	

*See page 3 for Local Time

(1) Not Official Weather Bureau Forecasts

"Is it true, Miss Lollop, that you are going to be married soon?"

"No, it isn't. But I'm very grateful for the rumor."



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.**

At 40 miles an hour, the average automobile will go almost three miles farther on each gallon of gas than at 55 miles an hour, and slightly more than six miles to the gallon farther than at 65 miles an hour.

At 35 miles an hour, your tires will manage to last more than twice as long as they will at 55.

Every man has it in his power to make one woman happy—by remaining a bachelor.

MINIMUM WEIGHTS OF PRODUCE

Per Bush.	Dried	Per Bush.
Wheat 60 lbs.		Peaches . . 33 lbs.
Corn in the ear 70 lbs.		Dried Apples 26 lbs.
Corn, shelled 56 lbs.		Clover Seed 60 lbs.
Rye 56 lbs.		Flax Seed . . 56 lbs.
Buckwheat . 48 lbs.		Millet Seed . 50 lbs.
Barley 48 lbs.		Hungarian Grass Seed 50 lbs.
Oats 32 lbs.		Timothy Seed 45 lbs.
Peas 60 lbs.		Blue Grass Seed 44 lbs.
White Beans 60 lbs.		Hemp Seed . 44 lbs.
Castor Beans 46 lbs.		Corn Meal . 48 lbs.
White Potatoes 60 lbs.		Ground Peas 24 lbs.
Sweet Potatoes 55 lbs.		Malt 34 lbs.
Onions 57 lbs.		Turnips . . . 55 lbs.
Turnips . . . 55 lbs.		Bran 20 lbs.

While liquids and semisolids travel from the throat to the stomach in about six seconds, some dry foods require as long as fifteen minutes.

Backache After Baby Came

"I am 28 years of age, and the mother of 4 girls," writes Mrs. James C. Irvine, Sexton Street, Port Perry, Ont. "Before the birth of my first child I suffered terribly with my back. A friend told me about Dodd's Kidney Pills. I used one box and they did wonders for me, so I continued to use them until after my baby was born, and I never knew what it was to have a backache. I used Dodd's Kidney Pills before the birth of all my children."



Mrs. J. Irvine

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 formulæ were examined before discovering the one which is offered to the public as Dodd's Antiseptic Healing Ointment.

This formula was chosen for various reasons: chief among them being 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 50^c

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.**



**YOU CAN'T GO
ALL-OUT**

**IF YOU FEEL
ALL-IN**

*Help Keep Fit by Keeping
THE KIDNEYS in Good Order*

Woe

**DODD'S
KIDNEY
PILLS**

TREATMENT FOR
BACK PAIN
RHEUMATISM
MIGRAINE
HEADACHE
URIC ACID
GOUT
NEURALGIA
AND ALL THE AFFECTIONS
OF THE URINARY TRACT

A FAVOURITE REMEDY FOR MORE THAN HALF A CENTURY

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.

Flashes of lightning from a cloud to the earth have been less than three thousand feet in length, while flashes from one cloud to another have been more than twenty miles.

Stenographer was always Tired

Almost Discouraged Before Using Dodd's

12th month DECEMBER, 1943 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.

First Qtr. 4 6 3 a.m.
Full Moon 11 11 24 a.m.
Last Qtr. 19 3 3 p.m.
New Moon 26 10 50 p.m.



"I am 25 years of age and work in an office as a stenographer," writes Miss Rita Blanchet, 824 Gilford Street, Montreal, P.Q. "I was always tired and almost every day I suffered very much with backache and headaches. I used many medicines without result. I was getting discouraged when I received Dodd's Almanac. After reading it carefully I bought a box of Dodd's Kidney Pills and started to use it. After using 2 boxes I was getting better. I used 2 more boxes and felt in good health."

It takes a baby approximately two years to learn to talk, and between sixty and seventy-five years to learn to keep his mouth shut.—Anon.

Usher Suffered 7 Months



M. Carroll

"In 1935 I was employed as a theatre usher," writes Michael Carroll, 73 King's Road, St. John's, Nfld. "I was on my feet constantly afternoons and evenings, and had some heavy lifting and carrying to do in the mornings. One evening I felt severe pains in my back. The next day both back and legs were aching. For 7 months I put up with this agony trying to fight it off. Finally at a friends suggestion I started to use Dodd's Kidney Pills. After the second box I found relief in both back and legs, and a lot more energy for work. After the fourth box my pains were all gone."

Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon Sets	(1) Weather Probs.
			Rises	Sets	p.m.	
1	W	♈	H.M.	H.M.	H.M.	Some fine days.
2	T	♈	7 17	4 20	8 27	
3	F	♈	7 18	4 20	9 38	
4	S	♈	7 20	4 20	10 50	
5	Sun	♉	7 22	4 19	0 02	Some cloudy days and then clear.
6	M	♉	7 23	4 19	1 13	
7	T	♉	7 24	4 19	2 24	
8	W	♉	7 25	4 19	3 33	
9	T	♊	7 25	4 19	4 41	Rain or sleet and windy.
10	F	♊	7 26	4 18	risers	
11	S	♊	7 27	4 18	p.m.	
12	Sun	♋	7 28	4 18	5 19	
13	M	♋	7 29	4 18	6 08	Light snow falls then clears.
14	T	♋	7 30	4 18	7 02	
15	W	♋	7 31	4 19	7 59	
16	T	♋	7 31	4 19	8 57	
17	F	♋	7 32	4 19	9 56	Cold weather at end.
18	S	♋	7 32	4 20	10 56	
19	Sun	♌	7 33	4 20	11 56	
20	M	♌	7 33	4 21	a.m.	
21	T	♌	7 34	4 21	0 58	Cold weather at end.
22	W	♌	7 35	4 21	2 01	
23	T	♌	7 36	4 22	3 06	
24	F	♌	7 36	4 23	4 14	
25	S	♌	7 37	4 23	sets	Cold weather at end.
26	Sun	♍	7 37	4 24	p.m.	
27	M	♍	7 37	4 24	5 03	
28	T	♍	7 38	4 25	6 09	
29	W	♍	7 38	4 26	7 22	Cold weather at end.
30	T	♍	7 38	4 27	8 36	
31	F	♍	7 38	4 27	9 51	

*See page 3 for Local Time

(1) Not Official Weather Bureau Forecasts

"What do you want with a new hat?"
"Oh, a new frock, some stockings and a new pair of shoes. Thank you, dear!"

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*.

ORIGIN OF FOOD PLANTS

"All cultivated plants were derived from wild species. Every important cultivated food plant now utilized was actually in cultivation at the dawn of recorded history. All of the cultivated cereals except maize or Indian corn, and most of the temperate zone vegetables and fruit are of European or Asiatic origin. These include wheat, barley, rye, oats, rice, millet, sorghum, Italian millet, buckwheat, turnip, carrot, parsnip, beet, cabbage, chard, mustard, radish, onion, leek, garlic, spinach, egg-plant, lettuce, endive, celery, asparagus, globe artichoke, pea, lentil, broad bean, apple, pear, plum, cherry, wine grape, apricot, peach, prune, olive, fig, almond, melon, watermelon, cucumber, orange, lemon, lime, date, mango and many others. Not one of these was known in America until after they were introduced by the European colonists.

"The important American contributions include maize or Indian corn, the potato, sweet potato, all types of squashes and pumpkins, all varieties of garden and field beans, lima beans, tomato, pepper, Jerusalem artichoke, cacao, cashew, papaya, avocado, cassava or tapioca and the peanut. These are the plants basic to the agriculture of North and South America on which the early high civilization of Mexico, Central America, Bolivia and Peru were based. Not one of them was known in Europe or Asia until after the voyage of Columbus in 1492."—*Farm and Ranch Review*.

"Hey, Bill!" yelled the electrician to his helper, "grab hold of one of those wires."

"O.K.," said Bill, "I've got one".

"Feel anything?"

"Nope."

"Good! I wasn't sure which was which. Don't touch the other!"

Hints on Foot Comfort

When buying new shoes make sure there is no tension across the instep. If a shoe wrinkles under the pressure of your fingers, it is too wide. If there is no give at all, it is too tight.

There should be $\frac{3}{4}$ inch (about the width of your thumb) between the end of the great toe and the end of the shoe.

Two pairs of shoes worn on alternate days will outlast three pairs when each pair is worn for several days without changing. The acids that collect in leather from foot perspiration will cause the leather to deteriorate unless the shoe is given a chance to dry. Keep your heels squared up.

To avoid ingrown nails, trim the nails short and straight across. Between regular tub baths try dipping the feet in cold water. Don't soak them. Then tamp them dry with a towel. Don't rub, as rubbing brings the blood to the surface and makes feet perspire. Change socks frequently, daily if possible. Dust borated talcum powder inside the sock and also the shoe. Foot powder acts as an astringent and cuts down friction.

Felt Faint When Standing

"After my first baby was born, I had a great deal of pain in my back which seemed to cause spells almost like a faint if I had to stand more than a few minutes," writes Mrs. W. B. Douglas,



Mrs. Douglas

Oakland, N.S. "I saw Dodd's Kidney Pills advertised and started to use them. After using 4 boxes the pain was relieved and the fainting spells disappeared."

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.

Silica gel, a processed sand with a very high moisture adsorptive quality, is now being used in cupboards to keep salt, sugar and crackers dry, in drawers to preserve important papers and in cabinets to prevent the rusting of tools and instruments. By turning from blue to pink, the sand indicates that it has reached the moisture limit and must be dried in an oven.—*Colliers*

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 use 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



WHEN 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

LIFE SEEMED A BURDEN TO BETTY



UNTIL -

WHY BETTY - NOT READY YET? IT'S ALMOST 2:30

YOU GO ON ANN I NEVER SEEM TO KEEP UP WITH MY WORK RECENTLY I FEEL SO "ALL IN"

HAVE YOU THOUGHT IT MIGHT BE YOUR KIDNEYS? WHY NOT TRY DODD'S KIDNEY PILLS?

MAYBE YOU'RE RIGHT ANN - MOTHER DID SUGGEST DODD'S THE OTHER DAY

THEN SHE USED DODD'S KIDNEY PILLS

HELLO BETTY WILL YOU AND BILL COME OVER THIS EVENING

WE'D LOVE TO ANN - I WAS HOPING YOU'D CALL FOR I JUST FEEL LIKE GOING OUT TO-NIGHT

GOOD NIGHT ANN - THANKS FOR A LOVELY PARTY, AND THANKS ALSO FOR YOUR GOOD ADVICE

I'M SO GLAD YOU FEEL SO WELL AGAIN BETTY - BUT THANK DODD'S KIDNEY PILLS TOO

YOU'RE LOOKING YOUR OWN SWEET SELF AGAIN BETTY

AND FEELING IT TOO BILL, THANKS TO ANN - AND DODD'S KIDNEY PILLS

LOOK FOR THE BLUE BOX WITH THE RED BAND

DODD'S KIDNEY PILLS

TREATMENT FOR

HEADACHE BACKACHE RHEUMATIC PAINS

BLADDER TROUBLES

KIDNEY AND THE PROSTATE

411944

108992427