



# **Dodd's**

## **ALMANAC**

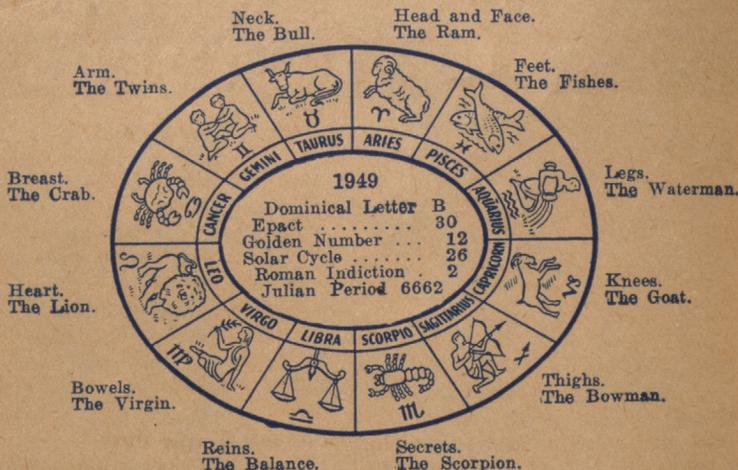
### **1949**

**USEFUL INFORMATION FOR FAMILY AND HOME**

### THE 1949 SEASONS (Eastern Standard Time)

Sun enters Aries—Spring begins.....	March 20th, 5.49 p.m.
Sun enters Cancer—Summer begins.....	June 21st, 1.03 p.m.
Sun enters Libra—Autumn begins.....	September 23rd, 4.06 a.m.
Sun enters Capricornus—Winter begins.....	December 21st, 11.24 p.m.

### ZODIACAL SIGNS



### HOLIDAYS, FESTIVALS, ANNIVERSARIES, ETC.

New Year's Day.....	Jan. 1	Easter Sunday.....	Apr. 17	Labour Day.....	Sept. 5
Epiphany.....	Jan. 6	St. George.....	Apr. 23	Hebrew New Year.....	Sept. 24
Septuagesima.....	Feb. 13	Rogation Sunday.....	May 22	Day of Atonement.....	Oct. 3
Valentine's Day.....	Feb. 14	Empire Day.....	May 24	Feast of Tabernacles.....	Oct. 8
Quinquagesima.....	Feb. 27	Ascension Day.....	May 26	Hallowe'en.....	Oct. 31
St. David.....	Mar. 1	Hebrew Pentecost.....	June 3	All Saints' Day.....	Nov. 1
Ash Wednesday.....	Mar. 2	Pentecost (Whit Sunday).....	June 5	St. Andrew's Day.....	Nov. 30
St. Patrick.....	Mar. 17	Trinity Sunday.....	June 12	Acc. K. George VI, 1936.....	Dec. 12
Palm Sunday.....	Apr. 10	Corpus Christi.....	June 16	B'h'd'y K. George VI, 1895.....	Dec. 14
First Day of Passover.....	Apr. 14	St. John the Baptist.....	June 24	Christmas Day.....	Dec. 25
Good Friday.....	Apr. 15	Domlnlon Day.....	July 1	Boxing Day.....	Dec. 26

### MORNING AND EVENING STARS (Greenwich Time)

**VENUS:**—Morning Star to 10 p.m. 16 April. Evening Star to 31 Dec., with greatest elongation East 6 p.m. 20 November. Greatest brilliancy 3 p.m. 26 December. **MERCURY:**—Evening Star to 6 p.m. 2 February, with greatest elongation East 3 a.m. 13 January. Morning Star to 8 a.m. 13 April, with greatest elongation West 5 a.m. 28 February. Evening Star to 10 p.m. 3 June, with greatest elongation East 8 p.m. 10 May. Morning Star to 9 p.m. 26 July, with greatest elongation West 10 a.m. 28 June. Evening Star to 8 p.m. 3 October, with greatest elongation East 11 p.m. 7 September. Morning Star to 10 p.m. 21 November, with greatest elongation West 9 a.m. 19 October. Evening Star to 31 December. **SATURN:**—Opposition to Sun 6 p.m. 21 February. Quadrature to Sun 1 a.m. 21 May. Conjunction with Sun 10 a.m. 2 September. Quadrature to Sun 12 noon 11 December. **MARS:**—Conjunction with Sun 11 a.m. 17 March. Quadrature to Sun 10 a.m. 19 December. **JUPITER:**—Conjunction with Sun 4 a.m. 1 January. Quadrature to Sun 7 a.m. 21 April. Opposition to Sun 8 a.m. 20 July. Quadrature to Sun 8 a.m. 17 October. **URANUS:**—Quadrature to Sun 12 noon 17 March. Conjunction with Sun 1 p.m. 22 June. Quadrature to Sun 10 a.m. 28 September. Opposition to Sun 2 a.m. 25 December. **NEPTUNE:**—Quadrature to Sun 7 p.m. 5 January. Opposition to Sun 10 p.m. 3 April. Quadrature to Sun 7 p.m. 4 July. Conjunction with Sun 1 p.m. 8 October.

**ECLIPSES IN 1949:**—Total Eclipse of the Moon, 13 April. Moon enters dark shadow 2.28 a.m., leaves 5.54 a.m. Beginning visible generally in North America, except the northwestern part. Ending visible in all North America. Partial Eclipse of the Sun, 28 April. Begins 5.52 a.m. Ends 9.45 a.m. Size of eclipse 0.609. Invisible in Canada; visible in the Arctic regions, Europe and the northwest part of Africa. Total Eclipse of Moon, 6-7 October. Moon enters dark shadow 1.05 a.m. 7 October, leaves 4.48 a.m. Beginning visible generally in North America, except the extreme western and northwestern parts. Ending visible in all North America. Partial Eclipse of Sun, 21 October. Begins 7.15 p.m. Ends 11.10 p.m. Size of eclipse 0.964. Invisible in Canada; visible in Australia, except the western part, and New Zealand.



# GREETINGS



## TO OUR READERS



Since 1896, Dodd's Almanac has been a yearly visitor to Canadian homes. This year as usual, editions of Dodd's Almanac in many different languages have been prepared and are being distributed to millions of homes in countries both north and south of the equator. The yearly flow of readers' letters is evidence that it continues to receive a welcome in the home. They also indicate that every member of the family enjoys the information, entertainment and helpful guidance the booklet contains. We hope that Dodd's almanac will continue to appeal to you.

Have you often considered why the Kidneys may be the cause of so many ailments? These two most important organs of the body have to filter poisons, excess acids and wastes from the blood. It is easily understood then what effect kidney disorder could have on various parts of the body.



The kidneys are delicate and must not be neglected. A chill, cold, strain or blow will affect them and may cause them to fail in their normal duties. This booklet contains articles describing symptoms of ailments which may arise from an upset kidney condition.



### Dodd's Kidney Pills

For over half a century Canada's most popular treatment for kidney ailments. Dodd's Kidney Pills help restore normal kidney action. They do not contain any harmful or habit-forming drugs.

### Dodd's Dyspepsia Tablets

An aid to better digestion. They help check excessive acidity and assist in supplying deficiency in the digestive juices.

### Diamond Dinner Pills

A mild, efficient laxative that will help tone up both liver and bowels by stimulating the flow of bile (Nature's own laxative), when constipation threatens.

### Dodd's Ointment

The all-purpose antiseptic healing salve—the active antiseptic properties of the ointment will assist in cleansing a wound and help promote an early recovery.

### Scot for Athlete's Foot

A cooling, soothing, healing snow-white foot cream that can help bring quick relief to burning, itching feet. Scot quickly penetrates and destroys the Athlete's Foot fungus.

The Dodds Medicine Co., Limited  
Toronto, Canada



**"I didn't believe  
Dodd's  
could  
help me."**

said  
**Miss I. Bangay**



BACKACHE, SLEEPLESS  
NIGHTS, WHAT WILL  
I DO....



EVEN IF YOU DON'T THINK  
DODD'S WILL HELP YOU,  
WHY DON'T YOU AT LEAST  
GIVE THEM A TRIAL?



I WILL  
THEN!

**After Using 4 Boxes of  
Dodd's Kidney Pills**

HOW WELL YOU  
LOOK IRENE!



THANKS TO DODD'S  
I FEEL FINE  
AGAIN - AND NOW  
I ENJOY A GOOD  
NIGHT'S SLEEP.

The above is based on information  
given us in a letter from Miss Irene  
Bangay, 68 Parade St., Yarmouth, N.S.

**QUIZ FOR  
STAR GAZERS**



1. What's the difference between a planet and a star?
2. Could you call the Earth a planet?
3. Can you name the largest planet

known?

4. Does the upper pair of bright stars in the bowl of the Dipper point to the North Star?
5. How do you tell whether or not stars are hot?
6. What is the common term for the star "Polaris"?
7. Is Sirius, (the Dog Star) the brightest star in the sky?
8. What are the names of the two stars called the "Twins"?

8. Castor and Pollux.  
stars are very hot. 6. North Star. 7. Yes.  
comparatively cool while blue and white  
by its colour; for example—red stars being  
4. Yes. 5. How hot it is on a star is indicated  
around the sun. 2. Yes. 3. Jupiter.  
**THE ANSWERS:—1. A planet revolves**

If you make out your income tax  
return wrong, you are in the hands of  
the law; and if you make it out right,  
you are in the hands of the receiver.

**OLD SUPERSTITIONS**

"Married in grey, you go far away;  
Married in black, you will wish yourself back;  
Married in brown, you will live out of town;  
Married in red, you will wish yourself dead;  
Married in green, ashamed to be seen;  
Married in yellow, ashamed of your fellow;  
Married in blue, you will always be true;  
Married in pink, your spirits will sink.  
Married in white, you have chosen aright."

What to wear for good luck:

- "Something old,
- Something new
- Something borrowed
- And something blue."

**STRANGE but TRUE**

AMBERGRIS, a waxy substance vomited by sick whales is used as the base of costly perfumes and is worth almost twice its weight in gold.



# SUNRISE AND SUNSET

## USE THIS TABLE TO DETERMINE YOUR LOCAL 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 Newfoundland (Atlantic Time Zone) add 1½ hours. In the Maritimes and far Eastern Quebec add 1 hour. In Ontario,

west of Fort William, Manitoba and S.E. Saskatchewan (Central Time Zone) subtract 1 hour. In Central Saskatchewan and Alberta (Mountain Time Zone) subtract 2 hours. In British Columbia (Pacific Time Zone) subtract 3 hours.

**\*Sunrise, Sunset, Moonset**—If you live in Southern Ontario or the district South of the St. Lawrence, you can obtain these times by applying the number of minutes opposite the town nearest to you, as listed below.

If you are situated in Northern Quebec or Ontario, or Western Provinces, it will be necessary to make the following additional corrections:

May to Aug.—Sunrise—subtract 15 min.  
Sunset add 15 min.

Nov. to Feb.—Sunrise—add 15 min.  
Sunset, subtract 15 min.

12th month **DECEMBER, 1948** 31 days

MOON'S PHASES—Eastern Standard Time

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

	D.	H.	M.
☽ First Qtr. ....	8	8	57 a.m.
☾ Full Moon. ....	16	4	11 a.m.
☽ Last Qtr. ....	23	12	12 a.m.
☾ New Moon. ....	30	4	44 a.m.

Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon Sets	(1) Weather Probs.
			Rises	Sets	p.m.	
			H.M.	H.M.	H.M.	
1	W	♊	7 18	4 20	4 34	
2	T	♋	7 19	4 20	5 26	
3	F	♌	7 20	4 20	6 26	Clearing.
4	S	♍	7 21	4 20	7 32	
5	Sun	♎	7 22	4 19	8 40	
6	M	♏	7 23	4 19	9 47	
7	T	♐	7 24	4 19	10 52	Cold with snow.
8	W	♑	7 25	4 19	11 56	
9	T	♒	7 25	4 19	a.m.	
10	F	♓	7 26	4 18	12 59	
11	S	♈	7 28	4 18	2 02	
12	Sun	♉	7 28	4 18	3 08	
13	M	♊	7 29	4 18	4 17	Bright clear days.
14	T	♋	7 30	4 18	5 29	
15	W	♌	7 31	4 19	6 43	
16	T	♍	7 32	4 19	rises	
17	F	♎	7 32	4 19	p.m.	
18	S	♏	7 32	4 20	6 22	
19	Sun	♐	7 33	4 20	7 42	Heavy sleet storm.
20	M	♑	7 33	4 21	9 02	
21	T	♒	7 35	4 21	10 22	
22	W	♓	7 35	4 21	11 39	
23	T	♈	7 36	4 22	a.m.	
24	F	♉	7 36	4 23	12 54	
25	S	♊	7 37	4 23	2 11	Clear and cold.
26	Sun	♋	7 37	4 24	3 27	
27	M	♌	7 37	4 24	4 43	
28	T	♍	7 38	4 25	5 59	
29	W	♎	7 38	4 26	sets	
30	T	♏	7 38	4 27	p.m.	Unsettled.
31	F	♐	7 38	4 28	5 16	

### British Columbia

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

### 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

### 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

### Quebec

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

### Prince Edward Is.

Charlottetown.....	Add 12
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### New Brunswick

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

### Nova Scotia

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

### Newfoundland

St. John's.....	Sub. 24
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1st Month

JANUARY, 1949

31 Days

Named after Janus, the two-faced god who looked both ways and was god of beginnings. Made the 1st Month of the Roman year 251 B.C.  
**AQUARIUS**—Water Carrier; Legs—This sign is derived from the season of rains and flood time of the River Nile.  
**GEM**—Garnet; **FLOWER**—Snowdrop; **VIRTUE**—Constancy; Cultivate Cheerfulness, be neat and careful, be a hard worker.

MOON'S PHASES—Eastern Standard Time

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

	D.	H.	M.
☉ First Qtr.....	7	6	51 a.m.
☾ Full Moon.....	14	4	59 p.m.
☾ Last Qtr.....	21	9	7 a.m.
☉ New Moon.....	28	9	42 p.m.

Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon	(1) Weather Probs.
			Rises	Sets	Sets p.m.	
1	S	♈	H.M. 7 38	H.M. 4 29	H.M. 6 38	
2	Sun	♈	7 39	4 30	7 45	
3	T	♈	7 39	4 31	8 51	
4	W	♈	7 38	4 33	9 55	Fair and cold.
5	T	♈	7 38	4 33	10 58	
6	F	♈	7 38	4 34	a.m.	
7	F	♈	7 38	4 35	12 01	
8	S	♈	7 38	4 36	1 05	
9	Sun	♈	7 38	4 37	2 12	
10	M	♈	7 37	4 38	3 22	Snow storms and blustery.
11	T	♈	7 37	4 39	4 34	
12	W	♈	7 37	4 40	5 46	
13	F	♈	7 36	4 42	6 53	
14	F	♈	7 36	4 43	rises	
15	S	♈	7 35	4 44	p.m.	
16	Sun	♈	7 35	4 45	6 59	
17	M	♈	7 34	4 46	8 21	
18	T	♈	7 34	4 48	9 42	Colder with occasional snow.
19	W	♈	7 33	4 49	10 59	
20	T	♈	7 32	4 50	a.m.	
21	F	♈	7 31	4 52	12 16	
22	S	♈	7 31	4 53	1 33	
23	Sun	♈	7 30	4 55	2 49	
24	M	♈	7 29	4 56	4 03	Snow storms and strong winds.
25	T	♈	7 28	4 57	5 12	
26	W	♈	7 27	4 59	6 12	
27	T	♈	7 26	5 00	7 01	
28	F	♈	7 25	5 02	sets	
29	F	♈	7 24	5 03	p.m.	
30	Sun	♈	7 23	5 04	6 38	Colder weather.
31	M	♈	7 22	5 06	7 44	

\*See page 3 for Local Time

(1) Not Official Weather Bureau Forecasts

"So you married that plump little girl who used to giggle so much?"  
 "Yes, I always did believe in a short wife and a merry one."

## HER LEG AND BACK CAUSED MUCH PAIN

Distress Seemed to Vanish After Using Dodd's Kidney Pills a Time

"I used to be troubled with leg pains and backache," writes Mrs. W. Snyder a housewife, 31 years of age, 3156 Shelbourne St., Victoria, B.C. "I found that by using Dodd's Kidney Pills the pains soon vanished. Dodd's Kidney Pills are always in the household medicine cabinet."



Mrs. W. Snyder

### STRANGE but TRUE



The total amount of rain falling on the Earth's surface day and night, amounts to 16,000,000 tons a second. Yet the Earth is not flooded. Evaporation keeps a perfect balance.

### YOUR CHARACTER BY THE STARS

January 21st to February 18th

Those born under the sign of AQUARIUS are capable of great things. Inventive and progressive, should make their mark in politics, medicine or music. Always seeking to help others. However you are apt to be careless and impractical and have a habit of making mistakes over and over.

\*\*\*\*\*



To Prevent Clothes From Sticking—When ironed, add a few drops of turpentine to the starch water.

# The KIDNEYS - an Endless Source Of Amazement

**T**HE kidneys are highly complicated filters which remove waste matter from the blood and retain those elements vital to the growth and repair of body tissue.

The blood laden with waste materials enters each kidney through an artery (see illustration) and is fed into 2,500,000 globe-like nests called *glomeruli*. It is within these small globular nests that the blood is filtered. Here the important chemicals of body-tissue nourishment and repair are held in the blood to be

returned to the circulating system. **BUT** the unwanted substances which pass out of the *glomeruli* are gathered up by the *collecting tubes*, carried to the funnel shaped area at the central edge of the kidney, going down through the ureters to the bladder and out of the body.

## HERE ARE MORE ITEMS OF INTEREST--

1. The kidneys are two of the most important organs of the body—bean shaped, about  $4\frac{1}{2}$ " long,  $2\frac{1}{2}$ " wide,  $1\frac{1}{4}$ " thick and averaging  $\frac{1}{2}$  of a pound in weight.
2. Those 2,500,000 nests or *glomeruli* (filters) referred to above, amount to between 75 and 140 miles in length and enclosed in a volume of approximately 20 cubic inches.

3. They filter impurities and body poisons out of the blood.

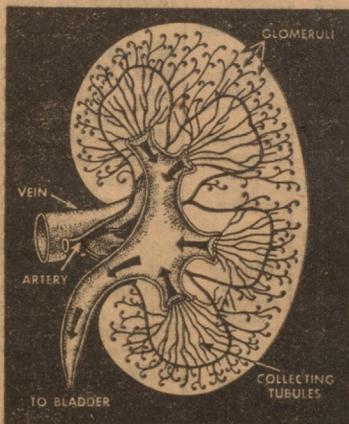
4. They help preserve normal acid-alkalinity balance of the body tissue by excreting excess acids.

5. About 600 quarts of blood flow through the kidneys every day.

6. An average of 4 drops of urine roll out of the kidneys every minute of the day and night.

7. Nature provides the average person with 9 times as much kidney tissue as needed, the surplus allows for emergencies.

You can now readily understand how necessary it is that the kidneys be kept in good condition.



**K**IDNEY trouble is sometimes hard to recognize in the early stages . . . some might notice a slight discomfort, others may feel irritable, some complain of back-ache, headache, rheumatic pains, lack of appetite or "draggy" feeling. It's in the early stages that *prompt action counts*. Use *Dodd's Kidney Pills*, they act directly on the kidneys . . . gently . . . effectively. To help keep the kidneys functioning properly, it is wise to use *Dodd's Kidney Pills* at regular intervals . . . a practice of thousands of users of *Dodd's Kidney Pills* who have found great benefits through this plan.

You Can Depend on "Dodd's"



## 2nd Month

## FEBRUARY, 1949

## 28 Days

The name comes from the Roman divinity Februns (Pluto) or Februa (Juno). Added to the Roman calendar about the year 412 B.C.  
**PISCES**—The Fishes; Feet.—This very old sign of life after death is presumed to mean the going back to work after the heavy rains.  
**GEM**—Amethyst; **FLOWER**—Primrose; **VIRTUE**—Constancy; Fight tendency to be obstinate or lazy.

### MOON'S PHASES—Eastern Standard Time

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

	D.	H.	M.
First Qtr.....	6	3	5 a.m.
Full Moon.....	13	4	8 a.m.
Last Qtr.....	19	7	43 p.m.
New Moon.....	27	3	55 p.m.

Day of Month	Day of Week	Zodiac Signs	* Sun		* Moon Sets p.m.	(1) Weather Probs.	
			Rises	Sets			
1	T	♊	H.M.	H.M.	H.M.	Unsettled becoming fair and colder.	
2	W	♋	7 21	5 07	8 46		
3	F	♌	7 18	5 10	10 53		
4	T	♍	7 17	5 12	11 57		
5	S	♎	7 16	5 13	a.m.		
6	Sun	♏	7 15	5 14	1 05	Stormy with frequent snow.	
7	M	♐	7 13	5 16	2 14		
8	T	♑	7 12	5 17	3 25		
9	W	♒	7 11	5 19	4 33		
10	T	♓	7 09	5 20	5 35		
11	F	♊	7 08	5 22	6 25		
12	S	♋	7 06	5 23	7 06		
13	Sun	♌	7 05	5 24	rises		Clear and cold.
14	M	♍	7 04	5 26	p.m.		
15	T	♎	7 02	5 27	8 38		
16	W	♏	7 01	5 29	9 59		
17	T	♐	6 59	5 30	11 18		
18	F	♑	6 57	5 31	a.m.		
19	S	♒	6 56	5 33	12 36		
20	Sun	♓	6 54	5 34	1 54	Snow storms and windy.	
21	M	♊	6 53	5 36	3 06		
22	T	♋	6 51	5 37	4 09		
23	W	♌	6 49	5 38	5 01		
24	T	♍	6 48	5 40	5 42		
25	F	♎	6 46	5 41	6 15		
26	S	♏	6 44	5 43	6 40		
27	Sun	♐	6 43	5 44	sets		Unsettled weather.
28	M	♑	6 41	5 45	p.m.		

\*See page 3 for Local Time

(1) Not Official Weather Bureau Forecasts

## BOTHERED BY KIDNEY TROUBLE FOR YEARS

*His Father Advised Use of Dodd's Because of the Relief He Had Got*

"For a number of years I suffered with kidney trouble," writes Nicolas Dugas, 21 years of age, Pointe Canot, New Brunswick. "It was my father who advised me to try Dodd's Kidney Pills. He told me what great relief they had given him. After I had used Dodd's Kidney Pills for a while my distress vanished."



Nicolas Dugas

### STRANGE but TRUE



A zebra is fawn colored with dark brown stripes—not an animal with light stripes or a light animal with dark stripes as so many of us think.

### YOUR CHARACTER BY THE STARS

February 19th to March 20th  
 People of the sign of PISCES are usually remarkably prudent. You like new ideas, can live anywhere and be happy. Usually gifted with one or more professions but lack confidence. Women are good homemakers. Your ability is great but only when you care to exert yourself.



**When Glue Thickens—**  
 In the bottle, moisten it with vinegar instead of water. Glue spots may also be dissolved this way.

Motorist—How far is it to the next town?

Native—Nigh on to five miles as the crow flies.

Motorist—Well, how far is it if a crow has to walk and carry an empty gasoline can?



# COVER MARK

## The Modern Miracle



The Safe Convenient Way to Conceal Skin Blemishes

### YOUR DISPOSITION

#### As Shown by the Color of Your Eyes

**BROWN (Light)**—Fickle-hearted, with no great depth of feeling. Craves diversion. Makes friends easily. Your eyes are liable to get you into mischief.

**BROWN (Dark)**—Independent and a deep thinker. Love of travel. People believe in your sincerity. Your eyes are your best asset.

**BLUE (Light)**—Jolly person and maker of fun. Humorous and original; kind and good-hearted. Enjoys company of opposite sex.

**BLUE (Dark)**—Strong character, with great vitality. Jealous to a degree; deep emotions. Talented. Love controls the nature.

**GRAY (Light)**—Pleasant disposition, but moody at times. Shrewd. Reserved on short acquaintance. Very affectionate toward loved ones.

**GRAY (Dark)**—Very determined and quick tempered, but easily reconciled. Practical in all things. The head always rules the heart.

**BLACK**—Magnetic and lovable, with power to control others. Strong passions and keen sense of humor. Your intuitions are usually right.

**GREEN**—Good natured and optimistic; takes life easily. Always willing to share happiness with others. Much sought after because of sweet nature.

**HAZEL**—Sweet-tempered and loving; easily led. You like a good time and are always at your best in company.

### STRANGE but TRUE

Origin of the word "almanac" is unknown. It is supposed to be Arabic words "al" and the "men" (month) combined. The oldest

fixed date in history is 4241 B.C. In that year Egyptian astronomers introduced the "year of 365 days" the one we use now.



Cover Mark is recommended and prescribed by leading specialists for covering all types of blemishes involving the pigment of the skin. It hides the blemish and stays on until removed. It will not rub off and it is as flexible as the skin itself. Here are some of the blemishes for which Cover Mark is recommended:—*Leucoderma (brown and white patches), birth marks, burns from injuries, acne (first stages) liver spots, tattoo marks, broken veins, varicose veins and others.*



### For Children with Blemishes

All children who have blemishes should use Cover Mark as soon as possible. Not so much to cover the blemish for appearance's sake, but to hide the mark from the eyes of other children. No one is more cruel than a child's innocent curiosity when asking a blemished youngster "What is that on your face." The unfortunate child soon feels conscious of being "different."

**COVER MARK CREAM** for large blemishes—In shades to suit your complexion. Trial Jar \$1.50, Regular size Jar \$3.00. Waterproof Cover Mark. Jar. \$1.50.

**SPOT-STIK** to conceal minor blemishes, in handy stick form, each 69c.

Available at Drug and Department Stores in Canada. Write for the descriptive **COVER MARK** booklet—Cover Mark Ltd., 54 Wellington St., West, Toronto 1.



### 3rd Month

**MARCH, 1949**

**31 Days**

Derived its name from the god of war, Mars. It was the first month of the Roman calendar.

**ARIES**—The Ram; **Head**.—This name probably comes from the first Babylonian month, Nisan, when sacrifices of rams were made.

**GEM**—Bloodstone; **FLOWER**—Violet; **VIRTUE**—Courage; Learn the value of silence—be a true friend.

#### MOON'S PHASES—Eastern Standard Time

+1 hr.=A.S.T.	-1 hr.=C.S.T.
-2 hr.=M.S.T.	-3 hr.=P.S.T.
	D. H. M.
☾ First Qtr. ....	7 7 42 p.m.
☾ Full Moon. ....	14 2 3 p.m.
☾ Last Qtr. ....	21 8 10 a.m.
☾ New Moon. ....	29 10 11 a.m.

#### YOUR CHARACTER BY THE STARS

March 21st to April 20th

You are the pioneering type born under the sign **ARIES** and should have great powers as a leader. Are full of imagination, energy and ardent emotions. You are easily angered and quick to forgive; inclined to be a Jack-of-all trades but you have a habit of letting your money get away from you.

\*\*\*\*\*

Day of Month	Day of Week	Zodiac Signs	Sun		Moon Sets p.m.	(1) Weather Probs.	
			Rises	Sets			
1	T	♈	6 39	5 47	7 40	Fair becoming stormy.	
2	W	♈	6 37	5 48	8 43		
3	T	♈	6 36	5 49	9 46		
4	F	♈	6 34	5 51	10 53		
5	S	♈	6 32	5 52	12 00		
6	Sun	♈	6 30	5 53	a.m.	Blustery snow squalls.	
7	M	♈	6 28	5 55	1 10		
8	T	♈	6 27	5 56	2 18		
9	W	♈	6 25	5 57	3 21		
10	F	♈	6 23	5 59	4 16		
11	T	♈	6 21	6 00	5 01		
12	S	♈	6 19	6 01	5 34		
13	Sun	♈	6 18	6 03	6 03	Clear skies and pleasant.	
14	M	♈	6 16	6 04	rises		
15	T	♈	6 14	6 05	p.m.		
16	W	♈	6 12	6 06	8 52		
17	T	♈	6 10	6 08	10 15		
18	F	♈	6 08	6 09	11 37		
19	S	♈	6 06	6 10	a.m.		
20	Sun	♈	6 04	6 12	12 54		Cold winds and snow flurries.
21	M	♈	6 03	6 13	2 02		
22	T	♈	6 01	6 14	2 59		
23	W	♈	5 59	6 16	3 44		
24	T	♈	5 57	6 17	4 18		
25	F	♈	5 55	6 18	4 45		
26	S	♈	5 53	6 19	5 08		
27	Sun	♈	5 51	6 21	5 26	Fair and colder.	
28	M	♈	5 50	6 22	5 42		
29	T	♈	5 48	6 23	sets		
30	W	♈	5 46	6 24	p.m.		
31	T	♈	5 44	6 26	8 43		

\*See page 3 for Local Time

(1) Not Official Weather Bureau Forecasts

## SHE WAS IRRITABLE WITH HER FAMILY

Read How Dodd's Kidney Pills Has Helped others in Dodd's Almanac

"I was troubled with pains in my hips and a tired feeling", writes Mrs. J. Pichie, housewife, 43 years of age, 700 Brown St., West Fort William, Ont. "I used to get irritable and cross with my family and I couldn't seem to get the housework done. One day I happened to read about Dodd's Kidney Pills in Dodd's almanac. I was impressed by the help they had given others. I decided to try them. Before I had even finished one box of Dodd's Kidney Pills the pains vanished and the tired feeling seemed to go. Never again will I be without Dodd's Kidney Pills."



Mrs. J. Pichie

### STRANGE but TRUE



Some sleep-walkers can act, speak and have the sense of touch, sight and hearing even though they are still asleep, according to authorities.

"Please can you tell me why the tide is not up this morning," asked the little girl at the seaside.

"Yes, missie," replied the old fisherman, "It's because it was out last night."

## QUEBEC WOMAN FELT YEARS YOUNGER

*Suffered Terribly but was Relieved on Using Dodd's Pills Awhile*

"I used to suffer terribly with my kidneys," writes Mrs. E. Lane, 70 King St., W., Apt. 5, Sherbrooke, Que., 55 years of age. "I could scarcely do my house work for the pains in my back. And my sleep was broken by the distress. But finally I found out about Dodd's Kidney Pills. I used several boxes of this wonderful remedy and I felt years younger. I am able to do my housework without any trouble now. I highly recommend the use of Dodd's Kidney Pills to those who suffer with their kidneys."



Mrs. E. Lane

Two men were standing on a street corner. One's name was Wood, the other Stone. A pretty girl came along and Wood turned to Stone, they both turned to 'rubber' and the girl turned into a drug store.

Bending it is said, takes 43% more energy than standing. Standing takes 8 per cent more energy than sitting, and walking upstairs takes 300 per cent more energy than walking on a level. It would be wise for the Housewife to budget her energy expenditure as well as her household necessities.



**Care of Hot Water Bottle**—Before the hot water bottle is put away, fill the bottle with a weak solution of soda water and shake well. Then empty and dip the whole bottle in the soda water (weak solution). Dry thoroughly

before wrapping and storing. After this treatment it may be left for several months without fear of hardening.



**EAT  
WHAT  
YOU  
LIKE**

**WITHOUT**

## AFTER DISTRESS

What a wonderful feeling to be able to eat what you like—when you like—without suffering the distress of Indigestion, Sick Headache, Biliousness, "that bloated feeling"—or in many cases nausea, vomiting and diarrhoea. Any one of these may indicate the need of Dodd's Dyspepsia Tablets.

**Dodd's Dyspepsia Tablets act in 6 effective ways as an aid to faulty digestion. They help:**

1. Supply deficiency in the gastric juices.
2. Supply ingredients to digest starches.
3. Check excessive acidity.
4. Check irritation of the stomach lining.
5. Check nausea.
6. Check diarrhoea.



## Mother NATURE Cleans House in the SPRING ..



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

## DODD'S RELIEVED HIS LONG SUFFERING

*Newfoundland Man Had Leg and Back Pains for Almost Five Years*



I. Brown

"I am 27 years of age and have worked as a lumberman and fisherman," writes Isaac G. Brown, Cow Head, St. Barbe, Newfoundland. "Off and on over a period of 5 years I have had backaches and leg pains. In Dodd's almanac I read how Dodd's Kidney Pills had been a help to others and gave them a trial. On finishing two boxes of Dodd's Kidney Pills I felt much better. I advise my friends to use Dodd's Kidney Pills."

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.



**After Planting Flower Seeds**—In the garden, water them lightly to firm the soil but not enough to make pools.

MARY GETS A NEW LEASE ON LIFE

 <p>ANOTHER OF THOSE SICK HEADACHES MARY?</p>	<p>WELL I DO. TAKE SOME DIAMOND DINNER PILLS RIGHT AWAY -</p>	<p>NEXT MORNING YOU WERE RIGHT BILL, MY HEADACHE'S GONE AND I FEEL SO MUCH BETTER</p>	
<p>YES, BILL I DONT KNOW WHAT TO DO</p>	<p>I'LL PHONE FOR THEM NOW -</p>	<p>FINE - I KNEW THEY'D FIX YOU UP</p>	



4th Month

APRIL, 1949

30 Days

This name originated from the Latin verb "aperire" (to open). It is the time of the year when buds begin to open.

**TAURUS**—The Bull; Neck.—This sign goes back to when the ancients thought of the sun as a bull plowing his way through the stars. **GEM**—Diamond; **FLOWER**—Daisy; **VIRTUE**—Innocence; Hold your temper but stick to what you start.

MOON'S PHASES—Eastern Standard Time

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

D. H. M.

- First Qtr..... 6 8 1 a.m.
- Full Moon..... 12 11 8 p.m.
- Last Qtr..... 19 10 27 p.m.
- New Moon..... 28 3 2 a.m.

Day of Month	Day of Week	Zodiac Signs	*Sun			*Moon Sets p.m.	(1) Weather Probs.
			Rises	Sets	H.M.		
1	F	♉	5 42	6 27	9 51	Severe storms.	
2	S	♉	5 40	6 28	11 00		
3	Sun	♉	5 38	6 29	a.m.	Fair weather becoming unsettled.	
4	M	♉	5 36	6 31	12 09		
5	T	♉	5 34	6 32	1 13		
6	W	♉	5 33	6 33	2 09		
7	T	♉	5 31	6 34	2 55	Warmer with showers.	
8	F	♉	5 29	6 36	3 32		
9	S	♉	5 27	6 37	4 02	Stormy weather becoming fair.	
10	Sun	♉	5 25	6 38	4 26		
11	M	♉	5 24	6 40	4 48		
12	T	♉	5 22	6 41	rises		
13	W	♉	5 20	6 42	p.m.	Pleasant with occasional showers.	
14	T	♉	5 18	6 43	9 09		
15	F	♉	5 16	6 45	10 30	Stormy weather becoming fair.	
16	S	♉	5 15	6 46	11 46		
17	Sun	♉	5 13	6 47	a.m.	Stormy weather becoming fair.	
18	M	♉	5 11	6 48	12 50		
19	T	♉	5 10	6 50	1 41	Pleasant with occasional showers.	
20	W	♉	5 08	6 51	2 20		
21	T	♉	5 06	6 52	2 50	Pleasant with occasional showers.	
22	F	♉	5 04	6 53	3 14		
23	S	♉	5 03	6 55	3 32	Pleasant with occasional showers.	
24	Sun	♉	5 01	6 56	3 50		
25	M	♉	5 00	6 57	4 07	Pleasant with occasional showers.	
26	T	♉	4 58	6 58	4 21		
27	W	♉	4 56	7 00	4 37	Pleasant with occasional showers.	
28	T	♉	4 55	7 01	sets		
29	F	♉	4 53	7 02	p.m.	Pleasant with occasional showers.	
30	S	♉	4 52	7 03	16 00		

\*See page 3 for Local Time

(1) Not Official Weather Bureau Forecasts

When I was young I used to think that money was the most important thing in life. Now that I am old, I know it is.

# HE COULD SCARCELY WALK FOR PAIN

Soon Helped by Dodd's Kidney Pills After Enduring Years of Back Trouble

"I could scarcely walk my back ached so badly," writes David A. McNeill, age 26, 104 Duke St., West, St. John, N.B. "I was troubled this way for almost a year until my wife suggested I try Dodd's Kidney Pills. I got relief after using one box of Dodd's. I think there is nothing like Dodd's Kidney Pills for backache. They helped me when other remedies failed."



David McNeill



## STRANGE but TRUE

Sweden has a novel service—people pay the telephone company a small fee to be awakened each morning.

## YOUR CHARACTER BY THE STARS

April 21st to May 21st

People under TAURUS sign are very persistent supported by great inward vitality, bringing you success and respect. You should be a good money maker for you have a superior brain. Fond of good living but fickle in love. One of your faults is that you never forget insult and carry grudges.



To Soften Hard Shoe Polish—Add a few drops of turpentine.



5th Month

MAY, 1949

31 Days

Comes from the Latin name for the mother of the god Mercury—"Maia". The Romans referred to this month as the "growing month".  
**GEMINI**—Twins; Shoulder.—This name celebrates the legend of the twins Romulus and Remus who were brought up by a wolf and later built Rome.  
**GEM**—Emerald; **FLOWER**—Hawthorn; **VIRTUE**—Success in Love; Always control yourself.

MOON'S PHASES—Eastern Standard Time

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

	D.	H.	M.
● First Qtr.....	5	4	33 p.m.
●● Full Moon.....	12	7	51 a.m.
●●● Last Qtr.....	19	2	22 p.m.
●●●● New Moon.....	27	5	24 p.m.

Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon	(1) Weather Probs.
			Rises	Sets	Sets p.m.	
			H.M.	H.M.	H.M.	
1	Sun	♊	4 50	7 05	11 06	Unsettled with showers.
2	M	♋	4 49	7 06	a.m.	
3	T	♌	4 47	7 07	12 04	
4	W	♍	4 46	7 08	12 54	
5	T	♎	4 44	7 10	1 32	
6	F	♏	4 43	7 11	2 04	
7	S	♐	4 42	7 12	2 29	
8	Sun	♑	4 40	7 13	2 51	Stormy, becoming cooler.
9	M	♒	4 39	7 14	3 12	
10	T	♓	4 38	7 16	3 32	
11	W	♊	4 36	7 17	3 55	
12	T	♋	4 35	7 18	rises	
13	F	♌	4 34	7 19	p.m.	
14	S	♍	4 33	7 20	10 32	
15	Sun	♎	4 32	7 22	11 31	Pleasant spring weather.
16	M	♏	4 30	7 23	a.m.	
17	T	♐	4 29	7 24	12 17	
18	W	♑	4 28	7 25	12 50	
19	T	♒	4 27	7 26	1 17	
20	F	♓	4 26	7 27	1 37	
21	S	♊	4 25	7 28	1 55	
22	Sun	♋	4 24	7 29	2 12	Blustery east winds and showers.
23	M	♌	4 23	7 30	2 27	
24	T	♍	4 23	7 31	2 43	
25	W	♎	4 22	7 32	3 02	
26	T	♏	4 21	7 33	3 23	
27	F	♐	4 20	7 34	sets	
28	S	♑	4 19	7 35	p.m.	
29	Sun	♒	4 19	7 36	9 59	Fair and warmer.
30	M	♓	4 18	7 37	10 51	
31	T	♊	4 17	7 38	11 37	

\*See page 3 for Local Time

(1) Not Official Weather Bureau Forecasts

Irate Wife: "I want an explanation, and I want the truth."

Hubby: "Well, make up your mind. You can't have both."

# SHE SEEMED ALWAYS LACKING IN ENERGY

The Tired Feeling Began to Disappear After Using One Box of Dodd's Pills

"I lacked pep and never seemed rested," writes Miss Iola Gollan, 26 years of age, 1076 Prince St., Truro, N.S. "My sister advised me to give Dodd's Kidney Pills a trial. And before I had finished one box of Dodd's the tired feeling began to leave. Now I advise anyone who has a tired-out feeling to be sure and use Dodd's Kidney Pills."



Miss I. Gollan

## STRANGE but TRUE



The Encyclopedia Britannica tells us that making models is one of the oldest hobbies of mankind.

## YOUR CHARACTER BY THE STARS

May 22nd to June 21st

You who were born under the sign of TWINS are especially talented at writing or public speaking. You make friends easily, genial and well-liked, although you tend to have a dual personality. Concentrate on what you are doing or you will not achieve success.

\*\*\*\*\*



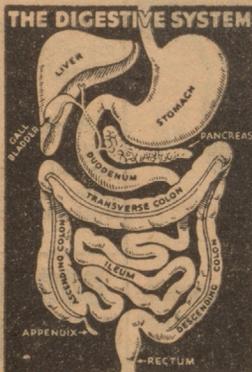
To Clean Hands—Of vegetable stains, rub with a slice of raw potato.

# How FOOD Repairs and Nourishes Our Bodies

1. The preparation of FOOD for bodily nourishment and repair begins in the mouth. Here, by chewing and mixing with saliva the food is changed into a watery mass and starches are altered into a form which can be taken up by the system.

2. A 1/10 of a second journey down the throat and the food enters the stomach. The gastric juices (principally pepsin with dilute hydrochloric acid) make ready the proteins of the food mass (or **chyme** as it is known medically) for body absorption while the stomach muscles churn it up.

3. By muscular action and pressure the chyme is



pushed into the small intestine. Here it is "treated" by bile, pancreatic and intestinal juices. These juices prepare carbohydrates, fats and some proteins of the mass in order that the surrounding blood vessels may absorb them. (The small intestine has many cross folds, and projections resembling the surface of a rough bath towel which transfer the products of digestion to the blood).

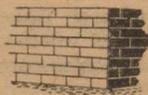
4. The remainder moves into the large intestine where some absorption continues. It is 18 hours or more after the mass enters the large intestine before it is eliminated from the body.



The average man consumes about 5½ pounds of solids and liquids daily (about 1 ton a year). By a chemical process the digestive

tract converts the food into a form which can be absorbed into the system . . . known as digestion. The three groups by which food is medically known, are: **CARBOHYDRATES, FATS and PROTEINS.**

Carbohydrates, the main source of energy for the activities of the body, consist of sugar and starch, a few sources are white bread, potatoes, cereal, sugar, tapioca, sago . . . Fats consist of glycerin and fatty acid . . . also energy food which can be stored or "burned" as the body requires it. Proteins or "building bricks" as they are sometimes referred



to, are essential to body repair and for fuel. By the digestive process, proteins "break down" into

**amino acids** of which there are no less than 21 in the body. Protein sources are eggs, fish, peanuts, meat, beans, peas, cereal.



The "pepsin" in **Dodd's Dyspepsia Tablets** can be a big help in cases of indigestion when Nature fails to produce an ample supply. Then too, the intestinal juices oft times need a little assistance in their work of transforming starches into food elements for the body . . . **Dodd's Dyspepsia Tablets** contain an ingredient to aid in the digesting of starches. Excess acidity is another common distress for which a great number of people use **Dodd's Dyspepsia Tablets.**

## Why do DOCTORS TEST KIDNEYS First?



Doctors know that without the help of the kidneys they may be powerless to overcome sickness. Possibly no other ailment is more common than kidney disorder. So in making a diagnosis, physicians usually make certain by urine examination whether or not these all important organs are in order.

Kidneys act as the body's filter and it is their natural duty to remove waste materials and poisonous impurities from the blood stream and in doing so, help keep the system healthy.

If impurities are allowed to remain in the blood, illness is almost certain to follow. Such distress as backache, headache, rheumatic pain, worn-out feeling, is usually a sign of trouble. When people apply for life insurance the condition of the kidneys is quite often a deciding factor whether or not the application is accepted.

Dodd's Kidney Pills are prepared to act directly upon the kidneys. The medicines embodied in each pill are accurately measured to render a specific service in helping the kidneys regain their normal action.

## STRANGE but TRUE



It has often been wondered why dogs live more comfortably on 1 meal a day than people can. Dogs do not chew their food, so it digests more slowly.

In a window of a Manhattan masseur: "We Take Your Breath Away."

**Broken Glassware—**  
May be mended with melted alum better than glue. It holds well and does not show.



## DOCTOR SUGGESTED DODD'S FOR KIDNEYS

*Couldn't Rest Nor Work for  
Backache, Felt Better on Using  
a Box of Dodd's Pills*



Mrs. M. Scott

"I am the mother of five children," writes Mrs. Mitchell Scott, P.O. Box 322, Shelburne, N.S. "For three months I had been suffering with a bad backache. I scarcely felt able to do my work. When I went to bed I was so restless with my back that I could hardly get a good night's rest. Finally I went to see my doctor and he told me that my kidneys were causing the trouble. He advised me to try Dodd's Kidney Pills. I had heard them being advertised on the radio and when my doctor recommended them I decided to give them a trial. I had only used one box of Dodd's and I felt considerably better. After finishing two more boxes of Dodd's Kidney Pills I felt well again. I am forty years of age but I felt like a twenty year old."

## WEATHER REPORT TERMS AND THEIR MEANINGS

1. Freezing rain is rain that freezes on contact with the ground or objects near the ground. Frozen rain, or ice pellets, is rain already frozen before striking the ground.

2. Intermittent precipitation is rain or snow that starts and stops at irregular intervals, with the sky remaining overcast throughout.

3. Showers of rain or snow (snowflurries) also stop and start irregularly, but there is a noticeable brightening of the sky between showers.

3. A blizzard, as defined by the Weather Service, occurs with (1) winds of 25 miles per hour or more, (2) visibility reduced to one-half mile or less by blowing snow or falling snow, (3) temperatures 10 above zero or less, and (4) the conditions lasting at least six hours.

4. As used in Public Weather forecasts, "morning" means the period from dawn to noon; "afternoon" is noon to 6 p.m.; and "evening", 6 p.m., to midnight. "Tonight" is defined as 9 p.m., to 6 a.m.; "to-morrow" from 6 a.m., till midnight.

5. Weather Warnings are issued by the Weather Service when conditions are expected to be dangerous or adverse to human life, property, commercial transportation and other interests. The warnings advise of storms, blizzards, cold waves, as well as heavy snowfalls and unseasonable frosts.

6. The "Shippers Bulletin" is a special weather service provided to rail shippers of perishable commodities. It includes the expected high and low temperatures at specified points along the main shipping routes.

7. The Weather Service requires a large number of voluntary weather observers in all parts of Canada, whose regular weather reports will provide necessary supplementary information for Canadian climatic data.

8. Maps showing the Public Weather Forecast Regions may be obtained free of charge, on written request to your nearest Dominion Public Weather Office.

9. Because of the need for continuous study of weather developments, the Dominion Public Weather Offices operate on a 24-hour a day, 7-day a week basis.

10. The Meteorological Division will supply, on request, educational publications for the study of weather in schools. Orders must be sponsored by a teacher.

11. New weather forecasts are normally issued every six hours by Dominion Public Weather Offices.



**If Scissors are Dull**  
—Sharpen them by cutting through a piece of sandpaper several times. You can also sharpen sewing machine needles this way by stitching through sandpaper several times as you would a piece of cloth.

## "NERVES" She Called It

Losing interest—losing friends—she never went out any more—always too tired. "Nerves", she thought—but it was her kidneys—the filters of her blood—that needed attention. She used Dodd's Kidney Pills at once. The improved action of her kidneys helped to clear away blood impurities and excess acids. Fatigue, backache, headache, lack of energy disappeared. Dodd's Kidney Pills contain essential oils and medicinal ingredients that act directly upon the kidneys—and help restore their normal action.



## YOU 'BUBBLE OVER' WITH ENERGY When Your LIVER Makes BILE Flow

When you feel dull, listless and have no energy it is a sign that your liver is not supplying enough Bile—Nature's own laxative. This is the time to take Diamond Dinner Pills. They gently and surely tone up the liver until it gets the proper amount of Bile flowing and the bowels then move themselves. You soon bubble over with energy and feel years younger. Don't use harsh purgatives. Help Nature do the job quickly—safely with Diamond Dinner Pills.



Inches

6

# WEIGHTS and MEASURES

## Linear Measure

1 foot=12 inches
1 yard=3 feet
1 rod=5½ yards=16½ feet
1 mile=320 rods=1760 yards=5280 feet
1 nautical mile=6080 feet
1 knot=1 nautical mile per hour
1 furlong=¼ 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 square yard=9 square feet
1 square rod=30¼ square yards=272¼ square feet
1 acre=160 square rods=43560 square feet
1 square mile=640 acres=102400 square rods
1 square rod=625 square links
1 square 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 cubic feet
1 cord=128 cubic feet
1 U.S. liquid gallon=4 quarts=231 cubic inches
1 imperial gallon=1.20 U.S. gallons=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 hectare

## Dry Measure

1 quart=2 pints
1 gallon=4 quarts=8 pints
1 peck=2 gallons
1 bushel=4 pecks=8 gallons

## Apothecaries'

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

## Capacity Measure

1 pint=4 gills	1 firkin=9 gallons
1 quart=2 pints	1 barrel=36 gallons
1 gallon=4 quarts	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 score=20 units
1 gross=12 dozen	1 quire=24 sheets of paper
1 great gross=12 gross	1 ream=20 quires

# \* FROST-FREE PERIOD

Station	Average date of frost		Average frost free period Days
	Last in Spring	First in Autumn	
Charlottetown, P.E.I. . . . .	May 13	Oct. 22	162
Annapolis Royal, N.S. . . . .	May 20	Oct. 6	130
Halifax, N.S. . . . .	May 11	Oct. 14	156
Sydney, N.S. . . . .	May 29	Oct. 13	137
Yarmouth, N.S. . . . .	May 7	Oct. 13	159
Chatham, N.B. . . . .	May 19	Sept. 29	133
Fredericton, N.B. . . . .	May 20	Sept. 24	127
Saint John, N.B. . . . .	May 4	Oct. 16	165
Arvida, P.Q. . . . .	May 19	Sept. 19	123
Father Point, P.Q. . . . .	May 23	Sept. 26	126
Fort McKenzie, P.Q. . . . .	July 8	July 26	18
Lennoxville, P.Q. . . . .	May 28	Sept. 9	104
Montreal, P.Q. . . . .	April 28	Oct. 17	172
Quebec, P.Q. . . . .	May 11	Oct. 4	146
Ste. Clothilde, P.Q. . . . .	May 13	Sept. 8	118
Halleybury, Ont. . . . .	May 23	Sept. 23	123
Huntsville, Ont. . . . .	May 27	Sept. 17	113
Kapuskasing, Ont. . . . .	June 14	Sept. 1	79
London, Ont. . . . .	May 16	Oct. 1	138
Ottawa, Ont. . . . .	May 7	Oct. 2	148
Port Arthur, Ont. . . . .	May 26	Sept. 20	117
St. Catharines, Ont. . . . .	May 7	Oct. 20	166
Sioux Lookout, Ont. . . . .	May 31	Sept. 14	106
Toronto, Ont. . . . .	May 2	Oct. 14	165
Walkerton, Ont. . . . .	May 21	Sept. 20	122
Churchill, Man. . . . .	June 28	Aug. 26	59
The Pas, Man. . . . .	May 30	Sept. 7	100
Winnipeg, Man. . . . .	May 27	Sept. 14	110
Prince Albert, Sask. . . . .	May 30	Sept. 10	103
Regina, Sask. . . . .	June 6	Sept. 10	96
Saskatoon, Sask. . . . .	May 26	Sept. 9	106
Beaverlodge, Alta. . . . .	June 4	Sept. 4	92
Calgary, Alta. . . . .	June 1	Sept. 6	97
Edmonton, Alta. . . . .	May 30	Sept. 6	99
Medicine Hat, Alta. . . . .	May 12	Sept. 19	130
Clayquod, B.C. . . . .	April 2	Nov. 18	230
Cranbrook, B.C. . . . .	June 10	Aug. 28	79
Kamloops, B.C. . . . .	April 25	Oct. 8	166
Nelson, B.C. . . . .	May 13	Sept. 30	140
Pentlton, B.C. . . . .	May 7	Oct. 3	149
Prince George, B.C. . . . .	June 18	Aug. 22	65
Prince Rupert, B.C. . . . .	April 20	Oct. 31	194
Vancouver, B.C. . . . .	April 3	Nov. 4	215
Victoria, B.C. . . . .	Mar. 18	Nov. 27	254
Dawson, Y.T. . . . .	June 6	Aug. 19	74
Arctic Bay, N.W.T. . . . .	July 7	July 29	22
Coppermine, N.W.T. . . . .	June 25	Aug. 22	58
Fort Good Hope, N.W.T. . . . .	June 15	Aug. 6	52
Fort Smith, N.W.T. . . . .	June 19	Aug. 15	57
Nottingham Is., N.W.T. . . . .	July 11	July 20	18

NOTE: These dates refer to the occurrence of a minimum temperature of 32°F. or lower in a thermometer shelter 4½ feet above the ground.

Data compiled from official weather observations by Meteorological Division of the Department of Transport.

# What to do when Feet BURN and ITCH

Many suffer acute foot discomfort without suspecting the cause—Athlete's Foot. You don't have to be athletic or even play games to have Athlete's Foot. It is caused by a spore that anyone can pick up anywhere. At the first sign of Athlete's Foot simply rub on a small quantity of cooling snow-like Scoot Cream. The burning and itching stops. Your skin is cool and comfortable again and you feel like running and jumping with joy.

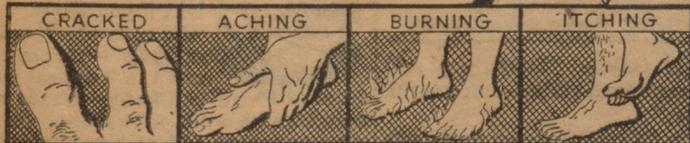
## How to Recognize "ATHLETE'S FOOT"

Athlete's Foot spores dig deep into the skin and spread rapidly forming a fungus-like growth. The first sign is usually an itching sensation between the toes, accompanied with very small blisters. The skin becomes inflamed. If neglected the blisters break, painful cracks and fissures appear and the 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. The dead skin under which the Athlete's Foot fungus hides, is quickly penetrated by Scoot and the fungus is destroyed at its source. Scoot cools and soothes—Scoot is safe—yet powerful and effective. To be 'Foot Happy' get a handy tube of Scoot to-day.



# Scoot

BRINGS QUICK RELIEF  
TO SUFFERERS OF  
THESE DISTRESSING  
FOOT CONDITIONS





6th Month

JUNE, 1949

30 Days

Named after Juno, the wife of Jupiter and queen of heaven, worshipped by women because she presided over marriages.

**CANCER**—The Crab; Breast.—The return of the Sun from its farthest northern point or its apparent backward motion is associated with the backward movement of the crab.

**GEM**—Chalcedony; **FLOWER**—Honeysuckle; **VIRTUE**—Good Health; Be self reliant, do not be restless.

MOON'S PHASES—Eastern Standard Time

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

	D.	H.	M.
First Qtr.....	3	10	27 p.m.
Full Moon.....	10	4	45 p.m.
Last Qtr.....	18	7	29 a.m.
New Moon.....	26	5	2 a.m.

YOUR CHARACTER BY THE STARS

June 22nd to July 22nd

People of the sign **CANCER** are sympathetic and understanding of your fellow men. You should choose a job that makes use of your knowledge of human nature. You are romantic, religious and moral. A word of caution is that you must not trust to luck too much and fight moodiness.

\*\*\*\*\*

Day of Month	Day of Week	Zodiac Signs	Sun		Moon Sets a.m.	(1) Weather Probs.
			Rises	Sets		
			H.M.	H.M.	H.M.	
1	W	♋	4 17	7 39	a.m.	Local storms.
2	T	♋	4 16	7 40	12 06	
3	F	♋	4 16	7 40	12 34	
4	S	♋	4 15	7 41	12 56	
5	Sun	♌	4 15	7 42	1 16	Fair weather becoming stormy.
6	M	♌	4 14	7 43	1 36	
7	T	♌	4 14	7 43	1 58	
8	W	♌	4 14	7 44	2 22	
9	T	♌	4 13	7 45	2 51	Clear and warmer.
10	F	♌	4 13	7 45	rises	
11	S	♌	4 13	7 46	p.m.	
12	Sun	♍	4 13	7 46	10 08	
13	M	♍	4 12	7 47	10 47	Rain storms.
14	T	♍	4 12	7 48	11 18	
15	W	♍	4 12	7 48	11 41	
16	T	♍	4 12	7 48	12 00	
17	F	♍	4 12	7 49	a.m.	Fair and pleasant.
18	S	♍	4 12	7 49	12 16	
19	Sun	♎	4 12	7 50	12 32	
20	M	♎	4 13	7 50	12 48	
21	T	♎	4 13	7 50	1 06	Fair and pleasant.
22	W	♎	4 13	7 50	1 25	
23	T	♎	4 13	7 50	1 50	
24	F	♎	4 14	7 50	2 20	
25	S	♎	4 14	7 51	3 00	
26	Sun	♏	4 14	7 51	sets	Fair and pleasant.
27	M	♏	4 15	7 51	p.m.	
28	T	♏	4 15	7 51	10 10	
29	W	♏	4 16	7 50	10 38	
30	T	♏	4 16	7 50	11 02	

\*See page 3 for Local Time

(1) Not Official Weather Bureau Forecasts

Customs Officer: "Lady, you said this bag contained clothes, but it's full of brandy."

Woman: "Certainly—my husband's nightcaps."

PAINS SOON LEFT TORONTO WORKMAN

He Had Suffered a Long Time Before Learning About Dodd's Kidney Pills

"I couldn't get relief from my backache until I used Dodd's Kidney Pills", writes Joe Biss, 38 years of age, a rubber worker, 695 Richmond St., Toronto Ont. "I had suffered some time before I finally came upon Dodd's Kidney Pills. I used only three and a half boxes of Dodd's Kidney Pills and the pain disappeared. I am firmly convinced that Dodd's Kidney Pills is the very remedy to use for kidney trouble such as I had."



Joe Biss

STRANGE but TRUE



Next time you toss for something, remember: if you are the one who calls the "heads" or "tails"—the chances are 3 to 2 against you.

7 out of 10 will call heads—Heads will only turn up 5 out of 10 times. So let your opponent call and your chances of winning are better.



7th Month

JULY, 1949

31 Days

Julius Caesar named this month—he was born on the 12th of this month, became a great statesman and general.  
**LEO**—The Lion; Heart.—The lion was the ancient's symbol of heat and is here used to indicate the hottest month.  
**GEM**—Ruby; **FLOWER**—Water Lily; **VIRTUE**—Happiness; Be determined and do not lose heart.

MOON'S PHASES—Eastern Standard Time

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

	D.	H.	M.
First Qtr.....	3	3	8 a.m.
Full Moon.....	10	2	41 a.m.
Last Qtr.....	18	1	1 a.m.
New Moon.....	25	2	33 p.m.

YOUR CHARACTER BY THE STARS

July 23rd to August 23rd

In keeping with the nature of the sign LEO, these people are aggressive, dominating and temperamental. You have much pride and quick to anger. Family life will be happy. Your weakness is flattery and dislike for criticism.

\*\*\*\*\*

**A HULL DRUGGIST ADVISED DODD'S USE**

*Head, Back and Leg Pains Almost Made Her Work Unbearable*



Miss Blondin

"My druggist advised me to try Dodd's Kidney Pills for my trouble," writes Miss Emerilda Blondin, 65 Dollard St., Hull, Quebec. "I am an iron operator and have to spend long hours on my feet. I developed a backache, leg pains and also had headaches. I was told that it was probably my kidneys that was causing the trouble. So on my druggist's advice I used Dodd's Kidney Pills. I used Dodd's for a short time and felt a great deal better. I shall never be without Dodd's Kidney Pills they helped me so quickly."

Shopwindow sign over girdles: Line Tamers.

**To Clean Silverware**—When it becomes dull, rub it with a piece of potato dipped in baking soda. If it becomes tarnished, cover with sour milk for half an hour, then wash and dry.



Day of Month	Day of Week	Zodiac Signs	Sun		Moon p.m.	(1) Weather Probs.
			Rises	Sets		
1	F	♊	H.M.	H.M.	H.M.	Fair weather.
2	S	♋	4 16	7 50	11 22	
3	Sun	♌	4 18	7 50	a.m.	Thunder storms.
4	M	♌	4 18	7 50	12 01	
5	T	♌	4 19	7 49	12 24	Unsettled and cooler.
6	W	♌	4 20	7 49	12 51	
7	T	♌	4 20	7 49	1 25	Fair, becoming stormy.
8	F	♌	4 21	7 48	2 08	
9	S	♌	4 22	7 48	3 02	Strong winds and warmer.
10	Sun	♌	4 22	7 47	rises	
11	M	♌	4 23	7 47	p.m.	Fair, becoming stormy.
12	T	♌	4 24	7 46	9 42	
13	W	♌	4 25	7 46	10 03	Strong winds and warmer.
14	T	♌	4 26	7 45	10 21	
15	F	♌	4 27	7 44	10 37	Fair, becoming stormy.
16	S	♌	4 28	7 44	10 52	
17	Sun	♌	4 28	7 43	11 09	Strong winds and warmer.
18	M	♌	4 29	7 42	11 27	
19	T	♌	4 30	7 41	11 49	Fair, becoming stormy.
20	W	♌	4 31	7 40	a.m.	
21	T	♌	4 32	7 39	12 17	Strong winds and warmer.
22	F	♌	4 33	7 38	12 52	
23	S	♌	4 34	7 38	1 40	Fair, becoming stormy.
24	Sun	♌	4 36	7 37	2 40	
25	M	♌	4 37	7 36	sets	Strong winds and warmer.
26	T	♌	4 38	7 34	p.m.	
27	W	♌	4 39	7 33	9 04	Fair, becoming stormy.
28	T	♌	4 40	7 32	9 26	
29	F	♌	4 41	7 31	9 47	Strong winds and warmer.
30	S	♌	4 42	7 30	10 06	
31	Sun	♌	4 43	7 29	10 29	

\*See page 3 for Local Time

(1) Not Official Weather Bureau Forecasts

By latest physical measurements it has been proved that it only takes a fortieth of a second for the human eye to wink—the quickest way known to get into trouble.

# RATES OF POSTAGE

**Letters and Post Cards.** Canada, United States, Newfoundland, Great Britain, Northern Ireland, Eire, all other places in the British Empire, France, Spain, Mexico, North, Central and South America letters 4c. for first ounce, 2c. for each additional ounce. Postcards 3c. 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, 3c. for first ounce and 1c. for additional ounce.

**Air Mail.** Canada—7c. first ounce, 5c. each ounce after. United States—7c. first ounce, 5c. each ounce after.

**Special Delivery.** Accorded letters and parcels at Post Offices having letter carrier delivery. Letters 10c, parcels, 20c; in addition to ordinary postage.

**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 1c per 4 ozs. with a minimum prepayment of 2c. All other publications, 1c. per 2 ounces.

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

**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.** 30c and 40c, 2c; 50c. to \$1.00, 3c; \$1.25 and \$1.50, 5c.; \$2.00 to \$5.00, 6c.; \$10.00, 8c, and Postal Note Scrip in denominations of 1c, 2c, 5c, 10c, and 25c or small remittances.

## 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	.60	.75	.80	.85	.90	.95	1.00	1.15	1.25	
<b>To or from any Post Office In</b>	<b>To or from any Post Office In</b>																	
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	2.60
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.



This month was named by Augustus Caesar, the first Roman Emperor, so that this month would not be shorter than July, named by Julius Caesar.

**VIRGO**—Virgin; Bowels.—This sign commemorates the Babylonian myth of Ishtar, the goddess of fertility.

**GEM**—Sardonyx; **FLOWER**—Poppy; **VIRTUE**—Intense Happiness; Plan carefully—Do not borrow.

MOON'S PHASES—Eastern Standard Time

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

	D. H. M.
First Qtr.....	1 7 57 a.m.
Full Moon.....	8 2 33 p.m.
Last Qtr.....	16 5 59 p.m.
New Moon.....	23 10 59 p.m.
First Qtr.....	30 2 16 p.m.

Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon	(1) Weather Probs.
			Rises	Sets	Sets p.m.	
			H.M.	H.M.	H.M.	
1	M	♈	4 44	7 27	10 54	
2	T	♉	4 46	7 26	11 25	Hot with thunder storms.
3	W	♊	4 47	7 25	a.m.	
4	T	♈	4 48	7 24	12 04	
5	F	♉	4 49	7 22	12 54	Unsettled and cooler.
6	S	♊	4 50	7 21	1 54	
7	Sun	♈	4 51	7 19	3 01	
8	M	♉	4 52	7 18	rises	Stormy weather.
9	T	♊	4 54	7 16	p.m.	
10	W	♈	4 55	7 15	8 25	
11	T	♉	4 56	7 14	8 42	Strong south and east winds.
12	F	♊	4 57	7 12	8 58	
13	S	♈	4 58	7 10	9 13	
14	Sun	♉	5 00	7 09	9 30	Thunder storms.
15	M	♊	5 01	7 07	9 51	
16	T	♈	5 02	7 06	10 15	
17	W	♉	5 03	7 04	10 46	
18	T	♊	5 04	7 03	11 28	
19	F	♈	5 06	7 01	a.m.	
20	S	♉	5 07	6 59	12 21	
21	Sun	♊	5 08	6 58	1 26	
22	M	♈	5 09	6 56	2 42	
23	T	♉	5 10	6 54	sets	
24	W	♊	5 11	6 52	p.m.	
25	T	♈	5 13	6 51	7 49	
26	F	♉	5 14	6 49	8 10	
27	S	♊	5 15	6 47	8 32	
28	Sun	♈	5 16	6 46	8 56	
29	M	♉	5 17	6 44	9 26	
30	T	♊	5 18	6 42	10 01	
31	W	♈	5 20	6 40	10 49	

\*See page 3 for Local Time

(1) Not Official Weather Bureau Forecasts

No woman ever made a fool out of a man; she merely gives him the opportunity to develop his natural capacities.

# SOON ABLE TO DO HEAVY WORK AGAIN

*Kidney Distress Endured Overseas, Dodd's Quickly Relieved Suffering*

"My kidneys began bothering me overseas," writes 30 year old David Dyck, 1427 Ave. C. North, Saskatoon, Sask. "I took all sorts of treatments but got little help. I couldn't do any hard work. But after using only two boxes of Dodd's Kidney Pills relief came. On finishing three more boxes I was able to do heavy work again. Thanks to Dodd's."



David Dyck

## STRANGE but TRUE



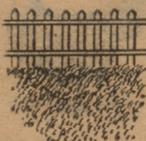
The question has often been raised whether porcupines throw their quills—and the answer is NO.

## YOUR CHARACTER BY THE STARS

August 24th to September 23rd

Under the sign VIRGIN, these people should make good teachers. They are far sighted, patient and thrifty. They hate disorder. Guard against a tendency to be cold and unemotional. Women are given to love of finery.

\*\*\*\*\*



**To Remove Grass Stains**— Use cold water and no soap. Alcohol or ether may be used if the material is unwashable.

# SLEEP .. and awake Refreshed

If you don't sleep well—if nights are interrupted by restlessness—look to your kidneys. If your kidneys are out of order and failing to cleanse the blood of poisons and excess acids—your rest is likely suffering too. Then is the time to use Dodd's Kidney Pills. Dodd's help your kidneys get rid of trouble-making poisons and acids—help restore them to normal action. See how much better you rest at night—how much brighter you feel in the morning. Get and use Dodd's Kidney Pills today.



**To Clean Chimneys**—And stovepipes, put a piece of zinc on the live coals and close the door for a considerable time.

"Have your bees done well this year, Jones?"

"Pretty well; they haven't given much honey, but they've stung my mother-in-law twice."

Greenland, the world's largest island, contains 736,518 miles.

The greatest depth of the Pacific ocean is 35,400 feet.

## STRANGE but TRUE

The reason why hens require a greater percentage of mineral matter than other farm animals is because of large amount of mineral matter in the egg shells.



## 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. 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.

Light travels a million times faster than sound.



9th Month

SEPTEMBER, 1949

30 Days

This month gets its name from the Latin word Septem (seven) as this was the seventh month of the old Roman year.

**LIBRA**—The Balance; Loins.—This sign name is comparatively modern in origin, represents equal day and night at this season.

**GEM**—Chrysolite; **FLOWER**—Morning Glory; **VIRTUE**—Learned; Do not meddle or criticize.

MOON'S PHASES—Eastern Standard Time

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

	D.	H.	M.
☉ Full Moon.....	7	4	59 a.m.
☾ Last Qtr.....	15	9	29 a.m.
☉ New Moon.....	22	7	21 a.m.
☾ First Qtr.....	28	11	18 p.m.

Day of Month	Day of Week	Zodiac Signs	* Sun		* Moon Sets a.m.	(1) Weather Probs.
			Rises	Sets		
1	T	F	H.M.	H.M.	H.M.	Hot and dry.
2	F	S	5 21	6 38	11 47	
3	S	S	5 22	6 36	a.m.	
4	Sun	S	5 23	6 35	12 51	Unsettled with scattered thunder storms.
5	M	S	5 24	6 33	2 01	
6	T	S	5 26	6 31	3 11	
7	W	S	5 27	6 29	4 20	
8	T	S	5 28	6 27	rises	Stormy weather and cooler.
9	F	S	5 29	6 25	p.m.	
10	S	S	5 30	6 24	7 19	
11	Sun	S	5 32	6 22	7 36	Generally pleasant and very windy.
12	M	S	5 33	6 20	7 55	
13	T	S	5 34	6 18	8 16	
14	W	S	5 35	6 16	8 45	
15	T	S	5 36	6 14	9 20	Stormy becoming fair.
16	F	S	5 38	6 12	10 07	
17	S	S	5 39	6 10	11 05	
18	Sun	S	5 40	6 08	a.m.	Generally pleasant and very windy.
19	M	S	5 41	6 06	12 16	
20	T	S	5 42	6 05	1 34	
21	W	S	5 44	6 03	2 56	
22	T	S	5 45	6 01	4 20	Stormy becoming fair.
23	F	S	5 46	5 59	sets	
24	S	S	5 47	5 57	p.m.	
25	Sun	S	5 48	5 55	6 56	Stormy becoming fair.
26	M	S	5 50	5 53	7 25	
27	T	S	5 51	5 51	8 00	
28	W	S	5 52	5 49	8 44	
29	T	S	5 53	5 47	9 38	
30	F	S	5 55	5 46	10 42	
			5 56	5 44	11 51	

\*See page 3 for Local Time

(1) Not Official Weather Bureau Forecasts

Candidate—How did you like my speech on the agricultural problem?

Farmer—It wasn't bad, but a day's rain would do a heap more good.

YOUR CHARACTER BY THE STARS

September 24th to October 23rd

People of LIBRA work carefully and conserve their energy. They are the artistic type—intelligent, sensitive and idealistic. Have remarkable foresight and ability to judge from every angle. Beware of unwise love affairs.

\*\*\*\*\*

OTHER REMEDIES FAILED TO HELP

Had Only to Use a Box of Dodd's And She Felt a Change for the Better



Mrs. W. Green

"I am a housewife, 24 years of age," writes Mrs. William R. Green, Bras D'Or Bridge, Cape Breton, N.S. "I had been troubled for three years with kidney trouble and back-aches. During that time I tried many remedies but got little relief. I was listening to the radio one day and heard about Dodd's Kidney Pills. After I had used my first box of Dodd's I noticed a change for the better. On finishing two more boxes of Dodd's Kidney Pills I felt well again. I owe many thanks to Dodd's."

Why envy rich people? They are only poor people with money.

When Casters are Loose—And drop out, remove them, pour melted wax in the holes and insert casters before the wax hardens. After it has set the caster will not fall out.



# 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, use Dodd's Kidney Pills. They are prepared as a "treatment" for kidney ailments, their action cannot be harsh or violent. Dodd's Kidney Pills are not habit forming. They are easy to buy and easy to use.

"Waiter, there is no wishbone in this chicken.

"It didn't need one, sir. That chicken lived such a contented life that it had nothing to wish for."

## HOW TO RAISE a LADDER BY YOURSELF —

Anyone who has attempted to raise a long ladder, knows that when it is put up to a certain point that the bottom is apt to swing from the ground. To overcome this, hook an ordinary garden rake over the first or second rung; stand on the end of the handle of the rake and raise the ladder. The rake holds the bottom of the ladder to the ground.



## HOW TO PRUNE TREES



"A"—Never try to cut a big branch from the top with one sawing. Its weight will break it off and leave a long, ragged wound. Instead—

"B"—Make three separate cuts in the order and to the depths shown (1) from below, (2) and (3) from above. To insure clean, quick healing, cut the bark of pruning wounds flush with the trunk and pointed at top and bottom, so as to stimulate the flow of healing sap.—*The Garden Encyclopedia.*

## SHE HAD TO REMAIN INDOORS MONTHS

*Kidney Trouble Soon Vanished After Using Dodd's Pills*



Mrs. N. Melache

"I had kidney trouble for several years," writes Mrs. Nazaire Melache, a housewife, 43 years of age, 198 Sixteenth Ave., Lachine, Quebec. "I had to remain in the house for months. I could scarcely do any work I felt so miserable. But I tried Dodd's Kidney Pills and it seemed hardly no time before my illness disappeared. I recommended Dodd's Kidney Pills to my friends. As for myself, I always keep a box of Dodd's in the house."



10th Month

OCTOBER, 1949

31 Days

From the Latin word Octem (eight) by adding January and February it became the tenth month but kept its name.

**SCORPIO**—Scorpion; Secrets.—The name associates the symbol of darkness with the sun's decline in power after the autumnal equinox.

**GEM**—Aquamarine; **FLOWER**—Hop; **VIRTUE**—Hope; Concentrate and be enthusiastic about your work.

MOON'S PHASES—Eastern Standard Time

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

D. H. M.

Full Moon.....	6	9	52 p.m.
Last Qtr.....	14	11	6 p.m.
New Moon.....	21	4	23 p.m.
First Qtr.....	28	12	4 p.m.

Day of Month	Day of Week	Zodiac Signs	* Sun		* Moon Sets	(1) Weather Probs.
			Rises	Sets	a.m.	
1	S	♏	H.M. 5 57	H.M. 5 42	H.M. a.m.	Unsettled becoming fair and colder.
2	Sun	♏	5 58	5 40	1 02	
3	M	♏	6 00	5 38	2 10	
4	T	♏	6 01	5 36	3 17	
5	W	♏	6 02	5 34	4 22	
6	T	♏	6 03	5 32	rises	
7	F	♏	6 05	5 31	p.m.	
8	S	♏	6 06	5 29	6 01	
9	Sun	♏	6 07	5 27	6 22	Stormy weather becoming fair and colder.
10	M	♏	6 08	5 25	6 47	
11	T	♏	6 10	5 23	7 20	
12	W	♏	6 11	5 22	8 01	
13	T	♏	6 12	5 20	8 54	
14	F	♏	6 14	5 18	9 58	
15	S	♏	6 15	5 16	11 11	
16	Sun	♏	6 16	5 15	a.m.	
17	M	♏	6 18	5 13	12 29	
18	T	♏	6 19	5 11	1 49	
19	W	♏	6 20	5 09	3 10	
20	T	♏	6 21	5 08	4 33	
21	F	♏	6 23	5 06	sets	
22	S	♏	6 24	5 04	p.m.	
23	Sun	♏	6 26	5 03	5 54	Fair and colder.
24	M	♏	6 27	5 01	6 35	
25	T	♏	6 28	5 00	7 27	
26	W	♏	6 29	4 58	8 29	
27	T	♏	6 31	4 57	9 40	
28	F	♏	6 32	4 55	10 51	
29	S	♏	6 34	4 54	a.m.	
30	Sun	♏	6 35	4 52	12 01	
31	M	♏	6 36	4 51	1 08	

\*See page 3 for Local Time

(1) Not Official Weather Bureau Forecasts

Girl—Sometimes my father takes things apart to see why they don't go.

Boy Friend—So what?

Girl—So you'd better go.

YOUR CHARACTER BY THE STARS

October 24th to November 22nd

Under the sign of SCORPIO, you are inclined to be skeptical but you are intelligent and like work if it is profitable. Shrewd in business, gifted with a magnetic personality but beware of your shrewdness; you are inclined to be ruthless and sarcastic. You love power and command; you are kind but not emotional.

\*\*\*\*\*

SEVERE LAME BACK CAUSED SLEEP LOSS

*His Job Almost Became Impossible, Then He Heard About Dodd's Pills*

"I couldn't sleep at night and I was bothered by a lame back," writes John B. Adshade, age 38, 85 Sackville St., Apt. 1, Halifax, N.S. "My job as a pipe fitter became increasingly difficult with the bad back. I endured this discomfort months then I heard about Dodd's Kidney Pills on the radio. After using Dodd's Kidney Pills for awhile the pain seemed to disappear. I could sleep well and I went to work feeling in top condition."



J. Adshade

STRANGE but TRUE



Beekeepers estimate that bees visit 2,000,000 flowers to make a pound of honey. The "apis floria" an East India bee is the world's smallest, the honeycombs it builds are but 2" square and the cells the size of pinheads.



11th Month

NOVEMBER, 1949

30 Days

Also derived from the Latin word for nine "Novem". It was the ninth month until January and February were added to the Roman year. **SAGITTARIUS**—The Archer; Thighs.—This sign was apparently named after the Babylonian god of war, a horse-man archer. **GEM**—Topaz; **FLOWER**—Chrysanthemum; **VIRTUE**—Faithfulness; Do not gossip.

MOON'S PHASES—Eastern Standard Time

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

	D.	H.	M.
☾ Full Moon.....	5	4	9 p.m.
☾ Last Qtr.....	13	10	47 a.m.
☽ New Moon.....	20	2	29 a.m.
☽ First Qtr.....	27	5	1 a.m.

Day of Month	Day of Week	Zodiac Signs	* Sun		Moon Sets a.m.	(1) Weather Probs.
			Rises	Sets		
			H.M.	H.M.	H.M.	
1	T	♏	6 38	4 49	2 14	
2	W	♏	6 39	4 48	3 15	
3	T	♏	6 40	4 46	4 20	Fair, becoming stormy.
4	F	♏	6 42	4 45	5 24	
5	S	♏	6 43	4 44	rises	
6	Sun	♏	6 44	4 42	p.m.	
7	M	♏	6 46	4 41	5 21	Clear and cooler.
8	T	♏	6 47	4 40	6 00	
9	W	♏	6 49	4 39	6 50	
10	T	♏	6 50	4 37	7 49	
11	F	♏	6 51	4 36	8 58	
12	S	♏	6 53	4 35	10 12	
13	Sun	♏	6 54	4 34	11 28	
14	M	♏	6 56	4 33	a.m.	Unsettled with blustery winds.
15	T	♏	6 57	4 32	12 47	
16	W	♏	6 58	4 31	2 05	
17	T	♏	7 00	4 30	3 25	
18	F	♏	7 01	4 29	4 48	
19	S	♏	7 02	4 28	6 13	
20	Sun	♏	7 04	4 27	sets	
21	M	♏	7 05	4 26	p.m.	
22	T	♏	7 06	4 26	6 09	Cold wave and fair.
23	W	♏	7 08	4 25	7 19	
24	T	♏	7 09	4 24	8 34	
25	F	♏	7 10	4 23	9 47	
26	S	♏	7 11	4 23	10 57	
27	Sun	♏	7 13	4 22	a.m.	Cold west winds.
28	M	♏	7 14	4 22	12 04	
29	T	♏	7 15	4 21	1 08	
30	W	♏	7 16	4 21	2 11	

\*See page 3 for Local Time

(1) Not Official Weather Bureau Forecasts

## A TIRED FEELING WAS TROUBLING HIM

Before Finishing Two Boxes of Dodd's Kidney Pills he Felt Like a New Man

"I seemed always tired and I was troubled with a miserable backache," writes Thomas Belland, a spray painter, 47 years of age, 348½ Pape Ave., Toronto, Ont. "It was one of my co-workers who advised me to give Dodd's Kidney Pills a trial.



T. Belland

Fortunately I did try them. Before I had finished using two boxes of Dodd's Kidney Pills I felt like a new person. I would never be without Dodd's Kidney Pills in the house."

## YOUR CHARACTER BY THE STARS

November 23rd to December 21st

You who are born under SAGITTARIUS have exceptional executive powers. You have great energy and ambition but you are an idealist. You are quick to anger but bear no grudges. You are also forgetful and too fond of entertainment. People like you for your enthusiasm.

\*\*\*\*\*

## STRANGE but TRUE



Have you often wondered why dogs turn around any number of times before going to sleep? Well the story goes that this custom started away back when the dogs' ancestors were wild. And they used to tramp down vegetation to make a comfortable bed.

"How do you manage to get money out of your husband?"

"Oh, I simply say, 'I'm going back to mother,' and he immediately hands me the fare."

**BEFORE and AFTER**  
the **Baby**  
**Arrives**



For more than half a century, some of the most satisfied users of Dodd's Kidney Pills have been expectant mothers. Usually the last few weeks before baby arrives are very trying. It is a time when extra work is thrown upon the entire system. It is important then that the kidneys are kept in good condition, as the kidneys must filter impurities and unwanted substances out of the blood. If the action of the kidneys should become sluggish, the entire system would probably suffer. Dodd's Kidney Pills are prepared to act directly upon the kidneys. They can be used with confidence. Dodd's Kidney Pills contain no harmful or habit-forming drugs.

**After The Little One's Arrival . . .**

New Mothers sometimes find the physical readjustment and demands of baby too much. As a result they may fall prey to bodily exhaustion, backache, headache, or a general "worn out" feeling. At such times, it is important that the kidneys are kept functioning properly. Women the country over have found the use of Dodd's Kidney Pills a help in keeping the kidneys in good condition before and after the birth of children.

Saleslady: "Isn't it a sweet doll? You can lay it down and it closes its eyes and goes to sleep just like a real baby,"

Mother: "Hmm, I can see you don't know about real babies."

**DODD'S AID MOTHER  
AFTER BABY BORN**

*Dodd's Kidney Pills Helped Young Mother Get Back Her Old Pep*



Mrs. F. Reibin

"I felt rundown and tired after the birth of my little girl", writes Mrs. Florence Reibin, 1026 Ewen Ave., New Westminster B.C. "A friend suggested I try Dodd's Kidney Pills for my condition. After using Dodd's for awhile I began to get back my old pep. Now I find myself time and time again recommending Dodd's Kidney Pills to others."

**Leftover Yolks of Eggs**—If put at once into a glass of cold water, will keep fresh and soft for several days.



According to leading authorities, Milk contains enough sugar and protein to furnish energy and also to promote growth, repair worn out tissues and mend injured tissues for a baby, but not for a run-about child. The latter must be supplied with a variety of other foods. In other words, it must be put on a mixed diet.



**To Separate Yolk of Egg**—From the white, break into a glass funnel, the white will pass through, the yolk remains in the funnel.

"Were you ever arrested?"  
"Once; for speeding. My wife wanted to go home to her mother and I was taking her there!"

## BACKACHES ALMOST SEEMED TO VANISH

*Almost Found it Necessary to Quit Job But Dodd's Kidney Pills "Came to His Rescue"*

"For two years I had backaches," writes Armand Bornais, 67 Frigon Street, Shawinigan Falls, Que. "I almost had to stay away from work the pain was so bad. I had heard what a fine remedy Dodd's Kidney Pills were and decided to try them. I felt an improvement on finishing one box of Dodd's Kidney Pills. After using a second box, the pains vanished."



A. Bornais



### To Prevent Getting on Windows

—When painting frames, coat window pane edges with soap, by rubbing soap bar over glass. After paint dries on sash, wash soap from window pane. You may also wet newspapers and apply them to the window panes, then paint and splash as much as you like.

A botanist who has studied clovers for 60 years estimates that for every 1,000 four-leaf clovers that grow, there are 50 five-leaf, three six-leaf and ten seven-leaf clovers. (*Colliers*)

"What does this mean, 'Under Entirely New Management'? That's the same old manager there."

"Yes, sir," replied the waiter, "but he's married again."

# 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.

## SEVERE BACKACHE WAS SOON RELIEVED

Used Dodd's Kidney Pills After  
Hearing About Them on the Radio



"I am a housewife, 23 years of age," writes Mrs. Y. Rochon, 125, 4th Ave., Val D'Or, Quebec. "I was suffering with a terrible backache and I could scarcely get my housework done. I happened to hear about Dodd's Kidney Pills over the radio and decided to try them. I used three boxes of Dodd's Kidney Pills and the pain was completely relieved. I will recommend Dodd's Kidney Pills to all who suffer from backache."

WOLF—a modern dry cleaner—works fast and leaves no ring.

### USEFUL INFORMATION

- To find diameter of a circle multiply circumference by .31831
  - To find circumference of a circle multiply diameter by 3.1416 (roughly 3 1/7).
  - To find area of a circle multiply square of diameter by .7854.
  - To find surface of a ball multiply square of diameter by 3.1416 (roughly 3 1/7).
  - To find side of an equal square multiply diameter by .8862.
  - To find cubic inches in a ball multiply cube of diameter by .5236.
  - Doubling the diameter of a pipe increases its capacity four times.
  - Double riveting is from 16 to 20 per cent. stronger than single.
  - One cubic foot of anthracite coal weighs about 53 pounds.
  - One cubic foot of bituminous coal weighs from 47 to 50 pounds.
  - One ton of coal is equivalent to two cords of wood for steam purposes.
  - A gallon of water at any temperature weighs about 10 lbs.
  - A degree on the earth's surface equals 60 nautical miles or about 69 land miles.
  - A cubic foot of water contains 6 3/4 gallons, 1,728 cubic inches and weighs 62 1/2 lbs.
- Approximate Metric Equivalents**
- 1 decimeter - 4 in.      1 liter - 1.06 qts. liquid
  - 1 meter - 1.1 yds.      0.9 qt. dry
  - 1 kilometer, 5/8 of a mile      1 hektoliter - 2 1/2 bus.
  - 1 hectare - 2 1/2 acres      1 kilogram - 2 1/5 lbs.
  - 1 stere, or cu. meter      1 metricton - 2,200 lbs.
  - 1/4 of a cord



## Fast Healing for CUTS - SORES - BITES

To clear up bad sores, painful cuts, burns, bites, boils—quickly and safely; to rid yourself of itching skin, eczema, chafing and other irritations—use Dodd's Antiseptic Healing Ointment. The powerful antiseptic properties of Dodd's Ointment check infection and help its fast healing action to relieve your pain and suffering quickly. Dodd's Ointment is a soothing, healing treatment for the most delicate or tender skin. Get Dodd's Ointment in the handy white jar, a generous supply, at any drug store.

## "Hounded" by HEADACHES

Blinding pain, constant throbbing can make life a misery. Many headaches may be caused by the failure of the kidneys to perform their normal duty of filtering poisonous wastes and excess acids from the blood. If kidneys fail and poisons remain in the system, headaches, backache, rheumatic pains, disturbed rest may often follow. Dodd's Kidney Pills help your kidneys clear out trouble-making poisons and excess acids so that you feel better—rest better—work better. Get Dodd's today.





## 12th Month

## DECEMBER, 1949

## 31 Days

Formerly the tenth month of the Roman year, comes from the Latin word for ten, "Decem".

**CAPRICORNUS**—The Goat; Knees.—It is possible that this name came from the old legend of the goat that nursed the young gods of the sun.

**GEM**—Turquoise; **FLOWER**—Holly; **VIRTUE**—Happiness; Be foresighted and hard working.

### MOON'S PHASES—Eastern Standard Time

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

	D.	H.	M.
☾ Full Moon.....	5	10	13 a.m.
☾ Last Qtr.....	12	8	48 p.m.
☾ New Moon.....	19	1	55 p.m.
☾ First Qtr.....	27	1	31 a.m.

Day of Month	Day of Week	Zodiac Signs	* Sun		* Moon	(1) Weather Probs.	
			Rises	Sets	Sets a.m.		
1	T	♈	H.M.	H.M.	H.M.	Severe storms.	
2	S	♈	7 17	4 20	3 14		
3	S	♈	7 19	4 20	4 18		
4	Sun	♈	7 20	4 20	5 25	Clear skies and cold.	
5	M	♈	7 21	4 19	6 33		
6	T	♈	7 22	4 19	rises		
7	T	♈	7 23	4 19	p.m.		
8	W	♈	7 24	4 19	5 43		
9	F	♈	7 25	4 18	6 50		
10	S	♈	7 26	4 18	8 03		
	S	♈	7 27	4 18	9 18		
11	Sun	♈	7 28	4 18	10 34		Stormy with strong winds.
12	M	♈	7 29	4 18	11 49		
13	T	♈	7 30	4 19	a.m.		
14	W	♈	7 30	4 19	1 07		
15	T	♈	7 31	4 19	2 24		
16	F	♈	7 32	4 19	3 46		
17	S	♈	7 33	4 20	5 09		
18	Sun	♈	7 33	4 20	6 32	Clearing and colder.	
19	M	♈	7 34	4 20	sets		
20	T	♈	7 34	4 20	p.m.		
21	W	♈	7 35	4 21	6 09		
22	T	♈	7 35	4 22	7 25		
23	F	♈	7 36	4 22	8 38		
24	S	♈	7 36	4 23	9 47		
25	Sun	♈	7 37	4 23	10 54		Fair, becoming unsettled.
26	M	♈	7 37	4 24	11 59		
27	T	♈	7 38	4 24	a.m.		
28	W	♈	7 38	4 25	1 02		
29	T	♈	7 38	4 26	2 06		
30	F	♈	7 38	4 27	3 11		
31	S	♈	7 38	4 28	4 19		

\*See page 3 for Local Time

(1) Not Official Weather Bureau Forecasts

Some folks persist in paying rent and buying food with not a single new car in the family.

## ENDURED BAD PAIN CAUSED BY KIDNEYS

*Before Finishing a Box of Dodd's He Noticed a Change for the Better*



Maurice Filion

"I am a crane operator and my work puts a severe strain on my kidneys," writes Maurice Filion, 31 years of age, 309 Tascher-eau, Arvida, Quebec. "I endured terrible discomfort for months when I happened to remember something about Dodd's Kidney Pills. I got a box of Dodd's and before I had finished it, I felt relieved. I heartily recommend Dodd's Kidney Pills to those who suffer with kidney trouble."

## YOUR CHARACTER BY THE STARS

December 22nd to January 20th

Born under the sign CAPRICORNUS designates that you are proud, practical and stout of heart. You are trustworthy, reliable and good at executive jobs. However you are somewhat of a dreamer but not imaginative. You are eloquent in writing and in speech. Avoid moodiness and get excited about your work and home.

\*\*\*\*\*

Chivalry is a man's inclination to defend a woman against every man but himself.

### To Remove Wall-

paper—Make a solution of 1 tablespoon of saltpeter to 1 gallon of hot water. Apply freely to the paper with a brush. Several applications may be necessary. Keep water hot.





Wife—No, I didn't sew a button on your trousers. I was too tired. Which is more important, anyway—your wife or your trousers?

Husband—Well, there are places I can go without a wife.

In the days when a woodshed stood behind the Canadian home, a great deal of what now passes for juvenile delinquency was settled out of court.

## COULDN'T DO JOB FOR PAINS IN ARM

*Dodd's Relieved His Distress, Would Buy Them if They Cost Twice as Much*



Frank Brown

Even if Dodd's Kidney Pills cost many times their price I would still have them on hand."

"I had rheumatic pains in my shoulder and arm so bad I couldn't work," writes Frank Brown, 52 years old, 70 St. Vincent St., South, Stratford, Ont. "I suffered for four years but thanks to Dodd's Kidney Pills I was soon relieved.

**When Cream Will Not Whip**—Add the white of an egg and chill, then whip. Glycerine is better than oil for lubricating egg beaters.



Poetic Rover (to farmer): "And does this glorious setting sun mean nothing to you?"

Farmer (mopping his brow): "I'll say it does. It means I can eventually unhitch the horses and go home."



## A FEW "DON'TS" FOR HOME SAFETY

Don't stand on a rocker or an unsteady chair to hang pictures etc.

Don't have your arms so full of things that you can't see where you're going.

Don't let oily rags and debris accumulate.

Don't use inflammable cleaning fluids near an open fire.

Don't allow stray tacks and nails to be left on the floor.

Don't allow rolled rugs to block doorways.

# Balance your Diet for BETTER HEALTH

Good nutrition is said to consist of eating in adequate amounts the four types of foods which will nourish, build, regulate and protect our bodies . . . a balanced diet of fuel foods, body builders, body regulators and protectors (see chart below for guidance.)

**FUEL FOODS** are starches and sugars such as bananas, potatoes, macaroni, rice . . . **FATS** are concentrated fuel which should be eaten with moderation . . . butter, whipped cream, fatty, meats, vegetable oils are main sources.

**BODY BUILDERS** responsible for growth and repair of the system's tissue and cells are supplied in lean meats, fish, eggs, milk, cereals and vegetables.

**BODY REGULATORS—Water, Roughage and Minerals.** Cereals, breads and the pulp of vegetables or fruit act as roughage for proper elimination. Minerals such as iron, calcium, sodium, phosphorus, iodine are important to bodily functions—eggs, milk, salt, vegetables are some of the sources.

**THE PROTECTORS—Vitamins** promote energy, growth and repair as well as helping to prevent disease. Quantities of these are found in liver, fish oils, fish, dairy products, green vegetables.

**THE ENERGY VALUE OF FOOD** is measured in **Calories.** For instance, a normal person sitting comfortably reading in a chair for an hour will "burn up" 100 calories. This number of calories (100) is represented or equal to each item of food listed: 1 ounce of sugar; ½ ounce of butter; 3 to 4 ounces of lean meat; 1-inch cube of cheese.

Medical authorities agree that a moderately active man requires 3000 calories per day.

But Remember regulating food and drink will not necessarily avoid or overcome illness resulting from stomach or urinary system trouble. You may need the help of Dodd's Kidney Pills, Dodd's Dyspepsia Tablets or Diamond Dinner Pills . . . according to your complaint. BUT be sure they are taken regularly to get best results.

For Good Nutrition EAT These Every Day			
<b>MILK</b> 	 ADULT-1 Pint CHILD 1 Quart	<b>BREAD AND CEREAL</b> 	 Whole Grain or Enriched Bread  Cereal
<b>VEGETABLES</b> 	 Leafy Green or Yellow + Potato & 1 other	<b>MEAT</b> 	 1 or More Servings
<b>FRUITS</b> 	 ½ cup of Citrus Juice	 EGGS	 1 EGG
	 1 cup of Tomato Juice and 1 other Fruit	 BUTTER	 2 TABLESPOONS

# Keep Your Step

# Full Of Pep!



Most people will agree that Headaches, Backache, Rheumatic pains, sleeplessness can take the joy out of life. Usually the suffering person can manage to struggle through the day's chores but every move seems an effort. In such cases, faulty kidneys, that are failing to filter poisonous wastes and excess acids from the blood stream, may be the cause of that "let-down" feeling. It leaves a person "pep-less" and moody, not feeling like work or play. Then why not follow the example of the thousands of men and women who use Dodd's Kidney Pills at regular intervals and who firmly believe "an ounce of prevention is worth a pound of cure"?

## Why YOU CAN DEPEND ON DODD'S



When you buy Dodd's Kidney Pills you get a

remedy backed by one of the oldest and most successful manufacturers of packaged medicines. Dodd's Kidney Pills are the result of a good formula made from the purest and freshest of drugs under the most exacting conditions. All ingredients are carefully tested in one of the Empire'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.

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





YES JIM, I CAN  
BE READY IN  
AN HOUR!

# SOME GIRLS GET ALL THE "BREAKS"



HERE I AM  
STUCK AT HOME  
AGAIN ...  
MY SISTER HAS  
ALL THE FUN.



TRY SOME  
DODD'S, THEY  
HELPED ME  
WHEN I WAS  
YOUR AGE  
AND THEY  
STILL DO.

PERHAPS YOU LOST  
YOUR POPULARITY  
WHEN YOU LOST YOUR PEP!



THANKS  
MOM,  
I WILL!



## THEN SHE USED DODD'S KIDNEY PILLS



NOW YOU KNOW  
WHAT DODD'S  
CAN DO.



SOME OTHER  
NIGHT BILL ...  
I'M ALL  
DATED UP.

