

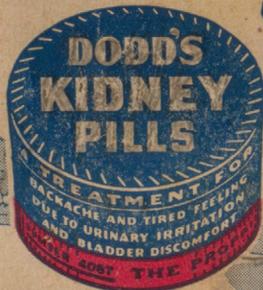
Dodd's

1953 ALMANAC

USEFUL INFORMATION FOR FAMILY AND HOME



**KEEP THAT
SPRIGHTLY
STEP OF
HEALTH**



YOU CAN DEPEND ON DODD'S

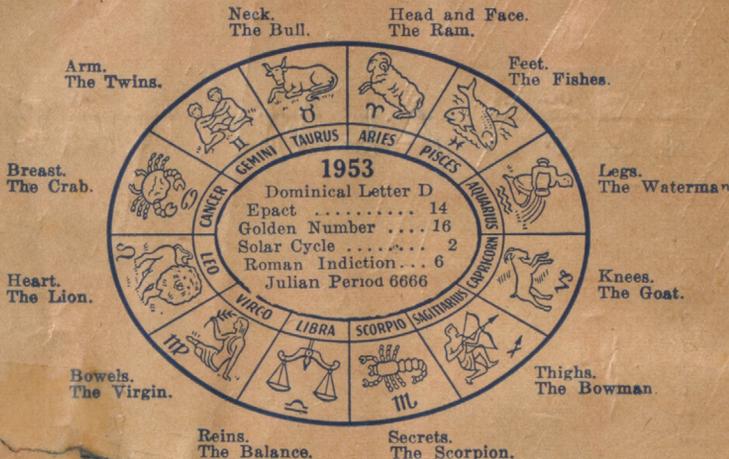
\$2,000⁰⁰ IN CASH PRIZES

**SEE FULL
CONTEST
DETAILS
INSIDE**

THE 1953 SEASONS (Eastern Standard Time)

	d.	h.	m.
Sun enters Aries—Spring begins.....	March	20	5 01 p.m.
Sun enters Cancer—Summer begins.....	June	21	12 00 noon
Sun enters Libra—Autumn begins.....	September	23	3 07 a.m.
Sun enters Capricorn—Winter begins.....	December	21	10 32 p.m.

ZODICAL SIGNS



HOLIDAYS, FESTIVALS, ANNIVERSARIES, ETC.

New Year's Day.....	Jan. 1	Easter Sunday.....	Apr. 5	Dominion Day.....	July 1
Epiphany.....	Jan. 6	Birthday of Queen Elizabeth II. (1926)....	Apr. 21	Labour Day.....	Sept. 7
Septuagesima.....	Feb. 1	St. George.....	Apr. 23	Hebrew New Year.....	Sept. 10
Death of King George VI.....	Feb. 6	Rogation Sunday.....	May 10	Day of Atonement.....	Sept. 19
Valentine's Day.....	Feb. 14	Ascension Day.....	May 14	Feast of Tabernacles.....	Sept. 24
Quinquagesima.....	Feb. 15	Hebrew Pentecost.....	May 14	Hallowe'en.....	Oct. 31
Ash Wednesday.....	Feb. 18	Pentecost (Whit Sunday).....	May 20	All Saints' Day.....	Nov. 1
St. David.....	Mar. 1	Empire Day.....	May 24	First Day in Advent.....	Nov. 29
St. Patrick.....	Mar. 17	Trinity Sunday.....	May 31	St. Andrew's Day.....	Nov. 30
Palm Sunday.....	Mar. 29	Corpus Christi.....	June 4	Christmas Day.....	Dec. 25
First Day of Passover.....	Mar. 31	St. John the Baptist.....	June 24	Boxing Day.....	Dec. 26
Good Friday.....	Apr. 3				

THE PLANETS DURING 1953 (Eastern Standard Time)

MERCURY—Morning star until 6 p.m. February 2. Evening star until 8 a.m. March 18, with greatest elongation east at 3 a.m. March 2. Morning star until 8 a.m. May 24, with greatest elongation west 5 a.m. April 15. Evening star until 4 a.m. July 25, with greatest elongation east at noon June 27. Morning star until 4 a.m. September 7, with greatest elongation west at 4 a.m. August 13. Evening star until noon November 14 when it transits the sun, with greatest elongation east at 11 a.m. October 23. Morning star the rest of the year, with greatest elongation west at 1 p.m. December 1. **VENUS**—Evening star until 3 a.m. April 13, with greatest elongation east at 10 a.m. January 31, and greatest brilliancy on March 8. Morning star the rest of the year, with greatest brilliancy on May 19 and greatest elongation west at 5 a.m. June 22. **MARS**—Conjunction with the sun occurs at 4 p.m. July 8. **JUPITER**—Quadrature east at 4 a.m. February 1. Conjunction with the sun at 11 p.m. May 24. Quadrature west at 8 a.m. September 18. Opposition with the sun at noon December 13. **SATURN**—Quadrature west at 4 a.m. January 17. Opposition with the sun at midnight April 13-14. Quadrature east at 9 a.m. July 13. Conjunction with the sun at 4 p.m. October 23. **URANUS**—Opposition to the sun at 9 p.m. January 6. Quadrature east at 9 a.m. April 4. Conjunction with the sun at 4 a.m. July 11. Quadrature west at noon October 16. **NEPTUNE**—Quadrature west at 3 a.m. January 14. Opposition to sun 1 p.m. April 12. Quadrature east at 4 p.m. July 13. Conjunction with sun at 2 a.m. October 17.

Eclipses in 1953—**TOTAL ECLIPSE OF MOON**, January 29. Moon enters dark shadow 4.54 p.m., leaves 8.40 p.m. Magnitude of eclipse, 1.337. Visible in Canada. **PARTIAL ECLIPSE OF SUN**, February 13. Begins 6.12 p.m., ends 9.46 p.m. Magnitude of eclipse 0.760. Invisible in Canada. **PARTIAL ECLIPSE OF SUN**, July 10. Begins 8.37 p.m., ends 10.50 p.m. Magnitude of eclipse 0.201. Visible partly in west. Canada. **TOTAL ECLIPSE OF MOON**, July 26. Moon enters dark shadow 5.32 a.m., leaves 9.09 a.m. Magnitude of eclipse, 1.869. Beginning visible in W. Canada. **PARTIAL ECLIPSE OF SUN**, August 9. Begins 9.22 a.m., ends 12.27 p.m. Magnitude of eclipse 0.372. Invisible in Canada.

For the 58th Consecutive Year!

We Present to You...

...with our compliments the latest edition of
Dodd's Almanac and Household Hints.

For over half a century Dodd's Almanac has been a yearly visitor to many thousands of homes. Readers everywhere eagerly look forward to its arrival, and find entertainment and helpful guidance in the information and advice it contains.

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

We are frequently asked why the kidneys may be responsible for so many ailments which appear to differ so widely. The answer is simple. The kidneys are the filters of the body. It is their duty to filter out of the blood all the impurities, waste matter, excess acids, and poisons which constantly gather there. The kidneys are very delicate organs, easily deranged. A strain, a blow, excessive eating or drinking, or a chill may affect them, and cause them to fail in their duty.

In this booklet you will find descriptions of the symptoms of many ailments which may be caused by faulty kidney action.

Over Half a Century of Proof

When you buy Dodd's Kidney Pills you get a remedy backed by one of the oldest and most successful of medicine manufacturers. The formula for Dodd's Kidney Pills has been tested by eminent doctors in modern clinics. But, more important than clinical tests is the fact that Dodd's Kidney Pills have been used success-

fully by thousands of other men and women for over 60 years.

Care and Skill Combined

No expense is spared in the manufacture of Dodd's Kidney Pills. Only the very best of drugs and materials are used. Everything is carefully tested in one of Canada's most up to date laboratories.

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

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

The Name 'Dodd's' Your Safeguard

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

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

In this booklet you have evidence of what Dodd's Kidney Pills have done for others and should do for you. Your health is much too important a matter to subject to unproven remedies, so remember to insist upon **Dodd's Kidney Pills**. The name **Dodd's** is your safeguard.

The Dodds Medicine Co. Limited

WHY Kidney Tests Are IMPORTANT



In most cases of sickness, certain tests are usually made before treatment is prescribed. One of the more im-

portant tests is that made of the kidneys' condition. It is an accepted fact that properly functioning kidneys are essential to maintaining good health. When people apply for life insurance, the condition of the kidney is quite often a deciding factor whether or not the application is accepted. The duration of illness may often depend on the kidneys' condition. The kidneys' duty is to cleanse the blood stream of impurities and excess acids and to help maintain a constant flow of food energy to the body tissue and nerve cells. Even with a person in good health, if impurities are allowed to remain in the blood, illness is almost certain to follow. Such distress as backache, tired feeling due to urinary irritation and bladder discomfort, is usually a sign of trouble.

For more than sixty years, Dodd's Kidney Pills have been helping relieve kidney sufferers all over the world. Many people choose to have Dodd's Kidney Pills in their medicine cabinets all the time . . . as a Spring and Fall tonic or for use at the first sign of kidney disorder.

To Keep Plants Watered—When away from home. Place in a zinc tub, as many bricks as there are flower pots; pour enough water in the tub to cover the bricks and place a pot on each. The bricks will soak up enough water to keep the plants in good condition for a long time.

Many a baby pretends to be asleep to make its father stop singing.

HIS DOCTOR ADVISED DODD'S for KIDNEYS

"My doctor advised me to try Dodd's Kidney Pills," writes Mr. B. M. Walker, 109 Browning Ave., Toronto, Ont. "It was several years ago, after I had scarlet fever and it affected my kidneys. The doctor said that if

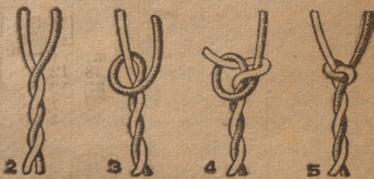


B. M. Walker

Dodd's seemed to help, to continue using a box at intervals of three months. I have been doing so ever since. My back begins to ache and I feel tired as the end of three months approaches. But, after 1 box of Dodd's Kidney Pills, the discomfort clears up."

An optimist laughs to forget. A pessimist forgets to laugh.

HOW to
WIRE a
WALL
PLUG



Run cord through plug as (1) and tie knot as shown in (2, 3, 4, 5). This knot relieves strain on binding posts when plug is jerked out of wall outlet. Attach wires . . . the wires should be wrapped around prongs of plug as in (6) before insulation is peeled off. Then only peel enough off to make wire right length, and at same time reach all the way to the binding posts. Fasten the wires securely under the binding posts.



SUNRISE AND SUNSET

USE THIS TABLE TO DETERMINE YOUR LOCAL TIME

Moon's Phases—Shown in Eastern Standard Time, and apply to Ontario and Quebec. In Newfoundland (Newfoundland Time Zone) add 1½ hours. In the Maritimes and far Eastern Quebec (Atlantic Time) 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.

12th month DECEMBER, 1952 31 days

***TO FIND LOCAL TIMES**

The times shown for sunrise, sunset, moonrise and moonset apply to Southern Ontario, Quebec and the Maritimes. To find local times add or subtract the number of minutes shown below for the nearest city. For Northern Ontario and Quebec, Newfoundland and Western Canada, it is necessary to make the following additional changes.

MOON'S PHASES—Eastern Standard Time

	D.	H.	M.
☉ Full Moon.....	1	7	41 a.m.
☾ Last Qtr.....	9	8	22 a.m.
☾ New Moon.....	16	9	02 p.m.
☽ First Qtr.....	23	2	51 p.m.
☉ Full Moon.....	31	12	05 a.m.

	Sunrise	Sunset	Sunrise	Sunset
	<i>m</i>	<i>m</i>	<i>m</i>	<i>m</i>
Nov. 23	add 20	sub. 20	May 19	sub. 20 add 20
Jan. 18	add 15	sub. 15	Jul. 31	sub. 15 add 15
Feb. 7	add 10	sub. 10	Aug. 18	sub. 10 add 10
Feb. 23	add 5	sub. 5	Sept. 4	sub. 5 add 5
Mar. 11	0	0	Sept. 20	0 0
Mar. 29	sub. 5	add 5	Oct. 6	add 5 sub. 5
Apr. 14	sub. 10	add 10	Oct. 21	add 10 sub. 10
Apr. 29	sub. 15	add 15	Nov. 7	add 15 sub. 15

Day of Month	Day of Week	Moon's Phase	*Sun		*Moon	
			Rises	Sets	Rises	Sets
			A.M.	P.M.	P.M.	A.M.
1	M	☾	7 18	4 20	4 05	7 43
2	T	☾	7 19	4 20	4 59	8 45
3	W	☾	7 20	4 19	6 01	9 35
4	T	☾	7 21	4 19	7 06	10 15
5	F	☾	7 22	4 19	8 13	10 46
6	S	☾	7 23	4 19	9 18	11 12
7	Sun	☾	7 24	4 19	10 22	11 33
8	M	☾	7 25	4 18	11 25	11 51
9	T	☾	7 26	4 18	a.m.	p.m.
10	W	☾	7 27	4 18	12 28	12 25
11	T	☾	7 28	4 18	1 33	12 43
12	F	☾	7 29	4 19	2 39	1 04
13	S	☾	7 30	4 19	3 49	1 29
14	Sun	☾	7 31	4 19	5 01	2 01
15	M	☾	7 31	4 19	6 15	2 44
16	T	☾	7 32	4 19	7 25	3 38
17	W	☾	7 33	4 20	8 26	4 46
18	T	☾	7 33	4 20	9 15	6 03
19	F	☾	7 34	4 20	9 54	7 25
20	S	☾	7 34	4 21	10 24	8 46
21	Sun	☾	7 35	4 21	10 50	10 05
22	M	☾	7 35	4 21	11 11	11 22
23	T	☾	7 36	4 22	11 32	a.m.
24	W	☾	7 37	4 23	11 54	12 38
25	T	☾	7 37	4 23	p.m.	1 53
26	F	☾	7 37	4 24	12 45	3 07
27	S	☾	7 38	4 25	1 18	4 21
28	Sun	☾	7 38	4 25	1 59	5 34
29	M	☾	7 38	4 26	2 49	6 35
30	T	☾	7 38	4 27	3 47	7 29
31	W	☾	7 38	4 28	4 52	8 12

British Columbia

Prince Rupert... Add 41
 Vancouver..... " 12
 Victoria..... " 14

Alberta

Calgary..... Add 36
 Edmonton..... " 34
 Medicine Hat.... " 23

Saskatchewan

Moose Jaw..... Add 2
 Prince Albert.... " 3
 Regina..... Sub. 2
 Saskatoon..... Add 7

Manitoba

Brandon..... Add 40
 Winnipeg..... " 29

Ontario

Belleville..... Add 9
 Brantford..... " 21
 Chatham..... " 29
 Galt..... " 21
 Guelph..... " 21
 Hamilton..... " 19
 Kingston..... " 6
 Kitchener..... " 22
 London..... " 25
 Niagara Falls.... " 16
 North Bay..... " 18
 Oshawa..... " 15
 Ottawa..... " 3

Ontario—Con't

Owen Sound... Add 24
 Peterborough.... " 13
 Pembroke..... " 9
 Port Arthur.... " 57
 Sarnia..... " 30
 Sault Ste. Marie " 37
 Stratford..... " 24
 St. Catharines.. " 17
 Sudbury..... " 24
 Toronto..... " 18
 Windsor..... " 32
 Woodstock..... " 23

Quebec

Gaspé..... Add 16
 Montreal..... Sub. 6
 Québec..... " 12
 Sherbrooke.... " 13
 Three Rivers... " 10

Prince Edward Is.

Charlottetown.. Add 13

New Brunswick

Fredericton... Add 26
 Moncton..... " 19
 Saint John.... " 24

Nova Scotia

Halifax..... Add 15
 Sydney..... " 1

Newfoundland

St. John's..... Add 1

Had Bad Back After Operation

Relied on Dodd's Pills and Got Relief



Mrs. L. Churchill

"I am 25 years of age and pack candy," writes Mrs. L. Churchill, 91 Pembroke St., Toronto, Ont. "It was after an operation, 9 years ago, that I was troubled with backache. My mother gave me some Dodd's Kidney Pills

and they helped a great deal. I have also been troubled with tired feeling and night rising but Dodd's Kidney Pills helped me feel fine again. I find Dodd's wonderful and I can't praise them enough."

JANUARY



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. **HOROSCOPE** — Jan. 21st — Feb. 18th — People born under the sign of Aquarius are "go-getters" and eager to help others. Easy to get along with. But they are careless and easily upset.

COULDN'T SLEEP WELL

"For several years, I was troubled with bladder irregularity and a generally tired feeling," writes Mr. I. S. Macdonald, 48 year old insurance underwriter, Howe St., Vancouver, B.C. "I couldn't sleep well at night because of the bladder disturbance. But thanks to Dodd's Kidney Pills I feel fit again. I certainly recommend Dodd's Kidney Pills to those who suffer bladder irritation."



I. S. Macdonald

1st month JANUARY, 1953 31 days

MOON'S PHASES—Eastern Standard Time

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

☾ Last Qtr....	Day 8	Time 5 09 a.m.
☾ New Moon...	15	9 08 a.m.
☽ First Qtr....	22	12 43 a.m.
☽ Full Moon...	29	6 44 p.m.

Day of Month	Day of Week	Moon's Phase	*Sun		*Moon	
			Rises	Sets	Rises	Sets
1	T	☾	H.M. 7 38	H.M. 4 29	P.M. 5 58	A.M. 8 46
2	F	☾	7 38	4 30	7 05	9 14
3	S	☾	7 38	4 31	8 09	9 36
4	Sun	☾	7 38	4 32	9 13	9 56
5	M	☾	7 38	4 33	10 15	10 13
6	T	☾	7 38	4 34	11 18	10 30
7	W	☾	7 38	4 35	a.m. 10 47	
8	T	☾	7 37	4 36	12 23	11 06
9	F	☾	7 37	4 37	1 29	11 28
10	S	☾	7 37	4 38	2 39	11 56
11	Sun	☾	7 37	4 39	3 51	12 32
12	M	☾	7 36	4 40	5 02	1 17
13	T	☾	7 36	4 42	6 08	2 21
14	W	☾	7 35	4 43	7 04	3 35
15	T	☾	7 35	4 44	7 48	4 57
16	F	☾	7 35	4 45	8 23	6 21
17	S	☾	7 34	4 47	8 51	7 45
18	Sun	☾	7 34	4 48	9 15	9 05
19	M	☾	7 33	4 49	9 37	10 24
20	T	☾	7 32	4 51	9 59	11 41
21	W	☾	7 31	4 52	10 21	a.m.
22	T	☾	7 31	4 54	10 47	12 58
23	F	☾	7 30	4 55	11 19	2 12
24	S	☾	7 29	4 56	11 57	3 24
25	Sun	☾	7 28	4 58	12 44	4 38
26	M	☾	7 27	4 59	1 40	5 25
27	T	☾	7 26	5 00	2 42	6 09
28	W	☾	7 25	5 02	3 47	6 47
29	T	☾	7 24	5 03	4 54	7 17
30	F	☾	7 23	5 05	5 58	7 40
31	S	☾	7 22	5 07	7 02	8 01

*See page 3 for Local Time

WEATHER—1st-4th—Cold and clear. 5th-11th—Wind and snowflurries, still cold. 12th-18th—Colder but mostly fair. 19th-24th—Moderating with snowflurries. 25th-31st—Fair and quite cold.

Son—"Dad, what do you call a man who drives a car?"

Dad—"It all depends on how close he comes to me, my boy."

KIDNEYS MUST KEEP THE BODY FREE OF POISON!

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

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

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

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

The quantity of urine passed by an adult in the 24 hours, averages about $2\frac{1}{2}$ pints. This varies, being less in hot weather when the urine becomes more highly concentrated.

The kidneys play an important part

in maintaining the proper level of certain substances in the blood—sugar, for example. The kidneys also help regulate the degree of alkalinity of the blood.

KIDNEYS HIGHLY SENSITIVE

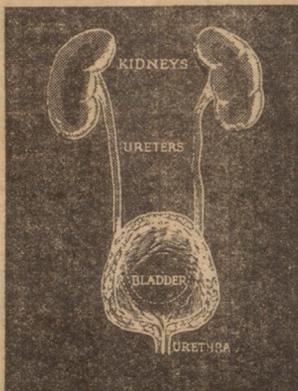
The kidneys are highly sensitive organs. They

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

quickly when kidneys fail to function properly.

Why Risk Serious Illness?

At the first sign of kidney distress use Dodd's Kidney Pills. As they are prepared to act as a stimulant and so assist the kidneys in their work of removing excess acids and wastes from the system, as a "treatment" for kidney ailments, their action cannot be harsh or violent. While benefits may often be noticed before the completion of one box, experience has seemed to prove that best results are obtained by the use of Dodd's Kidney Pills over a period of time.



You Can Depend on "Dodd's"

Backache Made Work Difficult

Dodd's Kidney Pills soon helped him



J. W. Brown

2nd month FEBRUARY, 1953 28 days

MOON'S PHASES—Eastern Standard Time

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

Last Qtr....Day 6 Time 11 09 p.m.
New Moon... 13 8 10 p.m.
First Qtr... 20 12 44 p.m.
Full Moon... 28 1 59 p.m.

Day of Month	Day of Week	Moon's Place	*Sun		*Moon	
			Rises	Sets	Rises	Sets
1	Sun	♌	H.M.	H.M.	P.M.	A.M.
2	M	♌	7 21	5 08	8 05	8 19
3	T	♌	7 19	5 09	9 08	8 36
4	W	♌	7 18	5 11	10 11	8 53
5	T	♌	7 17	5 12	11 16	9 10
6	F	♌	7 16	5 13	a.m.	9 31
7	S	♌	7 14	5 15	12 23	9 56
8	Sun	♌	7 11	5 18	1 33	10 27
9	M	♌	7 10	5 19	2 42	11 07
10	T	♌	7 08	5 20	3 49	p.m.
11	W	♌	7 07	5 22	4 48	1 06
12	T	♌	7 05	5 23	5 37	2 23
13	F	♌	7 04	5 24	6 16	3 47
14	S	♌	7 03	5 26	6 48	5 12
15	Sun	♌	7 01	5 27	7 15	6 36
16	M	♌	7 00	5 27	7 38	7 59
17	T	♌	6 58	5 28	8 01	9 20
18	W	♌	6 56	5 30	8 24	10 39
19	T	♌	6 55	5 33	8 50	11 58
20	F	♌	6 53	5 34	9 20	a.m.
21	S	♌	6 53	5 36	9 57	1 13
22	Sun	♌	6 50	5 37	10 42	2 21
23	M	♌	6 49	5 38	11 34	3 21
24	T	♌	6 47	5 40	p.m.	4 11
25	W	♌	6 45	5 41	1 39	4 50
26	T	♌	6 44	5 43	2 44	5 20
27	F	♌	6 42	5 44	3 50	5 46
28	S	♌	6 41	5 45	4 54	6 07
					5 57	6 26

*See page 3 for Local Time

WEATHER—1st-5th—Moderating a bit with some heavy snow in spots. 6th-10th—Becoming colder, variable cloudiness. 11th-16th—Little warmer but unsettled, some hail and rain. 17th-22nd—Temperature noses down, mostly clear. 23rd-28th—Stormy, wet snow then clearing.

Sign in an ammunition dump: "If you must smoke, do so; then leave by the exit that will suddenly appear in the roof."

"I am 25 years old, and have been bothered by backache for the last 2 years", writes John W. Brown, Box 1018, Springhill, N.S. "As my work is mostly done bending over, my backache caused a lot of suffering. I tried other remedies but couldn't get satisfaction until I saw an advertisement about Dodd's Kidney Pills. After using one box, I found I was bothered less by backache. I certainly won't be without Dodd's from now on."

FEBRUARY

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. **HOROSCOPE**—February 19th to March 20th. People of Pisces are imaginative. Like new ideas; are very friendly. Lack confidence and easily influenced by whims.



COULDN'T DO HOUSEWORK



Mrs. C. Speers.

"At times, I could hardly go about my housework my back ached so badly," writes Mrs. C. Speers, 25 years of age, 59 Farquhar St., Guelph Ont. "It was good fortune indeed that I read about Dodd's Kidney Pills and

tried them. One box of Dodd's Kidney Pills helped me greatly. After using them a little while longer, I never felt better in my life."

Before and After BABY ARRIVES



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

When BACKACHE Threatens

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

• When Should Baby Walk?

An international authority stated:—"When a baby decides it is time to walk he'll stand up and walk." The best possible thing for a baby's feet is walking bare-footed on a deep piled rug or sand. Never put shoes on a child before he has learned to walk.

• When Feeding Baby. . . .

The mixture should be placed about midway back of the tongue to facilitate swallowing. When put in the front part of the mouth, it is likely to be pushed out because this area lacks muscular development for adequate swallowing. Many mothers give up when the youngster does this because they believe he dislikes the cereal.

Even Healthy Babies Have "DISORDERS"

A leading specialist has outlined some of the "disorders" which may be frightening to mothers . . . but he says, should not cause undue alarm. Any variation from what a mother thinks is normal, is upsetting, but the following list of "disorders" are encountered practically all over the world and are considered normal by the baby specialist.

Constipation in breast-fed babies—(Infrequent stools are common).

Enlarged tonsils—(Should only be removed after careful examination and consideration).

Heart Murmurs—(Many are harmless and unnecessary treatment or sheltering may make a child nervous).

Skin Disorders—Milk crust on baby's head, swelling of hands in winter, blisters on upper lip and sweating.

Eye Disorders—Blocked tear duct, in a tiny baby, squint of a new born child.

Urinary Disorders—Concentrated ammonia odor, more frequent wetting in cold weather, reddish urine in hot weather.

Ear Disorders—The way teething baby touches its ears, discharging (usually wax), Protruding ears.

Growth Disorder—Temporary standstill, sometimes loss of weight when baby starts to walk.

Disorders of Mouth and Digestion—Poor appetite, curdling of milk, bad breath, undigested food in stool, grinding of teeth, variation of age when teeth out, tongue-tie.

Backache after Baby Born

"I am 27 years of age, and the mother of 4", writes, Mrs. E. Matte, 1310 Cumberland N., Cornwall, Ont. "After my first baby was born, I had terrible backaches, and was continually disturbed during the night. I have my mother to thank for telling me about Dodd's Kidney Pills. The relief I experienced was wonderful. Now I can look after my family and home in comfort."



Mrs. E. Matte

Almanac Prompted Dodd's Use

Kidney Distress Soon Relieved by Dodd's



Mrs. A. Clarke Pills had helped others who suffered my discomfort. And I gave Dodd's Kidney Pills a trial. I'm certainly happy with the comforting relief Dodd's gave me."

"My kidneys were troublesome for a long time," writes Mrs. A. Clarke, 58 years of age, New Harbour, Nfld. "I had read in the almanac how Dodd's Kidney Pills had helped

MARCH



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. **HOROSCOPE**—March 21st to April 20th. You who are born under Aries make good leaders, scorers of danger. But you are easily angered and impatient. Can turn your hand to almost any job.

FRIEND SUGGESTED DODD'S

"For the last five years, I suffered with backaches," writes Mr. E. Atkins, a chef, 55 years of age, 60 Orchard View Blvd., Toronto, Ont. "My back got so bad I thought I would have to give up my work. But fortunately a friend came to my rescue and suggested the use of Dodd's Kidney Pills. Before I had finished half a box of Dodd's Kidney Pills I began to feel easier. My night's rest wasn't broken. On using three boxes of Dodd's Kidney Pills, I felt like a new man."



E. Atkins

3rd month **MARCH, 1953** 31 days

MOON'S PHASES—Eastern Standard Time

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

☾ Last Qtr....	Day 8	Time 1 26 p.m.
☾ New Moon...	15	6 05 a.m.
☽ First Qtr....	22	3 10 a.m.
☽ Full Moon...	30	7 55 a.m.

Day of Month	Day of Week	Moon's Place	*Sun		*Moon	
			Rises	Sets	Rises	Sets
1	Sun	♊	H.M. 6 39	H.M. 5 47	P.M. 6 59	A.M. 6 43
2	M	♊	6 37	5 48	8 02	7 00
3	T	♊	6 35	5 49	9 07	7 17
4	W	♊	6 34	5 51	10 13	7 37
5	T	♊	6 32	5 52	11 20	8 00
6	F	♊	6 30	5 54	a.m. 8 28	8 28
7	S	♊	6 28	5 55	12 29	9 04
8	Sun	♋	6 26	5 56	1 35	9 51
9	M	♋	6 25	5 57	2 35	10 49
10	T	♋	6 23	5 59	3 27	11 59
11	W	♋	6 21	6 00	4 09	p.m. 59
12	T	♋	6 19	6 01	4 44	2 39
13	F	♋	6 17	6 03	5 12	4 02
14	S	♋	6 15	6 04	5 37	5 25
15	Sun	♌	6 13	6 05	6 01	6 48
16	M	♌	6 11	6 07	6 24	8 10
17	T	♌	6 09	6 08	6 49	9 32
18	W	♌	6 07	6 09	7 18	10 52
19	T	♌	6 05	6 11	7 54	a.m. 12
20	F	♌	6 04	6 12	8 36	12 05
21	S	♌	6 02	6 13	9 27	1 11
22	Sun	♌	6 00	6 14	10 26	2 06
23	M	♌	5 58	6 16	11 30	2 48
24	T	♌	5 56	6 17	p.m. 3 23	3 23
25	W	♌	5 55	6 19	1 41	3 50
26	T	♌	5 53	6 20	2 45	4 12
27	F	♌	5 51	6 21	3 48	4 32
28	S	♌	5 49	6 22	4 51	4 50
29	Sun	♍	5 47	6 24	5 54	5 07
30	M	♍	5 45	6 25	6 59	5 24
31	T	♍	5 43	6 26	8 04	5 43

*See page 3 for Local Time

WEATHER — 1st-4th — Blustery weather, moderately cold. 5th-11th — Changing to fair and colder. 12th-16th — Unsettled with lots of snow. 17th-23rd — Temperature moves up, snow changing to sleet or rain. 24th-31st — Sudden drop in temperature and then more snow.

A woman doesn't need to add if she can distract.

HOW OUR FOOD IS DIGESTED

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

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

Stomach Like a Churn

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

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

If Nature Falls Down

Food substances for building tissue are contained principally in such foods as meat and eggs. These are called *Proteins*. Proteins should be partially

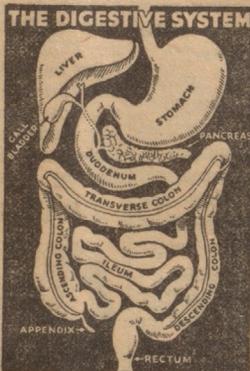
digested by the gastric juices, the chief active ingredient of which is pepsin. Many cases of indigestion are caused where the body does not supply sufficient pepsin. Dodd's Dyspepsia Tablets supply extra pepsin and thus make up for what Nature sometimes fails to supply in sufficient quantity.

Starchy foods such as bread, potatoes and sugar are called *Carbohydrates*. These are partially digested in the mouth and digestion is completed in the intestines by the pancreatic and intestinal juices. Dodd's Dyspepsia Tablets contain an ingredient to digest starches and thus assist the pancreatic and intestinal juices in their work. In addition to the two ingredients mentioned that assist in the digestion

of *Proteins* and *Carbohydrates*, Dodd's Dyspepsia Tablets contain ingredients to soothe the mucous membrane and check excessive acidity and tendency to nausea, vomiting and diarrhoea.

INDIGESTION and all the other names for it like heartburn, water brash and gassy feeling may be promptly relieved by Dodd's Dyspepsia Tablets. Pleasant tasting, easy-to-take Dodd's Dyspepsia Tablets go to work quickly and help the stomach.

Dodd's Dyspepsia Tablets are sold by leading Druggists everywhere. 60c a box, or by mail postpaid from The Dods Medicine Co. Ltd., Toronto 1, Canada.



Springtime

is **CLEANING** Time



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

In the Spring the human system also needs a thorough cleansing. Winter's lack of outdoor exercise, heavier and richer meals, changes in temperature, cold and dampness, all tax the system. When Spring approaches, the body is tired, its functions slowed up. Poisons are given a better chance to accumulate in the system.

It is the normal duty of the healthy kidneys to filter poisonous matter from the blood. If the kidneys are sluggish in action poisons remain in the system and Backache, Disturbed Rest, tired out and heavy headed feeling or other indications of an upset kidney condition often appear.

A Good Spring Medicine

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

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



USES DODD'S EVERY SPRING AND FALL

"I use Dodd's Kidney Pills every Spring and Fall," writes Mrs. C. G. Muller, 1324 King St., Regina, Sask. "At the start of these seasons, my system seems to need the help of Dodd's Kidney Pills. Sometimes,



I get careless and go out and hang clothes up, not dressed right for the weather. My back gets chilled before I know it. However, I don't worry as Dodd's Kidney Pills soon help the situation."

PAINTING POINTERS



If you want to paint the window frames, put a small rubber band on the end of the brush about an inch from the tip. It will prevent paint from going on the window.

To stop a thick skin from forming on a partly used can of paint, close tin tightly after use, then shake well. Shake again during the next hour or two. It will be just like new when next you want to use it.

When doing a job of painting that requires more than one color, you can keep your brushes from drying out overnight by inserting the bristles in paper bags. When this is done all of your brushes can be inserted in one can of linseed oil without danger of the different colors running together.

When painting, use a cardboard picnic plate to stand the tin on as it is easily moved around and catches any paint that may run down.

Before painting, give your hands a coat of vaseline and after you are through simply wash off the vaseline and all the paint stains will come with it.

Standing Bothered His Back

Mail Clerk Soon Relieved by Dodd's Pills

4th month APRIL, 1953 30 days

MOON'S PHASES—Eastern Standard Time

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

Last Qtr. . . . Day	6	Time	11 58	p.m.
New Moon . . .	13		3 09	p.m.
First Qtr. . . .	20		7 40	p.m.
Full Moon . . .	28		11 20	p.m.

Day of Month	Day of Week	Moon's Place	*Sun		*Moon	
			Rises	Sets	Rises	Sets
1	W	T	H.M.	H.M.	P.M.	A.M.
2	T	F	5 41	6 27	9 11	6 05
3	F	S	5 39	6 29	10 20	6 32
4	S	M	5 38	6 30	11 26	7 06
			5 36	6 31	a.m.	7 49
5	Sun	M	5 34	6 33	12 28	8 42
6	M	T	5 32	6 34	1 22	9 46
7	T	W	5 30	6 35	2 06	10 59
8	W	T	5 29	6 36	3 41	p.m.
9	T	F	5 27	6 38	3 11	1 37
10	F	S	5 25	6 39	3 37	2 57
11	S	M	5 23	6 40	4 00	4 18
12	Sun	M	5 21	6 41	4 23	5 39
13	M	T	5 20	6 42	4 47	7 01
14	T	W	5 18	6 44	5 14	8 23
15	W	T	5 16	6 45	5 47	9 41
16	T	F	5 14	6 46	6 28	10 52
17	F	S	5 12	6 47	7 17	11 54
18	S	M	5 10	6 48	8 14	a.m.
19	Sun	M	5 09	6 49	9 18	12 43
20	M	T	5 07	6 51	10 24	1 21
21	T	W	5 06	6 52	11 31	1 51
22	W	T	5 04	6 53	p.m.	2 15
23	T	F	5 02	6 55	1 39	2 36
24	F	S	5 01	6 56	2 41	2 55
25	S	M	4 59	6 58	3 44	3 13
26	Sun	M	4 58	6 59	4 48	3 30
27	M	T	4 56	7 00	5 53	3 48
28	T	W	4 54	7 01	7 00	4 10
29	W	T	4 53	7 03	8 09	4 35
30	T	F	4 51	7 04	9 18	5 07

*See page 3 for Local Time

WEATHER—1st-5th—Cold dry days to start. 6th-11th—Starts to warm up, unsettled. 12th-17th—Some dry sunny days, cold nights. 18th-24th—Mild with thunder bringing occasional showers. 25th-30th—Cooler with sleet squalls.

A bank is a place where a husband makes due allowance for his wife's shortages.

"I am a railway mail clerk, 53 years of age", writes Arthur King, 3944 Rivard St., Montreal. "I stand all day on my job and for years I suffered with back-ache. After I started to use Dodd's Kidney Pills, relief came



quickly. To make certain of the results I wanted, I took 3 boxes of Dodd's Kidney Pills. Every once in awhile, I take some Dodd's Kidney Pills to keep myself in good order."

APRIL 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. **HOROSCOPE**—April 21st to May 21st. Those born under Taurus are practical and determined type. Great thinkers but moody. You carry grudges too far.

DODD'S A FAMILY STANDBY



Mrs. Frank O'Hara

"I am thirty seven years of age, do all my own housework for a family of 5 and sew during the day in our upholstery shop," writes Mrs. Frank O'Hara, 103 Avondale St., Waterloo, Ont. "As long as I can remember Dodd's Kidney Pills have been a standby in our family. Whenever my back starts to ache or I feel my hands stiffening, I just use Dodd's Kidney Pills. As always Dodd's Kidney Pills help me."

HOW COLDS May Affect YOUR KIDNEYS



The kidneys are very delicate organs and easily affected — especially by a cold. It is surprising how few people realize this. A damp bed, wet feet, sitting in a draught, profuse perspiration fol-

lowing on any unusual exertion will often cause a chill on the kidneys. Soon this may manifest itself in a pain in the back, difficulty in stooping or rising. The kidneys will need prompt attention. Take Dodd's Kidney Pills, until the symptoms have entirely disappeared.

HOUSEHOLD HINTS

A little ground cinnamon sprinkled directly on the gas flame will do wonders about those cooking odors.

If, inadvertently, you scorch your husband's best shirt, rub the brown spot lightly with vinegar, and then wipe with a clean cloth, and the scorch will disappear

Apply a mixture of turpentine and warm milk to dulled oilcloth and it will look like new.

A teaspoon of salt added to the water when boiling the eggs will prevent the contents from leaking out, should the shells crack.

Cold tea poured over the house plants will prove very effective as a fertilizer.

The best temperature, all the year through, is: a cool head and a warm heart.

Couldn't have worked if it weren't for Dodd's

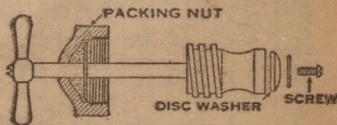
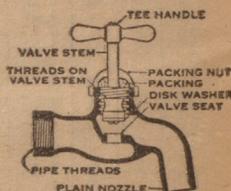
"I am a waitress and am on my feet 12 to 14 hours a day," writes Miss Helen Young, 30 years of age, 174 Agricola St., Halifax N.S. "For over 3 years I had kidney trouble and a sore back. I couldn't have carried on with my work if it hadn't been for Dodd's Kidney Pills. I used Dodd's Kidney Pills for some time and I could scarcely feel any soreness in my back. I wouldn't be without Dodd's as they were a wonderful relief."



Miss H. Young

A picture of a modern girl in a bathing suit should not be called a snapshot. It's an exposure.

HOW TO CHANGE A TAP WASHER



Remove the valve stem, after unscrewing packing nut with a monkey wrench. Replace washer by removing screw on the end of valve stem. Return valve stem to tap. While packing nut is being turned down, the tap should be partly opened. When the nut has been firmly turned down, not too tightly, the tap should be closed.

Successful Man:—One who earns more than his wife can spend.

Successful Woman:—One who finds such a man.

Was Amazed by Quick Relief

Use of Dodd's Suggested by Grandmother



Mrs. A. Hale

"For years I had a backache and felt tired all the time," writes Mrs. A. Hale, 1343 Haro St., Vancouver, B.C. "My grandmother advised me to use Dodd's Kidney Pills as they had helped her years ago. I was amazed, relief came so quickly. I hope others will try your wonderful remedy."

ago. I was amazed, relief came so quickly. I hope others will try your wonderful remedy."

MAY 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. **HOROSCOPE**—May 22nd to June 21st. People of Gemini are good writers and speakers. You are well liked but have a two-way personality. Lack power to concentrate but must to succeed.

Soon Felt 100% Better

"Backache was making my work very difficult," writes Mr. Basil E. Crain, 22 years of age, 269 Park St., Moncton, N.B. "I suffered for quite some time with my back and kidneys. My rest at night was frequently disturbed. It was a friend with a similar condition that told me about Dodd's Kidney Pills. I used Dodd's Kidney Pills as directed and within a week I felt 100% better. Now I can carry on with my trucking business without discomfort . . . Thanks to Dodd's."



Basil E. Crain

5th month MAY, 1953 31 days

MOON'S PHASES—Eastern Standard Time

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

☾ Last Qtr.... Day 6 Time 7 21 a.m.
☽ New Moon... 13 12 06 a.m.
☽ First Qtr... 20 1 20 p.m.
☽ Full Moon... 28 12 03 p.m.

Day of Month	Day of Week	Moon's Place	*Sun		*Moon	
			Rises	Sets	Rises	Sets
1	F	♋	H.M.	H.M.	P.M.	A.M.
2	F	♋	4 50	7 05	10 21	5 47
3	Sun	♋	4 49	7 06	11 17	6 38
4	M	♋	4 47	7 07	a.m.	7 40
5	T	♋	4 46	7 09	12 04	8 50
6	W	♋	4 44	7 10	12 43	10 05
7	T	♋	4 43	7 11	1 14	11 23
8	F	♋	4 41	7 12	1 37	p.m.
9	S	♋	4 40	7 13	2 03	1 58
10	Sun	♋	4 38	7 15	2 25	3 16
11	M	♋	4 37	7 16	2 47	4 36
12	T	♋	4 36	7 17	3 13	5 56
13	W	♋	4 34	7 18	3 42	7 15
14	T	♋	4 33	7 19	4 19	8 30
15	F	♋	4 32	7 21	5 04	9 37
16	S	♋	4 31	7 22	5 59	10 33
17	Sun	♋	4 30	7 23	7 01	11 16
18	M	♋	4 29	7 25	8 08	11 50
19	T	♋	4 28	7 26	9 16	a.m.
20	W	♋	4 27	7 27	10 23	12 17
21	T	♋	4 26	7 28	11 27	12 39
22	F	♋	4 25	7 29	p.m.	12 59
23	S	♋	4 24	7 30	1 32	1 17
24	Sun	♋	4 23	7 31	2 35	1 34
25	M	♋	4 22	7 32	3 40	1 52
26	T	♋	4 21	7 33	4 46	2 13
27	W	♋	4 21	7 34	5 55	2 37
28	T	♋	4 20	7 35	7 04	3 06
29	F	♋	4 19	7 36	8 11	3 44
30	S	♋	4 19	7 37	9 11	4 32
31	Sun	♋	4 18	7 38	10 02	5 31

*See page 3 for Local Time

WEATHER—1st-6th—Still unsettled, rain and windy. 7th-13th—Bright spring days, frosty nights. 14th-19th—Warms up bringing unsettled weather. 20th-25th—Warmer but showery. 26th-31st—Continues unsettled, ends fine.

Flattery is soft soap—which is 90% lye!

Inches

6

5

4

3

2

1

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=27¼ 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=20 fl. ounces
- 1 quart=2 pints
- 1 gallon=4 quarts
- 1 firkin=9 gallons
- 1 barrel=36 gallons
- 1 hogshead=63 gallons

Avoirdupois Weight

- 1 ounce=16 drams
- 1 pound=16 ounces
- 14 pounds=1 stone
- 1 hundredweight=100 pounds (112 pounds English)
- 1 ton=20 hundredweight=2000 pounds (2240 pounds English)

Troy

(Used in weighing gold, silver, jewels)

- 1 pennyweight=24 grains
- 1 ounce=20 pennyweight
- 1 pound=12 ounces

Miscellaneous Measures

- 1 dozen=12 units
- 1 gross=12 dozen
- 1 great gross=12 gross
- 1 score=20 units
- 1 quire=24 sheets of paper
- 1 ream=20 quires

To Obtain Multiply

- Diameter of Circle, Circumference by .31831
- Circumference of Circle..... Diameter by 3.1416
- Area of Circle..... Square of diam. by .7854
- Surface of Sphere..... Square of diam. by 3.1416
- Cubic inches in a Sphere..... Cube of diam. by .5236
- Pounds of Water.. Cubic Feet by 62.4
- Knots..... Miles per hour by 1.152
- Centimetres..... Inches by 2.540
- Metres..... Yards by .9144
- Kilometres..... Miles by 1.609
- Cubic Centimetres..... Cubic inches by 16.39
- Grams..... Ounces by 28.35
- Kilograms..... Pounds by 4.536
- Area of a Rectangle.... The base by the altitude.
- Area of a Triangle.... The base by half the altitude.

Number of Square Feet in a Piece of Lumber—The length in feet by the width and thickness in inches, and divide the product by 12.

Fahrenheit and Centigrade Scales

	F	C
Boiling point of water	212°	100°
Freezing point of water	32°	0°
Absolute zero.....	—459.6°	—273.1°

To convert Fahrenheit to Centigrade, subtract 32 and multiply by 5/9.

To convert Centigrade to Fahrenheit, multiply by 9/5 and add 32.

Doubling the diameter of a pipe increases its capacity four times.

Building Information

One thousand shingles, laid four inches to the weather, will cover one hundred square feet of surface. Five pounds of shingle nails will fasten them on.

One thousand laths will cover seventy yards of surface and eleven pounds of lath nails will nail them on.

One cord of stone, three bushels of lime and a cubic yard of sand will lay one hundred cubic feet of wall.

One bushel of cement and two bushels of sand will cover three and a half square yards one inch thick; four and a half square yards, three quarters of an inch thick; and six and three quarter square yards, one half an inch thick.

27 cu. ft. of gravel (dry) weighs 1 ton. Lime weighs 75 lbs. per bushel.

Farmer Tired Very Quickly

Distress Soon Left on Using Dodd's Pills



James Braithwaite

"It was after recovering from an operation that I tired easily," writes James Braithwaite, 43 years of age, Box 413, Indian Head, Sask. "I had heard about Dodd's Kidney Pills over the radio and decided to try them. I took them every night for awhile and really felt much relieved. When I work hard now, I take Dodd's Kidney Pills. I feel fit and can get through all my work."

6th month JUNE, 1953 30 days

MOON'S PHASES—Eastern Standard Time

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

☾	Last Qtr....	Day 4	Time 12 35 p.m.
☾	New Moon...	11	9 55 a.m.
☾	First Qtr....	19	7 01 a.m.
☾	Full Moon...	26	10 29 p.m.

Day of Month	Day of Week	Moon's Place	*Sun		*Moon	
			Rises	Sets	Rises	Sets
1	M	♋	H.M. 4 17	H.M. 7 40	P.M. 11 16	A.M. 7 57
2	T	♋	4 16	7 40	11 43	9 15
3	W	♋	4 16	7 41	a.m. 10 30	
4	T	♋	4 15	7 42	12 07	11 47
5	F	♋	4 15	7 43	12 29	p.m.
6	S	♋	4 14	7 43	12 51	2 20
7	Sun	♋	4 14	7 44	1 14	3 37
8	M	♋	4 13	7 44	1 42	4 55
9	T	♋	4 13	7 45	2 15	6 11
10	W	♋	4 13	7 46	2 55	7 21
11	T	♋	4 13	7 46	3 46	8 21
12	F	♋	4 13	7 47	4 45	9 09
13	S	♋	4 13	7 47	5 50	9 47
14	Sun	♋	4 13	7 48	6 59	10 17
15	M	♋	4 13	7 48	8 07	10 41
16	T	♋	4 13	7 49	9 13	11 02
17	W	♋	4 13	7 49	10 17	11 21
18	T	♋	4 13	7 50	11 20	11 38
19	F	♋	4 13	7 50	p.m. 11 56	
20	S	♋	4 13	7 50	1 26	a.m.
21	Sun	♋	4 13	7 50	2 30	12 15
22	M	♋	4 13	7 51	3 37	12 37
23	T	♋	4 14	7 51	4 46	1 04
24	W	♋	4 14	7 51	5 55	1 38
25	T	♋	4 14	7 51	6 58	2 22
26	F	♋	4 15	7 51	7 54	3 17
27	S	♋	4 15	7 51	8 40	4 23
28	Sun	♋	4 16	7 51	9 16	5 38
29	M	♋	4 16	7 51	9 46	6 58
30	T	♋	4 16	7 51	10 12	8 17

*See page 3 for Local Time

WEATHER—1st-5th—Warm, showery in some sections. 6th-12th—Thunder disturbances, cooler and some rain. 13th-18th—Warmer intermittent sunshine. 19th-24th—Little cooler with some rain. 25th-30th—Clears up, surprisingly cool.

Court clerk (in dentist's chair)—
"Now, do you swear to pull the tooth, the whole tooth, and nothing but the tooth?"

JUNE 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. **HOROSCOPE**—June 22nd to July 22nd. If you were born under the sign of Cancer, you are kind and understanding. Choose a job you like to do. Fight against laziness and moodiness to be successful.

Modern version: The hand that rocks the cradle often wrecks the car.

DISCOMFORT WAS VERY BAD



Mrs. F. Leslie

"I am 35 years of age and the mother of three children", writes Mrs. F. Leslie, Brooklyn, N.S. "For years I had trouble with the urinary system. Sometimes the discomfort was very bad. I'm pleased to say Dodd's Kidney Pills helped me."

EXCITING NEW CONTEST!

Everyone has a chance to win a Prize!

Prizes DOUBLED if a Direction Sheet* Enclosed!

HERE IS ALL YOU HAVE TO DO

Each year we receive thousands of letters from grateful users of Dodd's Remedies. We can only print very few of these in this booklet.

We want you to tell us which of these letters, in your opinion, tell the most convincing story about Dodd's Kidney Pills. Twelve letters have been selected which appear on pages 4, 6, 8, 11, 13, 15, 18, 20, 24, 27, 29 and 31. The names of the people writing these letters are listed on the entry coupon opposite. **Read these letters carefully. Then mark on the coupon which of them you think is the best**—which would best convince you that Dodd's Kidney Pills help to make and keep you well. Place No. 1 in the little square opposite the letter you have selected as best. Then decide which is the next best letter and mark it No. 2, and so on **until you have placed a number from one to twelve**

* Direction sheet may be from Dodd's Kidney Pills, Dodd's Dyspepsia Tablets, Dodd's Antiseptic Healing Ointment, Diamond Dinner Pills or Scoot for Athlete's Foot.

READ THESE CONTEST RULES CAREFULLY

1. Contest is open to everyone, except employees of The Dodds Medicine Company Limited, and members of their families.

2. Only one prize may be won by the same person or from the same home.

3. Entries to Contest must be made on the coupon at right, and must be in The Dodds Medicine Company Limited offices not later than 5 p.m., March 14th, 1953. (Note:—Post Office Regulations require full postage of 4c whether envelope is sealed or not.) All entries must be accompanied by a stamped envelope addressed to the contestant submitting the entry. The results will be announced in a letter mailed to each Contestant on or before April 11th, 1953.

in each of the squares on the coupon. These numbers indicate what you think is the order of merit of the letters under consideration.

All entries in this contest will be tabulated, so that **the Contestants themselves determine which is the best letter**; second best letter, and so on.

The person whose list in the opinion of The Dodds Medicine Company Limited, is the nearest correct, to the most popular list as conceived by all contestants, will receive the First Prize of \$500 (which will be doubled to \$1,000 if a direction sheet from a Dodd's Remedy is enclosed with entry). The balance of the prizes will be awarded in the order of merit of the next 61 nearest correct lists.

So you see no one knows what will be the correct answer until all entries are in. Everyone has a chance!

4. Numbers ranging from 1 to 12 indicating the order merit of the letters under consideration **must be placed in the squares of the entry coupon.**

5. All Contestants agree to accept as final any decision made by The Dodds Medicine Company Limited, who reserve the right to amend or add to the rules, and to disqualify any entry for any reason deemed sufficient by it.

6. In the event of a tie, The Dodds Medicine Company Limited, at their discretion, may either divide the prize money among those tying or may set a second contest of a similar nature to be solved by only those tying.

7. Writing on the coupon must be legible but neatness does not count.

BEST! \$2,000⁰⁰ IN CASH PRIZES

62 CASH PRIZES—LOOK AT THEM

If a *Direction Sheet** from a *Dodd's Remedy* is enclosed with entry—

THE PRIZE WILL BE DOUBLED

IF DIRECTION SHEET ENCLOSED—

1st Prize—\$500.00 Cash—Doubled to \$1,000.00 Cash.

2nd Prize—\$200.00 Cash—Doubled to \$400.00 Cash.

60 Prizes of \$5.00 Cash—Doubled to \$10.00 Cash

Each Each

*Or a Reasonable facsimile.

CUT HERE

USE THIS COUPON TO ENTER CONTEST

The Dodds Medicine Company Limited,
Contest Department, 54 Wellington St. West,
Toronto 1, Ontario.

Here is my entry to the contest. You will find enclosed a stamped envelope addressed to myself, in order that I may be notified of the results.

- | | | | | | |
|--------------------------|---------------------------------------|-------------------------------------|--|--------------------------|--------------------------------------|
| <input type="checkbox"/> | Page 4—Letter from Mrs. L. Churchill. | <input type="checkbox"/> | Page 13—Letter from Mrs. A. Hale. | <input type="checkbox"/> | Page 24—Letter from Percy Cooke. |
| <input type="checkbox"/> | Page 6—Letter from J. W. Brown. | <input checked="" type="checkbox"/> | Page 15—Letter from James Braithwaite. | <input type="checkbox"/> | Page 27—Letter from Mrs. J. Frank. |
| <input type="checkbox"/> | Page 8—Letter from Mrs. A. Clarke. | <input type="checkbox"/> | Page 18—Letter from Mrs. J. Atfield. | <input type="checkbox"/> | Page 29—Letter from W. J. Bridgeman. |
| <input type="checkbox"/> | Page 11—Letter from Arthur King. | <input type="checkbox"/> | Page 20—Letter from Miss J. Lortie. | <input type="checkbox"/> | Page 31—Letter from Mrs. M. Gendron. |

I enclose Direction Sheet from.....

NAME OF REMEDY

Mr.

Name Mrs.....

Miss

USE PENCIL, AND PRINT PLAINLY

Address..... Province.....

CONTEST CLOSSES MARCH 14th, 1953

Had Leg Pains and Backache

Tried other Remedies, only Dodd's Helped



"I used to be troubled with leg pains and a dull ache across my back," writes Mrs. J. Atfield, 37 year old mother of ten, 433 St. Paul's Ave., Brantford, Ont. "I suffered for years and tried many remedies. But none helped me like Dodd's Kidney Pills. I also found Dodd's Kidney Pills very helpful after childbirth. I think Dodd's Kidney Pills are wonderful".

7th month JULY, 1953 31 days

MOON'S PHASES—Eastern Standard Time

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

☾ Last Qtr.... Day 3 Time 5 03 p.m.
☾ New Moon... 10 9 28 p.m.
☽ First Qtr... 18 11 47 p.m.
☽ Full Moon... 26 7 20 a.m.

Day of Month	Day of Week	Moon's Place	Sun		Moon	
			Rises	Sets	Rises	Sets
			H.M.	H.M.	P.M.	A.M.
1	W	♈	4 17	7 51	10 34	9 36
2	T	♈	4 18	7 50	10 56	10 53
3	F	♈	4 18	7 50	11 19	p.m.
4	S	♈	4 19	7 50	11 45	1 27
5	Sun	♈	4 20	7 50	a.m.	2 43
6	M	♈	4 20	7 49	12 15	3 58
7	T	♈	4 21	7 49	12 52	5 09
8	W	♈	4 22	7 48	1 38	6 11
9	T	♈	4 22	7 48	2 33	7 04
10	F	♈	4 23	7 48	3 36	7 45
11	S	♈	4 24	7 47	4 43	8 18
12	Sun	♈	4 25	7 46	5 52	8 44
13	M	♈	4 25	7 46	6 59	9 06
14	T	♈	4 26	7 45	8 04	9 25
15	W	♈	4 27	7 44	9 07	9 43
16	T	♈	4 28	7 43	10 10	10 01
17	F	♈	4 29	7 43	11 12	10 19
18	S	♈	4 30	7 42	p.m.	10 38
19	Sun	♈	4 31	7 41	1 21	11 03
20	M	♈	4 32	7 40	2 28	11 33
21	T	♈	4 33	7 39	3 36	a.m.
22	W	♈	4 34	7 38	4 42	12 12
23	T	♈	4 35	7 37	5 41	1 01
24	F	♈	4 36	7 36	6 31	2 03
25	S	♈	4 37	7 35	7 12	3 14
26	Sun	♈	4 38	7 34	7 46	4 34
27	M	♈	4 39	7 33	8 13	5 56
28	T	♈	4 40	7 32	8 38	7 17
29	W	♈	4 41	7 31	9 01	8 37
30	T	♈	4 43	7 30	9 24	9 56
31	F	♈	4 44	7 28	9 49	11 14

*See page 3 for Local Time

WEATHER—1st-4th—Turns warmer but cloudy. 5th-11th—Threat of rain little temperature change. 12th-19th—Some real pleasant summer days. 20th-26th—Warm with intermittent showers. 27th-31st—Mostly fair this week.

Don't interrupt: Only a convict likes to be stopped in the middle of a sentence.

JULY 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.

HOROSCOPE—July 23rd to August 23rd. People of Leo are energetic and proud. Born to lead but dislike criticism. Watch out for flattery as it is your weakness.

"Do you really love her?"
"Love her! Why I worship the ground her father struck oil on!"

KIDNEY TROUBLE RELIEVED



Paul Farley

"For 2 years my kidneys gave me trouble," writes Paul Farley, 30 year old construction worker, 20 Augusta, Sorel, Que. "It was the reading of Dodd's Almanac that prompted me to use Dodd's Kidney Pills.

It seemed no time before I got relief. I finished 3 boxes of Dodd's Kidney Pills and the discomfort seemed to leave altogether."

Pleasant - Easy to Use -

DIAMOND DINNER PILLS

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



When a tired sluggish liver fails to supply your bowels with a sufficient amount of bile—Nature's own laxative—constipation often results. You feel dull, listless, have no pep or energy. To restore the liver to a healthy, normal, active condition calls for careful, gentle treatment.

Avoid Harsh Purgatives or Habit-forming Drugs

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

Diamond Dinner Pills are not purgative, although this effect may be produced by increasing the dose. It is when taken in small and frequent doses that their best action is secured. Their use is not accompanied by any irritation or consequent constipation.

As Diamond Dinner Pills are quite small and sugar coated they are easy and pleasant to use. The handy tube in which they are packed fits readily into purse or pocket. Diamond Dinner Pills are 30 cents a box at all dealers, or by mail, postpaid from The Dodds Medicine Co., Ltd., Toronto 1.

HOW EYESIGHT CHANGES

According to authorities, of persons twenty years of age, 23 per cent have defective eyes; of thirty years, 39 per cent have defective vision; of forty years, 48 per cent—nearly half—have impaired vision. From there on, eyesight fails rapidly. Of persons fifty years, 71 per cent have defects; of sixty, 82 per cent; and of seventy, 95 per cent.



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.

Could Scarcely Bear Pain

"I am a taxi driver, 25 years of age," writes J. L. King, Perry's Cove, Nfld. "My backache got so bad, I could hardly bear the pain. It took just 2 boxes of Dodd's Kidney Pills to make my back feel better. I wouldn't ever be without Dodd's Kidney Pills."



J. L. King

Troubled by 'Tired Out' Feeling

Surprised by Relief 1 Box of Dodd's Gave



Miss J. Lortie improve. An advertisement on Dodd's Kidney Pills caught my eye, so I tried some. One box of Dodd's Kidney Pills made such a difference in me. I continued using Dodd's Kidney Pills and my distress just seemed to vanish. Now I usually use Dodd's Kidney Pills at the start of each season."

AUGUST



This month was named by Augustus Caesar, the first Roman Emperor, he was made consul in this month. He took a day from February 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. **HOROSCOPE**—August 24th to September 23rd. People of Virgo have logical and precise minds. You dislike upheavals of any kind. Make good scholars and teachers. Must guard against pettiness and coldness.

COULDN'T BEND FOR PAIN

"I had a sore back for weeks," writes L. T. Godin, 116-Eight St. E., Cornwall, Ont. "I couldn't bend over or work for the pain. But I had only to use 1 box of Dodd's Kidney Pills and I felt much better. I'm more than happy with the relief I experienced."



L. T. Godin

8th month **AUGUST, 1953** 31 days

MOON'S PHASES—Eastern Standard Time

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

☾ Last Qtr....	Day 1	Time 10 16	p.m.
☾ New Moon...	9	11 10	a.m.
☽ First Qtr...	17	3 08	p.m.
☽ Full Moon...	24	3 21	p.m.
☾ Last Qtr....	31	5 46	a.m.

Day of Month	Day of Week	Moon's Place	*Sun		*Moon	
			Rises	Sets	Rises	Sets
1	S	♄	H.M. 4 45	H.M. 7 27	P.M. 10 18	P.M. 12 32
2	Sun	♄	4 46	7 25	10 53	1 49
3	M	♄	4 47	7 24	11 35	3 01
4	T	♄	4 48	7 23	a.m. 4 06	4 06
5	W	♄	4 50	7 22	12 27	5 01
6	T	♄	4 51	7 20	1 27	5 44
7	F	♄	4 52	7 19	2 32	6 20
8	S	♄	4 53	7 18	3 40	6 48
9	Sun	♄	4 54	7 16	4 47	7 11
10	M	♄	4 56	7 15	5 52	7 31
11	T	♄	4 57	7 13	6 56	7 49
12	W	♄	4 58	7 11	7 59	8 07
13	T	♄	4 59	7 10	9 01	8 24
14	F	♄	5 00	7 08	10 04	8 44
15	S	♄	5 02	7 07	11 09	9 06
					p.m.	
16	Sun	♄	5 03	7 05	12 14	9 33
17	M	♄	5 04	7 04	1 20	10 07
18	T	♄	5 05	7 02	2 25	10 50
19	W	♄	5 06	7 01	3 26	11 44
20	T	♄	5 07	6 59	4 20	a.m.
21	F	♄	5 08	6 58	5 05	12 50
22	S	♄	5 10	6 56	5 41	2 05
23	Sun	♄	5 11	6 54	6 12	3 25
24	M	♄	5 12	6 52	6 38	4 48
25	T	♄	5 14	6 50	7 02	6 11
26	W	♄	5 15	6 48	7 26	7 33
27	T	♄	5 16	6 47	7 51	8 54
28	F	♄	5 17	6 45	8 20	10 15
29	S	♄	5 18	6 43	8 53	11 35
					p.m.	
30	Sun	♄	5 19	6 42	9 34	12 51
31	M	♄	5 20	6 40	10 24	1 59

*See page 3 for Local Time

WEATHER — 1st-6th — Very warm and pleasant, little rain. 7th-11th—Heat continues, cloudy intervals. 12th-17th—Cools down, a bit showery. 18th-24th—Becomes windy, intermittent rains. 25th-31st—Clearing, cooler and ends fair.

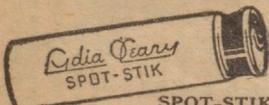
Middle age is youth gone to waist.

MORE PEOPLE THAN EVER USE COVER MARK CONCEALING CREAM

COVER MARK CREAM will cover:—*Leucoderma (brown and white patches), birth marks, psoriasis, goiter scars, burns from injuries, acne (first stages,) liver spots, tattoo marks, broken veins, varicose veins and others.*

COVER MARK will not crack or rub off yet it can be removed quickly and simply. Best of all, one cannot feel it while wearing it because it is as flexible and pliable as the skin itself. Waterproof COVER MARK is recommended for Men as it seems to work better on a man's skin.

Children with 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. The unfortunate child soon feels conscious of being "different."



Lidia Sears
SPOT-STIK

SPOT-STIK

To conceal minor blemishes such as pimples, moles, small burns or scars.

In handy stick form, easy to carry, easy to apply and waterproof. Light, medium or dark. Each 75c.

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

COVER MARK CHANGED MY OUTLOOK ON LIFE



Mary: "Why would anyone go out with me. This Birthmark is so....."

Jenny: "I've heard that COVER MARK does wonders for skin conditions like yours."



Beautician: "Yes, COVER MARK hides the blemish and you'll find it easy to apply."

Mary: "I never dreamed it possible."

COVER MARK CREAM

For large blemishes or skin discoloration. In 8 shades—Flesh, Pink Medium, Tan Medium, Dark Olive, Peach, Brunette, Dark, Sun Tan.

Trial Jar 1.75

Regular size Jar 3.50

Waterproof

COVER MARK

In three Shades—Light, Medium and Dark, Jar \$1.75.



RATES OF POSTAGE

Letters and Post Cards, Canada, United States, 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. 2c. for first 2 ounces, 1c. each additional 2 ounces.

Newspapers and Periodicals. All Canadian publications to Canada, United States, Mexico, British Empire, France, Spain, Central and South America 2c. for first 4 ounces, 1c. for each additional 4 ounces. For foreign newspaper and other countries consult your postmaster.

Books, Circulars, Photos on Card or Paper, etc.—all countries 2c. for first 2 ounces, 1c. for each additional 2 ounces unsealed.

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

Canadian Registration. On all classes of mail matter (except parcel post)—20c. covering indemnity not exceeding \$25.00; 30c. covering indemnity not exceeding \$50.00; 35c. 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.

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)10	.12	.14	.16	.18	.20	.22	.24	.26	.28	.30	.32	.34	.36	.38	.45	.55	
To any P.O. beyond 20 miles but in same Province16	.22	.28	.34	.40	.46	.52	.58	.64	.70	.76	.82	.88	.94	1.00	1.20	1.40	
From a P.O. in any Province to a P.O. in the immediately adjoining Province17	.25	.33	.41	.49	.57	.65	.73	.81	.89	.97	1.05	1.13	1.21	1.29	1.55	1.85	
To or from any Post Office in	To or from any Post Office in																	
Newfoundland	Quebec18	.28	.38	.48	.58	.68	.78	.88	.98	1.08	1.18	1.28	1.38	1.48	1.58	2.00	2.40
Newfoundland	Ontario19	.31	.43	.55	.67	.79	.91	1.03	1.15	1.27	1.39	1.51	1.63	1.75	1.87	2.35	2.85
Newfoundland	Man., Sask., Alta., B.C. or Yukon*	.20	.34	.48	.62	.76	.90	1.04	1.18	1.32	1.46	1.60	1.74	1.88	2.02	2.15	2.75	3.50
N.B., N.S., or P.E.I.	Ontario18	.28	.38	.48	.58	.68	.78	.88	.98	1.08	1.18	1.28	1.38	1.48	1.58	2.00	2.40
N.B., N.S., or P.E.I.	Manitoba19	.31	.43	.55	.67	.79	.91	1.03	1.15	1.27	1.39	1.51	1.63	1.75	1.87	2.35	2.85
N.B., N.S., or P.E.I.	Sask., Alta., B.C. or Yukon*	.20	.34	.48	.62	.76	.90	1.04	1.18	1.32	1.46	1.60	1.74	1.88	2.02	2.15	2.75	3.50
Quebec	Manitoba18	.28	.38	.48	.58	.68	.78	.88	.98	1.08	1.18	1.28	1.38	1.48	1.58	2.00	2.40
Quebec	Saskatchewan19	.31	.43	.55	.67	.79	.91	1.03	1.15	1.27	1.39	1.51	1.63	1.75	1.87	2.35	2.85
Ontario	Alta., B.C. or Yukon*	.20	.34	.48	.62	.76	.90	1.04	1.18	1.32	1.46	1.60	1.74	1.88	2.02	2.15	2.75	3.50
Ontario	Saskatchewan18	.28	.38	.48	.58	.68	.78	.88	.98	1.08	1.18	1.28	1.38	1.48	1.58	2.00	2.40
Ontario	Alberta19	.31	.43	.55	.67	.79	.91	1.03	1.15	1.27	1.39	1.51	1.63	1.75	1.87	2.35	2.85
Ontario	B.C. or Yukon*	.20	.34	.48	.62	.76	.90	1.04	1.18	1.32	1.46	1.60	1.74	1.88	2.02	2.15	2.75	3.50
Manitoba	Alberta18	.28	.38	.48	.58	.68	.78	.88	.98	1.08	1.18	1.28	1.38	1.48	1.58	2.00	2.40
Manitoba	British Columbia19	.31	.43	.55	.67	.79	.91	1.03	1.15	1.27	1.39	1.51	1.63	1.75	1.87	2.35	2.85
Manitoba	Yukon*	.20	.34	.48	.62	.76	.90	1.04	1.18	1.32	1.46	1.60	1.74	1.88	2.02	2.15	2.75	3.50
Saskatchewan	British Columbia18	.28	.38	.48	.58	.68	.78	.88	.98	1.08	1.18	1.28	1.38	1.48	1.58	2.00	2.40
Saskatchewan	Yukon*	.19	.31	.43	.55	.67	.79	.91	1.03	1.15	1.27	1.39	1.51	1.63	1.75	1.87	2.35	2.85
Alberta	Yukon*	.18	.28	.38	.48	.58	.68	.78	.88	.98	1.08	1.18	1.28	1.38	1.48	1.58	2.00	2.40

Parcels up to and including 12 ounces in weight are subject to a minimum charge of 5c. covering a weight of 4 ounces, plus 1c. for each ounce in excess of 4 ounces except within the 20 mile zone where the charge shall not exceed 10c. Parcels over 12 ounces but not exceeding one pound in weight are liable to the 1 lb. rate to the Province of destination. (Within the 20 mile zone the 10c. rate applies). Parcels are liable to 1c. an ounce on excess weight over even pound until the next pound rate or group rate is reached. Consult your local Postmaster for any rates not given above. Check all Airmail for Overseas—Rate based on 1/4 oz. units—Consult Post Office

Your Feet HOT and ITCHY?

Scot relieves quickly

SOOTHES - HEALS

Many suffer acute foot discomfort without suspecting the cause—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 Scot Cream. The burning and itching stops. Your skin is cool and comfortable.

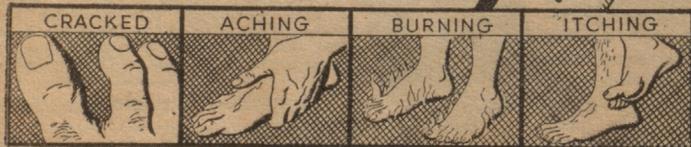
How to Recognize "ATHLETE'S FOOT"

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 Scot and the fungus is destroyed at its source. Scot cools and soothes—Scot is safe—yet powerful and effective. To be 'Foot Happy' get a handy tube of Scot to-day.



Scot

BRINGS QUICK RELIEF
TO SUFFERERS OF
THESE DISTRESSING
FOOT CONDITIONS



London Man Had Lame Back

Half Box of Dodd's Pills Relieved Him



Percy Cooke

"Some years ago, I had a very lame back," writes Percy Cooke, 43 Ridout St., South, London, Ont. "A neighbour who had found Dodd's Kidney Pills very helpful started me using Dodd's. Before finishing half a box of Dodd's Kidney Pills, my back was noticeably better. I continued using them and my back was soon in good condition again. I heartily recommend Dodd's Kidney Pills."

SEPTEMBER



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. **HOROSCOPE**—September 24th to October 23rd. If born under the sign of Libra you are artistic, sensitive and an idealist. You must be practical to succeed. Do not let fickle love distract your ambition in life.

Joint bank accounts prove that some women certainly are quick on the draw.

ONLY DODD'S PILLS HELPED

"I endured back-ache for years," writes Mrs. Sylvia Farris, 97 Maple Ave., Wolfville, N.S. "The various remedies I tried, proved of little help. Then, on the advice of a friend, I used Dodd's Kidney Pills. My backache just seemed to disappear."



Mrs. Sylvia Farris

9th month SEPTEMBER, 1953 30 days

MOON'S PHASES—Eastern Standard Time

+1 hr. = A.S.T.	-2 hr. = M.S.T.
-1 hr. = C.S.T.	-3 hr. = P.S.T.
☉ New Moon... Day 8	Time 2 47 a.m.
☽ First Qtr.	16 4 49 a.m.
☽ Full Moon... . . .	22 11 15 p.m.
☾ Last Qtr.	29 4 51 p.m.

Day of Month	Day of Week	Moon's Place	*Sun		*Moon	
			Rises	Sets	Rises	Sets
1	T	♈	H.M.	H.M.	P.M.	P.M.
2	T	♈	5 22	6 38	11 21	2 57
3	W	♈	5 23	6 36	a.m.	3 44
4	F	♈	5 24	6 35	12 25	4 22
5	S	♈	5 25	6 33	1 31	4 51
			5 26	6 31	2 38	5 16
6	Sun	♈	5 28	6 29	3 43	5 37
7	M	♈	5 29	6 27	4 47	5 56
8	T	♈	5 30	6 25	5 50	6 14
9	W	♈	5 31	6 23	6 53	6 31
10	T	♈	5 33	6 21	7 55	6 50
11	F	♈	5 34	6 19	8 58	7 11
12	S	♈	5 35	6 17	10 03	7 36
13	Sun	♈	5 36	6 15	11 09	8 07
14	M	♈	5 37	6 13	p.m.	8 46
15	T	♈	5 29	6 11	1 14	9 34
16	W	♈	5 40	6 09	2 09	10 33
17	T	♈	5 41	6 08	2 57	11 42
18	F	♈	5 42	6 05	3 36	a.m.
19	S	♈	5 44	6 03	4 08	12 58
20	Sun	♈	5 45	6 01	4 36	2 18
21	M	♈	5 46	6 00	5 01	3 39
22	T	♈	5 47	5 58	5 25	5 01
23	W	♈	5 48	5 56	5 51	6 23
24	T	♈	5 49	5 54	6 18	7 46
25	F	♈	5 50	5 53	6 51	9 10
26	S	♈	5 52	5 51	7 30	10 31
27	Sun	♈	5 53	5 49	8 18	11 45
28	M	♈	5 54	5 46	9 14	p.m.
29	T	♈	5 55	5 45	10 17	1 41
30	W	♈	5 57	5 43	11 23	2 22

*See page 3 for Local Time

WEATHER—1st-4th—Pleasant days becoming unsettled. 5th-12th—Bit warmer, mostly fair. 13th-19th—Occasional sunshine but chilly. 20th-25th—Warmer, high winds, some showers. 26th-30th—Cloudy and cooler.

Motorist—"Was I driving too fast, officer?"

Officer—"Perish the thought! I merely stopped you for flying too low."

Why **YOUR KIDNEYS** are

Probably the **MOST IMPORTANT ORGANS** of the Body
—yet the least understood!

1. The kidneys are two of the most important organs of the body—bean shaped, about $4\frac{1}{2}$ " long, $2\frac{3}{4}$ " wide, $1\frac{1}{4}$ " thick and averaging $\frac{1}{2}$ of a pound in weight.
2. They are said to contain between 2,000,000 and 4,000,000 tiny tubes or filters amounting to between 75 and 140 miles in length and enclosed in a volume of approximately 20 cubic inches.

Everyone knows that they have "kidneys"—but few people really know what the kidneys do. Nor do they realize how vitally important a part is played by the kidneys in protecting and preserving their general health and well being. In a recently published article, a famous physician says: "No one will deny the vital relationship of the kidneys to health and life. Though it is possible to survive without a stomach, part of the intestines, the eyes and other vital organs, we cannot live without the kidneys. It is essential to respect these vital organs and to take every precaution to preserve their health."

What do THE KIDNEYS do?

The human body is continuously going through a process of decay and rebuilding. Body tissues break down and re-form. This breaking down of body tissue produces poisonous waste matter which must be carried out of the system or illness will result. These poisonous products of tissue waste are carried by the blood stream to the kidneys. The kidneys, if in proper working order, filter the blood, picking out this excess poisonous matter which is then passed out of the body through the urinary system.

What causes KIDNEY trouble?

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

3. They filter impurities and body poisons out of the blood.
4. They help preserve normal acid-alkalinity balance of 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.

easily upset. Infection, illness, faulty diet, over-indulgence, excessive mental or physical strain, fatigue, exposure to dampness and cold, all may affect the kidneys. If the kidneys are weakened and fail in their normal function of clearing impurities out of the blood stream, illness is sure to follow. Failure of the kidneys to throw off the accumulating body poisons may cause an attack of "uræmia" or uræmic poisoning, which, if neglected, may lead to serious and general functional disturbances. Violent and uncontrollable vomiting, nausea, profuse diarrhoea, disturbed and difficult breathing, protracted and severe headaches, convulsions, and even temporary loss of sight, called uræmic blindness, are some of the serious complications which may follow uræmic poisoning.

WHY DELAY IS DANGEROUS

Kidney troubles are of such an insidious nature, that they may be present for months or years without being suspected. Be always on guard, then, to note the first symptoms and act promptly. At the first sign of urinary irritation or bladder discomfort use Dodd's Kidney Pills, a remedy, tried and proven for half a century by thousands of women and men in all walks of life.

You Can Depend on "Dodd's"



BACKACHE May Be Your Warning of KIDNEY TROUBLE

Backache, pain or tired and weak feeling in the small of the back, may often be the first warning that there is something wrong with the 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, for over 60 years a favourite remedy. Dodd's stimulate the kidneys to normal action and so help them in their duty of removing excess acids and wastes from the system . . . often the cause of backache.

Dodd's Kidney Pills are safe and not habit-forming. They are easy to buy and easy to use.

The task of beating eggs will be accomplished in a much shorter time if a pinch of salt is added to them.



BACK SO BAD, HAD TO REMAIN IN BED

"I had been troubled with backache and tired feeling for almost 10 years", writes Mrs. A. Selbie, a housewife, 59 years of age, 1663 Bloor St., W., Toronto, Ont. "Often I was unable to get out of bed my backache was so bad. A friend recommended Dodd's Kidney Pills and even the first box brought relief. I soon felt like a new person."



Mrs. A. Selbie

POISON IVY



HOW TO RECOGNIZE—There is only 2 ways of protecting yourself against Ivy poisoning. . . (1) Recognize it and avoid it. (2) Destroy it wherever found. Poison Ivy has 3 leaflets, quite smooth and glossy . . . In Summer they are light green, in Fall, yellowish green.

Not all patches bear fruit. In some patches whitish flowers will appear, succeeded by round, dull white fruit the size of a field pea . . . birds usually do away with the fruit. Contact with any part of the plant, even the root will poison. The oily substance which the plant gives off will stick to clothing, picnic baskets etc. If you get ivy poisoning, the skin will get red and itchy, it may swell. Small blisters form and unite to make large ones. Pus may form after which comes nasty scabs.

What you should do as soon after coming in contact with the plant, is to wash arms, hands or other exposed parts with strong laundry soap, and several times with lots of rinsing. One suggested treatment, is to dissolve a 5 gr. tablet of Potassium Permanganate in 1 quart of water and apply freely. The brown stain left on the skin by this treatment can be removed gradually by soap and water or lemon juice. Once blisters form, rubbing should be avoided. It is always best to let a doctor see it, if pain persists or there is swelling. Clothing contaminated by ivy should be washed with soap and water.

To Kill Poison Ivy—The most practical and effective method is to spray with 2-4-D hormone weed killer.

Pain At Times Quite Severe

Dodd's Pills Gave Satisfying Results



"Off and on I suffered with severe pains in my legs," writes Mrs. John Frank, housewife, 50 years of age, Kent St., Fairview P.O., N.S. "I used other remedies for my

Mrs. John Frank

trouble but didn't have very good results. I decided to try Dodd's Kidney Pills and in a short time I began to feel better. I can truthfully say Dodd's Kidney Pills have been a great help to me."

10th month OCTOBER, 1953 31 days

MOON'S PHASES—Eastern Standard Time

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

● New Moon.. Day	7	Time	7 40 p.m.
● First Qtr....	15		4 44 p.m.
● Full Moon...	22		7 56 a.m.
● Last Qtr.....	29		8 09 a.m.

Day of Month	Day of Week	Moon's Place	*Sun		*Moon	
			Rises	Sets	Rises	Sets
1	T	♈	H.M.	H.M.	A.M.	P.M.
2	T	♈	5 58	5 41	12 31	3 21
3	T	♈	5 59	5 39	1 36	3 42
4	Sun	♈	6 01	5 35	2 40	4 02
5	M	♈	6 03	5 33	3 43	4 20
6	T	♈	6 04	5 32	4 45	4 38
7	W	♈	6 05	5 30	5 47	4 56
8	T	♈	6 06	5 28	6 50	5 17
9	F	♈	6 07	5 26	7 55	5 41
10	S	♈	6 09	5 25	9 00	6 10
11	Sun	♈	6 10	5 23	10 04	6 48
12	M	♈	6 11	5 21	11 06	7 31
13	T	♈	6 12	5 19	p.m.	8 26
14	W	♈	6 14	5 17	12 51	9 30
15	T	♈	6 15	5 15	1 34	10 40
16	F	♈	6 17	5 14	2 06	11 55
17	S	♈	6 18	5 12	2 34	a.m.
18	Sun	♈	6 19	5 10	3 00	1 13
19	M	♈	6 21	5 09	3 24	2 32
20	T	♈	6 22	5 07	3 48	3 52
21	W	♈	6 24	5 06	4 15	5 14
22	T	♈	6 25	5 04	4 45	6 37
23	F	♈	6 26	5 02	5 21	8 01
24	S	♈	6 27	5 01	6 07	9 19
25	Sun	♈	6 29	4 59	7 01	10 31
26	M	♈	6 30	4 58	8 04	11 30
27	T	♈	6 31	4 56	9 11	p.m.
28	W	♈	6 32	4 55	10 19	12 54
29	T	♈	6 34	4 53	11 27	1 23
30	F	♈	6 35	4 52	a.m.	1 46
31	S	♈	6 37	4 50	12 31	2 07

*See page 3 for Local Time

WEATHER—1st-5th—Cool fine days. 6th-10th—Light rains bring warmth. 11th-18th—Clearing, then fair and cool. 19th-24th—Cold rains and very windy. 25th-31st—Some fine Autumn weather.

A dollar still goes a long way—before it finds something it can buy.

OCTOBER



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

SCORPIO—Scorpion; **SCORPES**

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

—Aquamarine; **FLOWER**—Hop; **HORO-**

SCOPE—October 24th to November 22nd.

People born under Scorpio are very personable and attract the opposite sex. Very intelligent but don't be too shrewd. Be kind and do not let your love of power overcome you.

An excellent cement for cracked china can be made by mixing rice flour and water, simmered until a thick paste is formed.

SOON BACK ON FEET AGAIN!



Andre Benoit

"I work in a mushroom plant," writes Andre Benoit, R.R. 1, South Stukely, Que. "One winter, my backache was so bad, I could scarcely move. I started using Dodd's Kidney Pills and after finishing 2 boxes, I was back on my feet again."

"Hounded" by HEADACHES

HEADACHE is not a disease, but is usually a symptom of other disorders. Most headaches fall under the following groups: **MECHANICAL** (produced by disease of, or damage to, the head itself). **FUNCTIONAL** (due to high or low blood pressure, fatigue, anaemia). **TOXIC** (produced by poison outside or inside the body). Possibly most headaches fall in the last group. Many of them may be due to two causes, **impure blood or disordered stomach.**



If **blood** is the cause, the **kidneys may not be working right.** For kidneys must filter poisonous matter from the blood, otherwise blood circulation to the brain may be altered, even the feeding of cranial nerves may be affected. In such cases, the network of blood vessels of the inner brain covering may expand, causing the overall covering of the brain to stretch, then Headache occurs. Dodd's Kidney Pills can assist in such circumstances by stimulating the kidneys to clear out poisonous waste.

If **disordered Stomach** is the headache's cause, use Dodd's Dyspepsia Tablets. They help correct faulty digestion and assist in the proper absorption of bodily nourishment.

Lawyer—Now make it brief and to the point—how did the explosion occur?

Witness—The engineer was full and the boiler was empty.

HOW TO GET DODD'S REMEDIES

- Dodd's Kidney Pills 55c per box.
- Dodd's Dyspepsia Tablets 60c per box.
- Dodd's Antiseptic Ointment 60c per jar.
- Scoot—For Athlete's Foot 60c per tube.
- Diamond Dinner Pills 30c per box.

Dodd's Remedies can be bought at most Drug Stores or Drug Counters. If your local druggist is out of stock, he can get them in two or three days, as every wholesale dealer in Proprietary Medicines sells them. If there isn't a store near you, send your money direct to Dodds Medicine Co., Ltd., Toronto 1, Canada. Be careful to PRINT your name and address plainly, giving Post Office, County and Province. Your order will be sent to you postpaid, the day your letter and remittance reach us.

The Dodds Medicine Co., Ltd.
Toronto 1, Canada



CROW'S NEST?

The little platform on the mast of a ship, commonly known as the "Crow's Nest", was so called by the Vikings of bygone days as they actually carried crows in this spot. When lost on a voyage, a crow was released and the boat was headed in whatever direction the crow set off. The crow usually went for the nearest land.

Employer's Suggestion Good

No more work 'Lay-offs' after using Dodd's



W. J. Bridgeman

"I couldn't even bend over to lace my shoes my back was so bad," writes Mr. W. J. Bridgeman, 58 years old carpenter, 72 Third Ave., Ottawa 3, Ont. "My back used to get so painful that I had to remain in bed days at a time. It was an employer of mine who suggested the trial of Dodd's Kidney Pills. And I got relief after using three boxes of Dodd's Kidney Pills according to directions. Thanks to Dodd's I haven't had to lay off work since with a bad back."

NOVEMBER



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. **HOROSCOPE**—November 23rd to December 21st. If you were born under Sagittarius, you are energetic and ambitious but an optimist. Don't trust to luck too much. Work hard and you will be rewarded.

NOW RELIES ON DODD'S

"I suffered terribly with backache," writes Mrs. F. Day, R.R. 1, Fredericton, N.B. "My mother had used Dodd's Kidney Pills for backache, so I tried them. I was greatly relieved after using only 1 box of Dodd's Kidney Pills. As I continued using them, my backache seemed to vanish. Now, I rely on Dodd's Kidney Pills to keep my system in good order."



Mrs. F. Day

11th month NOVEMBER, 1953 30 days

MOON'S PHASES—Eastern Standard Time

+1 hr. = A.S.T.	-2 hr. = M.S.T.
-1 hr. = C.S.T.	-3 hr. = P.S.T.
☉ New Moon... Day 6	Time 12 58 p.m.
☽ First Qtr....	14 2 52 a.m.
☽ Full Moon....	20 6 12 p.m.
☽ Last Qtr.....	28 3 16 a.m.

Day of Month	Day of Week	Moon's Place	*Sun		*Moon	
			Rises	Sets	Rises	Sets
1	Sun	♄	6 38	4 49	1 35	2 26
2	M	♃	6 40	4 48	2 37	2 44
3	T	♂	6 41	4 46	3 39	3 02
4	W	♁	6 42	4 45	4 41	3 22
5	T	♂	6 44	4 44	5 46	3 45
6	F	♁	6 45	4 42	6 51	4 13
7	S	♁	6 46	4 41	7 56	4 47
8	Sun	♁	6 48	4 40	9 00	5 30
9	M	♁	6 49	4 38	9 58	6 21
10	T	♁	6 51	4 37	10 48	7 23
11	W	♁	6 52	4 36	11 32	8 31
12	T	♁	6 53	4 35	p.m.	9 44
13	F	♁	6 55	4 34	12 36	10 59
14	S	♁	6 56	4 33	1 02	a.m.
15	Sun	♁	6 57	4 32	1 26	12 14
16	M	♁	6 59	4 31	1 48	1 30
17	T	♁	7 00	4 30	2 13	2 48
18	W	♁	7 01	4 29	2 40	4 08
19	T	♁	7 02	4 28	3 13	5 29
20	F	♁	7 04	4 27	3 54	6 52
21	S	♁	7 05	4 26	4 44	8 06
22	Sun	♁	7 06	4 25	5 44	9 13
23	M	♁	7 08	4 25	6 52	10 07
24	T	♁	7 09	4 24	8 02	10 49
25	W	♁	7 11	4 24	9 11	11 22
26	T	♁	7 12	4 23	10 19	11 48
27	F	♁	7 13	4 22	11 23	p.m.
28	S	♁	7 14	4 22	a.m.	12 30
29	Sun	♁	7 15	4 21	12 26	12 48
30	M	♁	7 17	4 21	1 28	1 06

*See page 3 for Local Time

WEATHER—1st-6th—Few fair days then high winds. 7th-12th—Dull cloudy days, cold rains. 13th-19th—Pleasant days and little warmer. 20th-25th—Bad storms, sleet and windy. 26th-30th—Clearing but some colder.

Life is just an everlasting struggle to keep money coming in and teeth and hair from coming out.

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

Helps Prevent Infection - Relieves Pain

DODD'S Antiseptic Healing Ointment is a safe, soothing treatment for skin abrasions, infections and irritations. Its powerful, antiseptic action helps prevent infection of open wounds and enables the exceptional healing qualities of this well-known ointment to quickly relieve pain and irritation and help bring about a speedy recovery.

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

This formula was chosen for various reasons: chief among them being its great healing value and its outstanding antiseptic and cleansing qualities. Because of its many uses every household should have a jar of Dodd's Ointment in the medicine chest.

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.

Get Dodd's Ointment in the handy Large Jar 60c at all Druggists, or by mail postpaid from The Dodds Medicine Co. Ltd., Toronto 1, Canada.

Use Dodd's Ointment For:

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



Dodd's Helped Young Mother

Felt Generally 'Run Down', Back Ached

12th month DECEMBER, 1953 31 days

MOON'S PHASES—Eastern Standard Time

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

☉ New Moon... Day 6 Time 5 48 a.m.
☽ First Qtr.... 13 11 30 a.m.
☽ Full Moon... 20 6 43 a.m.
☽ Last Qtr.... 28 12 43 a.m.

Day of Month	Day of Week	Moon's Place	*Sun		*Moon	
			Rises	Sets	Rises	Sets
1	T	♏	H.M.	H.M.	A.M.	P.M.
2	T	♏	7 18	4 20	2 30	1 26
3	W	♏	7 19	4 20	3 34	1 48
4	T	♏	7 20	4 20	4 39	2 14
5	F	♏	7 21	4 19	5 45	2 46
6	F	♏	7 22	4 19	6 49	3 26
7	Sun	♏	7 23	4 19	7 50	4 16
8	M	♏	7 24	4 19	8 44	5 15
9	T	♏	7 25	4 18	9 30	6 23
10	W	♏	7 26	4 18	10 09	7 35
11	T	♏	7 27	4 18	10 40	8 49
12	F	♏	7 28	4 18	11 06	10 04
13	F	♏	7 29	4 18	11 30	11 19
14	Sun	♏	7 30	4 18	11 53	a.m.
15	M	♏	7 30	4 19	p.m.	12 34
16	T	♏	7 31	4 19	12 40	1 50
17	W	♏	7 32	4 19	1 10	3 08
18	T	♏	7 33	4 19	1 46	4 27
19	F	♏	7 33	4 20	2 30	5 44
20	F	♏	7 34	4 20	3 25	6 54
21	Sun	♏	7 35	4 20	4 30	7 53
22	M	♏	7 35	4 21	5 40	8 41
23	T	♏	7 36	4 21	6 51	9 18
24	W	♏	7 36	4 22	8 00	9 47
25	T	♏	7 36	4 23	9 08	10 12
26	F	♏	7 37	4 23	10 12	10 33
27	F	♏	7 37	4 24	11 15	10 52
28	Sun	♏	7 37	4 25	a.m.	11 10
29	M	♏	7 38	4 26	12 17	11 29
30	T	♏	7 38	4 26	1 20	11 50
31	W	♏	7 38	4 27	2 24	p.m.
	T	♏	7 38	4 28	3 29	12 43

*See page 3 for Local Time

WEATHER—1st-4th—Generally cold, light snows. 5th-10th—Bright fine days, moderating. 11th-16th—Mostly fair then blustery. 17th-24th—Drop in temperature brings snowflurries. 25th-31st—Cold and unsettled.

The man who hoarded his money used to be called a miser. Now he is a genius.

"My mother advised me to try Dodd's Kidney Pills," writes Mrs. Michel Gendron, 27 year old housewife, Box 51, Taschereau, Que. "I used to feel generally run-down and was troubled with backaches. But I found wonderful relief through the use of Dodd's Kidney Pills. Dodd's Kidney Pills were also a big help to me before and after the birth of my three children. I will always keep Dodd's Kidney Pills in my medicine cabinet."



Mrs. Michel Gendron

DECEMBER

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. **HOROSCOPE**—December 22nd to January 20th. People born under Capricornus are planners. Conservative and trustworthy but enthusiasm is lacking. Think of your home and family not yourself.

Dieting is triumph of mind over platter.

HAD SORE BACK MONTHS



R. Struthers

"I am 25 years of age and do all sorts of outdoor work," writes Rheal Struthers, 110 Danis Ave., Cornwall, Ont. "I had a sore back for about three months and decided to try Dodd's Kidney Pills. After using one package of Dodd's Kidney Pills, my sore back was

better and I felt really good."

KEEP AN EYE ON YOUR DIET

The five food constituents essential to the maintenance of human life are—

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

Proteins or "Body Bricks" used for growth as well as repair within the system. You get proteins in lean meats, fish, cheese, eggs, milk and in certain cereals and vegetables.

Carbohydrates the chief fuel source of the body, are supplied by starches and sugars. A watchful eye should be kept on carbohydrate consumption as too much makes for fatty tissue and overweight. Starchy foods are: bananas, potatoes, macaroni, rice.

Fats are concentrated fuel foods as well but should be eaten with moderation. Their source is butter, whipped cream, fatty meats, vegetable oils.

Vitamins do much to promote vigor, growth and repair. For an adequate supply of vitamins, you should eat plenty of liver, fish, eggs, dairy products as well as fresh fruit and green vegetables.

Minerals are also essential to good health. Found in sufficient supply in the ordinary diet. Calcium in milk, iodine in salmon, carrots, phosphorus in milk and eggs, iron and copper in liver, apricots, raisins, spinach, yolk of eggs.

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 the best results.

FOR your guidance we have arranged these tables of foods and drinks, from which you should be able to choose all you require. At the same time you may feel sure that you are not eating or drinking anything likely to aggravate your complaint.

You MAY Take—

Fish. All kinds of fresh fish *boiled* only, *not* fried.

Meats. Lean beef, mutton, lamb, chicken, fowls—all fresh cooked, *not* stewed.

Eggs. Boiled or poached on toast.

Bread. Stale bread, dry toast, rusks, or crusts.

Pastry. Most kinds of biscuits, oat cakes, etc.

Fruit. Nearly all kinds of fresh ripe fruit.

Drinks. One cup of tea or coffee with a little cream or new cow's milk; mineral waters, lime juice, or lemonade.

Vegetables. Spinach, lettuce, celery (cooked), watercress, asparagus, cauliflower, onions, white cabbages, tomatoes, turnips.

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

You should NOT Take—

Fish. Salt fish, salmon, eels, mackerel, **OR** any kind of fish *fried*.

Meats. Fried chops and steaks, stewed meat, hash, pork, veal, sausages, fat meat.

Eggs. Fried or hard boiled.

Bread. New hot bread, rolls, buns, etc.

Pastry. Pies, puddings, tarts, dumplings, etc.; sweets.

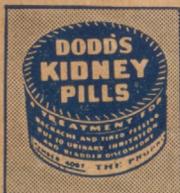
Fruit. Unsound or over-ripe fruit.

Drinks. Malt liquors, beer, stout, sweet wines, whisky, brandy, gin, rum, etc.

Vegetables. Potatoes, horse-radish, cucumber, radishes, carrots, beetroot, *green* cabbage, celery (raw), parsnips, artichokes,

Dodd's Remedies

FRIENDS OF THE FAMILY FOR 60 YEARS



Dodd's Kidney Pills

For over 60 years Dodd's Kidney Pills have been helping to bring welcome relief from the discomforts of urinary and bladder irritation such as backache, disturbed rest, and that tired-out, heavy-headed feeling. One of the most popular home remedies, easy to use and carry—and not habit forming.

Dodd's Dyspepsia Tablets

A quick, effective treatment for the relief of Indigestion, Heartburn, Sour Stomach, Waterbrash and other ailments arising from faulty digestion. Pleasant in taste—prompt in action—and safe for any age.



Diamond Dinner Pills



Small sugar-coated pills that provide a gentle but thorough laxative action for the relief of biliousness and constipation. Handy package fits purse or pocket.



Scoot Foot Cream For Athlete's Foot

A soothing, cooling, snow-white cream to relieve itching, burning feet. Contains an active fungicidal agent that attacks and kills the Athlete's Foot fungus at its source. Odourless, and will not stain. In a tube for convenient carrying.

Dodd's Antiseptic Healing Ointment

An all-purpose ointment with exceptional healing power for the treatment and relief of cuts, burns, bites and other surface skin irritations and infections. Packed in a handy screw cap opal jar for household use.



You Can Depend on "Dodd's"

GOOD NIGHT!

SO LONG FOLKS

I WASN'T FIT COMPANY FOR MAN OR BEAST

UNTIL—

OH MOTHER! I
CAN'T EVEN BE
NICE TO FRIENDS
ANYMORE

YOU HAVE
SEEMED TIRED
AND IRRITABLE
LATELY, MARY,
WHAT'S THE
TROUBLE!

HERE'S DODD'S ALMANAC,
READ WHAT OTHERS HAVE
DONE WHEN FEELING
TIRED AND IRRITABLE

PERHAPS I
CAN HELP

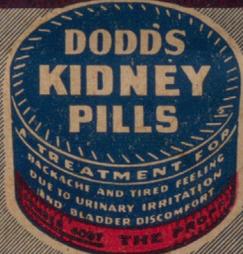
DO YOU REALLY THINK
DODD'S KIDNEY PILLS
WOULD HELP ME ?

DODD'S HELPED ME
MANY A TIME, AND THEY
SHOULD HELP YOU

THEN SHE USED DODD'S KIDNEY PILLS

LATER

DON'T LET A WORN-
OUT FEELING MAKE
YOU BAD COMPANY



YOU CAN DEPEND ON DODD'S