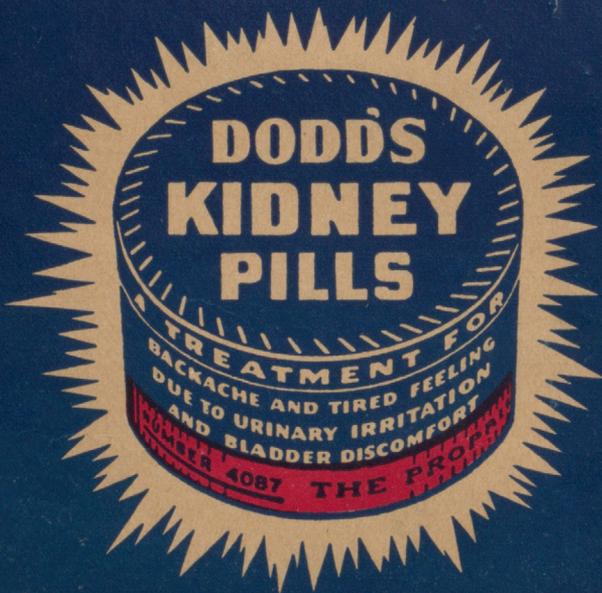


Dodd's

ALMANAC

1954



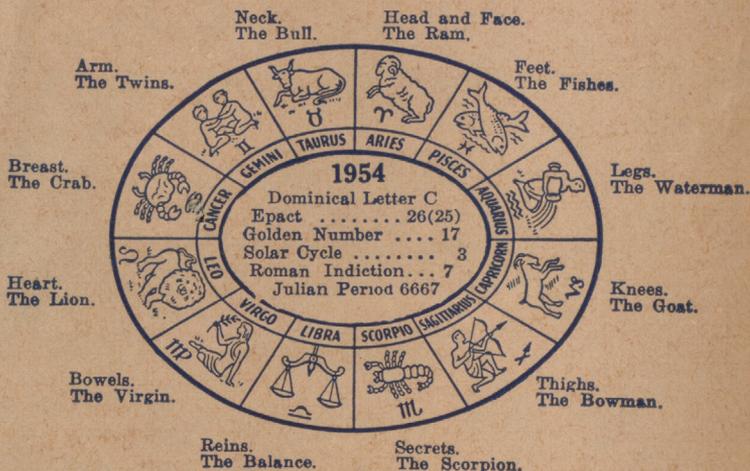
WEATHER—MOON'S PHASES—ECLIPSES
SUNRISE & SUNSET TABLES—HOLIDAYS
POSTAL RATES—WEIGHTS & MEASURES
HINTS FOR HEALTH AND HOUSEHOLD

CANADA POSTAGE PAID PORT PAYÉ
1½ c.
PERMIT NO. 5362
TORONTO

THE SEASONS 1954 (Eastern Standard Time)

		d.	h.	m.
Sun enters Aries—Spring begins.....	March	21	10	54 p.m.
Sun enters Cancer—Summer begins.....	June	21	5	55 p.m.
Sun enters Libra—Autumn begins.....	September	23	8	56 a.m.
Sun enters Capricornus—Winter begins.....	December	22	4	25 a.m.

ZODIACAL SIGNS



HOLIDAYS, FESTIVALS, ANNIVERSARIES, ETC.

New Year's Day.....Jan. 1	Easter Sunday.....Apr. 18	Dominion Day.....July 1
Epiphany.....Jan. 6	First Day of Passover....Apr. 18	Labour Day.....Sept. 6
Accession	Birthday, Queen Elizabeth (1926).....Apr. 21	Hebrew New Year.....Sept. 28
Queen Elizabeth (1952).Feb. 6	St. George.....Apr. 23	St. Michael.....Sept. 29
Septuagesima.....Feb. 14	Rogation Sunday.....May 23	Day of Atonement.....Oct. 7
Valentine's Day.....Feb. 14	Empire Day.....May 24	Feast of Tabernacles.....Oct. 12
Quinquagesima.....Feb. 28	Ascension Day.....May 27	Hallow'en.....Oct. 31
St. David.....Mar. 1	Pentecost.....June 6	All Saints' Day.....Nov. 1
Ash Wednesday.....Mar. 3	Hebrew Pentecost.....June 7	First Day in Advent.....Nov. 28
St. Patrick.....Mar. 17	Trinity Sunday.....June 13	St. Andrew's Day.....Nov. 30
Palm Sunday.....Apr. 11	Corpus Christi.....June 17	Christmas Day.....Dec. 25
Good Friday.....Apr. 16	St. John Baptist.....June 24	Boxing Day.....Dec. 26

THE PLANETS DURING 1954 (Eastern Standard Time)

MERCURY—Morning star until 1 p.m., Jan. 14. Evening star until 5 a.m., March 1, with greatest elongation east at 3 p.m., Feb. 13. Morning star until 6 p.m., May 8, with greatest elongation west at 10 a.m., March 28. Evening star until 12 a.m., July 6, with greatest elongation east at 2 a.m., June 9. Morning star until 3 p.m., Aug. 21, with greatest elongation west at 10 p.m., July 26. Evening star until 4 p.m., Oct. 29, with greatest elongation east at 11 p.m., Oct. 5. Morning star until 7 a.m., Dec. 25, with greatest elongation west at 7 p.m., Nov. 14. Evening star the rest of the year. **VENUS**—Morning star until 7 p.m., Jan. 29. Evening star until 2 a.m., Nov. 15, with greatest elongation east at 1 a.m., Sept. 6, and greatest brilliancy at 3 a.m., Oct. 11. Morning star the rest of the year, with greatest brilliancy at 4 a.m., Dec. 21. **MARS**—Quadrature west of sun at 9 p.m., March 1. Opposition to the sun at 12 p.m., June 24. Nearest the earth at 3 a.m., July 2. Quadrature east of sun at 10 a.m., Oct. 28. **JUPITER**—Quadrature east of sun at 11 a.m., March 8. Conjunction with sun at 1 p.m., June 30. Quadrature west of sun at 4 p.m., Oct. 22. **SATURN**—Quadrature west of sun at 7 a.m., Jan. 29. Opposition to sun at 3 p.m., April 26. Quadrature east of sun at 7 a.m., July 26. Conjunction with the sun at 8 p.m., Nov. 4. **URANUS**—Opposition to sun at 2 p.m., Jan. 11. Quadrature east of sun at 6 a.m., April 9. Conjunction with sun at 6 a.m., July 16. Quadrature west of sun at 9 a.m., Oct. 21. **NEPTUNE**—Quadrature west of sun at 12 p.m., Jan. 16. Opposition to sun at 12 a.m., April 15. Quadrature east of sun at 5 a.m., July 16. Conjunction with sun at 1 p.m., Oct. 19.

ECLIPSES IN 1954—(Consult page 2 for eclipse information).

For the 59th Consecutive Year!



—Send you with their compliments—this
Entertaining and Instructive Booklet

KEEPING WELL—TODAY'S TASK

Everybody wants to feel well, to enjoy their daily work, to take pleasure in the companionship of family and friends. The faster pace at which we live and work today, makes it more important than ever to try and keep in good physical condition.

For well over half a century Dodd's Remedies have been rendering a valuable service to many thousands of people in all walks of life, by helping them to maintain or regain good health.

YOU CAN DEPEND ON DODD'S

All preparations carrying the name Dodd's have been proved helpful in the most conclusive and severest test of all,—that of widespread use over a period of many years, and in many circumstances. How well they have performed the service for which they are intended, is shown by the steadily increasing number of users, and the record of steadily mounting sales.

We hope you will find this issue of Dodd's Almanac interesting and helpful. Interesting for the many items of current and general information. Helpful in its explanation of the causes of many minor ailments, and how relief may be obtained.

Dodd's Kidney Pills

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

Dodd's Dyspepsia Tablets

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

Diamond Dinner Pills

A mild, efficient laxative. Help tone up both liver and bowels by stimulating the flow of bile (Nature's own laxative), and so assist the bowels to move themselves.

Dodd's Antiseptic Ointment

An all-purpose healing salve—with active antiseptic properties that assist in cleansing the wound and help promote an early recovery.

Scout—for Athlete's Foot

A cooling, soothing, healing snow-white foot cream to bring quick relief to burning, itching feet. Contains a penetrating fungicide that kills the Athlete's Foot fungus.



Kidney Tests are **IMPORTANT** To Doctors



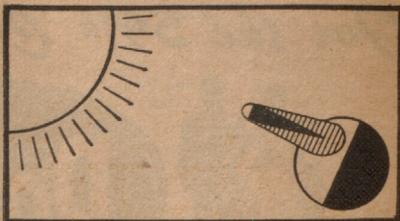
In most cases of sickness, the doctor usually makes certain tests before prescribing treatment. One of the

more important tests is that made of the kidneys' condition. For most doctors will agree that properly functioning kidneys are essential to maintaining good health. Furthermore, 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 or tired feeling due to urinary irritation and bladder discomfort is usually a sign of trouble. When people apply for life insurance the condition of the kidneys is quite often a deciding factor whether or not the application is accepted.

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.

Junior—"Daddy, what's a parking space?"

Daddy—"An unfillable opening in an unending line of automobiles near an unapproachable fire plug."



Total Eclipse of Sun—June 30th

ECLIPSES IN 1954

(Eastern Standard Time)

Total Eclipse of the Sun—which will be visible in Canada, takes place on June 30th. Path of totality crosses Labrador, the southern tip of James Bay, Lake Superior to the central United States. Totality occurs at 7.22 a.m. (Eastern Standard Time). The width of the moon's shadow at the place where it strikes the earth is never more than 167 miles, usually less. Every one within the narrow strip where this shadow traverses the earth's surface will see the moon pass across the face of the sun. People within 2,000 miles on either side of this totality strip will see a partial eclipse of the sun.

Annular Eclipse of Sun, January 4. Invisible in Canada, occurring in Antarctica. **Total Eclipse of Moon—January 18.** Visible in Canada. Moon enters dark shadow at 7.50 p.m., leaves 11.14 p.m. Magnitude of eclipse, 1.037. **Partial Eclipse of the Moon—July 15.** Ending visible in eastern Canada. Moon enters dark shadow 6.09 p.m., leaves 8.31 p.m. Magnitude of eclipse 0.411. **Annular Eclipse of Sun—December 25.** Invisible in Canada, occurring in the southern Indian Ocean.

Housewives walk an average of eight and one-third miles a day and are only outdistanced by farmers, mailmen and policemen, who cover from 11 to 15 miles a day.

If aluminum sink edges soil the aprons of persons standing against them, rub the aluminum with steel wool. Then apply two thin coats of fresh shellac.



Tell the average person there are 860,586,402 stars in the universe and he will believe you. But put up a sign "Wet Paint" and he will have to conduct a personal investigation.

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.

***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.

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.

	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 Place	* Sun		* Moon	
			Rises	Sets	Rises	Sets
			H.M.	H.M.	A.M.	P.M.
1	T	♏	7 18	4 20	2 30	1 26
2	W	♏	7 19	4 20	3 34	1 48
3	T	♏	7 20	4 20	4 39	2 14
4	F	♏	7 21	4 19	5 45	2 46
5	S	♏	7 22	4 19	6 49	3 26
6	Sun	♏	7 23	4 19	7 50	4 16
7	M	♏	7 24	4 19	8 44	5 15
8	T	♏	7 25	4 18	9 30	6 23
9	W	♏	7 26	4 18	10 09	7 35
10	T	♏	7 27	4 18	10 40	8 49
11	F	♏	7 28	4 18	11 06	10 04
12	S	♏	7 29	4 18	11 30	11 19
13	Sun	♏	7 30	4 18	11 53	a.m.
14	M	♏	7 30	4 19	p.m.	12 34
15	T	♏	7 31	4 19	12 40	1 50
16	W	♏	7 32	4 19	1 10	3 08
17	T	♏	7 33	4 19	1 46	4 27
18	F	♏	7 33	4 20	2 30	5 44
19	S	♏	7 34	4 20	3 25	6 54
20	Sun	♏	7 35	4 20	4 30	7 53
21	M	♏	7 35	4 21	5 40	8 41
22	T	♏	7 36	4 21	6 51	9 18
23	W	♏	7 36	4 22	8 00	9 47
24	T	♏	7 36	4 23	9 08	10 12
25	F	♏	7 37	4 23	10 12	10 33
26	S	♏	7 37	4 24	11 15	10 52
27	Sun	♏	7 37	4 25	a.m.	11 10
28	M	♏	7 38	4 26	12 17	11 29
29	T	♏	7 38	4 26	1 20	11 50
30	W	♏	7 38	4 27	2 24	p.m.
31	T	♏	7 38	4 28	3 29	12 43

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

Ontario-Con't

- Owen Sound... Add 24
- Peterborough... " 13
- Pembroke..... " 19
- Port Arthur... " 57
- Sarnia..... " 30
- Sault Ste. Marie " 37
- Stratford..... " 24
- St. Catharines... " 17
- Sudbury..... " 24
- Toronto..... " 18
- Windsor..... " 32
- Woodstock..... " 28

Quebec

- Gaspé..... Add 16
- Montreal..... Sub. 6
- Quebec..... " 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 Kidney Trouble Years

Felt like a new Person after using Dodd's



Mrs. J. Crawford

"I have been bothered with kidney trouble off and on for the past 5 or 6 years," writes Mrs. James Crawford, 741, 5th Ave., East, Prince Albert Sask., a housewife, 39 years of age. "After wash-day or other busy days around the house, my back would ache. I had taken several different kinds of kidney medicine, but still I kept complaining about my back. One day a friend told me how she had used Dodd's Kidney Pills and they had helped her very much. My husband went to town and brought back three boxes of Dodd's Kidney Pills. When I had finished taking them, I felt like a new person. Now I take a box of Dodd's Kidney Pills in the Spring and again in the Fall. Dodd's really keep me feeling fine."

YOUR CHARACTER BY THE STARS
 January 21st to February 18th

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

NEVER WITHOUT DODD'S

"I am a housewife, 33 years of age," writes Mrs. Harold Rowe, 10 Fifth St., N. Apt. 1, Chatham, Ont. "I had a terrible backache one morning, so I got a box of Dodd's Kidney Pills. I was so relieved after using them that believe me, I will never be without them."



Mrs. H. Rowe

1st month JANUARY, 1954 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.

	D.	H.	M.
New Moon.....	4	9	21 p.m.
First Quarter.....	11	7	22 p.m.
Full Moon.....	18	9	37 p.m.
Last Quarter.....	26	10	28 p.m.

Day of Month	Day of Week	Zodiac Signs	* Sun		* Moon	
			Rises	Sets	Rises	Sets
1	F	♈	A.M. 7 38	P.M. 4 29	A.M. 4 34	P.M. 1 19
2	S	♈	7 38	4 30	5 37	2 05
3	Sun	♈	7 38	4 31	6 35	3 01
4	M	♈	7 38	4 32	7 25	4 07
5	T	♈	7 38	4 33	8 06	5 20
6	W	♈	7 38	4 34	8 41	6 35
7	T	♈	7 38	4 35	9 09	7 52
8	F	♈	7 37	4 36	9 35	9 08
9	S	♈	7 37	4 37	9 58	10 24
10	Sun	♈	7 37	4 38	10 20	11 40
11	M	♈	7 37	4 39	10 44	a.m.
12	T	♈	7 36	4 40	11 12	12 57
13	W	♈	7 36	4 42	11 45	2 14
14	T	♈	7 35	4 43	p.m.	3 30
15	F	♈	7 35	4 44	1 15	4 40
16	S	♈	7 35	4 45	2 14	5 42
17	Sun	♈	7 34	4 46	3 21	6 34
18	M	♈	7 34	4 47	4 31	7 15
19	T	♈	7 33	4 49	5 41	7 48
20	W	♈	7 32	4 50	6 50	8 14
21	T	♈	7 31	4 51	7 56	8 36
22	F	♈	7 30	4 52	9 00	8 56
23	S	♈	7 30	4 54	10 03	9 14
24	Sun	♈	7 29	4 55	11 06	9 33
25	M	♈	7 28	4 57	a.m.	9 53
26	T	♈	7 27	4 58	12 09	10 15
27	W	♈	7 26	5 00	1 13	10 41
28	T	♈	7 25	5 01	2 17	11 14
29	F	♈	7 24	5 02	3 21	11 54
30	S	♈	7 23	5 04	4 20	p.m.
31	Sun	♈	7 22	5 05	5 14	1 46

*See page 3 for Local Time

WEATHER—1st-5th—Quite mild for a few days. 6th-9th—Turns colder. 10th-17th—Snow and very cold. 18th-21st—Milder, some freezing rain. 22nd-27th—Very cold for a few days. 28th-31st—Somewhat milder.

Give a politician an inch and he begins to think of himself as a ruler.

HOW HELEN'S HURT SOON HEALED



DODD'S OINTMENT

Helps Prevent Infection - Relieves Pain

Used for } BURNS • BITES • BOILS • CHAFING • CUTS
 ECZEMA • HIVES • PILES • SUNBURN
 SCALDS • HEAT RASHES • PIMPLES

Dodd's Antiseptic Healing Ointment is the result of years of careful study and experiment. Formula after formula was examined before discovering the one which is offered to you as



Dodd's Ointment. This formula was chosen for various reasons: chief among them being its great healing value and its

outstanding antiseptic and cleansing qualities.

Dodd's Ointment is a soothing, medicated salve with so many uses that no household should be without it. The tiniest scratch or cut can be a source of infection . . . it is well to give it prompt care. Cleanse the wound, then apply Dodd's Ointment. The active, antiseptic properties of the ointment will assist in cleansing the cut and help promote an early recovery. In cases of burns, scalds, sunburn, Dodd's Oint-



ment will aid in the relief of the searing sensation and the inflammation. It is also a safe and soothing treatment for skin infections, abrasions and irritations.

Dodd's Antiseptic Healing Ointment has long been a popular first-aid treatment that not only acts as a healing agent but assists during the healing process by helping to keep out infection.



Large Jar 75c at all drug counters, or by mail postpaid from The Dodds Medicine Co. Ltd., Toronto 1, Canada.

Pain Made Sleep Difficult

Read in Almanac, others helped by Dodd's



R. Damour

"I am 25 years old and a foundry-worker," writes Romuald Damour, 958 College St., Montreal, Que. "My work is rather hard. I could hardly sleep nights on account of pains in my back. After reading in

Dodd's Almanac of the relief to be obtained through the use of Dodd's Kidney Pills, I tried some. From the very start I felt relieved, using only two boxes of Dodd's Kidney Pills. Since then I always have them handy. I recommend Dodd's Kidney Pills to all those who suffer with backache."

YOUR CHARACTER BY THE STARS
 February 19th to March 20th

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

FEET AND LEGS SWOLLEN

"For years I suffered with a sore back, my feet and legs would swell up," writes Mrs. Johnston E. Stewart, a housewife, 56 years of age, 926 Coteau St., West Moose Jaw, Sask. "I had no ambition, I just had to force myself to do my work. I read about Dodd's Kidney Pills and thought I would try them. Now I recommend Dodd's Kidney Pills to all my friends, telling them I don't think I would be on my feet today, if it hadn't been for Dodd's Kidney Pills."



Mrs. J. Stewart

2nd month FEBRUARY, 1954 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.

		h.	m.
☾	New Moon.....	3	10 55 a.m.
☾	First Quarter....	10	3 29 a.m.
☾	Full Moon.....	17	2 17 p.m.
☾	Last Quarter....	25	6 29 p.m.

Day of Month	Day of Week	Zodiac Signs	Sun		Moon	
			Rises	Sets	Rises	Sets
1	M	♈	A.M.	P.M.	A.M.	P.M.
2	T	♈	7 21	5 07	5 59	2 57
3	W	♈	7 19	5 08	6 38	4 12
4	T	♈	7 18	5 10	7 09	5 30
5	F	♈	7 17	5 12	7 36	6 48
6	S	♈	7 16	5 13	8 01	8 07
7	Sun	♈	7 14	5 15	8 25	9 25
8	M	♈	7 13	5 16	8 49	10 44
9	T	♈	7 11	5 18	9 15	12 03
10	W	♈	7 10	5 19	9 47	12 03
11	T	♈	7 08	5 20	10 25	1 20
12	F	♈	7 07	5 22	11 11	2 32
13	S	♈	7 05	5 23	p.m.	3 37
14	Sun	♈	7 04	5 24	1 10	4 30
15	M	♈	7 03	5 26	2 18	5 13
16	T	♈	7 01	5 27	3 27	5 48
17	W	♈	7 00	5 28	4 36	6 16
18	T	♈	6 58	5 30	5 43	6 39
19	F	♈	6 56	5 31	6 47	7 00
20	S	♈	6 55	5 33	7 50	7 20
21	Sun	♈	6 53	5 34	8 53	7 38
22	M	♈	6 52	5 36	9 56	7 57
23	T	♈	6 50	5 37	10 59	8 19
24	W	♈	6 49	5 38	a.m.	8 44
25	T	♈	6 47	5 40	12 03	9 13
26	F	♈	6 45	5 41	1 06	9 50
27	S	♈	6 43	5 43	2 07	10 35
28	Sun	♈	6 42	5 44	3 01	11 29
						p.m.
						12 34

*See page 3 for Local Time

WEATHER—1st-7th—Moderate with snow becoming colder. 8th-12th—Rains bring warmth. 13th-19th—Quick drop in temperature. 20th-23rd—Occasional snow and bit warmer. 24th-28th—Clear and fine month end.

"But madame, this hat goes perfectly with your natural and delicate pallor."

"Natural nothing. I only went pale when you mentioned the price."

Your Health May Depend on These "WATCHDOGS" OF THE BLOOD

The kidneys are the watch dogs of the blood—these small but very important filtration plants are responsible for keeping the blood cleared of excess acids and poisonous waste materials.

In the highly complicated mechanism of the human system—the blood acts as the conveyor of nourishment and oxygen to all parts of the body. As it circulates, the blood picks up waste materials and impurities. It is the duty of the kidneys to filter these poisonous wastes from the arterial blood, yet, at the same time maintain the proper balance of sugar, salt and other essential elements of nourishment. The condition of the blood then, is not only determined by what we eat and drink but also by how efficiently the kidneys do their work.

The Amazing Inside Story

1. Each kidney resembles an oversized chocolate bean—about $4\frac{1}{2}$ " long, $2\frac{3}{4}$ " wide, $1\frac{1}{4}$ " thick weighing about $\frac{1}{2}$ of a pound. The kidneys are loosely anchored against the back muscles, their centre is about on a line with your lower ribs.
2. The Kidneys are made up of a vast number of units (each about the size of a grain of dust). Within this dust sized area is a globe shaped bulb containing very tiny blood vessels. It is within these tiny bulbs that the blood is filtered. Leading from each bulb is a twisting, turning hollow passage, known as a *Tubule* which puts back in the blood, the right amount of sugar, salt and other essential materials.

3. The TUBULES, each smaller than the head of a pin, if placed end to end would stretch 75 to 140 miles. Their surface would carpet a room about 10' by 7'. They are coiled in a space of only about 20 cubic inches.
4. The kidneys filter about 1,200 quarts of blood daily, tossing out poisonous and waste products of the body. One-quarter of the blood pumped out by each beat of the heart goes to the kidneys.
5. They are, probably the hardest working organs in the body. Yet only 1 part in 4 is kept busy, allowing for a surplus in case of emergency.
6. In one day, the kidneys filter from the blood about $\frac{1}{2}$ a pound of sugar, 3 pounds of salt, 185 quarts of water and other substances but most of it is returned to the veins. You can now readily understand how necessary it is that the kidneys be kept in good condition.

Watch For Signs of Trouble

Kidney troubles are sometimes hard to recognize in the early stages . . . some might notice a slight discomfort, others may feel irritable, some complain of backache, headache, lack of appetite or "draggy" tired-out feeling. It's in the early stages that *prompt action counts*. Then is the time to use Dodd's Kidney Pills. Dodd's stimulate the kidneys so that more surplus water and waste material may be separated from the blood in the form of urine, and passed off through the bladder. Irritation and discomfort usually disappear, you feel better, work better.

MOTHER NATURE



**Cleans House
in the
SPRING...**

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

In the Spring the human system also needs a thorough cleansing. At no other time of year is bodily vitality at lower ebb than in the Spring. The reason is very simple to understand. Winter places added strain on the resistance of the body. Lack of outdoor exercise, heavier and richer meals, changes in temperature, cold and dampness, all tax the system. When Spring approaches, the body is tired and its functions slowed up. Because of this poisons are given a better chance to accumulate in the system, and we feel sluggish and lazy.

It is the normal duty of healthy kidneys to filter all poisonous matter from the blood. If the kidneys are sluggish in action, and out of order, the poisons remain in the system and Backache, Disturbed Rest, Tired Out and Heavy Headed Feeling and other indications of an upset kidney condition 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.

HELPFUL HINTS



Little nosegays of flowers cut from magazines and pasted on spice cans, cupboards, chairs or walls, then shellacked over will give a colourful look to the kitchen.

To drive flies from a sickroom, sweet peas are excellent; their odor is unpleasant to flies.

To decorate a cake: Put short lengths of macaroni in frosting. Stick sweet peas or other small flowers in the tubes. Put several flowers in a small bunch in the center.



The reason most wives don't bake the kind of pie mother used to bake is that most husbands don't make the kind of dough dad used to make.

FACTS ABOUT THE BODY

Nerve impulses travel at the rate of 120 yards per second.

The human body is more than $\frac{2}{3}$'s water.

When you're relaxing, your body burns up energy at about the same rate as a 100-watt light bulb.

The crystalline lens of your eye is about $\frac{1}{2}$ of an inch in diameter.

It takes $1\frac{1}{2}$ minutes for your blood to circulate through your body.

The atmosphere around us exerts a pressure of 15 lbs. upon every square inch of the earth's surface and this amounts to a pressure of 30,000 pounds upon our bodies.

The normal pulse of an adult is 70 to 75 beats per minute and for a child, 90 to 100 per minute.

There are between 300 and 400 pairs of muscles in the body.

Your blood makes a complete trip from heart to foot to heart to lungs and back to heart in only 23 seconds.

Normal body temperature is 98.6 degrees.

Couldn't Bend For Sore Back

Dodd's Kidney Pills Give Welcome Relief



Miss M. Perrier

"I couldn't bend down to pick up anything because of my sore back," writes Miss Mary Perrier, 38 years of age, St. George's, Nfld. "I tried all sorts of medicines to get relief from the backache. But thanks to Dodd's Kidney Pills my trouble has been relieved. My Grandmother and Mother always found the use of Dodd's Kidney Pills helpful. I will never be without them in my medicine chest."

YOUR CHARACTER BY THE STARS

March 21st to April 20th

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

COULDN'T BEND TO WORK

"I am a labor worker and do a great deal of bending on the job," writes Raymond Muise, 98 Frederick St., Sydney, N.S. "I believe it was the bending over that caused my backache. I had heard about Dodd's Kidney Pills many times and decided to try them. I wouldn't be without Dodd's Kidney Pills now . . . I even carry a box to work with me in case of need."



Raymond Muise

You can make your own putty by mixing linseed oil with sifted whiting until the proper consistency is acquired.

3rd month MARCH, 1954 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.

	D.	H.	M.
☉ New Moon	4	10	11 p.m.
☽ First Quarter	11	12	51 p.m.
☾ Full Moon	19	7	42 a.m.
☽ Last Quarter	27	11	14 a.m.

Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon	
			Rises	Sets	Rises	Sets
			A.M.	P.M.	A.M.	P.M.
1	M	♈	6 39	5 47	4 30	1 45
2	T	♈	6 37	5 48	5 05	3 01
3	W	♈	6 35	5 49	5 35	4 20
4	T	♈	6 34	5 50	6 01	5 40
5	F	♈	6 32	5 52	6 25	7 01
6	S	♈	6 30	5 53	6 50	8 22
7	Sun	♉	6 28	5 54	7 17	9 44
8	M	♉	6 26	5 55	7 47	11 04
9	T	♉	6 25	5 57	8 24	a.m.
10	W	♉	6 23	5 58	9 09	12 21
11	T	♉	6 21	6 00	10 02	1 29
12	F	♉	6 19	6 01	11 04	2 27
13	S	♉	6 17	6 03	p.m.	3 13
14	Sun	♊	6 15	6 04	1 19	3 50
15	M	♊	6 13	6 05	2 27	4 20
16	T	♊	6 11	6 07	3 33	4 45
17	W	♊	6 09	6 08	4 37	5 06
18	T	♊	6 07	6 09	5 40	5 25
19	F	♊	6 05	6 11	6 43	5 44
20	S	♊	6 04	6 12	7 46	6 03
21	Sun	♋	6 02	6 13	8 49	6 25
22	M	♋	6 00	6 14	9 52	6 48
23	T	♋	5 58	6 15	10 55	7 16
24	W	♋	5 56	6 17	11 56	7 49
25	T	♋	5 55	6 18	a.m.	8 30
26	F	♋	5 53	6 19	12 52	9 20
27	S	♋	5 51	6 20	1 42	10 19
28	Sun	♌	5 49	6 22	2 25	11 26
29	M	♌	5 47	6 23	3 01	p.m.
30	T	♌	5 45	6 25	3 32	1 53
31	W	♌	5 43	6 26	3 58	3 10

*See page 3 for Local Time

WEATHER—1st-6th—Rain mixed with snow. 7th-13th—High dry winds, colder then rain. 14th-20th—Warmer and dry. 21st-26th—Snowflurries becoming much colder. 27th-31st—Very unsettled, little warmer.

The most inflammable kind of wood is a chip on the shoulder.

COLDS MAY UPSET THE KIDNEYS OR BLADDER



The kidneys and bladder are very delicate organs and easily affected—especially by a cold. It is surprising how few people realize this. A damp bed,

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

COLDS CAUSED Mrs. HOUSE'S UPSET BLADDER CONDITION

"I am a housewife and take care of my little grand-daughter," writes Mrs. Irene House, 183 Clarence St., Brantford, Ont. "I have been using Dodd's Kidney Pills over a number of years as I find they are good for the relief of bladder trouble. I seem to catch a cold so easily and it caused me bladder distress. But I started to use Dodd's Kidney Pills and I'm soon relieved of the suffering. I wouldn't be without Dodd's Kidney Pills in my medicine cabinet."



Mrs. I. House

CAN YOU SPOT YOUR PROVINCE?



They're upside down, sideways just to fool you—(See page 22 for the answer.)

HOW TO GET DODD'S REMEDIES

- Dodd's Kidney Pills—60c per box.
- Dodd's Dyspepsia Tablets 75c per box.
- Dodd's Antiseptic Ointment 75c per jar.
- Scoot—For Athlete's Foot 75c per tube.
- Diamond Dinner Pills 35c per box.

Dodd's Remedies can be bought at most 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 The Dodds Medicine Co., Ltd., 54 Wellington Street West, Toronto 1, Canada. PRINT name and address plainly. Your order will be sent to you at once postpaid.

The Dodds Medicine Co., Limited
TORONTO, CANADA

Coal Miner Aided by Dodd's

Tried Many Other Remedies but in Vain

4th month APRIL, 1954 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.

	D.	H.	M.
New Moon.....	3	7	25 a.m.
First Quarter.....	10	12	05 a.m.
Full Moon.....	18	12	48 a.m.
Last Quarter.....	25	11	57 p.m.



J. O'Connell

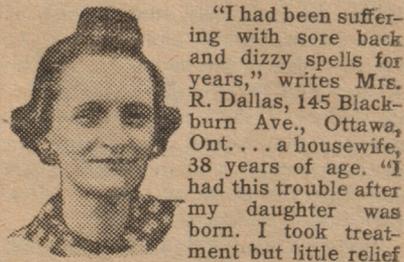
"I am a coal miner, 45 years of age," writes John A. O'Connell, 132-11th St., New Aberdeen, Cape Breton, N.S. "I work places in the mine that are low and there is considerable dampness. For ten years I was troubled with a sore back. I used a lot of remedies but found little relief. However, Dodd's Kidney Pills proved to be a great help to me."

YOUR CHARACTER BY THE STARS

April 21st to May 21st

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

HAD DIZZY SPELLS YEARS



Mrs. R. Dallas

"I had been suffering with sore back and dizzy spells for years," writes Mrs. R. Dallas, 145 Blackburn Ave., Ottawa, Ont. . . . a housewife, 38 years of age. "I had this trouble after my daughter was born. I took treatment but little relief was experienced. I read in Dodd's Almanac how other people had been helped by Dodd's Kidney Pills so I told my husband I was going to try them. I can truthfully say I do not have any more backaches or dizzy spells. I can do all my housework without feeling dizzy. And when I get up in the morning I feel like a new woman."

Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon	
			Rises	Sets	Rises	Sets
1	T	♈	A.M. 5 41	P.M. 6 27	A.M. 4 24	P.M. 4 29
2	F	♈	5 39	6 29	4 48	5 50
3	S	♈	5 38	6 30	5 15	7 13
4	Sun	♈	5 36	6 31	5 44	8 36
5	M	♈	5 34	6 32	6 20	9 51
6	T	♈	5 32	6 33	7 02	11 13
7	W	♈	5 30	6 34	7 54	a.m. 12 17
8	T	♈	5 29	6 36	8 55	12 17
9	F	♈	5 27	6 37	10 01	1 09
10	S	♈	5 25	6 38	11 10	1 50
11	Sun	♈	5 23	6 39	12 19	2 23
12	M	♈	5 21	6 41	1 26	2 49
13	T	♈	5 20	6 42	2 30	3 11
14	W	♈	5 18	6 43	4 33	3 31
15	T	♈	5 16	6 45	4 35	3 50
16	F	♈	5 14	6 46	5 38	4 09
17	S	♈	5 12	6 47	6 40	4 30
18	Sun	♈	5 10	6 48	7 44	4 52
19	M	♈	5 09	6 50	8 47	5 19
20	T	♈	5 08	6 51	9 48	5 51
21	W	♈	5 06	6 52	10 46	6 30
22	T	♈	5 05	6 53	11 37	7 17
23	F	♈	5 03	6 55	a.m. 8 12	8 12
24	S	♈	5 02	6 56	12 21	9 15
25	Sun	♈	5 00	6 57	12 59	10 23
26	M	♈	4 58	6 59	1 31	11 34
27	T	♈	4 57	7 00	1 58	p.m.
28	W	♈	4 55	7 01	2 23	2 04
29	T	♈	4 53	7 03	2 47	3 21
30	F	♈	4 52	7 04	3 12	4 41

*See page 3 for Local Time

WEATHER — 1st-2nd — Rainy. 3rd-8th — Windy and snow, then surprisingly warm. 9th-16th—Cools down and becomes more spring like. 17th-20th—Heavy showers. 21st-26th—Cold and raw, even snowflurries. 27th-30th—Warms up a bit.

Answering a false fire alarm is going to blazes for nothing.



**BACKACHE
MAY BE YOUR
WARNING!**

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 easy to take, and because they do not contain any harmful drugs, may be used with safety.

In a dense fog, the nearsighted motorist followed the red tail-light ahead. Suddenly it stopped and he crashed into the bumper. "Hey!" he yelled, "why don't you signal?" "Why should I? I'm in my own garage."

COULD HARDLY WORK OR SLEEP FOR BACKACHE

"For more than two years I had pains in the back," writes Mrs. Diane Masson, 50 years of age, a widow with three children, 196 Laval St., Hull, Que. "I could not do my work properly and could hardly sleep. The result was that I lost days of work . . . which was bad for me as I had the three children to support. On the advice of a friend I used Dodd's Kidney Pills. I was able to sleep soundly at night, and also get all my day's work done. I am very grateful to Dodd's Kidney Pills."



Mrs. Diane Masson



The setting of a jelly can be hastened by placing the mold in a basin containing cold water in which salt has been dissolved.

MAGIC BUTTONS—This clever little trick may be constructed with a piece of cardboard, a short length of string and 2 buttons. Following the diagram, cut the cardboard in a regular rectangle. In the centre, make 2 parallel cuts and directly below make a hole of slightly larger width. After this, thread the string under the slit, through the hole as shown in the diagram and then attach two buttons larger than the hole to the loose ends of the string. **The problem** is to remove the string without taking off either of the buttons. (See page 28 for the answer)



Put a teaspoon in a funnel and you will find that bottles can be filled quickly, as the spoon tends to stop the swirling liquids, permitting them to flow rapidly.



She Soon Felt Well Again

Says Dodd's Kidney Pills are just Great



Mrs. H. M. Dodson

"I used to have terrific pains in my back," writes Mrs. H. M. Dodson, 16 Dresden Row, Halifax N.S. "I had a job that took a lot of pep out of me and blamed my backache on one thing or another. But once I started to use Dodd's Kidney Pills, I began to feel well again. Dodd's Kidney Pills are just great. If you're troubled with backache, tired feeling or restlessness, start on Dodd's right now."

YOUR CHARACTER BY THE STARS

May 22nd to June 21st

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

HIS SLEEP WAS DISTURBED



Robt. Wigmore

"For a great many years past I have suffered with kidney trouble," writes Robt. P. Wigmore, 37 Huntley St., Toronto, Ont. "I am 55 years of age and have been a commercial traveller for more than half my life. During that time, I have recommended Dodd's to countless fellow travellers. My sleep used to be disturbed by a severe pain in the lower region of the back. Sometimes it was so bad, sleep seemed utterly impossible. I was also troubled by nervousness and headaches. After using one box of Dodd's Kidney Pills, there was a decided improvement in my condition and on finishing two more boxes I felt completely relieved."

5th month MAY, 1954 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.

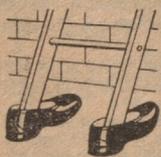
	D.	H.	M.
● New Moon.....	2	3	22 p.m.
● First Quarter.....	9	1	17 p.m.
● Full Moon.....	17	4	47 p.m.
● Last Quarter.....	25	8	49 a.m.
● New Moon.....	31	11	03 p.m.

Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon	
			Rises	Sets	Rises	Sets
1	S	♄	A.M. 4 51	P.M. 7 05	A.M. 3 39	P.M. 6 03
2	Sun	♄	4 49	7 06	4 12	7 27
3	M	♄	4 47	7 07	4 51	8 47
4	T	♄	4 46	7 09	5 40	9 59
5	W	♄	4 44	7 10	6 39	10 58
6	T	♄	4 43	7 11	7 45	11 45
7	F	♄	4 42	7 12	8 56	a.m.
8	S	♄	4 41	7 14	10 07	12 21
9	Sun	♄	4 39	7 15	11 16	12 51
10	M	♄	4 38	7 16	p.m.	1 15
11	T	♄	4 37	7 17	1 25	1 36
12	W	♄	4 36	7 18	2 28	1 56
13	T	♄	4 34	7 19	3 30	2 15
14	F	♄	4 33	7 21	4 32	2 35
15	S	♄	4 32	7 22	5 35	2 57
16	Sun	♄	4 31	7 23	6 39	3 22
17	M	♄	4 29	7 24	7 40	3 52
18	T	♄	4 28	7 25	8 40	4 30
19	W	♄	4 27	7 26	9 34	5 15
20	T	♄	4 26	7 27	10 20	6 07
21	F	♄	4 25	7 28	10 59	7 09
22	S	♄	4 24	7 29	11 32	8 15
23	Sun	♄	4 24	7 31	a.m.	9 25
24	M	♄	4 23	7 32	12 00	10 36
25	T	♄	4 22	7 33	12 26	11 48
26	W	♄	4 21	7 34	12 49	p.m.
27	T	♄	4 20	7 35	1 13	2 18
28	F	♄	4 19	7 35	1 38	3 38
29	S	♄	4 19	7 36	2 07	4 58
30	Sun	♄	4 18	7 37	2 42	5 19
31	M	♄	4 17	7 38	3 26	6 34

*See page 3 for Local Time

WEATHER—1st-6th—Cool and unsettled, heavy rain in some areas. 7th-11th—Much warmer. 12th-15th—Clear bright days. 16th-20th—Rain and heavy thunder. 21st-27th—Warmer bright days, frosty nights. 28th-31st—Ends fine.

Jealousy: Poison envy.



To keep a ladder from slipping, put the bottom legs into the heel pits of an old pair of rubbers.

Education covers a lot of ground—but it does not cultivate it.

PRODUCE WEIGHTS AND MEASURES

The bushel should be determined by weighing, unless a bushel measure be specially agreed upon, the weight equivalent to a bushel being as follows:

Wheat.....	60 lbs.	Lime.....	80 lbs.
Indian Corn..	56 lbs.	Castor Beans..	40 lbs.
Rye.....	56 lbs.	Potatoes.....	60 lbs.
Peas.....	60 lbs.	Turnips.....	60 lbs.
Barley.....	48 lbs.	Carrots.....	60 lbs.
Malt.....	36 lbs.	Parsnips.....	60 lbs.
Oats.....	34 lbs.	Beets.....	60 lbs.
Beans.....	60 lbs.	Onions.....	50 lbs.
Flax Seed.....	56 lbs.	Bituminous	
Hemp.....	44 lbs.	Coal.....	70 lbs.
Blue Grass		Clover Seed..	60 lbs.
Seed.....	14 lbs.	Timothy.....	48 lbs.
		Buckwheat...	48 lbs.

Rub new shoes that will not polish easily with the cut half of a lemon. When dried, polish in the usual way, finishing with a soft cloth or pad of velvet.



HIS FARM WORK DELAYED WEEKS BY BAD BACKACHE

"I am a farmer 38 years of age," writes Lionel Guilbault, St. Agathe - des - Monts, Que. "I worked very hard on my farm last Spring and suffered from backache which prevented me from working for a few weeks. So I tried Dodd's Kidney Pills and even after using the first box of Dodd's my pain disappeared. I strongly recommend Dodd's Kidney Pills to all backache sufferers. Dodd's Kidney Pills are marvellous."



Lionel Guilbault

Idle words, like carelessly sown seed, often produce embarrassing crops.

HOW LONG FRUITS WILL BEAR

Apple.....	25 to 50 years
Blackberry.....	6 to 14
Currant.....	20
Gooseberry.....	20
Peach.....	8 to 12
Pear.....	50 to 75
Plum.....	20 to 25
Raspberry.....	6 to 12
Strawberry.....	1 to 3

Miserable Backache Relieved

Took Dodd's after Learning Dad used them



W. G. Harrison

"I am a clerk in a store, my age is 42 years," writes W. G. Harrison, 1045-18th Ave., S.E., Calgary, Alta. "It is a pleasure to be able to write you. Several months ago I came home with a miserable backache. I was advised that my Dad had used Dodd's Kidney Pills for this same trouble and was helped. I certainly had wonderful results on using Dodd's Kidney Pills and keep them handy at all times. I am pleased of the opportunity to recommend Dodd's."

6th month JUNE, 1954 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.

	D.	H.	M.
First Quarter.....	8	4	13 a.m.
Full Moon.....	16	7	06 a.m.
Last Quarter.....	23	2	46 p.m.
New Moon.....	30	7	26 a.m.

Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon	
			Rises	Sets	Rises	Sets
			A.M.	P.M.	A.M.	P.M.
1	T	♈	4 17	7 39	4 19	8 41
2	W	♈	4 16	7 39	5 24	9 34
3	T	♈	4 16	7 40	6 43	10 17
4	F	♈	4 15	7 41	7 47	10 50
5	S	♈	4 15	7 42	8 59	11 17
6	Sun	♉	4 14	7 43	10 08	11 39
7	M	♉	4 14	7 43	11 14	a.m.
8	T	♉	4 13	7 44	p.m.	12 00
9	W	♉	4 13	7 45	1 20	12 19
10	T	♉	4 13	7 46	2 23	12 39
11	F	♉	4 13	7 46	3 25	1 01
12	S	♉	4 13	7 47	4 29	1 25
13	Sun	♊	4 13	7 47	5 32	1 53
14	M	♊	4 13	7 48	6 32	2 28
15	T	♊	4 13	7 48	7 29	3 10
16	W	♊	4 13	7 49	8 18	4 01
17	T	♊	4 13	7 49	8 59	5 01
18	F	♊	4 13	7 50	9 34	6 06
19	S	♊	4 13	7 50	10 04	7 16
20	Sun	♋	4 13	7 50	10 30	8 27
21	M	♋	4 13	7 50	10 54	9 37
22	T	♋	4 13	7 51	11 17	10 52
23	T	♋	4 14	7 51	11 41	p.m.
24	W	♋	4 14	7 51	a.m.	1 21
25	F	♋	4 14	7 51	12 07	2 39
26	S	♋	4 15	7 51	12 38	3 57
27	Sun	♌	4 15	7 51	1 17	5 14
28	M	♌	4 16	7 51	2 03	6 23
29	T	♌	4 16	7 51	3 04	7 22
30	F	♌	4 16	7 51	4 11	8 09

*See page 3 for Local Time

WEATHER—1st-5th—Warm and very pleasant. 6th-11th—Cools down considerably, dull grey skies. 12th-18th—Thunder and heavy rain brings warmth. 19th-25th—Unsettled and quite chilly. 26th-30th—Clearing and much warmer.

Middle age: When women won't admit their age and men won't act theirs.

YOUR CHARACTER BY THE STARS

June 22nd to July 22nd

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

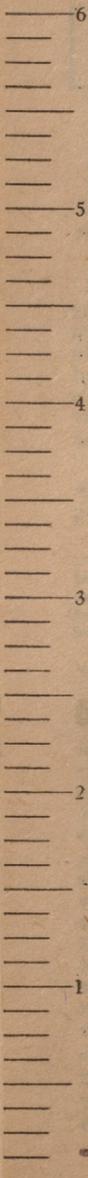
DODD'S-BEST TO BE HAD



Mrs. F. Lafreniere

"I am a 45-year old clerk and operate a machine in the office," writes Mrs. F. Lafreniere, 559 St. Patrick St., Ottawa, Ont. "I have used Dodd's Kidney Pills on occasions during the past 3 years . . . and I must confess that there are no better remedies on the market for the effective relief of pains in the back and kidneys. The constant bending over the machine seemed to trouble my back. However, after using one or two boxes of Dodd's Kidney Pills the pain is relieved."

Inches



WEIGHTS AND MEASURES



Linear Measure

- 1 foot = 12 inches
- 1 yard = 3 feet
- 1 rod = $5\frac{1}{2}$ yards = $16\frac{1}{2}$ feet
- 1 mile = 320 rods = 1760 yards = 5280 feet
- 1 nautical mile = 6080 feet
- 1 knot = 1 nautical mile per hour
- 1 furlong = $\frac{1}{8}$ mile = 660 feet = 220 yards
- 1 league = 3 miles = 24 furlongs
- 1 fathom = 2 yards = 6 feet
- 1 chain = 100 links = 22 yards
- 1 link = 7.92 inches
- 1 hand = 4 inches
- 1 span = 9 inches

Square Measure

- 1 square foot = 144 square inches
- 1 square yard = 9 square feet
- 1 square rod = $30\frac{1}{4}$ square yards = $272\frac{1}{4}$ 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

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

COOKING MEASURE

- 3 ts. equal 1 tb.
- 16 tbs. equal 1 cup
- 2 cs. equal 1 pt.
- 2 pts. equal 1 qt.
- 4 qts. equal 1 gal.
- 1 lb. rice equals 2 cs.
- 1 lb. cocoa equals 2 cs.
- 1 lb. tea equals 6 cs.
- 3 lbs. spinach equals 1 pk.
- 1 lb. raisins equals 3 cs.
- 1 oz. baking powder equals 3 tbs.
- 1 lb. cornstarch equals 3 cs.
- 1 lb. pearl tapioca equals 2 $\frac{2}{3}$ cs.
- 1 lb. walnuts equals 4 cs.
- 1 oz. equals 4 tbs. grated chocolate or 4 tbs. cocoa.
- 1 lb. granulated sugar equals 2 cs.
- 1 lb. icing sugar equals 3 cs.
- 1 lb. brown sugar equals 3 cs.
- 1 lb. butter or lard equals 2 cs.
- 1 lb. pastry or bread flour equals 4 cs.
- 1 lb. meal equals approx. 3 cs.
- 1 lb. ground coffee equals about 50 tbs.
- 1 lb. finely-chopped meat equals 2 cs.
- 1 lb. currants equals about 2 cs.
- 1 lb. dried bread crumbs equals 4 cs.
- 1 lb. navy or lima beans equals about 2 cs.
- 1 lb. grated cheese equals 4 cs.
- 1 lb. dates equals $2\frac{1}{2}$ cs.

USEFUL INFORMATION

- To find diameter of a circle multiply circumference by .31831.
- To find circumference of a circle multiply diameter by 3.1416 (roughly 3 $\frac{1}{7}$).
- To find area of a circle multiply square of diameter by .7854.
- To find surface of a ball multiply square of diameter by 3.1416 (roughly 3 $\frac{1}{7}$).
- To find cubic inches in a ball multiply cube of diameter by .5236.
- Doubling the diameter of a pipe increases its capacity four times.
- Double riveting is from 16 to 20 per cent. stronger than single.
- One ton of coal is equivalent to two cords of wood for steam purposes.
- A degree on the earth's surface equals 60 nautical miles or about 69 land miles.
- A cubic foot of water contains $6\frac{1}{4}$ gallons, 1,728 cubic inches and weighs $6\frac{1}{8}$ lbs.

Approximate Metric Equivalents

- 1 decimeter - 4 in.
- 1 liter - 1.06 qts. liquid
- 1 meter - 1.1 yds.
- 0.9 qt. dry.
- 1 kilometer, $\frac{5}{8}$ of a mile.
- 1 hektoliter = $2\frac{1}{2}$ bus.
- 1 hectare - $2\frac{1}{2}$ acres
- 1 kilogram - 2 $\frac{1}{5}$ lbs.
- 1 stere, or cu. meter $\frac{1}{4}$ of a cord.
- 1 metricton - 2,200 lbs.

Quick, Soothing Relief for HOT, ITCHY, BURNING FEET

Scoot—Cooling Snow-White Cream brings New Comfort and Protection to Sore Feet.

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 Scoot Cream. The burning and itching stops. Your skin is cool and comfortable. Use of Scoot also helps to prevent re-infection.

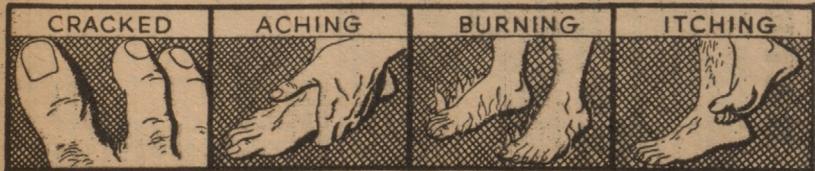
How to Recognize "ATHLETE'S FOOT"

Athlete's Foot spores dig deep into the skin and spread rapidly, forming a fungus-like growth. The first sign is usually an itching sensation between the toes, accompanied with very small blisters. The skin becomes inflamed. If neglected the blisters break, painful cracks and fissures appear and the skin becomes white and soggy. Athlete's Foot is easy to get—hard to get rid of unless you go after it properly. Ordinary surface treatment is not enough. The dead skin under which the Athlete's Foot fungus hides, is quickly penetrated by Scoot and the fungus is destroyed at its source. Scoot cools and soothes—Scoot is safe—yet powerful and effective. To be 'Foot Happy' get a handy tube of Scoot to-day. 75c at any drug counter, or by mail postpaid from The Dodds Medicine Co. Ltd., Toronto 1.



Scoot

BRINGS QUICK RELIEF
TO SUFFERERS OF
THESE DISTRESSING
FOOT CONDITIONS



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	2	3	4	5	6	7	8	9	10	11	12	13	14	15	Over 15 lb.	Over 20 lb.	
	lb.	lb.	lb.	lb.	lb.	lb.	lb.	lb.	lb.	lb.	lb.	lb.	lb.	lb.	lb.	up to 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
Quebec	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 *in 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 1/2 oz. units—Consult Post Office.

Got Pain in Back and Hip

Tells Friends How Dodd's Pills helped Her

7th month JULY, 1954 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.

	D.	H.	M.
☾ First Quarter.....	7	8	33 p.m.
☾ Full Moon.....	15	7	29 p.m.
☾ Last Quarter.....	22	7	14 p.m.
☾ New Moon.....	29	5	20 p.m.



Miss A. Sklar

"I am 44 years of age and a cannery worker," writes Miss Anne Sklar, 414-7th St., Mission City, B.C. "I have to stand on my feet all day at work. A couple of years ago I got a sore back and a pain in my hip. Having read about Dodd's Kidney Pills, I thought I would try them. I couldn't afford to be off my job. After using nearly two boxes of Dodd's Kidney Pills, my back and hip were once more fine. I have been advising my friends to try Dodd's Kidney Pills and I keep them on hand at all times."

YOUR CHARACTER BY THE STARS
July 23rd to August 23rd

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

Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon	
			Rises	Sets	Rises	Sets
			A.M.	P.M.	A.M.	P.M.
1	T	♌	4 17	7 51	5 23	8 46
2	F	♍	4 17	7 50	6 37	9 16
3	S	♎	4 18	7 50	7 49	9 42
4	Sun	♏	4 18	7 50	8 58	10 03
5	M	♐	4 19	7 50	10 03	10 23
6	T	♑	4 20	7 49	11 07	10 43
7	W	♒	4 20	7 49	p.m.	11 04
8	T	♓	4 21	7 48	1 13	11 26
9	F	♈	4 22	7 48	2 16	11 53
10	S	♉	4 23	7 47	3 20	a.m.
11	Sun	♊	4 23	7 47	4 21	12 26
12	M	♋	4 24	7 46	5 18	1 05
13	T	♌	4 25	7 46	6 12	1 52
14	W	♍	4 26	7 45	6 57	2 49
15	T	♎	4 27	7 44	7 37	3 53
16	F	♏	4 28	7 43	8 07	5 02
17	S	♐	4 29	7 43	8 34	6 15
18	Sun	♑	4 30	7 42	8 59	7 28
19	M	♒	4 31	7 41	9 23	8 42
20	T	♓	4 32	7 40	9 46	9 56
21	W	♈	4 33	7 39	10 11	11 11
22	T	♉	4 34	7 38	10 41	p.m.
23	F	♊	4 35	7 37	11 16	1 44
24	S	♋	4 36	7 36	11 59	3 00
25	Sun	♌	4 37	7 35	a.m.	4 10
26	M	♍	4 38	7 34	12 52	5 12
27	T	♎	4 39	7 33	1 54	6 03
28	W	♏	4 40	7 32	3 04	6 43
29	T	♐	4 41	7 31	4 17	7 16
30	F	♑	4 42	7 30	5 30	7 43
31	S	♒	4 44	7 29	6 39	8 06

*See page 3 for Local Time

WEATHER—1st-4th—Showery and cooler. 5th - 8th — Drenching rains. 9th - 12th — Thunder storms but warmer. 13th-18th—Warmth continues so does rain and thunder off and on. 19th-24th—Cool spell. 25th-31st—Pleasant days, month ends wet.

The first signs of spring are the blooming idiots along the highway.

'FLU SETS BACK ACHING

"I am 27 years of age and a farmer's wife," writes Mrs. George Majcher, Box 138, Sheho, Sask. "I was never bothered with backaches, 'til last Fall when I got the 'flu. It seemed to bother me mostly in the back. My back ached so



Mrs. G. Majcher

badly I couldn't straighten myself, so I had to stay in bed. My husband got me some Dodd's Kidney Pills and after taking a few, I was able to get out of bed. After finishing the box of Dodd's, I felt fine again. I'm ever so thankful for such a wonderful product as Dodd's Kidney Pills."

Friend Recommended Dodd's

Feels Dodd's are keeping him 'on-the-Job'



Earl Tompkins

"I used to suffer with backache until a friend suggested I try Dodd's Kidney Pills," writes Earl Tompkins, Plaster Rock, R.R. 2, N.B. "After using only three boxes of Dodd's Kidney Pills

my pain disappeared. Now I keep Dodd's handy and wouldn't be without them. I gladly recommend Dodd's Kidney Pills to all sufferers of backache. I firmly believe that Dodd's Kidney Pills are responsible for keeping me on the job."

YOUR CHARACTER BY THE STARS

August 24th to September 23rd

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

IRRITABLE WITH BACKACHE

"I am a housewife 31 years of age and have two children," writes Mrs. E. Henry, Box 692, Vulcan, Alta. "For years there have been times when I suffered from severe backache and night rising. This made me very irritable and interfered with my work. A friend advised me to try Dodd's Kidney Pills. After using the first box of Dodd's Kidney Pills I was a staunch friend of Dodd's. Usually one box of Dodd's Kidney Pills puts me back in good health. Occasionally though I don't start to use Dodd's soon enough and I have to take two boxes."



Mrs. E. L. Henry

8th month AUGUST, 1954 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.

	D.	H.	M.
First Quarter.....	6	1	50 p.m.
Full Moon.....	14	6	03 a.m.
Last Quarter.....	20	11	51 p.m.
New Moon.....	28	5	21 a.m.

Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon	
			Rises	Sets	Rises	Sets
1	Sun	♊	A.M. 4 45	P.M. 7 28	A.M. 7 47	P.M. 8 27
2	MT	♊	4 46	7 26	8 52	8 47
3	T	♊	4 47	7 25	9 56	9 08
4	W	♋	4 48	7 24	10 59	9 30
5	T	♋	4 50	7 22	p.m.	9 55
6	F	♋	4 51	7 21	1 06	10 24
7	S	♋	4 52	7 19	2 07	11 00
8	Sun	♌	4 53	7 18	3 07	11 43
9	M	♌	4 54	7 16	4 01	a.m.
10	T	♌	4 56	7 15	4 50	12 35
11	W	♌	4 57	7 13	5 31	1 37
12	T	♌	4 58	7 11	6 06	2 44
13	F	♌	4 59	7 10	6 36	3 56
14	S	♌	5 00	7 08	7 02	5 11
15	Sun	♍	5 01	7 07	7 27	6 26
16	M	♍	5 02	7 05	7 51	7 41
17	T	♍	5 03	7 04	8 16	8 58
18	W	♍	5 04	7 02	8 45	10 15
19	T	♍	5 05	7 01	9 18	11 33
20	F	♍	5 06	6 59	9 58	p.m.
21	S	♍	5 07	6 58	10 48	2 02
22	Sun	♎	5 09	6 56	11 47	3 06
23	M	♎	5 10	6 54	a.m.	3 59
24	T	♎	5 11	6 52	12 53	4 42
25	W	♎	5 12	6 50	1 59	5 17
26	T	♎	5 13	6 48	3 14	5 45
27	F	♎	5 15	6 46	4 24	6 10
28	S	♎	5 16	6 45	5 32	6 31
29	Sun	♏	5 17	6 43	6 38	6 51
30	M	♏	5 18	6 42	7 42	7 12
31	T	♏	5 19	6 40	8 46	7 34

*See page 3 for Local Time

WEATHER—1st-3rd—Very warm. 4th-8th—Unsettled, showers in most parts. 9th-14th—Cloudy and warm. 15th-21st—Ideal days, cool and bright. 22nd-24th—Very pleasant, some warm showers. 25th-31st—Hot and dry.

Never worry about finding your station in life. There'll always be somebody around to tell you where to get off.

**IF A SLUGGISH LIVER
IS MAKING YOU DULL
USE**

**DIAMOND
DINNER
PILLS**

**AND
BRIGHTEN UP**

Help Keep "Fit and On The Bit" with Diamond Dinner Pills

Small, sugar-coated pills help tone up the Liver—start Bile flowing to relieve Constipation



Bile is usually called Nature's Own Laxative because it stimulates the wall muscles of the intestines and so helps in keeping the food bulk moving along smoothly through the intestines.



Irregularity

The largest organ in the Body, the liver,

normally produces 1 to 2 pints of Bile daily. When the liver is over-burdened or not working properly the bile flow may be sluggish or scarce. Then harmful substances in the blood, instead of being swept swiftly through the bowels, are left to be re-absorbed by the body, and a feeling of depression or biliousness usually follows. The process of digestion is hampered and the movement of food bulk through the intestines is delayed. Constipation often results and you feel dull, listless, headachey, irritable, may lose interest in food and seem to have no pep or energy. Then what may be needed is a mild and gentle medicine



Irritability

that will help Nature restore an adequate supply of bile.

Diamond Dinner Pills are compounded to gently and gradually tone up the liver until it supplies the necessary amount of bile (Nature's own laxative), and thus assist the bowels to move themselves.



Lack of Pep

After patient treatment the liver should improve until it may finally be trusted to perform its function independently.

Diamond Dinner Pills are not a purgative—although this effect may be produced by increasing the dose. For more effective results, small and frequent doses are recommended.

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. 35c a box at all dealers, or by mail, postpaid from The Dodds Medicine Co., Ltd., Toronto 1.



Poor Appetite



**I WAS
FEELING OLD
BEFORE
MY TIME...**



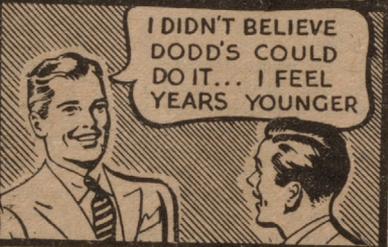
**DON'T TELL ME YOU'RE
GOING HOME TO BED
EARLY AGAIN ?**



**IT'S ALL I
CAN DO TO
WORK, LET
ALONE TO
HAVE FUN**

**WHY DON'T YOU
TRY DODD'S
KIDNEY PILLS
FOR YOUR
"ALL-IN" FEELING-
THEY HELPED ME**

**THEN HE USED
DODD'S KIDNEY PILLS**



**I DIDN'T BELIEVE
DODD'S COULD
DO IT... I FEEL
YEARS YOUNGER**

**QUEBEC MAN LACKED
PEP BUT DODD'S HELPED**



"My kidney trouble led me to look for remedies which would help me," writes John Robitaille, 741, 11th Ave., Grand 'Mere, Que. 35 years of age. "Having come across Dodd's Almanac, I John Robitaille read the articles describing symptoms similar to mine . . . kidney pains, lack of energy, nervous feeling due to my work as a delivery clerk. After using only one box of Dodd's Kidney Pills I began to feel really good. I took Dodd's regularly for a while and now I feel very energetic and do my work with much less effort."

When using plaster of paris to fill small cracks in plaster, mix it with vinegar instead of water and note the difference.



**No. OF TREES OR PLANTS
TO THE ACRE (43,560 sq. ft.)**

40 ft. apart.....	27 to acre
30 ft. apart.....	48 to acre
20 ft. apart.....	109 to acre
18 ft. apart.....	134 to acre
16 ft. apart.....	166 to acre
7 x 10 ft. apart.....	622 to acre
4 x 6 ft. apart.....	1,815 to acre
3 x 7 ft. apart.....	2,074 to acre
2 x 6 ft. apart.....	3,630 to acre
1½ x 3½ ft. apart.....	8,715 to acre
1 x 4 ft. apart.....	10,890 to acre

SPOT YOUR PROVINCE—ANSWERS
(See page 10)—1. New Brunswick. 2. Saskatchewan. 3. Ontario. 4. Manitoba. 5. Quebec. 6. Newfoundland. 7. Prince Edward Is. 8. British Columbia. 9. Alberta. 10. Nova Scotia.

Had No Pep, Was Listless

Realize Kidneys weren't right, used Dodd's



Mrs. G. Du Boulay

"A year or so ago I suffered with a terrible backache and seemed listless and had no pep," writes Mrs. G. Du Boulay, 61 St. Hubert Ave., Toronto, Ont.

"I was not getting my proper sleep as I had to be getting up several times through the night. I also had swelling in my fingers. I realized then that my kidneys were not functioning properly. Right then, I decided to give Dodd's Kidney Pills a try. After using only 3 boxes of Dodd's Kidney Pills, I felt much better, the swelling in my fingers and the backache had disappeared."

YOUR CHARACTER BY THE STARS

September 24th to October 23rd

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

BOTHERED BY LEG PAINS



Mrs. W. Menard

"I am 32 years of age, mother of 4 lively children," writes Mrs. W. Menard, R.R. 1, Box 59, South Edmonton, Alta. "I suffered from backache and pains in my legs. My Mother had been helped by Dodd's Kidney Pills so she advised me to try them. After using not quite a box of Dodd's Kidney Pills, I felt much better, my legs did not hurt nearly as much. Dodd's Kidney Pills really do bring relief."

9th month SEPTEMBER, 1954 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.

	D.	H.	M.
First Quarter.....	5	7	28 a.m.
Full Moon.....	12	3	19 p.m.
Last Quarter.....	19	6	11 a.m.
New Moon.....	26	7	50 p.m.

Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon	
			Rises	Sets	Rises	Sets
1	W	♂	A.M.	P.M.	A.M.	P.M.
2	T	♂	5 21	6 38	9 49	7 58
3	F	♂	5 22	6 36	10 53	8 25
4	S	♂	5 23	6 34	11 55	8 58
			5 24	6 33	p.m.	9 38
5	Sun	♂	5 26	6 31	1 51	10 25
6	M	♂	5 27	6 29	2 40	11 21
7	T	♂	5 28	6 27	3 24	a.m.
8	W	♂	5 29	6 25	4 02	12 24
9	T	♂	5 30	6 23	4 33	1 34
10	F	♂	5 32	6 21	5 01	2 47
11	S	♂	5 33	6 20	5 27	4 02
12	Sun	♏	5 34	6 18	5 52	5 18
13	M	♏	5 35	6 16	6 18	6 36
14	T	♏	5 37	6 14	6 46	7 56
15	W	♏	5 38	6 12	7 19	9 16
16	T	♏	5 39	6 10	7 58	10 35
17	F	♏	5 40	6 08	8 45	11 51
18	S	♏	5 41	6 06	9 41	p.m.
19	Sun	♏	5 43	6 04	10 46	1 56
20	M	♏	5 44	6 02	11 55	2 42
21	T	♏	5 45	6 01	a.m.	3 18
22	W	♏	5 46	5 59	1 05	3 48
23	T	♏	5 47	5 57	2 14	4 14
24	F	♏	5 48	5 54	3 22	4 36
25	S	♏	5 50	5 52	4 27	4 56
26	Sun	♏	5 51	5 51	5 31	5 17
27	M	♏	5 52	5 49	6 35	5 39
28	T	♏	5 53	5 47	7 38	6 02
29	W	♏	5 55	5 45	8 41	6 28
30	T	♏	5 56	5 43	9 44	6 58

*See page 3 for Local Time

WEATHER — 1st-5th — Rain and cooling down, frost shows up in some areas. 6th-13th — Little warmer, bright and clear. 14th-20th — Heavy rain becoming warmer, bright cool nights. 21st-26th — Nice warm days. 27th-30th — High winds and rain bring warmth.

Budget problem: Having too much month left over at the end of the money.

Don't Let a Skin Blemish Mar Your Looks



COVER MARK



The Concealing Cream that has helped thousands improve their appearance

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 is recommended and prescribed by leading specialists for covering all types of blemishes involving the pigment of the skin. It hides the blemish and stays on until removed. Women everywhere are using Cover Mark in tone to match the skin, hiding "looks-impairing" blotches, moles, bruises, scars, wind or sun burn.



This Could Happen To Your Child

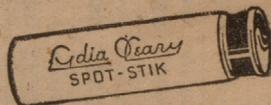
All children who have blemishes should use Cover Mark as soon as possible. Not so much to cover the blemish for appearance's sake, but to hide the mark from the eyes of other children. No one is more cruel than a child's innocent curiosity when asking a blemished youngster "What is that on your face?"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

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.

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 **COVERMARK** In Three Shades—Light, Medium and Dark, Jar \$1.75.



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.

How to Avoid INDIGESTION and Discomfort due to Gas - Bloating - Nausea

It is only human to eat and drink with little thought as to what the effect may be on the stomach.

Eating too quickly—too much rich food—too many acid-forming foods—fatigue—worry—nervousness—may all cause digestive distress.

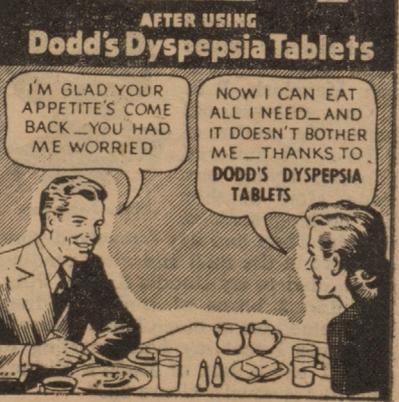
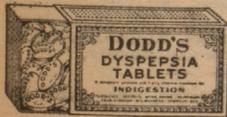
No two stomachs are exactly alike. No absolute rule of diet can be laid down. Everyone may benefit, however, if they never eat too rapidly,—always chew the food thoroughly,—and if possible, take at least half an hour's rest after each meal.

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

Dodd's Dyspepsia Tablets help:

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

Dodd's Dyspepsia Tablets are sold at drug counters everywhere. 75c a box or by mail postpaid from The Dodds Medicine Co. Ltd., Toronto 1, Canada.



Felt in 'Run-Down' Condition

Now Feels Fine — Thanks to Dodd's Pills



G. Miner

"I am a handyman and 60 years of age," writes George Miner, 815 Webster Ave., Fort Frances, Ont. "I do a lot of climbing putting on and taking off storm windows and it calls for steady nerves. When one reaches 60, he feels

run-down and is bothered with nerves more quickly . . . I used to feel that way very often at work. But thanks to Dodd's Kidney Pills for the good results they have given me, I feel fine."

YOUR CHARACTER BY THE STARS

October 24th to November 22nd

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

AMAZED BY DODD'S HELP

"My trouble started with severe back aches and constant night rising," writes Mrs. Roy G. Johnson, Havelock, R.R. 1, Ont., a 32-year old housewife, mother of 4 boys. "I suffered months, trying one thing after another but nothing seemed to help. Then one day I received your almanac in the mail and after reading it, decided to try Dodd's Kidney Pills. The first 2 boxes of Dodd's Kidney Pills helped me so much I was amazed. Any time I feel my back starting to ache, I use a box of Dodd's Kidney Pills and it usually clears up."



Mrs. Johnson

10th month OCTOBER, 1954 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.

	D.	H.	M.
First Quarter.....	5	12	31 a.m.
Full Moon.....	12	12	10 a.m.
Last Quarter.....	18	3	30 p.m.
New Moon.....	26	12	47 p.m.

Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon	
			Rises	Sets	Rises	Sets
1	F	♈	A.M. 5 57	P.M. 5 41	A.M. 10 44	P.M. 7 36
2	S	♈	5 59	5 40	11 41	8 29
3	Sun	♈	6 00	5 38	12 33	9 12
4	M	♈	6 01	5 36	1 17	10 10
5	T	♈	6 03	5 34	1 56	11 15
6	W	♈	6 04	5 32	2 30	a.m.
7	T	♈	6 05	5 30	2 59	12 25
8	F	♈	6 06	5 28	3 25	1 36
9	S	♈	6 07	5 26	3 50	2 51
10	Sun	♈	6 09	5 25	4 16	4 07
11	M	♈	6 10	5 23	4 43	5 26
12	T	♈	6 11	5 21	5 14	6 47
13	W	♈	6 12	5 20	5 52	8 10
14	T	♈	6 14	5 18	6 38	9 30
15	F	♈	6 15	5 16	7 32	10 44
16	S	♈	6 17	5 15	8 36	11 47
17	Sun	♈	6 18	5 13	9 46	12 39
18	M	♈	6 19	5 11	10 57	1 19
19	T	♈	6 20	5 09	a.m.	1 51
20	W	♈	6 22	5 08	12 06	2 18
21	T	♈	6 23	5 06	1 15	2 41
22	F	♈	6 24	5 04	2 19	3 02
23	S	♈	6 26	5 02	3 23	3 22
24	Sun	♈	6 27	5 01	4 27	3 44
25	M	♈	6 28	4 59	5 29	4 06
26	T	♈	6 30	4 58	6 32	4 32
27	W	♈	6 31	4 56	7 35	5 01
28	T	♈	6 32	4 55	8 36	5 36
29	F	♈	6 34	4 53	9 34	6 15
30	S	♈	6 35	4 52	10 27	7 07
31	Sun	♈	6 37	4 51	11 14	8 03

*See page 3 for Local Time

WEATHER—1st-7th—Lovely days followed by rain, quite warm. 8th-15th—Becomes cooler and unsettled. 16th-22nd—Much cooler, frosty mornings. 23rd-27th—Bright, clear. 28th-31st—Cool and showery.

Troubles, like babies, only grow by nursing.

DODD'S HELPED HIS BACK

"I am a farmer and 46 years old," writes Georges Lariviere, St. Zacharie, Que. "Almost every autumn I had pains in the back above the kidneys. This past year, as usual, I had the pains, so I bought three boxes of Dodd's Kidney Pills to try. After using the very first box, I got relief . . . on finishing the third box of Dodd's Kidney Pills I could scarcely feel any pain. I never let an opportunity go by without recommending Dodd's Kidney Pills."



Georges Lariviere

7 Wonders of the Ancient World

1. The Pyramids of Egypt—Built before 3,000 B.C. as tombs for the great. Largest is at Gizeh covering 13 acres of ground and is about 450 feet high.
2. Hanging Gardens of Babylon—Constructed under Nebuchadnezzar, King of Babylon, about 600 B.C. Built on a series of arches 75 feet high. Covered about 4 acres.
3. Temple of Diana at Ephesus—Built about 400 B.C. of marble with over a hundred great columns 60 feet high. Destroyed by fire in 350 B.C. Ephesus was a Ionian city in Asia Minor located south of Smyrna.
4. The Mausoleum at Halicarnassus—The tomb of Mausolus, ruler of Caria, built about 350 B.C. to his memory by his wife. Of marble and greenstone beautifully carved. An earthquake is said to have destroyed it.
5. The Colossus of Rhodes—a huge bronze statue of the sun-god Helios. Supposed to have straddled the harbor entrance of Rhodes, ships passed between the legs. Stood about 110 feet high—an earthquake is said to have destroyed it about 225 B.C.
6. Statue of Jupiter at Olympia—Made about 430 B.C. by Greek sculptor—Very large figure inlaid with ivory and draped in beaten gold. Carried to Constantinople in the 5th Century A.D. where it was destroyed by fire 476 A.D.
7. The Pharos of Alexandria—Great lighthouse and tower completed about 250 B.C. Stood on an island in the Alexandria harbour, built of marble about 400 feet high. Earthquake destroyed it in the 14th century A.D.

**NO ONE ELSE COULD
HAVE A BACKACHE
AS BAD AS MINE
—I THOUGHT**



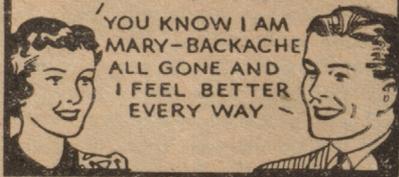
IT MAY BE YOUR KIDNEYS
—WHY NOT TRY THOSE
DODD'S KIDNEY PILLS
YOUR BROTHER SPOKE OF?



I'LL GET SOME

**Then He Used
Dodd's Kidney Pills**

NOW AREN'T YOU GLAD YOU
TOOK MY ADVICE?



YOU KNOW I AM
MARY—BACKACHE
ALL GONE AND
I FEEL BETTER
EVERY WAY

Dodd's May Help You Too!

At the first sign of backache, use Dodd's Kidney Pills. They are prepared as a "treatment" for kidney ailments, their action is not harsh or violent. Dodd's Kidney Pills are not habit forming. They are easy to buy and easy to use.



**Before and
After
BABY
ARRIVES**



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

AFTER BABY'S ARRIVAL . . .

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

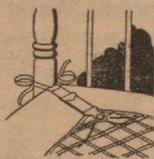
One half of a small dress shield placed under the bib will keep Baby's dress or rompers dry.

**DODD'S HELPFUL BEFORE
BIRTH OF EACH BABY**

"I am a mother of 6 children, 34 years of age," writes Mrs. C. Roy, Bancroft, Ont. "It was in Dodd's Almanac I read about Dodd's Kidney Pills helping expectant mothers so I bought a couple of boxes. I used Dodd's Kidney Pills and to my surprise my backache disappeared. Before every one of my children were born I have taken a box or two of Dodd's Kidney Pills and was never bothered by backache."



Mrs. C. Roy



Use hose supporters to fasten baby's blanket at corners of the bed. Sew supporters to tape; tie tape to bed corners. Supporters will hold covering firmly—baby can't kick loose!

Tea or coffee stains in china cups or pitchers may be removed with a damp cloth dipped in baking soda.

If you dust the measuring cup with flour before measuring molasses in it every drop of molasses will come out. To dust cup, just fill it with flour and empty it.

FLOUR



She: "John, when we were first married you used to tickle my chin. Do it again."

He: "Okay, which one?"

MAGIC BUTTON ANSWER (See page 12)—The string threaded through the card as shown in the diagram, with two buttons larger than the hole in the card attached to its ends, may be removed by drawing the narrow slip in the centre of the card down through the hole. The buttons will easily pass through the loop thus formed.

Troubled After Childbirth

Young Mother's backache relieved by Dodd's

11th month NOVEMBER, 1954 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.

	D.	H.	M.
☾ First Quarter.....	3	3	55 p.m.
☾ Full Moon.....	10	9	29 a.m.
☾ Last Quarter.....	17	4	32 a.m.
☾ New Moon.....	25	7	30 a.m.

Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon	
			Rises	Sets	Rises	Sets
1	M	♈	A.M. 6 38	P.M. 4 49	A.M. 11 54	P.M. 9 05
2	T	♈	6 40	4 48	p.m. 10 10	10 10
3	W	♈	6 41	4 46	12 59	11 19
4	T	♈	6 42	4 45	1 25	a.m.
5	F	♈	6 44	4 44	1 49	12 29
6	S	♈	6 45	4 42	2 14	1 42
7	Sun	♉	6 46	4 41	2 39	2 57
8	M	♉	6 47	4 40	3 09	4 16
9	T	♉	6 49	4 38	3 42	5 37
10	W	♉	6 50	4 37	4 24	6 59
11	T	♉	6 51	4 36	5 16	8 18
12	F	♉	6 52	4 35	6 18	9 29
13	S	♉	6 53	4 34	7 28	10 27
14	Sun	♊	6 55	4 33	8 32	11 14
15	M	♊	6 56	4 32	9 55	11 50
16	T	♊	6 58	4 31	11 05	p.m.
17	W	♊	6 59	4 30	a.m.	12 45
18	T	♊	7 01	4 29	12 12	1 07
19	F	♊	7 03	4 28	1 16	1 27
20	S	♊	7 04	4 27	2 20	1 49
21	Sun	♋	7 05	4 26	3 22	2 11
22	M	♋	7 06	4 25	4 25	2 35
23	T	♋	7 07	4 25	5 27	3 04
24	W	♋	7 09	4 24	6 28	3 37
25	T	♋	7 10	4 24	7 28	4 16
26	F	♋	7 11	4 23	8 22	5 03
27	S	♋	7 12	4 22	9 11	5 57
28	Sun	♌	7 14	4 22	9 54	6 58
29	M	♌	7 15	4 21	10 30	8 02
30	T	♌	7 16	4 21	11 01	9 08

*See page 3 for Local Time

WEATHER—1st-3rd—Much colder. 4th-7th—Rainy and milder. 8th-14th—Little warmer, bright. 15th-23rd—Cooler again, thunder and rain. 24th-26th—Snowfurries and very damp. 27th-30th—Cooler and dry.

Matrimony is the only state that permits a woman to work 18 hours a day.

"I am 29 years old and the mother of 4 children," writes Mrs. N. Raymond, 81 St. Louis Ave., P.O. Box 190, Malartic, Que., "After the birth of my first child, I had terrible pains in the back and kidneys. I read in Dodd's Almanac how good Dodd's Kidney Pills were for young mothers and got some to try. After using one box I felt relieved. On finishing the second box, my distress vanished. I used Dodd's Kidney Pills with satisfaction, with the birth of my other three children."



Mrs. N. Raymond

YOUR CHARACTER BY THE STARS
November 23rd to December 21st

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

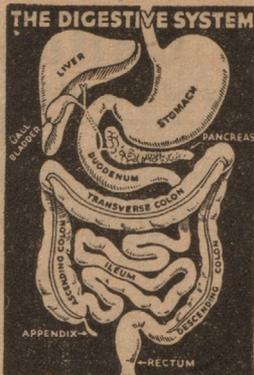
DAMP FEET TROUBLED BACK



"I always seem to get a weak back when it is damp or my feet get wet," writes Mrs. Audrey Herrington, 39 year old mother of two daughters, 323 Ave., R. South, Saskatoon, Sask. "It has been my experience that I only had to use one box of Dodd's Kidney Pills to get relief from my trouble. I will be glad to recommend Dodd's Kidney Pills to any one who suffers with backache or tired feeling."

The only thing you can get in a hurry is trouble.

Your Health Depends on the Digestive System



The strength and vitality of every part of the body depends on how well the digestive system carries out its task. The system is like a chemical plant, processing or disposing of everything we eat or drink. Digestive juices secreted by the mouth, stomach, small intestine, liver and pancreas change food into nutritional elements, supplying heat and energy as well as the materials for growth and repair of the body.

The food elements referred to, are Carbohydrates (starchy foods like bread, potatoes, sugar), Fats and Proteins (lean meat and eggs). Each of these have to be altered by the various ingredients of the digestive juices before the blood stream can absorb them. For example, pepsin with the aid of hydrochloric acid (both secreted by the stomach) changes proteins.

The "pepsin" in Dodd's Dyspepsia Tablets can be helpful in cases of indigestion when Nature fails to produce an ample supply. Dodd's Dyspepsia Tablets also supply deficiencies in the gastric and intestinal juices; help check excess acidity, and soothe the mucous membrane which lines the entire digestive system.

It's surprising the number of people who suffer indigestion. If you're one of them and experience such distress as sour stomach, biliousness, heartburn or gassy feeling, you'd be wise to give Dodd's Dyspepsia Tablets a trial.

QUANTITIES NEEDED TO FEED A LARGE CROWD

If you ever have to be chairman of the refreshment committee for a church, club or community affair, the following information on quantity cooking will be useful.

Tea to Serve 100

1 pound tea, 5 gallons boiling water.

Boiled Coffee to Serve 100

1 3/4 pound coffee, 1 teaspoon salt, 5 gallons boiling water.

Cocoa to Serve 100

1 pound cocoa, 5 cups sugar, 2 teaspoons salt, 2 cups cold water, 6 quarts boiling water, 13 quarts hot milk.

Sugar and Cream for 100

2 pounds dice sugar for tea or coffee.
1 1/2 quarts 16% cream for tea.
2 1/2 quarts 16% cream for coffee.

Fruit Punch to Serve 50

1 quart lemon juice, 1 quart orange juice, 1 quart pineapple juice, 2 quarts medium strong tea, 6 cups sugar, 4 cups water. 1/2 cup chopped mint leaves may be added to the syrup made of the sugar and water while it is hot and removed before adding the fruit juices.

Sandwiches

1 large (3 pound) sandwich loaf cuts 60 to 70 slices.
1 small sandwich loaf cuts 20 slices.
1 large loaf requires 1/2 pound butter and 3/4 to 1 pound filling if made into a mixture to spread.

Filling for 100 Squares—400 Sandwiches

3 pounds cooked meat or chicken, ground;
3 heads celery minced; 1/4 cup pimento, cut;
1/4 cup green pepper, chopped; salt and pepper; salad dressing to moisten.

Chicken Salad to Serve 50

4 quarts cooked diced chicken, 4 quarts diced celery, 3 1/2 teaspoons salt, 1 teaspoon pepper, 2 quarts salad dressing, 1 1/2 pounds blanched almonds, browned and shredded.



Tacks are difficult to fix in corners, but if they are pushed through a small strip of paper and the paper is held instead of the tack, there will be no more bruised fingers.

Kidneys Caused Distress

Recommends Dodd's Kidney Pills to others



Mrs. E. Litfin

"I am a housewife, 32 years of age," writes Mrs. E. Litfin, 327 Young St., Winnipeg, Man. "I was troubled with my kidneys and a back-ache after the birth of my first child. I found that Dodd's

Kidney Pills gave prompt relief. I recommend Dodd's Kidney Pills to other housewives who are troubled like I was. I sincerely hope they take my advice for I am sure they will benefit from the use of Dodd's."

12th month DECEMBER, 1954 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.

	D.	H.	M.
First Quarter.....	3	4	56 a.m.
Full Moon.....	9	7	56 p.m.
Last Quarter.....	16	9	21 p.m.
New Moon.....	25	2	33 a.m.

Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon	
			Rises	Sets	Rises	Sets
			A.M.	P.M.	A.M.	P.M.
1	W	♈	7 17	4 20	11 27	10 17
2	T	♈	7 18	4 20	11 52	11 19
3	F	♈	7 19	4 20	p.m.	a.m.
4	S	♈	7 21	4 19	12 39	12 37
5	Sun	♈	7 22	4 19	1 05	1 51
6	M	♈	7 23	4 19	1 35	3 08
7	T	♈	7 24	4 19	2 12	4 28
8	W	♈	7 25	4 18	2 58	5 47
9	T	♈	7 26	4 18	3 56	7 03
10	F	♈	7 27	4 18	5 02	8 09
11	S	♈	7 28	4 18	6 17	9 02
12	Sun	♈	7 29	4 18	7 33	9 45
13	M	♈	7 30	4 18	8 47	10 18
14	T	♈	7 30	4 18	9 57	10 46
15	W	♈	7 31	4 19	11 05	11 10
16	T	♈	7 32	4 19	a.m.	11 31
17	F	♈	7 33	4 19	12 09	11 53
18	S	♈	7 33	4 20	1 13	p.m.
19	Sun	♈	7 34	4 20	2 16	12 38
20	M	♈	7 35	4 20	3 18	1 05
21	T	♈	7 35	4 21	4 20	1 36
22	W	♈	7 36	4 21	5 20	2 14
23	T	♈	7 36	4 22	6 17	2 59
24	F	♈	7 36	4 23	7 09	3 51
25	S	♈	7 37	4 23	7 53	4 50
26	Sun	♈	7 37	4 24	8 31	5 54
27	M	♈	7 37	4 25	9 04	7 01
28	T	♈	7 38	4 26	9 32	8 08
29	W	♈	7 38	4 26	9 57	9 17
30	T	♈	7 38	4 27	10 20	10 27
31	F	♈	7 38	4 28	10 43	11 38

*See page 3 for Local Time

WEATHER—1st-4th—Blustery and decidedly colder. 5th-12th—Little warmer, several snowfalls. 13th-17th—Temperature moves down to zero. 18th-21st—Cold drizzle changing to snow. 22nd-25th—Dry and cold. 26th-31st—Cold rains but clear year end.

Strenuous exercise after 40 should never be done with a knife and fork.

YOUR CHARACTER BY THE STARS

December 22nd to January 20th

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

Pa—"Well, son, how are your marks?"

Son—"They're under water."

Pa—"What do you mean under water?"

Son—"Below 'C' level."



You can make a comfortable bed couch by placing a spring and mattress on four wooden blocks, four by nine inches. Connect blocks with boards, nailed to keep them in place. Cover the couch with a slip cover, and contrasting cushions.

The sting in mosquito bites may be relieved by moistening soap, any ordinary kind, and rubbing on the affected spots.

BALANCE YOUR DIET

AN IMPORTANT AID TO GOOD HEALTH!



Today's homemaker is a real "scientist" of the kitchen as she goes about preparing meals for her family that are palatable, energy-giving and body-building. She is also aware of the fact that whether one eats to gain, lose or hold weight, there are seven basic foods which should be included in the daily diet.

THE SEVEN ALL IMPORTANT FOODS

1. *Milk and Milk Products*—Rich in calcium and Vitamin B2 (riboflavin).
2. *Green and Yellow Vegetables plus Potatoes*—Contain Minerals, Vitamin A and others.
3. *Citrus Fruits and Tomatoes*—High in Vitamin C content.
4. *Breads and Cereals*—Source of Protein, Minerals and Vitamin B1 (thiamin).
5. *Lean Meat, Fish, Poultry*—An excellent source of Protein, Vitamin B1, Iron.
6. *Eggs*—Rich in Iron, Protein, Vitamin A and D.
7. *Butters and Enriched Margarine*—Vitamin A source essential for energy.

Eat food from each of the above divisions daily and it will supply the necessary vitamins, minerals, proteins, fat and carbohydrate to keep the body going and in repair. (The servings depend upon the stature of each individual and the type of work engaged in.)

You may wish to include some of the foods the experts suggest as supplementaries for the basic foods. They are:—

Dried Beans, Peas and Nuts—Cheap protein supplement with iron and Vitamin B1 added.

Fats (including bacon)—Concentrated Fuel Foods which should be eaten with moderation.

Sugars, Syrups and Preserves—Molasses for energy, dark sugar for iron.

FOODS TOO GOOD TO MISS

Here are a few foods that are sometimes overlooked in the never-ending effort to make meals different.

FISH . . . contains many minerals vital to health . . . PEANUTS . . . rich in fat, protein and Vitamin B1 . . . BANANAS . . . excellent source of Vitamins . . . SKIM MILK . . . Topnotch source of protein as well as salts, calcium and vitamins.

WHAT FOOD CONSISTS OF!

a. **PROTEIN**—Body Builders, construct and repair muscles—found in lean meats, fish, cereal.

b. **CARBOHYDRATES**—Body Fuel and Energy—contained in sugar starches, butter, whipped cream.

c. **MINERALS, ROUGHAGE, WATER**—Body Regulators—Cereals, bread, fruit or vegetable pulp act as roughage. Eggs, milk, salt, vegetables supply some of the minerals the body needs. Everyone realizes the importance of WATER to well being.

d. **VITAMINS** . . . The Protectors which also promote growth, energy and body repair—found in liver, fish oils, dairy products, green vegetables.



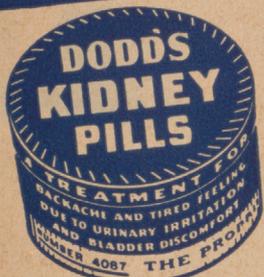
HOW MUCH SHOULD ONE EAT?

The fuel value of food as well as the body's energy needs are measured in a heat unit called *calorie*. All foods and most beverages supply calories, so if you are concerned about increasing or decreasing your weight, it might be wise to know the calorie content of the food you intend to consume. A man doing office work needs 2,200 to 2,800 calories daily, a woman 1,800 to 2,000 calories. If you are interested in following the "calorie road" to your weight problem, you may obtain valuable information from library books.

NOTE!—The above information is given as a directive to the maintenance of good health. The regulation of food and drink is essential but it will not necessarily avoid stomach or urinary system disturbances. Dodd's Kidney Pills are known the world over, as an excellent remedy for kidney and bladder distress. Dodd's Dyspepsia Tablets are a proven "help" for those who suffer digestive troubles.

Dodd's Remedies

FRIENDS OF THE FAMILY FOR OVER 60 YEARS



Dodd's Kidney Pills

Known for over 60 years as an effective treatment for urinary and bladder discomfort. Act as a diuretic stimulant to help bring relief from backache, tired feeling, and other discomfort due to urinary irritation.



Dodd's Dyspepsia Tablets

A valuable aid to good digestion, and an effective treatment for upset stomach, biliousness, and the numerous faulty digestion, such as Indigestion, Acidity and Heartburn, Flatulence, Pain in Chest after Meals, Pain in Stomach.



Dodd's Antiseptic Ointment

An all-purpose household salve that helps bring prompt relief from skin irritations and infections. Has an active antiseptic action that helps promote the quick healing of cuts, sores, burns and bites.



Diamond Dinner Pills

A tried and proven laxative of gentle thoroughness. Help tone up both liver and bowels by stimulating the flow of bile (nature's own laxative) and so assist in restoring normal bowel movement.



Scoot—For Athlete's Foot

A cooling, soothing, healing snow-whitefoot cream that can help bring quick relief to burning, itching feet. Scoot contains a penetrating fungicide that destroys the Athlete's Foot fungus. Acts as a preventive against re-infection.

**SOLD AT
ALL
DRUG
COUNTERS**

We were just
a couple of
"STAY-AT-HOMES"

UNTIL ...



TO BE TRUTHFUL JOAN,
BILL AND I DON'T SEEM
TO HAVE THE PEP
TO BOWL AND DANCE
LATELY.....



NONSENSE, YOU TWO
ARE TOO YOUNG TO
BE SITTING AT HOME
EVERY NIGHT...WHAT
YOU BOTH SHOULD
DO IS



IT WAS JOAN
AGAIN ... SHE
WANTS US TO
TRY DODD'S
KIDNEY PILLS
FOR OUR LACK
OF PEP

WHO WAS
THAT ON THE
PHONE ?



HERE'S HOPING
DODD'S KIDNEY PILLS
HELP US GET RID
OF THE "TIRED-OUT"
FEELING



THEN THEY USED DODD'S KIDNEY PILLS REGULARLY

LATER



IT'S GOOD TO HAVE
DOT AND BILL WITH
US AGAIN...THANKS
TO YOU.....

...AND DODD'S



Look for
the
BLUE BOX
with the
RED BAND
You can depend
on DODD'S

**DODD'S
KIDNEY
PILLS**

A TREATMENT FOR
BACKACHE AND TIRED FEELING
DUE TO URINARY IRRITATION
AND BLADDER DISCOMFORT
DON'T LET THE PAINFUL
SYMPTOMS COST THE ENJOYMENT