



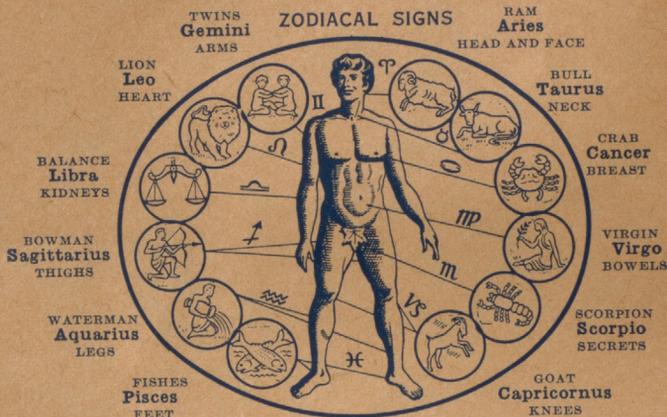
Dodd's
ALMANAC
1956

USEFUL INFORMATION FOR FAMILY AND HOME

THE SEASONS 1956 (Eastern Standard Time)

Sun enters Aries—Spring commences.....	March	20	10.21 a.m.
Sun enters Cancer—Summer commences.....	June	21	5.24 a.m.
Sun enters Libra—Autumn commences.....	September	22	8.36 p.m.
Sun enters Capricornus—Winter commences.....	December	21	4.00 p.m.

Dominical Letter....	AG	Golden Number.....	19	Roman Indiction.....	9
Epact.....	17	Solar Cycle.....	5	Julian Period.....	6669



HOLIDAYS, FESTIVALS, ANNIVERSARIES, ETC.

New Year's Day.....	Jan. 1	Birthdays of Queen Elizabeth II (1926)....	Apr. 21	Dominion Day.....	July 1
Epiphany.....	Jan. 6	St. George.....	Apr. 23	Labour Day.....	Sept. 3
Septuagesima.....	Jan. 29	Rogation Sunday.....	May 6	Hebrew New Year.....	Sept. 6
Quinquagesima.....	Feb. 12	Ascension Day.....	May 10	Day of Atonement.....	Sept. 15
Valentine's Day.....	Feb. 14	Hebrew Pentecost.....	May 16	Feast of Tabernacles.....	Sept. 20
Ash Wednesday.....	Feb. 15	Pentecost (Whit Sunday).....	May 20	Hallow'e'n.....	Oct. 31
St. David.....	Mar. 1	Empire Day.....	May 21	All Saints' Day.....	Nov. 1
St. Patrick.....	Mar. 17	Trinity Sunday.....	May 27	St. Andrew.....	Nov. 30
Palm Sunday.....	Mar. 25	Corpus Christi.....	May 31	First Sunday in Advent.....	Dec. 2
First Day of Passover.....	Mar. 27	St. John the Baptist.....	June 24	Christmas Day.....	Dec. 25
Good Friday.....	Mar. 30			Boxing Day.....	Dec. 26
Easter Sunday.....	Apr. 1				

ECLIPSE IN 1956—Partial eclipse of moon, May 24, invisible in Canada. Moon enters dark shadow 8.49 a.m. and leaves 12.14 noon. Magnitude of eclipse 0.97.

Total eclipse of sun, June 8, invisible in Canada. Path of totality crosses southern Pacific Ocean (between New Zealand and South Africa).

Total eclipse of moon, November 18, visible in Canada. Moon enters dark shadow at 12.03 a.m., leaves 3.33 a.m. Magnitude of eclipse 1.323.

Partial eclipse of sun, December 2, invisible in Canada; visible in Europe and Asia.

THE PLANETS IN 1956 (Eastern Standard Time)

MERCURY—Evening star until 9 a.m. Jan. 27, with greatest elongation east at 1 p.m. Jan. 11. Morning star until 11 p.m. April 5, with greatest elongation west at 5 a.m. Feb. 21. Evening star until 7 p.m. May 25, with greatest elongation east at 5 p.m. May 2. Morning star until 4 p.m. July 19, with greatest elongation west at 11 p.m. June 6. Evening star until 8 a.m. Sept. 26, with greatest elongation east at midnight Aug. 31. Morning star until 4 p.m. Nov. 12, with greatest elongation west at 9 p.m. Oct. 11. Evening star until the end of the year with greatest elongation east at 7 p.m. Dec. 24. **VENUS**—Evening star until 1 a.m. June 22, with greatest elongation east at 1 p.m. April 12. Morning star for the rest of the year with greatest elongation west at 1 p.m. August 31. **MARS**—In the morning sky until 5 p.m. Sept. 10, with quadrature west at 11 a.m. April 29. In the evening sky the rest of the year. **JUPITER**—In the morning sky until midnight Feb. 16. In the evening sky until 11 a.m. Sept. 4, with quadrature east at 2 a.m. May 13. In the morning sky the rest of the year with quadrature west at noon Dec. 22. **SATURN**—In the morning sky until 9 a.m. May 20 with quadrature west at 11 p.m. Feb. 21. In the evening sky until 10 a.m. Nov. 27, with quadrature east at 7 a.m. Aug. 19. In the morning sky the rest of the year. **URANUS**—In the morning sky until 4 a.m. Jan. 21. In the evening sky until 10 a.m. July 25 with quadrature east at 4 a.m. April 18. In the morning sky the rest of the year, with quadrature west at 4 a.m. Oct. 30. **NEPTUNE**—In the morning sky until 10 p.m. Apr. 18, with quadrature west at 6 a.m. Jan. 21. In the evening sky until 9 a.m. Oct. 23 with quadrature east at 6 a.m. July 20. In the morning sky the rest of the year.

Dodd's Almanac

61ST YEAR

+

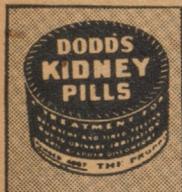
+

+

1956 EDITION

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

This is the 61st consecutive year Dodd's Almanac has been distributed to Canadian homes. Judging by letters from readers all over Canada it has proved interesting and helpful to many people. We hope you, too, will find it of sufficient interest and value that you will keep it handy and refer to it often.

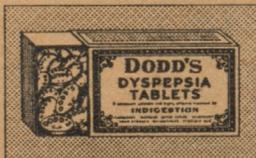


It is the natural wish of everyone to feel well, to enjoy their work, and take pleasure in the companionship of family and friends. The faster pace at which we live and work today

makes it more important than ever to try and keep in good physical condition.

For more than sixty years Dodd's Remedies have been helping many people in all walks of life to gain relief from the many minor discomforts and ailments that can make our daily lives a little more difficult and burdensome.

On the following pages you will find letters received from people of varied ages



and occupations who have found benefit through the use of Dodd's Remedies. We feel such statements of actual experiences and results, are more likely to convince you of the value of Dodd's Remedies, than any direct statement of ours. And if, at any time, you are faced with similar conditions, we naturally hope you will do as these

people did, and depend on Dodd's to help bring you relief.

DODD'S KIDNEY PILLS

For over 60 years 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.

DIAMOND DINNER PILLS

Small sugar-coated pills that provide a gentle but thorough laxative action for the relief of biliousness and constipation.



DODD'S ANTI-SEPTIC OINTMENT

An all-purpose ointment with exceptional healing power for the treatment and relief of cuts, burns, bites and other surface skin irritations and infections.

DODD'S DYSPEPSIA TABLETS

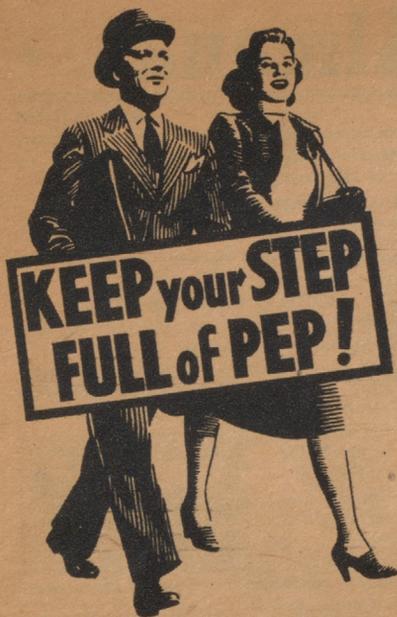
A quick, effective treatment for the relief of Indigestion, Heartburn, Sour Stomach, Waterbrash and other ailments arising from faulty digestion.

SCOOT FOR ATHLETE'S FOOT

A soothing, cooling, snow-white cream to relieve itching, burning feet. Contains an active fungicidal agent that attacks and kills the Athlete's Foot fungus at its source.



The Dodds Medicine Co., Limited
TORONTO, CANADA



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

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

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

"If your wife wants to learn to drive, better not stand in her way."

SOON CHANGED HER MIND ABOUT DODD'S



Mrs. S. Corbett

"I had been troubled with backaches for years but never did anything about them," writes Mrs. Stanley Corbett, 31 Linwood Ave., Kitchener, Ont. "A friend mentioned Dodd's Kidney Pills for my trouble and not giving it much thought I bought a box. The first box changed my mind about Dodd's Kidney Pills. I have purchased six boxes. What a small price to pay to have such good relief. My work assembling oil burners requires strength and effort and also restful nights, which I have now, thanks to Dodd's Kidney Pills."

Sharpen the wide end of a shoehorn and use it for cutting sweet corn off the cob. The wide end seems to just fit the cob, and the kernels come off slick as a whistle.



General Information Quiz?

1. Who won the 1953 Nobel Prize for Literature?
2. Who was the only heavyweight in boxing to win the World's Championship on a foul?
3. How many chambers has the human heart?
4. The capital of Chile is?
5. What city is sometimes called Gotham?
6. Who was the first woman to swim the English Channel?
7. What suits of regular playing cards have one-eyed jacks?
8. Who wrote Uncle Tom's Cabin?
9. The Maoris are the native inhabitants of?
10. Does a horse push or pull a buggy?
11. Queen Victoria died in (a) 1874, (b) 1898, (c) 1901?
12. "Out of the mouths of Babes " comes from what book?
13. Is a "bear" market a rising or falling stock market?
14. Which was the elder of Adam and Eve's sons—Cain or Abel?
15. Where is the Petrified Forest?
16. If you took a trip to the Moon, how far would you travel?

(See page 28 for the answers.)



SUNRISE AND SUNSET



USE THIS TABLE TO DETERMINE YOUR LOCAL TIME

Moon's Phases—Shown in Eastern Standard Time, and apply to Ontario and Quebec. In Newfoundland (Newfoundland Time Zone) add 1½ hours. In the Maritimes and far Eastern Quebec (Atlantic Time) add 1 hour. In Ontario west of Fort William,

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

12th month DECEMBER, 1955 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.
☾ Last Quarter.....	6	3	35 a.m.
☾ New Moon.....	14	2	07 a.m.
☽ First Quarter.....	22	4	39 a.m.
☽ Full Moon.....	28	10	44 p.m.

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

*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.

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

British Columbia

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

Alberta

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

Saskatchewan

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

Manitoba

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

Ontario

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

Ontario—Cont'

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

Quebec

Gaspe... 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

She Felt So Tired and Worn Out

Able to sleep all night after taking Dodd's



Mrs. J. G. Bolt

"For about a year I suffered with a tired, worn-out feeling," writes Mrs. J. G. Bolt, Box 76, Millet, Alta., a housewife, 56 years of age. "Towards the end of the day my ankles would swell badly, and after a hard day's work my back would feel as though it would break. Therefore I just couldn't get proper rest. My father-in-law suggested I try Dodd's Kidney Pills as they had given him so much relief for similar trouble. After taking less than 2 boxes of Dodd's Kidney Pills, I was able to sleep all night. I used 6 boxes of Dodd's in all and felt like a new person."

HOROSCOPE—Jan. 21 to Feb. 18.

Sign, **AQUARIUS**—You are of an affectionate nature, honest but sometimes a little conceited about your ideas. You have a flare for invention and should do a good job at medicine, music or politics. Aquarius women make good wives and are sympathetic and understanding. All Aquarians have a tendency to be careless so watch your step. Determination and faithfulness are outstanding qualities.

ONLY HAD TO USE A BOX OF DODD'S

"It was in 1941 when suffering with a sore back that I first used Dodd's Kidney Pills," writes Mrs. Regina Gallant, P.O. Box 108, Shediac, N.B. "After using one box of Dodd's Kidney Pills I noticed a decided improvement. I continued to take 3 more boxes and haven't been bothered with backache since."



Mrs. Regina Gallant

take 3 more boxes and haven't been bothered with backache since."

1st month **JANUARY, 1956** 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.
Last Quarter	4	5	41 p.m.
New Moon	12	10	01 p.m.
First Quarter	20	5	58 p.m.
Full Moon	27	9	40 a.m.

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

*See page 3 for Local Time

WEATHER—1st-4th—Light snow and rather cold. 5th-10th—Turning milder, rain and windy. 11th-18th—Heavy snows and colder. 17th-22nd—Too cold for comfort. 23rd-27th—Gradually turns warmer, high winds. 28th-31st—Very pleasant days.

The tongue runs fastest when the brain is in neutral.



The Gentle Prompt Action of Diamond Dinner Pills helps Relieve Constipation

CONSTIPATION is one of the most disturbing conditions to which the human body is subjected. It can happen



Irritability

to young and old alike but the older you get the more upsetting it can be.

Good health depends a great deal upon good digestion and proper elimination. We should eat the proper foods, take time when eating and follow regular habits of elimination. Most of us try to observe these simple rules but due to circumstances beyond our control, one or all of the rules may be quite often overlooked. It is then that constipation may have its beginning.

To treat constipation by strong cathartics or large doses of purgative medicines may give temporary relief, but this use of violent cathartics can place undue strain on the system, sometimes with serious results.

Diamond Dinner Pills are prepared to help stimulate the bowels gradually and soothingly to relieve the effects of constipation. Their effect is gentle but thorough and is not accompanied by any subsequent irritation or constipation.



Irregularity

USE DIAMOND DINNER PILLS

to help relieve • Bilioussness • Dyspepsia • Sick Headache • Loss of Appetite • Lassitude • Irregularity • Bad Breath • Irritability • Coated Tongue • Lack of Pep.

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.

Diamond Dinner Pills are small, sugar coated pills, easy and pleasant to use and easily carried in purse or pocket.



Poor Appetite



PER BOX 35c

At all dealers, or by mail, postpaid from The Dodds Medicine Co., Ltd., Toronto 1, Canada.

Veteran Found Dodd's Helpful

Had occasional backache and tired feeling



Richard S. Skelly

"It was during the last months of the First World War that I developed a kidney disorder," writes Richard S. Skelly, 58 years of age, 95 First St., Kirkland Lake, Ont. "Right up to the present time, I have had the occasional backache and tired feeling. I got to using Dodd's Kidney Pills, whenever I had any backache and tired feeling but only as long and until I was feeling better and free from backache. I strongly recommend Dodd's Kidney Pills to anyone suffering with backaches and tired feeling."

HOROSCOPE—Feb. 19 to March 20.

Sign, PISCES—People of this sign are very cautious and prudent. You are very honest, like new ideas and can live anywhere and be happy. Avoid gloomy things as you tend to look for misfortune and it will surely hurt you. Usually gifted with several talents, but are backward. Once you rise high you have outstanding "staying" power.

USED DODD'S YEARS WITH SATISFACTION

"I have used Dodd's Kidney Pills since I was 25 years of age and am now 57 years old," writes Mrs. Harry Noble, 9 Gordon St., Toronto. "Each time my back gets sore and tired feeling, I use Dodd's Kidney Pills and find them a wonderful relief. I have recommended Dodd's to all my friends and always keep a box on hand."



Mrs. Harry Noble

2nd month FEBRUARY, 1956 29 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.
Last Quarter.....	3	11	08 a.m.
New Moon.....	11	4	38 p.m.
First Quarter.....	19	4	21 a.m.
Full Moon.....	25	8	41 p.m.

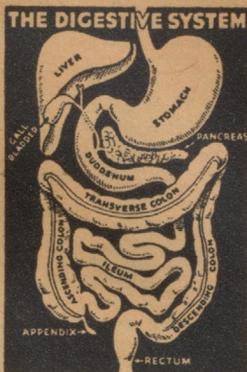
Day of Month	Day of Week	Zodiac Signs	* Sun		* Moon	
			Rises	Sets	Rises	Sets
1	W	♁ ♀	A.M. 7 21	P.M. 5 07	P.M. 11 38	A.M. 9 30
2	T	♁ ♀	7 20	5 08	a.m.	9 59
3	F	♁ ♀	7 19	5 09	12 43	10 31
4	S	♁ ♀	7 18	5 11	1 45	11 07
5	Sun	♁ ♀	7 17	5 12	2 43	11 49
6	M	♁ ♀	7 16	5 13	3 36	p.m.
7	T	♁ ♀	7 14	5 15	4 23	1 29
8	W	♁ ♀	7 12	5 17	5 04	2 26
9	T	♁ ♀	7 11	5 18	5 39	3 26
10	F	♁ ♀	7 09	5 19	6 10	4 27
11	S	♁ ♀	7 08	5 21	6 37	5 30
12	Sun	♁ ♀	7 07	5 22	7 03	6 34
13	M	♁ ♀	7 05	5 24	7 27	7 39
14	T	♁ ♀	7 04	5 25	7 51	8 45
15	W	♁ ♀	7 02	5 26	8 16	9 51
16	T	♁ ♀	7 01	5 28	8 43	11 00
17	F	♁ ♀	6 59	5 29	9 14	a.m.
18	S	♁ ♀	6 58	5 31	9 52	12 09
19	Sun	♁ ♀	6 56	5 32	10 38	1 18
20	M	♁ ♀	6 54	5 33	11 33	2 24
21	T	♁ ♀	6 53	5 35	p.m.	3 22
22	W	♁ ♀	6 51	5 36	1 50	4 13
23	T	♁ ♀	6 50	5 37	3 05	4 57
24	F	♁ ♀	6 48	5 39	4 23	5 34
25	S	♁ ♀	6 46	5 41	5 40	6 05
26	Sun	♁ ♀	6 45	5 42	6 54	6 35
27	M	♁ ♀	6 43	5 43	8 07	7 02
28	T	♁ ♀	6 41	5 44	9 17	7 30
29	W	♁ ♀	6 40	5 46	10 26	7 58

*See page 3 for Local Time

WEATHER—1st-5th—Turns quite cold. 6th-13th—Little milder with lots of snow. 14th-18th—Temperature drops down. 19th-25th—Somewhat milder, snow, wind and rain. 26th-29th—Colder again and damp.

Escort, looking at high prices on night-club menu, to date: "Well, what will you have, my plump little doll?"

**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.

CALGARY MAN WAS UNABLE TO REST



F. J. Wright

"I have used Dodd's Kidney Pills for several years and can truthfully say, they have helped me considerably," writes F. J. Wright, an accountant of 3527-14A St., S.W., Calgary, Alta. "Dodd's helped me especially when I was troubled with my kidneys. I couldn't get my proper rest as I was compelled to arise during the night. Through the relief that Dodd's Kidney Pills gave, I am able to sleep through the whole night without being disturbed."

To pull large nails with an ordinary claw hammer, it is suggested that you slip a piece of pipe about 18" long over face of the hammer and use this as a lever and not the handle. It will save many a broken hammer handle.



How to bet in your own favor—Have a friend shuffle a deck of cards and offer to bet him even money that any two cards he might name will be found side by side in the deck. Have him name just denominations, disregarding suits, such as a king and a seven. While the odds seem heavily against the chosen cards being together, the fact is that such a bet is really three to one in your favor.



If you have a small room with the door opening inwards and it takes up too much space, building experts suggest that you saw it vertically down the centre and put in 3 butt hinges. This allows it to fold up neatly.

"That woman's the best house-keeper I ever knew," said Uncle Filbert. "Been divorced three times, and each time she kept the house."

To
Look
Well



You Must **FEEL** Well

One of the greatest foundations of beauty is a healthy body. And to keep healthy the system must be kept free of poisons. Most important in this work of keeping the system free of impurities are the kidneys, filters of the blood, whose duty it is to remove from the blood poisonous waste matter. If your kidneys get out of order, and become sluggish or impaired in action, it is likely your health will suffer. When you are ill and out of sorts, your face and manner show it. Keep your beauty by keeping your health. Dodd's Kidney Pills can be of aid to you in helping to keep the kidneys in good condition.



Cover the rim of your pot of African Violets with aluminum foil. This will protect the stems from contacting the rim of the pot and much larger blooms will be produced.

McTavish: "I hear you're a great believer in free speech."

McDonald: "Aye, that I am."

"Then ye'll no' mind if I use your 'phone."

Add a little vinegar to the water when cleaning windows and it will keep the glass clean for a longer time. Add some bluing to the water for brilliancy to the glass.



NOTHING SEEMED TO HELP HER CONDITION



Mrs. Don Venn

"For years I suffered with a sore back and getting up nights," writes Mrs. Don Venn, 744 Wellington St., W., Sault Ste. Marie, Ont. "Nothing seemed to help me. Then I took 2 boxes of Dodd's Kidney Pills and felt so much better I continued to take two more. I am twenty-six, and have worked as a telephone operator for nine years besides keeping house since my marriage five years ago. I think anyone who keeps house and goes out to work, needs a good remedy like Dodd's in the house."

Stay Away from these Plants



POISON IVY



POISON OAK



POISON SUMAC

You can get yourself a very irritating and itchy rash from the above plants. Be able to identify and avoid them.

Poison Ivy—Has shiny, light green leaves which grows in groups of three and turn red in the Fall. Has white berries. Found on tree trunks or close to the ground. Is either a climbing or crawling plant.

Poison Oak—A lot like the ivy but the edges of the three leaves are notched more deeply and the tips are rounded more.

Poison Sumac—A shrub which has white stalks and drooping clusters of white berries. Usually found in swampy areas.

If you think that you have been in contact with one of the above plants, wash the exposed areas in warm water and a strong lather soap at least 5 or 6 times. Follow with an application of rubbing alcohol.

Could Scarcely Stoop Over or Lift

Work was easier after using box of Dodd's

3rd month MARCH, 1956 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.
Last Quarter.....	4	6	53 a.m.
New Moon.....	12	8	36 a.m.
First Quarter.....	19	12	13 p.m.
Full Moon.....	26	8	11 a.m.

Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon	
			Rises	Sets	Rises	Sets
			A.M.	P.M.	P.M.	A.M.
1	T	♈	6 38	5 47	11 31	8 30
2	F	♈	6 36	5 49	a.m.	9 05
3	S	♈	6 34	5 50	12 32	9 45
4	Sun	♈	6 33	5 52	1 26	10 31
5	M	♈	6 31	5 53	2 17	11 21
6	T	♈	6 29	5 54	3 00	p.m.
7	W	♈	6 27	5 55	3 38	1 16
8	T	♈	6 25	5 57	4 10	2 16
9	F	♈	6 24	5 58	4 39	3 18
10	S	♈	6 22	5 59	5 05	4 22
11	Sun	♈	6 20	6 01	5 30	5 27
12	M	♈	6 18	6 02	5 55	6 33
13	T	♈	6 16	6 04	6 20	7 41
14	W	♈	6 15	6 05	6 47	8 50
15	T	♈	6 13	6 07	7 18	10 01
16	F	♈	6 11	6 08	7 55	11 10
17	S	♈	6 09	6 09	8 37	a.m.
18	Sun	♈	6 07	6 10	9 29	12 16
19	M	♈	6 05	6 11	10 30	1 16
20	T	♈	6 03	6 12	11 37	2 09
21	W	♈	6 01	6 14	p.m.	2 53
22	T	♈	5 59	6 15	2 04	3 31
23	F	♈	5 57	6 16	3 18	4 04
24	S	♈	5 55	6 18	4 32	4 34
25	Sun	♈	5 54	6 19	5 45	5 02
26	M	♈	5 52	6 20	6 56	5 29
27	T	♈	5 50	6 22	8 05	5 57
28	W	♈	5 49	6 23	9 12	6 28
29	T	♈	5 47	6 24	10 16	7 02
30	F	♈	5 45	6 25	11 15	7 41
31	S	♈	5 43	6 26		8 24

*See page 3 for Local Time

WEATHER — 1st-6th—Moderately cold, snow in some areas. 7th-12th—Continuing cold and blustery. 13th-20th—Turning mild, rather pleasant. 21st-24th—Becoming windy, heavy overcast, some drizzly rain. 25th-31st—Moderate to month end, showers.

When a man embarks on the sea of matrimony he must expect some squalls.

"I am a housewife and have used Dodd's Kidney Pills for years," writes Mrs. Patrick Hickey, Second Ave., Windsor, Nfld. "One time I was so bad with backache I could scarcely stoop to lace my shoes or lift a pail of water. I would have to lie down and couldn't do half of my house work. A friend advised me to try Dodd's Kidney Pills and I said I would give them a trial. After taking one box I found I could do my work with ease."



Mrs. Patrick Hickey

HOROSCOPE—March 21 to April 19.

Sign, RAM—Many born under this sign will be found to be good philosophers. Others will be strong willed, full of imagination and strong emotions. You are fast to anger, quick to forgive; have keen intellects and are outstanding admirers of all things beautiful. You could turn your hand to almost anything if you had a mind to but keep a close watch on your purse strings . . . money has a tendency to get away from you.

BOTHERED WITH BACK DURING BUSY SEASON



Edwin Heine

"I am a farmer, 28 years of age," writes Edwin Heine, P.O. Box 257, Crossfield, Alta. "I was troubled a lot with backaches during the busy times of the year. And was also bothered with night rising. By chance I saw a Dodd's Kidney Pills advertisement in the paper and decided to give them a try. After taking about 4 boxes of Dodd's Pills I felt greatly relieved."

NO SLEEP FOR BILL-UNTIL



... THEN HE USED
Dodd's Kidney Pills



HOW to get Good Night's Rest

IF the kidneys are in a normal, healthy condition, two-thirds of the urine excreted in 24 hours would be passed between 7 o'clock in the morning and 7 o'clock in the evening.

If, however, the kidneys are out of order and fail to do their full share of work during the daytime, extra strain is placed upon them and they must work overtime at night to make up for the work they failed to do during the day.

Night rising, then, may be taken as a sign that your kidneys may not be functioning properly. Dodd's Kidney Pills help your kidneys regain an active, healthy condition. Then when night comes your kidneys relax. You get no more "nerviness" or discomfort—sleep like a top and awake fully refreshed.

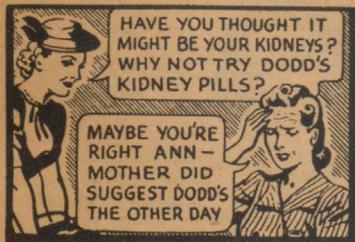
SELDOM HAS TO GET UP AT NIGHT NOW



William H. Mann

"I heard of Dodd's Kidney Pills from my mother, it has always been the 'Family's Remedy,'" writes William H. Mann, 51 years of age, 15 Fair Ave., Brantford, Ont. "I was bothered quite a bit with backaches and had to get up several times a night. I started taking Dodd's Kidney Pills and before I had finished the first box, I noticed quite an improvement. I took several boxes more and the backaches were gone, and I very seldom get up at night anymore."

Would YOU Like To HELP A FRIEND?



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

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



An enamelled bathtub can be cleaned and made to look like new if rubbed with a cloth dipped in turpentine and salt. Then rinse the tub in clear water and rub dry.

FELT IT HER DUTY TO TELL OF DODD'S



Miss T. A. O'Reilly

"I feel it my duty to write you and let you know how useful Dodd's Kidney Pills were to me," writes Miss Theresa Anne O'Reilly, 362 Devon Rd., E., Sault Ste. Marie. "I was a trainee in a local hospital and for some time I was bothered with backaches. It was very painful for me to lift anything. A patient who had used Dodd's Kidney Pills recommended them to me. I used only part of the box of pills and was very satisfied with the results. I can highly recommend Dodd's Kidney Pills."

COOKING SUBSTITUTES

- 1 tablespoon cornstarch
= 2 tablespoons flour
- 1 cup sifted cake flour
= 1 cup minus 2 tablespoons sifted all-purpose flour.
- 1 cup sifted all-purpose flour
= 1 cup plus 2 tablespoons sifted cake flour.
- 1 teaspoon baking powder
= $\frac{1}{4}$ teaspoon baking soda plus $\frac{1}{2}$ teaspoon cream of tartar.
- 1 cup bottled milk
= $\frac{1}{2}$ cup evaporated milk plus $\frac{1}{2}$ cup water
- 1 cup raw rice, when cooked gives
3 cups cooked rice
- 1 pound coffee (5 cups ground) makes
50 servings
- 1 pound tea (5 cups leaves) makes 135
servings

To substitute cocoa for chocolate use 3 tablespoons cocoa in place of each square (1 oz.) chocolate called for. If substituting cocoa for chocolate in batter, also add 1 tablespoon shortening for every 3 tablespoons of cocoa used.

It is a good idea to change our mind sometimes, to see if it works better.



Since I Started to Use

DODD'S DYSPEPSIA TABLETS

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

Common sense in choosing foods can help avoid trouble. But in spite of all our caution there are times when we eat too much—eat too fast—or eat something that doesn't agree with us. It is at such times as these that DODD'S DYSPEPSIA TABLETS should prove so helpful. See page 28.

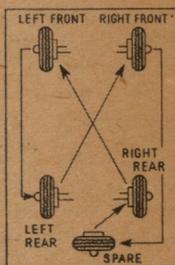
NO SLEEP AS BACK PAINED TERRIBLY



"I am a housewife, 33 years of age and the mother of six children," writes Mrs. Alex. Venedam, 331 Brunswick St., Halifax, N.S. "My back used to ache terribly. And at night there was no sleep for me. I mentioned it to my mother and she said 'try Dodd's Kidney Pills . . . they were good for me and I am 72.' So I gave Dodd's a try. I have been using them off and on for about 2 years when they are needed. It only takes about 3 boxes of Dodd's Kidney Pills to put me on my feet again. It's nice to have Dodd's to look after things."

ROTATE TIRES FOR EVEN WEAR

Car owners should change their car tires around every 5,000 miles. It should bring longer life to the tires by allowing even wear. It is advisable to remove bits of glass, pebbles, tacks etc., from the treads because often these objects cause trouble.



Sketched is one of the suggested ways to rotate your tires.

JET PROPELLED

The Earth travels 584 million miles annually around the Sun. This means that the Earth hurtles through space at the rate of 1,600,000 miles a day or over 66,000 miles per hour. At the same time its daily rotation spins the surface of the equator faster than 1,040 miles per hour.

Parking place—something you see when you have not got your car.

Druggist Suggested Dodd's

To metal spinner for backache and kidneys

4th month APRIL, 1956 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.
☾ Last Quarter.....	3	3	06 a.m.
☾ New Moon.....	10	9	36 p.m.
☽ First Quarter.....	17	6	28 p.m.
☽ Full Moon.....	24	8	40 p.m.

Day of Month	Day of Week	Zodia Signs	Sun		Moon	
			Rises	Sets	Rises	Sets
			A.M.	P.M.	A.M.	A.M.
1	Sun	♌	5 41	6 28	12 08	9 13
2	M	♌	5 39	6 29	12 54	10 07
3	T	♌	5 37	6 30	1 34	11 04
4	W	♌	5 35	6 32	2 08	p.m.
5	F	♌	5 33	6 33	2 39	1 05
6	T	♌	5 32	6 34	3 06	2 08
7	S	♌	5 30	6 36	3 31	3 12
8	Sun	♍	5 28	6 37	3 56	4 17
9	M	♍	5 26	6 38	4 21	5 24
10	T	♍	5 24	6 39	4 48	6 34
11	W	♍	5 22	6 41	5 18	7 46
12	T	♍	5 21	6 42	5 53	8 57
13	F	♍	5 19	6 43	6 35	10 06
14	S	♍	5 17	6 44	7 25	11 10
15	Sun	♍	5 15	6 45	8 22	a.m.
16	M	♍	5 14	6 47	9 31	12 05
17	T	♍	5 12	6 48	10 41	12 52
18	W	♍	5 11	6 49	11 54	1 31
19	T	♍	5 09	6 50	p.m.	2 05
20	F	♍	5 07	6 52	2 19	2 37
21	S	♍	5 06	6 53	3 30	3 03
22	Sun	♎	5 03	6 54	4 39	3 30
23	M	♎	5 02	6 56	5 48	3 57
24	T	♎	5 00	6 57	6 56	4 27
25	W	♎	4 58	6 59	8 01	4 59
26	T	♎	4 57	7 00	9 02	5 36
27	F	♎	4 55	7 01	9 58	6 16
28	S	♎	4 54	7 02	10 47	7 06
29	Sun	♏	4 52	7 03	11 30	7 58
30	M	♏	4 51	7 04		8 54

*See page 3 for Local Time

WEATHER—1st-3rd—Bright days, frost at night. 4th-10th—Brisk days continue, some rain. 11th-17th—Warms up, drizzly, some sleet. 18th-24th—Colder but bright. 25th-30th—Unsettled, overcast, thunder storms.

Small boy to father playing with his Christmas train: "What this railroad really needs is a good retirement plan."

"Until I came to Canada nearly three years ago, I was a continual sufferer of backache and kidney trouble due to my work which is metal spinning," writes Alfred J. Pillinger, age 39, 107 Grenadier Rd., Toronto, Ont. "I was in so much pain I went to the drug store near my work and asked a druggist if he could recommend a remedy to relieve my pain. Instantly he brought out Dodd's Kidney Pills. Now I'm pleased to say I can carry on far longer hours at my job than before I started using Dodd's Kidney Pills."



Alfred J. Pillinger

HOROSCOPE—April 20 to May 20.

Sign, TAURUS—You are confident, supported by a great inward vitality . . . generosity and warm heartedness are two outstanding qualities of these people. However you are easily led both for good and bad. You are enthusiastic and work hard at your chosen vocation but cannot be said to have initiative force. Guard against holding grudges, it will be to your decided advantage.

DODD'S HELP WHEN SHE FEELS TIRED



Mrs. A. Britton

"I am a housewife 56 years of age," writes Mrs. A. Britton, 620 Cartier Ave., Montreal S., Que. "I first used Dodd's Kidney Pills 6 years ago for backache. Now I always keep a box in the house as they help me a lot when I get feeling tired. Dodd's Kidney Pills are a real 'pick-me-up'."

A COLD CAUSED PAIN AND NIGHT RISING



Mrs. L. H. Bowser

"I was troubled with night rising and when I had a cold, I would suffer terribly," writes Mrs. L. H. Bowser, 209 Oakdene Ave., Kentville, N.S. "I was told how good Dodd's Kidney Pills were, so I bought two boxes. And by the time I started taking the second box, I had no night rising and the pains in my back had gone. I know that by fair trial, Dodd's Pills will do for other sufferers, the 'good' they have done for me."

Life: Respiration, Aspiration, Expiration.

THE CANADIAN GOVERNMENT

The British North America Act provides that there shall be for Canada one Parliament consisting of the King, an Upper House styled the Senate, and the House of Commons.

The members of the Senate (102 at present) are appointed for life. The members of the House of Commons (265 at present) are elected by popular vote. Every House of Commons continues for five years unless sooner dissolved.

Executive authority is vested in the King, who is represented in Canada by a Governor-General.



When driving a nail into plaster, stick a piece of cellulose tape over the spot first. This prevents cracking and crumbling of the plaster, provided

you don't hammer too hard.



How COLD'S May Affect YOUR KIDNEYS

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

Her Legs and Back Pained Badly

Dodd's helped her feel like a new person



Mrs. Bert Fletcher

5th month **MAY, 1956** 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.
Last Quarter.....	2	9	55 p.m.
New Moon.....	10	8	04 a.m.
First Quarter.....	17	12	15 a.m.
Full Moon.....	24	10	26 a.m.

Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon	
			Rises	Sets	Rises	Sets
1	T	♈	A.M.	P.M.	A.M.	A.M.
2	W	♈	4 50	7 05	12 07	9 53
3	T	♈	4 48	7 07	12 38	10 53
4	W	♈	4 47	7 08	1 06	11 54
5	F	♈	4 45	7 09	1 32	p.m.
6	S	♈	4 44	7 10	1 56	2 00
6	Sun	♉	4 43	7 12	2 21	3 05
7	M	♉	4 41	7 13	2 47	4 14
8	T	♉	4 40	7 14	3 15	5 24
9	W	♉	4 38	7 15	3 48	6 36
10	T	♉	4 37	7 16	4 28	7 48
11	F	♉	4 36	7 17	5 15	8 56
12	S	♉	4 34	7 19	6 13	9 57
13	Sun	♊	4 33	7 20	7 19	10 48
14	M	♊	4 32	7 21	8 30	11 32
15	T	♊	4 31	7 22	9 44	a.m.
16	W	♊	4 30	7 23	10 58	12 08
17	T	♊	4 29	7 25	p.m.	12 39
18	F	♊	4 28	7 26	1 21	1 07
19	S	♊	4 27	7 27	2 30	1 33
20	Sun	♋	4 26	7 28	3 38	2 00
21	M	♋	4 25	7 29	4 45	2 28
22	T	♋	4 24	7 30	5 50	2 59
23	W	♋	4 23	7 31	6 52	3 34
24	T	♋	4 22	7 32	7 49	4 14
25	F	♋	4 21	7 33	8 41	4 59
26	S	♋	4 20	7 34	9 26	5 49
27	Sun	♌	4 19	7 35	10 05	6 44
28	M	♌	4 19	7 36	10 38	7 42
29	T	♌	4 18	7 37	11 08	8 42
30	W	♌	4 17	7 38	11 34	9 43
31	T	♌	4 17	7 39	11 58	10 44

*See page 3 for Local Time

WEATHER — 1st-7th — Somewhat cooler, even frost in a few districts. 8th-12th—Cloudy and frequent rains. 13th-15th—Warmer, intermittent sunshine. 16th-21st—Rain squalls, quite windy. 22nd-26th—Dull, cloudy days. 27th-31st—Temperature goes higher.

Your friend is the man who knows all about you, and still likes you.

"I had bad pains in my legs and back and at times I found it almost impossible to do my housework," writes Mrs. Bert Fletcher, P.O. Box 162, Junction Rd., Springhill, N.S.

"I decided to try Dodd's Kidney Pills and can safely say that after taking one box I felt like a new person. Since then I make quite sure there is always a box of Dodd's Kidney Pills in my medicine cabinet. I am 57 years of age and do my own housework. I came to use Dodd's by reading the letters in your almanac."

***** HOROSCOPE—May 21 to June 21.

Sign, GEMINI—You are usually given to lofty ambitions . . . but must be steady in purpose or you won't attain your goal. You should make a good orator as you have a lively imagination and are eloquent . . . you are genial and well liked but sometimes tend to have a split personality. Try and avoid being restless as you are so inclined and are easily swayed by impulse.

PAIN IN BACK CAME AFTER HER OPERATION



Mrs. A. Leclerc

"I am a housewife, 42 years of age," writes Mrs. Alphonse Leclerc, 253A, Desjean, Valleyfield, Que. "Three years ago I underwent an operation. After 6 months I felt a great pain in the back. I then began to take Dodd's Kidney Pills. After using five boxes of pills I felt greatly relieved. I still continue to use them."

Inches

6

5

4

3

2

1



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. ozs.
- 1 firkin = 9 gallons
- 1 quart = 2 pints
- 1 barrel = 36 gallons
- 1 gallon = 4 quarts
- 1 hogshead = 63 gallons

Avoirdupois Weight

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

Troy

(Used in weighing gold, silver, jewels)

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

Miscellaneous Measures

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

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.

FARM PRODUCE Weights Per Bushel

	lb.		lb.
Wheat	60	Apples (average)	50
Oats	34	Alfalfa	60
Barley	48	Clover	60
Rye	56	Timothy	48
Buckwheat	48	Kentucky	
Corn	56	blue grass	14
Peas	60	Canada	
Beans	60	blue grass	14
Soybeans	60	Brome grass	14
Sunflowers	24	Red top	
Flax	56	(in chaff)	14
Hemp	44	Red top	
Potatoes	60	(chaff free)	30
Turnips	50	Orchard grass	14
Beets	50	Meadow fescue	22
Carrots	50	Western	
Parsnips	45	rye grass	14
Onions	50	Milk, per gallon	10

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
- 1 metricton = 2,200 lbs.
- $\frac{1}{4}$ of a cord.

His Doctor Recommended Dodd's

Got wonderful relief from kidney trouble



L. R. Tremblay

"I first used Dodd's Kidney Pills back in 1936," writes L. R. Tremblay, 377 Waverly, Ottawa, Ont. "I was suffering with kidney trouble and had to get up two and three times a night. My family doctor recommended Dodd's to me. I tried them and had wonderful relief. While I was overseas with the C.A.A.F. the damp weather played havoc with me. I sent home for a couple of boxes of Dodd's Kidney Pills and had wonderful relief."

HOROSCOPE—June 22 to July 22.

Sign, **CANCER**—People of this sign make ideal husbands and wives and devoted parents. They are sympathetic and understanding, persevering and industrious . . . Like to do things their own way and don't like outside interference. Choose a job that makes good use of your knowledge of human nature . . . public relations, personnel work. Avoid trusting to luck and don't get moody if you can help it.

TAKES 2 OR 3 DODD'S PILLS, FEELS FINE AGAIN

"For many years I suffered with kidney trouble and severe backaches," writes Mrs. Vera Carlson, mother of 2 children, Box 39, Entwistle, Alta. "I'm thankful to say that I started taking Dodd's at the suggestion of a friend.

Almost at once, I got wonderful relief. After using 2 boxes of Dodd's Kidney Pills, my trouble cleared up. Whenever my back starts to bother me, I take two or three Dodd's Pills and I'm feeling fine again."



Mrs. Vera Carlson

6th month **JUNE, 1956** 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.
Last Quarter.....	1	2	13 p.m.
New Moon.....	8	4	29 p.m.
First Quarter.....	15	6	56 a.m.
Full Moon.....	23	1	13 a.m.

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

*See page 3 for Local Time

WEATHER—1st-6th—Chilly with heavy rains, thunder. 7th-12th—Becoming warmer, more pleasant. 13th-19th—Much warmer, rains return. 20th-26th—Thunder, light rains, cooler. 27th-30th—Turn warm and fair.

"I didn't want to marry her for her money, but I didn't know how else to get it."

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 5c. for first ounce, 3c. for each additional ounce. Postcards 4c. each. Other countries not within the British Empire, letters 6c. for first ounce, 4c. for each additional ounce. Postcards 4c. each.

Canada, for local delivery, 4c. for first ounce and 2c. for additional ounce. Between Points in Canada, First Class items up to and including 8 ozs. carried by air, if delivery can thereby be expedited.

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

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

Printed Matter. Canada, United States and all other countries. 2c. for first 2 ounces, 1c. each additional 2 ounces.

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

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

Negatives on Films or Plates, Photos in Frames—Parcel post. **Canadian Registration.** On all classes of mail matter (except parcel post)—20c. covering indemnity not exceeding \$25.00; 30c. covering indemnity not exceeding \$50.00; 35c. covering indemnity not exceeding \$75.00; 40c. covering indemnity not exceeding \$100.00.

Insurance of Parcel Post. Canada—Up to value \$50.00—Free, if requested. Over \$50.00 to \$100.00, 12c.

Parcel Post Rates

	1 lb.	2 lb.	3 lb.	4 lb.	5 lb.	6 lb.	7 lb.	8 lb.	9 lb.	10 lb.	11 lb.	12 lb.	13 lb.	14 lb.	15 lb.	(Over 15 lb. up to 20 lb.)	(Over 20 lb. up to 25 lb.)	
To any P.O. within 20 miles (irrespective of Provincial boundary)...	10	12	14	16	18	20	22	24	26	28	30	32	34	36	38	.45	.55	
To any P.O. beyond 20 miles but in same Province.....	16	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 Province.....	17	25	33	41	49	57	65	73	81	89	97	1.05	1.13	1.21	1.20	1.55	1.85	
To or from any Post Office in	To or from any Post Office in																	
Newfoundland.....	Quebec.....	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
Newfoundland.....	Ontario.....	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
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.....	Ontario.....	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
N.B., N.S., or P.E.I.....	Manitoba.....	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
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.....	Manitoba.....	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
Quebec.....	Saskatchewan.....	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
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.....	Saskatchewan.....	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
Ontario.....	Alberta.....	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
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.....	Alberta.....	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
Manitoba.....	British Columbia.....	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
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 Columbia.....	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
Saskatchewan.....	Yukon*	19	31	43	55	67	79	91	1.03	1.15	1.27	1.39	1.51	1.63	1.75	1.87	2.35	2.85
Alberta.....	Yukon*	18	28	38	48	58	68	78	88	98	1.08	1.18	1.28	1.38	1.48	1.58	2.00	2.40

Parcels up to and including 12 ounces in weight are subject to a minimum charge of 5c. covering a weight of 4 ounces, plus 1c. for each ounce in excess of 4 ounces except within the 20 mile zone where the charge shall not exceed 10c. Parcels over 12 ounces but not exceeding one pound in weight are liable to the 1 lb. rate to the Province of destination. (Within the 20 mile zone the 10c. rate applies). Parcels are liable to 1c. an ounce on excess weight over even pound until the next pound rate or group rate is reached. Consult your local Postmaster for any rates not given above. Check all Airmail for Overseas—Rate based on 1/2 oz. units—Consult Post Office.

For Protection from Infection!
DODD'S OINTMENT
The ALL-PURPOSE Healing Salve

Dodd's Ointment provides an antiseptic, healing and soothing treatment for skin abrasions, infections and irritations — CUTS - BURNS - SCALDS - HEAT RASHES - SUNBURN - ECZEMA - INSECT BITES - HIVES - PIMPLES - SALT WATER SORES - CHAPPED HANDS AND FEET - HEMORRHOIDS OR PILES - BOILS - ABSCESES. The active antiseptic, astringent and mildly anaesthetic action of Dodd's Ointment makes it particularly effective for use when the skin is broken or scarred. Prompt application of Dodd's Ointment will help relieve the pain, assist in cleansing the wound, and help prevent infection.

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

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

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



ABRASIONS



SUNBURN



CUTS



SCALDS



ADOLESCENT PIMPLES



BABY SKIN



INSECT BITES



SKIN ERUPTIONS

Troubled by Back and Kidneys

Relieved after using 2 boxes of Dodd's Pills



Mrs. Leo Cloutier

"For three years I suffered from pains in the back and in the kidneys," writes Mrs. Leo Cloutier, a housewife, 38 years of age, 13691 A, Victoria Pointe aux Trembles, Montreal 5, P.Q. "I used to get up often at night, and needless to say that this tired me out. Acting on the advice of a friend, I began to use Dodd's Kidney Pills. I was extremely glad to discover after taking the 2nd box of Dodd's that the pain had gone."

HOROSCOPE—July 23 to August 23.

Sign, LEO—Those born under this sign are affectionate, energetic and ambitious . . . but subject to extremes. It takes little to make them joyful but less to get them feeling low . . . weakness is flattery and dislike for criticism. You tend to be headstrong and should be careful where you place your love . . . if you do, family life will be very happy.

NEWCASTLE MAN SAYS DODD'S WORK WONDERS

"I am a heavy equipment operator and 31 years of age," writes Harvey E. Allison, Box 33, R.R. 1, Newcastle, N.B. "I was troubled with severe pains in my back and a friend asked me why I didn't try Dodd's Kidney Pills. The pain had bothered me several months and I was surprised when after taking 3 boxes of Dodd's Kidney Pills, the pain had disappeared. Dodd's Kidney Pills sure work wonders."



Harvey E. Allison

7th month JULY, 1956 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.
Last Quarter	1	3	40 a.m.
New Moon	7	11	37 p.m.
First Quarter	14	3	46 p.m.
Full Moon	22	4	29 p.m.
Last Quarter	30	2	31 p.m.

Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon	
			Rises	Sets	Rises	Sets
1	Sun	♌	A.M.	P.M.	P.M.	P.M.
2	M	♌	4 17	7 50	11 42	12 45
3	T	♌	4 17	7 50	a.m.	1 53
4	W	♌	4 18	7 50	12 14	3 03
5	T	♌	4 19	7 50	12 52	4 12
6	F	♌	4 20	7 49	1 39	5 19
7	S	♌	4 20	7 49	2 37	6 21
8	Sun	♍	4 21	7 48	3 44	7 15
9	M	♍	4 21	7 48	4 50	8 00
10	T	♍	4 22	7 48	6 17	8 38
11	W	♍	4 23	7 47	7 36	9 10
12	T	♍	4 24	7 46	8 53	9 40
13	F	♍	4 25	7 46	10 07	10 08
14	S	♍	4 26	7 45	11 18	10 36
15	Sun	♎	4 27	7 44	p.m.	11 05
16	M	♎	4 28	7 43	1 34	11 37
17	T	♎	4 29	7 43	2 38	a.m.
18	W	♎	4 29	7 42	3 38	0 13
19	T	♎	4 30	7 42	4 33	0 54
20	F	♎	4 31	7 41	5 22	1 41
21	S	♎	4 32	7 40	6 05	2 32
22	Sun	♏	4 33	7 39	6 42	3 28
23	M	♏	4 34	7 38	7 14	4 26
24	T	♏	4 35	7 37	7 42	5 26
25	W	♏	4 36	7 36	8 08	6 27
26	T	♏	4 37	7 35	8 32	7 28
27	F	♏	4 38	7 34	8 56	8 29
28	S	♏	4 40	7 33	9 19	9 31
29	Sun	♐	4 41	7 32	9 46	10 35
30	M	♐	4 42	7 31	10 15	11 40
31	T	♐	4 43	7 30	10 49	p.m.
			4 44	7 28	11 31	1 54

*See page 3 for Local Time

WEATHER — 1st - 5th — Humid and very warm. 6th-10th — Heavy thunderstorms, very unsettled. 11th-17th — Cools down a lot, some rain. 18th-21st — Warm but dull. 22nd-26th — Clearing, hot and dry. 27th-31st — Hotter with occasional showers.

Flirt: A woman who believes that it's every man for herself.

KIDNEYS MUST KEEP THE BODY FREE OF POISON!

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

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

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

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

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

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

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

KIDNEYS HIGHLY SENSITIVE

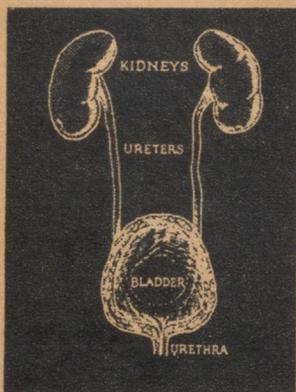
The kidneys are highly sensitive organs. They may be quickly affected

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

Illness follows quickly when kidneys fail to function properly.

DON'T RISK ILLNESS

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



Was Tired and Had Stiff Back

Farmer learned about Dodd's from Almanac



N. S. Polowyk

"Last Fall, usually after a hard day's work, I'd have a stiff back and feel very tired," writes N. S. Polowyk, farmer, Box 115, Insinger, Sask. "I kept putting off getting medical attention because of the busy season. Then one day I received Dodd's Almanac in the mail and after I read how other people got relief from backaches by using Dodd's Kidney Pills I decided to try a box myself. After using one box only of Dodd's Kidney Pills I got complete relief for my backache and tiredness."

HOROSCOPE—Aug. 24 to Sept. 23.

Sign, VIRGO—People of this sign are strong morally and physically. They are farsighted, patient and thrifty. They are inclined to be inquisitive but carry on to research and study . . . Make good teachers and have a flare for acting. Unfortunately quick temper is one characteristic which must be controlled because it has a tendency to undo the good children of Virgo accomplish.

HUSBAND AND WIFE HELPED BY DODD'S

"I started using Dodd's Kidney Pills on a friend's advice," writes Mrs. A. Fournier, 163 King Edward Ave., Ottawa, Ont. "Whenever I have a backache I take a few Dodd's Kidney Pills and the pain seems to disappear. My husband wouldn't do without Dodd's either, they helped him when he was feeling run-down."



Mrs. A. Fournier

8th month AUGUST, 1956 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	6	6	25 a.m.
☽ First Quarter	13	3	45 a.m.
☾ Full Moon	21	7	38 a.m.
☽ Last Quarter	28	11	13 p.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	♄♃♂	4 45	7 27		3 01
2	T	♄♃♂	4 46	7 25	12 21	4 02
3	F	♄♃♂	4 47	7 24	1 22	5 00
4	S	♄♃♂	4 48	7 23	2 32	5 49
5	Sun	♄♃♂	4 50	7 22	3 48	6 31
6	M	♄♃♂	4 51	7 20	5 07	7 07
7	T	♄♃♂	4 52	7 19	6 26	7 38
8	W	♄♃♂	4 53	7 17	7 44	8 08
9	T	♄♃♂	4 54	7 15	8 58	8 37
10	F	♄♃♂	4 55	7 14	10 11	9 07
11	S	♄♃♂	4 57	7 13	11 20	9 39
					p.m.	
12	Sun	♄♃♂	4 58	7 11	12 27	10 14
13	M	♄♃♂	4 59	7 10	1 29	10 54
14	T	♄♃♂	5 00	7 08	2 27	11 38
15	W	♄♃♂	5 01	7 07	3 18	a.m.
16	T	♄♃♂	5 03	7 05	4 03	12 28
17	F	♄♃♂	5 04	7 03	4 42	1 22
18	S	♄♃♂	5 05	7 02	5 16	2 19
19	Sun	♄♃♂	5 06	7 00	5 46	3 19
20	M	♄♃♂	5 08	6 58	6 12	4 20
21	T	♄♃♂	5 09	6 57	6 37	5 21
22	W	♄♃♂	5 10	6 55	7 01	6 22
23	T	♄♃♂	5 11	6 53	7 25	7 24
24	F	♄♃♂	5 12	6 52	7 51	8 27
25	S	♄♃♂	5 13	6 50	8 19	9 32
26	Sun	♄♃♂	5 15	6 48	8 52	10 38
27	M	♄♃♂	5 16	6 46	9 30	11 44
28	T	♄♃♂	5 17	6 45	10 16	p.m.
29	W	♄♃♂	5 18	6 43	11 10	1 52
30	T	♄♃♂	5 19	6 41	a.m.	2 49
31	F	♄♃♂	5 21	6 39	12 14	3 39

*See page 3 for Local Time

WEATHER—1st-7th—Cools down, keeps dry. 8th-14th—Warm and pleasant, the odd shower. 15th-19th—Brisk winds followed by rain. 20th-28th—Much cooler but very pleasant. 29th-31st—Showery and cool.

All any of our foreign friends ask of us is to go home—and leave them a loan.

REALLY DIDN'T KNOW CAUSE OF HER PAIN



Mrs. T. Matthews

"I had terrible aches in my back for sometime and didn't really know what the cause was," writes Mrs. Thomas Matthews, 220 Pembina St., New Westminster, B.C. "My father-in-law told me to try Dodd's Kidney Pills as he had used them for many years. I got a box the same day and tried them. The results were wonderful. I will never be without Dodd's in the house again. Thank you for your wonderful product."

...DID YOU KNOW...

That one inch of rainfall means 100 gallons of water on every acre.

★ ★ ★ ★



You can cut heavy sheet metal with shears easier by marking the line of the cut with a bar of soap. This acts as a lubricant so that the shears cut easier.

★ ★ ★ ★

That a single human hair will support 4 oz. without breaking.

★ ★ ★ ★

When dripping water causes yellow stains in your porcelain basin, moisten pulverized chalk with ammonia and apply with a stiff brush .. away goes the stain.



BACKACHE

May be Your Warning of KIDNEY TROUBLE

Backache is usually Nature's warning that there is something wrong with your kidneys. Never neglect it. If you fail to heed this sign that your kidneys are out of order, you are taking chances.

Failure of the kidneys to function properly may result in subsequent irritation of the urinary passages, frequent and scanty urination, and backache.

To aid in the relief of such symptoms, it is essential that a sufficient flow of urine be maintained to carry away the normal disposal of waste matter.

Dodd's Kidney Pills act as a diuretic stimulant to the kidneys, so that more of the surplus water and waste material may be separated from the blood in the form of urine, and passed off through the bladder.

Could Stand Backache No Longer

Felt like berself again on taking Dodd's

9th month SEPTEMBER, 1956 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.....	4	1	57 p.m.
☽ First Quarter....	11	7	13 p.m.
☾ Full Moon.....	19	10	19 p.m.
☽ Last Quarter....	27	6	25 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	S	♈	5 22	6 37	1 25	4 23
2	Sun	♈	5 23	6 36	2 41	5 01
3	M	♈	5 24	6 34	3 58	5 34
4	T	♈	5 26	6 32	5 16	6 05
5	W	♈	5 27	6 30	6 33	6 35
6	T	♈	5 28	6 28	7 47	7 05
7	F	♈	5 29	6 26	9 00	7 37
8	S	♈	5 30	6 25	10 10	8 12
9	Sun	♈	5 32	6 23	11 15	8 49
10	M	♈	5 33	6 21	p.m.	9 35
11	T	♈	5 34	6 19	1 10	10 23
12	W	♈	5 35	6 17	1 58	11 16
13	T	♈	5 37	6 15	2 40	a.m.
14	F	♈	5 38	6 14	3 16	12 12
15	S	♈	5 39	6 11	3 47	1 11
16	Sun	♈	5 40	6 09	4 15	2 11
17	M	♈	5 41	6 07	4 41	3 11
18	T	♈	5 43	6 05	5 05	4 13
19	W	♈	5 44	6 03	5 30	5 15
20	T	♈	5 45	6 01	5 56	6 18
21	F	♈	5 46	6 00	6 23	7 23
22	S	♈	5 47	5 58	6 55	8 29
23	Sun	♈	5 48	5 56	7 27	9 36
24	M	♈	5 50	5 54	8 14	10 41
25	T	♈	5 51	5 52	9 06	11 45
26	W	♈	5 52	5 50	10 06	p.m.
27	T	♈	5 53	5 48	11 12	1 34
28	F	♈	5 54	5 46	a.m.	2 18
29	S	♈	5 56	5 44	12 24	2 57
30	Sun	♈	5 57	5 43	1 38	3 31

*See page 3 for Local Time

WEATHER—1st-6th—Warms up but high winds bring showers. 7th-13th—Thunder storms, cooler. 14th-18th—Quite cool, possibility of night frost. 19th-25th—Mild spell, showers. 26th-30th—Very windy and overcast.

If you want to get back on your feet, just skip a payment on your car.

"I am 33 years of age and work in a bakery," writes Mrs. Frederick Shannon, 25 Victor Ave., Toronto, Ont. "I suffered with a bad backache for about a week. Everything I did was misery for me. I heard about Dodd's Kidney Pills on the radio and said to my husband, 'I wonder if they would help me, I can't stand this backache any longer.' He said 'why not try a box, they helped my backache'. So he bought me a box at the drug store and I can cheerfully say that after taking Dodd's Kidney Pills a few days, I felt like myself again."



Mrs. F. Shannon

HOROSCOPE—Sept. 24 to Oct. 23

Sign, LIBRA—People under Libra's influence are keen in business but flighty in love. They work carefully and stick to a job until it's done, no matter how tough the going is. They have remarkable foresight and a keen sense of judgment. Libra's children have rare executive qualities which if cultured carefully, will be of great benefit to the person and fellow workers.

TROUBLE STARTED BY CHILL IN KIDNEYS



Mrs. R. Bridger

"I am a housewife, 21 years of age," writes Mrs. Ronald Bridger, King St., Windsor, Nfld. "Last year during the Winter, I suffered a chill in my kidneys. My mother who had found Dodd's Kidney Pills, a reliable remedy for over 30 years, suggested I use Dodd's Kidney Pills. I took 2 boxes of them and the backache was gone."

Don't Go On Suffering with

ATHLETE'S FOOT

When
Scout can bring
Quick Relief from Burning-Itching

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

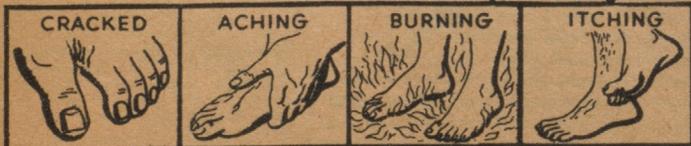
How to Recognize "ATHLETE'S FOOT"

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



Scout

**BRINGS QUICK RELIEF
TO SUFFERERS OF
THESE DISTRESSING
FOOT CONDITIONS**



Dampness Caused Kidney Upset

Dodd's helped when other medicines failed



Lucien Desaulniers

"I am a miner and work in places that are cold and damp," writes Lucien Desaulniers, 381 Rue., Laurier, C.P. 792, Malartic, Que. "My work requires good functioning of the kidneys. One day I

felt a weakness in the kidneys and after an unsatisfactory trial of other medicines, I used Dodd's Kidney Pills. Their effect was most marvellous. I took one box of pills and the condition disappeared."

HOROSCOPE—Oct. 24 to Nov. 22.

Sign, SCORPIO—The strong characteristics of people born under this sign are courage and energy. They are shrewd and ambitious doing very well in affairs of business and of the heart. They love power and command to the point of being rather domineering but faithful. A magnetic personality makes these people a rallying point in their community.

TAKES DODD'S FOR WINTER TIREDNESS

"I have used Dodd's Kidney Pills for the last 10 years," writes Mrs. George Duffy, Box 192, Plaster Rock, Vic., Co., N.B. "I am a housewife, 34 years of age. I usually take 3 or 4 boxes of Dodd's in the Winter as it gives me relief from tiredness and sore back. I do heavy washings as I keep two boarders. I will certainly recommend Dodd's Kidney Pills to any one suffering from tired feeling and a sore back."



Mrs. George Duffy

10th month OCTOBER, 1956 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	3	11	24 p.m.
☽ First Quarter	11	1	44 p.m.
☾ Full Moon	19	12	24 p.m.
☽ Last Quarter	26	1	02 p.m.

Day of Month	Day of Week	Zodia Signs	*Sun		*Moon	
			Rises	Sets	Rises	Sets
			A.M.	P.M.	A.M.	P.M.
1	M	♈	5 58	5 41	2 54	4 02
2	T	♈	5 59	5 39	4 09	4 32
3	W	♈	6 01	5 37	5 23	5 02
4	T	♈	6 02	5 35	6 36	5 34
5	F	♈	6 03	5 33	7 47	6 07
6	S	♈	6 04	5 31	8 56	6 45
7	Sun	♈	6 05	5 29	10 01	7 28
8	M	♈	6 06	5 27	10 59	8 15
9	T	♈	6 08	5 26	11 51	9 06
10	W	♈	6 09	5 24	p.m.	10 01
11	T	♈	6 10	5 22	1 13	11 06
12	F	♈	6 11	5 20	1 46	a.m.
13	S	♈	6 13	5 19	2 16	12 00
14	Sun	♈	6 14	5 17	2 42	1 00
15	M	♈	6 16	5 15	3 07	2 01
16	T	♈	6 17	5 14	3 32	3 02
17	W	♈	6 18	5 12	3 57	4 05
18	T	♈	6 19	5 10	4 24	5 10
19	F	♈	6 20	5 08	4 55	6 16
20	S	♈	6 22	5 06	5 31	7 24
21	Sun	♈	6 23	5 05	6 13	8 32
22	M	♈	6 24	5 03	7 03	9 37
23	T	♈	6 26	5 02	8 00	10 37
24	W	♈	6 27	5 00	9 05	11 31
25	T	♈	6 29	4 59	10 15	p.m.
26	F	♈	6 30	4 57	11 27	12 57
27	S	♈	6 31	4 56		1 32
					a.m.	
28	Sun	♈	6 33	4 54	12 40	2 03
29	M	♈	6 34	4 53	1 53	2 33
30	T	♈	6 35	4 51	3 05	3 02
31	W	♈	6 37	4 50	4 17	3 32

*See page 3 for Local Time

WEATHER—1st-3rd—Moderately warm and bright. 4th-9th—Cool dry weather. 10th-17th—Showery and cooler. 18th-22nd—Typical autumn days, overcast, snowflurries. 23rd-26th—Bright and brisk. 27th-31st—Little warmer, drizzly rain.

Men and pins are useless when they lose their heads.



**WHAT'S the MATTER
with MOTHER**
MY FAMILY USED TO SAY

UNTIL

SAY DORA
WHAT MAKES
YOU SO CROSS
WITH THE
KIDS?

OH JOHN—I
DON'T KNOW
WHAT'S COME
OVER ME
LATELY I FEEL
SO "ALL-IN"



YOU SAY THAT YOU HAD
THIS SAME "ALL-IN" FEELING
AND USED
DODD'S KIDNEY PILLS . . . ?
WELL I'LL CERTAINLY
GET JOHN TO BRING
SOME HOME . . .
THANKS



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

GEE MOM, WE'RE
CERTAINLY GLAD
YOU'RE FEELING
O.K. AGAIN

HOME
SWEET
HOME
AT LAST



SO AM I . . .
THANKS TO DODD'S

TRIED ANYTHING TO HELP HER SORE BACK

"I am the mother of 4 children and do all my own housework," writes Mrs. Aurel Paquette, 38 years of age, of 427 Joffre St., Renfrew, Ont. "Three years ago I contracted a sore back and no matter what I tried, I couldn't seem to get relief. I was advised that I needed a rest. But a friend told me of the good results she got from Dodd's Kidney Pills, so I tried them. I used six boxes and was feeling pretty good, so I took three more boxes. Now I won't be without Dodd's Kidney Pills in the house."



Mrs. A. Paquette



In staked tomatoes, the side shoots should be removed as soon as they appear (left) and plant properly pruned and tied (right) for support. Soft strips of cotton will do fine for tying.

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 tube.
- 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 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.

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, Bili-ousness, 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.



ARTIFICIAL RESPIRATION

This new "arm lift, back pressure" method of artificial respiration known as the Nielsen method, is easy to learn and easy to do. If breathing has stopped or is very laboured start at once with artificial respiration as follows:



Lay the victim on his stomach, his cheek resting on both hands.

Pull tongue forward and remove any foreign matter from mouth. Have someone call a doctor if possible.



Pull tongue forward and remove any foreign matter from mouth. Have someone call a doctor if possible.

Kneel at his head. Put your hands on his upper back just below shoulder blades thumbs parallel, on either side of spine, fingers spread. With elbows straight, press slowly down.



Release pressure evenly, letting hands slide outward to grasp victim just above elbows.

Lift his arms up and toward you until you meet resistance at his shoulders. Let his arms go and relax for a second. Repeat these motions steadily ten to twelve times per minute will pump air in and out of his lungs until he can breathe naturally again.



Lift his arms up and toward you until you meet resistance at his shoulders. Let his arms go and relax for a second. Repeat these motions steadily ten to twelve times per minute will pump air in and out of his lungs until he can breathe naturally again.

The IMPORTANT THING ABOUT ARTIFICIAL RESPIRATION IS TO START IMMEDIATELY. Don't despair because the person doesn't come to right away.

ANSWERS TO QUIZ ON PAGE 2.

1. Sir Winston Churchill. 2. Max Schmeling in 1930 from Sharkey. 3. Four chambers. 4. Santiago. 5. New York. 6. Gertrude Ederle. 7. Spades and Hearts. 8. Harriet Beecher Stowe. 9. New Zealand. 10. A horse pushes a buggy. The horse pushes against his collar which in turn pulls the buggy. 11. 1901. 12. The Bible. 13. Falling. 14. Cain. 15. Arizona. 16. Almost 240,000 miles.

Was Tired, Sluggish, Very Restless

A box of Dodd's relieved him considerably

11th month NOVEMBER, 1956 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 2 11 43 a.m.
● First Quarter 10 10 09 a.m.
● Full Moon 18 1 44 a.m.
● Last Quarter 24 8 12 p.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	♂	6 38	4 49	5 28	4 04
2	F	♂	6 40	4 47	6 37	4 39
3	S	♂	6 41	4 46	7 43	5 20
4	Sun	♈	6 42	4 44	8 45	6 06
5	M	♈	6 44	4 43	9 39	6 56
6	T	♈	6 45	4 42	10 28	7 51
7	W	♈	6 46	4 41	11 09	8 48
8	T	♈	6 48	4 39	11 45	9 47
9	F	♈	6 50	4 38	p.m.	10 47
10	S	♈	6 51	4 37	12 42	11 47
11	Sun	♈	6 52	4 36	1 08	a.m.
12	M	♈	6 53	4 34	1 33	12 48
13	T	♈	6 55	4 33	1 57	1 49
14	W	♈	6 56	4 32	2 24	2 53
15	T	♈	6 58	4 31	2 53	3 58
16	F	♈	6 59	4 30	3 26	5 05
17	S	♈	7 01	4 29	4 06	6 13
18	Sun	♈	7 02	4 28	4 53	7 22
19	M	♈	7 03	4 27	5 50	8 27
20	T	♈	7 04	4 27	6 54	9 25
21	W	♈	7 05	4 26	8 04	10 15
22	T	♈	7 07	4 25	9 17	10 58
23	F	♈	7 08	4 24	10 31	11 35
24	S	♈	7 10	4 24	11 44	p.m.
25	Sun	♈	7 11	4 23	a.m.	12 36
26	M	♈	7 12	4 22	12 56	1 05
27	T	♈	7 14	4 22	2 06	1 33
28	W	♈	7 15	4 21	3 15	2 04
29	T	♈	7 16	4 21	4 24	2 38
30	F	♈	7 17	4 20	5 30	3 16

*See page 3 for Local Time



Colin B. Hickey

"I am a painter by trade," writes Colin B. Hickey, 359 Haig Ave., Renfrew, Ont. "Before taking Dodd's Kidney Pills I was tired, sluggish and a very restless sleeper. I almost hated to get up in the morning. My wife suggested that I try Dodd's Kidney Pills. After using one box I felt considerably relieved, so I continued to use them. On finishing a third box of Dodd's, I noticed that my restless nights and tired feeling had gone."

HOROSCOPE—Nov. 23 to Dec. 21.

Sign, SAGITTARIUS—You who are born under the Archer's influence are physically strong, brave and fearless. However energetic and ambitious you are, you would do well to consider carefully your actions when anything big is at stake. Avoid your idealistic nature, it might lead to exaggeration and embarrassment.

USED DODD'S PILLS WHEN SCHOOL CHILD



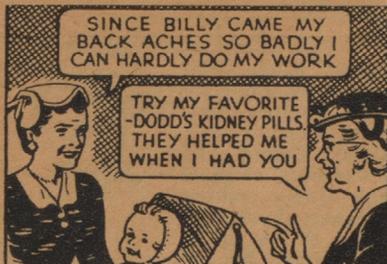
Mrs. I. A. Griffin

"When I was a school child between 10 and 11, I was bothered with pains in my back," writes Mrs. Thomas A. Griffin, Long Harbour, Placentia Bay, Nfld. "My mother got me a box of Dodd's Kidney Pills and their use soon brought me relief. Later, when I started doing housework, my back began to trouble me again. I started to use Dodd's and they helped me again. I am now a housewife, 26 years old and I wouldn't be without Dodd's Pills."

WEATHER — 1st - 5th — Temperature drops down, very dull. 6th-9th—Lots of snow, quite cold. 10th-13th—Warms up a bit, more pleasant. 14th-18th—Becomes unsettled, rain and sleet. 19th-23rd—Chilly dull days, quite windy. 24th-30th—Month ends dry and fine.

Twenty - eight to thirty are probably the best ten years of a woman's life.

Before and After BABY ARRIVES



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

When BACKACHE Threatens

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

LIFE EXPECTANCY OF BABIES

According to the latest statistics, babies born today, can expect to live longer than babies born 20 years ago. At one year of age, a male child may expect to live an additional 68.3 years and a female 72.3 years.

HAD KIDNEY TROUBLE AFTER BABY ARRIVED



Mrs. T. Melanson

"I am 28 years old and a housewife," writes Mrs. Therese Melanson, 470, 1st Avenue, Apt. 7, Quebec, Que. "After the birth of my first child, I had terrible pains in the kidneys. My mother advised me to try Dodd's Kidney Pills. After using 3 boxes of Dodd's, I felt well again. That's why I tell everybody with kidney trouble to try Dodd's Kidney Pills."

To keep track of your safety pins while bathing baby, stick them in a bar of mild soap. It also keeps the pins clean and prevents them from becoming too dull.



WEDDING ANNIVERSARIES

First	Paper and Plastic
Second	Cotton
Third	Leather
Fourth	Fruit and Flowers, Silk
Fifth	Wooden
Sixth	Sugar and Candy, Iron
Seventh	Woolen or Copper
Eighth	Bronze or Pottery
Ninth	Willow or Pottery
Tenth	Tin or Aluminum
Eleventh	Steel
Twelfth	Silk or Linen
Thirteenth	Lace
Fourteenth	Ivory
Fifteenth	Crystal
Twentieth	China
Twenty-fifth	Silver
Thirtieth	Pearl
Thirty-fifth	Coral
Fortieth	Ruby
Forty-fifth	Sapphire
Fiftieth	Golden
Fifty-fifth	Emerald
Sixtieth and Seventy-fifth	Diamond



A dandy play table for the kids can be made inexpensively from an old door. Glue plywood to one side and add short legs.

Tile or linoleum to match the playroom floor makes an easily cared for surface as well.

She Soon Felt 'Fit As a Fiddle'

Dodd's helped young mother before son born

12th month DECEMBER, 1956 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	12 a.m.
● First Quarter.....	10	6	51 a.m.
● Full Moon.....	17	2	06 p.m.
● Last Quarter.....	24	5	10 a.m.
● New Moon.....	31	9	13 p.m.

Day of Month	Day of Week	Zodiac Signs	*Sun		*Moon	
			Rises	Sets	Rises	Sets
			A.M.	P.M.	A.M.	P.M.
1	S	♍	7 18	4 20	6 32	3 58
2	Sun	♌	7 19	4 20	7 30	4 47
3	M	♌	7 20	4 19	8 21	5 40
4	T	♌	7 21	4 19	9 05	6 36
5	W	♌	7 22	4 19	9 43	7 35
6	T	♌	7 23	4 19	10 16	8 35
7	F	♌	7 24	4 18	10 44	9 35
8	S	♌	7 25	4 18	11 10	10 35
9	Sun	♌	7 26	4 18	11 35	11 35
10	M	♌	7 27	4 18	11 59	a.m.
11	T	♌	7 28	4 18	p.m.	12 36
12	W	♌	7 29	4 18	12 50	1 39
13	T	♌	7 29	4 19	1 21	2 44
14	F	♌	7 30	4 19	1 17	3 51
15	S	♌	7 31	4 19	2 40	4 59
16	Sun	♌	7 32	4 19	3 33	6 06
17	M	♌	7 33	4 20	4 34	7 09
18	T	♌	7 34	4 20	5 45	8 04
19	W	♌	7 34	4 20	7 00	8 53
20	T	♌	7 35	4 21	8 16	9 33
21	F	♌	7 35	4 21	9 31	10 08
22	S	♌	7 36	4 22	10 45	10 40
23	Sun	♌	7 36	4 22	11 57	11 09
24	M	♌	7 37	4 23	a.m.	11 38
25	T	♌	7 37	4 23	1 07	p.m.
26	W	♌	7 37	4 24	2 16	12 40
27	T	♌	7 38	4 25	3 21	1 15
28	F	♌	7 38	4 26	4 25	1 56
29	S	♌	7 38	4 26	5 26	2 41
30	Sun	♌	7 38	4 27	6 16	3 32
31	M	♌	7 38	4 27	7 03	4 28

*See page 3 for Local Time

WEATHER—1st-4th—Snow squalls becoming colder. 5th-11th—Cold with sleet. 12th-17th—Dull but little warmer. 18th-24th—A cold snap, high winds and snow. 25th-31st—Moderates but year ends dull, snow and sleet.

Elbow grease makes wealth increase.

"I am a housewife, twenty-seven years of age," writes Mrs. Eileen Costache, 2113 McKay St., Regina, Sask., "Before my son was born, I was suffering with backaches and nervousness. I didn't



Mrs. E. Costache

know what to do so after hearing Dodd's Kidney Pills advertised on the radio and reading about them in your Almanac, I decided I should try some. I used one box and before it was finished I could feel a great difference. So I took all the pills and the results were amazing. I felt as fit as a fiddle."

HOROSCOPE—Dec. 22 to Jan. 20.

Sign, CAPRICORN—Those born under Capricorn are proud and have high ideals, also very certain of themselves. Make good leaders as they possess good brain-power. You have a gift for the fine arts and plenty of imagination. There is executive ability in you so make sure it comes out. Keep on the cheerful side because you tend to be moody.

COLD AND DAMP WAS TROUBLESOME TO HER



Mrs. Norma Pulfer

"I work in a meat packing plant where it is cold and damp," writes Mrs. Norma Pulfer, Apt. 7, 28 Queen St. N., Kitchener, Ont. "I suffered with backache for 3 weeks and tired out feeling and could hardly work. A friend suggested Dodd's Kidney Pills and that very day I stopped at the drug store for a box. I got relief within a few days and started to feel good again. Even the girls at work noticed the change in me."

WHAT TO EAT TO BE HEALTHY . . .

These days the value of foods is often measured by their vitamin content. Each of the recognized vitamins performs a specific service in contributing to the maintenance of health. In the chart at the bottom of the page, we have tried to show the estimated value of the MAIN VITAMINS and in what foods they are most likely to be found. The other four food constituents essential to the maintenance of good health are—

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

PROTEINS are tissue builders, chiefly secured from meat, fish, poultry and eggs.

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

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

HOW MUCH SHOULD ONE EAT

The average man consumes about 5½ pounds of solids and liquids daily (about 1 ton a year). Possibly the best way of knowing how much food



you should eat, is to leave the table a little hungry. Not very scientific but it avoids the careful measuring of energy intake by calories. Valuable information on balanced diets may be obtained from library books.

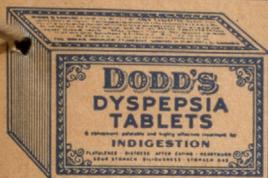
Anyone suffering with stomach or urinary system trouble should avoid pickles, vinegar, alcoholic beverages, and most fried foods. And to help avoid Constipation it is well not to eat new hot bread, hot pastry, tapioca, or arrowroot.

KEEP IN MIND . . .

Regulating food and drink will not necessarily overcome illness resulting from the above mentioned disorders. You may need the help of Dodd's Kidney Pills, Dodd's Dyspepsia Tablets or Diamond Dinner Pills according to your complaint. BUT be sure that you take them REGULARLY . . . don't miss a dose.

WHERE VITAMINS COME FROM—WHAT THEY DO

<i>The vitamin</i>	<i>Where it comes from</i>	<i>What it is</i>	<i>Ailments it helps Overcome</i>
A	Fish oils, egg yolks, butter, milk.	A beautician.	Skin diseases, retarded growth, night blindness, infection.
B1	Yeast, liver, milk, wheat bran.	A pepper-upper.	Loss of appetite, spring fever, poor blood condition.
B complex	The same foods as B1.	A nerve quieter.	Pellagra, digestive disorders, jitters.
C	Fruits, green vegetables, milk.	A blood builder.	Scurvy, anaemia, pyorrhoea, hemorrhages.
D	Sunshine, fish oils, irradiated milk.	A bone maker.	Rickets, stunted growth, dental decay.



DODD'S DYSPEPSIA TABLETS

An effective treatment for upset stomach, biliousness, and the numerous ailments which may arise from faulty digestion, such as Indigestion, Heartburn, etc.



DODD'S ANTISEPTIC OINTMENT

An all-purpose household salve that helps bring prompt relief from skin irritation and infections. Has an active antiseptic action that helps promote quick healing.



DIAMOND DINNER PILLS

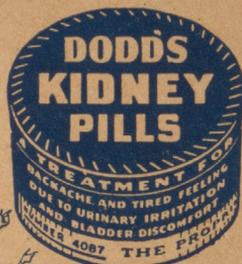
A tried and proven laxative of gentle thoroughness for constipation, biliousness, dyspepsia. Help by gradually assisting the bowels to move themselves.



SCOOT for ATHLETE'S FOOT

Relieves burning, itching feet. Scoot contains a penetrating fungicide that destroys the Athlete's Foot fungus at the source. Acts as a preventive against re-infection.

Your best bet for Backache and tired feeling



Used by Thousands with Satisfaction

DODD'S KIDNEY PILLS

For over 60 years Dodd's Kidney Pills have been known as an effective treatment for urinary and bladder discomfort. They are prepared to act as a diuretic stimulant to help bring relief from backache, tired feeling and other discomforts due to urinary irritation. Dodd's Kidney Pills were first conceived and marketed in Canada and to-day are one of the largest selling package medicines, with a world-wide reputation.

You can depend on DODD'S

I HATED TO LOOK IN A MIRROR

I LOOKED SO TIRED AND OLD



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



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



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

PERHAPS DODD'S WOULD HELP THIS BACKACHE - CALL THE DRUG STORE WILL YOU DEAR



THEN SHE USED DODD'S KIDNEY PILLS

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



SINCE I LOST THAT BACKACHE AND TIRED FEELING I'M ENJOYING EVERY MINUTE OF IT



JANE CARSON MAKES SUCH A SPLENDID PRESIDENT



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

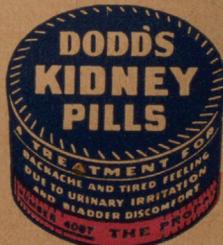


THANKS TO YOU AND DODD'S MOTHER, I FEEL LIKE A NEW PERSON



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

LOOK FOR THE BLUE BOX WITH THE RED BAND



4111954

1089920181