

**DODD**  
KIDNEY  
1896

AN EVERY DAY  
PERSONAL AND

*Dodd's*  
**ALMANAC**  
AND  
CALENDAR

**Dodd's**  
**ALMANAC**  
1914

**DODD**  
*Almanac*

**Dodd's**  
HOUSEHOLD HINTS  
*Almanac*  
1929

with the  
Compliments of  
The  
Dodd's  
Almanac Co. Limited

62<sup>ND</sup>  
ANNUAL

**Dodd's**

ALMANAC

1957

**Dodd's**  
ALMANAC  
HOUSEHOLD HINTS  
1933

**Dodd's**  
ALMANAC  
1945

STOP OF  
PAIN  
**Dodd's**  
KIDNEY  
PILLS

**DODD'S**  
KIDNEY  
PILLS

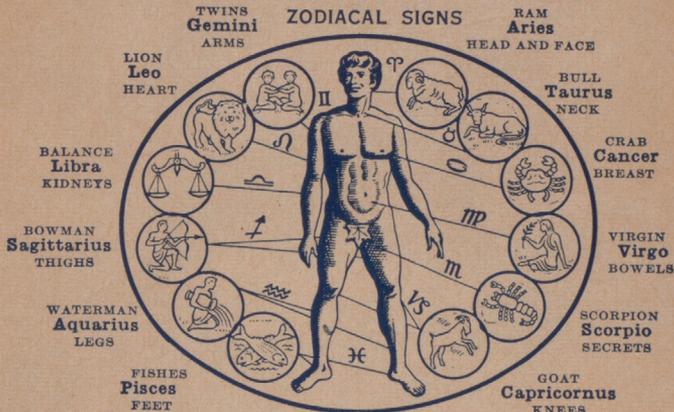
**Dodd's**  
ALMANAC  
1955

**DODD'S**  
KIDNEY  
PILLS

60<sup>TH</sup>  
ANNIVERSARY

## THE SEASONS 1957 (Eastern Standard Time)

	d.	h.	m.
Sun enters Aries—Spring Commences.....	March	20	4.17 p.m.
Sun enters Cancer—Summer commences.....	June	21	11.21 a.m.
Sun enters Libra—Autumn commences.....	September	23	2.27 a.m.
Sun enters Capricornus—Winter commences.....	December	21	9.49 p.m.
Dominical Letter..... F		Golden Number..... 1	
Epact..... 29		Solar Cycle..... 6	
		Roman Indiction..... 10	
		Julian Period..... 6670	



### HOLIDAYS, FESTIVALS, ANNIVERSARIES, ETC.

New Year's Day..... Jan. 1	Birthday of Queen Elizabeth II (1926).... Apr. 21	Dominion Day..... July 1
Epiphany..... Jan. 6	St. George..... Apr. 23	Labour Day..... Sept. 2
Valentine's Day..... Feb. 14	Empire Day (May 20).... May 24	Hebrew New Year..... Sept. 26
Septuagesima..... Feb. 17	Rogation Sunday..... May 26	Day of Atonement..... Oct. 5
St. David..... Mar. 1	Ascension Day..... May 30	Feast of Tabernacles.... Oct. 10
Quinquagesima..... Mar. 3	Hebrew Pentecost..... June 5	Hallow'en..... Oct. 31
Ash Wednesday..... Mar. 6	Pentecost (Whit Sunday)..... June 9	All Saints' Day..... Nov. 1
St. Patrick..... Mar. 17	Trinity Sunday..... June 16	St. Andrew..... Nov. 30
Palm Sunday..... Apr. 14	Corpus Christi..... June 20	First Day in Advent..... Dec. 1
First Day of Passover.... Apr. 16	St. John the Baptist..... June 24	Christmas Day..... Dec. 25
Good Friday..... Apr. 19		Boxing Day..... Dec. 26
Easter Sunday..... Apr. 21		

### ECLIPSES IN 1957

Annular eclipse of the sun April 29 visible in western Canada (eclipse begins about the time of sunset at Port Arthur and Fort William, at the west coast the eclipse begins about 5 p.m., P.S.T. and lasts about an hour).

Total eclipse of the moon, May 13, partly visible in eastern Canada. Moon enters dark shadow 3:45 p.m. and leaves 7:17 p.m. Magnitude of eclipse 1.304.

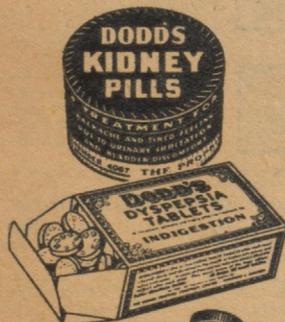
Total eclipse of the sun, October 23, invisible in Canada. Path of totality is short, and is very near Antarctica.

Total eclipse of the moon, November 7, beginning visible in Canada except the eastern part. Moon enters dark shadow 7:43 a.m., leaves 11:10 a.m. Magnitude of eclipse 1.035.

### THE PLANETS IN 1957 (Eastern Standard Time)

**MERCURY**—Evening star until 10 a.m. Jan. 10. Morning star until 1 p.m. March 20, with greatest elongation west at 2 p.m. Feb. 2. Evening star until 7 p.m. May 5, with greatest elongation east at 4 a.m. April 15. Morning star until midnight July 3-4, with greatest elongation west at 6 p.m. June 1. Evening star until 3 p.m. Sept. 9, with greatest elongation east at 10 a.m. Aug. 13. Morning star until 10 p.m. Oct. 23, with greatest elongation west at 2 p.m. Sept. 25. Evening star until 3 p.m. Dec. 25, with greatest elongation east at 7 p.m. Dec. 7. Morning star the rest of the year. **VENUS**—Morning star until 8 a.m. April 14. Evening star until the end of the year, with greatest elongation east at 2 a.m. Nov. 18. **MARS**—Evening star until 10 a.m. Sept. 10, with quadrature east at 9 a.m. Jan. 8. Morning star the rest of the year. **JUPITER**—Morning star until 1 p.m. March 17. Evening star until 11 a.m. Oct. 5, with quadrature east at 11 p.m. June 13. Morning star the rest of the year. **SATURN**—Morning star until 2 p.m. June 1, with quadrature west at 3 p.m. March 4. Evening star until 10 p.m. Dec. 8, with quadrature east at noon Aug. 31. Morning star the rest of the year. **URANUS**—Morning star until 11 p.m. Jan. 24. Evening star until 1 p.m. July 30, with quadrature east at 4 a.m. April 23. Morning star until the rest of the year with quadrature west at 2 a.m. Nov. 4. **NEPTUNE**—Morning star until 10 a.m. April 21, with quadrature west at 3 p.m. Jan. 22. Evening star until 8 p.m. Oct. 25, with quadrature east at 7 p.m. July 22. Morning star the rest of the year. **PLUTO**—Morning star until 10 p.m. Feb. 17. Evening star until 9 a.m. Aug. 23. Morning star the rest of the year.

# YOU Can Depend On



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

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

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

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

#### DODD'S KIDNEY PILLS

For over 65 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.

#### DODD'S DYSPEPSIA TABLETS

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

#### DODD'S ANTISEPTIC 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.

#### 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.

#### DIAMOND DINNER PILLS

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

The Dodds Medicine Co., Limited  
Toronto, Canada

**Friends of the Family for Over 60 years**

## Why do DOCTORS TEST KIDNEYS First?



**BECAUSE:**—They know that the importance of the Kidneys to the well-being of the human body simply cannot be over-estimated and that without the help of the kidneys they may be powerless to overcome sickness. Possibly no other ailment is more common than kidney disorder. . . Doctors realize that on the condition of the kidneys may rest health, happiness, life itself. So in making a diagnosis, physicians usually make certain by urine examination whether or not these all important organs are in order.

The condition of the kidneys as ascertained by urinal examination, is often the deciding point in the passing or rejection of those who apply for an insurance policy.

If the kidneys get out of order, impurities are permitted to remain in the system; then irritation and discomfort are almost sure to follow.

For more than sixty years Dodd's Kidney Pills have been of help in bringing relief from backache and that "tired-out" feeling due to urinary irritation and bladder discomfort.



## How to Divide and Transplant PEONIES

Remove from ground in Fall when dormant, and wash all the earth off roots with hose. Then when you can see what you are doing, using good sharp knife as shown left, make

a division of root section with 3 to 5 eyes. Cut off tops and leave short stub. Be certain to leave a supporting root for each crown with eyes. Dig a hole large enough that won't crowd the plant. Mix some bone-meal and compost and place in bottom of hole. Hold the root firmly with top eye no more and no less than 2 inches below surface of ground. Pack soil around it.



## How Animals Forecast Storms

Cattle sniff air, and herd closely, heads away from wind; sheep quit pasture; dogs sleepy, seek warmth; cats wash faces; roosters crow much and flap wings; hens, ducks and geese quack too much; birds preen selves; sparrows noisy; many toads appear; crows noisy; bats seek shelter; robins close to house; flies bite; frogs croak loudly; worms appear on surface.

Mrs. Smith—"Have you sold your house yet?"

Mrs. Jones:—"No. After reading the agent's description of it, it seems to be just the house we have been looking for."

## PRODUCE WEIGHTS AND MEASURES

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

Wheat . . . . .	60 lbs.	Potatoes . . . . .	60 lbs.
Indian Corn . . . . .	56 lbs.	Turnips . . . . .	50 lbs.
Rye . . . . .	56 lbs.	Carrots . . . . .	50 lbs.
Peas . . . . .	60 lbs.	Parsnips . . . . .	45 lbs.
Barley . . . . .	48 lbs.	Beets . . . . .	50 lbs.
Soy Beans . . . . .	60 lbs.	Onions . . . . .	50 lbs.
Oats . . . . .	34 lbs.	Bituminous	
Beans . . . . .	60 lbs.	Coal . . . . .	70 lbs.
Flax Seed . . . . .	56 lbs.	Clover Seed . . . . .	60 lbs.
Hemp . . . . .	44 lbs.	Timothy . . . . .	48 lbs.
Alfalfa . . . . .	60 lbs.	Buckwheat . . . . .	48 lbs.

Under the spreading maple tree the village smithy lies; no one has a horse to shoe, so all he shoos is flies.

# SUNRISE AND SUNSET

USE THIS TABLE TO DETERMINE EXACT 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.

## DECEMBER, 1956

**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
1	S	♍	A.M. 7 18	P.M. 4 20	A.M. 6 32	P.M. 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

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

### 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

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

### Prince Edward Is.

Charlottetown.....	Add 13
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### New Brunswick

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

### Nova Scotia

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

### Newfoundland

St. John's.....	Add 1
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# Had Tired-All-The-Time Feeling

*Felt better in every way on using Dodd's*



Ernest G. Donley

"For quite some time I felt tired all the time and had pains in the back," writes Ernest G. Donley, a farmer 45 years of age, Box 1075, Portage la Prairie, 1 an. "I had to get up during the night so I realized it was my kidneys that were troubling me. On my wife's advice, I used Dodd's Kidney Pills and on finishing three boxes I felt better in every way."



This month is named after Janus, the two-faced god who looked both ways and was god of beginnings. Made the 1st Month of the Roman year 251 B.C. ZODIAC SIGN = Aquarius—Water Carrier; Legs.—This sign is under the season of rains and flood time of the River Nile. FLOWER—Snowdrop. HOROSCOPE—Jan. 21st—Feb. 18th—People born under the sign of Aquarius are "go-getters" and eager to help others. Easy to get along with. But they are careless and easily upset.

## WAS ABLE TO WORK AFTER HELP OF DODD'S



Mrs. Lucien Boucher

"I was troubled months with persistent and terrible backaches," writes Mrs. Lucien Boucher, housewife, 1412 Laurier St., E., Montreal, Que. "A friend told me how Dodd's Kidney Pills had relieved her pain. Then on her suggestion I tried Dodd's and I soon felt well."

### JANUARY, 1957

MOON'S PHASES—Eastern Standard Time

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

	D.	H.	M.
First Quarter.....	9	2	06 a.m.
Full Moon.....	16	1	21 a.m.
Last Quarter.....	22	4	48 p.m.
New Moon.....	30	4	24 p.m.

Day of Month	Day of Week	Moon's Place	*Sun		*Moon	
			Rises	Sets	Rises	Sets
			A.M.	P.M.	A.M.	P.M.
1	T	♋	7 38	4 29	7 42	5 25
2	W	♋	7 38	4 30	8 16	6 25
3	F	♋	7 38	4 31	8 47	7 25
4	T	♋	7 38	4 32	9 14	8 25
5	S	♋	7 38	4 33	9 39	9 24
6	Sun	♋	7 38	4 34	10 03	10 24
7	M	♋	7 38	4 35	10 27	11 25
8	T	♋	7 37	4 36	10 52	a.m.
9	W	♋	7 37	4 37	11 20	12 27
10	T	♋	7 37	4 38	11 52	1 32
11	F	♋	7 37	4 39	p.m.	2 38
12	S	♋	7 36	4 40	1 16	3 44
13	Sun	♋	7 36	4 42	2 12	4 48
14	M	♋	7 35	4 43	3 18	5 47
15	T	♋	7 35	4 44	4 31	6 40
16	W	♋	7 35	4 45	5 48	7 25
17	T	♋	7 34	4 47	7 07	8 04
18	F	♋	7 34	4 48	8 25	8 39
19	S	♋	7 33	4 49	9 41	9 10
20	Sun	♋	7 32	4 51	10 54	9 40
21	M	♋	7 31	4 52	a.m.	10 11
22	T	♋	7 31	4 54	12 05	10 43
23	W	♋	7 30	4 55	1 14	11 18
24	T	♋	7 29	4 56	2 18	11 55
25	F	♋	7 28	4 58	3 18	p.m.
26	S	♋	7 27	4 59	4 12	1 29
27	Sun	♋	7 26	5 00	5 00	2 23
28	M	♋	7 25	5 02	5 42	3 19
29	T	♋	7 24	5 03	6 19	4 17
30	W	♋	7 23	5 05	6 50	5 17
31	T	♋	7 22	5 06	7 18	6 17

\*See page 3 for Local Time

WEATHER—1st-6th—Bright and somewhat colder. 7th-12th—Moderating with snow. 13th-19th—Turning colder and blustery. 20th-24th—Snowflurries, damp and cold. 25th-31st—Turns clear and brisk.

A smile is a curve that sets many things straight.

# I was a MEALTIME MENACE UNTIL ...



## AFTER USING Dodd's Dyspepsia Tablets



For Quick Relief  
of Stomach Distress  
after meals . . . use  
**PLEASANT TASTING**





The name comes from the Roman divinity Februns (Pluto) or Februa (Juno). Added to the Roman calendar about the year 412 B.C. **ZODIAC SIGN**

♊ Pisces—The Fishes, Feet.—This very old sign of life after death is presumed to mean the going back to work after the

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

## FEBRUARY, 1957

MOON'S PHASES—Eastern Standard Time

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

	D.	H.	M.	
☽ First Quarter....	7	6	23	p.m.
☾ Full Moon.....	14	11	38	a.m.
☽ Last Quarter....	21	7	18	a.m.

Day of Month	Day of Week	Moon's Place	*Sun		*Moon	
			Rises	Sets	Rises	Sets
1	F	♈	A.M. 7 21	P.M. 5 08	A.M. 7 44	P.M. 7 16
2	S	♈	7 19	5 09	8 08	8 16
3	Sun	♈	7 18	5 11	8 32	9 17
4	M	♈	7 17	5 12	8 56	10 18
5	T	♈	7 16	5 13	9 23	11 19
6	W	♈	7 14	5 15	9 53	a.m.
7	F	♈	7 13	5 16	10 27	12 23
8	F	♈	7 11	5 18	11 09	1 27
9	S	♈	7 10	5 19	11 58	2 30
10	Sun	♈	7 08	5 20	12 56	3 30
11	M	♈	7 07	5 22	2 03	4 24
12	T	♈	7 06	5 23	3 17	5 13
13	W	♈	7 04	5 24	4 35	5 55
14	F	♈	7 03	5 26	5 55	6 32
15	F	♈	7 01	5 27	7 14	7 06
16	S	♈	7 00	5 28	8 31	7 38
17	Sun	♈	6 58	5 30	9 45	8 10
18	M	♈	6 56	5 31	10 57	8 42
19	T	♈	6 55	5 33	a.m.	9 18
20	W	♈	6 53	5 34	12 06	9 56
21	T	♈	6 52	5 36	1 09	10 39
22	F	♈	6 50	5 37	2 06	11 27
23	S	♈	6 49	5 38	2 57	p.m.
24	Sun	♈	6 47	5 40	3 41	1 14
25	M	♈	6 45	5 41	4 19	2 11
26	T	♈	6 43	5 43	4 52	3 10
27	T	♈	6 42	5 44	5 22	4 10
28	W	♈	6 40	5 45	5 48	5 09

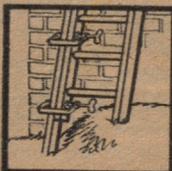
\*See page 3 for Local Time

**WEATHER**—1st-4th—Moderating, overcast. 5th-10th—Mild and heavy snows. 11th-15th—Temperature slips down, unsettled. 16th-20th—Very cold for a few days. 21st-28th—Warmer with light drizzle.



## BACK PAIN A MISERY HAD TO BE OFF WORK

"I feel it my duty to tell what wonderful results I received from Dodd's Kidney Pills," writes Mrs. Basil Ward, 2980 Randolph Ave., Windsor, Ont. "I was in such misery with a pain in the back I missed many a day's work. One day, my Mother advised me to try Dodd's Kidney Pills. On my way home I got a box. On using the one box of Dodd's I felt like a new woman. I got a second box but found I only needed half the pills. Thanks to Dodd's—no more backache and no more getting up nights."



When using a ladder where footing is uneven, the best way to get a sound footing is to fasten a suitable piece of lumber to the side of the ladder by clamping on with 2 clamps as shown.

Traffic sign at edge of small town: "Go 20 or pay \$19.90."

# 9 GOOD REASONS FOR KEEPING DODD'S OINTMENT ALWAYS WITHIN REACH



**FORMULA**—it was chosen for many reasons—chief among them being its outstanding antiseptic and cleansing qualities. Every home should have a tube.



**ABRASIONS** — children are always scuffing the skin off knees, arms and hands . . . so for quick, soothing relief apply Dodd's Ointment.



**SUNBURN**—puts misery in holiday fun, and you usually get a 'burn' when least expected . . . carry Dodd's for quick effective relief of sunburn.



**SCALDS**—something that is liable to happen anytime to grown-ups and tiny folk alike: be ready for a home emergency; with Dodd's in the medicine chest.



**CUTS**—the application of a little ointment when the hurt occurs helps stave off infection and is very soothing.



**PIMPLES**—how upsetting these little 'monsters' can be to the 'teen ager' but they can be cleared up in practically no time with Dodd's.



**BABY SKIN**—how beautiful it is but Oh . . . how delicate. When diaper rash or skin dryness occurs just apply Dodd's . . . it's so-o-o relieving and healing.



**BITES**—summer without a few bites is well nigh impossible but with Dodd's handy, you have protection from sting-infection.



**SKIN ERUPTIONS**—are liable to happen any time but if you have Dodd's Ointment, you can soon clear them up with a few applications.

Dodd's Antiseptic Ointment is also good for Heat Rashes, Hives Chapped Hands and Feet, Eczema, Hemorrhoids, Boils, Abscesses 75c per tube at all drug counters or by mail postpaid from the Dodds Medicine Co. Ltd., Toronto 1, Ontario.

# Spring . . .



## A GOOD TIME TO USE DODD'S KIDNEY PILLS

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

It is the normal duty of healthy kidneys to filter all poisonous matter from the blood. If the kidneys are sluggish in action, and out of order, the poisons remain in the system and "Spring Fever," Backache, Headaches, and other indications of a faulty kidney condition may appear.

Dodd's Kidney Pills are one of the finest Spring Medicines and one of the most beneficial methods of helping restore the natural health and energy of the body in Springtime. Many people make it a practice to use Dodd's every Spring and Fall as a "pick-me-up."



Mirrors and pictures will not stain the wall in back of them if carpet tacks are driven into the back of the frame to keep it a fraction of an inch away from the wall.



To keep your gravel or stone driveway clear of weeds, and grass . . . one or two handfuls of coarse common salt applied per square foot will do the

trick. It will also bind the gravel and soil together into an even surface, keep down the dust and repel frost.

If you have a plant on the sick list, here's a solution that may help it: Add the shells of several eggs to a milk bottle filled with water and, after allowing it to stand for a day, water your ailing plant with it.

You can tell the freshness of an egg by looking at the shell. If rough and dull, it is newly-laid. When eggs age, the shells become smoother and somewhat glossy. The color has nothing to do with the quality or age of an egg.



When making chopped meat sandwiches, work a lump of butter into the paste and it will not be necessary to butter the slices of bread.



You can weigh your nylons down so that they will not swing up over the clothesline, simply by adding a marble to each toe.

To retain the natural flavor, do not use a steel knife on strawberries—a silver knife doesn't affect the taste.

# Out in All Kinds of Weather

*His backaches and colds relieved by Dodd's*

## MARCH, 1957

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.....	1	11	12 a.m.
● First Quarter....	9	6	50 a.m.
● Full Moon.....	15	9	22 p.m.
● Last Quarter....	23	12	04 a.m.
● New Moon.....	31	4	19 a.m.

Day of Month	Day of Week	Moon's Place	*Sun		*Moon	
			Rises	Sets	Rises	Sets
			A.M.	P.M.	A.M.	P.M.
1	F	☾	6 39	5 47	6 13	6 09
2	S	☾	6 37	5 48	6 38	7 10
3	Sun	☾	6 35	5 50	7 02	8 11
4	M	☾	6 33	5 51	7 29	9 12
5	T	☾	6 32	5 52	7 57	10 15
6	W	☾	6 30	5 54	8 30	11 18
7	F	☾	6 28	5 55	9 08	a.m.
8	T	☾	6 26	5 56	9 53	12 20
9	S	☾	6 25	5 57	10 46	1 19
10	Sun	☾	6 23	5 59	11 47	2 13
11	M	☾	6 21	6 00	p.m.	3 02
12	T	☾	6 19	6 01	2 09	3 46
13	W	☾	6 17	6 03	3 25	4 24
14	F	☾	6 15	6 04	4 43	5 00
15	T	☾	6 13	6 05	6 01	5 33
16	S	☾	6 11	6 07	7 18	6 05
17	Sun	☾	6 09	6 08	8 33	6 37
18	M	☾	6 07	6 09	9 44	7 12
19	T	☾	6 05	6 11	10 52	7 51
20	W	☾	6 04	6 12	11 54	8 34
21	T	☾	6 02	6 13	a.m.	9 21
22	F	☾	6 00	6 14	12 51	10 21
23	S	☾	5 58	6 16	1 37	11 07
24	Sun	☾	5 56	6 17	2 17	12 04
25	M	☾	5 55	6 19	2 52	1 02
26	T	☾	5 53	6 20	3 23	2 02
27	W	☾	5 51	6 21	3 51	3 01
28	T	☾	5 49	6 22	4 16	4 01
29	F	☾	5 47	6 24	4 41	5 01
30	S	☾	5 45	6 25	5 06	6 02
31	Sun	☾	5 43	6 26	5 33	7 04

\*See page 3 for Local Time

**WEATHER**—1st-5th—Unsettled—sleet and hail. 6th-11th—Overcast, colder, snow in some areas. 12th-18th—Windy bringing colder weather. 19th-25th—Warms up a bit, drizzly. 26th-31st—Clearing, changing to quite warm and pleasant.

"I am a mechanic and my work takes me out in all kinds of weather," writes Walter J. Houghton, age 43 years, 88 Agricola St., Halifax, N.S. "I had suffered years with backaches and cold in my kid-



Walter J. Houghton

neys from lying under cars in the winter time. It was on the suggestion of a friend that I tried Dodd's Kidney Pills. After using several boxes I was grateful for the change in myself. Thanks to Dodd's I eat and sleep much better now."



Derived its name from the god of war, Mars. It was the first month of the Roman calendar. **ZODIAC SIGN** ♈ Aries—The Ram; Head.—This name probably comes from the first Babylonian month, Nisan, when sacrifices of rams were made. **FLOWER** — Violet. **HOROSCOPE**—March 21st to April 20th. You who are born under Aries make good leaders, scorers of danger. But you are easily angered and impatient. Can turn your hand to almost any job.

## HER REST WAS BROKEN



Mrs. Romeo Turcot

"I am a housewife and the mother of 3 children," writes Mrs. Romeo Turcot, 4056 Henri Julien, Montreal, Que. "I suffered with discomfort in my back and kidneys. I had to get up during the night many times. I had in mind getting medical advice but I tried Dodd's Kidney Pills first. After using only half a box of Dodd's I felt a change for the better. On finishing 3 boxes I was well again. Now I take three boxes of Dodd's Kidney Pills per year."



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



**DODD'S MAY HELP YOU, TOO!**

Backache is usually Nature's warning that there is something wrong with your kidneys. Failure of the kidneys to function properly may result in subsequent irritation of the urinary passages, frequent and scanty urination, and backache.

Dodd's Kidney Pills act as a diuretic stimulant to the kidneys to aid in the relief of such symptoms and 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.

"There are far bigger things in life than money," said the pessimist: "there are bills."

**HAD KIDNEY TROUBLE  
WHEN IN HIS TEENS**



Roger Roy

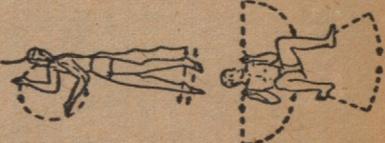
"I was only 16 when I began to be bothered with terrible kidney trouble," writes Roger Roy, 1371 Duhamel, Montreal, Que. "I tried all kinds of remedies without much help. I was getting desperate when a friend advised me to try Dodd's Kidney Pills. It was a great success and since then I use them when needed. Now that I am a plumber, I work in damp areas. But thanks to Dodd's Kidney Pills I can work without difficulty."

**SURVIVAL SWIMMING**



**Floating** — Lie on your back, ears in water, arms extended to the sides with your palms up and breathe deeply.

**Sculling** — In a floating position move your legs up and down, your hands back and forth as if smoothing sand.



**Dog Paddle** — Arms move as in crawling. Legs kick up and down.

**Backstroke** — Lie on your back, arms at sides. Move hands up to armpits. Then stretch arms outward in line with shoulders and sweep them in an arc to starting position. Legs do a similar movement to arms, both together.



**Treading Water** — With body upright, chin at surface, make the arms scull water while legs go in a walking motion.



This name originated from the Latin verb "aperire" (to open). It is the time of the year when buds begin to open. **ZODIAC SIGN** ♉ Taurus—The Bull; Neck.—This sign goes back to when the ancients thought of the sun as a bull plowing his way through the stars.

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

## APRIL, 1957

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

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

	D.	H.	M.
☾ First Quarter . . . . .	7	3	32 p.m.
☾ Full Moon . . . . .	14	7	09 a.m.
☾ Last Quarter . . . . .	21	6	00 p.m.
☾ New Moon . . . . .	29	6	54 p.m.

Day of Month	Day of Week	Moon's Place	*Sun		*Moon	
			Rises	Sets	Rises	Sets
			A.M.	P.M.	A.M.	P.M.
1	M	♌	5 41	6 27	6 00	8 07
2	T	♌	5 39	6 29	6 32	9 10
3	W	♌	5 38	6 30	7 10	10 13
4	T	♌	5 36	6 31	7 52	11 13
5	F	♌	5 34	6 33	8 43	a.m.
6	S	♌	5 32	6 34	9 40	12 09
7	Sun	♌	5 30	6 35	10 44	1 58
8	M	♌	5 29	6 36	11 54	1 42
9	T	♌	5 27	6 38	p.m.	2 21
10	W	♌	5 25	6 39	2 21	2 57
11	T	♌	5 23	6 40	3 36	3 29
12	F	♌	5 21	6 41	4 52	4 01
13	S	♌	5 20	6 43	6 06	4 33
14	Sun	♌	5 18	6 44	7 20	5 06
15	M	♌	5 16	6 45	8 31	5 43
16	T	♌	5 14	6 46	9 37	6 24
17	W	♌	5 12	6 47	10 36	7 10
18	T	♌	5 10	6 48	11 28	8 01
19	F	♌	5 09	6 49	a.m.	8 56
20	S	♌	5 07	6 51	12 12	9 53
21	Sun	♌	5 06	6 52	12 50	10 52
22	M	♌	5 04	6 54	1 23	11 52
23	T	♌	5 02	6 55	1 52	p.m.
24	W	♌	5 01	6 56	2 18	1 51
25	T	♌	4 59	6 58	2 44	2 51
26	F	♌	4 58	6 59	3 08	3 51
27	S	♌	4 56	7 00	3 35	4 53
28	Sun	♌	4 54	7 01	4 02	5 56
29	M	♌	4 53	7 03	4 33	7 10
30	T	♌	4 51	7 04	5 08	8 04

\*See page 3 for Local Time

John Thompson, of Napanee, Ont., was the first to prove that paper could be made from wood pulp.



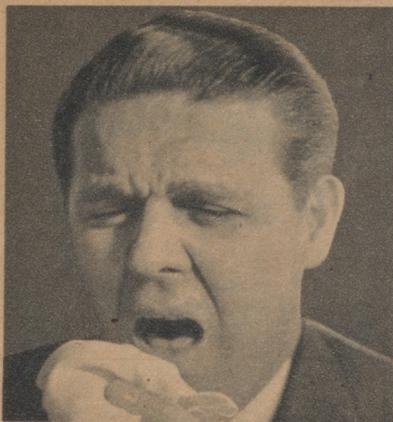
## NOW SHE CAN ENJOY HER FAVORITE SPORT

"I am a housewife, 33 years of age," writes Mrs. Alfred McLean, 50 McLeod Ave., New Waterford, C.B., N.S. "I suffered a long time with a severe backache. My back was so sore I was going to give up my favourite sport, bowling. But one day I heard Dodd's Kidney Pills mentioned on the radio and I bought a box. I found all the difference in the world before I finished my first box of Dodd's Kidney Pills. The pain in the back was gone. Now I really enjoy my bowling and you can be sure I will keep Dodd's always in my home."

A hick town is one that has no place to go that you shouldn't.



1st-4th—Cooling but remains clear. 5th-10th—Raw winds set in—sleet and rain. 11th-17th—Thunderstorms, warmer. 18th-23rd—Very windy but nice days. 24th-30th—Cools down considerably, some showers.



## COLDS may Affect the Kidneys

The so-called Common Cold is responsible for a tremendous loss of time and a great deal of discomfort and unhappiness. Naturally, with a cold, the system may carry an excess of poisonous waste matter and so it is essential that the kidneys be kept in good order.

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.

When five-year-old Tommy was found by his sister (aged six) practising with their mother's powder puff, she told him: "You mustn't do that. Powder is just for ladies. Gentlemen wash themselves."

## SEVERE WINTER COLD CAUSED HER TROUBLE



"I wish to inform you of the very great benefit I have derived from the use of Dodd's Kidney Pills," writes Mrs. Margaret Olafson, 387 Queen St., St. James, Winnipeg 12, Man. "I was living on our farm at Tantallon, Sask., and we had severe winters and a rather chilly house. I was 29 years of age at the time and was troubled with painful joints. After reading about Dodd's Kidney Pills in the weekly paper I gave them a trial. Thanks to Dodd's I got better. I have used Dodd's for years and am never without them."

The trouble with being a breadwinner nowadays is that the government is in for such a big slice.



Drive a pipe firmly in the ground and hook a handle of your garbage can over it to prevent the can being upset by dogs.

### 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.

# Longshoreman Bothered by Back

*Glad he tried Dodd's because of quick relief*



Patrick O'Brien

"I am 55 years of age and work as a longshoreman," writes Patrick O'Brien, 177 Pennywell Rd., St. John's, Nfld. "For some time I was bothered by a pain in the back and couldn't get relief.

A friend told me to try Dodd's Kidney Pills and I'm certainly glad I did. After taking a little over a box of pills it brought relief to my back."



Comes from the Latin name for the mother of the god Mercury—"Maia". The Romans referred to this month as the "growing month". **ZODIAC SIGN** ♊ Gemini—Twins; Shoulder.—This name celebrates the legend of the twins Romulus and Remus who were brought up

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

## HAD TO REST A LOT

"I suffered for some time with soreness in the kidneys," writes Mrs. Juliet Robert, 10165, St. Hubert St., Montreal, Que. "I was getting so tired that I could not work for any length of time without lying down to rest.



Mrs. Juliet Robert

A friend suggested I try Dodd's Kidney Pills. I took some and soon felt in perfect condition. I always keep Dodd's Kidney Pills at home and find that a nine day treatment gives me relief any time I feel a touch of soreness."

## MAY, 1957

MOON'S PHASES—Eastern Standard Time

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

	D.	H.	M.
☽ First Quarter . . . . .	6	9	29 p.m.
☾ Full Moon . . . . .	13	5	34 p.m.
☽ Last Quarter . . . . .	21	12	03 p.m.
☾ New Moon . . . . .	29	6	39 a.m.

Day of Month	Day of Week	Moon's Place	*Sun		*Moon	
			Rises	Sets	Rises	Sets
1	W	♈	A.M.	P.M.	A.M.	P.M.
2	T	♈	4 50	7 05	5 50	9 06
3	F	♈	4 49	7 06	6 38	10 04
4	S	♈	4 47	7 08	7 35	10 56
5	Sun	♈	4 46	7 09	8 37	11 43
6	M	♈	4 44	7 10	9 46	a.m.
7	T	♈	4 43	7 11	10 56	12 22
8	W	♈	4 42	7 12	p.m.	12 57
9	T	♈	4 40	7 14	1 21	1 30
10	F	♈	4 39	7 15	2 34	2 11
11	S	♈	4 37	7 16	3 47	2 32
12	Sun	♈	4 36	7 17	5 00	3 04
13	M	♈	4 34	7 18	6 10	3 38
14	T	♈	4 33	7 20	7 18	4 17
15	W	♈	4 32	7 21	8 21	5 00
16	T	♈	4 31	7 22	9 17	5 49
17	F	♈	4 30	7 23	10 06	6 43
18	S	♈	4 29	7 25	10 46	7 40
19	Sun	♈	4 28	7 26	11 22	8 40
20	M	♈	4 27	7 27	11 53	9 39
21	T	♈	4 26	7 28	a.m.	10 39
22	W	♈	4 25	7 29	12 20	11 38
23	T	♈	4 24	7 30	12 46	p.m.
24	F	♈	4 23	7 31	1 10	1 38
25	S	♈	4 22	7 32	1 35	2 39
26	Sun	♈	4 21	7 33	2 02	3 41
27	M	♈	4 21	7 34	2 32	4 45
28	T	♈	4 20	7 35	3 05	5 49
29	W	♈	4 19	7 36	3 44	6 53
30	T	♈	4 19	7 37	4 30	7 54
31	F	♈	4 18	7 38	5 25	8 51
			4 17	7 39	6 27	9 40

\*See page 3 for Local Time

**WEATHER**—1st-6th—Cloudy, intermittent rain. 7th-12th—Warm, still unsettled. 13th-18th—Cooler, thunderstorms, frost at night. 19th-25th—Cool and overcast, some sunshine. 26th-31st—Clearing but chilly.

Boys will be boys, but girls these days are running them a clothes second.



# Her Doctor Recommended Dodd's

Montreal woman now feels like a 16 year old



"I am a waitress and have to do a lot of bending and walking," writes Mrs. Marcel Bergeron, 529 Dublin St., Point St. Charles, Montreal, Que. "I tried many remedies to try and get relief from my sore back. Then one day my doctor suggested I try Dodd's Kidney Pills. And with only one box I found comfort. I am 36 years of age and now feel like a 16 year old. And I always make certain that I have Dodd's."

## JUNE, 1957

MOON'S PHASES—Eastern Standard Time

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

	D.	H.	M.
☉ First Quarter.....	5	2	10 a.m.
☾ Full Moon.....	12	5	02 a.m.
☽ Last Quarter.....	20	5	22 a.m.
☽ New Moon.....	27	3	53 p.m.

Day of Month	Day of Week	Moon's Place	*Sun		*Moon	
			Rises	Sets	Rises	Sets
			A.M.	P.M.	A.M.	P.M.
1	S	☉	4 17	7 40	7 35	10 23
2	Sun	☉	4 16	7 40	8 46	11 00
3	M	☉	4 16	7 41	9 59	11 34
4	T	☉	4 15	7 42	11 12	a.m.
5	W	☉	4 15	7 43	p.m.	12 05
6	T	☉	4 14	7 43	1 36	12 35
7	F	☉	4 14	7 44	2 47	1 06
8	S	☉	4 13	7 44	3 57	1 38
9	Sun	☉	4 13	7 45	5 04	2 14
10	M	☉	4 13	7 46	6 09	2 54
11	T	☉	4 13	7 46	7 07	3 40
12	W	☉	4 13	7 47	7 58	4 31
13	T	☉	4 13	7 47	8 42	5 27
14	F	☉	4 13	7 48	9 21	6 26
15	S	☉	4 13	7 48	9 53	7 27
16	Sun	☉	4 13	7 49	10 22	8 27
17	M	☉	4 13	7 49	10 48	9 26
18	T	☉	4 13	7 50	11 13	10 26
19	W	☉	4 13	7 50	11 38	11 25
20	T	☉	4 13	7 50	a.m.	p.m.
21	F	☉	4 13	7 50	12 04	1 26
22	S	☉	4 13	7 51	12 31	2 28
23	Sun	☉	4 14	7 51	1 01	3 32
24	M	☉	4 14	7 51	1 38	4 36
25	T	☉	4 14	7 51	2 20	5 39
26	W	☉	4 15	7 51	3 11	6 37
27	T	☉	4 15	7 51	4 10	7 31
28	F	☉	4 16	7 51	5 17	8 19
29	S	☉	4 16	7 51	6 29	8 59
30	Sun	☉	4 16	7 51	7 44	9 35

\*See page 3 for Local Time

**WEATHER** — 1st-5th — Thunder brings warmth and odd nice day. 6th-11th—intermittent sun and cloudy days. 12th-17th—Quite pleasant and humid. 18th-25th—Higher temperatures, rather unsettled. 26th-30th—Cheery warm days, little rain.

Untold wealth is that which does not appear on the income tax form.



Named after Juno, the wife of Jupiter and queen of heaven, worshipped by women because she presided over marriages. **ZODIAC SIGN** ☉ Cancer—The Crab; Breast. The return of the Sun from its farthest northern point or its apparent backward motion is associated with the backward movement of the crab.

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

## PAIN DISAPPEARED—HE COULD SLEEP WELL



Wilfred Simpson

"For a year I suffered with pains in the small of my back that kept me awake nights," writes Wilfred Simpson, 37½ Hickman St., Amherst, N.S. "Having heard of Dodd's Kidney Pills and read advertisements about them, I decided to give them a try. Dodd's certainly helped because after using 2 boxes, the pain disappeared and I could sleep well again."

**NOW I CAN  
SLEEP**  
*thanks to*  
**DODD'S  
KIDNEY PILLS**



**DO YOU** have nights of disturbed rest—are you bothered by discomfort or night rising? It may be that your kidneys aren't working properly.

Healthy kidneys normally do  $\frac{2}{3}$  of their job during the day (filtering impurities out of the blood, excreting urine). But if the kidneys are "out of order" they often fail to do their full share of work during the day-time, extra strain is placed upon them and they must work overtime at night to make up for the work they failed to do during the day. So while the rest of your body is trying to get to sleep, your kidneys are working full blast. So much urine accumulates in the bladder during sleeping hours that discomfort, unrest, and night rising are bound to follow.

Night rising, then, may be taken as a sign that your kidneys may not be functioning properly. Dodd's Kidney Pills help your kidneys regain an active, healthy condition, so that they may do the full two-thirds of their work in the day-time and leave your sleeping hours undisturbed. Then when night comes your kidneys relax. You get no more "nerviness" or discomfort—sleep like a top and awake fully refreshed, ready for the day's duties and pleasures.

"Never throw away your empty garden seed packets, my friend. They're handy to store your crops in."

## IRRITATED SO BADLY NERVES BECAME UPSET



Yvon Gendreau

"My kidney trouble started some time ago after a small accident," writes Yvon Gendreau, 9734 Cham-bord, Montreal 12, Que. "It was about a month after the accident I felt the first symptoms of kidney trouble. As an upholsterer I move heavy furniture about and by the end of each day I was really tired out. I became so irritated by the trouble in my back that it started to play on my nerves. By chance, I came across a newspaper advertisement for Dodd's Kidney Pills and decided to try them. And I am very glad I did. As soon as I used one box of Dodd's I felt better. After finishing two more boxes I could sleep well and work a full day without feeling the least bit ill at ease."

You can ruin the best of brushes by improper breaking in. Never put a new brush in water; suspend the bristles in raw linseed oil for at least 48 hours. Porous bristles absorb the oil, sealing them against moisture and thinners which make bristles soft and floppy.



Four stems of parsley give the eater 1,000 International Units of Vitamin A. Needed by each individual—6,000 units daily.

A recent survey reveals that 64 per cent of the world's great achievements have been accomplished by men who have passed their 60th birthday. Between 60 and 70 years of age, 35 per cent of the world's great achievements were accomplished; 23 per cent between 70 and 80, and 8 per cent after 80.



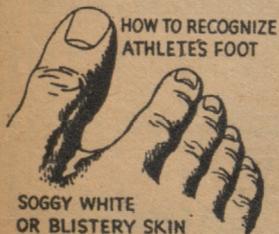
**IN ALL WALKS OF LIFE**  
**People are suffering with**  
**ATHLETE'S FOOT**  
 (RINGWORM INFECTION)

**So, for Quick Relief—use**



**ATHLETE'S FOOT** has become one of the most obnoxious foot discomforts we have to combat these days . . . many have it and don't suspect until it gets really bad. **BUT** in any case, **SCOOT** Cream, a soothing, cooling, snow-like salve will quickly ease the situation. For on applying **SCOOT**, it quickly goes to work destroying the fungus-like growth of Athlete's Foot and soon takes your feet off your mind.

**What does ATHLETE'S FOOT Look Like?** . . . At first the areas between the toes become fissured or cracked and scaly. The immediate areas look as if they had been soaked in water for days . . . very white and shrivelled looking. Hard little water blisters appear making it difficult to walk . . . and it's so itchy, tender and red you almost feel like tearing the skin off.



**Surface Treatment isn't Enough!** The fungi thrive in moist places and burrow under the dead skin. **BUT** it can't hide from **SCOOT**. Scoot medication quickly penetrates the dead skin and kills the Athlete's Foot fungi at the source.

**Scoot is Safe—Powerful—Effective.** At the first sign of Athlete's Foot simply apply Scoot and the burning and itching soon stop. In handy tube form—75c at any drug counter, or by mail postpaid from The Dodds Medicine Co. Ltd., Toronto 1, Ontario.

# RATES OF POSTAGE

**1st Class Letter Mail (Domestic).** In Canada, within a Postal Area (local) 4 cents for the first ounce; 2 cents each additional ounce. In Canada, beyond a Postal Area 5 cents for the first ounce; 3 cents each additional ounce. Postcards (anywhere) 4 cents.

**Between Points in Canada.** Items up to and including 8 ounces Carried by Air, if delivery can thereby be expedited.

**Surface Mail—Foreign.** To British Commonwealth, U.S., Mexico and other countries of North and South America, France and Spain 5 cents for the first ounce; 3 cents each additional ounce. To all other countries 6 cents for the first ounce; 4 cents each additional ounce.

**Air Packets Within Canada.** 1st Class Items exceeding 8 ounces will be carried by air when prepaid 7 cents for the first ounce; 5 cents each additional ounce.

**Air Mail—Foreign.** To U.S., Hawaii, and Alaska 7 cents for the first ounce; 5 cents each additional ounce. Central and South America and West Indies 10 cents each half ounce. Great Britain and Europe 15 cents each half ounce. Africa, Asia and Oceania 25 cents each half ounce.

**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.

**2nd Class Mail.** Newspapers and periodicals mailed by individuals. Ask your Postmaster for rates.

**3rd Class Mail.** Greeting cards, (unsealed) circulars etc., (Entirely printed), 2 cents for first 2 ounces; 1 cent each additional 2 ounces.

**4th Class Mail.** Parcel Post. Ask your Postmaster for rates and information about Air Parcel Post, Domestic and Foreign.

**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	1.29	1.55	1.85	
<b>To or from any Post Office in</b>	<b>To or from any Post Office in</b>																	
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.....	.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.....	.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.....	.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.....	Sask., N.S., N.B., P.E.I.....	.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, Nfld.....	.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.....	.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, Que.....	.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.....	B.C., N.S., N.B., P.E.I.....	.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.....	Newfoundland.....	.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, 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
Saskatchewan.....	Quebec.....	.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
Saskatchewan.....	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

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.



Julius Caesar named this month—he was born on the 12th of this month, became a great statesman and general. **ZODIAC SIGN** ♌ Leo—The Lion; Heart.—The lion was the ancient's symbol of heat and is here used to indicate the hottest month. **FLOWER**—

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

## JULY, 1957

MOON'S PHASES—Eastern Standard Time

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

	D.	H.	M.
☾ First Quarter . . . . .	4	7	09 a.m.
☾ Full Moon . . . . .	11	5	50 p.m.
☾ Last Quarter . . . . .	19	9	17 p.m.
☾ New Moon . . . . .	26	11	28 p.m.

Day of Month	Day of Week	Moon's Place	*Sun		*Moon	
			Rises	Sets	Rises	Sets
			A.M.	P.M.	A.M.	P.M.
1	M	♋	4 16	7 51	8 59	10 08
2	T	♋	4 17	7 50	10 13	10 39
3	W	♋	4 18	7 50	11 27	11 10
4	T	♋	4 19	7 50	p.m.	12 42
5	F	♋	4 20	7 50	1 48	a.m.
6	S	♋	4 20	7 49	2 56	12 16
7	Sun	♋	4 21	7 49	4 01	12 54
8	M	♋	4 22	7 48	4 59	1 38
9	T	♋	4 22	7 48	5 53	2 26
10	W	♋	4 23	7 47	6 40	3 19
11	T	♋	4 24	7 47	7 17	4 16
12	F	♋	4 25	7 46	7 54	5 16
13	S	♋	4 25	7 46	8 25	6 16
14	Sun	♋	4 26	7 45	8 52	7 16
15	M	♋	4 27	7 44	9 17	8 15
16	T	♋	4 28	7 43	9 42	9 14
17	W	♋	4 29	7 43	10 06	10 14
18	T	♋	4 30	7 42	10 33	11 14
19	F	♋	4 31	7 41	11 02	12 14
20	S	♋	4 32	7 40	11 34	1 16
21	Sun	♋	4 33	7 39	a.m.	2 18
22	M	♋	4 34	7 38	12 12	3 21
23	T	♋	4 35	7 37	12 58	4 21
24	W	♋	4 36	7 36	1 53	5 17
25	T	♋	4 37	7 35	2 55	6 08
26	F	♋	4 38	7 34	4 05	6 52
27	S	♋	4 39	7 33	5 20	7 31
28	Sun	♋	4 40	7 32	6 38	8 07
29	M	♋	4 41	7 31	7 55	8 40
30	T	♋	4 43	7 30	9 09	9 12
31	W	♋	4 44	7 29	10 25	9 42

\*See page 3 for Local Time

People who are wrapped up in themselves make small packages.



## SUFFERED WITH BACK, FELT OUT OF SORTS

"When I feel run-down and out-of-sorts and suffering with my back, I go to the medicine cabinet and get my Dodd's Kidney Pills," writes Charles W. Noble, 54 Sutherland Ave., Toronto 13, Ont. "I am 48 years of age and a janitor, I tried many kidney remedies, both liquid and pills, in the past but have always returned to Dodd's Kidney Pills. It takes 2 to 3 days before you begin to feel the benefit from using Dodd's. And by the time I finish one box I begin to feel peppy and full of life again. I wouldn't be without Dodd's Kidney Pills in my home."

The first metal spring skates in the world were patented by John Forbes, of Dartmouth, N.S., in 1865. This led to the indoor rink and the development of modern hockey.



1st-6th—Dry, warm, overcast. 7th-12th—Thunderstorms bring quite cool evenings. 13th-18th—Warm and humid, sunny. 19th-25th—Rain brings cooler weather. 26th-31st—Brightens up, gets hot.

## A WORD TO THE MOTHERS-TO-BE

Throughout the time prior to child-birth 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.



the expectant mother, and may be of welcome help in assisting the function of the kidneys through this time of extra strain.

### POST-NATAL READJUSTMENT

The 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.

**TACT:** The art of making people feel at home when you wish they were!

### AVERAGE TIMES OF ERUPTION OF BABY TEETH

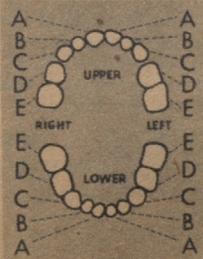
- NAME OF TOOTH  
 A Central Incisor  
 B Lateral Incisor  
 C Canine (Eye Tooth)  
 D First Molar  
 E Second Molar

#### UPPER

- A 8 to 12 months  
 B 8 to 12 months  
 C 18 to 24 months  
 D 12 to 18 months  
 E 24 to 30 months

#### LOWER

- A 5 to 9 months  
 B 8 to 14 months  
 C 18 to 24 months  
 D 12 to 18 months  
 E 24 to 30 months



## SHE SAYS DODD'S— BEST FOR BACKACHE



Mrs. Gertrude Copp  
 "I am a housewife, 26 years of age," writes Mrs. Gertrude Copp, West River Station, Pictou Co., N.S. "I had been bothered with backache for some time and I tried about everything but with little results. So I thought I would try Dodd's Kidney Pills. I had heard about Dodd's Kidney Pills on the radio. I used only two boxes of Dodd's and found great relief. With backache gone, I am a different person thanks to Dodd's. To those who suffer with backache, I suggest you try the best—Dodd's Kidney Pills."

Motor Salesman: "This car is absolutely the last word."

Customer: "Just suit my wife. If there's anything she loves it's the last word."

## FAMILY ALLOWANCES

are paid for each child while in Canada at the following monthly rates:—

- \$5.00 up to 6th Birthday.  
 \$6.00 from 6th to 10th Birthday.  
 \$7.00 from 10th to 13th Birthday  
 \$8.00 from 13th to 16th Birthday.

Family Allowance Registration Forms (obtainable at any Post Office) must be received in the Family Allowances Regional Office within 30 days after birth of the child. Otherwise, some payments will be lost.

# The Reasons WHY Healthy KIDNEYS are Important

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

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

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

## THE AMAZING INSIDE STORY

1. The kidneys are two of the most important organs of the body—bean shaped, about  $4\frac{1}{2}$ " long,  $2\frac{1}{2}$ " wide,  $1\frac{1}{4}$ " thick and averaging  $\frac{1}{3}$  of a pound in weight.
2. Those 2,500,000 nests or glomeruli (filters) referred to above, amount to between 75 and 140 miles in length and are enclosed in a volume of approximately 20 cubic inches.

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

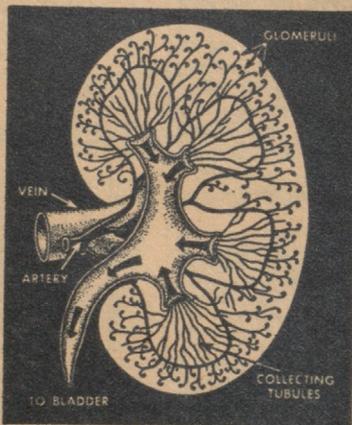
4. They help preserve normal acid-alkalinity balance of the body tissue by excreting excess acids.

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

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

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

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



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

You Can Depend on "Dodd's"

# Young Mother Seemed Tired Out

*Grateful to friend who told her of Dodd's*



Mrs. I. Shannon

"I am 27 years of age and the mother of two children," writes Mrs. I. Shannon, 105 Tait St., Galt, Ont. "We moved into our own house some years back after living in a small apartment. I found that looking after the house and picking up after the children started to tire me and my back ached. I mentioned it to a friend and she advised me to try Dodd's Kidney Pills. I did and got the relief I was looking for . . . and I still do."

## AUGUST



**SARDONYX**

This month was named by Augustus Caesar, the first Roman Emperor, he was made consul in this month. He took a day from February so that this month would not be shorter than July, named by Julius Caesar. **ZODIAC SIGN** ♍ Virgo—Virgin; **BOWELS**—This sign commemorates the Babylonian myth of Ishtar, the goddess of fertility. **FLOWER**—Poppy. **HOROSCOPE**—August 24th to September 23rd. People of Virgo have logical and precise minds. You dislike upheavals of any kind. Make good scholars and teachers. Must guard against pettiness and coldness.

## SUFFERED FOR MONTHS



Mr. Jacques Hebert

"I am 24 years of age and have been suffering from backaches for months," writes Mr. Jacques Hebert, 40-97th Ave., Bout-de-Ple, Montreal, Que. "A friend who works with me suggested I try Dodd's Kidney Pills. After using 3 boxes of Dodd's, to my great astonishment, I felt relieved. So then I took a fourth box and the pain left completely."

## AUGUST, 1957

MOON'S PHASES—Eastern Standard Time

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

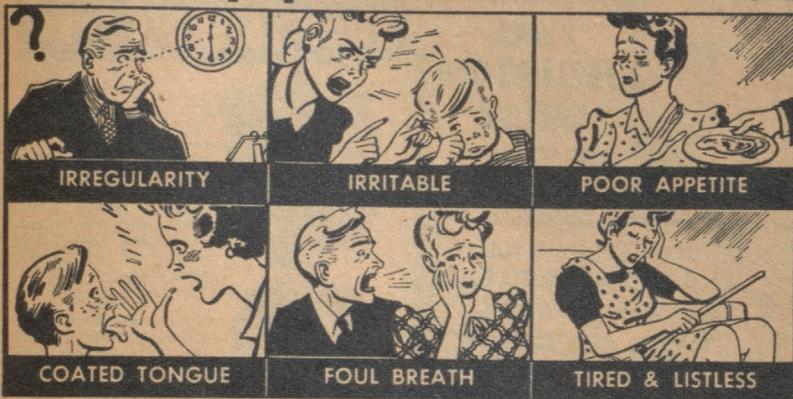
	D.	H.	M.
☾ First Quarter . . . . .	2	1	55 p.m.
☾ Full Moon . . . . .	10	8	08 a.m.
☾ Last Quarter . . . . .	18	11	16 a.m.
☾ New Moon . . . . .	25	6	32 a.m.
☾ First Quarter . . . . .	31	11	34 p.m.

Day of Month	Day of Week	Moon's Place	* Sun		* Moon	
			Rises	Sets	Rises	Sets
1	T	♈	A.M. 4 45	P.M. 7 28	A.M. 11 38	P.M. 10 19
2	F	♈	4 46	7 26	p.m.	10 56
3	S	♈	4 47	7 24	1 53	11 38
4	Sun	♈	4 48	7 23	2 54	a.m.
5	M	♈	4 50	7 22	3 49	12 24
6	T	♈	4 51	7 20	4 37	1 15
7	W	♈	4 52	7 19	5 19	2 10
8	T	♈	4 53	7 18	5 56	3 08
9	F	♈	4 54	7 16	6 27	4 08
10	S	♈	4 56	7 15	6 56	5 08
11	Sun	♈	4 57	7 13	7 22	6 07
12	M	♈	4 58	7 11	7 47	7 06
13	T	♈	4 59	7 10	8 11	8 05
14	W	♈	5 00	7 08	8 37	9 05
15	T	♈	5 02	7 06	9 04	10 05
16	F	♈	5 03	7 05	9 35	11 05
17	S	♈	5 04	7 04	10 10	p.m.
18	Sun	♈	5 05	7 02	10 52	1 07
19	M	♈	5 06	7 01	11 42	2 06
20	T	♈	5 07	6 59	a.m.	3 02
21	W	♈	5 08	6 58	12 37	3 55
22	T	♈	5 10	6 56	1 42	4 42
23	F	♈	5 11	6 54	2 54	5 24
24	S	♈	5 12	6 52	4 09	6 01
25	Sun	♈	5 13	6 50	5 27	6 36
26	M	♈	5 14	6 48	6 46	7 10
27	T	♈	5 16	6 46	8 03	7 43
28	W	♈	5 17	6 45	9 19	8 18
29	T	♈	5 18	6 43	10 33	8 55
30	F	♈	5 19	6 42	11 42	9 36
31	S	♈	5 20	6 40	p.m.	10 22

\*See page 3 for Local Time

**WEATHER**—1st-4th—Very pleasant days, slightly overcast. 5th-10th—Quite warm, showery. 11th-17th—Heavy showers, considerably cooler. 18th-23rd—Clear, bright and warmer. 24th-31st—Not so clear, becoming unsettled.

## Common Symptoms of CONSTIPATION



Promptly and Gently Relieved by

# DIAMOND Dinner Pills



PER BOX 35c

Constipation is the cause of more physical discomfort than most people realize . . . to name a few of the upsets: —BILIOUSNESS • LASSITUDE • IRRITABILITY • DYSPEPSIA • IRREGULARITY • LACK OF PEP • SICK HEADACHE • POOR APETITE • HEARTBURN . . . any one of which can effect young or old alike

Good health depends a lot on proper digestion and proper elimination habits. Wholesome food should be eaten and time taken to enjoy it; being certain that bulk items like fruit, vegetables and salads are on the menu as they tend to create bulk in the digestive tract and so encourage increased bowel movement. However, when this practice is unwittingly broken, constipation usually gets a start. Of course, constipation can also be caused by nervous strain and worry with the resulting tensing of muscles all over the body.

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

Diamond Dinner Pills are a purely vegetable remedy, 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.

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



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



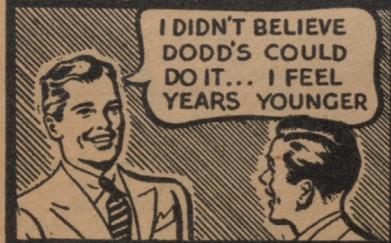
**DON'T TELL ME YOU'RE  
GOING HOME TO BED  
EARLY AGAIN ?**



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

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

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



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

## HOW TO "READ" YOUR FRIEND'S FACE



### TYPE 1

The overcast type. (Straight, dominant brow; receding chin.) Has the judicial brow; cautious in thought, quick in action. Energetic and impatient, sometimes hasty, but capable of great triumphs.



### TYPE 2

The convex type. (Sloping brow; receding chin.) This type is streamlined; quick in thought and action. If this is your type, you should be a complete success or a complete failure—no half-way business.



### TYPE 3

The undercast type. (Sloping brow, protruding chin.) This type is impulsive in thought, cautious in action. Has flash judgments, but doesn't trust them. Does things thoroughly once started.



### TYPE 4

The concave type. (Straight dominant brow; protruding chin.) This type is judicial; slow and careful in thought and action; reliable and methodical in details.



Stepping stones of cement can be made readily with sheet metal 2" wide and large enough board for stone wanted. The form is made with the metal as shown, nailing it in the shape you

want. After pouring cement cover with burlap and keep moist for a few days to cure and harden.



This month gets its name from the Latin word *Septem* (seven) as this was the seventh month of the old Roman year. **ZODIAC SIGN** = Libra—The Balance; Loins.—This sign name is comparatively modern in origin, represents equal day and night at this season. **FLOWER**—Morning Glory. **HOROSCOPE**—September 24th to October 23rd. If born under the sign of Libra you are artistic, sensitive and an idealist. You must be practical to succeed. Do not let fickle love distract your ambition in life.

### SEPTEMBER, 1957

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.
Full Moon.....	8	11	55 p.m.
Last Quarter.....	16	11	02 p.m.
New Moon.....	23	2	18 p.m.
First Quarter....	30	12	49 p.m.

Day of Month	Day of Week	Moon's Phase	*Sun		*Moon	
			Rises	Sets	Rises	Sets
1	Sun	☉	A.M. 5 22	P.M. 6 38	P.M. 1 44	P.M. 11 12
2	M	☾	5 23	6 36	2 34	a.m. 12 07
3	T	☽	5 24	6 34	3 18	12 07
4	W	☽	5 25	6 33	3 56	1 03
5	T	☽	5 27	6 31	4 29	2 02
6	F	☽	5 28	6 29	4 59	3 01
7	S	☽	5 29	6 27	5 26	4 00
8	Sun	☽	5 30	6 25	5 51	4 59
9	M	☽	5 32	6 22	6 16	5 58
10	T	☽	5 33	6 21	6 42	6 58
11	W	☽	5 34	6 19	7 09	7 58
12	T	☽	5 35	6 17	7 39	8 58
13	F	☽	5 36	6 15	8 12	9 58
14	S	☽	5 37	6 13	8 50	10 58
15	Sun	☽	5 39	6 11	9 35	11 57
16	M	☽	5 40	6 09	10 27	p.m.
17	T	☽	5 41	6 08	11 26	1 45
18	W	☽	5 42	6 06	a.m. 2 33	
19	T	☽	5 43	6 03	12 33	3 15
20	F	☽	5 45	6 01	1 44	3 54
21	S	☽	5 46	6 00	2 59	4 30
22	Sun	☽	5 47	5 58	4 16	5 04
23	M	☽	5 48	5 56	5 34	5 37
24	T	☽	5 49	5 54	6 52	6 12
25	W	☽	5 50	5 52	8 08	6 49
26	T	☽	5 52	5 51	9 29	7 30
27	F	☽	5 53	5 49	10 30	8 16
28	S	☽	5 54	5 47	11 33	9 06
29	Sun	☽	5 55	5 45	12 27	10 00
30	M	☽	5 57	5 43	1 15	10 56

\*See page 3 for Local Time

"Yes, dearie, she says it's the real thing this time—and not just some passing fiancé."



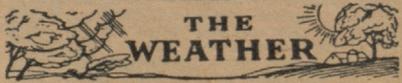
### ENGINEER GRATEFUL FOR HELP OF DODD'S

"After using only one box of Dodd's Kidney Pills my lame back was relieved," writes Aron Banman, 42 years of age, 628 Garfield St., Winnipeg 10, Man. "The relief I got was a blessing and I am grateful to my friend for recommending Dodd's Kidney Pills to me. And after using two more boxes I enjoyed the pleasure of sound night's rest. I am also able to enjoy my work."

Worry is like sand in an oyster: a little produces a pearl, too much kills the animal.

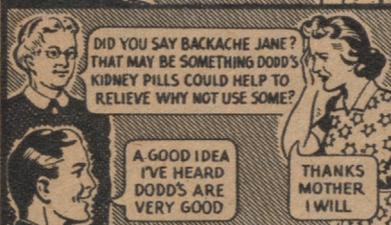
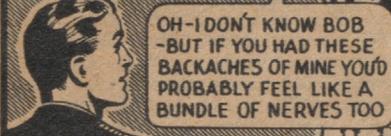


To prevent the rim around the paint tin from plugging up with paint and offering a poor seal when the lid is replaced, punch a series of small holes around the rim with a nail. As the excess paint is wiped off the brush onto the rim, it will drip back.



1st-5th—Temperature drops, brightens up.  
6th-12th—Windy with showers. 13th-18th—Winds persist, days nice. 19th-25th—Stormy and cool. 26th-30th—Fair and considerably cooler.

## IT LOOKED AS IF JANE HAD THE "JITTERS"



## THEN SHE USED DODD'S KIDNEY PILLS



## "NERVES" She Called It

Many women drag around each day, feeling miserable. Work seems like hard labour—nerves are frayed and "edgy". As the old saying goes, "not fit company for man or beast". You say it's nothing to poke fun at and it certainly isn't because you feel thoroughly upset and distracted—not sick enough to go to bed and not quite sure what is troubling you.



Well, if you start to feel jumpy and "on edge" and everything is a bother to you . . . you can't sleep well and during the day you feel "all in"—it's high time you checked up on the condition of your kidneys.



BECAUSE—if the kidneys aren't working properly, they may permit poisonous wastes and excess acids to accumulate in the blood. Backaches, Tired Feeling, Irritability may often follow.

So help your kidneys to keep functioning in good order by using Dodd's Kidney Pills, a favourite kidney remedy for more than sixty-five years.

Dodd's Kidney Pills are easy to take, and because they do not contain any harmful or habit-forming drugs, may be used with safety . . .

REMEMBER, you can depend on Dodd's . . . ask for them at any drug counter.

"Were you nervous when you first asked your husband for extra money?"  
"No, I was calm—and collected."

# Had Kidney and Bladder Trouble

Mother of 10 used Dodd's on reading Almanac



Mrs. Beatrice Snelgrove

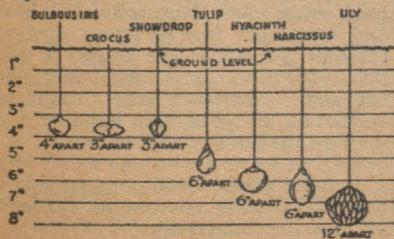
"I am a housewife, 42 years old and the mother of 10 children," writes Mrs. Beatrice Snelgrove, 251 Sackville St., Apt. 105, Toronto, Ont. "For about five years I was troubled with a severe pain in my back. My kidneys and bladder also bothered me. I tried all kinds of medicine but got little relief. I happened to read in the almanac how Dodd's Kidney Pills had helped others, and decided to try them. Before I finished 1 box of pills I was feeling better. After using about 6 boxes of Dodd's I was well again."



From the Latin word Octem (eight) by adding January and February it became the tenth month but kept its name. **ZODIAC SIGN** ♏ Scorpio—Scorpion; Secrets.—The name associates the symbol of darkness with the sun's decline in power after the autumnal equinox. **FLOWER**—Hop. **HOROSCOPE**—October 24th to November 22nd. People born under Scorpio are very personable and attract the opposite sex. Very intelligent but don't be too shrewd. Be kind and do not let your love of power overcome you.

## HOW TO PLANT BULBS THIS FALL

Beds should have good natural drainage and the soil should be a fibrous loam well supplied with sand. Follow chart below for spacing and depth.



## OCTOBER, 1957

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.
☉ Full Moon.....	8	4	42 p.m.
☾ Last Quarter.....	16	8	44 a.m.
☽ New Moon.....	22	11	43 p.m.
☽ First Quarter....	30	5	48 a.m.

Day of Month	Day of Week	Moon's Place	* Sun		* Moon	
			Rises	Sets	Rises	Sets
			A.M.	P.M.	P.M.	P.M.
1	T	♊	5 58	5 41	1 55	11 55
2	W	♋	5 59	5 39	2 31	a.m.
3	T	♌	6 00	5 38	3 02	12 54
4	F	♍	6 01	5 35	3 29	1 53
5	S	♎	6 03	5 33	3 55	2 52
6	Sun	♏	6 04	5 32	4 20	3 51
7	M	♐	6 05	5 30	4 46	4 51
8	T	♑	6 06	5 28	5 13	5 51
9	W	♒	6 07	5 26	5 41	6 51
10	T	♓	6 09	5 25	6 13	7 51
11	F	♈	6 10	5 23	6 51	8 52
12	S	♉	6 11	5 21	7 34	9 51
13	Sun	♊	6 12	5 19	8 22	10 47
14	M	♋	6 14	5 17	9 19	11 40
15	T	♌	6 15	5 15	10 21	p.m.
16	W	♍	6 17	5 14	11 29	1 11
17	T	♎	6 18	5 12	a.m.	1 50
18	F	♏	6 19	5 11	12 39	2 26
19	S	♐	6 21	5 09	1 53	2 59
20	Sun	♑	6 22	5 08	3 08	3 32
21	M	♒	6 24	5 06	4 24	4 05
22	T	♓	6 25	5 04	5 40	4 41
23	W	♈	6 26	5 02	6 55	5 21
24	T	♉	6 27	5 01	8 07	6 05
25	F	♊	6 29	4 59	9 15	6 54
26	S	♋	6 30	4 58	10 15	7 48
27	Sun	♌	6 31	4 56	11 07	8 45
28	M	♍	6 32	4 55	11 51	9 45
29	T	♎	6 34	4 53	p.m.	10 45
30	W	♏	6 35	4 52	1 02	11 44
31	T	♐	6 37	4 51	1 32	a.m.

\*See page 3 for Local Time

**WEATHER**—1st-4th—Starts nice but turns rainy. 5th-10th—Cooling down, odd flurry of snow. 11th-17th—Pleasant but rather chilly. 18th-23rd—Frosty nights, unsettled days. 24th-31st—Warms a bit, intermittent clouds and sunshine.

# How to Avoid INDIGESTION

and Discomfort Due to



## Nausea - Bloating - Gas

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

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 a rest after each meal.

Indigestion, Heartburn, Waterbrash. Sour Stomach, Pain in the Chest after meals, Headache, Constipation, Bili-ousness, Diarrhoea, Bad Breath—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.

# WHAT TO DO IN CASE OF FIRE

Three quarters of our dwelling fire deaths occur upstairs from downstairs fires, simply because heat rises. When a fire gets under way, superheated air and combustion gases ranging from 800 degrees to 1,000 degrees in temperature, quickly flood the upper hall of a house.

*If you wake up and smell smoke, don't jerk open the bedroom door. First, put the palm of your hand on the door panel above your head. If the wood is hot, don't open that door; it is too late. The hot wood (or even the hot doorknob) means that the hall beyond is filled with death dealing heat and you can't possibly make the stairs.*

*Instead, leave the door closed, escape by a window, if possible; or at least yell for help from the window. With a closed door between you and the fire, you have every chance of surviving until help comes.*

*If the door isn't hot open it an inch at a time, place your hand across the crack above your head . . . if you feel an inrush of heat, or any pressure on the door, slam it shut and take to the window.*

### CLOSING THE DOOR PROPERLY

is the next important thing to remember in case of fire. So often people who discover a fire rush off in a frenzy of excitement, leaving the door of the room wide open. Naturally, the heat and fumes are free to sweep upward through the rest of the house. If that door were instantly slammed shut, the fire and its advance gases would be bottled up for quite a few minutes, and perhaps the house would be saved.

It takes about 3,000 bolts to hold a car together, but one nut to scatter it all over the countryside.



Also derived from the Latin word for nine "Novem". It was the ninth month until January and February were added to the Roman year.

**ZODIAC SIGN** ♐ Sagittarius  
—The Archer; Thighs.—This sign was apparently named after the Babylonian god of war, a horse-man archer.

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

## NOVEMBER, 1957

**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.
☉ Full Moon.....	7	9	32 a.m.
☾ Last Quarter....	14	4	59 p.m.
☽ New Moon.....	21	11	09 a.m.
☽ First Quarter...	29	1	57 a.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	F	☾	6 38	4 49	1 58	12 43
2	S	☾	6 40	4 48	2 23	1 42
3	Sun	☾	6 41	4 46	2 48	2 41
4	M	☾	6 42	4 45	3 15	3 41
5	T	☾	6 44	4 44	3 43	4 41
6	W	☾	6 45	4 42	4 15	5 42
7	T	☾	6 46	4 41	4 50	6 43
8	F	☾	6 48	4 40	5 32	7 44
9	S	☾	6 49	4 38	6 19	8 43
10	Sun	☾	6 51	4 37	7 14	9 38
11	M	☾	6 52	4 36	8 15	10 27
12	T	☾	6 53	4 35	9 20	11 12
13	W	☾	6 55	4 34	10 29	11 51
14	T	☾	6 56	4 33	11 40	p.m.
15	F	☾	6 57	4 32	a.m.	1 00
16	S	☾	6 59	4 31	12 51	1 31
17	Sun	☾	7 00	4 30	2 04	2 03
18	M	☾	7 01	4 29	3 18	2 36
19	T	☾	7 02	4 28	4 31	3 13
20	W	☾	7 04	4 27	5 45	3 54
21	T	☾	7 05	4 26	6 54	4 40
22	F	☾	7 06	4 25	7 57	5 32
23	S	☾	7 08	4 25	8 55	6 29
24	Sun	☾	7 09	4 24	9 44	7 29
25	M	☾	7 11	4 24	10 25	8 30
26	T	☾	7 12	4 23	11 01	9 31
27	W	☾	7 13	4 22	11 31	10 31
28	T	☾	7 14	4 22	11 59	11 30
29	F	☾	7 15	4 21	p.m.	a.m.
30	S	☾	7 17	4 21	12 51	12 29

\*See page 3 for Local Time

**EGOTIST**—A man who is me-deep in conversation.



## BACKACHE MADE FARM WORK VERY DIFFICULT

"I am a housewife, 36 years of age, living on a farm," writes Mrs. James Fox, Box 471, Beausejour, Man. "As you may know a farm wife cannot afford to have long illness, so when I suffered from terrible backaches, I found it hard to get my work done. My Mother came to visit me and told me to start taking Dodd's Kidney Pills. I had only used about a half box of Dodd's and I found relief from my backache. I finished taking the rest of the box. Believe me I have always kept Dodd's Kidney Pills in my medicine cabinet. If I feel my back a little sore or aching, I take some Dodd's Kidney Pills."

Every generation needs regeneration.



1st-3rd—Quite dull and cool. 4th-10th—High winds and dry. 11th-16th—Rains set in, sleet in some areas. 17th-23rd—Clearing, some nice fall days. 24th-30th—Sunny, colder, then ending overcast.

# COUNTERDOSES For The Home

## Poison

Acids • 18  
 Antifreeze • 9  
 Bichloride of Mercury • 6  
 Camphor • 1  
 Carbon Monoxide • 16  
 Chlorine Bleach • 8  
 Cleaning Fluids • 17  
 Disinfectant with chlorine • 8  
 with carbolic acid • 12  
 Food Poisoning • 11  
 Gasoline, Kerosene • 17  
 Insect & Rat Poisons with arsenic • 2  
 with sodium fluoride • 14  
 with phosphorus • 5  
 with DDT • 11  
 with strychnine • 15  
 Iodine Tincture • 4  
 Lye • 10  
 Mushrooms • 11  
 Oil of Wintergreen • 9  
 Paint (Lead) • 11  
 Powder From Broken Fluorescent Tubes • 1  
 Rubbing Alcohol • 9  
 Turpentine • 17  
 Washing Soda • 10

## Overdoses

Alcohol • 9  
 Barbiturates • 3  
 Belladonna • 15  
 Bromides • 11  
 Codeine • 13  
 Headache & Cold Compounds • 9  
 Salicylates (aspirin) • 9  
 Iron Compounds • 7  
 Morphine, Opium • 13  
 Purgative • 13  
 'Pep' Medicines • 2  
 Sleeping Medicines • 3

## DO THIS FIRST IN CASE OF OVERDOSE OR POISON

- Send for a doctor—immediately.
  - Keep the patient warm.
  - Determine if patient has taken
    - (1) A POISON: something not meant to be taken internally . . . or
    - (2) AN OVERDOSE: a food or drug taken in excessive quantity.
  - While waiting for physician, give appropriate counterdose below.
- Keep all poisons and medicines out of reach of children**

## TO FIND THE CORRECT COUNTERDOSE

- In one of the lists printed at left, find substance causing the trouble.
- Next to that substance is a number. This refers to counterdose bearing same number in the section below.

**1** • Induce vomiting with an emetic such as  
 • Tablespoon of mustard in half glass of water, or  
 • Soap & warm water, or  
 • Salt & warm water, or  
 • Finger in throat.

**2** • Give a mixture of 2 tablespoons of powdered burnt toast, 1 tablespoon of milk of magnesia, 4 tablespoons strong tea.  
 • Induce vomiting. (See No. 1)

**3** • Give mixture as in No. 2.  
 • Induce vomiting. (See No. 1)  
 • Give 2 tablespoons epsom salt in 2 glasses of water.  
 • Then give large quantities of hot coffee or strong tea.

**4** • Give 2 ozs. thick starch paste—made by mixing cornstarch & water.  
 • Then give 2 ozs. salt in quart of warm water. Drink until vomit fluid is clear.  
 • Finally, give glass of milk.

**5** • 4 oz. hydrogen peroxide.  
 • 1 tablespoon sodium bicarb in quart of warm water.  
 • Then give 4 oz. mineral oil. Positively do NOT take vegetable or animal oil.  
 • Induce vomiting. (See No. 1).

**6** • For each tablet swallowed give white of 2 raw eggs in glass of milk.  
 • Give mixture as in No. 2.  
 • 1 ounce of epsom salts in a pint of water.

**7** • Induce vomiting. (See No. 1)  
 • Give 2 teaspoons of sodium bicarb in a glass of warm water.

**8** • Give 1 teaspoon of aromatic spirit of ammonia in glass of water.  
 • Hot coffee or strong tea plus white of raw egg.

**9** • Give mixture as in No. 2.  
 • Induce vomiting. (See No. 1).  
 • Tablespoon sodium bicarb in quart of warm water.  
 • Give strong tea or coffee.

**10** • Give 2 tablespoons vinegar in 2 glasses of water.  
 • Give white of 2 raw eggs or 2 ounces of olive oil.  
 • Do NOT induce vomiting!

**11** • Induce vomiting. (See No. 1).  
 • Give 2 tablespoons epsom salt in 2 glasses of water.  
 • then give large quantities of hot coffee or strong tea.

**12** • Give 2 tablespoons whiskey in 8 spoons warm water.  
 • Next give glass of milk or whites of 2 raw eggs.  
 • Hot tea or strong coffee.

**13** • Give mixture as in No. 2.  
 • 2 tablespoons epsom salt in 2 glasses of water.  
 • Keep patient awake.

**14** • Give 2 tablespoons of milk of magnesia.  
 • Give glass of milk.  
 • Induce vomiting. (See No. 1).

**15** • Give mixture as in No. 2.  
 • Induce vomiting. (See No. 1).  
 • Give artificial respiration if necessary.

**16** • Rush victim into fresh air.  
 • Make patient lie down.  
 • Hot coffee or strong tea

**17** • Induce vomiting. (See No. 1).  
 • Give 4 ozs. mineral oil.  
 • Hot coffee or strong tea

**18** • Give 1 oz. milk of magnesia in large quantity of water.  
 • Do NOT induce vomiting.

# Just Wanted to Keep Sitting

*Cause of her condition remedied by Dodd's*

**DECEMBER, 1957**

**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.
☉ Full Moon.....	7	1	16 a.m.
☾ Last Quarter....	14	12	45 a.m.
☽ New Moon.....	21	1	12 a.m.
☀ First Quarter...	28	11	52 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	Sun	X	7 18	4 20	1 17	1 29
2	M	T	7 19	4 20	1 44	2 29
3	T	T	7 20	4 20	2 14	3 29
4	W	F	7 21	4 19	2 47	4 30
5	T	F	7 22	4 19	3 26	5 32
6	F	S	7 23	4 19	4 12	6 31
7	S	X	7 24	4 19	5 05	7 29
8	Sun	X	7 25	4 18	6 05	8 22
9	M	☉	7 26	4 18	7 10	9 11
10	T	☉	7 27	4 18	8 20	9 52
11	W	☉	7 28	4 18	9 31	10 30
12	T	☉	7 29	4 18	10 42	11 04
13	F	☉	7 30	4 18	11 54	11 35
14	S	☉	7 30	4 19	a.m.	p.m.
15	Sun	☉	7 31	4 19	1 06	12 38
16	M	☉	7 32	4 19	2 17	1 12
17	T	☉	7 33	4 19	3 28	1 50
18	W	☉	7 33	4 20	4 37	2 32
19	T	☉	7 34	4 20	5 43	3 20
20	F	☉	7 35	4 20	6 42	4 14
21	S	☉	7 35	4 21	7 35	5 13
22	Sun	☉	7 36	4 21	8 19	6 13
23	M	☉	7 36	4 22	8 58	7 15
24	T	☉	7 36	4 23	9 31	8 17
25	W	☉	7 37	4 23	10 01	9 17
26	T	☉	7 37	4 24	10 28	10 16
27	F	X	7 37	4 25	10 53	11 15
28	S	X	7 38	4 25	11 18	a.m.
29	Sun	T	7 38	4 26	11 45	12 14
30	M	T	7 38	4 27	p.m.	1 14
31	T	T	7 38	4 28	12 42	2 14

\*See page 3 for Local Time

**WEATHER—1st-5th—Blustery and colder. 6th-12th—Windy, damp and warmer. 13th-19th—Turns colder bringing snow. 20th-25th—Change for the better, milder. 26th-31st—Bright, then cold and unsettled.**

"I cannot recommend Dodd's Kidney Pills too highly in cases of night rising and backache," writes Mrs. N. Millard, 431 Shaw St., Toronto, Ont.



Mrs. N. Millard

"I suffered both discomforts and my back troubled me so much I just wanted to keep sitting. After using 3 boxes of Dodd's Kidney Pills I felt better. Dodd's were recommended to me by a friend who even carries them in her purse and says she would never be without Dodd's Kidney Pills."

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

**ZODIAC SIGN** ♑ Capricornus —The Goat; Knees.—It is possible that this name came from the old legend of the goat that nursed the young gods of the sun. **FLOWER**—Holly. **HOROSCOPE**—December 22nd to January 20th. People born under Capricornus are planners. Conservative and trustworthy but enthusiasm is lacking. Think of your home and family not yourself.

## NOW LIKE NEW PERSON



Miss Mary Cormier

"I am an accountant, 26 years of age, and the office manager for an automobile firm," writes Miss Mary Cormier, 63 Kline St., Halifax, N.S. "For months I suffered with backache and tired feeling until I followed the advice of Dodd's radio advertising and used Dodd's Kidney Pills. After using five boxes of Dodd's Kidney Pills the results amazed me."

# BALANCE YOUR DIET

## AN IMPORTANT AID TO GOOD HEALTH!



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

Eat food from tabled divisions daily and it will supply the necessary vitamins, minerals, proteins, fat and carbohydrate to keep the body going and in repair. (The servings depend

upon the stature of each individual and the type of work engaged in.)

### HOW MUCH SHOULD ONE EAT?

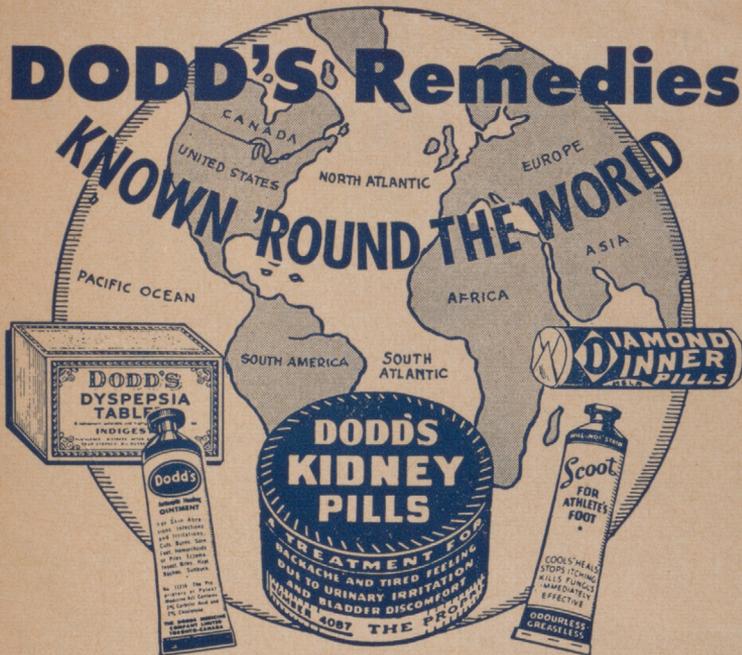
The fuel value of food as well as the body's energy needs are measured in a heat unit called *calorie*. A man doing office work needs 2,200 to 2,800 calories daily, a woman 1,800 to 2,000 calories. If you are interested in following the "calorie road" to your weight problem, you may obtain valuable information from library books.

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

## THE 5 ESSENTIAL FOOD ELEMENTS

<i>The Element</i>	<i>Value to the Human Body</i>	<i>Where it is Found</i>
<b>PROTEINS</b>	For building up and maintaining the body tissues, replacing wear and tear.	Meat, fish, eggs, cheese, milk, some vegetable foods, especially peas and beans.
<b>CARBOHYDRATES</b> (Starch and Sugar)	The chief source of readily available energy.	Starch: In root vegetables, cereals, peas, beans and flour. Sugar: in sweets, jams, syrups, fruits, and some vegetables like parsnips and onions.
<b>FATS</b>	Fuel for tissues, providing heat and energy.	Meat of various kinds, butter, cream, cheese, milk, fish like salmon, herring, halibut, sardines and vegetable oils.
<b>VITAMINS</b> (A, B group, C and D)	Essential Chemical substances important in the daily diet for health and development.	<b>A and D:</b> —Fish oils, egg yolks, butter, irradiated milk, cream. <b>B group:</b> —yeast, liver, milk, wheat bran. <b>C:</b> —fruits, green vegetables.
<b>MINERALS</b> (Calcium, iron iodine are most important but there are 11 others usually contained in the average diet).	Keep the blood neutral: maintain its oxygen carrying capacity: control 1: the acidity or alkalinity of the digestive juices 2: the elasticity and irritability of nerves and muscles: Help to protect the body against harmful substances.	Pasteurized and evaporated Milk and cheese, meat and eggs, liver and kidneys, seafoods, iodized salt, celery, lettuce, cabbage and fruits.

# DODD'S Remedies



When you buy a Dodd's Remedy it is backed by one of the oldest and best known manufacturers of packaged medicines. No expense is spared in the manufacture of Dodd's Remedies. Only the very best of drugs and materials are used. Everything is carefully tested in one of Canada's most up-to-date laboratories.

Dodd's Kidney Pills were first conceived and marketed in Canada and today are one of the largest selling package medicines—with a world-wide reputation. The formula for Dodd's Kidney Pills has been tested by eminent doctors in modern clinics. But, more important than clinical tests is the fact that Dodd's Kidney Pills have been used successfully by thousands of other men and women for over 65 years. That is why we say "You can depend on Dodd's."

Dodd's Kidney Pills are made in batches of millions at a time. Strict laboratory control supervision and modern production methods assure the utmost accuracy in the quantity of each drug entering into each pill. These rigid controls apply to all Dodd's Remedies.

Dodd's Remedies are products of The Dodds Medicine Company Limited which is a 100% Canadian Corporation entirely owned and entirely staffed by Canadians.



I THOUGHT  
I WAS LOSING  
**MY HAPPY**  
**HOME**  
UNTIL . . .



I WARNED YOU CHILDREN ABOUT THE NOISE ... NOW OFF TO BED WITH YOU... HURRY!



I PUT THE CHILDREN TO BED, THEY GOT ON MY NERVES SO...

ANOTHER BAD DAY EH? IT'S ONLY LATELY THAT YOU'VE SEEMED SO "TIRED OUT" ALL THE TIME



THANKS MOTHER, I'LL CERTAINLY TELL BETTY HOW DODD'S HELPED YOU



THAT WAS YOUR MOTHER ON THE PHONE ... SHE SEEMED TO THINK DODD'S KIDNEY PILLS MIGHT HELP YOU GET RID OF THAT BACKACHE AND TIRED-FEELING

I'LL CERTAINLY TRY THEM

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



**LATER**

WE'RE ONE BIG HAPPY FAMILY AGAIN... THANKS TO DODD'S

THAT'S MY GIRL!



YOU TOO, CAN DEPEND ON DODD'S



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