

Dodd's
ALMANAC
1959

USEFUL INFORMATION FOR FAMILY AND HOME

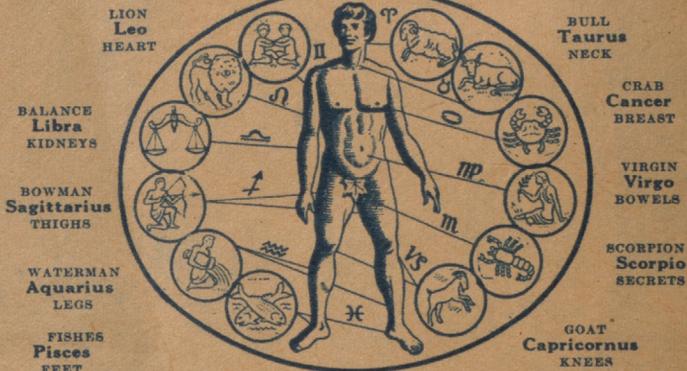
THE SEASONS 1959 (Eastern Standard Time)

	d.	h.	m.
Sun enters Aries—Spring Commences.....	March	21	3.55 a.m.
Sun enters Cancer—Summer Commences.....	June	21	10.50 p.m.
Sun enters Libra—Autumn Commences.....	September	23	12.09 p.m.
Sun enters Capricornus—Winter Commences.....	December	22	9.35 a.m.
Dominical Letter..... D	Golden Number..... 3	Roman Indiction..... 12	
Epact..... 21	Solar Cycle..... 8	Julian Period..... 6672	

TWINNS ZODIACAL SIGNS RAM

Gemini
ARMS

Aries
HEAD AND FACE



HOLIDAYS, FESTIVALS, ANNIVERSARIES, ETC.

New Year's Day..... Jan. 1	Birthday of Queen Elizabeth II (1926).... Apr. 21	Labour Day..... Sept. 7
Epiphany..... Jan. 6	First Day of Passover..... Apr. 23	St. Michael..... Sept. 29
Septuagesima..... Jan. 25	St. George..... Apr. 23	Hebrew New Year..... Oct. 3
Quinquagesima..... Feb. 8	Rogation Sunday..... May 3	Day of Atonement..... Oct. 12
Ash Wednesday..... Feb. 11	Ascension Day..... May 7	Thanksgiving Day..... Oct. 12
Valentine's Day..... Feb. 14	Pentecost (Whit Sunday)..... May 17	Feast of Tabernacles..... Oct. 17
St. David..... Mar. 1	Empire Day..... May 18	Hallow'en..... Oct. 31
St. Patrick..... Mar. 17	Trinity Sunday..... May 24	All Saint's Day..... Nov. 1
Palm Sunday..... Mar. 22	Corpus Christi..... May 28	First Day in Advent..... Nov. 29
Good Friday..... Mar. 27	St. John the Baptist..... June 24	St. Andrew..... Nov. 30
Easter Sunday..... Mar. 29	Dominion Day..... July 1	Christmas Day..... Dec. 25
		Boxing Day..... Dec. 26

ECLIPSES IN 1959

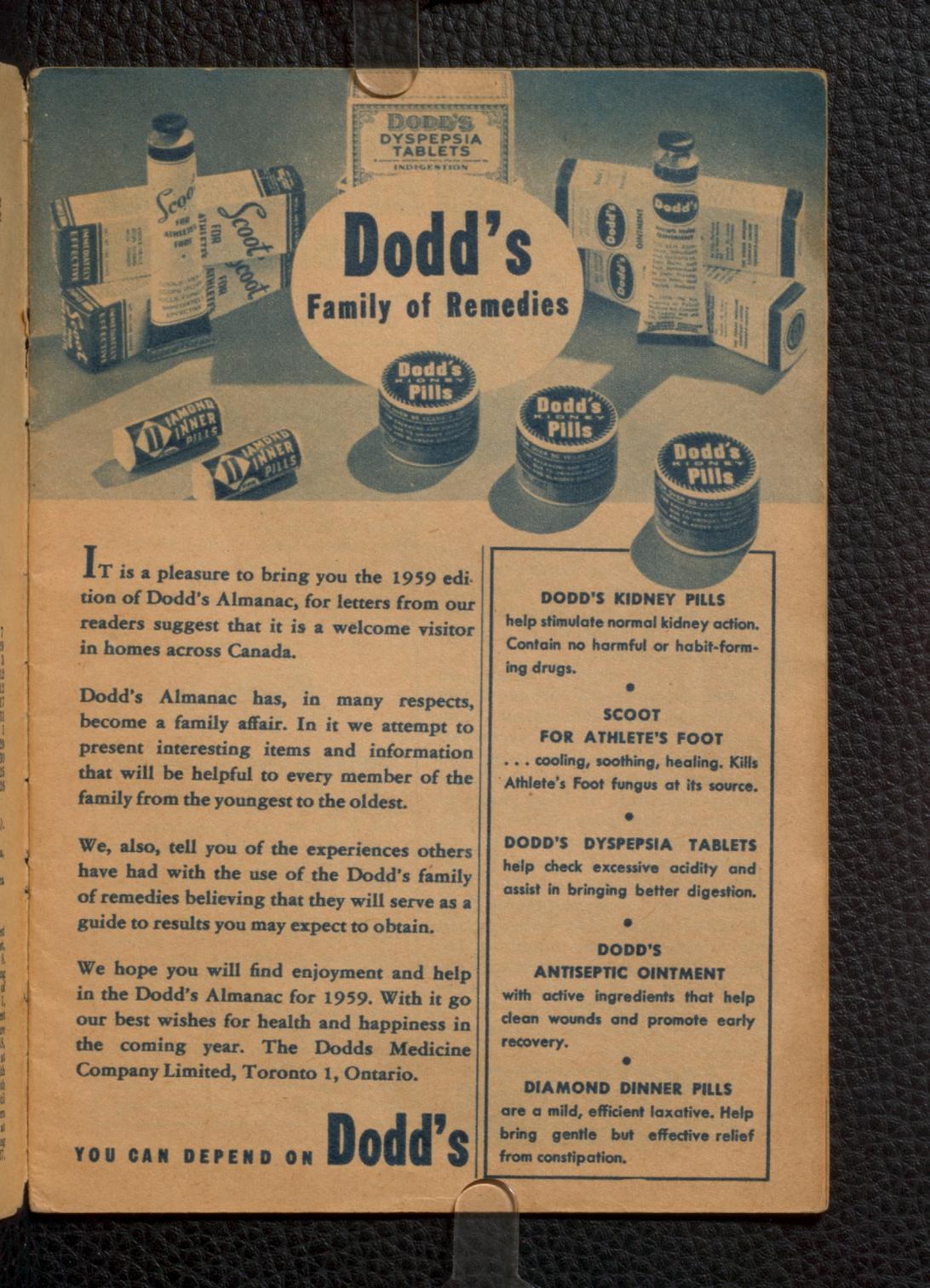
Partial eclipse of the moon, March 24, invisible in Canada. (Visible from Australia, Europe, Africa). Magnitude of eclipse 0.269.

Annular eclipse of the sun, April 8, invisible in Canada. Path of totality crosses the Indian Ocean, Australia, Solomon Islands and ends in the Pacific Ocean.

Total eclipse of the sun, October 2, invisible in Canada. Path of totality crosses the Atlantic Ocean, Africa and ends in the Indian Ocean.

THE PLANETS IN 1959 (Eastern Standard Time)

MERCURY—In morning sky until midnight, Feb. 14. In evening sky until 5 a.m., Mar. 29, with greatest elongation east, 18°, at 8 a.m., Mar. 12. In morning sky until 11 p.m., June 2, with greatest elongation west, 27°, at 5 a.m., April 26. In evening sky, until noon, Aug. 5, with greatest elongation east, 26°, at 4 p.m., July 8. In morning sky until 4 p.m., Sept. 17, with greatest elongation west, 18°, at 1 p.m., Aug. 23. In evening sky until 6 a.m., Nov. 24, with greatest elongation east, 24°, at 5 a.m., Nov. 3. In morning sky for the rest of the year, with greatest elongation west, 21°, at 2 a.m., Dec. 12. **VENUS**—In evening sky until 1 a.m., Sept. 1, with greatest elongation east, 45°, at 3 a.m., June 23. In morning sky for the rest of the year, with greatest elongation west, 47°, at 7 p.m., Nov. 11. **MARS**—In evening sky until 9 p.m., Oct. 29, with eastern quadrature at 3 p.m., Feb. 26. In morning sky for the rest of the year. **JUPITER**—In morning sky until 3 p.m., May 18, with western quadrature at 2 a.m., Feb. 20. In evening sky until 2 p.m., Dec. 5, with eastern quadrature at 4 p.m., Aug. 16. In morning sky for the rest of the year. **SATURN**—In morning sky until 10 p.m., June 25, with western quadrature at 11 p.m., Mar. 27. In evening sky until the last day of the year, Dec. 31, at 4 p.m., with eastern quadrature at 9 a.m., Sept. 24. **URANUS**—In morning sky until 4 p.m., Feb. 3. In evening sky until 8 p.m., Aug. 9, with eastern quadrature at 7 a.m., May 3. In morning sky for the rest of the year with western quadrature at 10 p.m., Nov. 13. **NEPTUNE**—In morning sky until 9 a.m., April 26, with western quadrature at 10 a.m., Jan. 27. In evening sky until 4 p.m., Oct. 30, with eastern quadrature at 8 p.m., July 27. In morning sky for the rest of the year. **PLUTO**—In morning sky until 3 a.m., Feb. 22. In evening sky until 7 p.m., Aug. 27. In morning sky for the rest of the year.



Dodd's
Family of Remedies

IT is a pleasure to bring you the 1959 edition of Dodd's Almanac, for letters from our readers suggest that it is a welcome visitor in homes across Canada.

Dodd's Almanac has, in many respects, become a family affair. In it we attempt to present interesting items and information that will be helpful to every member of the family from the youngest to the oldest.

We, also, tell you of the experiences others have had with the use of the Dodd's family of remedies believing that they will serve as a guide to results you may expect to obtain.

We hope you will find enjoyment and help in the Dodd's Almanac for 1959. With it go our best wishes for health and happiness in the coming year. The Dodds Medicine Company Limited, Toronto 1, Ontario.

YOU CAN DEPEND ON **Dodd's**

DODD'S KIDNEY PILLS

help stimulate normal kidney action. Contain no harmful or habit-forming drugs.

SCOOT

FOR ATHLETE'S FOOT

... cooling, soothing, healing. Kills Athlete's Foot fungus at its source.

DODD'S DYSPEPSIA TABLETS

help check excessive acidity and assist in bringing better digestion.

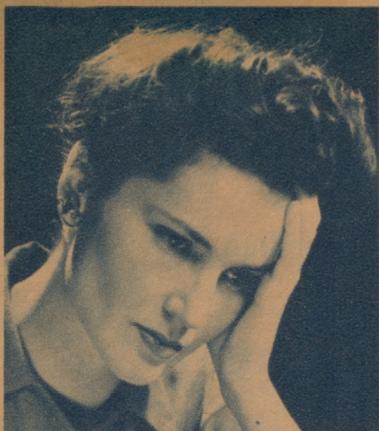
DODD'S

ANTISEPTIC OINTMENT

with active ingredients that help clean wounds and promote early recovery.

DIAMOND DINNER PILLS

are a mild, efficient laxative. Help bring gentle but effective relief from constipation.



Do you lack

GET-UP and GO?

Lack of pep, sick headache, poor appetite are some of the symptoms of constipation and signs that you may need the assistance of a gentle but effective laxative.

Good health depends greatly on proper digestion and proper habits of elimination. Wholesome food, including bulk like fruit, vegetables and salads encourage regularity. But treatment of constipation by using strong cathartics or large doses of purgatives can place undue, sometimes serious strain on the body.

The action of Diamond Dinner Pills is mild but thorough. They help stimulate the bowels and taking them is not followed by irritation or immediate recurrence of the condition. For most effective results Diamond Dinner Pills in small but frequent doses are recommended. While they are not a purgative increasing the dose will produce this effect.



WINTER CHORES BRING BLADDER CONDITION BACK

Farmer uses Dodd's for relief

"Doing chores on the farm, looking after stock in winter gives me backache and bladder trouble," writes Mr. Percy Burdett, Box 158, Handsworth, Saskatchewan. "I now start out by using Dodd's Kidney Pills which soon



Mr. P. Burdett

get everything back to normal. I usually take about one box of Dodd's and always keep another on hand if ever I need them."



Seeing the Country

More and more Canadians are spending their vacations and leisure time to see the country and even the world these days. These travel hints will be well heeded.

Travel Light—Keep the number of large suitcases and grips to a bare minimum no matter what your mode of travel. There is not only less hauling about to do but less risk of loss.

Tote Bag—An inexpensive tote bag is handy to carry shoes and other awkward items and is ideal for any "side" trips you make.

Packing—Put heavy clothes on bottom of suitcase with dresses, skirts, shirts, etc. on top. Roll crushable clothes instead of folding to reduce wrinkling.

SUNRISE

and SUNSET

JANUARY, 1959

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	5	50 a.m.
☾ New Moon	9	12	34 a.m.
☽ First Quarter	16	4	26 p.m.
☽ Full Moon	24	2	32 p.m.
☾ Last Quarter	31	2	06 p.m.

Day of month	Day of week	Moon's place	Sun		Moon	
			Rises	Sets	Rises	Sets
			a.m.	p.m.	a.m.	a.m.
1	T	☾	7 38	4 28	-	11 09
2	F	☾	7 38	4 29	12 00	11 42
3	S	☾	7 38	4 30	1 11	p.m.
4	Sun	☽	7 38	4 31	2 22	12 56
5	M	☽	7 38	4 32	3 32	1 40
6	T	☽	7 38	4 33	4 41	2 31
7	W	☽	7 38	4 34	5 44	3 28
8	T	☽	7 37	4 36	6 41	4 30
9	F	☽	7 37	4 37	7 30	5 36
10	S	☽	7 37	4 38	8 12	6 42
11	Sun	☽	7 37	4 39	8 48	7 48
12	M	☽	7 36	4 40	9 20	8 52
13	T	☽	7 36	4 42	9 50	9 54
14	W	☽	7 35	4 43	10 17	10 55
15	T	☽	7 35	4 44	10 45	11 54
16	F	☽	7 35	4 45	11 12	a.m.
17	S	☽	7 34	4 46	11 42	12 52
					p.m.	
18	Sun	☽	7 34	4 48	12 14	1 50
19	M	☽	7 33	4 49	12 51	2 47
20	T	☽	7 32	4 50	1 33	3 42
21	W	☽	7 31	4 51	2 20	4 36
22	T	☽	7 30	4 53	3 13	5 26
23	F	☽	7 30	4 54	4 12	6 12
24	S	☽	7 29	4 55	5 15	6 54
25	Sun	☽	7 28	4 57	6 22	7 35
26	M	☽	7 27	4 58	7 31	8 08
27	T	☽	7 26	4 59	8 41	8 42
28	W	☽	7 25	5 00	9 51	9 14
29	T	☽	7 24	5 02	11 02	9 46
30	F	☽	7 23	5 04	a.m.	10 20
31	S	☽	7 22	5 05	12 13	10 57

WEATHER—1st to 5th: Generally unpleasant in many sections: winds in northwest. 6th to 11th: Milder with sleet and snow. 12th to 18th: Colder; heavy snow in west. 19th to 25th: Unsettled; sleet in east. 26th to 31st: Clear in east; unpleasant in west.

YOU CAN DETERMINE THE EXACT TIME WITH THIS TABLE

Moon's Phases—Shown in Eastern Standard Time, and apply to Ontario and Quebec. In Newfoundland (Newfoundland Time Zone) add 1½ hours. In the Maritimes and far Eastern Quebec (Atlantic Time) add 1 hour. In Ontario west of Fort William, Manitoba and S.E. Saskatchewan (Central Time Zone) subtract 1 hour. In Central Saskatchewan and Alberta (Mountain Time Zone) subtract 2 hours. In British Columbia (Pacific Time Zone) subtract 3 hours.

*TO FIND LOCAL TIMES

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

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

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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MOTHER OF 12 TAKES DODD'S AT CHILDBIRTH

Aid in regaining strength



Mrs. W. Vigneault

"I am a mother of twelve children," writes Mrs. Willrod Vigneault, 215 Lormiere, Loretteville, Quebec. "It takes good nerves to accomplish all the tasks that are necessary for my family. After birth I nursed each of my children and I thank Dodd's Kidney Pills that I was able to regain my strength so quickly. I have recommended Dodd's to my neighbour and to my mother who is over 60 years old and now feels fine."

Artificial Satellites Give Information To Scientists

Artificial satellites, which were first launched as part of the International Geophysical Year, are giving scientists important information about the earth's atmosphere, and even of the shape of the earth itself.

Since early in the 18th century it has been known that the earth is flattened at the poles. The gravitational pull of the equatorial bulge on an artificial satellite causes changes in the orbit of the satellite. Thus accurate observations of the satellite yield information about the mass distribution within the earth. These observations also lead to a calculation of the density of the upper atmosphere. This is one of the principal reasons that the satellites are circling the earth.

A PRAYER—"Oh Lord, please forgive us for being so sensitive about the things that do not matter and insensitive to the things that do."

YOUR CHARACTER BY THE STARS

BORN JAN. 21 TO FEB. 18
SIGN: AQUARIUS

Affectionate by nature and honest but sometimes a little conceited. You have a flare for invention but have a tendency to be careless. You do have determination and are exceptionally trustworthy.

FEBRUARY, 1959

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.....	7	2	22 p.m.
☾ First Quarter.....	15	2	20 p.m.
☽ Full Moon.....	23	3	54 a.m.

Day of month	Day of week	Moon's place	Sun		Moon	
			Rises	Sets	Rises	Sets
1	Sun	☼	a.m.	p.m.	a.m.	a.m.
2	M	☽	7 21	5 07	1 22	11 39
3	T	☽	7 19	5 08	2 30	p.m.
4	W	☽	7 18	5 09	3 33	1 19
5	T	☽	7 17	5 11	4 31	2 17
6	F	☽	7 16	5 12	5 22	3 20
7	S	☽	7 15	5 14	6 06	4 25
			7 14	5 15	6 44	5 31
8	Sun	☽	7 12	5 17	7 18	6 35
9	M	☽	7 11	5 18	7 49	7 38
10	T	☽	7 09	5 19	8 18	8 40
11	W	☽	7 08	5 21	8 46	9 41
12	T	☽	7 07	5 22	9 14	10 39
13	F	☽	7 05	5 24	9 43	11 37
14	S	☽	7 04	5 26	10 14	a.m.
15	Sun	☽	7 02	5 27	10 49	12 35
16	M	☽	7 01	5 28	11 27	1 30
17	T	☽	6 59	5 30	p.m.	2 24
18	W	☽	6 58	5 31	1 01	3 15
19	T	☽	6 56	5 33	1 57	4 02
20	F	☽	6 55	5 34	2 58	4 47
21	S	☽	6 53	5 36	4 03	5 27
22	Sun	☽	6 51	5 37	5 12	6 04
23	M	☽	6 50	5 38	6 23	6 40
24	T	☽	6 48	5 40	7 35	7 13
25	W	☽	6 46	5 41	8 48	7 47
26	T	☽	6 44	5 42	10 01	8 22
27	F	☽	6 43	5 44	11 13	8 59
28	S	☽	6 41	5 45	-	9 39

*See page 3 for Local Time

WEATHER—1st to 9th: Mild in west: cloudy in east with snow. 10th to 18th: Unsettled, overcast skies becoming colder. Winds in north. 19th to 25th: Unpleasant in west; milder in central regions; dull in Maritimes. 26th to 28th: Snow or rain in St. Lawrence Valley; colder in west.



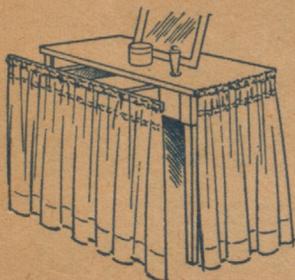
Mrs. L. Standish

Young mother is helped by two Dodd's remedies

"I have been a user of Dodd's Kidney Pills and Dodd's Dyspepsia Tablets for nearly ten years," writes Mrs. Lloyd Standish, R.R. 2, Stanstead, Quebec. "I first started taking Dodd's Kidney Pills to help relieve backache when I was working in a factory before I was married. Now,

living on a farm, I have lots of work to do and whenever I feel tired I always use Dodd's.

I am twenty eight years of age and to help get relief from upset stomach while I was carrying my baby I took Dodd's Dyspepsia Tablets."



How to change an ordinary table into a dressing table

If you have an ordinary small kitchen or similar type of table you can make it into an attractive bedroom dressing table, and at the same time have use of the drawer. Simply trim each side of the table with a full skirting of the material you prefer as illustrated. So that you can use the drawer simply attach a strip of wood to the top front part of the drawer and attach a full skirting to it. Then you can open drawer easily. When it is closed the full skirting conceals the fact that three separate pieces of skirting material have been used.

Friend recommended use of Dodd's for Backache



Mrs. W. Saulnier

"I am 45 years old and mother of six children," writes, Mrs. W. Saulnier, St. Alphonse de Clare, Digby Co., N.S. "As a housewife I have plenty of work to do and, off and on, I would suffer from pains in my back. A friend recommended Dodd's Kidney Pills to me so I bought a box. After using only half a box I found relief. I finished taking the rest of it and believe me, whenever I feel pains in my back, I turn to Dodd's."

NO PEP

You may need the effective but prompt laxative action of Dodd's Diamond Dinner Pills. Try them!

OFFICE CLERK WAS TROUBLED BY LOST REST

Dodd's helped relieve condition

"I am 51 years of age and work in an office as a billing clerk," writes Mr. A. Mombourquette, 44 Gritton Avenue, Sydney, N.S. "My work calls for alertness and patience but for about the past three years I was bothered by my kidneys, getting up two and three times a night. I lost rest and in the daytime I would be "on edge." Then a friend recommended a trial of Dodd's Kidney Pills. After taking only three boxes I was amazed at the improvement. Now I feel more relaxed, I sleep soundly and never have to get up nights. I give credit to Dodd's for this wonderful change in my condition."



Mr. A. Mombourquette

YOUR CHARACTER BY THE STARS

**BORN FEB. 19 TO MARCH 20
SIGN: PISCES**

Cautious, prudent, you like new ideas and can live happily almost anywhere. You are usually gifted with several talents and once you have established your fame you have good staying power.

BUSINESS-GETTER

Shortly after the birth of a second baby, the young mother received a box of chocolates from her baby-sitter. The enclosed card read: "Thanks for the new business."

MARCH, 1959

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	9	54 p.m.
New Moon	9	5	51 a.m.
First Quarter	17	10	10 a.m.
Full Moon	24	3	02 p.m.
Last Quarter	31	6	06 a.m.

Day of month	Day of week	Moon's place	Sun		Moon	
			Rises	Sets	Rises	Sets
1	Sun	☿	a.m.	p.m.	a.m.	a.m.
2	M	☿	6 39	5 46	12 22	10 25
3	T	☿	6 38	5 47	1 27	11 15
4	W	☿	6 36	5 49	2 35	p.m.
5	T	☿	6 34	5 50	3 18	1 12
6	F	☿	6 33	5 52	4 04	2 14
7	S	☿	6 31	5 53	4 43	3 18
			6 29	5 54	5 19	4 22
8	Sun	♁	6 27	5 55	5 50	5 25
9	M	♁	6 25	5 57	6 19	6 27
10	T	♁	6 23	5 58	6 47	7 28
11	W	♁	6 21	6 00	7 15	8 27
12	T	♁	6 19	6 01	7 44	9 26
13	F	♁	6 17	6 02	8 15	10 24
14	S	♁	6 16	6 03	8 47	11 19
15	Sun	♂	6 14	6 04	9 24	a.m.
16	M	♂	6 12	6 06	10 05	12 14
17	T	♂	6 10	6 07	10 52	1 05
18	W	♂	6 08	6 09	11 44	1 54
19	T	♂	6 06	6 10	p.m.	2 39
20	F	♂	6 05	6 12	1 43	3 20
21	S	♂	6 03	6 13	2 49	3 58
22	Sun	♃	6 01	6 14	3 59	4 34
23	M	♃	5 59	6 15	5 10	5 08
24	T	♃	5 57	6 17	6 25	5 42
25	W	♃	5 55	6 18	7 40	6 17
26	T	♃	5 53	6 19	8 55	6 54
27	F	♃	5 51	6 20	10 08	7 35
28	S	♃	5 49	6 22	11 17	8 20
29	Sun	♄	5 47	6 23	a.m.	9 11
30	M	♄	5 46	6 24	12 20	10 06
31	T	♄	5 44	6 26	1 14	11 06

*See page 3 for Local Time

WEATHER—1st to 7th: Colder in west; storms in great lakes and prairies. 8th to 20th: Unsettled, milder in east. 21st to 26th: Winds in Maritimes; snow in western provinces. Overcast in St. Lawrence Valley. 27th to 31st: Clearing, and becoming milder. Rain in Maritimes.

BILIOUS

Dodd's Diamond Dinner Pills act quickly but gently to relieve constipation and that bilious feeling.

How to recognize ATHLETE'S FOOT

And what to do about it

- At first, areas between toes become cracked and scaly.
- Hard little water blisters appear.
- Skin becomes tender, red and itchy.



*Don't scratch Athlete's foot . . .
instead apply soothing . . .
cooling SCOOT.*



People of all walks of life suffer from Athlete's Foot (Ringworm Infection.) And it is perhaps 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. SCOOT, quickly goes to work destroying the fungus-like growth of Athlete's Foot.



With ATHLETE'S FOOT 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 NOT ENOUGH! The fungus thrives in moist places and burrows under the dead skin. BUT it can't hide from SCOOT. Scoot medication quickly penetrates the dead skin and kills the Athlete's Foot fungus 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 hardy tube form.

KILLS ATHLETE'S FOOT FUNGUS AT ITS SOURCE

*Soothing
Cooling*

Scoot



SAFE... POWERFUL... EFFECTIVE

DANCES, SKATES, WORKS—HAS NO TIRED FEELING

Dodd's help relieve body aches



Mrs. E. Bowen

"I am 42 years of age," writes Mrs. Evelyn Bowen, 19 Leonard Avenue, Trenton, Ontario. "As a sewing machine operator, I do close work which is inclined to be hard on the nerves and also cause body aches and a tired-out feeling. I use about two boxes of Dodd's Kidney Pills a month and am able to go dancing and skating even after a day's work—without feeling tired-out. I can advise anyone to try Dodd's to enjoy a similar feeling of well-being."

Second Box of Dodd's Relieves Tired Feeling



Mrs. G. Bernard

"For four months I had been feeling run down and tired," writes Mrs. Gloria Bernard, a 34-year old housewife of 163 Montrose Avenue, Toronto, Ontario. "A friend who had used Dodd's Kidney Pills suggested I try them. After completing the second box I started to feel like a different woman. I rested better, the tired feeling was gone and I felt great in the mornings."

APRIL, 1959

MOON'S PHASES—Eastern Standard Time

+1 hr. = A.S.T. -2 hr. = M.S.T.
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	d.	h.	m.
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First Quarter.....	16	2	32 a.m.
Full Moon.....	23	12	13 a.m.
Last Quarter.....	29	3	38 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	W	♌	5 42	6 27	2 03	12 08
2	T	♌	5 41	6 28	2 44	1 11
3	F	♌	5 39	6 30	3 20	2 15
4	S	♌	5 37	6 31	3 53	3 17
5	Sun	♌	5 35	6 32	4 22	4 19
6	M	♌	5 33	6 33	4 50	5 19
7	T	♌	5 32	6 34	5 18	6 18
8	W	♌	5 30	6 36	5 46	7 17
9	T	♌	5 28	6 37	6 15	8 15
10	F	♌	5 26	6 38	6 47	9 12
11	S	♌	5 24	6 39	7 23	10 07
12	Sun	♌	5 22	6 41	8 02	10 59
13	M	♌	5 21	6 42	8 46	11 48
14	T	♌	5 19	6 43	9 35	a.m.
15	W	♌	5 17	6 44	10 29	12 33
16	T	♌	5 15	6 45	11 28	1 15
17	F	♌	5 13	6 47	p.m.	1 53
18	S	♌	5 11	6 48	1 36	2 29
19	Sun	♌	5 10	6 49	2 45	3 03
20	M	♌	5 08	6 51	3 57	3 36
21	T	♌	5 06	6 52	5 12	4 10
22	W	♌	5 05	6 53	6 28	4 46
23	T	♌	5 03	6 55	7 44	5 26
24	F	♌	5 02	6 56	8 58	6 09
25	S	♌	5 00	6 57	10 06	6 58
26	Sun	♌	4 58	6 58	11 06	7 55
27	M	♌	4 57	7 00	11 59	8 55
28	T	♌	4 55	7 01	a.m.	9 59
29	W	♌	4 54	7 02	12 44	11 03
30	T	♌	4 52	7 03	1 22	12 07

*See page 3 for Local Time

WEATHER—1st to 6th: Mostly fair, becoming overcast with rain. Heavy rain on west coast; clear in central regions; showers in east. 7th to 17th: Mostly clear and fair in central and east; cooler in west. 18th to 24th: Unsettled, cool. 25th to 30th: Mostly milder with rain in east.

YOUR CHARACTER BY THE STARS
BORN MARCH 21 TO APRIL 20
SIGN: ARIES
 Often good philosophers and sometimes strong willed. Emotional and full of imagination. Fast to anger but quick to forgive. You should be careful of money matters but can turn to almost anything.

BEFORE AND AFTER

The Happy Event

YOU MAY NEED ASSISTANCE FOR THE
EXTRA WORK PREGNANCY PLACES UPON
YOUR ENTIRE SYSTEM AND HELP IN THE
READJUSTMENT PERIOD AFTER YOUR
BABY IS BORN

Often the last few months before baby is born can be a very trying period. Extra work is thrown on the entire system. It is especially important that the kidneys function properly. For the kidneys must filter impurities and unwanted substances from the blood.



Dodd's Kidney Pills are prepared to act directly on the kidneys and assist them in this "filtering" process.

After baby is born Dodd's Kidney Pills may help bring relief from the feeling of exhaustion, backache and that general worn-out feeling.

HAVE YOU HEARD?

Safety experts say that if you are in the back seat of a car and you see an accident about to happen, you may be able to help yourself by dropping as low as possible to the floor and pressing your body against the back of the front seat. This will help reduce the impact upon yourself from the accident and may help to keep you from flying forward.

When you prepare hard-boiled eggs for salads and other dishes you may stop the yellows of the eggs from turning black if you take the eggs off the heat after they are hard-boiled but leave them in the same water and saucepan to cool for about twenty minutes.

It is said that the cocoon of a single silkworm may produce as much as a thousand yards of single-strand silk. It is the only natural fibre that does not have to be spun into thread by man before it is made into fabric.

The nearest star we can see is Alpha Centauri and it would take a plane going 700 miles an hour about a million years to reach it.

YOUNG MOTHER FINDS DODD'S AID BACKACHE

Started use after baby was born

"Shortly after my little girl was born, I had occasion to use Dodd's Kidney Pills," writes Mrs. Louis Ebertz, 12619-69th Street, Edmonton, Alberta. "I had been washing and hanging out clothes to dry and the next



Mrs. L. Ebertz

day I had quite a bad backache. After using one box of Dodd's I had great relief but kept on through one and a half boxes. Ever since then, every time I have a weak feeling, I take Dodd's and find them very good."

MAY, 1959

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.....	7	3	11 p.m.
☽ First Quarter....	15	3	09 p.m.
☾ Full Moon.....	22	7	56 a.m.
☽ Last Quarter....	29	3	13 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	☾	4 51	7 04	1 55	1 11
2	S	☾	4 50	7 06	2 26	2 13
3	Sun	☾	4 48	7 07	2 54	3 13
4	M	☾	4 47	7 09	3 22	4 12
5	T	☾	4 45	7 10	3 49	5 11
6	W	☾	4 44	7 11	4 18	6 09
7	T	☾	4 43	7 12	4 47	7 06
8	F	☾	4 41	7 13	5 23	8 01
9	S	☾	4 40	7 15	6 01	8 55
10	Sun	☾	4 38	7 16	6 44	9 45
11	M	☾	4 37	7 17	7 31	10 31
12	T	☾	4 36	7 18	8 22	11 14
13	W	☾	4 34	7 19	9 18	11 53
14	T	☾	4 33	7 20	10 18	a.m.
15	F	☾	4 32	7 21	11 22	12 29
16	S	☾	4 30	7 22	p.m.	1 02
17	Sun	☾	4 29	7 24	1 36	1 35
18	M	☾	4 28	7 25	2 46	2 07
19	T	☾	4 27	7 26	4 01	2 40
20	W	☾	4 26	7 27	5 16	3 16
21	T	☾	4 25	7 28	6 30	3 57
22	F	☾	4 24	7 29	7 43	4 44
23	S	☾	4 24	7 30	8 50	5 37
24	Sun	☾	4 23	7 31	9 48	6 36
25	M	☾	4 22	7 32	10 38	7 41
26	T	☾	4 21	7 33	11 21	8 48
27	W	☾	4 20	7 34	11 57	9 55
28	T	☾	4 19	7 35	a.m.	11 00
29	F	☾	4 19	7 36	12 27	p.m.
30	S	☾	4 18	7 37	12 58	1 05
31	Sun	☾	4 17	7 38	1 28	2 05

*See page 3 for Local Time

WEATHER—1st to 7th: Generally unsettled with storms in some regions. 8th to 14th: Cool in west; fair in great lakes region and east. 15th to 21st: Thunderstorms in great lakes; sunny in other regions; cool in west. 22nd to 25th: Fair and warm. 26th to 31st: Rain.

YOUR CHARACTER BY THE STARS

**BORN APRIL 21 TO MAY 21
SIGN: TAURUS**

Great inward vitality. Confidence, generosity and warm-heartedness are prominent qualities. You are enthusiastic, are willing to work hard but quite often lack initiative. Guard against grudges.

TAKES DODD'S FOR IMPROVED KIDNEY ACTION

Keeps box handy for backache



Mr. A. D'Anjou

"I have used Dodd's Kidney Pills for 25 years," writes Mr. A. D'Anjou, 79-104th Street East, Montmorency, Quebec. "Whenever I have kidney trouble or backache I take them and the pain is relieved. I am a laborer and have never lost a day at work. I always keep a box of Dodd's on hand to help relieve kidney trouble and backache and can recommend them to anyone suffering from such conditions."

WEDDED BLISS

If the calculations of experts are correct you have a better chance for a successful marriage if the following circumstances exist:--

- You kept company with the person of your affections for four to five years.
- You are not the only child in your family.
- You would rather not move around too much.
- You were married in a church.
- You were raised on a farm.
- The girl you married worked before she became your wife.
- You love your Mother and Father.

TOWARDS SUCCESS

A measure of success is not whether you have a difficult problem to deal with today but whether you had the same problem last year.

Miss Marie-Paule Poitras

Hotel Association Secretary eases backache with Dodd's

"I have been secretary for the Provincial Hotel Association for 10 years," writes Miss Marie-Paule Poitras, 805 Turnbull Street, Quebec City. "My position requires that I sit most of the day and I suffer every month with backache. I remembered that Dodd's Kidney Pills were an old family remedy. After taking only a small number of them the pain was relieved. I never hesitate to recommend Dodd's to friends who might not know of their value and I always keep Dodd's in my medicine chest.



"GUESS WHO THE 'FIRST AID' EXPERT IS IN OUR HOUSE!"

Mom! Probably just like in your own house! But Dodd's Antiseptic Ointment makes "first-aid" fast and effective for those cuts and scrapes and burns that seem to be part of family life. It quickly soothes and helps relieve pain. Dodd's Ointment is a proven treatment, too, for the distress of piles, for eczema, pimples and other skin infections.

So, whoever the "first aid" expert is in your house be sure to keep Dodd's Antiseptic Ointment handy.



Dodd's Ointment

... offers outstanding cleansing properties, quickly soothes and promotes faster healing. Keep a tube in bathroom, kitchen and workshop.

HER BACKACHE WAS RELIEVED USING DODD'S

Now keeps a supply at home

"After suffering from occasional backache over a period of a few years, I decided to try Dodd's Kidney Pills," writes Mrs. H. LeBlanc, a bakery worker of 385 Beverley Street, Winnipeg, Manitoba. "After



Mrs. H. LeBlanc

using them, I am very pleased with the results. My home is never without Dodd's Kidney Pills."

Pains Seemed Worse Following Operation



Mrs. M. Conniffe

"For the past thirty years, Dodd's Kidney Pills have had a place in my medicine cabinet," writes Mrs. Margaret Conniffe, Box 616, Rosemere, North Montreal, Que. "I suffered from low back pains and after having a major operation they seemed to be worse. Dodd's helped to bring positive relief. I still take them regularly and, as a grandmother of 55 years of age, I find they give me bounce and pep. I can recommend Dodd's to anyone."

JUNE, 1959

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	53 a.m.
First Quarter.....	14	12	22 a.m.
Full Moon.....	20	3	00 p.m.
Last Quarter....	27	5	12 p.m.

Day of month	Day of week	Moon's place	Sun		Moon	
			Rises	Sets	Rises	Sets
1	M	♄	4 17	7 38	1 54	3 04
2	T	♃	4 16	7 39	2 21	4 03
3	W	♂	4 16	7 40	2 52	5 06
4	T	♁	4 15	7 41	3 27	5 56
5	F	♄	4 15	7 42	4 00	6 51
6	S	♃	4 14	7 43	4 41	7 42
7	Sun	♂	4 14	7 43	5 27	8 30
8	M	♁	4 13	7 44	6 16	9 15
9	T	♄	4 13	7 45	7 12	9 55
10	W	♃	4 13	7 43	8 11	10 31
11	T	♁	4 13	7 46	9 13	11 05
12	F	♄	4 13	7 47	10 17	11 37
13	S	♃	4 13	7 47	11 22	a.m.
14	Sun	♂	4 13	7 48	12 31	12 08
15	M	♁	4 13	7 48	1 41	12 40
16	T	♄	4 13	7 49	2 52	1 13
17	W	♃	4 13	7 49	4 05	1 51
18	T	♁	4 13	7 50	5 19	2 33
19	F	♄	4 13	7 50	6 28	3 21
20	S	♃	4 13	7 50	7 31	4 17
21	Sun	♂	4 13	7 50	8 26	5 19
22	M	♁	4 13	7 51	9 14	6 26
23	T	♄	4 14	7 51	9 54	7 34
24	W	♃	4 14	7 51	10 29	8 43
25	T	♁	4 14	7 51	11 00	9 49
26	F	♄	4 14	7 51	11 29	10 53
27	S	♃	4 14	7 51	11 57	11 55
28	Sun	♂	4 15	7 51	a.m.	12 55
29	M	♁	4 15	7 51	12 25	1 54
30	T	♄	4 16	7 51	12 54	2 52

*See page 3 for Local Time

WEATHER—1st to 7th: Warm in east; thunderstorms in middle west, becoming cooler. 8th to 16th: Fair in great lakes; storms in east. 17th to 27th: Clear in most regions with scattered thunderstorms in Maritimes. 28th to 30th: Warm with rain in great lakes; warmer in all regions.

YOUR CHARACTER BY THE STARS

BORN MAY 22 TO JUNE 21

SIGN: GEMINI

Blessed with high ambition but must be steady in purpose to achieve goal. Good speakers. Lively imagination. Genial and well liked. Should avoid restlessness and not be swayed by impulse.

Regina man relies on Dodd's to help function of kidneys

"I have used Dodd's Kidney Pills for backache for six years," writes Mr. Howard Caulder, 1930 Argyle Street, Regina, Saskatchewan. "I am an ice cream maker, 47 years of age and have tried many other remedies for backache and have not found anything that gives me more relief than Dodd's. I rely on them to help backache and to keep kidneys in good working order."



From the Feminine Viewpoint

- Vinegar is an essential in preparing foods and here are some things you should know about the various types. White vinegar is clear and is made from corn, rye and barley malt and is recommended for pickling. Cider vinegar is made from the juice of apples and gives a slight fruit flavour to foods. Malt Vinegar is a hearty type vinegar, brewed from barley malt. It should be used sparingly since its strength tends to over-power many food flavours. Tarragon vinegar is ideal for sauces and salads and has a delicate fragrance of the Tarragon leaves which are steeped in it as it is being brewed.
- Your hands are practically always on view and care will help to make them more attractive. To protect them, it's best to wear rubber gloves when they have to be in water for long periods. And here's a hand beauty treatment. Before going to bed, soak your hands in warm, sudsy water for several minutes. Rinse and dry them thoroughly. Apply a thick night cream over the hands and wrists using a motion as if you were putting on gloves. Leave surplus cream on and wear a pair of cotton or old but clean street-wear gloves while you sleep.
- If you are troubled with blackheads, wash face thoroughly with soap and water morning and night. Once a week give your face a steam bath by filling washbowl with very hot water and adding two tablespoonfuls of boric acid (from your druggist). Place large towel over your head and bowl and hold your face close to steam (not close enough to scald, of course) for five or ten minutes. Then pat on witch hazel to close the cleansed pores.
- Nail polish remover is a quick substitute for turpentine in removing paint from your hands.
- Are men more subject to flat feet than women? The answer is apparently no! Flat feet occur in both sexes, as babies and adults. A large percentage of babies born with flat feet outgrow them completely and flat feet seem to become less troublesome to adults, who have developed them, as they grow older.

GENTLE

Diamond Dinner Pills are an effective treatment for constipation yet gentle in action and pleasant to use.



SOME FACTS ABOUT
YOUR KIDNEYS

Do you wonder why you

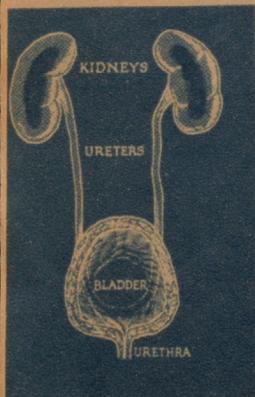
So Very

THE FUNCTION OF THE KIDNEYS IN FREE OF POISON IS ESSENTIAL TO

It happens with many people. You seem to be going about your daily routine the same as usual with no extra hard work yet, for some reason you cannot explain, you suddenly feel tired out and listless. You may develop a backache and you may never seem to get a good night's rest. You don't feel sick enough to go to bed but even simple tasks seem like hard labour.

"HUMAN BODY AMAZING"

The kidneys perform a vital function in the amazing mechanism known as the human body. For the body is continually decaying and rebuilding itself and, in the process, poisonous wastes and excess acids are formed.



The substances which accumulate in this process of rejuvenation must be thrown off by the body. First, because they are useless and, second, in some instances they are poisonous.

The main route by which this waste matter leaves the body is through the urinary system consisting of two kidneys which extract wastes and poisons from the blood and secrete

urine. From the kidneys urine goes through two tubes, called ureters, to the bladder. The bladder, a hollow muscular organ, holds the urine until it is passed to the outside through a short canal known as the urethra.

Urine reaches the bladder at the rate of about one drop every 30 seconds from the kidneys. A sufficient degree of tension, caused by the accumulation of urine in the bladder creates the urge to pass urine by the act of urination.

Every 24 hours the average adult passes about 2½ pints of urine. In hot weather; it may be less when urine is more highly concentrated.

KIDNEYS HELP MAINTAIN PROPER LEVELS IN BLOOD

The kidneys help to maintain the proper levels of certain substances in the blood, sugar is one. They also are responsible for regulating the degree of alkalinity in the blood.

The kidneys may be quickly affected by a number of elements. A strain or blow, dampness, exposure or cold may hinder their function. The toxins and poisons of infectious diseases such as scarlet fever, or diphtheria may also affect them. Decayed teeth, infected tonsils or gall bladder can be other causes of kidney trouble. The result may be that they fail in their action of filtering poisons and acids from the blood.

THAT TIRED FEELING MAY BE DUE TO KIDNEY TROUBLE

Tiredness, backache, disturbed rest may

may often feel

Tired?

KEEPING THE BODY YOUR WELL-BEING

often be signs that the kidneys are not functioning properly. At the first sign of kidney distress, Dodd's Kidney Pills are recommended. Dodd's 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 is not violent or harsh. While benefits may often be noticed before completing one box, experience has seemed to show that best results are obtained by the use of Dodd's Kidney Pills over a period of time.

YOUR CHARACTER BY THE STARS

BORN JUNE 22 TO JULY 22

SIGN: CANCER

Children of this sign make ideal husbands and wives and devoted parents. Sympathetic, understanding, persevering and industrious . . . Like to do things their own way and don't like interference. Should choose a job that makes good use of knowledge of human nature.

ON THE GO

"I wouldn't dream of chasing after a man," said the sweet young thing. "But this one seemed to be getting away."

LITTLE BECOME GREAT

Do little things as if they were great things and one day you will do great things as if they were little things.

JULY, 1959

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	5	9	00 p.m.
☽ First Quarter	5	9	00 p.m.
☽ First Quarter	13	7	01 a.m.
☾ Full Moon	19	10	33 p.m.
☽ Last Quarter	27	9	22 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	W	♋	4 16	7 51	1 26	3 49
2	T	♋	4 17	7 50	2 01	4 44
3	F	♋	4 17	7 50	2 40	5 37
4	S	♋	4 18	7 50	3 24	6 27
5	Sun	♋	4 19	7 50	4 12	7 13
6	M	♋	4 20	7 49	5 06	7 55
7	T	♋	4 20	7 49	6 05	8 33
8	W	♋	4 21	7 48	7 05	9 09
9	T	♋	4 22	7 48	8 10	9 41
10	F	♋	4 23	7 47	9 15	10 12
11	S	♋	4 23	7 47	10 21	10 44
12	Sun	♋	4 24	7 46	11 29	11 16
13	M	♋	4 25	7 45	p.m.	11 50
14	T	♋	4 26	7 45	1 50	a.m.
15	W	♋	4 27	7 44	3 00	12 29
16	T	♋	4 28	7 43	4 09	1 12
17	F	♋	4 29	7 43	5 14	2 03
18	S	♋	4 29	7 42	6 13	3 01
19	Sun	♋	4 30	7 41	7 04	4 05
20	M	♋	4 31	7 40	7 48	5 12
21	T	♋	4 32	7 39	8 26	6 21
22	W	♋	4 34	7 38	8 59	7 30
23	T	♋	4 35	7 37	9 30	8 36
24	F	♋	4 36	7 37	9 59	9 40
25	S	♋	4 37	7 36	10 27	10 43
26	Sun	♋	4 38	7 35	10 56	11 42
27	M	♋	4 39	7 34	11 27	p.m.
28	T	♋	4 40	7 32	a.m.	1 39
29	W	♋	4 41	7 31	12 00	2 35
30	T	♋	4 42	7 30	12 38	3 29
31	F	♋	4 43	7 29	1 20	4 20

*See page 3 for Local Time

WEATHER—1st to 7th: Fair and warm; very warm in west. 8th to 17th: Clear, warm weather generally some scattered showers in Maritimes. 18th to 28th: Continuing warm with scattered showers in eastern regions; humid weather in St. Lawrence Valley. 29th to 31st: Clearing in east; hot and humid in west.

THE TRUTH HURTS

Wife: "That awful neighbour is going around telling lies about us."

Husband: "Be thankful. Let's hope she doesn't start telling the truth."

AUGUST, 1959

MOON'S PHASES—Eastern Standard Time

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

	D.	H.	M.
☉ New Moon.....	4	9	34 a.m.
☽ First Quarter...	11	12	10 p.m.
☽ Full Moon.....	18	7	50 a.m.
☽ Last Quarter...	26	3	03 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	S	♋	4 44	7 28	2 07	5 08
2	Sun	♋	4 45	7 26	2 58	5 53
3	M	♋	4 46	7 25	3 55	6 33
4	T	♋	4 47	7 24	4 55	7 09
5	W	♋	4 49	7 23	6 00	7 44
6	T	♋	4 47	7 21	7 05	8 16
7	F	♋	4 50	7 21	7 05	8 16
8	S	♋	4 51	7 19	8 12	8 48
9	Sun	♋	4 52	7 18	9 21	9 20
10	M	♋	4 53	7 17	10 30	9 53
11	T	♋	4 54	7 15	11 40	10 30
12	W	♋	4 56	7 14	p.m.	11 11
13	T	♋	4 57	7 12	1 58	11 58
14	F	♋	4 58	7 11	3 03	a.m.
15	S	♋	4 59	7 10	4 01	12 51
16	Sun	♋	5 00	7 08	4 55	1 50
17	M	♋	5 01	7 07	5 41	2 55
18	T	♋	5 03	7 05	6 21	4 02
19	W	♋	5 04	7 03	6 57	5 10
20	T	♋	5 05	7 02	7 29	6 18
21	F	♋	5 07	7 00	7 59	7 23
22	S	♋	5 08	6 58	8 28	8 27
23	Sun	♋	5 09	6 57	8 57	9 29
24	M	♋	5 10	6 55	9 28	10 29
25	T	♋	5 11	6 53	10 00	11 27
26	W	♋	5 12	6 52	10 35	p.m.
27	T	♋	5 14	6 50	11 15	1 19
28	F	♋	5 15	6 48	11 59	2 11
29	S	♋	5 16	6 46	a.m.	3 01
30	Sun	♋	5 17	6 44	12 48	3 46
31	M	♋	5 18	6 43	1 43	4 28
		♋	5 20	6 41	2 42	5 06

*See page 3 for Local Time

WEATHER—1st to 7th: Clearing in west; rain in east. 8th to 14th: Rain in west; hot in east; sultry in great lakes. 15th to 23rd: Hot and dry in west; showers in east. 24th to 31st: West, cool; east, sultry.

YOUR CHARACTER BY THE STARS

**BORN JULY 23 TO AUG. 23
SIGN: LEO**

Affectionate and energetic. Subject to extremes. Easily made happy and, at the same time, easy to become despondent. Dislike criticism and flattery is weakness. Headstrong but should have happy married life.

GETTING REST TROUBLED THIS N.S. HOUSEWIFE

Almanac prompts Dodd's use



Mrs. Guy Ramey

"I am a housewife, 42 years of age," writes Mrs. Guy Ramey, Upper La Have, Lunenburg Co., N.S. "I suffered backache doing my housework and I had to get up about twice every night. I read about Dodd's Kidney Pills in the Almanac and decided to try them. After taking them I got wonderful relief. My backache left me and I am now able to get a full night's rest. I wouldn't be without Dodd's."

Radio Prompts Woman To Give Dodd's Trial

"I had been suffering from backache and disturbed rest," writes Mrs. Erwin Elliott, Box 65, Calabogie, Ontario. "After hearing Dodd's Kidney Pills advertised on the radio I decided to try them and they sure worked wonders for me. Instead of getting up 3 or 4 times a night I now sleep the night through and the backache has left me. I am a housewife, 44 years of age and do a lot of lifting. I would not be without Dodd's and recommend them to anyone suffering as I did."



Mrs. E. Elliott

FAMOUS WOMEN in HISTORY

There are many women making history today in public life, in the professions and social life. Here are some facts that may have either slipped from mind or which may not have been realized about famous women in earlier history.

CLEOPATRA—Known as one of the most beautiful women in history, Cleopatra was born in Alexandria, Egypt in the year B.C. 69 and first became Queen of Egypt at the age of 17. A conspiracy against her resulted in her being expelled but when Julius Caesar arrived in Alexandria he restored her to power. Cleopatra died at the age of 39 in Alexandria.

QUEEN ELIZABETH OF ENGLAND—Reigned in England during the 1500's. Born in Greenwich, England in 1533, she became Queen of England in 1558 and ruled until her death, at the age of 70, in Richmond, England in 1603.

JEANNE d'ARC—Also known as the Maid of Orleans, Jeanne d'Arc was born in poverty in Domremy, France in 1412. She became intensely interested in the war in progress. She believed she heard celestial voices which called her to arms in defence of her country and became a military commander at the age of 17. She became feared as a witch and was tried for sorcery and heresy. Condemned to death, Jeanne d'Arc was burned at the stake in Rouen, France in May, 1431, at the age of 19.

EMPRESS JOSEPHINE OF FRANCE—Born in Martinique in 1763, she was the first wife of Napoleon Bonaparte. She was crowned Empress in 1804 and died when she was 51 years of age at Malmaison near Paris in 1814.

MARGARET OF ANJOU—This famous woman was Queen of Henry VI of England. She was born in 1430 and died when she was 53 in Dampierre, France in 1482.

MARY QUEEN OF SCOTS—Reigned as Queen of Scotland from 1542 to 1567. She was born in Linlithgow Palace, Scotland in 1542 and condemned to death, in 1587, she was beheaded in Northamptonshire, England at the age of 45.

EDITORIAL

"This is one of those days that we didn't publish all we knew," went the newspaper editorial. "For which many may be thankful."



COLDS May Affect 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.

SEPTEMBER, 1959

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

*See page 3 for Local Time

WEATHER—1st to 6th: Unsettled in east; mostly fair in prairies and west coast. 7th to 16th: Rain in Maritimes; cooler in central regions and cloudy. 17th to 25th: Clearing and cooler in east; and prairies. 26th to 30th: Unsettled in central regions; clear and windy in west; unsettled in St. Lawrence Valley.

Sun-Spots

If the sun is examined through a very dark glass it is often possible to detect dark areas in its surface called sun-spots. The number of sun-spots varies in about an eleven-year period. The International Geophysical Year (June 1, 1957 to Dec. 31, 1958) was chosen to coincide with sun-spot maximum.

BACKACHE WAS CAUSE OF HER LACK OF SLEEP

Praises Dodd's for prompt relief



Mrs. E. E. Doucet

"I am a housewife, 42 years of age," writes Mrs. Ethel E. Doucet, 267 West Francis Street, Fort William, Ontario. "I suffered from terrible backaches and would have to get out of bed at all hours. My mother and neighbors advised me to try Dodd's Kidney Pills. After taking one box I found prompt relief. Now I can sleep well and also work without getting tired. I now feel 20 years old instead of 42. I can highly recommend Dodd's."

EXPERIENCED

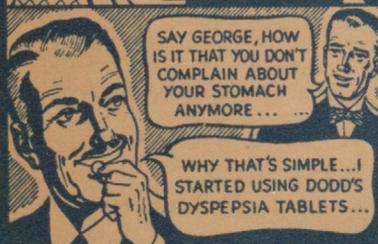
Employment Manager: "How long were you in your last job?"
Applicant: "Sixty-five years."
Employment Manager: "What is your age?"
Applicant: "Forty years old."
Employment Manager: "How could you work for 65 years and only be 40 years old?"
Applicant: "Overtime."

YOUR CHARACTER BY THE STARS

**BORN AUG. 24 TO SEPT. 23
SIGN: VIRGO**

Morally and usually physically strong. Inclined to be inquisitive and are far-sighted, patient and thrifty. Likely to carry on research work and study. Make good teachers and have flare for acting.

I was a MEALTIME MENACE UNTIL ...



AFTER USING **Dodd's Dyspepsia Tablets**



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



KIDNEYS WERE BELIEVED CAUSE OF ACHING BACK

Two boxes of Dodd's bring relief



Mrs. Essie Bell

"I suffered for a long time with a sore back," writes Mrs. Essie Bell, 35 Northview Terrace, Toronto, Ontario. "I am a heavy woman, 42 years of age and as a housewife I am on my feet quite a lot. I thought my sore back might be caused by kidney trouble. I took two boxes of Dodd's Kidney Pills and the sore back has not returned. I can now get around OK. I can heartily recommend Dodd's and hope they help more people like me."

Safety hint for Home

Small rugs that slide or skid around on the floor can be the cause of a serious injury.



One way to help prevent rugs from slipping is to attach a triangle of thin rubber to each corner. An old automobile inner tube will serve the purpose.

YOUR CHARACTER BY THE STARS

BORN SEPT. 24 TO OCT. 23

SIGN: LIBRA

Keen in business but flighty in love affairs. Work carefully and stick to job no matter how tough. Amazing foresight and sound sense of judgment. Possess unusual amount of executive ability.

OCTOBER, 1959

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	7	31 a.m.
● First Quarter.....	8	11	22 p.m.
● Full Moon.....	16	10	58 a.m.
● Last Quarter.....	24	3	22 p.m.
● New Moon.....	31	7	41 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	☾	5 57	5 42	4 48	5 18
2	F	☽	5 58	5 40	5 59	5 52
3	S	☼	5 59	5 38	7 12	6 28
4	Sun	☽	6 01	5 36	8 25	7 08
5	M	☽	6 02	5 35	9 38	7 52
6	T	☽	6 03	5 33	10 47	8 43
7	W	☽	6 04	5 31	11 50	9 39
8	T	☽	6 05	5 29	p.m.	10 39
9	F	☽	6 07	5 27	1 36	11 43
10	S	☽	6 08	5 25	2 19	a.m.
11	Sun	☽	6 10	5 24	2 52	16 49
12	M	☽	6 11	5 22	3 29	1 54
13	T	☽	6 12	5 20	4 00	2 57
14	W	☽	6 13	5 18	4 30	4 01
15	T	☽	6 14	5 16	4 58	5 05
16	F	☽	6 16	5 15	5 27	6 05
17	S	☽	6 17	5 13	5 59	7 05
18	Sun	☽	6 18	5 11	6 31	8 03
19	M	☽	6 20	5 09	7 08	9 00
20	T	☽	6 21	5 07	7 48	9 55
21	W	☽	6 23	5 06	8 33	10 46
22	T	☽	6 24	5 05	9 22	11 33
23	F	☽	6 25	5 03	10 16	p.m.
24	S	☽	6 27	5 01	11 13	12 57
25	Sun	☽	6 28	5 00	a.m.	1 34
26	M	☽	6 30	4 59	12 13	2 08
27	T	☽	6 31	4 57	1 17	2 41
28	W	☽	6 32	4 56	2 24	3 13
29	T	☽	6 33	4 54	3 34	3 46
30	F	☽	6 34	4 52	4 46	4 21
31	S	☽	6 36	4 51	6 01	5 00

*See page 3 for Local Time

WEATHER—1st to 4th: Windy and unsettled east of great lakes. 5th to 16th: Warmer and changeable in most regions; cooler. 17th to 23rd: Fair weather prevailing but temperatures to drop. 24th to 31st: Colder weather generally with rain in east and snow flurries in north.

THE MOON AND THE SUN

The sun is actually 400 times as large as the moon. It appears the size of the moon because it is about 400 times as far away. The diameter of the moon is about 2160 miles and the diameter of the sun is about 864,000 miles.

The right way to say it!

Many sayings and proverbs we use have become shortened or changed from the original quotation. Here are popular expressions followed by the original quotation and source—in other words—"the right way to say it."

- 1. By the sweat of the brow.**
In the sweat of thy face thou shalt eat bread. (Genesis, III, 19).
- 2. Pride goeth before a fall.**
Pride goeth before destruction, and an haughty spirit before a fall. (Proverbs, XVI, 18).
- 3. A little knowledge is a dangerous thing.**
A little learning is a dang'rous thing (Pope, Essay on Criticism).
- 4. Water, water, everywhere, and not a drop to drink.**
Water, water, everywhere, nor any drop to

- drink (Coleridge—The Rime of the Ancient Mariner).
- 5. All that glitters is not gold.**
All that glisters is not gold (The Merchant of Venice, II, VII).
 - 6. Imitation is the sincerest form of flattery.**
Imitation is the sincerest of flattery (Charles Colton, the Lacon).
 - 7. Let him who is without guilt cast the first stone.**
He that is without sin among you, let him first cast a stone at her (John, VIII, 7).
 - 8. There's nothing new under the sun.**
There is no new thing under the sun. (Ecclesiastics, I, 9).
 - 9. Gilding the lily.**
To gild refined gold, to paint the lily. (King John IV, II).
 - 10. The devil can quote the scripture for his own purpose.**
The devil can cite scripture for his own purpose (The Merchant of Venice, I, III).
 - 11. To make assurance doubly sure.**
But yet I'll make assurance double sure Macbeth, IV, I).
 - 12. Money is the root of all evil.**
The love of money is the root of all evil (I Timothy, VI, 10).
 - 13. Escaped by the skin of my teeth.**
I am escaped with the skin of my teeth (Job, XIX, 20).
 - 14. The wages of sin are death.**
The wages of sin is death (Romans, VI, 23).

COAST TO COAST COMMENTS

from BRITISH COLUMBIA:

"Dodd's helped bring me relief from disturbed rest and seemed to aid in clearing up an "itching" feeling which I had developed."

(Signed) Mrs. Rose Morris,
Box 2293,
Penticton, B.C.

from ALBERTA:

"I have found Dodd's Kidney Pills a very great help in helping to relieve leg and back pains."

(Signed) Mrs. Agnes Murray,
Box 9,
Drumheller, Alta.

from SASKATCHEWAN:

"I am a 24-year old housewife and have found that only two boxes of Dodd's Kidney Pills helped to completely relieve backache."

(Signed) Mrs. Joyce Welsh,
North Battleford, Sask.

from MANITOBA:

"I was troubled with night rising, backache and nervousness and Dodd's Kidney Pills helped bring relief."

(Signed) Mrs. Angeline Laubmann,
Hone, Mile 134, Man.

from ONTARIO:

"I am 34 years old and a truck driver. Heavy lifting puts a strain on my back and Dodd's Kidney Pills have helped relieve frequent backaches."

(Signed) Mr. Norman Croll,
1077 Parent Avenue,
Windsor, Ontario.

from QUEBEC:

"I am 57 years old and after falling down stairs I had backaches. Dodd's Kidney Pills helped to bring me fast relief."

(Signed) Mrs. Emilienne Chenier,
134 Laval, Hull, Quebec.

from NEW BRUNSWICK:

"I am 38 years old and have suffered since a youth with kidney trouble. Dodd's Kidney Pills have helped me to recover from this condition."

(Signed) Mr. Gerard Le Blanc,
Alcida Office,
Gloucester County, N.B.

from NOVA SCOTIA:

"I am a housewife, 50 years of age, and had been bothered with a sore back for some years. I took Dodd's for relief with great results."

(Signed) Mrs. Hector MacNeil,
Port Hawkesbury, N.S.

from PRINCE EDWARD ISLAND:

"I took Dodd's Kidney Pills for backache on the advice of a friend. They helped to bring me prompt relief. Now I keep them on hand all the time."

(Signed) Mrs. Ivan Boulter,
St. Eleanors,
Prince Edward Island.

from NEWFOUNDLAND:

"I tried one box of Dodd's Kidney Pills for backache and felt 50% better. A second box helped to bring me welcome relief."

(Signed) Mrs. Margaret March,
Box 37,
Aguathuna, Nfld.

Inches

6

Weights & Measures

Linear Measure

- 1 foot=12 inches
 1 yard=3 feet
 1 rod=5½ yards=16½ feet
 1 mile=320 rods=1760 yards=5280 feet
 1 nautical mile=6080 feet
 1 knot=1 nautical mile per hour
 1 furlong=¼ mile=660 feet=220 yards
 1 league=3 miles=24 furlongs
 1 fathom=2 yards=6 feet
 1 chain=100 links=22 yards
 1 link=7.92 inches
 1 hand=4 inches
 1 span=9 inches

Square Measure

- 1 square foot=144 square inches
 1 square yard=9 square feet
 1 square rod=30¼ square yards=272¼ square feet
 1 acre=160 square rods=43560 square feet
 1 square mile=640 acres=102400 square rods
 1 square rod=625 square links
 1 square chain=16 square rods
 1 acre=10 square chains

Cubic Measure

- 1 cubic foot=1728 cubic inches
 1 cubic yard=27 cubic feet
 1 register ton (shipping measure)=100 cubic feet
 1 U.S. shipping ton=40 cubic feet
 1 cord=128 cubic feet
 1 U.S. liquid gallon=4 quarts=231 cubic inches
 1 imperial gallon=1.20 U.S. gallons=0.16 cubic feet
 1 board foot=144 cubic inches

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=2,000 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

YOUR CHARACTER BY THE STARS

BORN OCT. 24 TO NOV. 22

SIGN: SCORPIO

Courage and energy are characteristics. Shrewd and ambitious and should do well in business life and love. Rather domineering but faithful. Magnetic personality makes you good organizer.

NOVEMBER, 1959

MOON'S PHASES—Eastern Standard Time

+1 hr.=A.S.T. -2 hr.=M.S.T.

-1 hr.=C.S.T. -3 hr.=P.S.T.

	D.	H.	M.
☾ First Quarter....	7	8	23 a.m.
☾ Full Moon.....	15	4	42 a.m.
☾ Last Quarter.....	23	8	03 a.m.
☾ New Moon.....	30	3	46 a.m.

Day of month	Day of week	Moon's place	Sun		Moon	
			Rises	Sets	Rises	Sets
1			a.m.	p.m.	a.m.	p.m.
2	Sun	♌	6 37	4 49	7 15	5 43
3	M	♌	6 38	4 48	8 29	6 32
4	T	♌	6 40	4 47	9 37	7 28
5	W	♌	6 41	4 45	10 38	8 29
6	T	♌	6 42	4 44	11 33	9 34
7	F	♌	6 44	4 43	p.m.	10 40
8	S	♌	6 45	4 42	12 58	11 46
9	Sun	♌	6 46	4 41	1 33	a.m.
10	M	♌	6 48	4 39	2 04	12 51
11	T	♌	6 49	4 38	2 34	1 54
12	W	♌	6 51	4 36	3 02	2 57
13	T	♌	6 52	4 35	3 30	3 58
14	F	♌	6 53	4 34	4 00	4 57
15	S	♌	6 55	4 33	4 32	5 56
16	Sun	♌	6 56	4 32	5 07	6 56
17	M	♌	6 58	4 31	5 46	7 49
18	T	♌	6 59	4 30	6 29	8 41
19	W	♌	7 01	4 29	7 16	9 31
20	T	♌	7 02	4 28	8 07	10 16
21	F	♌	7 04	4 27	9 03	10 56
22	S	♌	7 05	4 26	10 02	11 33
23	Sun	♌	7 06	4 25	11 02	12 08
24	M	♌	7 07	4 25	a.m.	12 41
25	T	♌	7 09	4 24	12 06	1 11
26	W	♌	7 10	4 24	1 11	1 43
27	T	♌	7 11	4 23	2 21	2 15
28	F	♌	7 12	4 22	3 32	2 50
29	S	♌	7 14	4 22	4 46	3 30
30	Sun	♌	7 15	4 21	6 00	4 17
	M	♌	7 16	4 21	7 13	5 09

*See page 3 for Local Time

WEATHER—1st to 7th: Generally unsettled in west; clear in east. 8th: Heavy rains in lower St. Lawrence Valley and unsettled east of great lakes; cool in west. 10th to 20th: Generally fair and pleasant in most regions. 21st to 30th: Cooler; dry in east; snow flurries in north.

Free of Backache! Tired Feeling Gone! No More Disturbed Rest!

now
she . . .

flies
through
housework
with the
greatest
of ease!



ONCE upon a time there was a housewife who was always tired out! She didn't rest well at night and she had such a backache! Her arms ached! Her legs ached! In fact, she ached so all over—she could barely do her housework.

Then one day she read where modern medical science could show that many such aches and discomforts were caused by the kidneys.

She learned that if the kidneys become sluggish they permit impurities to remain in the system. Bladder and urinary irritation that may cause backache, that "tired-all-over" feeling and disturbed rest often follow. Then she discovered (as thousands upon thousands of other men and women already had) that Dodd's Kidney Pills were developed to help bring relief from just such conditions.



Lucky lady! For thanks to Dodd's she is now free of backache, the tired feeling is gone and her rest is no longer disturbed. She now feels happy as a lark and she flies through housework with the greatest of ease.

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	
To or from any Post Office in	To or from any Post Office in																	
Newfoundland.....	Quebec.....	.18	.23	.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.....	Ontario.....	.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
Alberta.....	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.

TAKES DODD'S FOR BACKACHE AND TIREDNESS

Gets relief during pregnancy



Mrs. J. Drexler

"I am 40 years old and mother of seven children," writes Mrs. Joe Drexler, Box 1091, Drumheller, Alberta. "Before my first baby was born I was in great pain with my back. My mother told me about Dodd's Kidney Pills. I have used them for nearly twenty years now and would not be without them. Dodd's are a great remedy for backache and tiredness."

Damp Weather Often Brings On Backache

Miner gets relief with Dodd's

"I am 40 years old," writes Mr. C. L. Fiedler, a miner of Riondel, British Columbia. "For the last 10 years I have found that a chill or damp weather very frequently brings on a backache. Dodd's Kidney Pills usually bring relief. My Mother and Father used Dodd's at home 30 years ago and you will always find a box of Dodd's in our medicine cabinet."



Mr. C. L. Fiedler

DECEMBER, 1959

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	11 p.m.
☾ Full Moon	14	11	49 p.m.
☽ Last Quarter	22	10	28 p.m.
☽ New Moon	29	2	09 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 17	4 20	8 11	6 10
2	W	♋	7 18	4 20	9 21	7 15
3	T	♌	7 19	4 20	10 13	8 23
4	F	♍	7 21	4 19	10 57	9 32
5	S	♎	7 22	4 19	11 35	10 40
6	Sun	♏	7 23	4 19	12 07	11 45
7	M	♐	7 24	4 19	12 38	a.m.
8	T	♑	7 25	4 18	1 07	12 49
9	W	♒	7 26	4 18	1 35	1 51
10	T	♓	7 26	4 18	2 03	2 50
11	F	♊	7 27	4 18	2 35	3 49
12	S	♋	7 28	4 18	3 08	4 47
13	Sun	♌	7 29	4 18	3 45	5 33
14	M	♍	7 30	4 18	4 26	6 37
15	T	♎	7 31	4 19	5 12	7 28
16	W	♏	7 32	4 19	6 02	8 14
17	T	♐	7 33	4 19	6 57	8 57
18	F	♑	7 33	4 20	7 54	9 35
19	S	♒	7 34	4 20	8 54	10 11
20	Sun	♓	7 35	4 20	9 55	10 43
21	M	♊	7 35	4 21	10 59	11 14
22	T	♋	7 36	4 21	a.m.	11 44
23	W	♌	7 36	4 22	12 04	p.m.
24	T	♍	7 36	4 23	1 12	12 47
25	F	♎	7 37	4 23	2 22	1 23
26	S	♏	7 37	4 24	3 34	2 04
27	Sun	♐	7 37	4 24	4 46	2 51
28	M	♑	7 38	4 25	5 56	3 47
29	T	♒	7 38	4 25	7 01	4 50
30	W	♓	7 38	4 26	7 59	5 59
31	T	♊	7 38	4 27	8 48	7 10

*See page 3 for Local Time

WEATHER—1st to 9th: Colder throughout all Canada. 10th to 20th: Lower temperatures in west with clear skies; storms in great lakes; milder in east. 21st to 25th: Colder, storms in many areas. 26th to 31st: Temperatures rising in east; overcast and stormy in west.

YOUR CHARACTER BY THE STARS

BORN NOV. 23 TO DEC. 21

SIGN: SAGITTARIUS

You who are born under the Archer's influence are physically strong. However, energetic and ambitious you are, you should consider carefully your actions when anything big is at stake. Avoid your idealistic nature.

How Dodd's Ointment relieved stubborn finger nail infection

Lingering pain and appearance was concern of Mrs. M. Nichol

"For two years I was troubled with an infection under the nailbed. I was advised to wear rubber gloves, give up detergents and apply various ointments. But the unsightly and painful affliction failed to respond.

"A friend suggested Dodd's Ointment, and within two weeks, the soreness subsided and my nails began to grow in normally. About four or five months later they were completely grown and I was no longer ashamed of my hands.

"Dodd's is a wonderful antiseptic ointment to have around the house for

almost everything such as—cuts, burns, pimples, insect bites, sunburn."

(Signed) Mrs. Margaret Nichol,
180 Avondale Avenue,
Willowdale, Ontario.

PROBLEM CHILD

One Mother to Another: "Gracious, we're having such a time with our Albert. He's too young to be left alone with the baby and too old to be left alone with a baby-sitter."

HELPING HAND

The best place to find a helping hand is at the end of your own arm.

It's About Time

- Don't be surprised if your watchmaker told you your watch ticks some 18,000 times in an hour.
- And aside from the main spring all the oil necessary to lubricate a modern watch for a full year would go on the head of the proverbial pin.
- Julius Caesar never knew what a watch or a clock looked like.
- If it was rolled along on its edge, the main balance wheel of today's average watch would travel somewhere near 3,500 miles in a single year.

Why Doctors Test Kidneys First!



Doctors realize that on the condition of the kidneys may rest health, happiness, life itself. For without the help of the kidneys they may be unable to overcome sickness.

In making a diagnosis, doctors usually make certain by a urine examination whether or not the kidneys are in order. If kidneys are not functioning properly impurities are allowed to stay in the system; backache, headache, tired feeling, irritation and discomfort often follow.

Dodd's Kidney Pills help in bringing relief from urinary irritation and bladder discomfort.

HUMOR is a good tonic

ABSENT MINDED?

The professor who sent his wife to the bank and kissed his money goodbye was not so absent minded.

MYSTERY OF LIFE

How is it that the boy who wasn't good enough for daughter can be the father of the smartest grandchild in the world?

GOOD NEWS

Joe: "What do you mean you're going back to work Wednesday when this letter from your boss says you're fired?"

Bill: "I figure the boss must have changed his mind because after he sealed the envelope he wrote on it—'Return Within Five Days'."

PLAIN CASE OF FLATTERY

Housewife: "You appear to be an able-bodied man and strong enough to work."

Tramp at Door: "To be sure, lady. And you appear to be beautiful enough to be on television but apparently prefer the simple life."

Housewife: "Come into the kitchen, I can surely fix something to eat for you."

FOLLOWING INSTRUCTION

The cooking class instructor was explaining how to cook a roast.

"Then," she explained, "when you have the roast in the skillet you add just three teaspoonfuls of water, is that plain?"

Shyly, Mrs. Newlywed spoke up: "Is that level or heaping?"

YOUR CHARACTER BY THE STARS

BORN DEC. 22 TO JAN. 20

SIGN: CAPRICORN

Immensely proud, idealistic and exceptionally confident. Good leaders. Possess talent for the fine arts and are endowed with above-average imagination. Should stay cheerful and avoid moodiness.



Mrs. G. MacDonald

Bank teller gets help for backache

**THANKS DODD'S FOR
"FEELING LIKE LIVING"**

"I suffered from a steady backache for about three years," writes Mrs. Gwen MacDonald, 29 Bridge Street, Sackville, New Brunswick. "I had almost accepted backache as just something to bear until one day a friend suggested that I try Dodd's Kidney Pills. After taking just one box my backache was gone.

Since I am only 21 and a bank teller I would advise other young people of my age who find themselves tired, listless and suffering from backache, to try Dodd's. They did a grand job for me and made it possible to find that old "feeling like living" again.

GREEN THUMB

One way to have two blades of grass where one grew before is to plant vegetables.



for that happy step of health

Perhaps the most important factor in helping you maintain that happy step of health is the food you eat. You must have a proper daily intake of vitamins and other essential food elements. The following tells you about these elements, in what foods they are found and what health values they provide.

VITAMIN A—This vitamin is known as the beautifying vitamin for it helps overcome skin diseases, retarded growth, many kinds of infection and night blindness. It is found in fish oils, egg yolks, butter and milk.

VITAMIN B1—Vitamin B1 comes from yeast, liver, milk and wheat and is the one that gives you pep. It also helps improve appetite and the condition of the blood.

VITAMIN B COMPLEX—This vitamin is also found in yeast, liver, milk and wheat bran and is responsible for quieting the nerves and aids overcoming digestive disorders.

VITAMIN C—Lack of this blood-building vitamin which comes in fruits, green vegetables and milk may result in scurvy, anaemia, pyorrhoea and hemorrhages.

VITAMIN D—The sunshine vitamin and bone maker. It helps overcome rickets, stunted growth and dental decay. Sunshine, fish oils and irradiated milk are sources of vitamin D.

MINERALS — Calcium, the mineral that builds sound bones and teeth is found in milk and cheese. Iron, the blood-builder is supplied by eggs, liver, kidney, vegetable and fruit. Iodine, another important body mineral, comes from seafood and iodized salt.

PROTEIN—Protein is the body tissue builder and comes mainly from meat, fish, poultry and eggs.

FATS—These are needed for heat and energy. Best sources are butter, cream, lard, shortening and egg yolk.

CARBOHYDRATES — Found in sugar, candy, jams, bread, pastry and potatoes, carbohydrates are sources of energy but should be used in moderation to provide a properly balanced diet.

FOODS TO AVOID—Sufferers of stomach conditions or urinary system troubles would do well to avoid pickles, vinegar, alcoholic beverages and most fried foods. If subject to consti-

tion it is also well to stay away from hot bread, tapioca or arrowroot.

ABOUT EXERCISE

● An excellent exercise, especially to help reduce heavy hips or thighs is the following. (1) Sit on floor. (2) Keep head up straight, straighten out knees and point toes ahead. (3) Place hands behind body, palms forward. (4) Now, inhaling slowly as you do, bend knees up slowly and bring them toward chest. (5) Now stretch legs forward and keeping toes pointed forward, raise legs up. (6) Return to sitting position—exhaling as you do.

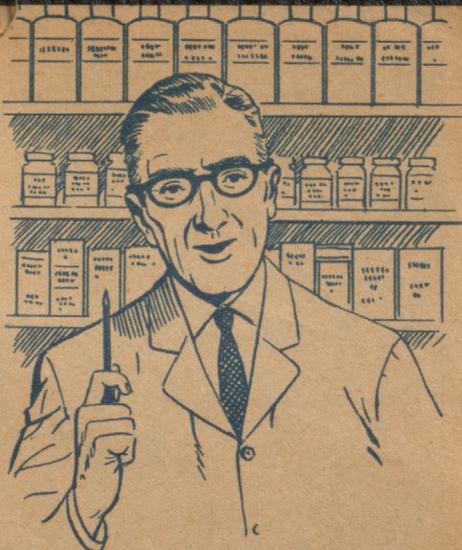
● A good exercise for a smaller waistline is to lie on back on floor with feet together. Arms should be stretched back with backs of hands touching floor. Now, bring knees up and, at same time, raise upper body forward to sitting position lifting feet slightly off floor. Repeat exercise but do not overdo.

ABOUT YOUR HAIR

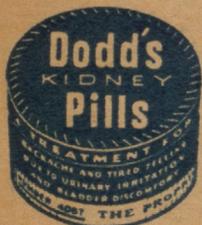
● Brushing hair daily promotes a healthier scalp and more lustrous hair. Start brushing at hairline. Brush top hair and back hair up. Brush sides out. Always brush right to ends of strands.

● Eyes that become tired from close work may be helped by applying petroleum jelly around the eyes—on eyelids and brows. Another good way to relieve tired eyes is to lie back for about ten minutes with cotton pads dipped in cool water or witch hazel placed on closed eyelids.

"YOU CAN DEPEND ON Dodd's REMEDIES"



Dodd's Remedies have built up a reputation for reliability over a period of 67 years. They can be used and recommended with confidence because they are prepared according to medically proven formulas from the finest ingredients under the strictest and most modern laboratory conditions.



DODD'S KIDNEY PILLS

Used by thousands of men and women who suffer from backache, tired feeling and disturbed rest and other discomforts due to urinary irritation. 70c per box.



DODD'S DYSPEPSIA TABLETS

Quick, effective treatment and one of the finest aids to digestive upsets. Eat what you like without discomfort. Handy box, 80c.



DODD'S SCOOT FOR ATHLETE'S FOOT

A snow white cream that quickly relieves the burning and itching of Athlete's Foot. Kills fungus at source. \$1.00 per tube.



DODD'S ANTISEPTIC OINTMENT

Effective, soothing and healing for cuts, burns, scrapes, skin infections and irritations. 80c per tube.



DODD'S DIAMOND DINNER PILLS

Effective treatment for constipation. Diamond Dinner Pills help nature when bowel action becomes sluggish. 40c per box.

HOW TO GET DODD'S REMEDIES

Dodd's Remedies can be bought at most drug counters. If they are not available near you, write to The Dadds Medicine Company Limited, 54 Wellington Street West, Toronto 1, Canada. Please print name and address clearly and enclose purchase price. Your order will be sent to you promptly, postpaid.

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

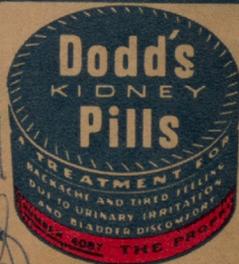
YES, AND SHE ALWAYS LOOKS AND ACTS SO FULL OF ENERGY

JANE CARSON MAKES SUCH A SPLENDID PRESIDENT

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



108922