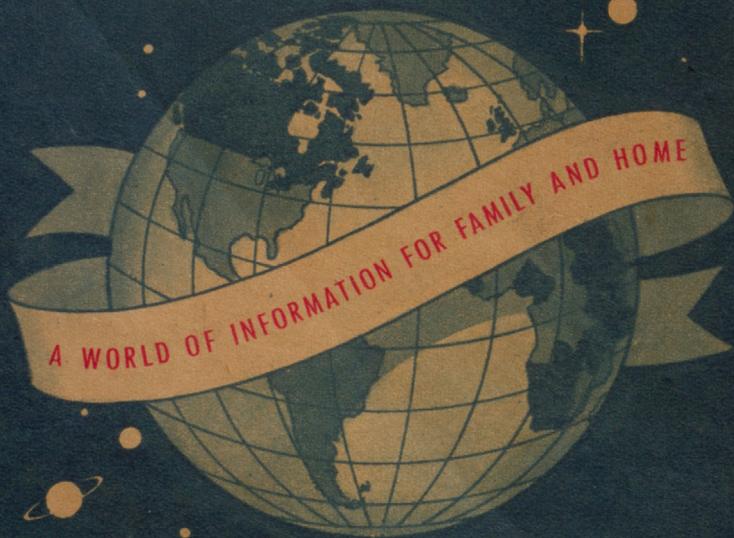


HINTS FOR HEALTH & HOUSEHOLD

USEFUL INFORMATION FOR THE WHOLE FAMILY



A WORLD OF INFORMATION FOR FAMILY AND HOME

Dodd's

ALMANAC

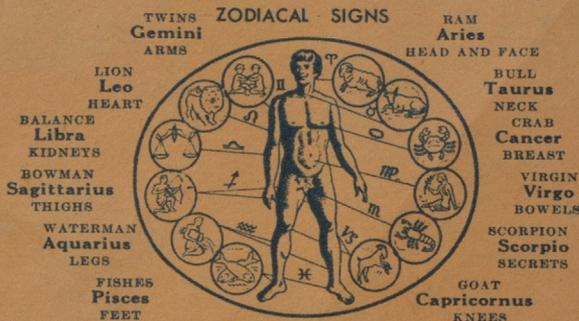
1960

HOLIDAYS • WEIGHTS & MEASURES • ECLIPSES • HOROSCOPES

WEATHER FORECAST BY MONTH

THE SEASONS 1960 (Eastern Standard Time)

		d.	h. m.
Sun enters Aries—Spring Commences.....	March	20	9.43 a.m.
Sun enters Cancer—Summer Commences.....	June	21	4.43 a.m.
Sun enters Libra—Autumn Commences.....	September	22	8.00 p.m.
Sun enters Capricornus—Winter Commences.....	December	21	3.27 p.m.
Dominical letter..... C, B	Golden Number..... IV	Roman Indiction.....	13
Epaet..... 2	Julian Period..... 6673	Solar Cycle.....	9



HOLIDAYS, FESTIVALS, ANNIVERSARIES, ETC.

New Year's Day..... Jan. 1	Birthday of Queen..... Apr. 21	Labour Day..... Sept. 5
Epiphany..... Jan. 6	Elizabeth II (1926)..... Apr. 21	Hebrew New Year..... Sept. 22
Septuagesima..... Feb. 14	St. George..... Apr. 23	St. Michael..... Sept. 29
Valentine's Day..... Feb. 14	Rogation Sunday..... May 22	Day of Atonement..... Oct. 1
Quinquagesima..... Feb. 28	Empire Day..... May 23	First day of Tabernacles..... Oct. 6
St. David..... Mar. 1	Ascension Day..... May 26	Thanksgiving..... Oct. 10
Ash Wednesday..... Mar. 2	Pentecost..... June 5	Hallow'en..... Oct. 31
St. Patrick..... Mar. 17	Trinity Sunday..... June 12	All Saint's Day..... Nov. 1
Palm Sunday..... Apr. 10	Corpus Christi..... June 16	First Sunday in Advent..... Nov. 27
First Day of Passover..... Apr. 12	St. John Baptist..... June 24	St. Andrew..... Nov. 30
Good Friday..... Apr. 15	Dominion Day..... July 1	Christmas Day..... Dec. 25
Easter Sunday..... Apr. 17		Boxing Day..... Dec. 26

ECLIPSES IN 1960

March 12-13. Total eclipse of the moon, visible in Canada. Moon enters umbra 1:38 a.m.; total eclipse begins 2:41 a.m.; middle of eclipse 3:28 a.m.; total eclipse ends 4:16 a.m.; moon leaves umbra 5:18 a.m. (E.S.T.).

March 27. Partial eclipse of the sun, invisible in Canada. (Visible from southern Australia and Antarctica.)

September 4-5. Total eclipse of the moon, beginning visible across Canada; ending visible from the west coast. Moon enters umbra 4:36 a.m.; total eclipse begins 5:38 a.m.; middle of eclipse 6:22 a.m.; total eclipse ends 7:06 a.m.; moon leaves umbra 8:08 a.m. (E.S.T.).

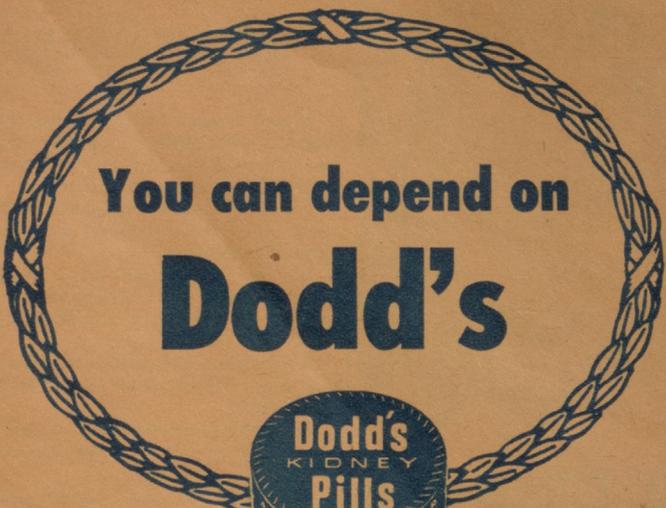
September 20. Partial eclipse of the sun, visible in Canada except east of Lake Ontario. (At Kingston the eclipse begins at about sunset.) At the west coast mid-eclipse occurs at about 6:30 p.m. E.S.T. (3:30 p.m. P.S.T.) and lasts over two hours; in the Lake Ontario region mid-eclipse occurs at about 6:50 p.m. E.S.T. and lasts about an hour and a half.

November 7. Transit of Mercury over the disk of the sun, visible in Canada. Conjunction in apparent geocentric longitude occurs at 11:39 a.m. E.S.T.

THE PLANETS IN 1960 (Eastern Standard Time)

MERCURY—In morning sky until 10 a.m., Jan. 26. In evening sky until 4.00 p.m., March 10, with greatest elongation east, 18°, at 7.00 p.m., Feb. 23. In morning sky until 10.00 a.m., May 17, with greatest elongation west, 28°, at 8.00 a.m., April 7. In evening sky until 8.00 p.m., July 16, with greatest elongation east, 25°, at 9.00 a.m., June 19. In morning sky until 7.00 p.m., Aug. 30, with greatest elongation west, 19°, at 2.00 p.m., Aug. 5. In evening sky until noon Nov. 7, with greatest elongation east, 25°, at 5.00 p.m., Oct. 15. In morning sky until the end of the year, with greatest elongation west, 20°, at 3.00 a.m., Nov. 24. **VENUS**—In morning sky until 11.00 a.m., June 22. In the evening sky for the rest of the year. **MARS**—In morning sky until 5.00 a.m. Dec. 30, with western quadrature at 7.00 p.m. Sept. 24. Nearest the earth on Dec. 25. In evening sky on the last day of the year. **JUPITER**—In morning sky until 9.00 p.m. June 19, with western quadrature at 8.00 a.m. March 22. In evening sky the rest of the year, with eastern quadrature at 6.00 a.m. Sept. 17. **SATURN**—In morning sky until 1.00 a.m., July 7, with western quadrature at 7.00 p.m. April 7. In evening sky the rest of the year, with eastern quadrature at 00 a.m., Oct. 5. **URANUS**—In morning sky until 2.00 p.m., Feb. 8. In evening sky until midnight Aug. 13-14, with eastern quadrature at 7.00 p.m., May 7. In morning sky the rest of the year with western quadrature at 7.00 p.m. Nov. 17. **NEPTUNE**—In morning sky until 9.00 p.m., April 27, with western quadrature at 7.00 p.m. Jan. 29. In evening sky until 2.00 a.m., Nov. 1, with eastern quadrature at 6.00 a.m., July 29. In morning sky the rest of the year. **PLUTO**—In morning sky until 7.00 p.m. May 24. In evening sky until 1.00 a.m., Aug. 29, with eastern quadrature at 3.00 a.m., June 2. In morning sky the rest of the year with western quadrature at 7.00 p.m., Nov. 29.

- ELL
6728



You can depend on
Dodd's



DODD'S KIDNEY PILLS . . . Effective treatment for backache, tired-out feeling and disturbed rest. They stimulate kidney action.

T

HIS 1960 Edition of Dodd's Almanac marks the 65th year it has been sent into homes across Canada. We hope it will enjoy the same warm reception extended to Dodd's Almanac in the years gone by.

The purpose of the Almanac is to bring you information you may find interesting and helpful. It also provides the opportunity to tell you of the experiences of others with Dodd's Family of Remedies. In it we try to explain the cause of many minor ailments and how relief may be obtained.

It is our wish that you find pleasure and benefit in this edition of Dodd's Almanac and that the information it contains will, in some measure, contribute to your good health and well-being during the coming year. The Dodds Medicine Company Limited, 54 Wellington Street West, Toronto 1, Ontario.



DODD'S SCOOT . . . For Athlete's Foot—Now in handsome new pack. Safe, soothing snow white cream kills Athlete's Foot fungus at its source.



DODD'S DYSPEPSIA TABLETS . . . For indigestion, nausea, gas. They supply ingredients to actually digest foods.



DIAMOND DINNER PILLS . . . Easy to take, mild, efficient laxative providing effective relief from constipation.



DODD'S ANTISEPTIC OINTMENT . . . Quickly soothes, cleanses and relieves pain. Promotes faster healing. Effective "First Aid" treatment.



Miss Jean Ford

TOO TIRED FOR DATES - DODD'S RENEW ENERGY

Young lady praises Dodd's

"I work in a food processing company and the type of work I do can become very tiring," writes 21-year old Miss Jean Ford, 75 Alexander Street, St. John's, Newfoundland. "After working I used to feel too tired to go out and lacked energy. I have been using Dodd's Kidney Pills for over a year now and they have certainly helped me. I don't feel so tired at work and I can go out on dates whenever I am asked. I wouldn't be without Dodd's now and I hope they help other women as they have helped me."

SLIPPING SLEEVES

To stop sleeveless dresses or other clothing from sliding from hangers, simply bend up both ends of ordinary wire garment hangers.

Feminine Viewpoint

Many women dislike seeing another woman who looks as if she has just been poured into her dress—especially if she knew when to say when.

• For every man who lives to be 85, there are seven women—but by that time it's too late.

• It's not so difficult for a woman to keep a secret. The really hard part is for her to keep it a secret that she's keeping a secret.

• A feminine definition of a flirt:—A girl who thinks that it's every man for herself.

• Women's fashions could be all those styles that go in one year and out the other.

• The lady had just passed through customs inspection and the officer was just closing up her bags. "Does that mean you give up?" she exclaimed.

• "Always add a column of figures three times before you show me the result," said the boss to his new young lady bookkeeper.

Returning to his desk some while later she showed him some figures and told him, "I added these figures ten times."

Accepting his compliment for thoroughness, she added, "And here are the ten answers!"

• When a very expert single young lady asked for a raise, the manager said, "Your salary is already as much as the man's on the machine next to yours and he has five children."

"I thought," answered the young woman, "that we were paid for what we produce here—not for what we produce at home—on our own time." She got her raise!

• "My, what a wonderful collection of books," the neighbor said to Mrs. Jones, "but you really should have more shelves."

"I know I should," replied Mrs. Jones, "but I just haven't the courage to borrow those, too."



Sunrise and Sunset



TABLE TO DETERMINE THE EXACT TIMES

Moon's Phases—Shown in Eastern Standard Time, and apply to Ontario and Quebec.

JANUARY, 1960

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	01	53 p.m.
☾ Full Moon.....	13	06	51 p.m.
☾ Last Quarter.....	21	10	01 a.m.
☾ New Moon.....	28	01	16 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	☾	7 38	4 28	9 31	8 20
2	S	☽	7 38	4 29	10 07	9 29
3	Sun	☾	7 38	4 30	10 39	10 35
4	M	☽	7 38	4 31	11 10	11 39
5	T	☽	7 38	4 32	11 38	a.m.
6	W	☽	7 38	4 33	p.m.	12 42
7	T	☽	7 38	4 34	12 38	1 41
8	F	☽	7 37	4 35	1 10	2 40
9	S	☽	7 37	4 36	1 46	3 36
10	Sun	☽	7 37	4 37	2 25	4 31
11	M	☽	7 37	4 38	3 09	5 22
12	T	☽	7 36	4 40	3 58	6 11
13	W	☽	7 36	4 41	4 51	6 56
14	T	☽	7 35	4 42	5 47	7 37
15	F	☽	7 35	4 43	6 47	8 13
16	S	☽	7 34	4 44	7 48	8 47
17	Sun	☽	7 34	4 46	8 51	9 18
18	M	☽	7 34	4 47	9 56	9 49
19	T	☽	7 33	4 48	11 01	10 19
20	W	☽	7 32	4 50	a.m.	10 50
21	T	☽	7 31	4 51	12 08	11 23
22	F	☽	7 31	4 52	1 17	p.m.
23	S	☽	7 30	4 54	2 27	12 43
24	Sun	☽	7 29	4 55	3 36	1 32
25	M	☽	7 28	4 57	4 41	2 29
26	T	☽	7 27	4 58	5 41	3 33
27	W	☽	7 26	5 00	6 35	4 43
28	T	☽	7 25	5 01	7 22	5 54
29	F	☽	7 24	5 03	8 01	7 06
30	S	☽	7 23	5 04	8 37	8 15
31	Sun	☽	7 22	5 05	9 08	9 22

JANUARY, 1960—WEATHER—1st to 5th: Clear becoming unpleasant with storms. 6th to 11th: Unsettled, growing cold with sleet storms. 12th to 20th: Generally mild with some snow or rain. Overcast skies with brisk winds. 21st to 31st: Pleasant, colder weather followed by snow.

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	
	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	Sept. 20	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

New Brunswick

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

Nova Scotia

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

Newfoundland

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

Fisherman Had Tired-Out Feeling

Takes Dodd's and Finds "World of Difference"



Mr. H. M. Coolen

"I am a fisherman, 32 years of age," writes Mr. Harold M. Coolen, R.R. 1, Hubbards, Nova Scotia. "My work requires that I be in top physical condition. For years I had a tired-out feeling—in the morning I would be grouchy and irritable."

"Reading Dodd's Almanac, I was impressed with the experiences of others with Dodd's Kidney Pills. I decided to try Dodd's and before using half of a box I noticed a "world of difference."

Your Character By The Stars

CAPRICORN—THE GOAT Dec. 21 to Jan. 19

Aggressive, strong of will and determined. Continually working for something better and others profit from contact with you. Loyal to those you consider worthy. You have charm, dignity and reserve. If you are a strong Capricornian, you concentrate deeply. If you are a weak Capricornian, you may be inclined to be snobbish and easily depressed. Patience, perseverance and solidity are your outstanding characteristics.

KNOTTY PROBLEM

Sewing thread will not snarl or break as easily, if you put it through the needle to even lengths and knot each end singly, rather than together.

PADLOCK ROOF

You can help protect the mechanism of outdoor padlocks from rust and freezing due to dripping ice, snow or rain by fastening a suitably sized piece of leather over the padlock to act as a roof. It's easy to flip-up the leather roof to open padlock.

FEBRUARY, 1960

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	9	27 a.m.
☾ Full Moon.....	12	12	24 p.m.
☾ Last Quarter.....	19	6	48 p.m.
☾ New Moon.....	26	1	24 p.m.

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

*See page 3 for Local Time

FEBRUARY, 1960—WEATHER—1st to 6th: Mild but unsettled with some snow. Clearing then cold. **7th to 15th:** Fair and mild with cold and storms in some sections. **16th to 22nd:** Changing from cold and clear to mild and winds. **23rd to 29th:** Clear and pleasant with winds, becoming unsettled with snow.

FOOD TOPICS



KNOW YOUR EGGS

If you store all your eggs together, place a pencil mark on left-over eggs so they can be used up first.

To tell whether that loose egg is raw or hard-boiled, place it on its side and twirl it like a top. If the egg spins evenly, it is cooked. If it bobs up and down while twirling, it's raw.

To stop egg white from spreading while being poached—add a teaspoonful of salt or a few drops of vinegar to water.

VEGETABLE SECRETS

You save work in cleaning spinach if you soak it first in salty water.

You'll find beets easier to peel if you dip them in cold water immediately after they are boiled.

Watch for blemishes, scars and soft rinds on squash. They are signs that this delectable vegetable is not at its best. Choose squash that feels heavy for its size and that has a firm, clear skin.

Don't throw beet tops away. They make a tasty dish when cooked and are plentiful in vitamins and minerals, particularly iron.

STUFFING HINTS

Beware of food poisoning. Never stuff a fowl with heated stuffing and leave overnight before roasting. Stuff bird just before it's to go in oven.

Empty salt cartons with a spout make dandy containers for bread crumbs ground from dry bread to be used for stuffing, etc. Use a funnel to get the crumbs in carton.

DESSERT TIME

When whipping anything, set the whipping bowl on a damp cloth, folded. It will help to stop it sliding.

For more appetizing baked apples, prick tiny pin holes in the skin before you bake them and they're not likely to burst and spoil their looks.

When "tinting" frosting be sure to add the vegetable coloring a few drops at a time when mixing to get even coloring in the finished cake topping.



Mrs. D. Archer

THANKS DODD'S FOR RELIEF OF HER SORE BACK

Suffered discomfort for a year

"I had a sore back for about a year," writes Mrs. Dorothy Archer, Sullivan Bay, British Columbia. "Friends of mine suggested I try Dodd's Kidney Pills. Taking them for less than a month I found great relief for my back trouble. Thanks to Dodd's and my friends for this help in relieving my discomfort."

Your Character By The Stars

AQUARIUS—THE WATERMAN Jan. 20 to Feb. 18

You are unselfish, love humanity and cherish peace. You work to change any situation that appears unhealthy or is not progressive. You enjoy useful hobbies. You have a special regard for the arts and are keenly interested in music and writing. You like a nice home and are sociable although often you are an unusual type whom few really understand. Aquarians are usually pleasant looking with graceful medium figures.

Suffered From Arm And Leg Pains

Obtained Relief with Just One Box of Dodd's



Mrs. J. Durling

"Pains in my arms and legs troubled me for nearly 2 years," writes Mrs. J. Durling, Bridgetown, Nova Scotia. "I tried Dodd's Kidney Pills and before I finished the

first box I secured relief. I am a housewife and mother of 5 children and thanks to Dodd's I can do my housework fine."

Your Character By The Stars

PISCES—THE FISHES Feb. 19 to March 20

You may have a dual personality which puzzles others and you, too. You are dreamy, responsive but can be unrealistic and lack self confidence. At the same time, you are honest and trustworthy. You are not likely to be a rugged type and illnesses may linger on. You are attracted to sick or needy people and are particularly suited to nursing and welfare work. You are good in bookkeeping, accounting and entertaining.

Cold Believed Cause Of Kidney Condition

"About 3 years ago I had trouble with my kidneys which I believed to be caused by a cold," writes Mrs. Elizabeth Doiron, Rang-St. Georges, Gloucester County, New Brunswick. "After taking two boxes of Dodd's Kidney Pills I got relief. Recently I again had backache and one box of Dodd's cleared up my condition."



Mrs. Elizabeth Doiron

MARCH, 1960

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	6	06 a.m.
☾ Full Moon.....	13	3	26 a.m.
☽ Last Quarter.....	20	1	41 a.m.
☾ New Moon.....	27	2	38 a.m.

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

*See page 3 for Local Time

MARCH, 1960—WEATHER—1st to 7th: Cold and clear, growing mild and unsettled. **8th to 15th:** Cold and bright turning to wind and drizzling rain. **16th to 22nd:** Blustery, changing quickly from mild to cold—becoming windy then clear. **23rd to 31st:** Clear, some rain, becoming fair with strong winds.

KILLS ATHLETE'S FOOT FUNGUS AT SOURCE!

The snow white cream . . .

in the smart new package

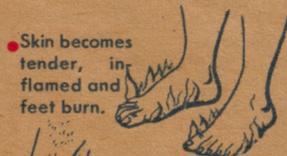


SCOOT QUICKLY PENETRATES TO COOL, SOOTHE AND HEAL ATHLETE'S FOOT!

Warning Signs of Athlete's Foot



• Areas between toes become cracked, scaly "dead" skin and soft little blisters appear.



• Skin becomes tender, inflamed and feet burn.



• Toe areas become intensely itchy.

• Athlete's Foot (Ringworm Infection) is a highly infectious fungus that burrows into areas of the skin that are warm and moist. If treatment is neglected, it may multiply rapidly and spread. Scoot contains five active ingredients for fast, effective 3-way action against Athlete's Foot.

First, it brings cooling, soothing relief from itching and burning.

Second, it helps dissolve the "dead" skin and destroys the Athlete's Foot Fungus at its source.

Third, it helps to heal the affected parts and restore them to their normal condition.

Anyone can get Athlete's Foot! So, keep a close watch on the skin areas between your toes and if you notice any cracking of the skin, scaliness, "dead" skin or tiny water blisters—apply Scoot.

Get Scoot in the smart, new package at your drug counter.

Scoot

For Athlete's Foot

Merchant Had Tired-Out Feeling

Dodd's Helped Him Feel Like a Different Man



Mr. E. M. Oleskiw

"I am a general merchant and before my business day used to be over I would get a very tired feeling and sore legs," writes 47-year old Mr. E. M. Oleskiw, Box 152, Alvena, Saskatchewan. "My feet would swell and I could hardly walk up and down steps. I read in the Almanac that Dodd's Kidney Pills had brought relief in such cases as mine. After taking Dodd's I began to feel like a different man. I say thanks to Dodd's for the big help and I can recommend them to people with weak feeling, backaches and headaches."

PAINTING HINT

If you spread a thin layer of vaseline on locks and knobs when painting doors and windows, surplus paint you accidentally get on the hardware will be easier to take off.

Driving His Tractor Brings On Backache



Mr. A. D. Thiessen

"I am a tractor farmer, 41 years of age," writes Mr. Abram D. Thiessen, R.R. No. 2, Morden, Manitoba. "Driving a tractor is hard on the back and on the recommendation of a friend I tried Dodd's Kidney Pills. After using 3 boxes I secured relief for my backache and stiffness and I can recommend Dodd's for this condition."

APRIL, 1960

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 2 05 a.m.
☽ Full Moon.....	11 3 28 p.m.
☾ Last Quarter.....	18 7 57 a.m.
☽ New Moon.....	25 4 45 p.m.

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

*See page 3 for Local Time

APRIL, 1960—WEATHER—1st to 8th: Commencing cold, clearing then unsettled. 9th to 16th: Changeable with rain and wind then turning to fair and mild. 17th to 24th: Unsettled, then mild with rain. 25th to 30th: Generally fairly mild and clear then becoming unsettled with wind and rain.

Beauty at Home

SUN AND MIRRORS

The sun's rays beating directly on mirrors may cause them to become cloudy. So, hang mirrors away from direct sunlight.

BY CANDLELIGHT

If you like the beauty — but not the drip of candles — in your home on occasions just do this. Place the candles in the refrigerator for a few hours before use.

HANDY PAINT REMOVER

Ordinary nail polish remover can be used to take off splatter of paint from floors — even when it has hardened. Let the nail polish remover soak in for a few minutes then rub off with a cloth and wash the spot with warm, soapy water.

PICTURE HANGING

If you plan on hanging pictures on a plaster wall and are using nails, put a small piece of adhesive tape where the nail is to go and drive it through the tape. This helps prevent plaster from cracking.

Nerves Are Improved After Using Dodd's

"I am 37 years of age and mother of 6 children," writes Mrs. Alfred Fry, Bear Valley, Ontario. "We have a store and post office which requires standing and I suffered with pain in my back. We sell Dodd's Kidney Pills so I tried them. The pain is relieved, my nerves seem improved and I can work better. I think Dodd's are great."



Mrs. A. Fry



Mrs. J. Theriault

HOUSEWIFE HAD BACKACHE FOR SEVERAL YEARS

Neighbor advised use of Dodd's

"I am twenty four years of age and a housewife," writes Mrs. Jean-Marie Theriault, P.O. Box, 51, Balmoral, Restigouche County, New Brunswick. "I suffered for many years with backaches till one day a neighbor recommended Dodd's Kidney Pills to me. I am pleased to say they brought me welcome relief. I am on my 6th box and am happy with the results I have obtained. I would have no hesitation in recommending Dodd's to anyone having similar trouble."

Your Character By The Stars

ARIES—THE RAM

March 21 to April 20

Bold and impulsive your chief assets are strength and energy. You may achieve much as champion and reformer of the weaker. You are a quick thinker, have ideas and are able in an emergency. You may "flare-up" but you are not vindictive. You are creative, ambitious and anxious to get ahead and best suited to work that lets you meet people. You are generous in your friendships and a solid home-lover.

Gains Strength After Childbirth

Mother of Five takes Dodd's for Backache



Mrs. L. Legare

"After the birth of my first child I had pains in my back for about six months and felt tired out," writes Mrs. Leon Legare, Girardville, Quebec. "At the time I was twenty-five years old and my mother recommended Dodd's Kidney Pills. After taking them my condition improved and I felt much stronger. Last summer, my backache recurred and I took Dodd's again for relief. I am now 37 years old, a housewife and mother of five children and I credit Dodd's for feeling so well."

CLEAN OVENS

To make oven cleaning easier, set a pan of ammonia in water in the range and let it stand overnight.

Mother Of Nine Gets Relief Of Backache

"I have nine children and am 33 years of age," writes Mrs. Hazen T. Wilkinson, R.R. No. 7, Woodstock, New Brunswick. "They are active children so I have plenty of housework and I have used Dodd's Kidney Pills to relieve backache. Before I had children I had backache and two boxes of Dodd's brought relief that lasted for several years. This Spring they were again a wonderful help in securing relief from a bad backache."



Mrs. H. Wilkinson

MAY, 1960

MOON'S PHASES—Eastern Standard Time

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

	D.	H.	M.
☽ First Quarter.....	3	8	01 p.m.
☾ Full Moon.....	11	12	43 a.m.
☾ Last Quarter.....	17	2	55 p.m.
☽ New Moon.....	25	7	27 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	☉	4 50	7 05	9 07	12 01
3	T	☉	4 48	7 07	10 00	12 39
4	W	☉	4 47	7 08	10 56	12 39
5	T	☉	4 45	7 09	11 56	1 15
6	F	☉	4 44	7 10	p.m.	1 48
7	S	☉	4 43	7 12	2 01	2 19
8	Sun	☉	4 42	7 13	3 07	2 49
9	M	☉	4 40	7 14	4 17	3 21
10	T	☉	4 38	7 15	5 28	3 53
11	W	☉	4 37	7 16	6 41	4 30
12	T	☉	4 36	7 17	7 54	5 12
13	F	☉	4 34	7 19	9 04	5 59
14	S	☉	4 33	7 20	10 07	6 55
15	Sun	☉	4 32	7 21	11 03	7 56
16	M	☉	4 31	7 22	11 52	9 01
17	T	☉	4 30	7 24	a.m.	10 09
18	W	☉	4 29	7 25	12 33	11 18
19	T	☉	4 28	7 26	1 09	p.m.
20	F	☉	4 27	7 27	1 41	1 32
21	S	☉	4 26	7 28	2 11	2 36
22	Sun	☉	4 25	7 29	2 40	3 39
23	M	☉	4 24	7 30	3 10	4 41
24	T	☉	4 23	7 31	3 41	5 40
25	W	☉	4 22	7 32	4 13	6 39
26	T	☉	4 21	7 33	4 49	7 34
27	F	☉	4 20	7 34	5 29	8 27
28	S	☉	4 19	7 35	6 13	9 16
29	Sun	☉	4 19	7 36	7 01	10 00
30	M	☉	4 18	7 37	7 52	10 40
31	T	☉	4 17	7 38	8 47	11 16
		☉	4 17	7 39	9 44	11 49

*See page 3 for Local Time

MAY, 1960—WEATHER—1st to 9th: Unsettled with showers, growing warm. 10th to 16th: Generally clear with some storms, continuing mild. 17th to 23rd: Pleasant and sunny, changing to unsettled and windy. 24th to 31st: Fair and warm with some cloudiness and rain in some sections.

FOR HOUSE CLEANING TIME

• To deodorize your refrigerator when washing the inside—add a little baking soda to the soap water.

• To get out sediment that may be stuck to the bottom of a bottle or jug, fill it half way with warm, soapy water and throw in a handful of tacks. Shake the bottle or jug and the sediment will usually come away.

• Those white rings that come on highly polished furniture from heat, etc. may be removed by rubbing the spot with warm, camphorated oil. Buff until dry then polish with soft, clean cloth.

• You will find a scrub brush easier to handle and less likely to slip if you fit an old drawer knob to the wooden top.

• If you have a chamois that's become dirty and hard you can make it soft, clean and pliable by soaking it in warm water with spoonful of olive oil added.

• You do a better dusting job when you dust high places first. Fallen dust is gathered later and you avoid having to go over the same objects twice.

• To keep faucets shining bright after cleaning finish off with a coat of regular furniture polish.

• To brighten tarnished brass, dip a lemon rind in salt and rub it on tarnished spots. They usually disappear.

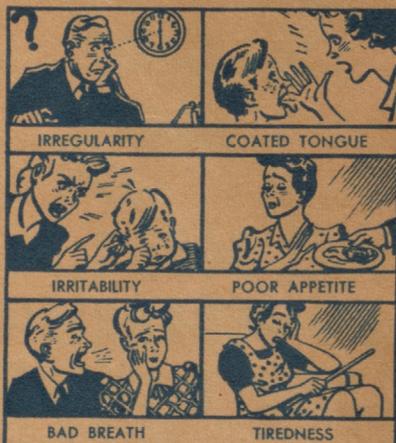
• If your lamp shades are likely to run when washed—turn the electric fan on them as soon as they are rinsed.

Your Character By The Stars

TAURUS—THE BULL April 21 to May 20

You are a patient type and will work for anything you happen to want—particularly money or love. You may have a stubborn streak and are not easily affected by insults or criticism. Your health is generally robust and you are less sensitive to pain than many people. Sometimes you feel you are being "used" by others but you are loyal to your friends. You are easy to get along with but can be jealous and possessive.

Get fast, gentle relief from these symptoms of **CONSTIPATION**



DIAMOND DINNER PILLS ARE PREPARED TO RELIEVE THE EFFECTS OF CONSTIPATION GRADUALLY AND SOOTHINGLY!

To treat constipation by strong cathartics or large doses of purgative medicines may give temporary relief from constipation but this practice may place undue strain on the system.

Diamond Dinner Pills are a vegetable remedy for fast, gentle relief from the symptoms of constipation. Their effect is thorough and not accompanied by any subsequent irritation or constipation. If, desired, the effect of a purgative may be produced by increasing the dose of Diamond Dinner Pills.

Small, sugar coated, Diamond Dinner Pills are easy to use and pleasant to take. On sale at Drug Counters.





Mrs. Emma Challen

USES DODD'S TO AID RECURRING KIDNEY AILMENT

Relieve Irritation And Backache

"I experienced symptoms of kidney trouble," writes Mrs. Emma Challen, housewife of 1006 Chamberlain Street, Victoria, B.C. "Spots seem to appear before my eyes and I have back pains and frequent urination and irritation. Dodd's Kidney Pills help bring relief. One box means improvement and after a second box my system is usually back to normal. A desk clerk in my early fifties, Dodd's help me and are convenient to use."

Your Character By The Stars

GEMINI—THE TWINS May 21 to June 20

You have a changeable disposition and are quick to become sad or gay. You are ambitious and sensitive and have a temper that is likely to flare up. You have a thirst for knowledge and you learn easily. Your body is as wide awake as your mind and you should beware of worry or exhausting your nervous energy. Your changing interests may keep you buying and selling. You should surround yourself with harmony and quiet.

JUNE, 1960

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	11	02 a.m.
☾ Full Moon.....	9	8	02 a.m.
☾ Last Quarter.....	15	11	36 p.m.
☾ New Moon.....	23	10	27 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	W	☾	4 16	7 39	10 44	...
2	T	☾	4 16	7 40	11 45	12 20
3	F	☾	4 15	7 41	p.m.	12 50
4	S	☾	4 15	7 42	1 55	1 19
5	Sun	☾	4 14	7 43	3 04	1 51
6	M	☾	4 14	7 43	4 15	2 24
7	T	☾	4 14	7 44	5 28	3 02
8	W	☾	4 14	7 45	6 41	3 46
9	T	☾	4 14	7 45	7 49	4 37
10	F	☾	4 14	7 46	8 51	5 36
11	S	☾	4 13	7 46	9 45	6 42
12	Sun	☾	4 13	7 47	10 31	7 52
13	M	☾	4 13	7 48	11 10	9 03
14	T	☾	4 13	7 48	11 45	10 13
15	W	☾	4 13	7 48	a.m.	11 22
16	T	☾	4 13	7 49	12 16	p.m.
17	F	☾	4 13	7 49	12 45	1 32
18	S	☾	4 13	7 49	1 14	2 34
19	Sun	☾	4 13	7 50	1 44	3 34
20	M	☾	4 13	7 50	2 16	4 33
21	T	☾	4 13	7 50	2 51	5 29
22	W	☾	4 14	7 51	3 29	6 23
23	T	☾	4 14	7 51	4 11	7 13
24	F	☾	4 14	7 51	4 57	7 59
25	S	☾	4 14	7 51	5 47	8 41
26	Sun	☾	4 14	7 51	6 41	9 18
27	M	☾	4 15	7 51	7 37	9 52
28	T	☾	4 15	7 51	8 36	10 23
29	W	☾	4 16	7 51	9 36	10 53
30	T	☾	4 16	7 51	10 38	11 22

*See page 3 for Local Time

JUNE, 1960—WEATHER—1st to 7th: Generally warm, unsettled and becoming cool. 8th to 15th: Pleasant, some winds, clearing and cooler. 16th to 22nd: Warm, windy and unsettled with periods of rain. 23rd to 30th: Continuing unsettled with showers, turning warm and humid with thunderstorms.

FOR GLASS NICKS

It's possible to smooth-out a tiny nick in the edge of a favorite piece of glassware simply by wrapping a piece of no. "00" emery paper around the handle of a spoon and rubbing it back and forth across the nick.

Had Headaches And Tired Feeling

Uses Dodd's for Symptoms of Kidney Ailments



Mrs. R. Whalen

"I am a housewife, 42 years old with a family of 6," writes Mrs. Reginald Whalen, Little Hearts Ease, Trinity Bay, Newfoundland. "I had been troubled with backache, tired feeling and headaches. After reading about Dodd's Kidney Pills I tried them and they were a wonderful remedy for these conditions. I use Dodd's regularly and can recommend them."

Imagination is what makes you think you're having a wonderful time when you're really only spending money.

Medically Speaking

Patient;—"What should I do? My wife keeps talking about her last husband."

Psychiatrist;—"You're fortunate. My wife keeps talking about her next."

★ ★ ★

Science lecturer;—"Now this diagram shows an entirely new type of thought machine that's so sensitive, it already has a stomach ulcer."

★ ★ ★

One of the best places to find a helping hand is at the end of your own arm.

DESIRABLE WEIGHTS FOR MEN AND WOMEN ACCORDING TO HEIGHT AND FRAME

MEN (Age 25 and over)

HEIGHT	5'2"	5'3"	5'4"	5'5"	5'6"	5'7"	5'8"	5'9"	5'10"	5'11"	6'0"	6'1"	6'2"	6'3"
SMALL FRAME	116 to 125	119 to 128	122 to 132	126 to 136	129 to 139	133 to 143	136 to 147	140 to 151	144 to 155	148 to 159	152 to 164	157 to 169	163 to 175	168 to 180
MEDIUM FRAME	124 to 133	127 to 136	130 to 140	134 to 144	137 to 147	141 to 151	145 to 156	149 to 160	153 to 164	157 to 168	161 to 173	166 to 178	171 to 184	176 to 189
LARGE FRAME	131 to 142	133 to 144	137 to 149	141 to 153	145 to 157	149 to 162	153 to 166	157 to 170	161 to 175	165 to 180	169 to 185	174 to 190	179 to 196	184 to 202

WOMEN (Age 25 and over)

HEIGHT	4'11"	5'0"	5'1"	5'2"	5'3"	5'4"	5'5"	5'6"	5'7"	5'8"	5'9"	5'10"	5'11"
SMALL FRAME	104 to 111	105 to 113	107 to 115	110 to 118	113 to 121	116 to 125	119 to 128	123 to 132	126 to 136	129 to 139	133 to 143	136 to 147	139 to 150
MEDIUM FRAME	110 to 118	112 to 120	114 to 122	117 to 125	120 to 128	124 to 132	127 to 135	130 to 140	134 to 144	137 to 147	141 to 151	145 to 155	148 to 158
LARGE FRAME	117 to 127	119 to 129	121 to 131	124 to 135	127 to 138	131 to 142	133 to 145	138 to 150	142 to 154	145 to 158	149 to 162	152 to 166	155 to 169

A WORD TO . . . *Expectant Mothers*



During the period before childbirth an extra burden is placed upon the whole system and especially the kidneys. In later stages increased pressure on the bladder may cause inconvenience and discomfort.

Dodd's Kidney Pills may be of great help to expectant mothers during this time. Dodd's contains no harmful or habit-forming drugs and can thus be taken with complete safety. In assisting the kidneys in their function of filtering impurities from the bloodstream, they provide help that may be welcomed by mothers-to-be.

AFTER THE HAPPY EVENT . . . Following childbirth, there is a physical readjustment in the system that makes new demands on the mother's strength. Fatigue, backache, headaches and a general feeling of lassitude often occur. This is especially when the kidneys should be kept in good order. And for the much needed assistance many new mothers turn to Dodd's Kidney Pills.

As the X-ray specialist left the church with his new bride someone was heard to remark;—"I wonder what he ever saw in her?"

Took Dodd's Before Childbirth *Dodd's Helped Backache*



Mrs. J. Joseph

"I am 25 years of age and have 3 small children," writes Mrs. Jean-Marie Joseph, Saint-Jacques, Bonaventure, Quebec. "Before the birth of my children I was troubled with backache. I saw an advertisement for Dodd's Kidney Pills and tried them. After two or three boxes I got relief. As a housewife I work a long day caring for the children and while it is tiring I no longer suffer with backache. I recommend Dodd's to future mothers."

Childbirth Cause Of Pressure On Kidneys



Mrs. E. Crabbe

"I am 22 years of age and the mother of three girls and one boy," writes Mrs. Esther Crabbe, 2849 Drummond Road, Niagara Falls, Ont. "Before the birth of my children I suffered with pains in my back and legs. I took Dodd's Kidney Pills and they were a help. Because there was such great pressure on my kidneys during these periods of childbirth I feel Dodd's assisted them to function properly."

IRONING HINTS

- Here's an ironing short cut. When you are finished washing clothes, hang all pieces to be ironed on one line. When dry, sprinkle the lot with fine garden-hose spray all at the same time. Roll up each piece as you take it from the line—ready to iron.
- To make ironing easier, do small parts of a garment first and in this order—Iron any trimming first, then the collar, sleeves, back. Skirt part of a dress should be ironed last.

MISERABLE MARY



THEY CALLED HER



I'M WORRIED ABOUT MARY... SHE NEVER WANTS TO "JOIN IN" EVEN AT MEAL-TIME! MUST BE HARD ON HER HUSBAND. HE ENJOYS GOOD EATING SO MUCH!



STILL NOT FEELING LIKE EATING, MARY? WHY NOT TRY DODD'S DYSPEPSIA TABLETS? THEY'RE PREPARED ESPECIALLY TO AID DIGESTION

...I'LL GET SOME

THEN SHE USED DODD'S DYSPEPSIA TABLETS



... AND DODD'S DYSPEPSIA TABLETS PLEASE... DO YOU HAVE MANY CALLS FOR THEM?

YES, INDEED, DODD'S DYSPEPSIA TABLETS ARE POPULAR SELLERS



THERE'S NO SECRET, TAKE DODD'S DYSPEPSIA TABLETS AND SEE IF YOU, TOO, DON'T FEEL A LOT BETTER!

FRESHEN ARTIFICIAL FLOWERS

To keep artificial flowers looking fresh and like real, hold them over steam from a kettle of fast-boiling water.

GREASE SPLATTER

A little salt sprinkled in the frying pan while frying foods will help keep grease or lard from splattering range and wall. Makes stove cleaning easier, too.

STOP ONION TEARS

A square of bread — about an inch — speared to the end of the paring knife tends to absorb onion fumes and will help you avoid tears when peeling onions.

JUICE STRAINER

A piece of moistened cheesecloth, wrapped around the end of a half-sliced lemon or orange will serve as a strainer as you squeeze the fruit.

Finds Dodd's Aid In Keeping Fit

Assist Proper Functioning of the Kidneys



Miss V. Ferris

"I am a Secretary, 47 years of age and have been with the same company for 30 years," writes Miss Viola Ferris, 34 Nairn Avenue, Toronto. "I feel part of my success in the business world has been due to keeping my body fit, active and ready for work—with the help of Dodd's Kidney Pills. I feel that Dodd's assist the kidneys in their function of taking waste material from the body. I am never without a box of Dodd's and I say thanks for their help in keeping fit."

A tourist is a person who goes places to see different things and complains when they aren't the same as home.

One good way to save face is by keeping it shut—tight.

Backache Made Truck Driver Feel Irritable

"I am a truck driver in the oil fields," writes Mr. C. R. Herbert, 12748-86th Street, Edmonton, Alberta. "Between lifting and driving my back became sore and I felt irritable. My wife suggested I try Dodd's Kidney Pills. They helped relieve my backache and I do not become so irritable. Now, I keep Dodd's at home and in my truck."



Mr. C. R. Herbert

JULY, 1960

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

*See page 3 for Local Time

JULY, 1960—WEATHER—1st to 6th: Clear, fair, turning hot with thunderstorms. 7th to 14th: Fair and warm, some rain. 15th to 22nd: Pleasant, cloudy and possibly light storms then turning fair. 23rd to 31st: Clear, windy, clouding, changing to warm and pleasant and what humid.

Fast, Effective FIRST AID Treatment



DODD'S OINTMENT

Dodd's Ointment acts fast to help stop pain, soothe and heal cuts, burns, insect bites and the many other minor skin injuries and eruptions that are common to almost every family.

Dodd's Ointment does not sting. Its antiseptic action protects against infection and it relieves discomfort as it heals.

Dodd's Ointment won't stain clothing and it prevents bandages from "sticking."

So, for fast, effective first-aid treatment at home or at work keep a handy tube of Dodd's Ointment close by.

Your Character By The Stars

CANCER—THE GRAB

June 21 to July 20

Moody, sensitive and impressionable you are inclined to be timid. If you are angered you do not stay that way long but, if hurt, you can be very sharp. You love your home but easily adapt yourself to change. You have a liking for music and things secret and mysterious. You are careful with money and your chances of business success are good because of your thriftiness. You are more suited to mental than physical work.



Mr. E. Scribner

TWO BOXES OF DODD'S RELIEVE HIS BACKACHE

Troubled For Three Years

"I am a planer operator, 47 years old," writes Mr. Ernest Scribner, 113 3rd Ave. West, Owen Sound, Ontario. "My work requires a lot of bending up and down and I suffered from pains in my back for about three years. I heard about Dodd's Kidney Pills on the radio and how they may help relieve pains in the back. I tried them and felt much better after the first box. I got a second box and am well pleased with the results. I keep a box of Dodd's on hand—but find that even after 5 months I have not needed them."

Research suggests that an average family could use more money than it is getting—and usually does.

★ ★ ★

"I thought you said your doctor's orders were just one drink a day?"

"They were and I'm sticking to his orders. This one's for August 12, 1962."

Mother Of Ten Had Rest Disturbed

Gets Prompt Relief For Backache With Dodd's



Mrs. R. Veinotte

"I am 41 years of age and mother of 10 children," writes Mrs. Robert Veinotte, Lake Paul, Kings County, Nova Scotia. "I have been in generally good health

but during winter months my back began aching and some nights I could not rest properly. I read in the Almanac how Dodd's Kidney Pills helped backache so I decided to try them. Before one box was finished my backache was eased and after taking two boxes, I felt much better.

Your Character By The Stars

LEO—THE LION

July 21 to Aug. 21

You possess the rare combination of a distinguished bearing and the ability to love deeply. You usually attack the problems of life with zest and enthusiasm and have a fondness for sports, pleasure.

Had Severe Backache For Over Four Years

"For over 4 years I suffered from backache," writes Mrs. Maude A. Millar, 15 South Park Avenue, Hamilton Beach, Ontario. "A friend told me Dodd's Kidney Pills helped so I tried them.



Mrs. M. Millar

Before finishing the second box I could hardly believe the relief I found. I am a housewife, 39 years of age, with 6 children and I can recommend Dodd's."

AUGUST, 1960

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.

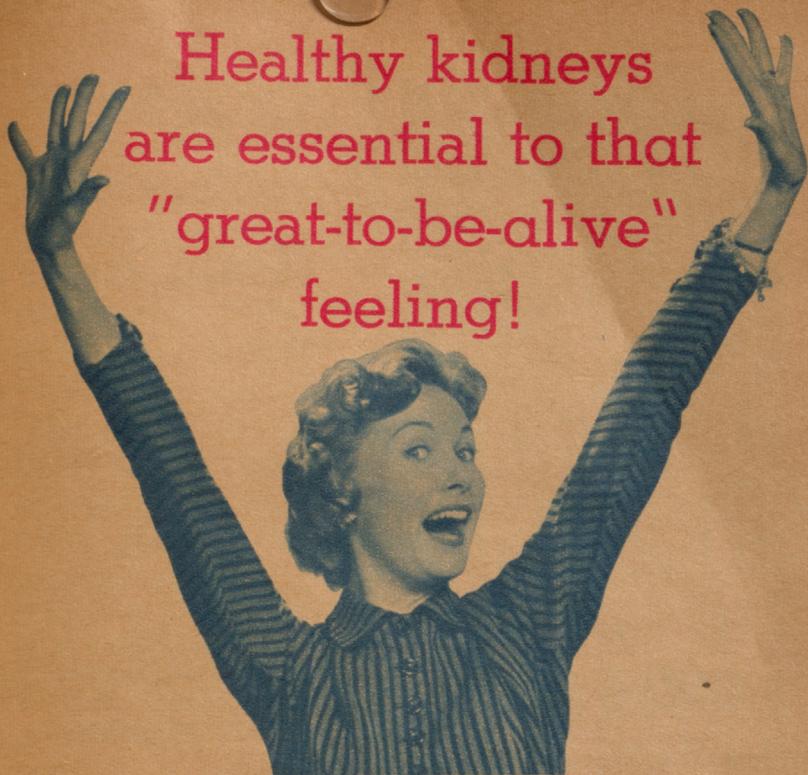
	D.	H.	M.
Full Moon.....	6	9	41 p.m.
Last Quarter.....	14	12	37 a.m.
New Moon.....	22	4	16 a.m.
First Quarter....	29	2	23 p.m.

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

*See page 3 for Local Time

AUGUST, 1960—WEATHER—1st to 9th: Cloudy and windy, becoming clear then overcast with storms. **10th to 17th:** Clearing and warm changing to cool and cloudy. **18th to 25th:** Hot with rainy periods and thunderstorms, clearing and very warm. **26th to 31st:** Fair, changing to unsettled then fair and cool.

Healthy kidneys are essential to that "great-to-be-alive" feeling!



The kidneys perform a vital function in the amazing mechanism known as the human body. The body is continually decaying and rebuilding itself and, in the process, waste matter and excess acids are formed, which must be removed.

The main route by which these substances leave the body is through the urinary system. In this system the kidneys act as filters to extract wastes from the blood and secrete urine. From the kidneys, urine goes through two tubes, known as ureters, to the bladder—a hollow muscular organ—reaching it at the rate of about one drop every 30 seconds. Accumulation of urine causes tension in the bladder and thus creates the urge to pass urine by the act of urination. The average adult passes about 2½ pints of urine every 24 hours. In hot

weather it may be less due to the concentration of the urine.

The kidneys help to maintain proper levels of certain substances in the blood—sugar is one. They also regulate the degree of alkalinity in the blood.

Kidney trouble is sometimes difficult to recognize. Tiredness, backache, disturbed rest may often be signs of kidney disorders. At the first indication of kidney trouble, Dodd's Kidney Pills are recommended. Dodd's are prepared to act as a stimulant and so assist the kidneys in their job of removing excess acids and wastes from the body. Their action is not violent or harsh and they are not habit forming. Many men and women use them regularly to help keep that "great-to-be-alive" feeling.



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	.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
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.

BIRDS AND BLUE

Birds won't eat anything blue. To keep birds from eating newly sown grass seed, color it before spreading by soaking in household bluing and water. Coloring won't affect the growth of grass.

SEPTEMBER, 1960

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	5	6	19 a.m.
☾ Last Quarter	12	5	20 p.m.
☾ New Moon	20	11	13 p.m.
☾ First Quarter	27	8	13 p.m.

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

*See page 3 for Local Time

SEPTEMBER, 1960—WEATHER—1st to 8th: Sunny and cool becoming overcast and unsettled with rain, then clearing. 9th to 16th: Fair and warm changing to wind and storms. 17th to 23rd: Fair with sunshine, shifting to unsettled and stormy weather. 24th to 30th: Fair and cool.



Mrs. James Dick

ON FEET A LOT SALESLADY HAD BACK TROUBLE

Credits Dodd's for Relief of Pain

"As a saleslady, I am on my feet quite steadily and got severe backaches, writes Mrs. James Dick, 5220 Dunbar, Vancouver, B.C. "One of the girls I worked with suggested Dodd's Kidney Pills. I took about three boxes in about a month and found relief. I am 40 years of age and had suffered from backaches for years before I decided to try Dodd's. I am glad for the way they helped."

Your Character By The Stars

VIRGO—THE VIRGIN

Aug. 22 to Sept. 22

Painstaking, thorough and methodical, you look for the most rational and sensible solution to any problem. While you have considerable artistic and literary taste you, also, enjoy the simple things of life. Your weak points physically are your stomach and nervous system.

Thinks Standing Causes Backache

Shop Counter Clerk Takes Dodd's For Relief



Mr. A. Burritt

"I have been using Dodd's Kidney Pills for backache for about 14 years," writes Mr. Alan Douglas Burritt, 9627-70th Avenue, Edmonton, Alberta. "I am 31 years old and a shop counter clerk for an industrial company which keeps me on my feet practically the whole day. Whenever my back begins to ache, I take Dodd's for relief and have no hesitation in recommending them for this condition."

Your Character By The Stars

LIBRA—THE BALANCE

Sept. 23 to Oct. 22

Sociable, charming and a good companion, you have a highly developed sense of beauty. You are even tempered and if you get riled, you overcome it quickly. Librans are usually refined and dignified in appearance.

Feet Began To Swell Following Operation

"After a serious operation, my feet started swelling up," writes Mrs. Nora Veigl, 5022 Chester Street, Vancouver, B.C. "I am a nurse past fifty and I am usually on my feet about 8 hours a day so I had to get relief from the swelling. I heard about Dodd's Kidney Pills on the radio and from friends. Taking 3 boxes helped to bring me relief from the swelling and I continued to use them. I still use Dodd's periodically."



Mrs. N. Veigl

OCTOBER, 1960

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.....	4	5	17 p.m.
☾ Last Quarter.....	12	12	26 p.m.
☾ New Moon.....	20	7	03 a.m.
☽ First Quarter....	27	2	34 a.m.

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

*See page 3 for Local Time

OCTOBER, 1960—WEATHER—1st to 6th: Unsettled with showers, clearing to cool. **7th to 14th:** Continuing cool, some storms and likelihood of frost. **15th to 22nd:** Cold becoming milder and windy, then clearing to fair. **23rd to 31st:** Cool and unsettled, showers becoming overcast and then mild.

"DO IT YOURSELF" HINTS FOR MEN

A paper plate glued to the bottom of a paint can catches drippings from wiping brush on edge of can and is also a convenient place for resting the brush.

Empty paper milk cartons make dandy disposable paint containers. Cut top portion off carton, rinse out thoroughly and let dry. Just the thing for those small paint jobs. The straight edge of the container is fine for wiping brushes.

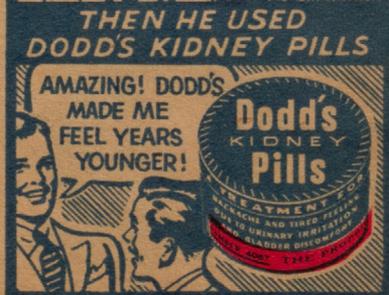
Cleaning up after painting is made easier if you remember to line the slot around the top of the paint can with thick twine as soon as you open it. When the twine is removed surplus paint is removed with it, leaving little, if any, paint in the slot.

The banker went to the doctor for a check up. "You're sound as a dollar," the doctor informed him. "Oh my goodness," returned the banker, "I can't be in that bad shape."

DODD'S AIDED HER RECURRING BACK TROUBLE

Now Dodd's Always On Hand

"Probably the greatest discomforts of my 45 years were bladder trouble and backache," writes Mrs. John P. Burdeny, Box 86, Ethelbert, Manitoba. "After using two boxes of Dodd's Kidney Pills I found welcome relief. Now, after a strenuous day of housecleaning I feel fine and am able to engage in community activities. Dodd's are always on hand in our medicine cabinet."



It's often true that the harder we work, the luckier we get.

Praises Dodd's For Help At Work

Read About Other Satisfied Users In Almanac



Mr. M. Carrier

"I read about Dodd's Kidney Pills in your Almanac," writes Mr. Maurice Carrier, 261 Park Avenue, Sherbrooke, P.Q. "I was troubled with backache so I decided to try them. One box of Dodd's brought relief and I continued taking them. A laborer, 33 years old, I always keep a box of Dodd's on hand for they help me do my work."

Your Character By The Stars

SCORPIO—THE SCORPION Oct. 23 to Nov. 22

You are an extremist and inclined to be dominating, ruthless and strong self-willed. You would make a good soldier and are not content doing things by half measure. You can be contrary and contradictory. Your body is strong and healthy and you never pamper yourself. You should be careful of your digestive system, however.

Caretaker is Subject to Lumbago-like Pains

"I am a school caretaker and am subject to backache and lumbago-like pains," writes Mr. D. H. Cox, Box 133, The Pas, Manitoba. "I find Dodd's Kidney Pills the finest remedy for these ailments. My parents used them and I have taken them for over 30 years. I always make sure I have Dodd's in the medicine cabinet."



Mr. D. H. Cox

NOVEMBER, 1960

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.....	3	6	58 a.m.
Last Quarter.....	11	8	48 a.m.
New Moon.....	18	6	47 p.m.
First Quarter....	25	10	42 a.m.

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

*See page 3 for Local Time

NOVEMBER, 1960—WEATHER—1st to 8th: Fair but windy, some rain and overcast skies. **9th to 16th:** Frost, growing mild with showers and becoming windy. **17th to 24th:** Clearing and windy, cool, generally unsettled. **25th to 30th:** Mild with snow flurries, clearing to fair and pleasant.

Why Doctors Test Kidneys First!



In making a diagnosis of an illness or in simply a routine check-up of a patient—doctors invariably make a kidney test. And for very good reason. Doctors know that the importance of the kidneys to general health cannot

be over-estimated and that without the help of the kidneys it may be impossible to overcome illness.

There is possibly no other ailment more common than kidney trouble. If the kidneys get out of order, impurities are allowed to remain in the body. Backache, headache, tired feeling, irritation and discomfort are almost certain to follow.

Dodd's Kidney Pills may help bring fast, prompt relief for such conditions. Their action is gentle and they are not habit-forming. Indeed, many people take Dodd's regularly as a measure to enjoying good health.

One man was complaining to his friend, "I have a horrible headache" he said.

"When I am troubled with aches or pains," said his friend, "I go home to my wife and she puts her arms around me, kisses me and soothes me until I just forget the pain."

"Hey, that's a terrific idea," exclaimed the friend in pain, "is your wife home now?"

Out of this World

- The back of the moon cannot be seen from earth. As the moon waxes and wanes, the same face of the "man in the moon" is always towards us. This results from the fact that the moon rotates on its axis once while it revolves around the earth. There are small variations in the motion so that during the course of a month, 59 percent of the moon's surface has faced the earth. The remaining 41 percent is never seen.
- On November 7, 1960 the planet Mercury transits or crosses directly in front of the sun. Usually the planet passes north or south of the sun at inferior conjunction. In fact, only about thirteen times in a century does a transit of Mercury occur. By accurately noting the times of the different phases of a transit, knowledge of the motion of the planet is obtained. Transits of Mercury cannot be observed without a telescope.
- The stars are separated by vast distances, but this space between the stars is not entirely empty. In fact in the neighbourhood of the sun the spaces between the stars contain as much gas and dust as is in the stars themselves. However, the density of this interstellar medium is extremely low—so low that we would consider it a vacuum if we had a sample in the laboratory. It is only because the interstellar clouds are so enormous that we detect them.

Keep it handy!



in
KITCHEN
BATHROOM
GARAGE
PLAYROOM
OFFICE
and
WORKSHOP

Dodd's OINTMENT

... the soothing, antiseptic ointment that relieves pain, cleanses and promotes healing.

Nursing Duties Demand Standing

Takes Dodd's To Help Relieve Arm And Leg Pains



Mrs. E. Poppin

"I work in a hospital, nursing, and am on my feet a good part of the day," writes Mrs. Elizabeth Poppin, Box 545, Chesley, Ontario. "Some time ago I suffered

from pains in my arms and legs and backache. A friend suggested Dodd's Kidney Pills. By the time I had taken two boxes my pains were relieved. Now, whenever my back or legs begin to ache I take them for quick relief. I am never without Dodd's in my house."

Your Character By The Stars

SAGITTARIUS—THE ARCHER Nov. 23 to Dec. 20

You are on a high intellectual standard with a mature, imaginative yet practical outlook. You are broadminded, tolerant, humorous and truthful. You state the truth simply because it is the truth, sometimes to the unhappiness of others. You lean toward an active, outdoor type of life and are a loyal, energetic and capable worker. You are generous but your attitude toward home life is apt to be outweighed by other interests.

TAPE TRICK

To remove lint from fabric wrap a piece of adhesive tape around your finger with sticky side out. It will pick up particles in small area. If lint or hairs cover a large area — wrap adhesive tape around rolled-up magazine and simply roll off lint, dust, etc.

LOW COST DEODORIZER

Room odors from cooking can be made to vanish by boiling three teaspoonfuls of ground clove in a pot holding about two cups of water for fifteen minutes. Heating vinegar on the stove helps banish odors, too.

DECEMBER, 1960

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.....	2	11	25 p.m.
☾ Last Quarter.....	11	4	39 a.m.
☾ New Moon.....	18	5	47 a.m.
☽ First Quarter.....	24	9	30 p.m.

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

*See page 3 for Local Time

DECEMBER, 1960—WEATHER—1st to 8th: Commencing mild but unsettled changing to sleet or snow. 9th to 16th: Rain, clearing to cold with winds. 17th to 24th: Fair and cold, shifting to cloudy and snow. 25th to 31st: Fair and cold for Christmas, followed by snow or sleet, then pleasant.

Dodd's Help Relieve Bladder Discomfort

"A number of years ago I suffered a severe case of irritation of the bladder," writes Mrs. Dorothy Mackie, 78 Lancaster St. West, Kitchener, Ontario. "My mother, who had used Dodd's Kidney Pills, advised me to try them. I found relief from my condition and have never been without Dodd's since then. Whenever I have a common cold I take Dodd's to help the kidneys clear away waste matters in the system and I have recommended Dodd's to many of my friends."



Women's Fashion Designers have given new prominence to **COLOR** in clothes. Here are some hints for color-harmonizing your clothes to your hair.

LIGHT BROWN OR MEDIUM GRAY HAIR:—Greens, blues are particularly flattering. Most pastels and soft shades are more suitable than white.

BRUNETTES:—Vivid colors and pure white are most becoming. Warm shades suit brunettes with high coloring and cool greens and blues suit those inclined toward olive coloring.

BLONDES AND SILVER GRAY OR WHITE:—Dark colors are usually more flattering than pastel tones with navy blue and black listed as top fashion successes.

REDHEADS:—Rich, dark colors accent hair coloring. White, soft blue, pearl gray and pastel tones are attractive, too. If you are inclined toward freckles, tan or orange brown will help make them less noticeable.



COLDS **MAY AFFECT KIDNEYS**

The kidneys are very delicate organs—easily affected by what is known as the common cold. You see the function of the kidneys is to filter impurities and excess acids from the blood. Thus, when you have a cold, or for that matter any condition which produces extra waste matter in the system an added burden is thrown upon the kidneys.

They may require the assistance provided by Dodd's Kidney Pills. Dodd's aid in stimulating the function of the kidneys and help keep them in good order to clear your body of excess acids and waste matter.

Dodd's Kidney Pills contain no harmful or habit-forming drugs and are easy to take. So, if you have a cold or feel one coming on—remember the extra stain that is placed on your kidneys by such an ailment—take Dodd's Kidney Pills.

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 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

BALANCED DIET

Important To Good Health

There are five basic food elements which should be included in the food you eat each day to assure a balanced diet. They are proteins, carbohydrates, fats, certain vitamins and minerals.



The quantities of food a person should eat depend upon the stature of each individual and how active a life that person leads.

Fuel value of food and the body's energy needs are measured in heat units called calories. As a general rule, a man doing office work requires 2,200 to 2,800 calories a day. The average woman needs about 1,800.

Here are the five essential food elements, their value to the human body and in what foods they are to be found—

PROTEINS . . . For building up and maintaining the body tissues, replacing wear and tear.

Meat, fish, eggs, cheese, milk, some vegetable foods, especially peas and beans give you protein.

CARBOHYDRATES (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.

FATS . . . Fuel for tissues, providing heat and energy.

VITAMINS (A, B group, C and D) . . . Essential chemical substances important in the daily diet for health and development.

A and D:—Fish, oils, eggs yolks, butter, irradiated milk, cream. **B groups:**—Yeast, liver, milk, wheat bran. **C:**—Fruits, green vegetables.

MINERALS . . . 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, sea foods, iodized salt, celery, lettuce, cabbage and fruits contain minerals.

Dodd's

FAMILY OF REMEDIES

DODD'S KIDNEY PILLS



Stimulate kidney action to help bring relief from tired-out feeling, backache and disturbed rest.

SCOOT—For Athlete's Foot

Quickly penetrates to cool, soothe, kill Athlete's Foot fungus at source—and promote healing. Now in smart new package.



DIAMOND DINNER PILLS

Bring fast, gentle relief from symptoms of constipation. Small, sugar coated, they are easy to take and pleasant.



DODD'S DYSPEPSIA TABLETS

Prepared especially to aid faulty digestion and help relieve stomach upset, heartburn and other digestive discomforts.



DODD'S OINTMENT

Praised for the way it quickly soothes, relieve pain and aids healing of cuts, sores, bites and other skin injuries and eruptions.

HOW TO GET DODD'S REMEDIES

The Dodd's family of remedies are available at most drug counters. If you cannot buy them near you, write to The Dodds Medicine Company Limited, 54 Wellington Street West, Toronto 1, Ontario. Please print name and address clearly and enclose purchase price. Your order will be shipped promptly, prepaid.

UNCAT
Almanacs--



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



THAT'S MY
GIRL!



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



YOU TOO, CAN DEPEND
ON DODD'S



LOOK FOR THE
BLUE BOX WITH
THE RED BAND

**Dodd's
Kidney
Pills**

RECOMMENDED
TREATMENT
FOR
BACKACHE
TIRED FEELING
HEADACHE
DIZZINESS
URINARY DIFFICULTY
NEURALGIA
MIGRAINE
INDIGESTION
CONSTIPATION