

HINTS FOR HEALTH & HOUSEHOLD

USEFUL INFORMATION FOR THE WHOLE FAMILY



A WORLD OF
INFORMATION FOR THE
FAMILY AND HOME

Dodd's

ALMANAC

1961

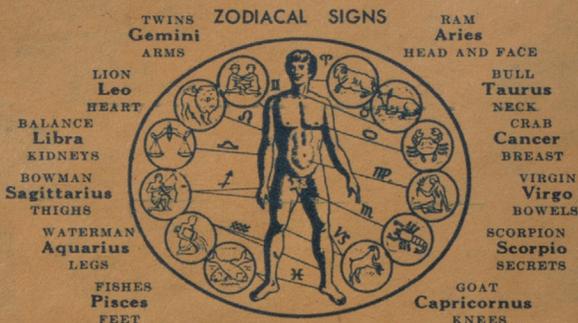
HOLIDAYS · WEIGHTS & MEASURES · ECLIPSES · HOROSCOPES

WEATHER FORECAST BY MONTH

THE SEASONS 1961 (Eastern Standard Time)

		d.	h.	m.
Sun enters Aries—Spring Commences.....	March	20	3.32	p.m.
Sun enters Cancer—Summer Commences.....	June	21	10.30	a.m.
Sun enters Libra—Autumn Commences.....	September	23	1.43	a.m.
Sun enters Capricornus—Winter Commences.....	December	21	9.29	p.m.

Domicil letter..... A	Golden Number..... V	Roman Indiction..... 14
Epact..... 13	Julian Period..... 6674	Solar Cycle..... 10



HOLIDAYS, FESTIVALS, ANNIVERSARIES, ETC.

New Year's Day..... Jan. 1	Birthday of Queen..... Apr. 21	Labour Day..... Sept. 4
Epiphany..... Jan. 6	Elizabeth II (1926)..... Apr. 21	Hebrew New Year..... Sept. 11
Septuagesima..... Jan. 29	St. George..... Apr. 23	Day of Atonement..... Sept. 20
Quinquagesima..... Feb. 12	Rogation Sunday..... May 7	First day of Tabernacles..... Sept. 25
Valentine's Day..... Feb. 14	Ascension Day..... May 11	St. Michael..... Sept. 29
Ash Wednesday..... Feb. 15	Pentecost..... May 21	Thanksgiving..... Oct. 9
St. David..... Mar. 1	Empire Day..... May 22	Hallow'en..... Oct. 31
St. Patrick..... Mar. 17	Trinity Sunday..... May 28	All Saint's Day..... Nov. 1
Palm Sunday..... Mar. 26	Corpus Christi..... June 1	St. Andrew..... Nov. 30
Good Friday..... Mar. 31	St. John Baptist..... June 24	First Sunday in Advent..... Dec. 3
First Day of Passover..... Apr. 1	Dominion Day..... July 1	Christmas Day..... Dec. 25
Easter Sunday..... Apr. 2		Boxing Day..... Dec. 26

ECLIPSES IN 1961

Feb. 15—Total eclipse of the sun, invisible in Canada. Path of totality crosses Europe and Asia.

MARCH 2—Partial eclipse of the moon, partly visible in Canada. Moon enters umbra 6:52 a.m. (E.S.T.), middle of eclipse 8:29 (E.S.T.), moon leaves umbra 10:05 (E.S.T.). (The end visible in the north polar regions and Alaska).

Aug. 11—Annular eclipse of the sun, invisible in Canada; Visible in South America, southern Africa and Antarctica.

Aug. 25—Partial eclipse of the moon, visible in Canada. Moon enters umbra 8:36 p.m. (E.S.T.), middle of eclipse 10:09 p.m. (E.S.T.), moon leaves umbra 11:42 p.m. (E.S.T.).

THE PLANETS IN 1961 (Eastern Standard Time)

MERCURY—in morning sky until 6 p.m. on Jan. 5. In evening sky until 7 p.m. on Feb. 21, with greatest eastern elongation, 18°, at 7 a.m. on Feb. 6. In morning sky until 6 p.m. on May 1, with greatest western elongation, 28°, at 3 p.m. on March 20. In evening sky until 7 a.m. on June 27, with greatest eastern elongation, 23°, at 11 p.m. May 31 (best evening star). In morning sky until 10 a.m. on Aug. 14, with greatest western elongation, 20°, at 4 a.m. on July 19. In evening sky until 2 p.m. on Oct. 22, with greatest eastern elongation, 26°, at 5 a.m. on Sept. 28. In morning sky until 3 a.m. on Dec. 16, with greatest western elongation, 19°, at 10 a.m. on Nov. 7 (best morning star). In evening sky for the rest of the year. **VENUS**—in evening sky until 7 p.m. on April 10, with greatest elongation east, 47°, at 2 a.m. on Jan. 29. In morning sky the rest of the year, with greatest elongation west, 46°, at 9 p.m. on June 19. **MARS**—in evening sky until 1 p.m. on Dec. 14, with eastern quadrature on April 4. **JUPITER**—in evening sky until 1 p.m. on Jan. 5. In morning sky until 6 a.m. on July 25, with western quadrature on April 26. In evening sky the rest of the year, with eastern quadrature on Oct. 22. **SATURN**—in evening sky until 1 a.m. on Jan. 11. In morning sky until 6 a.m. on July 19, with western quadrature on April 19. In evening sky the rest of the year, with eastern quadrature on Oct. 16. **URANUS**—in morning sky until noon on Feb. 12. In evening sky until 4 a.m. on Aug. 19, with eastern quadrature on May 12. In morning sky the rest of the year with western quadrature on Nov. 22. **NEPTUNE**—in morning sky until 8 a.m. on April 30, with western quadrature on Jan. 31. In evening sky until noon on Nov. 3, with eastern quadrature on July 31. In morning sky the rest of the year. **PLUTO**—in morning sky until noon on Feb. 25. In evening sky until 8 a.m. on Aug. 31. In morning sky the rest of the year.

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GREETINGS

For the past 66 years Dodd's Almanac has been an annual visitor to Canadian homes. While its appearance has seen many changes over the years, its purpose remains unaltered, - to inform and entertain.

We sincerely hope you will find interest in the many items of general information and useful reference. A laugh or two at the jokes and quotations. Some guidance and benefit from the descriptions of Dodd's Remedies, and how they may contribute to your comfort, health and well-being during the coming year.

The strongest recommendation any medicinal preparation can enjoy is its continuing use and acceptance, and the willingness of those who have found benefit to tell others of their experiences. We feel that nothing we can say will be as convincing as the testimony of those who have tested the value of Dodd's Remedies by actual use.

THE DODDS MEDICINE COMPANY LIMITED
54 Wellington Street West, Toronto 1, Ontario

BACKACHE INTERFERED WITH HER HOUSEWORK



"I am 41 years of age and the mother of nine children, including one set of twins and one set of triplets," writes Mrs. Frank Vanderberg, R.R. No. 3, Forest, Ontario. "Getting tired and backache every day I couldn't

Mrs. Frank Vanderberg get my work done. Noticing in Dodd's Almanac that many got relief from Dodd's Kidney Pills I tried them. After I had two boxes finished I didn't get tired or have backaches."

HOROSCOPE—Dec. 22 to Jan. 20.

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

SOON SLEPT BETTER AFTER USING DODD'S

"My back started aching", writes Mr. Leo P. Levasseur, Cabano, Temiscouata County, Quebec. "As my job clerking in a store demands being on my feet all day this pain caused me considerable fatigue, loss of sleep and general irritation. After reading the many letters from other users of Dodd's Kidney Pills I decided to try them. It wasn't long before I was sleeping better, feeling less strain and my health improved.



Mr. Leo P. Levasseur

YOUR LUCK IN DATES

Belief in the luck of numbers goes back to time immemorial. Odd numbers are generally considered more lucky than even. Seven—known as the "mystic"—is usually considered lucky. The bad luck of thirteen is proverbial. Six is the "marriage" number, and nine the "love" number—the latter being specially lucky to actors, singers and public speakers. Five is said to protect from poison and evil spirits. Eight stands for success in business. Three is lucky to artists. Some days in the month are considered luckier than others. These are:

LUCKY DAYS

January: 1, 2, 15, 26, 27 and 28.
 February: 11, 21, 25 and 26.
 March: 10 and 24.
 April: 6, 15, 16, 20 and 28.
 May: 3, 18 and 31.
 June: 10, 11, 15, 22 and 25.
 July: 9, 15 and 28.
 August: 6, 7, 10, 11, 19 and 25.
 September: 4, 8, 17, 18 and 22.
 October: 3, 7, 16, 21 and 22.
 November: 5, 14 and 20.
 December: 15, 19, 20, 22, 23 and 25.

UNLUCKY DAYS

January: 3, 4, 6, 13, 14, 20 and 21.
 February: 3, 7, 9, 12, 16, 17 and 23.
 March: 1, 2, 5, 8, 12, 16, 28 and 29.
 April: 24 and 25.
 May: 17, 20, 27, 29 and 30.
 June: 1, 5, 6, 9, 12, 16, 18 and 24.
 July: 3, 10, 17 and 18.
 August: 15 and 20.
 September: 9 and 16.
 October: 4, 9, 11, 17, 27 and 31.
 November: 3, 9, 10 and 21.
 December: 14 and 21.

Ice Cubes Lick Xmas Cards

If it's your tongue that takes the licking when you have a stack of Christmas cards to stamp and seal, try using ice cubes instead. As they melt, you'll always have a wet surface ready for moistening stamps or flaps.—



Sunrise and Sunset



TABLE TO DETERMINE THE EXACT TIMES

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

JANUARY, 1961

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	1	6	06 p.m.
☾	Last Quarter	9	10	03 p.m.
☽	New Moon	16	4	30 p.m.
☽	First Quarter	23	11	14 a.m.
☉	Full Moon	31	1	47 p.m.

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

JANUARY—1st to 7th: generally unsettled, snow in East, high winds in west; 8th to 14th: storms in Great Lakes area, cold and clear in prairie provinces, storms on west coast; 15th to 21st: milder with rain and sleet in maritimes, squalls in Great Lakes, west generally fair; 22nd to 31st: clearing in the east and colder, snow flurries and windy in the west, sunny and cold over Great Lakes.

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
	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. 13	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	... " 18
North Bay	... " 16
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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BACKACHE AND TIRED FEELING SOON GONE



Mr. Ernest Ronald

"I am an auctioneer-farmer in my twenties," writes Mr. Ernest Ronald, Box 84, Halkirk, Alberta. "I suffered with backache and tired feeling. A friend suggested I try Dodd's Kidney Pills. Before I finished the first box I had relief.

Now at the first sign of backache I take Dodd's Kidney Pills."

HOROSCOPE—Jan. 21 to Feb. 18.

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

 "And what has my little darling been doing while I was shopping?"

"Playing postoffice, Mama. I put a letter in every mailbox in this block. Real letters, too — I found them in your drawer all tied up with pink ribbon."

HER MOTHER KNEW VALUE OF DODD'S

"I am a sales clerk 21 years of age," writes Miss Pamela Noseworthy, Leading Ticklees, Notre Dame Bay, Newfoundland. "Being on my feet all day I got bothered with backache and tired feeling. My mother suggested Dodd's Kidney Pills which she had used with benefit. After using the third box I found relief."



Miss P. Noseworthy

FEBRUARY, 1961

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....	8	11	50 a.m.
☾ New Moon.....	15	3	11 a.m.
☾ First Quarter....	22	3	35 a.m.

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

*See page 3 for Local Time

FEBRUARY—1st to 7th: milder and overcast in the west, central sections cold, with high winds; snow storms in the east; 8th to 15th: generally fair, unsettled and some snow in the west; 16th to 22nd: cold and clear in the west, milder with high winds in the central sections and the Maritimes; 23rd to 28th: generally milder, with sunny weather in the west; rain and sleet storms in the Maritimes.

When your car becomes stuck in snow, try asbestos shingles under the rear wheels to get traction.



How COLDS may affect the kidneys

The kidneys are very delicate organs—and can be affected by what is known as the common cold. The function of the kidneys is to filter impurities and excess acids from the blood. Thus, when you have a cold, or 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 them to clear your body of excess acids and waste matter.

Dodd's Kidney Pills are easy to buy—easy to take. If you have a cold or feel one coming on—Dodd's may help relieve the extra strain that can be placed on your kidneys.

Sticky dates, raisins or figs will part company easily if put in the oven for a few minutes.

★ ★ ★

To soften butter quickly heat a bowl in boiling water, empty it and turn it upside down over the butter dish.

BARBER FINDS DODD'S HELP HIM KEEP FIT

"I have been taking Dodd's Kidney Pills on occasions for over 30 years," writes Mr. Lloyd Dixon, 1205, 2nd Street S.E., Calgary, Alberta. "I have been barbering since I was 16 years old and am now 50 years of age. Being on my feet so much I have been bothered with backache from time to time, but after taking Dodd's Kidney Pills for a week or so I feel well again."



Mr. Lloyd Dixon

WEDDING ANNIVERSARIES

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

How Long is an inch?

It used to be the breadth of a man's thumb, and later was equal to "three barleycorns, round and dry." Even now there is some disagreement. American industry uses an inch equivalent to 2.54 centimeters; American map-makers, 2.540005 centimeters; and in England an inch is 2.539996 centimeters. Everyone is trying to get together, and when they do you might as well throw away your old rulers.

TIRED SPELLS WOULD LAST A WEEK



Mrs. A. W. Cullen

"I am a housewife, 38 years of age, with 3 children," writes Mrs. A. W. Cullen, Hargrave, Manitoba. "I had been bothered with a sore back and spells of being tired which would last a week or more. One day I spied the box of Dodd's Kidney Pills my husband had been using. If they worked for him, why not for me. Before I had used half a box my family noticed how much better I felt."

HOROSCOPE—Feb. 19 to March 20.

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

What some stuffed shirts need is a couple of cuffs.

LUMBER JACK HAD SEVERE BACK PAINS

"I am a lumber jack, 34 years of age," writes Mr. Albert Clamp, East Bay, Cape Breton, N.S. "About three years ago I was attacked with severe pains in my back. Whenever I would try to straighten up it would be torture. I read about Dodd's Kidney Pills in the papers so thought I would give them a try. Before I had finished one box I got relief from the pain."



Mr. Albert Clamp

MARCH, 1961

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	8	35 a.m.
☾ Last Quarter	9	9	58 p.m.
☾ New Moon	16	1	51 p.m.
☽ First Quarter	23	9	49 p.m.

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

*See page 3 for Local Time

MARCH—1st to 6th: clearing and colder in the west; sunny, windy days in central sections, overcast in Maritimes; 7th to 14th: milder in the west, generally fair in central and eastern sections; 15th to 21st: winds and rain in west, overcast in Great Lakes areas, stormy with high winds in Maritimes; 22nd to 31st: squalls in the east, then becoming fair; rain, then clearing and mild in central Canada; west generally pleasant.

Why the Kidneys are Important to Maintaining Good Health

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

How the Kidneys Work

In a recently published article, a prominent doctor says: "The kidney is a chemical laboratory. It does a remarkable job of getting rid of waste materials and toxic substances. In addition, these organs keep the body in a state of chemical equilibrium. The water balance of the body is regulated so we do not become dehydrated or water-logged or too acid or alkaline.

"Each kidney is a compact organ, housing about 70 miles of tubing, connected to a million filtration units. This does not include the miles of nerves and blood vessels. All these structures are packed into the typical kidney shaped organ that approximates the size of your fist and weighs about half a pound.

Keeping the Proper Chemical Balance

"Each unit has a set of dual filters. Blood enters the first unit where it loses much of its water, salt, sugar, and other chemicals as well as any

poison that may be present. Some chemicals are allowed to pass the barrier into the urine only when the blood concentration exceeds certain levels.

"Sugar is an example. The non-diabetic loses little in the urine because the blood level is not high. The diabetic, however, eliminates sugar because the concentration in the blood reaches a high level.

On the Job Every Minute

"Approximately four to six ounces pass through the first filtering unit every minute, but most is absorbed by the second unit. Studies show that less than a half teaspoonful leaves each kidney per minute to enter the bladder. The amount eliminated per day approximates the intake of fluids. The second unit also reabsorbs certain chemicals that escape the first filter. The body needs these chemicals and their loss would endanger health."

Why Dodd's Kidney Pills?

Failure of the kidneys to function properly may result in urinary irritation and bladder discomfort followed by backache and tired feeling. Dodd's Kidney Pills act as a diuretic stimulant to the kidneys so that more surplus water and waste material may be separated from the blood in the form of urine and passed off through the bladder.



"YOU CAN DEPEND ON DODD'S"

COULDN'T GET TO SLEEP FOR BACKACHE

APRIL, 1961

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	1	12	48 a.m.
☾ Last Quarter	8	5	16 a.m.
☾ New Moon	15	12	38 a.m.
☾ First Quarter	22	11	50 a.m.
☾ Full Moon	30	1	41 p.m.



Mrs. Percy Teal

"I am a housewife 27 years of age with four children," writes Mrs. Percy Teal, Colebrook, Ontario. "I had so much work to do that by night time I was so tired, my back ached and I couldn't get to sleep. I told my mother of my trouble

and she suggested Dodd's Kidney Pills. I got a box at the drug store next day, started using them, and soon felt like a new person."

HOROSCOPE—March 21 to April 19.

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

"Friend of the bridegroom?" asked the usher at the wedding. "Certainly not," snapped the flustered woman, "I'm the bride's mother."

★ ★ ★

"This big game hunter's been missing for two weeks and it says here they think maybe something he disagreed with ate him."

YOUNG MOTHER SOON GOT LASTING RELIEF

"I am 22 years of age and the mother of a small child," writes Mrs. G. F. Cooke, Box 324, Corner Brook, Newfoundland. "Before the birth of my baby I suffered terribly from backache. A friend recommended that I try Dodd's Kidney Pills. After using several boxes the backaches disappeared."

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

*See page 3 for Local Time

APRIL—1st to 6th: clear and mild with foggy periods in Great Lakes areas; 7th to 14th: pleasant weather in west, unsettled with showers in central sections; rain and winds in maritimes; 15th to 22nd: cooler with rain on west coast; clearing in Great Lakes area and Maritimes; 23rd to 30th: clearing and mild in west, cloudy with showers in central sections, then becoming clear and warmer; fair in east.

COULD HARDLY BEND TO PUT ON SHOES



Mr. Albert J. Cran

"My age is 57 and I sit at my desk 8 hours a day", writes Mr. Albert J. Cran, 1032 Davie Street, Vancouver, B.C. "Occasionally I suffered pain in the small of my back and found it almost impossible to get up in the morning and bend to put on my shoes and socks. I remembered reading about Dodd's Kidney Pills proving beneficial in similar cases to mine so decided to try them. After using half a box the discomfort was alleviated and completely cleared up after continuing with Dodd's Pills for a few more days."

HOROSCOPE—April 20 to May 20.

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

 Here's how to sharpen scissors — cut a piece of sandpaper to ribbons.

SHE HAD TO DROP SOCIAL ACTIVITIES

"I am a stenographer and spend 8 to 10 hours a day sitting at a desk," writes Mrs. G. L. McCallum, Box 295, Amherst, Nova Scotia. "As I approached the age of 40 my back began to ache at the end of the day. At night I felt too tired to go out. I had to drop out of church and lodge activities. Finally a friend recommended Dodd's Kidney Pills. After taking three boxes I felt like a new woman."

MAY, 1961

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	7	10	58 a.m.
☾ New Moon	14	11	55 a.m.
☽ First Quarter	22	11	19 a.m.
☽ Full Moon	29	11	38 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	m	4 50	7 05	8 09	5 43
2	T	n	4 49	7 06	9 16	6 22
3	W	o	4 47	7 08	10 20	7 09
4	T	p	4 46	7 09	11 18	8 01
5	F	q	4 44	7 10	a.m.	9 01
6	S	☽	4 43	7 11	12 12	10 06
7	Sun	☽	4 42	7 12	12 58	11 15
8	M	☽	4 40	7 14	1 38	p.m.
9	T	☽	4 39	7 15	2 14	1 36
10	W	☽	4 37	7 16	2 46	2 46
11	T	☽	4 36	7 17	3 17	3 55
12	F	☽	4 34	7 18	3 49	5 04
13	S	☽	4 33	7 19	4 21	6 12
14	Sun	☽	4 32	7 21	4 55	7 16
15	M	☽	4 31	7 22	5 32	8 18
16	T	☽	4 30	7 23	6 13	9 16
17	W	☽	4 29	7 25	6 58	10 08
18	T	☽	4 28	7 26	7 47	10 55
19	F	☽	4 27	7 27	8 39	11 36
20	S	☽	4 26	7 28	9 34	a.m.
21	Sun	☽	4 25	7 29	10 31	12 12
22	M	☽	4 24	7 30	11 29	12 44
23	T	☽	4 23	7 31	p.m.	1 14
24	W	☽	4 22	7 32	1 29	1 42
25	T	☽	4 21	7 33	2 31	2 09
26	F	☽	4 20	7 34	3 36	2 37
27	S	☽	4 20	7 35	4 42	3 07
28	Sun	m	4 19	7 36	5 50	3 39
29	M	m	4 19	7 37	6 59	4 17
30	T	n	4 18	7 38	8 07	5 00
31	W	o	4 17	7 39	9 10	5 51

*See page 3 for Local Time

MAY—1st to 6th: mild with rain in central sections; 7th to 13th: stormy in prairie provinces, central and eastern sections clear and sunny; 14th to 20th: overcast in west, warm with showers over Great Lakes; fair and mild in Maritimes; 21st to 27th: rain in west, central and eastern sections continue mild; 28th to 31st: clearing in west, warm with showers over Great Lakes, blustery winds in east.

Feet Hurt? BURN-STING?

maybe it's
"ATHLETE'S FOOT"

You don't have to be an athlete to have Athlete's Foot. It is caused by a minute infection called a spore that can be picked up almost anywhere by anyone. The athlete's foot spores dig deep into the skin and spread rapidly forming a fungus-like growth.

How to recognize "Athlete's Foot"

The first sign is usually an itching sensation between the toes. Small blisters may appear. The skin becomes inflamed. If neglected the blisters break, painful cracks appear and the skin becomes white and soggy. Athlete's Foot infection is easy to get—hard to get rid of unless you go after it promptly and properly. Ordinary surface treatment may not be enough.

How Scoot helps control "Athlete's Foot"

Scoot is a snow white cream containing an effective fungicide. When used as directed it quickly penetrates the dead skin and destroys the Athlete's Foot fungus at its source. Scoot also contains ingredients to help cool and soothe the burning sensation and aid in healing the tender area. Frequent and regular use of Scoot can also act as a preventative against the return of this annoying and uncomfortable foot infection.



Convenient Tube —
\$1.00, at drug counters,
or direct from
The Dodds Medicine
Co., Ltd., 54 Wellington
Street West, Tor-
onto, 1. Send money
order and your name
and address and a
tube will be mailed
you postpaid.



ONTARIO MOTHER SOON FELT BETTER



Mrs. Norman Shail
I took two boxes and felt a lot better."

"I am 38 years of age and the mother of one girl aged 12," writes Mrs. Norman Shail, Box 58, R.R. No. 2, Carleton Place, Ontario. "For some years I was troubled with pains in my back. My husband said why not try Dodd's Kidney Pills.

I took two boxes and felt a lot better."

HOROSCOPE—May 21 to June 21.

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

The honeymoon is over when the dog brings your slippers and your wife barks at you.

GOT QUICK RELIEF WHEN BACK ACHED

"Some years ago I suffered from back-ache", writes Mr. Paul Bouchard, a farmer 54 years of age of Therien, Alberta. "The pain was so severe I could hardly put my shoes on. I read in Dodd's Almanac about Dodd's Kidney Pills and decided to try them. After one box I felt better. Last year the backache returned. I took 3 boxes of Dodd's Kidney Pills and got relief."



Mr. Paul Bouchard

JUNE, 1961

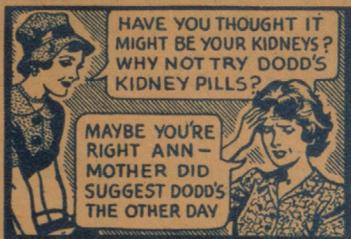
MOON'S PHASES—Eastern Standard Time

+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	5 4 19 p.m.
● New Moon	13 12 17 a.m.
☽ First Quarter	21 4 02 a.m.
☾ Full Moon	28 7 38 a.m.

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

*See page 3 for Local Time

JUNE—1st to 10th: becoming warmer and generally pleasant, with scattered storms in central regions; cooler with fogs in coastal areas, cloudy and thunder storms over Great Lakes; 11th to 17th: warm weather in the west, clear in central regions, cool but pleasant in the Maritimes; 18th to 24th: continuing stormy and unsettled in central regions, then clearing and becoming generally warmer; 25th to 31st: hot, sunny weather in western Canada; warm and pleasant in central and eastern regions.



HAVE YOU THOUGHT IT MIGHT BE YOUR KIDNEYS? WHY NOT TRY DODD'S KIDNEY PILLS?

MAYBE YOU'RE RIGHT ANN - MOTHER DID SUGGEST DODD'S THE OTHER DAY

Would YOU Like To HELP A FRIEND?

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

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

Speed Idiot:—It's great speeding along like this. Don't you feel glad that you're alive?

Passenger:—Glad isn't the word. I'm amazed!



By latest physical measurements it has been proved that it only takes a fortieth of a second for the human eye to wink—the quickest way known to get into trouble.

AIRMAN USED DODD'S ON FRIEND'S ADVICE

"I am 25 years of age and in the RCAF", writes Mr. Keith E. Wing, R.R. No. 2 Knowlton, Quebec. "I was being bothered with my kidneys. A friend suggested I try Dodd's Kidney Pills. After the first box I started feeling some relief. After 4 boxes I found I was completely relieved."



Mr. Keith E. Wing

HOW EYESIGHT CHANGES

According to authorities, of persons twenty years of age, 23 per cent have defective eyes; of thirty years, 39 per cent have defective vision; of forty years, 48 per cent—nearly half—have impaired vision. From there on, eyesight fails rapidly. Of persons fifty years, 71 per cent have defects; of sixty, 82 per cent; and of seventy, 95 per cent.

A dog sees everything as pale gray; there are no brown, red, blue or white details in his world. An Irish setter is not a red-haired beauty to another dog; it's just another gray member of the race.

The hen is being constantly deceived in her food, for the worm is only half the size she thinks it is.

Fish see men as towering, distorted shapes which would frighten the men themselves, let alone put fish in a panic.

Tears wash the eye with nature's strongest germ killer; just one teaspoonful would give antiseptic power to 100 gallons of water.

—Visual Digest



Before and After BABY ARRIVES

During the trying period of pregnancy Dodd's Kidney Pills may be of great benefit to the expectant mother. Throughout the time prior to childbirth an extra burden of work is placed upon the kidneys. In the later stages added pressure upon the bladder may cause great inconvenience and discomfort. Dodd's Kidney Pills may be of welcome help in assisting the function of the kidneys through this time of extra strain.

When BACKACHE Threatens

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

There are two kinds of women — those who wish to marry, and those who have not the slightest desire not to.

He tried to pull the wool over her eyes — but he used the wrong yarn.

It does not take long to become hard-boiled after you have been in hot water a few times.

SUFFERED 2 MONTHS AFTER CHILDBIRTH

"I am 33 years of age and the mother of 7 children," writes Mrs. Emery McLeod, Sturgeon Falls, Ontario. "The youngest is a 5 months old girl and after her birth I suffered from backache every day for about two months. My mother suggested I try some kidney pills. I used Dodd's Kidney Pills for nearly two weeks, and did not finish one box. I then had no more backaches."



Mrs. Emery McLeod

To increase the amount of juice you get from oranges, almost two-fold, keep them at room temperature.

To remove coffee film from thermos bottle, pour in 1 tablespoon of raw rice and a cup of warm water. Shake well, rinse.

It's easy to make tinted cocoanut. Fill glass jar half-full of shredded cocoanut and sprinkle in a few drops of food coloring, cover jar and shake.

HAD BACKACHE AFTER HER BABY ARRIVED



Mrs. Lawrence Larose

"I am a housewife 36 years of age," writes Mrs. Lawrence Larose, 15A Sixth Street West, Cornwall, Ontario. "I had been suffering with sore back since after the birth of my second child. A friend told me of Dodd's Kidney Pills and I started to use them. I used 3 boxes and felt better."



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

In spite of the fact that the stomach is the centre of nutrition for the body, there is, perhaps no organ of the body that receives as much abuse and neglect.

It is only human to eat and drink what we like, regardless of the effect on the stomach. Eating too quickly—too much rich food—too many acid-forming foods—all may cause digestive distress and discomfort.

While there may not be two stomachs and their needs exactly alike, there are some general rules and cautions which everyone may observe with benefit.

Never eat too rapidly—chew all food thoroughly—and if possible take a short rest after each meal.

What Digestive Disturbance can cause

Digestive discomfort may result from errors in diet—fatigue—worry or nervousness, and may take the form of—Heartburn, Sour Stomach, Headache, Constipation, Biliousness, Feeling of Heaviness, Bad Breath, Diarrhoea.

Barnyard Troubles

No wonder a hen gets discouraged. She can never find things where she lays them.

How Dodd's Dyspepsia Tablets help bring relief

Dodd's Dyspepsia Tablets act in these 6 ways—

- 1—Help supply deficiency in the gastric juices that should digest proteins (meat, eggs, etc.)
- 2—Help supply ingredients to digest the carbohydrates (starchy foods, such as bread, potatoes and sugar.)
- 3—Help check excessive acidity.
- 4—Help check irritation of the mucous membrane.
- 5—Help check nausea.
- 6—Help check diarrhoea.

If you are subject to temporary stomach distress Dodd's Dyspepsia Tablets should be helpful to you. If not available near you send your name and address and a money order for 80c to The Dodds Medicine Co. Ltd., 54 Wellington St. West, Toronto 1, and a box will be sent you at once post paid.



GARAGE MECHANIC HAD PAINS IN BACK



Mr. Norbert Fortier

"I am 32 years of age and work as a mechanic in a garage," writes Mr. Norbert Fortier, P.O. Box 75, Dunrea, Manitoba. "I began having pains in my back. Someone suggested I try Dodd's Kidney Pills. I took their advice and after using 3 or 4 boxes my pain disappeared."

HOROSCOPE—June 22 to July 22.

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

Doctor—The best thing for you to do Mr. J. is to give up smoking, drinking, golf, late hours—

Mr. J.—Look, Doc, I really don't deserve the best. What's the second best?

* * *

A well known physician recommends a single exercise for reducing: It consists in moving the head energetically from side to side when the second helping of food is offered.

HOW LONG FRUITS WILL BEAR

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

JULY, 1961

MOON'S PHASES—Eastern Standard Time

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

	D.	H.	M.
☾ Last Quarter	4	10	33 p.m.
☾ New Moon	12	2	12 p.m.
☾ First Quarter	20	6	14 p.m.
☾ Full Moon	27	2	51 p.m.

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

*See page 3 for Local Time

JULY—1st to 8th: unsettled and humid in east, with storm periods in the Maritimes, gradually clearing in the west; 9th to 15th: becoming clear and less humid in eastern and central regions, hot clear weather in the west with high winds in coastal areas; 16th to 22nd: generally warm and humid with showers over Great Lakes and rain in eastern provinces; 23rd to 31st: hot sunny weather in west with chance of thunderstorms, warm and pleasant in central and eastern regions.

WHY Kidney Tests Are IMPORTANT



In most cases of sickness, certain tests are usually made before treatment is prescribed. One of the more im-

portant tests is that made of the kidneys' condition. It is an accepted fact that properly functioning kidneys are essential to maintaining good health. When people apply for life insurance, the condition of the kidneys is quite often a deciding factor whether or not the application is accepted. The duration of illness may often depend on the kidneys' condition. The kidneys' duty is to cleanse the blood stream of impurities and excess acids. Even with a person in good health, if impurities are allowed to remain in the blood, illness is almost certain to follow. Such distress as backache, tired feeling due to urinary irritation and bladder discomfort, is usually a sign of trouble.

For more than sixty-five years, Dodd's Kidney Pills have been helping relieve the condition that often results in backache or tired feeling. Many people choose to have Dodd's Kidney Pills in their medicine cabinets all the time . . . as a Spring and Fall tonic or for use at the first sign of discomfort.

BUILDING INFORMATION

One thousand shingles, laid four inches to the weather, will cover one hundred square feet of surface. Five pounds of shingle nails will fasten them on.

One thousand laths will cover seventy yards of surface and eleven pounds of lath nails will nail them on.

One cord of stone, three bushels of lime and a cubic yard of sand will lay one hundred cubic feet of wall.

27 cu. ft. of gravel (dry) weighs 1 ton. Lime weighs 75 lbs. per bushel.

Bricks are usually made 8" long, 4" wide and 2" thick, about 22½ are reckoned per cubic foot, the mortar filling about 1/6 of the space. Laid on the flat side, it takes 4½ bricks to a square foot. Laid on edge, it takes 9.

HAD BACKACHE AND ALWAYS FELT TIRED

"I am a housewife 55 years of age," writes Mrs. A. B. Wright, Box 247, Salmon Arm, B.C. "I had backache and was always so tired. I read in Dodd's Almanac where Dodd's Kidney Pills had helped others so I thought I would give them a try. After taking them for a while the backache stopped and the tired feeling was gone."



Mrs. A. B. Wright

The worst examples of snap judgment are usually found in a family photo album.

★ ★ ★

He—That guy was boasting he's kissed every woman in this apartment block but one.

She—I bet it's that stuck-up Mrs. J. on the third floor.

CAR INSPECTOR DEPENDS ON DODD'S



Mr. Oswald Emigh

"I am 60 years of age and a car inspector for the C.N.R.," writes Mr. Oswald Emigh, 23 Highway Avenue, London, Ontario. "I have been with the railroad for 40 years and have worked outside in all kinds of weather. For about 2 years I suffered from pains in my back. I heard about Dodd's Kidney Pills on the radio. I bought a package and started taking them. I have used a number of boxes and always keep a box of Dodd's in the house."

PROPRIETOR FELT TIRED AND LISTLESS



Mr. Wilfrid Bolduc I do not believe in miracles but Dodd's Pills have helped me considerably. I always have them on hand."

"I suffered from back trouble and felt tired and listless," writes Mr. Wilfrid Bolduc, a taxi proprietor of No. 7-1189 Crescent, Montreal, Quebec. "One of my friends recommended Dodd's Kidney Pills which I finally tried.

HOROSCOPE—July 23 to August 23.

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

"Do you charge batteries?" asked the teen-ager as he drove up to the service station.

"We sure do, son."

"Fine; put a new one in this hot rod and charge it to my dad."

HANDY CALCULATIONS

To Obtain	Multiply
Diameter of Circle	Circumference by .31831
Circumference of Circle	Diameter by 3.1416
Area of Circle	Square of diam. by .7854
Surface of Sphere	Square of diam. by 3.1416
Cubic inches in a Sphere	Cube of diam. by .5236
Pounds of Water	Cubic Feet by 62.4
Knots	Miles per hour by 1.152
Grams	Ounces by 28.35
Kilograms	Pounds by 4536
Area of Rectangle	The base by the altitude.
Area of a Triangle	Base by half the altitude.
Number of Square Feet in a Piece of Board, multiply the length in feet by the width in inches, and divide the product by 12.	

AUGUST, 1961

MOON'S PHASES—Eastern Standard Time

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

		D.	H.	M.
☾	Last Quarter	3	6	48 a.m.
☾	New Moon	11	5	36 a.m.
☾	First Quarter	19	5	52 a.m.
☾	Full Moon	25	10	14 p.m.

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

*See page 3 for Local Time

AUGUST—1st to 5th: continuing warm, with storms in west; 6th to 12th: cooler with rain in coastal areas and thunder storms over Great Lakes; 13th to 19th: fair in western provinces, humid with showers in central regions; thunder storms in Maritimes; 20th to 26th: clearing and becoming generally fair and sunny; 27th to 31st: high winds in west, and unsettled and showery in central and eastern areas.



If you have
Growing Children
you need
Dodd's Ointment
and here is why . . .



Active children seem to suffer most bumps, burns, scrapes and scratches. These are the type of skin injuries that call for a good soothing, healing *antiseptic* ointment. We particularly emphasize antiseptic. Scraped knees and elbows from a fall on gravel or pavement usually need the extra antiseptic protection that Dodd's Ointment supplies.

5 Active Antiseptic Agents

In Dodd's Ointment are five different antiseptic agents to help cleanse the wound and prevent infection of the broken skin.

Dodd's Ointment also contains a mild anesthetic to help relieve the surface pain, and other tested ingredients to help reduce inflammation and promote healing.

A tube of Dodd's Ointment in your medicine cabinet gives you a quickly available treatment for any minor skin injury, infection or irritation, such as—

CUTS, BURNS, SCALDS, HEAT RASHES, SUN-BURN, ECZEMA, INSECT BITES, HIVES, PIMPLES, CHAPPED HANDS OR FEET, HEMORRHOIDS OR PILES, BOILS, ABSCESSSES.

Dodd's Ointment is usually available at any drug counter. If no nearby store can supply you, send your name and address and a money order for 80c to The Dodd's Medicine Co., Ltd., 54 Wellington St. West, Toronto 1, and a tube will be mailed you at once postpaid.

RATES OF POSTAGE

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

Items up to 8 ounces Carried by Air, if delivery can be expedited.

Surface Mail—Foreign. To British Commonwealth, U.S., Mexico, 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 added 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. At Post Offices with letter carrier delivery. Letters 10c. parcels, 20c; added to ordinary postage.

Printed Matter. All countries 2c for first 2 ounces, 1c. each added 2 ounces.

Greeting Cards. (Unsealed) circulars etc., (Entirely printed), 2 cents for first 2 ounces: 1 cent each additional 2 ounces.

Ask your Postmaster about Air Parcel Post, newspapers and periodicals.

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. All classes (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—Effective March 1st, 1961

consult Postmaster for rates prior to this date

20

	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.	
	\$ c	\$ c	\$ c	\$ c	\$ c	\$ c	\$ c	\$ c	\$ c	\$ c	\$ c	\$ c	\$ c	\$ c	\$ c	\$ c	\$ c	
To any Post Office in same Province*	23	31	39	47	55	.63	.71	.79	.87	.95	1.03	1.11	1.19	1.27	1.35	1.55	1.80	
From a P.O. in any Province to a P.O. in adjoining Province*	24	34	44	54	64	.74	.84	.94	1.04	1.14	1.24	1.34	1.44	1.54	1.64	1.90	2.25	
To or from any P.O. in the Province of																		
Newfoundland	Quebec	26	38	50	62	74	86	98	1.10	1.22	1.34	1.46	1.58	1.70	1.82	1.94	2.35	2.80
Newfoundland	Ontario	28	42	56	70	84	98	1.12	1.26	1.40	1.54	1.68	1.82	1.96	2.10	2.24	2.70	3.25
Newfoundland	Man., Sask., Alta., B.C., Yukon	30	46	62	78	94	1.10	1.26	1.42	1.58	1.74	1.90	2.06	2.22	2.38	2.54	3.10	3.90
N.B., N.S., or P.E.I.	Ontario	26	38	50	62	74	86	98	1.10	1.22	1.34	1.46	1.58	1.70	1.82	1.94	2.35	2.80
N.B., N.S., or P.E.I.	Manitoba	28	42	56	70	84	98	1.12	1.26	1.40	1.54	1.68	1.82	1.96	2.10	2.24	2.70	3.25
N.B., N.S., or P.E.I.	Sask., Alta., B.C., Yukon	30	46	62	78	94	1.10	1.26	1.42	1.58	1.74	1.90	2.06	2.22	2.38	2.54	3.10	3.90
Quebec	Sask., Alta., B.C., Yukon	26	38	50	62	74	86	98	1.10	1.22	1.34	1.46	1.58	1.70	1.82	1.94	2.35	2.80
Quebec	Manitoba	28	42	56	70	84	98	1.12	1.26	1.40	1.54	1.68	1.82	1.96	2.10	2.24	2.70	3.25
Quebec	Saskatchewan	30	46	62	78	94	1.10	1.26	1.42	1.58	1.74	1.90	2.06	2.22	2.38	2.54	3.10	3.90
Quebec	Alta., B.C., Yukon	30	46	62	78	94	1.10	1.26	1.42	1.58	1.74	1.90	2.06	2.22	2.38	2.54	3.10	3.90
Ontario	Sask., N.B., N.S., P.E.I.	26	38	50	62	74	86	98	1.10	1.22	1.34	1.46	1.58	1.70	1.82	1.94	2.35	2.80
Ontario	Alberta	28	42	56	70	84	98	1.12	1.26	1.40	1.54	1.68	1.82	1.96	2.10	2.24	2.70	3.25
Ontario	B.C., Yukon	30	46	62	78	94	1.10	1.26	1.42	1.58	1.74	1.90	2.06	2.22	2.38	2.54	3.10	3.90
Manitoba	Alberta, Quebec	26	38	50	62	74	86	98	1.10	1.22	1.34	1.46	1.58	1.70	1.82	1.94	2.35	2.80
Manitoba	B.C., N.B., N.S., P.E.I.	28	42	56	70	84	98	1.12	1.26	1.40	1.54	1.68	1.82	1.96	2.10	2.24	2.70	3.25
Manitoba	Yukon	30	46	62	78	94	1.10	1.26	1.42	1.58	1.74	1.90	2.06	2.22	2.38	2.54	3.10	3.90
Saskatchewan	British Columbia, Ontario	26	38	50	62	74	86	98	1.10	1.22	1.34	1.46	1.58	1.70	1.82	1.94	2.35	2.80
Saskatchewan	Yukon, Quebec	28	42	56	70	84	98	1.12	1.26	1.40	1.54	1.68	1.82	1.96	2.10	2.24	2.70	3.25
Alberta	Yukon	26	38	50	62	74	86	98	1.10	1.22	1.34	1.46	1.58	1.70	1.82	1.94	2.35	2.80

*The Maritime Provinces, New Brunswick, Nova Scotia and P.E.I., are considered as one Province.

NEIGHBOUR'S ADVICE PROVED HELPFUL

SEPTEMBER, 1961

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	6	06 p.m.
● New Moon	9	9	50 p.m.
☽ First Quarter	17	3	24 p.m.
☾ Full Moon	24	6	34 a.m.



Mrs. Myrtle Shannon

"I am 34 years of age and the mother of two school-age children," writes Mrs. Myrtle Shannon, R.R. 6, Fredericton, N.B. "I was bothered with backache and dizziness and was losing sleep. A neighbor who had found Dodd's Kidney Pills helpful, suggested I try them. Before I used half a box my backache and dizziness had stopped and I could get a night's rest."

HOROSCOPE—Aug. 24 to Sept. 23.

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

"Have I told you about my grandchildren?"

"No; and I want you to know how much I appreciate it."

HIS DISCOMFORT GONE AFTER USING DODD'S



Mr. Bruce R. Stanley

"I am 24 years of age and do secretarial work," writes Mr. Bruce R. Stanley, 133 Dynevor Road, Toronto 10, Ontario. "I suffered a kidney condition that resulted in bladder discomfort. I thought I might try Dodd's Kidney Pills. Inside of 2 weeks my trouble had vanished and I felt myself again."

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

*See page 3 for Local Time

SEPTEMBER—1st to 9th: clearing and becoming generally warm and pleasant, with overcast sections in west; 10th to 16th: showers and cooler in west, continuing pleasant in Maritimes, humid in Great Lakes areas; 17th to 23rd: becoming warm, with storms in west and high winds in central regions; rain in Maritimes; 24th to 30th: generally clearing, cool and pleasant.

SHE WAS NERVOUS AND COULDN'T SLEEP



Mrs. W. G. Noland

"I suffered terribly with backache and nervousness," writes Mrs. W. G. Noland, Box 82, Prince Albert, Sask. "I couldn't sleep so always felt tired out. Friends advised me to try Dodd's Kidney Pills. After using about 4 boxes I felt much better and could sleep like a log."

HOROSCOPE—Sept. 24 to Oct. 23.

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

Wife: "I think I will go out and do a lot of shopping tomorrow. What is the weather?"

Husband: "Rain, sleet, ice, snow, thunder and lightning, and high winds."

At the afternoon bridge:
 "The most difficult age for us girls is the one our husbands are going through."

~~~~~  
**RULES FOR COMPUTING INTEREST**

The following rules are for finding the interest on any principal for any number of days:

2%—Multiply the principal by the number of days to run, and divide by 180.

|     |                                        |
|-----|----------------------------------------|
| 2½% | Multiply by No. of days, divide by 144 |
| 3%  | 124                                    |
| 3½% | 100                                    |
| 4%  | 90                                     |
| 5%  | 72                                     |
| 6%  | 60                                     |
| 7%  | 52                                     |
| 8%  | 45                                     |
| 9%  | 40                                     |
| 10% | 36                                     |
| 12% | 30                                     |
| 15% | 24                                     |

## OCTOBER, 1961

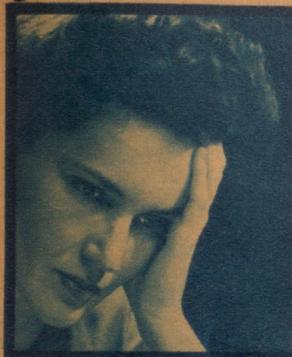
### MOON'S PHASES—Eastern Standard Time

|                           |                 |
|---------------------------|-----------------|
| +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 10 a.m.     |
| ☾ New Moon . . . . .      | 9 1 53 p.m.     |
| ☾ First Quarter . . . . . | 16 11 35 p.m.   |
| ☾ Full Moon . . . . .     | 23 4 31 p.m.    |
| ☾ Last Quarter . . . . .  | 31 3 59 a.m.    |

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

\*See page 3 for Local Time

**OCTOBER—1st to 7th: unsettled in west with rain in coastal areas; winds in central regions and overcast in eastern sections; 8th to 14th: generally clearing with fair mild weather in western and Maritime provinces; cooler in central districts; 15th to 21st: becoming cooler, with areas of frost in western provinces, rain and wind in central and eastern regions; 22nd to 31st: unsettled in prairie provinces; gradually clearing in other sections and becoming generally fair and colder.**



## If Your Problem is **IRREGULARITY**

Here is help —



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

### **Avoid Strong Cathartics**

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.

### **Easy to Carry, Easy to Use**

Diamond Dinner Pills are small, sugar coated pills, easy and pleasant to use and easily carried in purse or pocket. 40c a box at drug counters, or by mail postpaid from The Dodds Medicine Co., Ltd., 54 Wellington St., West, Toronto 1, Ontario.

### **RESCUE BREATHING**

Mouth-to-mouth rescue breathing has been widely recommended. The Red Cross endorses it for infants and small children, is reluctant to advise it for adults, as some people might find the intimate contact objectionable. Here are the seven steps.

- 1—Clear victim's throat of water, food.
- 2—Tilt head back to open air passage.
- 3—Hold jaw in jutting-out position.
- 4—Pinch nostrils to prevent leakage of air, unless victim is a small child.
- 5—Blow into mouth (and nose, if a small child) until you see the chest lift.
- 6—Listen to the victim breathe out while you breathe in.
- 7—Repeat about 12 times a minute for an adult, about 20 times a minute for a child.

# STILL USES DODD'S WHEN FEELING TIRED



Mrs. F. Brooks

"I suffered from a lame back" writes Mrs. F. Brooks, a hairdresser 38 years of age of 110 Ellendale Drive, Dorset Park, Scarboro, Ontario. "I started using Dodd's Kidney Pills on the advice of my husband who had used them for years. I found Dodd's really good. I still take them when I feel rundown, listless and tired."

\*\*\*\*\*  
**HOROSCOPE—Oct. 24 to Nov. 22.**

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

\*\*\*\*\*

When a teen-ager helps with housework, it means she's visiting a friend.

★ ★ ★

The person who sends a boy on a man's errand is probably the boy's father.

## BACKACHE RELIEVED QUICKLY BY DODD'S



Mr. Daniel Paridaen

"I am a mechanic 40 years of age," writes Mr. Daniel Paridaen, Box 103, Langenburg, Sask. "For the past 10 years or so I have found that a chill or damp weather frequently brings on a backache. Dodd's Kidney Pills usually bring me fast relief."

### NOVEMBER, 1961

#### 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.....     | 8  | 4  | 59 a.m. |
| ☽ First Quarter.... | 15 | 7  | 13 a.m. |
| ☾ Full Moon.....    | 22 | 4  | 44 a.m. |
| ☽ Last Quarter....  | 30 | 1  | 19 a.m. |

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

\*See page 3 for Local Time

**NOVEMBER**—1st to 11th: high winds bring storms and rain in western sections, continuing cold in central sections; milder, damp weather brings fogs in eastern provinces; 12th to 18th: clearing and fair in west; mild with fog and squalls in central sections; clearing in maritimes; 19th to 25th: clear and sunny in west; cold, frosty weather in central sections; rain and sleet in maritimes; 26th to 30th: generally clear and colder.

## QUANTITIES NEEDED TO FEED A LARGE CROWD

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

### Tea to Serve 100

- 1 pound tea, 5 gallons boiling water.

### Boiled Coffee to Serve 100

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

### Cocoa to Serve 100

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

### Sugar and Cream for 100

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

### Fruit Punch to Serve 50

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

### Sandwiches

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

### Filling for 100 Squares—400 Sandwiches

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

### Chicken Salad to Serve 50

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

## ACHING BACK MADE RISING DIFFICULT

"For some time I had an aching back", writes Mr. Johann Schapansky, 211 High Street East, Moose Jaw, Sask. "I found it hard to get up in the morning to go to work. My wife asked me to try Dodd's Kidney Pills as she found great relief from backache. I also have found very good results. I am 50 years old and drive a bus."

## WAS ON HER FEET 8 HOURS A DAY



Mrs. P. I. Allen

"I used to work in a department store, and was on my feet 8 hours a day," writes Mrs. P. I. Allen, 61 Rykert St., St. Catharines, Ont. "I suffered with headaches, backaches and swelling of my legs and feet. I tried Dodd's Kidney Pills and they worked wonders. I would recommend them to everybody."

Some freshly laid eggs are not fresh. When frightened shortly before she is ready to lay, a hen is likely to retain the egg for several days. Consequently, after having been kept at her body temperature for such a period, the egg is actually stale when it is laid.

### For the Backward Reader

Eht seggib stun, ti smees ot em Era ton ni deddap silec ro esrow. Tub esoh, ekil uoy, ohw yllufepoh Tcartxe emos esnes morf siht loof esrev.

## NUMBER OF TREES OR PLANTS TO THE ACRE

(43,560 sq. ft.)

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

# SUFFERED ATTACK AFTER SEVERE CHILL

"I was subject to severe attacks of lumbago," writes Mr. Norman Dale, 2771 Winster Road, Victoria, B.C. "They would come on after exposure to severe cold, heavy exercise, or on receiving a chill. A friend recommended Dodd's Kidney Pills, and after using them the relief from pain was amazing. Since then I have kept a box of Dodd's Kidney Pills on hand."



Mr. Norman Dale

\*\*\*\*\*

## HOROSCOPE—Nov. 23 to Dec. 21.

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

\*\*\*\*\*

Middle age is when the phone rings Saturday night and you hope it isn't for you.

## LEARNED OF DODD'S FROM FRIEND AT CLUB

"I had been suffering with a backache for years," writes Mrs. S. Milliard, 821 Park Street, Kenora, Ontario. "I was at a club meeting and complained about my aching back. One of the ladies told me to try Dodd's Kidney Pills. The very next day I started on them and took them for two months. As each day went by my backache slowly ceased."



Mrs. S. Milliard

## DECEMBER, 1961

### 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  | 6  | 52 p.m. |
| ☽ First Quarter.... | 14 | 3  | 06 p.m. |
| ☾ Full Moon.....    | 21 | 7  | 42 p.m. |
| ☽ Last Quarter....  | 29 | 10 | 57 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            | F           | ♊            | 7 18  | 4 20 | 12 19 | 1 24  |
| 2            | S           | ♋            | 7 19  | 4 20 | 1 19  | 1 50  |
| 3            | Sun         | ♌            | 7 20  | 4 20 | 2 20  | 2 17  |
| 4            | M           | ♍            | 7 21  | 4 19 | 3 22  | 2 44  |
| 5            | T           | ♎            | 7 22  | 4 19 | 4 26  | 3 15  |
| 6            | W           | ♏            | 7 23  | 4 19 | 5 32  | 3 51  |
| 7            | T           | ♐            | 7 24  | 4 19 | 6 39  | 4 33  |
| 8            | F           | ♑            | 7 25  | 4 19 | 7 44  | 5 22  |
| 9            | S           | ♒            | 7 26  | 4 18 | 8 46  | 6 19  |
| 10           | Sun         | ♓            | 7 27  | 4 18 | 9 42  | 7 22  |
| 11           | M           | ♈            | 7 28  | 4 18 | 10 31 | 8 32  |
| 12           | T           | ♉            | 7 29  | 4 18 | 11 13 | 9 43  |
| 13           | W           | ♊            | 7 30  | 4 18 | 11 50 | 10 55 |
| 14           | T           | ♋            | 7 31  | 4 19 | p.m.  | a.m.  |
| 15           | F           | ♌            | 7 31  | 4 19 | 12 54 | 12 07 |
| 16           | S           | ♍            | 7 32  | 4 19 | 1 24  | 1 18  |
| 17           | Sun         | ♎            | 7 33  | 4 19 | 1 56  | 2 27  |
| 18           | M           | ♏            | 7 33  | 4 20 | 2 28  | 3 36  |
| 19           | T           | ♐            | 7 34  | 4 20 | 3 05  | 4 45  |
| 20           | W           | ♑            | 7 34  | 4 20 | 3 55  | 5 49  |
| 21           | T           | ♒            | 7 35  | 4 21 | 4 30  | 6 52  |
| 22           | F           | ♓            | 7 35  | 4 22 | 5 20  | 7 47  |
| 23           | S           | ♈            | 7 36  | 4 22 | 6 14  | 8 36  |
| 24           | Sun         | ♉            | 7 36  | 4 23 | 7 10  | 9 20  |
| 25           | M           | ♊            | 7 37  | 4 23 | 8 08  | 9 58  |
| 26           | T           | ♋            | 7 37  | 4 24 | 9 07  | 10 30 |
| 27           | W           | ♌            | 7 37  | 4 25 | 10 06 | 11 00 |
| 28           | T           | ♍            | 7 38  | 4 26 | 11 05 | 11 26 |
| 29           | F           | ♎            | 7 38  | 4 27 | a.m.  | 11 52 |
| 30           | S           | ♏            | 7 38  | 4 27 | 12 05 | p.m.  |
| 31           | Sun         | ♐            | 7 38  | 4 28 | 1 06  | 12 45 |

\*See page 3 for Local Time

DECEMBER—1st to 9th: overcast, with snow in west and central regions, rain and sleet in Maritimes; 10th to 16th: clearing in west, high winds and colder in Great Lakes areas; continuing stormy and unsettled in Maritimes; 17th to 23rd: milder and unsettled in west; central sections continuing cold; sunny in Maritimes; 24th to 31st: generally clear, with some rain in central sections.

### Christmas Tree Safety

Christmas trees are less of a fire hazard if sprayed with a solution made of 9 oz. borax and 4 oz. boric acid in a gallon of water. Other inflammable Christmas decorations can be dipped in the same solution.

### A LAUGH OR TWO

A reducing salon is a place where they take your breath away.

One Husband: "Do you believe in clubs for women?"

Second Husband: "For sure, when kindness fails."

Sometimes it's hard to tell if a husband is yawning or trying to say something.

A woman who's too tired for words will usually tell you all about it.

Men understand women all right but it's cheaper to pretend they don't.

Some people are so busy learning the tricks of the trade that they don't learn the trade.

## WAS LOSING SLEEP BY NIGHT RISING



Mr. M. A. McNamara  
right through the night."

"I was getting up 2 and 3 times at night," writes Mr. Martin A. McNamara, a railway sectionman, of R.R. No. 1., Evanston, N.S. "On a friend's advice I decided to take Dodd's Kidney Pills. I only used one box and could sleep

## WHAT TO DO IN CASE OF FIRE

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

### Don't Open the Door

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

### Use the Window

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

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

### Closing the Door Properly

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

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



# WEIGHTS AND 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 ounce = 8 drams
- 1 dram = 3 scruples
- 1 pound = 12 ounces

## Capacity Measure

- 1 pint = 4 gills = 20 fl. ozs.
- 1 quart = 2 pints
- 1 gallon = 4 quarts
- 1 firkin = 9 gallons
- 1 barrel = 36 gallons
- 1 hogshead = 63 gallons

## Avoirdupois Weight

- 1 ounce = 16 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 gross = 12 dozen
- 1 great gross = 12 gross
- 1 score = 20 units
- 1 quire = 24 sheets of paper
- 1 ream = 20 quires

## COOKING MEASURE

- 3 ts. equal 1 tablespoon
- 16 tablespoons equal 1 cup
- 2 cups equal 1 pint
- 2 2 pints equal 1 quart
- 4 quarts equal 1 gallon
- 1 lb. rice equals 2 cups
- 1 lb. cocoa equals 2 cups
- 1 lb. tea equals 6 cups
- 3 lbs. spinach equals 1 peck
- 1 lb. raisins equals 3 cups
- 1 oz. baking powder equals 3 tablespoons.
- 1 lb. cornstarch equals 3 cups
- 1 lb. pearl tapioca equals 2 2/3 cups
- 1 lb. walnuts equals 4 cups
- 1 oz. equals 4 tablespoons grated chocolate or 4 tablespoons cocoa.
- 1 lb. granulated sugar equals 2 cups
- 1 lb. icing sugar equals 3 cups
- 1 lb. brown sugar equals 3 cups
- 1 lb. butter or lard equals 2 cups
- 1 lb. pastry or bread flour equals 4 cups
- 1 lb. meal equals approx. 3 cups
- 1 lb. ground coffee equals about 50 tbs.
- 1 lb. finely-chopped meat equals 2 cups
- 1 lb. currants equals about 2 cups
- 1 lb. dried bread crumbs equals 4 cups
- 1 lb. navy or lima beans equals about 2 cups
- 1 lb. graded cheese equals 4 cups
- 1 lb. dates equals 2½ cups

## FARM PRODUCE Weights Per Bushel

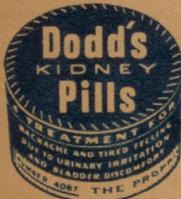
|            | lb. |                  | lb. |
|------------|-----|------------------|-----|
| Wheat      | 60  | Apples (average) | 50  |
| Oats       | 34  | Alfalfa          | 60  |
| Barley     | 48  | Clover           | 60  |
| Rye        | 56  | Timothy          | 48  |
| Buckwheat  | 48  | Kentucky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

## Approximate Metric Equivalents

|                       |              |              |                    |
|-----------------------|--------------|--------------|--------------------|
| 1 decimeter           | -- 4 in.     | 1 liter      | - 1.06 qts. liquid |
| 1 meter               | -- 1.1 yds.  |              | 0.9 qt. dry.       |
| 1 kilometer,          | ¾ of a mile. | 1 hektoliter | - 2½ bus.          |
| 1 hectare             | -- 2½ acres  | 1 kilogram   | -- 2 1/5 lbs.      |
| 1 stere, or cu. meter | ¾ of a cord. | 1 metrickton | - 2,200 lbs.       |

# Dodd's FAMILY OF REMEDIES

## DODD'S KIDNEY PILLS



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

BOX - 80c

## 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.



TUBE - \$1.00



## DIAMOND DINNER PILLS

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

BOX - 40c



## DODD'S DYSPESIA TABLETS

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

BOX - 80c



## DODD'S OINTMENT

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

TUBE - 80c

## HOW TO GET DODD'S REMEDIES

Dodd's Remedies are available at most drug counters. If you cannot buy them near you, write to The Dodd's 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.

**EVERY DAY  
SEEMED LIKE  
BLUE MONDAY**



I NEVER USED TO  
MIND WASH DAY  
... BUT LATELY I  
SEEM ALWAYS  
TIRED OUT

I HATE COMPLAINING  
ALL THE TIME MOTHER  
BUT THIS BACKACHE  
MAKES ME FEEL  
MISERABLE

WELL MARY,  
DODD'S KIDNEY PILLS  
ALWAYS HELPED  
ME WHEN I HAD  
BACKACHE AND  
TIRED FEELING  
PERHAPS THEY'LL  
HELP YOU TOO.



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



I'LL BET YOU'VE  
NEVER SEEN MOM  
WITH SO MUCH PEP  
SONNY. EVEN YOUR  
DAD HAS NOTICED  
IT LATELY

IT'S LIKE OLD TIMES  
SEEING YOU SO BRIGHT  
AND PEPPY DEAR

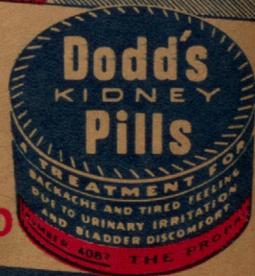


THANKS TO MOTHER  
AND HER SUGGESTION  
ABOUT DODD'S



SO MANY CUSTOMERS  
INSIST ON  
DODD'S  
THEY MUST BE  
GOOD

LOOK  
for the  
**BLUE  
BOX**  
with the  
**RED BAND**



**Dodd's  
KIDNEY  
Pills**

TREATMENT FOR  
BACKACHE AND TIRED FEELING  
DUE TO URINARY IRRITATION  
AND BLADDER DISCOMFORT  
NUMBER 4087 THE PROPRIETARY