

1917

Volume VII.

1917

HANG ME IN THE KITCHEN

HELPFUL

**HINTS**

FOR HOUSEKEEPERS

COMPLIMENTS OF

**The Dodds Medicine Co.**

LIMITED

**TORONTO, CAN.**

## NEVER FORGET

That if the first drug store or dealer hasn't got Dodd's Kidney Pills, the next one down the street has.

That there is no substitute for Dodd's Kidney Pills.

That the dealer who offers you "something just as good" is considering his own pocket and not your health.

That the cures in our almanac are those of men and women who ASKED FOR Dodd's Kidney Pills and GOT Dodd's Kidney Pills.

That you never read of the cure of anyone who ASKED FOR Dodd's Kidney Pills and GOT "something just as good."

That if your disease is of the kidneys, or from the kidneys, you need Dodd's Kidney Pills. They will cure you provided:

1. You ask for Dodd's Kidney Pills.
2. You get Dodd's Kidney Pills.
3. You take Dodd's Kidney Pills.

Nearly the same is not the same. Accept only the genuine. Be SURE of the spelling of the name **D-o-d-d-'s**.

## HOW TO GET Dodd's REMEDIES

First ask your local dealer for them. If he has not got them in stock, ask him how soon he can get them for you. As every wholesale dealer sells them, he can get them in two or three days, if he wants to. If he says he can't or won't, send your money direct to

**The Dodds Medicine Co., Limited,**

Toronto, Ont.

Be careful to write your name and address plainly, giving Post Office and Province. They will be sent to you postpaid, the day your letter and remittance reach us. But buy them from your dealer if you can. The prices are:—

Dodd's Kidney Pills, 50 cents per box, six boxes for \$2.50.

Dodd's Dyspepsia Tablets, 50 cents per box, six boxes for \$2.50.

Diamond Dinner Pills, 25 cents per box.

**WE DO NOT GIVE FREE SAMPLES.**

**WE EMPLOY NO AGENTS.**

Our goods are sold by regular dealers only, or by mail when this is impossible.

**The Dodds Medicine Co., Limited,**

Toronto, Ont.

## FOR YOUNG HOUSEKEEPERS

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One teaspoonful of salt to one quart of soup, and one teaspoonful of salt to two quarts of flour.

When Dodd's Kidney Pills are used for the treatment of kidney disease, recovery, like the growth of a child, is natural, gradual and certain.

One scant cupful of liquid to two full cupfuls of flour for bread.

One scant cupful of liquid to two cups of flour for muffins.

One scant cupful of liquid to one cupful of flour for batters.

One quart of water to each pound of meat and bone for soup stock.

One-half cup of yeast or one-quarter cake compressed yeast to one pint liquid.

Four eggs to one quart of milk for custards.

Four heaping tablespoonfuls of cornstarch to one quart of milk. One even teaspoonful of baking powder to one cupful of flour.

One teaspoonful of soda to one pint of sour milk. One teaspoonful of soda to one pint of molasses.

One teaspoonful of baking powder is equal to one-half teaspoonful of soda, and one teaspoonful of cream of tartar.

Pure blood is the first essential not only of health but of life itself, so keep it pure by using Dodd's Kidney Pills.

The oven for baking bread should be hot enough to brown a teaspoonful of flour in five minutes. For biscuits it should brown in one minute.

One teaspoonful of soda to one pint of sour milk, and one teaspoonful of extract to one plain loaf cake.

Four peppercorns, four cloves, one teaspoonful of mixed herbs for each quart of water for soup stock.

One teaspoonful of vanilla to one quart of milk for custard, and two ounces of gelatine to one and three-quarter quarts of liquid.

In preparing for baking, mix dry materials in one bowl and liquids in another; combine them quickly, and put at once into the oven.

# JUST KEROSENE

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KEEP A BOTTLE ON HAND, IT IS USEFUL IN FOLLOWING WAYS

Kerosene is a splendid polish for tinware, and always wipe discolored wringers with kerosene.

Nothing equals kerosene for removing rust from iron.

Dodd's Kidney Pills cure Backache, Lumbago, Rheumatism, Gravel, Diabetes, Heart Disease and Bright's Disease, because any and all of these spring from diseased kidneys.

Kerosene used to moisten stove polish makes stoves look like new.

Wash zinc with hot, soapy water and polish with cloth dipped in kerosene.

Irons wiped on a cloth dampened with kerosene will not scorch clothes.

To prevent white garments from looking yellow, put a little kerosene in the wash water.

Linoleum and oilcloth are both brightened and improved by rubbing with flannel dipped in kerosene.

To clean the sewing machine, moisten all bearings with kerosene and run rapidly for a few minutes; then carefully wipe off the liquid with a soft cloth.

Use kerosene instead of soap for cleaning shellacked floors in proportion of one cupful to each pail of water. Have water lukewarm, use a soft cloth and afterwards polish with floor mop.

Prevention is better than cure, but cure is worth more than the price of Dodd's Kidney Pills when prevention is too late.

Kerosene removes paint spots from porcelain or hardware floors. Saturate a cloth with it and rub spots briskly.

Immerse all metal articles that have rusted in kerosene and allow them to remain there till rust has softened, then wipe with soft cloth, polish with whiting, bath brick or sand soap, according to finish of metal.

Kerosene will soften boots and shoes that have been hardened by water and will render them pliable as new.

## Best Horoscope is Health

**H**EALTH! In that one word is contained the greatest good fortune this world has to bestow. Wealth has its advantages; but possessors of vast wealth offer their hoards for a return of the vigour and energy of their earlier days. Fame has its compensations, but the plaudits of the multitude are but empty echoes to the man who has sacrificed his constitution to satisfy his ambition. Health, and health only, brings solid satisfaction.

\* \* \*

Not every man nor every woman can be healthy; but it is an oft-proved fact that nine-tenths of the ills that crowd the pathway of life can be removed if people will but observe in their own bodies those rules that are absolutely necessary to the health of cities and towns.

\* \* \*

When disease breaks out in a city or town the first question asked is: "Where is the filth that is polluting the air or water?" The scavengers are put to work. There is a general cleaning up of yards and drains. Cleanliness means health.

\* \* \*

As it is with communities so it is with the human body. Cleanliness is health. When disease makes its appearance look to the scavengers. The kidneys are the scavengers of the body. Theirs is the work of straining out of the blood all the impurities it collects as it courses through the body. Theirs is the work of expelling this filth from the body. Thus it will be seen that on the kidneys more than on all other organs combined depends the general health of the body.

\* \* \*

Keep the kidneys healthy and the body will be healthy. That is the principle upon which the discoverer of Dodd's Kidney Pills worked. That he was right both in principle and

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# A KITCHEN TIMETABLE

## FOR BAKING MEATS

Sirloin roast, rare, eight to ten minutes a pound.

Sirloin roast, well done, twelve to fifteen minutes a pound.

Mutton, rare, ten minutes a pound.

Mutton, well done, fifteen minutes a pound.

Pain compels repair to every injury—distress or weakness in the back is a demand for Dodd's Kidney Pills.

Lamb, fifteen minutes a pound.

Veal, twenty minutes a pound.

Pork, 30 minutes a pound.

Turkey, eighteen to twenty minutes a pound.

Chicken, twenty minutes a pound.

## CAKES AND PASTRY

Sponge cake—Forty-five to fifty-five minutes.

Plain cake—Twenty to forty-five minutes.

Cookies—Ten to twelve minutes.

Gingerbread—Twenty to thirty minutes.

Tapioca or rice pudding—One hour.

Dodd's Kidney Pills always cure the kidneys. Cured kidneys strain all the impurities out of the blood. That makes pure blood and good health.

Bread pudding—Sixty-five minutes.

Pies with two crusts—Thirty to forty minutes.

Graham rolls—Half an hour.

Wheat rolls—Ten to eighteen minutes.

Bread—Forty to sixty minutes.

Biscuits—Ten to eighteen minutes.

When the skin seems dry and inelastic use a box of Dodd's Kidney Pills.

practice is evidenced by the splendid work Dodd's Kidney Pills are doing to-day.

\* \* \*

There are two classes and many varieties of diseases that can be properly charged to the kidneys. Bright's Disease and Diabetes belong to one class. They are purely Kidney Diseases. Heart Disease, Dropsy, Rheumatism, etc., belong to the second class. They are diseases caused by bad kidney action. They are caused by the impurities, which the disordered kidneys fail to remove from the blood, acting on other parts of the body.

\* \* \*

Take Heart Disease for instance. It is not a purely Kidney disease, yet it is always helped by curing the Kidneys with Dodd's Kidney Pills. The heart is the engine that propels the blood through the arteries and veins. On its way the blood passes through the kidneys to be relieved of the impurities it has gathered. If the Kidneys are working properly it goes back to the heart clear and clean.

\* \* \*

But if the Kidneys are tired, or worn, or otherwise out of order, the blood is not cleansed. It becomes a clogged and turbid stream. It is easy to see what the result is. The heart has to propel a thick sluggish stream of blood and its work is increased infinitely. And furthermore the poisons in the blood act on the valves and chambers of the heart, causing inflammation, valvular troubles and other derangements. Then it is that the overworked, diseased heart pauses for a moment in its work, misses a beat—and life has fled.

\* \* \*

"Death was due to Heart Disease." How often do you see that announcement in the daily papers. It makes you think with a shudder that death may even now be stalking at your side ready to strike you down without a moment's notice. But there is no danger if you take ordinary precaution. Cure the kidneys with Dodd's Kidney Pills. The cured kidneys will keep the blood clear and pure. Pure blood will cause the heart

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## SOME USES FOR OLD PAPER

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In some households there are no more papers than are required to light the fire, but in others it is a problem to know how to get rid of them. Here are a few suggestions as to the use of these old papers.

If the soles of boots are thin, a few layers of paper will protect the feet wonderfully.

A soft newspaper will polish windows and lamp chimneys better than cloth.

The blood, the life-giving fluid of the body, must be pure and wholesome, so that it may strengthen and nourish the weakened nerves. Dodd's Kidney Pills cure nervousness by helping the kidneys to purify the blood.

Layers of newspaper, folded evenly and placed under the stair carpet at each tread, may cheaply be made to take the place of felt.

A damp newspaper torn in bits and scattered over a dusty carpet will take up dust and dirt better than salt or tea leaves.

Paper folded and placed over the chest is a great protection on a cold drive.

Paper is preferable to cloth for removing black from the outside of pots and pans. The paper can then be burned.

Why should anyone conscious of the beginnings of kidney ailments hesitate to use such a well-proved specific for kidney disease as Dodd's Kidney Pills.

The range may be kept bright and clean by rubbing with soft newspapers after each meal.

Nearly all women's troubles are caused by diseased or disordered kidneys. Dodd's Kidney Pills bring back youth to women by curing their kidneys.

The best way to warm up a roast is to wrap it in thickly greased paper and keep it covered while in the oven. By having it covered the steam will prevent the meat from becoming hard and dry.

If, when covering a kitchen table with oilcloth, a layer of brown wrapping paper is put on first, it will prevent the oilcloth from cracking and make it wear three times as long.

to work freely and steadily. It will remove the cause of Heart Disease, and without cause there can be no disease.

\* \* \*

That Dodd's Kidney Pills will help any Kidney Trouble is best shown by their uniform success in treating Bright's Disease. This is the most advanced stage of Kidney Disease, and until the discovery of Dodd's Kidney Pills it was properly considered incurable. Dodd's Kidney Pills have never failed to help it, even when death was hourly expected and physicians had declared no earthly power could save the sufferer.

\* \* \*

Bright's Disease is strictly a disease of the kidneys and its symptoms are generally those of Kidney Disease. Its presence in the system is best indicated by the urine. Fill a bottle or glass with the first urine passed in the morning. Let it stand till the following day. If it then appears cloudy or stringy or a sediment is formed you may be sure your kidneys are diseased. With diseased kidneys Bright's Disease is never far distant; you may find yourself in its grasp at any moment.

\* \* \*

One of the most terrible things about Bright's Disease is the secrecy with which it works. It creeps on you like a thief in the night. To-day you may be in comparatively good health; to-morrow laid on a bed of sickness attended by a physician whose grave face is almost as alarming as the words he utters—"Bright's Disease." There is always hope. Dodd's Kidney Pills will help it. But the safer way is to test your urine at intervals and if you find anything wrong with your kidneys put them right with Dodd's Kidney Pills.

\* \* \*

Diabetes is another very dangerous and repulsive form of Kidney Disease. Like Bright's Disease it was classed as incurable till the discovery of Dodd's Kidney Pills revolutionized the treatment of kidney ailments. That Dodd's Kidney Pills have never failed to help it is convincing evidence of their efficacy in all cases of Kidney Disease.

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## WHAT SALT WILL DO

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Salt will revive a dying fire.

Salt will remove stains on marble.

Salt—coarse—is a good cleanser of irons.

Salt in water or other fluid retards the boiling.

Salt will remove tea stains from delicate china cups.

Salt mixed with soda is a remedy for bee stings.

Salt and hot water will thaw a frozen drain-pipe.

Salt has many valuable uses as a cleanser in the household, but for cleansing the system from all disease germs use Dodd's Kidney Pills.

Salt and water, warm, will stop chilblains from itching.

Salt thrown on a fire will extinguish a burning chimney.

Salt and lukewarm water is an excellent lotion for styes.

Salt and warm water is an emetic in cases of poisoning.

Salt mixed in cold water will remove bloodstains from linen.

Salt sprinkled on a range will absorb all grease splutterings.

Whenever you have pain in the back it is an urgent call for Dodd's Kidney Pills.

Salt added to the rinsing water prevents clothes from freezing.

Salt placed under baking-tins in an oven prevents their burning.

Salt will quickly clean a discolored bath or enamelled utensils.

As a Kidney medicine Dodd's Kidney Pills are the salt of the earth.

Salt placed first in the frying-pan prevents grease from spluttering.

Salt and water rubbed into the scalp is good for falling hair after illness.

Of course, Diabetes is easier to prevent than to cure. If when the kidneys give the first sign that they are tired or worn out they are toned up and strengthened by a short treatment of Dodd's Kidney Pills all will be well. But if the warnings of nature such as Backache or slight urinary disorders are neglected; if the Kidneys are allowed to clog up with impurities and poisons till not only they become diseased, but the entire system is polluted, it will take a longer treatment. But Dodd's Kidney Pills will help. They have never yet failed.

\* \* \*

The early symptoms of Diabetes resemble those of ordinary Kidney disorders. But as the disease develops bleeding gums, decaying and loosened teeth, swelling feet and ankles, boils and skin eruptions are among its added terrors. It is a disease to be avoided rather than cured. It can be avoided by short treatments of Dodd's Kidney Pills taken at intervals.

\* \* \*

Probably the most common of all the dangerous diseases resulting from disordered kidneys is Dropsy. The puffiness under the eyes, bloating of the ankles, limbs and body and that smothered feeling when excited or over-exerted, that show the presence of Dropsy, are known in almost every family.

\* \* \*

When you look at the cause of Dropsy it is easy to see why Dodd's Kidney Pills always help it. Dropsy is caused by the failure of the kidneys to extract from the blood the surplus water it collects in circulation. This water remaining in the blood increases the flow till, the walls of the blood-vessels becoming extended, it passes through. This causes those accumulations of water that some physicians still try to relieve by tapping.

\* \* \*

But tapping is a violation of the law of nature. The natural way to cure Dropsy is to remove the primary cause—in other words to cure the Kidneys. That this is the correct method is proved by the unflinching success of Dodd's Kidney Pills. They

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## WHAT SALT WILL DO—Continued

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Salt and water removes the lime in new curtains, and makes washing easier.

Salt and water cleans all crockery more easily and better than plain water.

Salt—a tiny pinch—added to the whites of eggs makes them froth more quickly.

Keep the Kidneys right with Dodd's Kidney Pills, and the pure, clear blood coursing through your veins will make you feel like a young woman.

Salt, thrown on the fire once a day, prevents the accumulation of soot in the flues.

Salt—a teaspoonful to a pint of warm water—rubbed into weak ankles strengthens them.

Salt added to potatoes when nearly done ensures flouriness and prevents them going to pieces.

Salt sprinkled over carpets before sweeping preserves the colors and keeps away moths.

When it comes for a person of prudence to decide between looking old and kidney treatment it should not require very long to decide to use Dodd's Kidney Pills.

Salt and water will prevent the red borders in towels, etc., from running if the towels are steeped in it for twenty-four hours.

Strong salt water will revive an unconscious person quicker than brandy or whisky.

Washing fabrics that are inclined to fade should be soaked and rinsed in very salt water to set the color before washing in suds.

One box of Dodd's Kidney Pills taken in time is worth its weight in gold.

Add a tablespoonful of table salt to the gasoline when sponging clothes and the rings usually left on the garments will be avoided.

Salt water, applied with a brush, is the best method for cleaning willow ware.

To clean a burnt pan dip a hard crust of bread in kitchen salt and rub the burnt portion, then wash in hot soda and water.

always help to put the kidneys in good working order. With the kidneys in good working order the Dropsy disappears almost at once.

\* \* \*

And now we come to that great family of diseases that is probably responsible for more aches and pains than all other human ills. It is hardly necessary to state that this is the Uric Acid family, of which Rheumatism is the head. The other members of this unhappy family are Lumbago, Sciatica, Gout, Neuralgia, etc. They are known everywhere.

\* \* \*

For centuries past the medical fraternity have been looking for a cure for Rheumatism and many a lotion for rubbing on the affected part has been heralded as the long looked for cure. But it remained for Dodd's Kidney Pills to prove that if you would cure Rheumatism you must have a cure that would go further than skin deep; that you must have one that would go right to the root of matters and remove the cause. Dodd's Kidney Pills prove that to cure Rheumatism you must cure the Kidneys.

\* \* \*

The fact that Dodd's Kidney Pills invariably benefit Rheumatism and kindred diseases by putting the kidneys in condition to remove the Uric Acid from the blood proves this theory to be correct and it is to-day accepted by all interested in medical matters.

\* \* \*

What is Uric Acid? It is the putrefied tissue waste that the disordered kidneys fail to remove from the blood. It is usually in liquid form, but dampness or chill causes it to crystallize into sharp particles which are very irritating to the parts in which they become lodged.

\* \* \*

It is these sharp particles that are responsible for all the pains and aches. When the particles gather in or about a joint you have Rheumatism. If they are deposited in the muscles and tendons of the back the result is those pains that

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## POTATOES FOR CLEANING

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### MANY PURPOSES TO WHICH THEY ARE ADAPTED IN HOUSEKEEPING

To clean a vinegar cruet fill the cruet with finely chopped potato skin, cork tightly and let it stand in a warm place three days; then turn the skins out and rinse the cruet with warm water and borax.

To clean rusty knives use a raw potato dipped in brick dust.

Dodd's Kidney Pills cure women's ailments, because nine-tenths of these ailments come from sick kidneys. Dodd's Kidney Pills always cure sick kidneys.

Potato parings dried in the oven are good to kindle fires, as they light easily.

To clean carpets grate a raw potato and rub over the surface of the carpet and finish off with a clean cloth wrung out in warm water.

To clean dresses grate two raw potatoes into a pint of cold water. strain through a sieve, add another pint of water and let it settle. Dip a sponge into the water and rub the soiled garment carefully, afterward rinsing with clear water.

It is a woman's duty as well as her pleasure to be beautiful. A clear complexion, backed by pure, rich blood are the foundations of all beauty. These are what Dodd's Kidney Pills produce.

To clarify drippings slice a raw potato into the fat while rendering. It will absorb all impurities.

To make light bread mash a boiled potato and add to the flour.

For corned beef hash chop a raw potato and add to the meat.

To clean mud spots from silk, after washing thoroughly rub soiled places with a raw potato.

When a fern turns yellow slice a raw potato and put it on top of the soil. This will draw out the worms.

Backache, neglected, develops into Bright's Disease. The one sure way to escape its tortures is to cure the Backache when it first starts with Dodd's Kidney Pills.

To cleanse hands from vegetable stains, rub with a slice of raw potato.

are called Lumbago. If they are deposited so as to exert their irritating influence on the Sciatic nerve the disease is called Sciatica. And so it is with various other diseases of this family. They are all from the one cause, Uric Acid.

\* \* \*

It will be seen that such being the case, and it is now undisputed, rubbing on the outside may relieve but it cannot cure Rheumatism or any of its companion complaints. To cure it you must remove the cause. Strong, healthy Kidneys will do this. They will take all the Uric Acid out of the blood. And without Uric Acid in the blood there can be no sharp particles formed and without these particles or crystals there can be none of the pains known as Rheumatism or Lumbago or Sciatica or Gout.

\* \* \*

That is why Dodd's Kidney Pills never fail to help Rheumatism. They never fail to make strong, healthy kidneys. Strong, healthy kidneys take all the Uric Acid out of the blood and with no Uric Acid in the blood there can be no Rheumatism. Cure your kidneys with Dodd's Kidney Pills and your Rheumatism will cure itself.

\* \* \*

But if men have so much fear from disordered kidneys, women are doubly in danger from the same source. They are subject to all the ills that threaten mankind and in addition are in daily danger from that group of diseases that are shrouded in a certain mystery under the name of Women's Ailments.

\* \* \*

And possibly it is well to mention here two things that long and thorough investigation have shown to be facts. The first of these is that no woman with sound kidneys ever had Female Ailments, and the second that no case of Female Ailment has ever been known where the kidneys were not in some way at fault. These two things in themselves are surely enough to convince all women that the natural way to cure their ailments is to cure the kidneys. The long record of Dodd's Kidney Pills

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## POINTS FOR THE KITCHEN

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It is better to fry fish with skin side down at first. This will prevent the fish from breaking up so badly.

Prevent the frying eggs from sputtering and flying by adding a generous pinch of flour to the fat, and stirring it.

Use milk instead of water for making pie crust, which is to be served cold. It will keep crisp longer.

When making cake always mix the spices and baking powder with the flour before it is sifted.

Pie crust should be rolled in one direction—away from you.

Bread should be kept always wrapped up in a clean cloth.

Pure blood means a pure healthy body. The only way to ensure pure blood is to keep the kidneys right. If they are right, they will take all the impurities out of the blood. Dodd's Kidney Pills make the kidneys right.

Jars and pickle bottles that smell of onions may be made sweet if filled with garden mold and left standing out of doors for two or three days. When thoroughly washed they will be found quite fresh and may be used for jam or any other purpose.

When the oven becomes too hot place a basin of cold water in it, but do not leave the door open. This answers the purpose of cooling the oven, and the rising steam prevents the food from burning.

To bake potatoes quickly boil them in salted water for ten minutes, then put in the oven. The boiling water will heat them through so they cook in a short time.

To separate the yolk of an egg from the white make a hole in both ends of the egg. Then hold it upright, giving it a gentle shake, and the white will run out, leaving the yolk unbroken in the shell.

It is the function or duty of the kidneys to filter out all impurities from the blood. For torpid or weak kidneys use Dodd's Kidney Pills.

Suet may be kept fresh by chopping roughly and sprinkling it with a little granulated sugar.

easily shows that the one sure way to help their kidneys is to use Dodd's Kidney Pills.

\* \* \*

To go into the matter a little more fully it is only necessary to point out how closely the delicate female organism is allied to the kidneys to show how deeply they are in sympathy. They are placed side by side in the body and what affects one is physically certain to have its influence on the others.

\* \* \*

And here again are shown the terrible effects of Uric Acid. This deadly fluid unless removed by correct kidney action is carried by the blood into every part of the body. It is its crystallized particles deposited in the mucous membrane of the female system that bring pains and pallor and premature old age to so many women. It is this blighting curse that takes the bloom of health from so many cheeks and causes so many women to drag through life a burden of pain that is almost unbearable.

\* \* \*

Why should all this be shrouded in mystery? Why should women go on suffering in silence? No woman ever had an ill for which Nature has not provided a remedy. And all Nature's remedies are simple. The remedy in this case should be blazoned across the sky in letters of fire so that every woman could read:—"Cure your kidneys and your ills will cure themselves."

\* \* \*

To tell what Dodd's Kidney Pills have done for women all over the world would fill volumes. But there is nothing hidden about their methods. They simply cure the Kidneys. They put the scavengers of the body hard at work clearing the Uric Acid and other filth out of the blood. The results are seen in the bright, healthy, happy women who say, "We owe our health to Dodd's Kidney Pills."

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Backache! you know it yourself and probably are troubled with it at this moment. It is not a disease. It is simply one

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## POINTS FOR THE KITCHEN—Continued

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When beating butter and sugar to a cream, a perforated spoon will make the task easier.

When making apple pie cut the apples in irregular pieces. They will not pack together as if sliced and will cook much quicker.

The best this world possesses are for those with the wisdom and faith to accept them. When not in the pink of health it is wise to remember what Dodd's Kidney Pills can do for you.

When you wish to cut thin slices of bread, heat a steel knife over the fire to do it with.

Grease sweet potatoes before they are put in the oven to bake; they will bake in half the time and the skins will be soft.

Broiled meats are more nourishing than fried meats and roasted meats yield more nourishment than broiled ones.

Cream of tomato soup is not apt to curdle if a teaspoonful of cornstarch with a pinch of baking soda is mixed in the cream before it is added to the tomato mixture.

Don't peel apples for apple sauce. Wipe them well, cut up without peeling, add water, and cook till thoroughly soft, then rub the pulp through a coarse sieve.

Depression of mind is a symptom which will promptly yield to the virtues of Dodd's Kidney Pills.

To soften butter in cold weather, if wanted in a hurry for packing lunches, fill a bowl with boiling water and let it stand a couple of minutes or until heated well. Then empty and turn the hot bowl over the butter. Let remain a few minutes and the butter will be soft enough to spread easily.

Never put food away in the refrigerator until it is quite cold. Never let anything cool with the lid on. Never leave a metal spoon in any food; even a silver spoon is affected by salt. Never let anything remain all night in a saucepan—and especially not in enamel ware; many deaths have been caused by the neglect of this rule since foods will often become poisoned by being allowed to stand in such cooking utensils. The only really safe receptacle for food to remain in is one of china, glass, or crockery.

of Nature's warnings that something is wrong inside. In short, it says as plainly as if it could speak, "Your Kidneys need attention."

\* \* \*

But because Backache is not a disease in itself do not think for a moment you can afford to overlook it. It won't go away on its own account, while if neglected you can with reasonable certainty count on having Bright's Disease, Diabetes, Rheumatism, or some of the other results of bad kidney action in the near future. It means that the kidneys are not doing their work. It means that the waste tissue the body throws off is daily putrefying in the blood, and turning into uric acid. It means that every moment you delay makes more poison in the system, more foothold for disease in the body, more trouble for you in the future.

\* \* \*

There's a sameness about the method of curing all these diseases that must strike the reader. It is one continual cry to "Cure the Kidneys." But remember it is Nature's methods that are being followed. And Nature never furnishes three or four organs to do the work that one can do. Your mouth has more tasks than one given to it and the same applies to other organs. So don't get wearied at this continual cry, "Cure the Kidneys." Cure them when the back gives the signal. Cure them with the simple vegetable remedy Nature has provided—Dodd's Kidney Pills.

\* \* \*

Now while Dodd's Kidney Pills help such very dangerous diseases as Bright's Disease, Diabetes, etc., it must not be forgotten that as a family medicine they are invaluable. Those minor ills, such as Lassitude, Headaches, Sleeplessness, Boils, Pimples, Skin Diseases, etc., are, in nearly every instance, caused by impure blood, and the one sure way to ensure pure blood is to have the kidneys doing their full work.

\* \* \*

That is why thousands of families are never without Dodd's Kidney Pills in the house. When any one of the family is out of sorts or run down or not feeling quite well, a short treatment

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## THINGS WORTH REMEMBERING

A lemon sucked will dissolve a fishbone in the throat.

A letter sealed with the white of an egg cannot be steamed open.

How many people know that steak can be broiled over the furnace coals, thereby saving both fuel and smoke?

Clogged Kidneys means clogged circulation. Clogged circulation means Heart Trouble. Dodd's Kidney Pills make good circulation and cure Heart Trouble.

A stovepipe can be cut with the help of a can-opener exactly as you would cut a can.

Mustard sprinkled in boots and with two paper socks will keep the feet always warm.

To restore faded silks to their natural color, immerse them in soapsuds to which a little pearl ash has been added.

The callous spots on the soles of the feet can be softened if olive oil is applied frequently.

One of the best methods to remove a corn is to use turpentine. Touch the corn every night with a little turpentine. It will come out in a short time.

Brittle finger nails indicate a lack of oil; eat more olive oil and butter, and rub vaseline every night on the nails.

When a boot or shoe pinches wring a cloth out in very hot water, and place it over the place while the boot is on the foot. This expands the leather and will give relief.

Exactly what you need at the time you need it is Dodd's Kidney Pills when you are out of sorts.

If afraid to use poison for rats, soak a rag with kerosene, put a piece of camphor gum in it and stuff the rat hole. Mr. Rat will call at that entrance no more.

When washing and rinsing colored materials, add a teaspoonful of Epsom salts to each gallon of water, and even the most delicate shades will neither fade nor run.

To make a faded dress white, boil it in two gallons of water in which a half-cupful of cream of tartar is dissolved.

of Dodd's Kidney Pills quickly sets things going again, and the explanation is simple. When the kidneys get out of order, and because of the work they have to do they get out of order oftener than any other organ, slow, turbid circulation results.

\* \* \*

This slow circulation is caused by the blood clogging up with the impurities the disordered Kidneys fail to remove. When the circulation is turbid, when the stream of life runs slow, the whole body feels the effect at once. That effect is tiredness, lassitude and weakness.

\* \* \*

Try a short treatment of Dodd's Kidney Pills at such a time as this and see how quickly you get results. The invigorated kidneys speedily clear the blood of the impurities that are clogging its flow, and with pure, clear blood coursing through the veins the body cannot fail to be healthy and energetic.

\* \* \*

Now there is one season of the year at which tiredness or lassitude is so common as to be almost epidemic, and that is in the Spring. And again the explanation is simplicity itself. During the winter the body fortifies itself against the cold by putting on extra tissue. When the Spring comes the body throws off this extra tissue and it is carried off by the blood to be strained out by the kidneys and expelled from the body. This, of course, gives the kidneys extra work to do and if they are at all tired or worn, they speedily get out of order and allow the blood to clog up with waste tissue matter.

\* \* \*

And this is why Dodd's Kidney Pills have made a reputation as the greatest of all Spring medicines. They go at once to the root of the matter. They benefit the kidneys. The cured kidneys speedily cleanse the blood of the waste tissue matter, and the pure, clear blood gives a natural energy to the body such as nothing else can.

(Continued on page 21)

## THINGS WORTH REMEMBERING—Continued

When the keen winter wind comes in along the window and doorsills a great resource is a number of sausage-shaped bags, filled with sand spread along close to the cracks.

Baste a strip of sandpaper to a Turkish bath mat on the under side and it will keep the mat from slipping.

When paint sticks to glass it can be removed with hot vinegar.

Put just the least amount of cotton-batten in the tips of children's gloves and it will keep them from wearing out in the fingers.

To mend china successfully melt a small quantity of pulverized alum in an old spoon. Before it hardens rub the alum over the pieces to be united, press them together, and set aside to dry. They will not come apart, even when washed with hot water.

Dodd's Kidney Pills always cure diseased kidneys and all diseases that are caused by diseased kidneys or impure blood.

Mica in stoves, when smoked, is readily cleaned by taking it out and thoroughly washing with vinegar, a little diluted. If the black does not come off at once, let it soak a little.

If you soak an orange in hot water the peel will come off like a glove, and it will be very sweet.

Pack glass or china in hay which is slightly damp. This will prevent the articles from slipping about.

Wind a piece of paper around a pencil and fill the tube so formed with Persian powder. Stand it in a dish of sand and burn it an hour before bedtime. This drives away the mosquitoes, and so insures an untroubled night's sleep.

Men as well as women are finding corameal very beneficial to aching and sore feet. Simply soak the feet in warm water into which a handful of meal has been thrown, and the meal when rubbed over the feet opens up the pores in such a manner as to stop the very disagreeable annoyance of painful feet. It is far superior to salt baths for the feet.

Housekeeping is important, but keeping the blood pure is best done by using Dodd's Kidney Pills.

A bottle of dried-up glue will become soft if a little vinegar is placed in the bottle.

The old-fashioned way of treating what is generally termed the "Spring feeling" was to take a strong cathartic. But while cleaning out the stomach and bowels generally does some good it must be remembered that the cause of the trouble is in the blood, and the only way to cleanse the blood is to set the kidneys at work. Dodd's Kidney Pills are the one sure way of setting the kidneys at work.

\* \* \*

It should be borne in mind that the Spring feeling should be guarded against for more than one reason. Not only does it indicate that the kidneys are out of order, that the tired one is in the direct way of various Kidney Diseases, and the weakened body is an easy victim for any disease that may be floating in the air or water, but the refuse matter the kidneys fail to remove forms beds in which the minute forms of germ life find lodgment and opportunity to propagate their kind.

\* \* \*

It will thus be seen that to guard against almost any form of disease it is absolutely essential that the kidneys be kept in working order. They are the mainspring of health. Well may the deepest thinkers of the day exclaim, "Take care of your Kidneys and your health will take care of itself."

\* \* \*

To the old, Dodd's Kidney Pills come as a distinct blessing. Those who have toiled up the hill of life almost to the summit naturally feel the effects of the long, hard journey. And it is not to be wondered at that most of their troubles are those caused by bad kidneys.

\* \* \*

The man who handles poison sooner or later feels the effects of it. The kidneys are handling poison every moment, day and night. They must and do feel the effects, and towards the close of life those effects are more noticeable. Are not Bladder Troubles, Rheumatism, Backache, Irritability, Nervousness, etc., the ills of the aged? Are not those all caused by diseased kidneys?

(Continued on page 23)

## LAUNDRY HELPS

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Boil the clothesline before it is used and it will not stretch.

Soap should never be rubbed on colored fabrics, but they should be washed in warm soapy water.

Be sure to iron garments with the straight of the goods and thus prevent stretching of the bias seams.

Colored muslin dresses should always be washed in cold water. Never put them into even warm water. If delicate in shade, add a little powdered alum to last water.

"If your child is suffering from Kidney trouble, don't trifle with it. You can get rid of it by giving Dodd's Kidney Pills."

To wash china silk waists, use lukewarm soap suds. Then rinse in two cool waters and roll in a Turkish towel for two hours before ironing.

Not many mothers know that if stockings are washed before they are worn the threads will be tightened, and they will last much longer.

Rub a little vinegar on the skin if your hands get very cold whilst you are hanging clothes out to dry. The trick makes the hands much warmer.

In washing, remember that all white garments should be hung in the sun while colored clothes should be hung in the shade.

When boiling clothes place an unpeeled lemon cut in slices in the boiler with the clothes to boil. This will remove the stains and make the clothes beautifully white.

Keep a bottle of glycerine in the laundry; a tea stain, however persistent, will often yield to this when other means fail. Wet the stain first with water and then with the glycerine. After a few hours wash well with soap and water.

The fact that Dodd's Kidney Pills are for sale in nearly every store is one proof of their reliability.

Lingerie ribbons should not be ironed whilst wet, or they will become stiff. They should be pulled into a smooth condition and when dry pressed over with a cool iron.

Do you wonder then that aged men and women who have used Dodd's Kidney Pills are saying, "We feel young again." Health is youth. When you give people health you give them a new lease of youth. Dodd's Kidney Pills cure the majority of the ills to which the aged are subject and they are recognized all over the world as the Old Folks' Friend.

\* \* \*

But if the old folks suffer most from Kidney Disease and its effects, it does not follow that children are exempt from it. Many a little one has suffered with bad kidneys almost from the day of its birth, many a boy or girl who should be smiling and happy is racked with the pains of Rheumatism or swollen with Dropsy simply because its parents have either through carelessness or ignorance neglected to look after its Kidneys. Some of the most wonderful cures Dodd's Kidney Pills have made have been of children of tender years.

\* \* \*

Is Kidney Disease common among children? Are pimples and boils and sores common among children? Are not pimples and boils and sores caused by impure blood? Is not impure blood caused by the kidneys failing to do the part apportioned to them by nature?

\* \* \*

All parents owe it to their children to see that their kidneys are healthy. This is easily done. Fill a bottle or glass with the first urine passed in the morning. Let it stand till the following day. If it then appears cloudy or stringy or a sediment is formed you may be sure the kidneys are affected.

\* \* \*

And if a child's Kidneys are affected how terribly it is handicapped in the struggle for existence. Nature's protection against disease is removed. The child is not only liable to be weak and sickly, but looks forward to a life of weakness and disability.

\* \* \*

Dodd's Kidney Pills is the remedy such children need.

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## LINENS

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It is best to give linens a long soaking before washing. If this method is followed, stains will wash out easily.

Linen blinds can be made to look like new by adding a little powdered borax to the last rinsing water and ironing while damp.

You never heard of a case of Kidney Disease that Dodd's Kidney Pills would not help.

The best way to mend linen is to stretch it smoothly over an embroidery frame.

Linen stored in a closet, warm and poorly ventilated, will soon become yellow and crack.

If washing powders are used in the washing of linen, it will go to pieces in no time.

Linen should be kept in a dry, cool place. Heat causes the threads to become brittle.

Their reputation assures, their convenience tempts, their virtues cure and satisfy you. We are talking about Dodd's Kidney Pills.

To keep your linen in good color drop a few pieces of camphor gum into the drawer in which it is kept.

Handkerchiefs may be bleached by soaking over night in water in which a little cream of tartar has been dissolved.

All lace and embroidery should be well pressed on the wrong side over several thicknesses of flannel. It is very important to dry everything thoroughly with the iron before hanging to air.

Linen of any kind may be whitened by adding to the washing water a little pipeclay, dissolved in cold water. This method saves a good deal of labor, and cleanses the dirtiest linen thoroughly. To remove grass stains rub the marks well with lard before washing.

The only treatment that has never failed to cure kidney disease is Dodd's Kidney Pills.

Linen that has become yellow may be bleached snow white if soaked in buttermilk for a short time—rinse and hang in sun.

They will help the Kidneys and clear the blood of all impurities and seeds of disease. They will start the little ones on the journey of life with good pure blood coursing freely through their veins and good health blooming on their cheeks and speaking in their every action.

\* \* \*

Other organs with which the Kidneys are intimately connected and for the health of which they are directly responsible are the bladder and urinary organs. It will be remembered that one of the first signs of Kidney Disease comes in the urine. So it is only reasonable that the first organs to be affected by disordered kidneys are the bladder and urinary organs.

\* \* \*

The more common of these Bladder and Urinary complaints are Gravel, Stone in the Bladder, Retention of Urine, Incontinence of Urine, etc. And for all of these diseased kidneys are entirely to blame. Take, for instance, Gravel, or Stone in the Bladder. Both of these diseases are caused by uric acid and lime uniting and forming gritty substances which lodge in the tender inner surfaces of the bladder and kidneys, causing inflammation and the most intense pain. To relieve this, painful and dangerous operations are often resorted to.

\* \* \*

But with healthy kidneys there can be no Gravel for two reasons. The first is that there will be no uric acid to unite with the lime and form the Gravel. The second is that supposing the Gravel is already formed the healthy kidneys secrete fluids that dissolve the Gravel and it passes off in the urine.

\* \* \*

It is easy to see from the above how Dodd's Kidney Pills always help Gravel. They make the kidneys healthy. The healthy kidneys supply the fluids that dissolve the Gravel. It passes off and the patient is cured.

\* \* \*

So it is with other Bladder and Urinary complaints. They

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## MOTHS, ETC.

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Insects avoid the odor of oil of cedar.

Turpentine put in the corners of the wardrobe will do away with moths.

"Every injury needs repair. Pain in the Back is the cry of the kidneys for the help of Dodd's Kidney Pills."

A small bag of camphor should be kept in the inside of the piano, to protect the felt from moths.

If you are troubled with mice, put camphor about wherever they are, and you will find that your trouble will be at an end, as mice dislike the smell and leave the place where they find it.

To rid carpets, chairs, etc., of moths soak the affected parts with benzoline, being careful that there is no light or fire anywhere near.

"Dodd's Kidney Pills can be taken by the youngest child. They are the best medicine for children."

Get some bitter apple from the chemist, crush it, and sprinkle it among the clothes. You will find it the finest thing on record for keeping moths away from everything, and one can use garments at a minute's notice, as there is no odor left by bitter apple.

Here is an excellent way to kill moths in carpets which never fails. Wring a coarse crash towel out of water and spread it smoothly on the carpet; iron it dry with a good hot iron, repeating the operation on all parts of the carpet infested with the moths. There is no need to press hard, and neither the pile nor the color of the carpet will be injured, and the moths will be destroyed by the heat and steam.

If a woman finds that her health is not just what it should be, her remedy should be Dodd's Kidney Pills.

To clean fly specks from varnished wood, wipe with a cloth wrung from skim-milk and water in equal parts. To prevent flies from settling on picture frames, soak a bunch of leeks in water and wash over the frames with the liquid from them.

cannot occur when the kidneys are healthy, for there is no cause. They cannot remain after the kidneys are cured because the healthy kidneys furnish the cure for them. Dodd's Kidney Pills ensure the healthy kidneys.

\* \* \*

Nor have all the diseases caused by bad kidney action been mentioned in the foregoing. Uric Acid is the scourge of the blood and there is hardly any means of measuring the damage it may do to the system unless removed by correct kidney action. Dodd's Kidney Pills are the only remedy that correct kidney action.

\* \* \*

Take a few further examples. Catarrh is the discharge caused by the irritating crystals of Uric Acid being deposited in the mucous membrane of various organs. It takes its fuller name from its location, and thus we have Catarrh of the Head and Nasal Passages, Catarrh of the Stomach, Catarrh of the Bowels, Catarrh of the Bladder.

\* \* \*

There is, of course, just one natural way to help it and that is to assist Nature to remove the uric acid from the blood. This is done by putting the kidneys in good working order by using Dodd's Kidney Pills.

\* \* \*

So it is with Eczema or Salt Rheum. That itching, burning skin disease is due to Uric Acid in the blood. Neuralgia too, is caused by the same agency—Uric Acid. And Dodd's Kidney Pills are the one sure means of removing that Uric Acid.

\* \* \*

If the old rule, "an ounce of prevention is worth a pound of cure," is to be applied to health, that prevention would assuredly be applied through the kidneys. Take, for example, La Grippe, that yearly overruns the country, carrying hundreds to premature graves. This is a disease to be guarded against, and the way to guard against it is to keep the body strong and healthy so that it is in a position to resist disease, and also to keep the blood cleansed of all impurities so that beds for the

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## REMOVING STAINS

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If an ink stain gets on your frock, remove it at once with salts of lemon, if the color will not run.

If milk is spilt over it, wash at once with soap and water.

Dodd's Kidney Pills cure Dropsy by putting the kidneys in condition to take the surplus water out of the blood. They always help it.

If candle or other grease falls on it, take out with an iron and blotting pad, French chalk or benzine.

If it is rain-spotted iron on the wrong side with a piece of muslin between the cloth and the iron.

If mud-stained, wait till it is dry, then brush off lightly and sponge the marks afterward.

If paint falls on the cloth, remove it with turpentine. Coal tar is removed with butter and tea stains with plain water.

"Dodd's Kidney Pills are the best medicine for growing girls."

Camphor will take out almost all fruit stains.

It is said that stains on blankets and other woollen goods can be removed by using a mixture of equal parts of glycerine and yolk of an egg. Spread it on the stain, leave it for half an hour, and then wash.

Pure chloroform will remove paint, grease and other stains from colored garments. Put clean blotting paper under the spot and pour the chloroform—a few drops—on it, in the open air.

Always remove perspiration stains on white cloths and undergarments in the following manner: First dampen the article with a little lemon juice before it is put into soap and water.

There is gladness and joy in gliding down hill; this is the sensation of curing by Dodd's Kidney Pills.

To remove grease spots from carpets, rub on each spot a mixture of Fuller's earth, oxgall and water; then rinse this out with clear water, and rub as dry as possible with a dry cloth.

breeding of germ life cannot be formed. Both of those things are accomplished by putting the kidneys in good working order with Dodd's Kidney Pills.

\* \* \*

Dodd's Kidney Pills are the greatest natural tonic of the age, because they purify the blood and quicken the circulation thus carrying health and strength and energy to every part of the body.

\* \* \*

Just a word as to imitations. Dodd's Kidney Pills were the first kidney pill given to the public. They are recognized to-day as the standard remedy for diseased kidneys. That they should be imitated is one of the tributes to their success; the great number of imitations shows how great that success has been. Dodd's Kidney Pills have been imitated in name, in style of box, in the appearance of the pill. In fact, imitators have succeeded in furnishing some kind of a substitute for everything except the cures Dodd's Kidney Pills have made.

\* \* \*

It is those cures that defy imitation. It is those cures that have stamped Dodd's Kidney Pills as Nature's own kidney remedy. It is those cures that have made Dodd's Kidney Pills known all over the civilized world. It is the cures made by Dodd's Kidney Pills that the imitators depend on for their sales. Be sure that you get Dodd's. There is nothing "just as good."

\* \* \*

As to the testimonials published in our almanac. They are the freely given experiences of people who have suffered and found relief in Dodd's Kidney Pills. They are given in the writers' own words. They will stand investigation. They are only a few picked from among the hundreds who gratefully acknowledge that they owe their health, if not their lives, to Dodd's Kidney Pills.

\* \* \*

Dodd's Kidney Pills are sold at 50c. per box, or six boxes for \$2.50, by all druggists, or we will send them by mail on receipt of price. The Dodds Medicine Co., Limited, Toronto, Ont.

## THE STOMACH

It may have occurred to some of you that it is necessary to make new blood as well as to keep that already in circulation clear and clean. This is indeed the second essential of health. It is the work of the stomach, and it must be admitted we do not give our stomachs the care they require.

\* \* \*

Two things are absolutely necessary. You must eat, and what you eat must be digested. And it is in this matter of digestion that we fail. To have proper digestion two more things are necessary, good teeth and a proper supply of saliva. How many people of to-day have good teeth? And to make matters worse the more general use of peptonized foods has diminished the supply of saliva. Now all this resolves itself into one of two alternatives: Your digestion must be bad or you must give your stomach the help it needs in some other way.

\* \* \*

It was to meet the demand for this help for the stomach that Dodd's Dyspepsia Tablets were prepared. They contain those necessities of digestion that the decayed teeth and stunted supply of saliva fail to provide. To put it briefly Dodd's Dyspepsia Tablets digest the food themselves.

\* \* \*

Dyspepsia or Chronic Indigestion not only carries terrors of its own in its train but is admitted by the best medical authorities to be the cause of Appendicitis. It also so weakens the body that it falls an easy victim to disease in various other forms.

\* \* \*

Dodd's Dyspepsia Tablets have proved to be a help for Dyspepsia in any stage and form. But the prudent person will never suffer from Dyspepsia. The stomach gives early notice of its need of help in the form of slight discomfort, in gas rising in the throat, etc. If this early notice is answered with a short treatment of Dodd's Dyspepsia Tablets all will be well.

\* \* \*

Carry a few of Dodd's Dyspepsia Tablets in your pocket. Take one or two after eating and you need fear no discomfort. They are sold at 50 cents per box, or six boxes for \$2.50.

## WEIGHTS AND MEASURES

- |  |   |
|--|---|
| <p>2 cups lard make 1 pound.<br/>                 2 cups butter make 1 pound.<br/>                 4 cups pastry or bread flour make 1 pound.<br/>                 3<math>\frac{1}{2}</math> cups entire wheat flour make 1 pound.<br/>                 4<math>\frac{1}{2}</math> cups graham flour make 1 pound.<br/>                 4<math>\frac{1}{2}</math> cups rye flour make 1 pound.<br/>                 2<math>\frac{3}{4}</math> cups cornmeal make 1 pound.<br/>                 4<math>\frac{1}{2}</math> cups rolled oats make 1 pound.<br/>                 2<math>\frac{3}{4}</math> cups oatmeal make 1 pound.<br/>                 4<math>\frac{1}{2}</math> cups coffee make 1 pound.<br/>                 2 cups granulated sugar make 1 pound.<br/>                 2<math>\frac{3}{4}</math> cups powdered sugar make 1 pound.<br/>                 3<math>\frac{1}{2}</math> cups confectioners' sugar make 1 pound.<br/>                 2<math>\frac{3}{4}</math> cups brown sugar make 1 pound.<br/>                 2 cups chopped meat make 1 pound.<br/>                 1<math>\frac{1}{4}</math> cups rice make 1 pound.<br/>                 2 cups raisins (packed) make 1 pound.<br/>                 2<math>\frac{1}{4}</math> cups currants make 1 pound.<br/>                 2 cups stale bread crumbs make 1 pound.<br/>                 9 large eggs make 1 pound.<br/>                 2 tablespoonfuls butter make 1 ounce.<br/>                 4 tablespoonfuls flour make 1 ounce.<br/>                 6 tablespoonfuls baking powder make one ounce.</p> | <p>4 teaspoonfuls make 1 table-<br/>                 spoonful.<br/>                 16 tablespoonfuls dry ingredient<br/>                 make 1 coffee cupful.<br/>                 4 teaspoonfuls equal 1 wine<br/>                 glass, or half a gill.<br/>                 2 wine glasses equal 1 gill, or<br/>                 half a cup.<br/>                 2 gills equal 1 coffee cupful, or<br/>                 16 tablespoonfuls.<br/>                 2 coffee cupfuls equal 1 pint.<br/>                 2 pints equal 1 quart.<br/>                 4 quarts equal 1 gallon.<br/>                 2 tablespoonfuls equal 1 ounce,<br/>                 liquid.<br/>                 1 tablespoonful of salt equals 1<br/>                 ounce.<br/>                 16 ounces equal 1 pound, or a<br/>                 pint of liquid.<br/>                 4 coffee cupfuls of sifted flour<br/>                 equal 1 pound.<br/>                 1 quart of unsifted flour equals<br/>                 1 pound.<br/>                 8 or 10 ordinary sized eggs<br/>                 equal 1 pound.<br/>                 1 pint of sugar equals 1 pound<br/>                 (white granulated).<br/>                 1 tablespoonful of soft butter<br/>                 well rounded, equals 1<br/>                 ounce.<br/>                 An ordinary tumblerful equals<br/>                 1 coffee cupful, or half a<br/>                 pint.<br/>                 About 25 drops of any thin<br/>                 liquid will fill a common<br/>                 sized teaspoon.</p> |
|--|---|

If you need medicine at all you need it at the right time, and as nine times out of ten it is the kidneys that are crying for help, then you should use **DODD'S KIDNEY PILLS.**

## DIAMOND DINNER PILLS

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These pills are exactly what is wanted in cases of habitual constipation, bilious attacks, sick headache and all conditions of torpid or sluggish liver.

They are also our response to a demand from two distinct sources:—

First:—From very many out of the hundreds of thousands who, having used DODD'S KIDNEY PILLS, have asked us for something of an equally trustworthy character, as a gentle laxative liver pill.

Second:—From quite a few, though not as many, who in their individual cases in using DODD'S KIDNEY PILLS have felt the need of a conjunctive cathartic pill to be used in cases of stubborn constipation. After taking due time we put these pills on the market twenty years ago.

DIAMOND DINNER PILLS have a specific action on the stomach and digestive action of the bowels, and have taken first rank as an after dinner pill, which so many persons require.

The object of DIAMOND DINNER PILLS is not only to give digestive aid to the stomach and bowels, but to restore them to normal conditions of healthy action.

DIAMOND DINNER PILLS are a one grain sugar coated pill, put up for convenience for pocket use, and are exactly what is wanted in cases of torpid liver, constipation, bilious attacks and tardy action of the bowels.

Sold by all dealers at 25 cents per box.

## SELF EXAMINATION PAGE

**A**LL by yourself, ask yourself all of the following questions. On your careful, serious and truthful replies your health, happiness and even life itself may depend. A good way is to set down the numbers and write no, if need be, or yes to each. Happily, you may be able to write *no* to all of them, but if it be *yes* to any one, there is danger, if to two or more the danger is greater.

1. Have you backache?
2. Do you feel drowsy?
3. Do your limbs feel heavy?
4. Do you have scanty flow of urine?
5. Do you suffer from unusual thirst?
6. Does your water appear thick or milky?
7. Do you have frequent bad headaches?
8. Do you have cramps in the muscles and limbs?
9. Have you been losing weight and strength rapidly?
10. Have you uneasiness or pains occasionally in the loins?
11. Do you make water too frequently?
12. Have you failing or indistinct vision?
13. Does your perspiration or urine, after exposure, have a bad or disagreeable odor?
14. Do you have deposits of sand, gravel or brick-dust?
15. Have you dark red or bloody-looking urine?
16. Have you dark circles around the eyes, puffiness under the eyes, or bloated appearance of the face in the morning?
17. Are you irritable?
18. Is your sleep broken?
19. Have you dizzy feeling?
20. Have you shortness of breath?
21. Are you greatly depressed in spirit?
22. Do you suffer from nausea after eating?
23. Do you find it difficult to remember things?
24. Have you tender spots in the back over the spine?
25. Do you get tired and nervous after ordinary exertion?
26. Do you start in your sleep, have bad dreams or nightmare?
27. Has your skin a dry or harsh feeling?
28. Do you have bad or bitter taste in the mouth?
29. Do you have attacks of rheumatism, neuralgia, lumbago or sciatica?
30. Have you pressure or sharp pain in the top of the head with difficulty in collecting your thoughts?
31. Do you have a tired feeling in the region of the kidneys?

**TEST:** Fill a bottle with urine. Let it stand a day. If a sediment is formed the Kidneys are diseased.

There is danger in delay. If you have any of these symptoms, your Kidneys are more or less effected. Don't lose a moment. There is only one remedy which has never failed. **Dodd's Kidney Pills** will help any case of Kidney Disease, no matter of how long standing.

