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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 Testimonials 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 the Testimonials 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 help 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.

The Kitchen Stove

There is not an article of furniture in the house that approaches in importance the homely kitchen stove, yet there are many women who have only a hazy knowledge of its workings and while they manipulate drafts and dampers with more or less success, could not give you the reason for it. Their observance will help materially in the saving of fuel:

CHIMNEY DAMPER.—A flat plate, which when shut nearly closes the space opening into the chimney; when closed the heat goes round the oven and heats it; when open the heat goes directly up the chimney—the fire burns more rapidly but the oven does not heat. These dampers may be closed in ten to fifteen minutes after the fire is started.

DRAFTS.—Doors or slides below the fire box which, when open, allow a strong current of air to pass up through the fire; this causes rapid combustion and if the chimney damper is closed the oven heats quickly. When the drafts are closed the fire burns more slowly, as most of the air is shut out.

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

CHECKS.—Slides in the small door above the fire box and in the chimney pipe which, when open, let cold air in on top of the fire, force the heat back and deaden the blaze.

There must be free circulation of air through the fuel—air spaces between the paper, wood and coal.

Air entering the stove under the fire causes an upward draft and makes it burn faster. Lack of air under the fire checks it. Cold air over the draft checks. With the draft and the chimney open, the fire burns fiercely, the top of the stove grows very hot, but the oven is not heated. Proper use of checks and drafts will control a fire.

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

When the fire has burned dull red or white the coals are exhausted—burning to white heat melts the coals, makes clinkers, and injures the top of the stove.

A hard coal fire must not be poked from the top.

Coals above the fire box lining waste heat and injure the top of the stove.

Shaking packs an old fire down and stops the draft. Raking from below or turning a revolving grate removes the ashes without packing the fire.

TO YOU FROM US

Dear Reader,

Advice is often wasted because it is given free. We hope the advice contained in this book will not be wasted on that account, and we feel sure that your own intelligence will guide you to read and study carefully the following pages, which have been compiled wholly and solely for your benefit.

We are often asked to explain how it is that the Kidneys are responsible for so many diseases that appear to differ so widely. The answer is simple, and we can make it clear to you when we explain that the Kidneys are nothing more nor less than the filters of the body. It is their duty to filter out of the blood all the impurities, waste matter, Uric Acid, and other poisons that are for ever gathering there. Without the Kidneys our bodies would soon become a mass of corruption, every muscle and tissue teeming with poison, every vein and artery loaded with corrupt waste matter. The Kidneys are really the most important organ in the human mechanism; they are the sentinels nature has placed within us to watch over our well-being, and to keep our bodies sweet and wholesome. They are very delicate, easily deranged, a strain, a blow, excessive eating or drinking, or a chill will affect them, and cause them to fail in their duty. **Dodd's Kidney Pills** assist the many diseases arising from Kidney Trouble by relieving the Kidneys themselves. They heal the Kidneys, re-vitalize them, restore them to healthy activity, and assist them to perform the duties we have mentioned above.

Dodd's Kidney Pills are a safe medicine, and may be taken with perfect confidence by old and young, because they are purely vegetable and contain nothing injurious to the most delicate constitution.

Dodd's Dyspepsia Tablets are the most valuable aid to digestion, and the most reliable help for all forms of Dyspepsia, that science has produced, for they relieve the sufferer.

Diamond Dinner Pills are a purely vegetable remedy, and should be found the most satisfactory remedy for all derangements of the Liver and Bowels.

In the following pages will be found in alphabetical order a brief description of the cause, symptoms, and treatment of the many diseases arising from weakness of the Kidneys, and we trust that you will find them useful in guiding you back from sickness into the paths of health.

Yours very sincerely,

The Dodds Medicine Co., Limited, Toronto, Ont.

Kitchen Scissors

Medium-sized scissors hanging in a convenient place in the kitchen are a valuable help.

For cutting cold meat into cubes.

For cutting celery or green peppers into small pieces for pickles or salads.

For shredding cabbage or lettuce.

For cutting up raisins or dates.

For cutting out the centre membrane of a grapefruit in preparing it for the table.

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 benefit Nervousness by helping the kidneys to purify the blood.

For cutting out the woody core and eyes of fresh pineapple.

For trimming the rinds from breakfast bacon.

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

After the scissors are used each time they should be carefully washed and dried.

Measuring Butter Substitutes

Rule by which to know the amount of any dripping or shortening that will take the place of butter. Also cream compared with butter for shortening.

If your recipes call for butter you can substitute chicken, beef, mutton or any other fat according to the following table:

14 Tablespoonfuls (7-8 cupful) of beef fat (clarified) equals 1 cupful of butter.

14 Tablespoonfuls (7-8 cupful) of mutton fat (clarified) equals 1 cupful of butter.

14 Tablespoonfuls (7-8 cupful) of chicken fat (clarified) equals 1 cupful of butter.

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

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Anaemia. This is a disease which mostly attacks young people, especially growing girls. It should not be neglected as it often leads to consumption. The symptoms are:—Pale complexion, cold hands and feet, weakness, shivering and fainting fits, feeble pulse, fitful appetite, and, in girls, much pain and suffering at the monthly periods. In most cases the Kidneys are to blame. Weak Kidneys in the young always lead to Anaemia. Dodd's Kidney Pills taken regularly two after each meal three times a day, should soon give relief, and make new blood that should nourish, strengthen and restore the sufferer to health.

* * *

Backache. This is really kidney ache. It is the first sign that something is wrong with the kidneys, and on no account should it be neglected. We cannot impress upon the reader too strongly the necessity of taking a few Dodd's Kidney Pills at once, the moment the first sign of backache appears. A few pills, taken in time, should ward off a serious illness, for backache is the forerunner of Diabetes, Dropsy, Rheumatism, and Bright's Disease. Take the pills in the following manner: Two on retiring to bed, two after each meal the following day. Drink after each meal a glass of water, as warm as you can bear it, to flush the kidneys.

* * *
* * *

Bath. Refer to—*Skin.*

Bedrooms. Too much attention cannot be paid to the room in which you sleep. It should be well ventilated all day, with the blinds up and plenty of fresh air and sunlight allowed to enter. Immediately on rising the bed should be thrown open and not re-made till it is thoroughly aired. A light should NOT be allowed to burn all night in the room. Two most essential things should find a place in every bedroom—Dodd's Kidney Pills and Dodd's Dyspepsia Tablets. Sleeplessness and bad dreams are often caused by kidney weakness. The bladder becomes irritated by the uric acid that the kidneys have failed to remove, the skin itches and burns, you are restless, toss from side to side, your head aches, and your mouth is dry and clammy. Rise at once and take a couple of Dodd's Kidney Pills, and in a little while the distressing symptoms should disappear and you should sink into a peaceful slumber. If you have fulness of the

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Measuring Butter Substitutes—Cont.

- 14 Tablespoonfuls (7-8 cupful) of commercial fat compound equals 1 cupful of butter.
- 14 Tablespoonfuls (7-8 cupful) of cottonseed oil equals 1 cupful of butter.
- 14 Tablespoonfuls (7-8 cupful) of corn oil equals 1 cupful of butter.
- 14 Tablespoonfuls (7-8 cupful) of hardened vegetable fat equals 1 cupful of butter.
- 14 Tablespoonfuls of lard (7-8 cupful) equals 1 cupful of butter.
- 1 Cupful of oleomargarine equals 1 cupful of butter.
- 1 Cupful of cream (18 percent) equals 3 tablespoonfuls of butter.
- 1 Cupful of cream (40 percent) equals 6 tablespoonfuls of butter.

Handy Measures

One small teacupful flour equals about $\frac{1}{4}$ lb.

One small cupful soft sugar equals about $\frac{1}{4}$ lb.

1 small cupful sifted sugar equals about 6 oz.

1 small cupful grated cheese equals about 3 oz.

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.

1 small cupful breadcrumbs equals about 2 oz.

1 tablespoonful flour equals about 1 oz.

1 dessertspoonful butter equals about 1 oz.

$\frac{1}{2}$ pint of liquid equals about 1 breakfast cupful or 2 small teacupfuls.

4 teaspoons liquid equals 1 tablespoonful.

3 teaspoons dry material equals 1 tablespoonful

4 teacupfuls equals 1 quart.

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

Bedrooms--Continued

stomach, wind, pains between the shoulders, cold hands and feet, or a feeling of suffocation, you are suffering from Indigestion, and a couple of Dodd's Dyspepsia Tablets should give you immediate relief.

* * *

Bed-Wetting.

The primary cause of this is weakness of the bladder and kidneys. The child (it is most common in children) is unable to control the muscles that govern the bladder, consequently the urine passes away involuntarily, mostly during the hours of sleep. The very best treatment is the following: For children up to eight years of age, half a Dodd's Kidney Pill twice a day (the pills are easily cut in two with a penknife). From eight to twelve years, one Dodd's Kidney Pill twice a day after meals; from twelve upwards, one pill three times a day. If this does not have the desired effect *gradually* increase the dose. At the same time care should be taken of the diet. Avoid hot tea or coffee, give bland drinks such as milk, cocoa, barley water, etc., but as little of them as possible. A tepid bath with sea salt, sponging the loins well, daily, should assist the action of the pills. See that the child passes water last thing before going to bed, and keep the bowels acting freely. Avoid chills, and do not cover the bed with too many clothes.

* * *

Bladder Troubles.

The Bladder is the receptacle into which the kidneys empty the urine. It is controlled by a delicate set of muscles, and is particularly liable to inflammation, the principal symptoms of which are: incontinence (inability to hold the urine), pains and pricking sensations in the pit of the stomach, scalding urine, face-flushings, swellings of the abdomen, soreness of the bowels, sometimes diarrhoea, and in children, bed-wetting. The cause is weakness of the kidneys, and the very best treatment is Dodd's Kidney Pills, taken as follows: two pills after breakfast, and one pill after each meal. The bowels should also receive attention, and the diet should be light and nourishing, avoiding all irritants such as vinegar, pickles, sauces, new bread, hot pastry, etc.

* * *

Bright's Disease.

This is the most dangerous of all Kidney Diseases. It comes on very slowly, and often without the least warning, conse-

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How to Stop Small Leaks in Kitchen

1.—By not serving second helpings, which are unnecessary in the correctly planned meal.

2.—By not serving soup made from meat and meat at the same meal.

3.—By not wasting the water in which macaroni and rice have been boiled. Use it for soup instead of water.

4.—By not wasting the water in which onions, celery and carrots have been boiled. Use it for stewing meat, pot roast or basting roast meats. It will add a delicious flavor.

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

6.—By not throwing away the one-quarter or one-half cup of cold cocoa or left-over coffee that remains in the pot, which can be used in cake, pudding or gelatine.

7.—By not wasting one tablespoon of gravy, cream or white sauce. Use to flavor omelet.

8.—By not putting all the fruit juice from canned berries and other fruits on the table. There are many uses for fruit juices.

9.—By not throwing away the coarse outside lettuce leaves; use either for soup, creamed, or Dutch salad. A very small quantity will help flavor some other dish.

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

Good Disinfectants

During the hot summer months there should be a judicious use of disinfectants.

There is nothing better than lime to use in damp, moldy places, such as the cellar, cesspools and around garbage pails. Sprinkle it around freely in such places. The walls of the cellar should be white-washed and a vessel of lime should always be kept there to absorb the moisture and mold germs.

Nothing is better than copperas to disinfect sinks, pipes and water closets. Clean out the sinks and pipes first with concentrated lye. Dissolve this in boiling water and pour into sink and pipes. This will cut the grease and other impurities

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Bright's Disease—Continued

quently it is right that you should know the symptoms, and thus be on your guard. The first symptoms are bagginess under the eyes, decrease in the amount of urine passed, pale and bloodless countenance, loss of flesh, red or brown deposit in the urine. As the disease advances you get sharp and piercing pains in the back, you cannot stand upright, your hands shake, your gums bleed, you have shivering fits even in warm weather, irregular heart-beats with a smothering sensation, you lose flesh—yet what you have is flabby, you are weak and listless, taking no interest in life, and, while your back is always cold, your head burns and seems to have a weight pressing on the top. Dropsy, beginning usually in the ankles and rising to the stomach, follows, and, in the later stages, stupor, apoplexy, and convulsions. If, therefore, you feel any of the symptoms of Bright's Disease, turn at once to the remedy that you know has helped it—Dodd's Kidney Pills. Commence at once with two pills after meals three times a day; persevere with the treatment till the symptoms disappear. Diet: See pages 14 and 32.

* * *

Colds, and how they Affect the Kidneys.

The kidneys are very delicate organs and easily affected—especially by a cold.

It is surprising how few people realize this. A damp bed, wet feet, sitting in a draught, profuse perspiration following on any unusual exertion will cause a chill on the kidneys, soon this will manifest itself in a pain in the back, difficulty in stooping or rising, and the urine will be thick, high colored, and perhaps cloudy. The kidneys will need prompt attention. Take at once a couple of Dodd's Kidney Pills, and continue to take one pill three times a day till the symptoms have entirely disappeared. We cannot impress upon you too much the seriousness of a chill on the kidneys. It is the forerunner of Diabetes and Bright's Disease, and many a man lies in his grave to-day through neglecting a chill on the kidneys. But with Dodd's Kidney Pills at hand you have nothing to fear.

* * *

Constipation. For this distressing complaint there is no better remedy than DIAMOND DINNER PILLS. See page 29. A regular action of the bowels is of the utmost importance in maintaining the health. Once

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Good Disinfectants—Continued

that gather in such places. Then dissolve one pound of crystallized copperas in one gallon of water and pour one quart down the pipes at a time. This should be done at least once a week in summer. Carbolic acid and chloride of lime are also excellent disinfectants for this purpose, but are disliked by many on account of their unpleasant odor. These are all poisonous and should be carefully handled.

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

The following solution is found satisfactory for disinfecting vessels and clothes used in the sick room where there are infectious diseases, since it leaves no stain and will not harm the most delicate fabrics: Dissolve one half dram of nitrate of lead in one half pint of hot water, and a teaspoonful of salt in a pail of cold water. Mix together and it is ready to use. This is poisonous to drink.

For fumigation nothing is better than sulphur. Close up all doors and windows and burn sulphur freely in the room.

Durable Whitewash

For sanitary outhouses and poultry houses, a good whitewash is essential.

The following makes a splendid wash: For one barrel of color wash, half-bushel of white lime, three pecks of hydraulic cement, 10 pounds of umber, 10 pounds of ocher, one pound of Venetian red, a quarter of a pound of lamp-black. Slack the lime, cut the lamp-black with vinegar, mix well together, add the cement and fill the barrel with water, mixing thoroughly. Let it stand 12 hours before using, and stir often while putting it on.

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

This wash is of a light stone color, avoiding the glare of white. The color may be changed by adding more or less of the colors named, or using other coloring materials. This wash covers well, needing only one coat, and is superior to anything known except oil paint.

We have known of a rough board barn washed with this to look well for five years, or even longer, without renewing. The cement hardens, but on a rough surface will not scale.

Constipation—Continued.

every 24 hours the bowels should be moved and a complete evacuation should take place. In most cases constipation is caused by weak kidney action, which affects the whole system. In other cases it is due to Indigestion or Dyspepsia, which prevents the proper assimilation of the food. Violent purgatives should be avoided; they are weakening, and do no permanent good. The proper treatment for constipation is to get at the cause. If the kidneys are suspected Dodd's Kidney Pills should be taken; if Dyspepsia, Dodd's Dyspepsia Tablets, or the two may be taken together—the pills before meals, the tablets after. The bowels should be first moved by the means of Diamond Dinner Pills, directions for taking which you will find in every box, then take a glass of cold water first thing every morning, and a glass of warm water—as warm as you can drink it—immediately after each meal. All constipating foods—as eggs, arrowroot, pastry, new bread, &c.—should be avoided. Avoid also overloading the stomach. Take plenty of fresh fruit in season, a tepid bath at least twice a week, and, above all, take the pills or tablets *regularly*, otherwise half their good effect will be lost.

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Change of Life. Refer to—*Female Troubles.*

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Children's Kidneys. Refer to—*Growing Pains—Bed-Wetting.*

* * *

Dodd's Kidney Pills. Were introduced to the public many years ago, and were the first kidney medicine to be put up in pill form. Before their discovery all kidney medicines were made up in liquid form. They are entirely vegetable, and therefore cannot injure the most delicate constitution. The medicines they contain are in a highly concentrated form; everything acts directly upon the Kidneys, consequently no part of the contents of the pill is wasted. They are sold only in boxes, a picture of which you will see on back of cover. Many imitations of Dodd's Kidney Pills have been put upon the market from time to time, but against them all we most earnestly desire to warn you—not for our sakes but for your own. Your

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Some Egg Instructions

Much handling makes eggs shiny.

Those direct from the farm are dull.

If an egg is stale some of the water of its composition has evaporated through the porous shell, air has entered, and the egg is light. To test, put in a deep pan of water.

FIRST.—If bad it will float.

SECOND.—If stale it will be light enough to stand away from the bottom of the pan or stand on end.

THIRD.—If fresh its weight causes it to sink.

This test will make you wish eggs could always be bought by the pound, as in some places, instead of by the dozen.

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 take all impurities out of the blood. Dodd's Kidney Pills make the kidneys right.

Because the eggshell is porous and readily absorbs impurities from a dirty shell or the air, eggs should always be washed before being put away.

SECOND TEST.—Hold egg before a candle or gas jet behind which is a dark background.

Around the yolk of an egg is a thin tissue, which holds the yolk together. When decomposition occurs the yolk breaks this membrane and becomes mixed with the white. By holding the egg before a strong light the yolk can easily be seen as a large dark spot. If bad, the yolk has broken its membrane and this dark spot cannot be noticed.

Table for cooking eggs without keeping time or temperature:

One egg, one-half pint of boiling water. Two or three eggs, a pint of boiling water. Three to five eggs, one and one-half pints of boiling water. Five to eight eggs, a quart. Put the eggs into the water while it is boiling and immediately set the dish away from the fire. Fifteen or twenty minutes will be required to cook the eggs. After that time the water will have reached 140 degrees and will do no more cooking, but will keep the eggs warm a long time.

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

Dodd's Kidney Pills—Continued.

health is far too serious a matter for you to waste time experimenting with imitations of the genuine Dodd's Kidney Pills, which may do you no good, even harm for all you know. The genuine are just as easy to get as the imitation, but if you have any difficulty write to us, send the price, and we will forward the pills direct to you. Address: The Dodds Medicine Co., Limited, Toronto, Ont., Canada. The price of Dodd's Kidney Pills is 50c. per box, or six boxes for \$2.50.

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Dropsy. This is a sure sign of kidney trouble. It is caused by the water, which the kidneys should have taken out of the system, gathering in the tissues of the body and causing the dropsical swellings. Dodd's Kidney Pills help Dropsy by getting at the cause of the trouble—the kidneys. The swellings usually appear in the legs and ankles. At the first sign of any puffiness of those parts a course of Dodd's Kidney Pills should be taken. Begin with one pill, three times a day, after meals. If the swellings do not disappear increase the dose to four pills. In slight cases one box will be sufficient. If the case is of long standing, if the legs, thighs, and abdomen are bloated, the treatment will take longer. Begin as above, and increase to two and then to three pills at a time. It may take half-a-dozen boxes, or even more in some cases. At the same time care should be taken of the diet. All watery foods, such as soups, stews, &c., should be given up, and the general health should be studied. See pages 14 and 32.

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Diabetes. This disease, if neglected, always ends fatally. The leading symptoms are: Constant desire to pass water, great thirst, voracious appetite, hot, dry skin, clammy mouth and tongue, loss of memory, great weakness, failing sight, pains in the back and loins, headaches, irritability, loss of flesh, etc. It is caused by the Kidneys failing to act properly, and the presence of sugar in the urine. If you have the least cause to suspect that you are suffering from Diabetes you should not hesitate but at once commence a course of Dodd's Kidney Pills, taking them in the following manner:— One pill three times a day after meals. If this does not check the discharge of urine increase the dose. If your case is of long standing it may take some time before any progress is made, but you must persevere with the pills and not get discouraged. Diet: See pages 14 and 32.

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Ways of Setting Colors Explained

Wash dresses for the summer are being made in such a variety of delicate colors that setting the colors when the garments are to be laundered many women feel has become a perplexing problem. In laundering colored fabrics it is well to abide by a few general rules as failure to do so has ruined many a dainty garment. Extremely hot water and hot irons should not be used in washing and ironing colored fabrics. Strong soaps likewise may either dull the color or cause it to run. Each colored garment must of course, be washed by itself.

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.

Although the use of salt is probably the simplest method of setting colors because it is cheap and always at hand, other substances have been found to give more lasting results for specific colors.

The following inexpensive substances for setting different colors in cotton or linen have been used successfully.

Dodd's Kidney Pills relieve Dropsy by putting the Kidneys in condition to take the surplus water out of the blood. They always benefit.

To set blue, one half cup mild vinegar to a gallon of water may be used; for pink or red from one tablespoon to one half cup of vinegar to one gallon of water; for lavender, one tablespoon of sugar of lead to each gallon of water; for green, one half to one ounce of alum according to the depth of the tint or the same proportion of sugar of lead. For black, deep blue or very dark colors, from one to two tablespoons of ox gall may be dissolved in each quart of water; the garment is soaked in this solution, dried, and then washed.

If salt is to be used, the material should be placed in a solution made from a handful of salt and a gallon of water, and allowed to remain for some time.

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

Dyspepsia—Indigestion.

This is an inability of the stomach to digest or assimilate food. Its causes are so numerous that it would be quite impossible to enumerate them all here. The symptoms are pretty generally known, but chief amongst them may be mentioned; sour stomach, wind, belching, bad breath, heart-burn, nausea at sight of food, sick headaches, cold hands and feet, palpitation of the heart, fulness after meals, toothache, irritability, etc. If neglected Indigestion becomes chronic, and may lead to serious or even fatal results. Dodd's Dyspepsia Tablets help all forms of Indigestion, because they differ entirely from any other medicine. The tablets actually digest the food, thus giving the weakened stomach rest when food is taken, and allowing it to recover its normal condition. At the same time they act upon the digestive organs, helping and strengthening, so that in time they become able to do their work alone, without the aid of medicine. The dose for ordinary cases is: one tablet after each meal, three times a day. The tablets may be carried in the pocket and eaten anywhere. For children of weak digestion, or who are subject to fitful appetite, half a tablet twice a day should prove beneficial.

Diet. This is a most important subject, and cannot receive too much attention. All foods likely to irritate the stomach or urinary passages should be avoided, such as pickles, sauces, vinegar, sour fruit, beer, &c. Constipation is also to be avoided, and you should not eat new bread, hot pastry, tapioca, arrowroot, pie crust, puddings, &c. It is hard to lay down any definite rules of diet, for, as the old saying goes, "what is one man's meat is another man's poison;" but there are certain articles of every day food that those who are suffering from any form of kidney disease should not take, and these are: Alcohol, hot spicy foods, tough indigestible foods such as fried steak, &c., tinned lobster, &c.

For those who are suffering from any of the more advanced forms of kidney disease the following rules should be found useful:

DIABETES: Fish, eggs, poultry, stewed rabbit, a little good bacon; NO potatoes, cabbage, pastry, beer or anything containing sugar. Drink barley water, linseed tea, butter-milk, lemonade (weak), freshly-made tea; no cocoa.

BRIGHT'S DISEASE: Fish, eggs, poultry, very little butcher's meat (only fresh, not stewed), oatmeal porridge; avoid high game, spiced meats, hot pastry, beer, wine, or spirits. Drink same as Diabetes.

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Removing Stains

BLOOD AND MEAT JUICE.—Use cold water; soap and cold water; or starch paste.

CHOCOLATE AND COCOA.—Use borax and cold water; bleach if necessary.

COFFEE AND TEA (CLEAR).—Use boiling water; bleach if necessary.

COFFEE AND TEA (WITH CREAM).—Use cold water, then boiling water; bleach if necessary.

CREAM AND MILK.—Use cold water, then soap and cold water.

EGG.—Use cold water.

FRUIT AND FRUIT JUICES.—Use boiling water; bleach if necessary.

GRASS.—Use cold water; soap and cold water; alcohol; or a bleaching agent.

GREASE AND OILS.—Use French chalk, blotting paper, or other absorbent; or warm water and soap; or gasoline, benzine or carbon tetrachloride.

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

IODINE.—Use warm water and soap; alcohol; or ammonia.

INK.—Sweet milk.

IRON.—Use oxalic acid; hydrochloric acid; salts of lemon; or lemon juice and salt.

KEROSENE.—Use warm water and soap.

LAMPBLACK AND SOOT.—Use kerosene, benzine, chloroform, ether, gasoline or carbon tetrachloride.

MILDEW.—If fresh, use cold water; otherwise try to bleach with Javelle water or potassium permanganate.

PAINT OR VARNISH.—Use alcohol, carbon tetrachloride, chloroform or turpentine.

PERSPIRATION.—Use soap and warm water; bleach in the sun or with Javelle water or potassium permanganate.

PITCH, TAR AND WHEEL GREASE.—Rub with fat; then use soap and warm water, or benzine or carbon tetrachloride.



MELLE ALINE G. PERREAULT

Dodd's Kidney Pills being purely and simply a kidney remedy, they strike directly at the seat of women's troubles, the kidneys. The woman with healthy kidneys is the healthy woman. The weak, sickly woman whose footsteps drag and who carries with her everywhere a weight of weariness and pain should look to her kidneys.

"Yes, I have used Dodd's Kidney Pills and with good results. I am now well again. I was troubled with backache, rheumatism, headache, and other well-known symptoms of kidney disease. Four boxes of Dodd's Kidney Pills made me well."

Miss ALINE G. PERREAULT,
Notre Dame des Quinze, Que.



PETER DHOOGHE

The aged man or woman who has healthy kidneys can afford to laugh at the ills of life. For healthy kidneys keep the blood pure, and ensure good restful sleep. Dodd's Kidney Pills make healthy kidneys. That is why they are known as the Old Folk's Best Friend.

"I wish to let you know that two boxes of Dodd's Kidney Pills did me a great deal of good. Before I used them I had to get up every hour of the night but now I can stay two to three hours before getting up. I am over seventy years of age."

PETER DHOOGHE,
Big Tracadie, N.S.

Diet—*Continued.*

DROPSY: Avoid everything tending to constipation. Let the diet be relaxing, yet strengthening.

* * *

Dizziness. Refer to—*Heart Trouble.*

* * *

Female Troubles. Refer to—*Pregnancy—Monthly Periods—Anaemia.*

* * *

Gravel, Gall-Stones, Stone in the Bladder. This is essentially a kidney disease. Small particles of gravel or stone form in the kidneys or bladder, causing intense suffering. They may exist in the body for years unsuspected, till one day they make themselves known by excruciating pains, which come on suddenly—often without warning. As soon as the paroxysm is passed no time should be lost in treating this disease, for it may lead to stricture and many painful complications. Dodd's Kidney Pills help gravel and kindred diseases by partially dissolving the stones and causing them to pass away in the urine. They also prevent the formation of fresh stones. Two pills should be taken at once, followed by two pills after each meal and two at night. The urine should all be passed in a vessel and carefully watched, and the pills taken regularly till the stones appear. The bowels should be kept open, as constipation will aggravate the disease, and, if there is indigestion, Dodd's Dyspepsia Tablets should be taken with the pills—one after every meal. Avoid stimulants, especially beer.

* * *

Gout. Refer to—*Rheumatism.*

* * *

Growing Pains. When the little ones come and tell their mothers that they cannot play any more for they have "growing pains," it is a common error to rub the aching limbs, put them to bed, and tell them it is a sign that they will grow up to be fine big men and women. Nature never intended the growing of our muscles to cause us pain any more than the growing of our heads or hearts, or any other member of our bodies. When the child complains of "growing pains," before putting it to bed see it passes water in a clean vessel.

(Continued on page 20)

To Get Rid of Pests

Rats dislike sulphur. Therefore sprinkle it about in any place they haunt.

Scatter a few whole cloves around where ants are and they will disappear.

Flies will not stay in a room where there is the perfume of lavender. An apartment sprayed slightly with lavender water is quite exempt from the pest.

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

LAYING CARPETS.—Newspapers should always be laid over the boards before the carpet is put down, even if felt is used also. If sprinkled with borax, it will keep insects away.

Use good strong wrapping paper and parcel up any articles of clothing which are to be protected. Use a second layer of wrapping paper over the first so that the adult moth may not by any chance gain access to the goods.

Red-cedar chests will kill both larvae and adults, but will not prevent eggs which have been deposited from hatching.

If alum is added to the paste used in covering boxes with paper or for scrapbooks, moths or mice will not invade them.

Clogged kidneys mean clogged circulation. Clogged circulation means heart trouble. Dodd's Kidney Pills make good circulation and help heart trouble.

Lime powder well sprinkled over a place where cockroaches abound will drive them away.

TO DRIVE AWAY BED-BUGS.—For the living bugs paint all cracks in beds, floor and walls with gasoline. This will sure kill them but it will not kill the eggs which are always hatching and breeding more bugs. For this get a pint or more of yellow shellac. Use a long-bristled brush, and go over every crack of your bedsteads, or in any place where you fear eggs are laid. This covers them up and they cannot hatch.

Get from the drug store a small quantity of "bitter apple powder," and sew it up in little silk bags. Place one or two of these among the clothes and no moth will ever come near them.

Growing Pains—Continued

Carefully examine the water next day, and you will probably find a little sediment, or a dark cloudy substance floating in the centre. This shows that the kidneys have been over-taxed, perhaps by drinking impure water, perhaps by too much romping, getting over-heated and standing about till they get a chill. But whatever the cause, Dodd's Kidney Pills should be given immediately; they should give the kidneys just the relief they require, and the so-called "growing pains" should disappear as if by magic. For dose refer to *Bed-Wetting*.

Heart Trouble.

The Heart cannot purify the blood. It is simply a valve or pump whose duty it is to circulate the blood through the veins and arteries of our bodies by a kind of pumping action, which we call "heart beats," which anyone can feel for themselves. Now, whether the blood is good or bad, whether it is pure or heavily-laden with poison, the heart has to pump it just the same. You can, therefore, readily understand what happens if the blood that passes through the heart is sick and sluggish, loaded with poisonous matter, permeated with deadly uric acid, and corrupting all it comes in contact with. The steady beating of the heart, that is so essential to health, is interrupted; it becomes fitful and uncertain, and then we get that feeling of suffocation, that palpitation, that faintness and dizziness that persons suffering from heart trouble know so well. The only rational treatment of this disorder is through the blood, and the only way to purify the blood is through the Kidneys. In all cases of Heart disorders Dodd's Kidney Pills should be found most beneficial, for they immediately set the Kidneys in action and assist them to relieve the blood of the impurities that are affecting the Heart.

Headaches.

Everyone who has suffered from this distressing malady knows the symptoms so well that there is no need to enumerate them here. Headaches are no imaginary disorder, and unless the cause is ascertained and removed they become chronic and seriously undermine the constitution. There are many preparations sold that give relief in extreme cases, but we do not recommend them, as they contain poisons; but the only safe course is to find out the *cause* of the headaches and treat that. Headaches are due mostly to two things—bad blood or disordered stomach. If the blood is the cause, then the Kidneys are to blame, and Dodd's Kidney Pills

(Continued on page 22)

Things Worth Remembering

Cover bald spots on your lawn with canary seed, and you'll soon have them green.

Mend cracks in congoleum rugs with adhesive tape on the under side.

Scratches can be removed from silver by rubbing it with a pad of chamois dipped in olive oil.

Put lemons when first purchased, into a glass fruit jar and screw down the cover tightly. They will not dry up and will keep for several weeks.

Rub paraffin on the thread of a fountain pen before screwing on the head, and it will prevent leaking.

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.

Camphorated oil is an invaluable household remedy, and is easily made at home. Place one ounce of camphor and one pint of olive oil in a jar, which stand in a saucepan of boiling water till the camphor is dissolved, then bottle for use.

To restore the original whiteness to ivory articles which have turned yellow, rub with a flannel moistened with turpentine.

For grit in the eye apply a drop or two of castor oil; it relieves the irritation.

To mend a crack on the inside of a range, use a filling made of equal parts of wood ashes and common salt moistened with water. This will prove hard and lasting.

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

HELP FOR BUNIONS AND WARTS.—Take out inside of small onion, fill with salt and bind on a few nights.

When preserving peaches save the stones. Add two or three of the nut meats to any good cake recipe; the flavor is delicious. Will keep any length of time.

For cracked lips, borax and honey is a splendid remedy. Take half a teaspoonful of finely-powdered borax and mix it well with a tablespoonful of honey.

Headaches—Continued.

should be taken regularly till all the impurities are removed from the blood. Dose: begin with one pill three times a day after each meal. If the headaches are due to disordered stomach it is evidence of indigestion, and shows that the food is fermenting in the stomach, giving off noxious gases that cause intense pain and sick headaches. Then the proper treatment is Dodd's Dyspepsia Tablets, which should assist in the digestion and assimilation of the food, and strengthen and tone the stomach. Dose: begin with one tablet after each meal. Refer to—*Constipation*.

* * *

Kidney Trouble.

The kidneys have the most work to do, consequently they are the most important organs of our bodies. But they are very delicate and easily deranged. A chill will affect them, a blow, a strain, or fall will injure them, excesses in eating or drinking will cause disease in the kidneys. If we trace the history of any case of kidney trouble we find it arises in most instances from one or other of the above causes. Never neglect kidney trouble. Never neglect backache, which is one of the first symptoms. Remember it is a matter of life or death to you to have sound kidneys in your body. If you doubt this try to effect an insurance on your life. Let the doctor examine your urine, and if there is any sign of kidney disease hear what he says, and see how many insurance companies will take you. Not many.

But you *may* have sound kidneys, good healthy kidneys that should keep your blood pure and wholesome and free from all poisons if you take Dodd's Kidney Pills. They assist weak kidneys, help diseased ones, brace them up, put new life into them, and through them into you. They are the ORIGINAL KIDNEY PILLS, from which all imitations have sprung.

* * *

Laxatives. Refer to—*Constipation*. Also see page 29.

* * *

Lumbago. This is really rheumatism of the large muscles of the back and loins. It is accompanied with great pain, especially when stooping or rising. Every movement of the back aggravates the pain. Rubbing with oils and liniment is of little use, except to give *temporary* relief, till Dodd's Kidney Pills have had time to take effect. The trouble really lies with the kidneys, because they have failed to filter the uric

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Things Worth Remembering—Cont.

In the warm days when gas, oil and gasoline stoves are so much used, a gallon bottle of ammonia should be always on hand as a safeguard against fire. Flames yield readily to a shower of ammonia.

IN THE USE OF GELATINES.—A good general rule to always remember is to soften the gelatine in cold water, then to dissolve in boiling water. Neglect of either part of the process will cause trouble in making jellies.

When churning it is sometimes difficult to make the butter gather. Try putting a little soda in the cream. It will cause the scattered bits of butter to gather.

Remove water spots on waxed floors by rubbing in a circular motion with a cloth saturated with turpentine, then with a dry piece of flannel.

IVY POISONING.—At certain seasons of the year many love to roam the woods and some people are very susceptible to ivy poisoning. To bathe the affected skin with white wine vinegar is said to be an excellent remedy.

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

To remove a fishbone from the throat, cut a lemon in halves and suck the juice slowly. This will dissolve the fishbone and give instant relief.

Doing my own housework, sweeping, dishwashing, etc., always gave me chapped hands during the winter months, no matter in what quantity or how good the remedy I used for them each night, until I thought of liquid soap containers. Now I have one over the kitchen sink and one in the bathroom. Each one contains a pure glycerine with a few drops of carbolic acid and rose water, and it is the simplest matter to put a drop on each hand every time I wash my hands. This keeps the hands in perfect condition and does not make them sticky, as the moisture from the recent washing prevents this condition.

If flannels have shrunk and become hard, soak them in gasoline and they will be restored to their former softness.

Save your small pieces of toilet soap, cut them up fine, put on to boil in cold water until all the soap is dissolved, then stir in enough oatmeal to make it thick. Pour into tins to cool; when cold, cut into cakes.

Lumbago—*continued.*

acid out of the blood, and it has crystallized in the muscles of the back. Treatment: Take two Dodd's Kidney Pills after each meal three times a day. Wear woollen or flannel clothing next to the skin, avoid taking a chill, also all food likely to cause acidity, such as vinegar, pickles, sauces, etc.

Liver Troubles.

There is a very close connection between the Liver and the Kidneys. The Liver is the largest organ we have in our bodies, and its principal duty is to produce a fluid called bile, which mixes with our food and assists in the process of digestion. If the Liver becomes "torpid", and fails to act properly, the passages become clogged, the bile cannot find its way out, and consequently your food is not properly digested. If this state of affairs continues we get sallow complexions, pains between the shoulders, sick headaches, nausea, fitful appetite, constipation, palpitation of the heart, wind, irritability, sour stomach, colic, furred tongue, bad dreams, flushings, inflammation of the bowels, melancholia, nervousness, dizziness, fulness after meals, and perhaps gall-stones and jaundice. The Liver never gets out of order alone; the Kidneys are always affected at the same time, and in most cases are the cause of the Liver being out of order. Therefore, in every stage of Liver trouble Dodd's Kidney Pills and Diamond Dinner Pills should be taken. Dodd's Kidney Pills at once relieve the Kidneys, and Diamond Dinner Pills help the Liver by acting on the bowels, for *the liver cannot act properly if the Kidneys and the Bowels are not working freely.*

Muscular Rheumatism. See Rheumatism.

Monthly Periods.

All women who suffer from headaches, nausea, faintness, vomiting, failing sight, lassitude, loss of appetite, depression of spirits, and pains in the abdomen during the monthly periods, should know that in most cases weak kidneys are the cause. Women, married or single, will find Dodd's Kidney Pills a real boon at this period. They assist nature, relieve those distressing symptoms mentioned above, and stimulate the kidneys to carry off the uric acid and other poisons that are responsible for much suffering. As the periods come round a couple of Dodd's Kidney Pills should be taken at once, and after that three pills a day till the time has passed.

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Points for the Kitchen

To relieve the smarting of a burn, dip it in water then sprinkle thickly with flour, so as to form a paste over it. This keeps out the air and stops the smarting almost instantly.

Put a teaspoonful of salt in each can of tomatoes as you seal them. This will insure their keeping.

To remove fat from soup, dip a piece of clean tissue paper into the hot soup. The fat floating on the top will then be absorbed. This is much quicker and easier than skimming.

IN MAKING CAKE.—Add one teaspoonful of cornstarch to each cup of flour and you will always have light, fluffy cake. This is well worth trying.

Before frying bacon cut off the rind, and dip each rasher in flour, then fry or grill quickly. This prevents the fat from running, and gives the bacon a better flavor.

When baking apples fill the cores with honey and broken walnut meats. This makes a delicious change from the sugar filled cores.

To poach eggs successfully, put a teaspoonful of vinegar in the water and keep the pan covered.

When jelly refuses to thicken, put a grated carrot into a clean piece of cheese cloth and strain a few drops into the jelly pan. Then boil just a few seconds longer.

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

Have your butcher slice the bacon thin, pack it in glass jars and seal tight. In this shape it will keep nicely until all used up, it is always ready for use, and there is no waste caused by mould forming on the outside.

If your cream is too thin to whip add the unbeaten white of a fresh egg. You will have some excellent whipped cream.

TO MAKE VINEGAR.—Save the fruit parings, boil them in just enough water to cover them, strain, and set away to ferment adding to them a piece of vinegar "mother," or vinegar plant which you can get from a grocer. Add the rinsings from fruit jars to this and you will soon be well supplied with vinegar.

Old Age. A well-known medical writer says: "The period when old age sets in is fixed at the fifty-third year in women and the sixtieth in men. After that the prime is past and the powers of the constitution begin to show signs of decay. The aged are particularly liable to such diseases as gout, gravel, kidney trouble, and weakened digestion." Of all the organs to feel the effect of advancing years the kidneys are the first. They become weak, and therefore unable to filter the uric acid from the blood as they did in youth and prime. The consequence is that the very time of life when pure, rich blood is most needed the kidneys fail and the blood becomes saturated with poison. While Dodd's Kidney Pills are helpful at all periods of life, there is no time at which their need is greater than when the prime is past and old age is advancing upon us. The kidneys require strengthening, bracing, and restoring to activity, and this is just what Dodd's Kidney Pills should do for them. We would like all the old folks to know that many an ache and many a pain that they think they must bear because they are getting on in life may be spared them by the timely use of Dodd's Kidney Pills. Rheumatism, gout, lumbago, sciatica, bad backs, and many other ills that attack the aged can be helped by these wonderful kidney healers.

* * *

Pregnancy. A great many letters reach us every year asking if it is safe to take Dodd's Kidney Pills during this period. Yes. It is not only safe, but highly beneficial to do so. It must be remembered that during pregnancy all the intestinal organs are disturbed, and there is often pressure on the kidneys and bladder, as the condition of the urine will show. Dodd's Kidney Pills act directly upon those organs, soothing them, allaying inflammation and assisting the kidneys to throw off all waste matter and poisonous fluids. As the pills are entirely vegetable and composed only of the purest drugs they are perfectly harmless, and may be taken with the utmost confidence. Two or three pills a day should immediately give relief from many of the painful symptoms at this trying period.

* * *

Rheumatism. This terrible disease, which is more frequently met with than any other is wholly due to the presence of large quantities of uric acid and other poisons in the blood which the kidneys should have removed. Like lumbago, sciatica, gout, and all kindred ailments, it is only to

(Continued on page 28)

Points in Laundrying

All women should do up their best frocks at home. The secret lies in first carefully washing a delicate frock in the ordinary manner and then rinsing it through water in which a little gum arabic has been dissolved in proportion of a piece about half the size of a nutmeg to a gallon and a half of water.

If you come across any spots and you do not know what caused them, dip an old clean tooth brush or nail brush in kerosene and scrub the spot lightly with this. Nine times out of ten the kerosene will remove the spot without further effort, and the odor always evaporates when the dress is washed.

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.

Never soak clothes in hot water—it will set the stains.

To bleach handkerchiefs, towels, etc., soak overnight in a solution of half a teaspoonful of cream of tartar to each quart of water.

Milk and cream stains should not have hot water put on them. Wash them out in cold water, followed by soap and water.

Always rinse black stockings in blue water, and they will keep a good color.

To launder Georgette waists so they will not shrink, let soak in lukewarm water with a sack of soap chips for perhaps half an hour, depending on how soiled the waist is: rinse in several tepid waters, squeeze out water between the hands; do not wring or twist the waist, and iron wet, with an iron as hot as possible without scorching. Wet Georgette is very pliable and may be gently pulled and stretched while pressing. Discarded, shrunken waists may be reclaimed in this manner and restored to their original size.

When drying knitted things, do not hang them up, but pull them into good shape and lay them on a towel, flat, to dry.

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

If bluing is mixed with hot water before adding to rinse water, the clothes will not be streaked even if the water is hard.

Rheumatism—Continued.

be helped by first assisting the kidneys. The poisons in the blood form into little crystals, which lodge in the muscles, tissues, and joints where they set up inflammation, which causes those terrible pains that all sufferers from Rheumatism know only too well. You will see from this how useless it is to attempt to "rub out" Rheumatism by "rubbing in" oils and embrocations. They may give relief—but only a kidney medicine will help. That is why Dodd's Kidney Pills are so successful in helping Rheumatism. They help to restore the kidneys to their proper condition, put new life and vigor into them, so that they can expel the poisons from the blood. No medicine holds such a record for helping Rheumatism as Dodd's Kidney Pills, and no sufferer should be without them. For dose and treatment refer to—*Lumbago, Sciatica.*

* * *

Sciatica.

This might be described as rheumatism of the hip. Descending from the hip and running down the leg is the Great Sciatic Nerve. When the blood is charged with uric acid it sometimes crystalizes in this nerve, causing intense pain, which every movement of the leg aggravates. It is sometimes a very difficult disease to treat, and outward applications can do nothing but give temporary relief. The only method of helping sciatica is by getting at the kidneys, which are responsible for the uric acid in the blood. Dodd's Kidney Pills help Sciatica by assisting the kidneys. Dose: Two pills three times a day. Diet: Plain, wholesome food, avoiding everything containing acids, as vinegar, pickles, sauces, &c. Keep the bowels active by the use of Diamond Dinner Pills and take Dodd's Kidney Pills regularly.

* * *

Skin.

The skin and the kidneys have much in common. In these we have another instance of two organs of the body working in unison. If the kidneys are weak and unable to filter the uric acid out of the blood, the skin does so by throwing it off through the pores. From this you will understand how weak kidneys are the cause of pimples, boils, blotches, eczema and other skin eruptions. The skin should be kept healthy and clean by frequent bathing, exercise and fresh air, while the kidneys should be kept healthy and active by Dodd's Kidney Pills, so that they may perform their duty of ridding the body of impurities in the form of urine and not throwing the work on to the skin.

Diamond Dinner Pills.



Torpid Liver. A tired, sluggish Liver causes no end of sickness and suffering. This important organ sometimes requires assistance and encouragement, but it should not be forced. Diamond Dinner Pills help to tone, strengthen and coax the Liver back to a healthy condition of activity. You should treat the torpid Liver carefully, gently and patiently. You should never try force. Nature resents such treatment, and Diamond Dinner Pills are compounded not with a view of simply applying force to "*move the Bowels*," but to gently and gradually tone up the Liver till it supplies the necessary amount of bile.

* * *

Biliousness. The torpid Liver allows the bile to escape through every part of the system instead of into the bowels as Nature intended. It is felt in the stomach, often causing Nausea. It clogs the blood and shows itself in the sallow skin. In many cases it produces sick headaches, and that heavy, dull feeling so oppressive. Diamond Dinner Pills are essentially a Liver and Bowel Medicine, and they assist the sluggish Liver and the Bowels. After a patient treatment they begin to improve and finally should be trusted to perform their functions independently and perfectly.

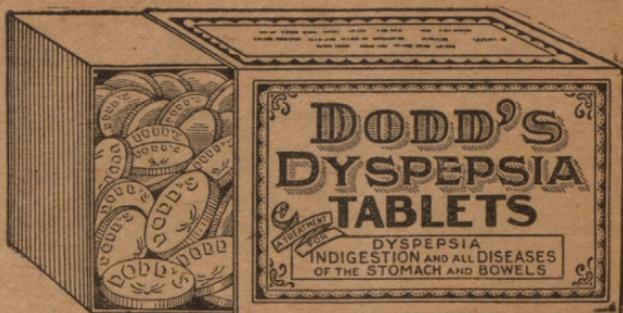
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Diamond Dinner Pills Help Torpid Liver, Biliousness and Constipation because they follow nature's methods.

Diamond Dinner Pills are not intended simply to empty the bowels. Their action is directly on the Liver and the bowels.

Diamond Dinner Pills are purely a vegetable remedy, and should be found when patiently used to be altogether the most satisfactory remedy for all derangements of the Liver and Bowels.

Diamond Dinner Pills are 25 cents a box. All dealers or by mail on receipt of price by The Dodds Medicine Co., Limited, Toronto, Ont.



Dodd's Dyspepsia Tablets

ARE FOR

Pain in the Chest after Meals.
Feeling of Weight and Discomfort.

Flatulence or Wind.

Pain in Stomach.

Coated Tongue.

Undue Thirst.

Vomiting.

Loss of Appetite.

Distaste at Sight of Food.

Giddiness.

Dry Cough.

Nasty Taste in Mouth.

Nervousness.

Acidity and Heartburn.

Hiccough.

Flushings in the Face.

Headache.

Specks before the Eyes.

Feeling of Inertia.

Low Spirits.

Inability to Work Well.

Eruptions on the Skin, such as Nettle Rash and Redness of the Nose.

Drowsiness.

Sleeplessness.

Palpitation and Constipation.

Gurgling Noises in the Bowels, with Pain in the Right side just above Groin.

Fidgeting.

Neuralgic Pain over Heart.

Foul Breath.

Fluid rising from Stomach.

Sallow Complexion, &c., &c.

50c. Per Box, or Six Boxes for \$2.50

The Dodds Medicine Co., Limited,

Toronto, Ont.

Care of Furniture

Piano keys can be cleaned with alcohol.

Rub white spots on furniture with essence of peppermint or spirits of camphor.

A scratch on polished furniture can be almost obliterated by rubbing vigorously with linseed oil.

Rugs won't slip if strips of rubber are sewn along the under side of each end. Old overshoes are excellent to cut up for this.

To clean railing of banisters, wash off all dirt with soap and water and when dry rub with two parts linseed oil and one part turpentine.

The eye may chance to rest upon this paragraph about Dodd's Kidney Pills. Remember what is said of them elsewhere.

Chairs and sofas upholstered in leather last much longer if the following lotion is applied regularly: One part vinegar, two parts linseed oil (well shaken together). Apply a little on a soft rag, and polish with a silk duster. This keeps leather soft, and prevents cracking.

When the sweeper-brush bristles have become soft from long use and do not sweep up the various particles as when new, take the brush from the sweeper, put a little common baking soda in some hot water and dip the brush up and down in the solution. Dry in the sun and it will be like new. Hair bristles or any brush may be treated the same way.

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 man.

White enamel paint is best cleansed by using whiting instead of soap as this preserves the color and cleans the paint without injuring the surface.

Should moths get into a piano the best means of destroying them is to make up a mixture of turpentine, benzoline, and oil of lavender, and squirt this inside the instrument, by means of a scent spray or by any small syringe. Use seven parts of benzoline to one of turpentine and add a few drops of lavender—one drop to each ounce will be ample.

Brass may be very quickly and beautifully cleaned, in fact made to look like new, by the use of spirits of camphor, which may be applied with a soft cloth or brush and polished with a clean cloth. This is what furniture dealers use.

DIET RULES

We are so often asked by correspondents to tell them what they should eat and what they should not, that we have arranged the following tables of foods and drinks, from which you should be able to choose all you require, and at the same time feel sure that you are not eating or drinking anything likely to aggravate your complaint.

You MAY Take

- Fish.** All kinds of fresh fish *boiled* only, *not* fried.
- Meats.** Lean beef, mutton, lamb, chicken, fowls—all fresh cooked, not stewed.
- Eggs.** Boiled or poached on toast.
- Bread.** Stale bread, dry toast, rusks, or crusts.
- Pastry.** Most kinds of biscuits, oat cakes, etc.
- Fruit.** Nearly all kinds of fresh ripe fruit.
- Drinks.** One cup of tea or coffee with a little cream of new cow's milk; mineral waters, lime juice, or lemonade.
- Vegetables.** Spinach, lettuce, celery (cooked) watercress, asparagus, cauliflower, onions, *white* cabbages, tomatoes, turnips.

You Must NOT Take

- Fish.** Salt fish, salmon, eels, mackerel, or any kind of fish *fried*.
- Meats.** Fried chops and steaks, stewed meat, hash, pork, veal, sausages, fat meat.
- Eggs.** Fried or hard boiled.
- Bread.** New hot bread, rolls, buns, etc.
- Pastry.** Pies, puddings, tarts, dumplings, etc.; sweets.
- Fruit.** Unsound or over-ripe fruit.
- Drinks.** Malt liquors, beer, stout, sweet wines, whisky, brandy, gin, rum, etc.
- Vegetables.** Potatoes, horse-radish, cucumber, radishes, carrots, beet-root, *green* cabbage, celery (raw), parsnips, artichokes.

NOTE—Vegetables are very necessary for maintaining our health and preventing constipation, scurvy, etc.

But, remember, the rules given above are only AIDS to recovery and to the maintenance of good health. Regulating your food and drink will not rid you of disease. The most important thing for you to bear in mind is to take Dodd's Kidney Pills or Dodd's Dyspepsia Tablets, according to your complaint, REGULARLY, without missing a single day or dose, if you wish to get well.

SELF EXAMINATION PAGE

ALL 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?

