

1924

Volume XIV

1924

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.

## Various Uses for Salt

For removing egg stains from silver, salt applied with a soft cloth will act like magic.

Sprinkle salt over a dingy carpet before sweeping; it will make it look like new.

To remove any stain except ink or wine stains, sprinkle salt over the spots and pour boiling water through it until it is gone.

Place salt in water when boiling eggs and it will prevent a cracked egg from spreading.

As a kidney medicine DODD'S KIDNEY PILLS are the salt of the earth.

Hot salt water poured around the casings of frozen windows will thaw them quickly.

Blood stains can generally be removed by soaking in cold water and salt. Follow with soap and water.

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

To beat the whites of eggs stiff always have them cold and add a pinch of salt.

To preserve cut flowers, cut the stalks and put them in a vase or glassholder in water, to which you have first added a pinch of salt.

The flower of health is best preserved by taking Dodd's Kidney Pills.

Put a good sized lump of salt into a cup of vinegar and put into the vessel that is discolored and let it stand for half a day. Wash well with warm water and soap and sediment will come off easily.

How to wash a wound. Take a handful of absorbent cotton, dip into pure clean water containing common table salt. Do not mop the injured spot with the cloth, but, holding the hand a few inches above the wound, squeeze the cotton so that a single stream will trickle gently down upon the part to be cleansed.

To kill weeds apply boiling hot salt water liberally; to remove grass from between bricks apply salt and let it stand for one week.

Vinegar and salt will clean bottles, vases, pitchers, etc.

## 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.

## Keeping Fruit and Vegetables Fresh

**PUMPKINS AND SQUASH** must be thoroughly ripe and mature to keep well. They should be dried from time to time with a cloth and kept, not on the cellar floor, but on a shelf, and well separated from each other.

**CELERY** should be neither trimmed nor washed, but packed, heads up, in long, deep boxes, which should then be filled with dry earth.

**MARROWS.** If cut when they are thoroughly ripe will keep indefinitely if suspended by a net or string, enabling the air to circulate around them. Care should be taken to prevent the frost from getting to them.

Examine yourselves, and if Kidney treatment is needed, use Dodd's Kidney Pills.

**TOMATOES** may be kept until January, if gathered just before frost, wiped dry, and placed on straw-covered racks in the cellar. They should be firm and well-grown specimens, not yet beginning to turn. As they ripen they may be taken out for table use, and any soft or decaying ones must be removed.

**APPLES**, if for use during the autumn, may be stored in barrels without further precaution than to look them over now and then to remove decaying ones; but if they are to be kept till late winter or spring they must be of a variety known to keep well and must be hand-picked and without blemish or bruise. They should be wiped dry and placed with little crowding on shelves in the cellar. As a further precaution, they may be wrapped separately in soft paper.

**PEARS** may be kept for a limited time in the same way, or packed in sawdust or chaff, which absorbs the moisture which might otherwise favor molding.

**ORANGES AND LEMONS** are kept in the same way. Wrapping in soft paper is here essential, as the uncovered skins if bruised offer good feeding ground for mold. Oranges may be kept for a long time in good condition if stored where the temperature is very cold, but not freezing. Lemons are often kept in brine, an old-fashioned household method.

**CRANBERRIES**, after careful looking over to remove soft ones, are placed in a crock or firkin and covered with water. A plate or round board placed on top and weighted serves to keep the berries under water. The water should be changed once a month.

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

**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.

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**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.

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**Bath.** Refer to—*Skin*.

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**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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## Hints for Mothers

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**BABY'S CLOTHING.**—Baby's clothes should be clean, easily laundered, so that mother will not hesitate in changing them often. Do not economize on underclothing, but on frills and lace. Clothing should be lightweight, so that baby can exercise vigorously, without being overheated.

**BABY'S BATH.**—Baby should have a bath daily. The best time is about 10 o'clock in the morning but always at least an hour after feeding; never before going out. The room should be warm, at least 72 degrees. Give most attention to ears, mouth, nose and hair.

**BABY'S TRAINING.**—First learn what habits your baby should have, and then give them to him.

Regularity should start at birth.

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

A healthy baby likes to play.

His toys should be safe, washable and large enough to handle easily.

Do not sit him at the table with grown up people.

No meat should be given to a child under four years of age.

Never urge baby to walk. He will walk as soon as he is strong enough.

Don't fail to give the baby water (without sugar) to drink. When he cries he may be thirsty, not hungry.

Never rock a baby to sleep. Train him to sleep in a darkened quiet, clean, and well ventilated room. 68 degrees is the best average temperature.

**BABY'S EYES.**—Never allow light, natural or artificial to strike directly in baby's eyes. This may seriously injure his eyesight for life. Remember that he cannot protect his eyes from the sun, you must do that for him.

A baby's life, health and happiness is dependent upon the life, health and happiness of its mother before its birth. Dodd's Kidney Pills purify the blood. With pure blood comes good health. Good health is essential to happiness.

A normal baby increases in weight two pounds a month, or one half-pound a week.

### 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.

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### 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.

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### 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.

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### 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 Use "Leftovers"

Almost every housewife or cook has a prejudice against some sort of leftover vegetable. Some insist that you cannot make use of leftover cooked onions or cauliflower, while others have no use for baked, white or sweet potatoes that have been left over. As a matter of fact, there is some way of using almost every leftover vegetable, with the possible exception of French fried, sweet, or white potatoes. When they are made of very thin slices of potato they may be reheated in the oven, but the fairly thick pieces are seldom good when reheated.

Any leftover vegetables may be used for flavoring soup; also for making creamed soups, scalloped dishes and hash. A number of vegetables may be mixed together and used for a salad.

Peas, tomatoes or beans may be put in an omelet.

Vegetables are not hurt by reheating.

Dodd's Kidney Pills will revive weak kidneys and prevent a great deal of suffering.

The leaves of celery are valuable in the soup for flavoring. Any leftover celery leaves can be dried out in a lukewarm oven, put into a glass jar and kept for flavoring soups, sauces, etc.

Leftover string beans may be used with leftover bacon to make a good luncheon dish. Suppose you have a cup and a half of the beans, then you will need about three slices of the cooked bacon. Begin by using a little bacon fat with one tablespoon of flour and three-quarters of a cup of milk to make a white sauce. Now have the beans and bacon ready cut into small pieces. Mix this with the well-cooked white sauce, flavor with salt and pepper and serve on pieces of toast.

Most women's troubles are caused by disordered Kidneys. Dodd's Kidney Pills bring back youth to women by helping their Kidneys.

Leftover scraps of pie crust can be rolled and baked in muffin-pans or tiny fancy moulds. These are convenient when serving peas or almost any vegetable in individual dishes. They will make a new dish of vegetables which get tiresome fixed in the same way often. One can use these tiny moulds to set on a crisp lettuce leaf and fill with salad. In winter these are nice when filled with chilli sauce or any variation similar.

Always remove the leftovers from the dishes on which they were served and place on a clean platter before putting them away in the refrigerator. They will be much more suggestive of being turned into an appetizing dish of some sort if they are on a clean platter.

### 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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## Care of Linoleum

Linoleum should never be laid cold. It should be placed in a room that is really warm, but not too near the fire, so that gentle heat may penetrate right through to the centre of the roll, as if put down straight from the shop it will most likely crack.

In laying linoleum if you would have it smooth, let it stay in place and be walked on for a few days before tacking it down. This will remove the undulations and keep it flat.

The purity of the blood to build up the strength of the body, depends on perfect working of the Kidneys. Take Dodd's Kidney Pills.

The floor on which it is to be placed should be well scrubbed, and the linoleum put down before it is quite dry. This will do no harm to the lino, but cause it to stretch and lie very flat, and it may be tacked down in a day or two if needed. Unless linoleum is really dirty, with bad weather and so on, it should not be washed with soap and water, but cleaned over with a cloth dipped in a little skimmed milk, if obtainable, or with weak milk and water.

Another method for cleaning linoleum, before polishing, is to rub over well with a cloth moistened with coal oil. This will remove any grease stains or dirt.

When you see a hole in your linoleum fill it with a mixture of ground cork and glue to keep the hole from enlarging.

Dodd's Kidney Pills never fail in cases of Lumbago, Sciatica, Neuralgia, Gout, Rheumatism. Give them a trial.

## Combatting the Fly

To guard against flies, keep the kitchen and scullery scrupulously clean. Burn all rubbish and vegetable trimmings. The dust-bin is the breeding-place of flies. Lavender near the kitchen window will assist in keeping the insects off. Pour a few drops of oil of lavender on a piece of calico, put it in a saucer of boiling water, or hang it up near the windows or doors. Simmer a handful of quassia chips in about  $1\frac{1}{2}$  pints of water for an hour, strain the liquid, and add 3 ozs. of sugar and 2 ozs. of black pepper. Place about the house in saucers. Sticky fly-papers may be hung outside the windows, or if in a room, well out of reach. Wash window-ledges with carbolic soap and windows with a little Condy's Fluid in the water, to remove the taint of flies. Food and milk should never be left uncovered; protect with muslin or net covers. Remember that flies are fond of sugar and preserve, so keep both well covered between meals.

### **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, etc.—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.*

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**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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## Care of the Eyes

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While reading or writing sit so that the light falls from behind the left shoulder so that it may be on the reading or writing surface and not on the eyes.

Use plenty of agreeable light. Glaring lights or dim lights tire the eyes.

Hold the reading matter about 14 inches from the eyes.

Try to use only books and papers in which the print is large and clear. Small or blurred print tires and strains the eyes.

Your eyes are human. If you tire and strain them, they will tire and strain you.

Rest the eyes frequently.

Your headache, neuralgia, nervousness, indigestion, the dizzy or tired feelings are warning signs that your kidneys need attention. Don't hesitate to take Dodd's Kidney Pills. They are a real kidney remedy.

You can buy a new watch, but you can't see with a glass eye.

If your doctor advises glasses, get them—and use them.

Near and far sightedness, cross-eye, and astigmatism can usually be corrected by properly fitted glasses.

Be fair to your eyes.

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## Potato as a Cleanser

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

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

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

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.

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

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

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

### **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, etc., 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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## Ironing

Do not pad the ironing board with wool blankets, which hold moisture and makes your clothes hard to iron dry. Cover the top with a thick layer of cotton batting—one pound will be sufficient—then cover with one thickness of cotton flannel, drawing the cloth tightly and sewing or tacking on the under side. Cover this in the same way with one thickness of smooth muslin, and you will find an excellent surface for ironing.

If the iron becomes rough and sticky, tie a piece of wax in a cloth and rub the iron over it. Afterwards scour them on a paper or thick cloth covered with coarse salt.

Remember that pressing is not ironing. The iron should be hot enough to remove the creases and should be passed very slowly over the goods, or held where it needs fulling in.

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

Iron pillowslips lengthwise instead of crosswise if you wish to iron wrinkles out instead of in.

A small, clean sponge and a bowl of water are essential upon the ironing board when fine lingerie garments must frequently be dampened. A bowl of clear starch water is also needed.

When pressing seams on heavy material, put the iron down heavily, hold it there a moment, then lift it up and put it down a little farther along. This does not put the seam out of shape as running it along does.

**TO IRON EMBROIDERY.**—Place a soft blanket or a large Turkish towel folded several times on the ironing board or table. Dampen the embroidery, lay it right side down, cover with a thin cloth, and press. This method will "bring out" the pattern beautifully. Piques and dotted swisses look like new when ironed thus on a soft, yielding surface, but the cloth covering is unnecessary for them. They should always be ironed on the wrong side.

In laundering colored gowns, it is necessary to be as careful of ironing them as washing them, to prevent fading. Always iron with as cool an iron as possible, as the heat of the iron will fade the material in the same manner, but not to such an extent as the sun.

A host of imitations is further proof, attesting to the efficacy of Dodd's Kidney Pills.

**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.

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**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, etc. Constipation is also to be avoided, and you should not eat new bread, hot pastry, tapioca, arrowroot, pie crust, puddings, etc. 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, etc.

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

**INK**—From linen may be removed by rubbing damp soap well into the stain. Dry thoroughly, then wash in the ordinary way.

**IRON MOULD**.—Stretch soiled part over a basin filled with barley water. Rub well with salts of lemon while the steam is rising through the linen.

**COFFEE**.—Rub gently with glycerine, rinsing out in moderately warm water and finally placing a clean cloth over the place and pressing with a cool iron until dry.

**TEA**.—Rub powdered borax, then stretch lightly over a basin and pour boiling water through.

**IMPURITIES**.—To remove these from the blood, take Dodd's Kidney Pills.

**PAINT**.—Rub well with a piece of flannel soaked in turpentine mixed with ammonia.

**MILDEW**.—A very difficult stain to remove. First, stretch stained part over a firm surface and brush well. Rub in common salt, afterwards sprinkle with powdered chalk and moisten with cold water. Dry slowly in the open air. If not wholly successful the first time, repeat the process.

**FRUIT**.—Pour boiling water through the stained part until spot disappears.

**HOT WATER MARKS**.—On polished surfaces should be thoroughly rubbed with linseed oil. When the white mark has disappeared, wipe dry and polish.

**GREASE**.—When spilled on kitchen floor, cold water should be poured over immediately. It will then harden and can be easily scraped off.

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

**PERSPIRATION**.—Damp the soiled part with lemon juice. Wash afterwards in the ordinary way.

**SCORCH**.—Hopeless on silk or wool; but on cotton or linen hang in sunlight or wash in warm water and hang in sunlight.



P. R. BOISSINO

**Kidney Trouble does more to make the sleep broken and unsatisfactory than any other condition. A person whose kidneys are not well will have broken sleep, bad dreams, and will often wake up more tired than when he went to bed. Dodd's Kidney Pills quickly set the kidneys right and remove these unpleasant symptoms.**

*"Before taking Dodd's Kidney Pills I was not able to sleep or work. I took eighteen boxes and am now completely relieved from my bad kidneys. I suffered for nine years and tried all kinds of remedies, but Dodd's Kidney Pills restored me to good health."*

P. R. BOISSINO,

*La Broquerie, Man.*



MISS. C.M. CRIDLAND

Dodd's Kidney Pills are a kidney remedy. They purify the blood of all impurities and make relief certain. The cause of Rheumatism is in the blood. You cannot coax it out through the skin with plasters. You cannot tease it out with embrocations. You must drive the uric acid—which causes Rheumatism—out of the blood.

*"I was troubled with my kidneys for about eight years. I had rheumatism and backache and was low-spirited and depressed. I took Dodd's Kidney Pills and they did me more good than any other medicine I have ever taken. I think they are a wonderful medicine.*

Miss C. M. CRIDLAND,

Langton, Ont.

**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)

## General Housekeeping Hints

Every housekeeper should be able to make good plain pastry. Here are a few causes that spoil pastry.

Heat during preparation. Heavy handling and rolling. Allowing to stand after mixing before baking. Rolling fat in too much. Water for mixing not properly cold. Pastry too wet or so dry that it crumbles.

New laid eggs can be kept quite fresh for winter use by rubbing the hands with butter and then working an egg in the palms of the hands, until every particle is smeared. This renders it airtight. Eggs so treated will be as fresh as the day they were laid, three months after.

Two tablespoonfuls of pure, clean snow, as a substitute for one egg, will make pancakes very light and whiter than the usual ones.

Should your kitchen range become rusty, brush off the dust and rub over with a piece of juicy orange. Let it dry, then blacken and polish as usual.

A small peeled potato, placed in the water in which celery is soaked will make it crisp.

The cause of rheumatism is in the blood. You must dissolve and drive the uric acid, which causes rheumatism, out of the blood. Dodd's Kidney Pills will do this.

Sprinkle a handful of salt into the water in which the cabbage is to be cleaned. This will hustle out all caterpillars.

To ensure potatoes being light and fluffy when they are mashed, add a little hot milk.

Heat raisins in the oven before seeding. They will be much easier to do.

Young carrots need only be scrubbed before cooking.

If you are unable to preserve berries immediately they are purchased, place on a dish and sprinkle with sugar. This will prevent mildew.

Grass clippings are excellent to use when sweeping rugs or carpets, much better than tea leaves.

Clean tinware with dry flour, applied with a piece of newspaper.

A copper preserving pan if absolutely clean is the best that can be used. To clean, rub with a little lemon juice, before the metal polish is applied.

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

### 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)

## Valuable Hints

When making a pin-cushion, instead of filling it with sawdust or pieces of material, take coffee grounds which have been used, dry them, and fill the cushion. The pins and needles will never rust in this cushion.

After washing varnished paint (especially grained work), dip a cloth in linseed oil and rub the paint all over with it. This gives a nice gloss and slightly darkens the paint, giving the appearance of a fresh coat of varnish.

An old blacklead brush need not be thrown away. Get a piece of black velvet and nail it over the bristles to the back of the brush. This will polish the stove.

Windows may be washed quickly by dipping a chamois into about two quarts of lukewarm water and a cup of vinegar. Wring the chamois dry and wipe the window as usual, which will clean and dry at the same time.

It is very restful to tired feet to soak them in warm water to which a few drops of ammonia have been added.

A handful of hay in a pailful of water will take the smell of paint out of a room.

To all who need a genuine, reliable, effective, blood purifier Dodd's Kidney Pills are beyond price.

If you have occasion to break a tumbler and desire it to be even, soak a piece of string in turpentine and tie it around the glass where you wish the break to be. Then fill the glass with cold water even with the string, set fire to the string and the glass will snap off evenly.

When corks become so compressed that the contents of the bottle leak out, place the corks in boiling water and leave them there until the water cools. They will then be as good as new and fit just as tightly.

Use the stump of a candle, instead of a cork, for a glue bottle. It will not stick.

To have been benefitted by Dodd's Kidney Pills, means that you had become aware of kidney trouble and had sought relief where it was sure to be found.

A good steel blade improves with age. You should scour yours every day to keep it in good condition and lengthen its usefulness.

The shabby appearance of the old umbrella may be greatly diminished by sponging with a cold solution of strong tea. The color will be revived wonderfully.

### 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

(Continued on page 24)

## Valuable Hints—Continued

Often new kid gloves will split the first time they are tried on. If they are placed between the folds of a damp towel for an hour or so before they are worn, this can be prevented. The dampness will stretch the kid so that it will not split.

Be sure to turn your mattresses at least once each week. This keeps the mattress from wearing unevenly and prolongs its life.

Clean your brass with metal polish, then give it a coat of banana oil. It will then remain new and bright without cleaning.

After thoroughly sweeping and cleaning the rugs or carpets, wipe them with a cloth wrung out of diluted ammonia. This will brighten the most faded floor coverings.

Old lace curtains make excellent window polishers, as they leave no lint.

It is always best to use a remedy that has been well tested and proved to be without equal. Dodd's Kidney Pills have been relieving kidney trouble over half a century.

When there are a number of kiddies in the house one does not always have enough hot water bottles to go around. An ordinary quart flask, tightly corked and protected with a towel will answer just as well and will be no expense.

The cleanest and most attractive covering for your pantry shelf is plain, white oilcloth. The shelves may then be wiped off each week, and there is so little wear and tear in places of this sort that the oilcloth will last indefinitely.

Rub grease on the seams of new tinware and keep in a warm place for 24 hours. The articles then will not rust at the seams.

There is no kidney disease that Dodd's Kidney Pills will not help.

When putting away heavy rugs for the summer or at any time, roll with the nap side out (of course, with a sprinkling of tar camphor). There is then less chance of moths resting in the nap than when rolled the other way.

Spread a layer of newspaper on the floor before laying the rugs and the rugs will wear longer and appear heavier.

Rubbers will wear longer if a half-inch layer of tissue paper is crushed into the heel. The paper will form a cushion for the hard heel of the shoe and lessen the wear on the rubbers.

Keep a brush handy, a paint brush will answer the purpose, and when corners of windows are to be cleaned it is the best thing obtainable to do it with. It saves your fingers and gets all the dust and dirt. A whisk broom will serve the same purpose.

### 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 gallstones 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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## Suggestions for Simplifying Sewing and Knitting

Sewing and knitting are both interesting and useful pastimes for the housewife or girl engaged outside the home. The following hints will be found useful and help to overcome many difficult problems.

Before cutting a length of material, be absolutely sure that it is straight. Draw one thread at the point where it is to be cut, this will guide you correctly across the material and not do any harm to it.

When joining two edges for a skirt that are not selvages, place a length of tape along the edges and stitch altogether. The skirt will never sag or drop.

When using silk for embroidery and difficulty is experienced in drawing it through the eye of the needle, or the silk becomes worn, it is that the eye is too small. Select a larger eyed needle, which may be too thick for the fine material. Overcome this problem by filing the needle well and smoothing with very fine sandpaper.

Keep a small cushion filled with bran in your workbox and pass the needle in and out several times after finishing work. In this way you will never have rusty needles.

When not in the pink of health it is wise to remember what Dodd's Kidney Pills can do for you.

Best wool is the cheapest in the long run. Neither knit too loosely or too tightly, although the latter is the most serious mistake, as the first wash will make the article quite hard and close, and rob it of its warmth-giving power.

When knitting a single rib pattern, first knit four rows of any other stitch, either two or four stitch ribbing, or the edge will curl. Never join wool with a knot. Take the end of the wool to be joined, thread a darning needle with it and lace it in and out of the end attached to the knitting for about six inches. This will make a join that cannot be detected.

When using two different colors in wool, commence the change of color by holding the work with the right side towards you. If your hands perspire whilst knitting, powder them with fine bran.

It is well to know, that if your dealer cannot supply you with Dodd's Kidney Pills you can order them from us by mail.

**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)

## Safety First

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Don't pour water on burning fat.

Don't throw sugar on fire.

Don't fill lamps after dark or when lighted.

Don't start a fire with kerosene.

Don't keep matches within reach of children.

If fat takes fire, throw on flour, salt, baking powder or sand.

If a lamp takes fire, toss it out of doors, cover with a rug or throw on salt, baking powder or flour.

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

If the chimney takes fire, burn salt or sulphur in the fireplace; pour sand down the chimney.

If a fire starts in a closet, beat it out with a broom and water.

If the bed takes fire, push the mattress on the floor, and beat with wet brooms.

If the curtains catch fire, do not try to pull them down; remove nearby objects and use wet brooms to smother the burning pieces as they fall.

Because they touch the aching spot immediately, Dodd's Kidney Pills have taken a sure place in nearly every home in Canada.

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## Equivalents

3 teaspoons equal 1 table- spoon	3½ cups confectioners' sugar equal 1 lb.
4 tablespoons equal ¼ cup	2 cups milk equal 1 pound
2 cups equal 1 pint	2 cups butter equal 1 pound
2 pints equal 1 quart	2 cups finely chopped suet equal 1 lb.
4 quarts equal 1 gallon	3 cups raisins equal 1 lb.
4 cups of flour equal 1 pound	4½ cups of coffee equal 1 lb.
4 cups entire wheat flour equal 1 lb.	1½ cups minute tapioca equal 10 oz.
3 cups (scant) cornmeal equal 1 lb.	40 small prunes equal 1 lb.
2¾ cups oatmeal equal 1 lb.	28 large prunes equal 1 lb.
6 cups rolled oats equal 1 lb.	75 apricot pieces equal 1 lb.
2 cups rice equal 1 lb.	3 large bananas equal 1 lb.
2 cups granulated sugar equal 1 lb.	

### 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 crystallizes 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, etc. 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.

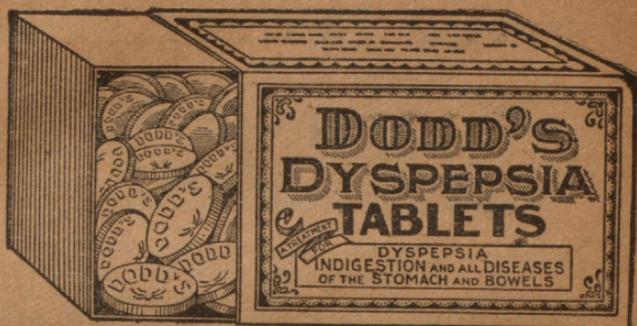
\* \* \*

**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 Dis-  
comfort.

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 Red-  
ness 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.

# Weights and Measures

## Long Measure

12 Lines . . . . .	1 Inch
4 Inches . . . . .	1 Hand
12 Inches . . . . .	1 Foot
3 Feet . . . . .	1 Yard
6 Feet . . . . .	1 Fathom
5½ Yards . . . . .	1 Rod or Pole
40 Rods . . . . .	1 Furlong
8 Furlongs . . . . .	1 Mile
3 Miles . . . . .	1 League
69½ Miles . . . . .	1 Degree
1760 yds. or	
5280 ft. . . . .	1 Mile
6075.81 ft. . . . .	1 Nautical Mile

## Square or Land Measure

144 Sq. Inches . . . . .	1 Sq. Foot
9 Sq. Feet . . . . .	1 Sq. Yard
30¼ Yards . . . . .	1 Sq. Rod
40 Poles or	
Rods . . . . .	1 Rood
4 Roods . . . . .	1 Acre
640 Acres . . . . .	1 Sq. Mile

## Cubic or Solid Measure

1728 Inches . . . . .	1 Solid Foot
27 Feet . . . . .	1 Solid Yard
42 Feet . . . . .	1 Ton Shipping
128 Feet . . . . .	1 Cord Wood

## Measure of Capacity

4 Gills . . . . .	1 Pint
2 Pints . . . . .	1 Quart
4 Quarts . . . . .	1 Gallon
9 Gallons . . . . .	1 Firkin
36 Gallons . . . . .	1 Barrel
63 Gallons . . . . .	1 Hogshead

## English Money Table

4 Farthings . . . . .	1 Penny
12 Pence . . . . .	1 Shilling
20 Shillings . . . . .	1 Pound

## Avoirdupois Weight

8 Drams . . . . .	1 Ounce
16 Ounces . . . . .	1 Pound
14 Pounds . . . . .	1 Stone
25 Pounds . . . . .	1 Quarter, C
28 Pounds . . . . .	1 Quarter, E
4 Quarters . . . . .	1 Hund'w't
20 Hund'w't . . . . .	} 1 Ton
2000 lbs., Can. . . . .	
2240 lbs., Eng. . . . .	

## Paper

24 Sheets . . . . .	1 Quire
20 Quires . . . . .	1 Ream

## Land Survey Measure

7.92 Inches . . . . .	1 Link
100 Links . . . . .	1 Chain
1 Chain . . . . .	66 Feet
10 Sq. Chains . . . . .	1 Acre

## Dry Measure

2 Pints . . . . .	1 Quart
4 Quarts . . . . .	1 Gallon
2 Gallons . . . . .	1 Peck
4 Pecks . . . . .	1 Bushel
36 Bushels . . . . .	1 Chaldron

## Days in the Month

30 days hath September,  
April, June and November;  
February has 28 alone,  
And all the rest have 31;  
But Leap Year coming once in  
four,  
February then has one day  
more.

## 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.

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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

**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?

UNCAT  
Almond...

