

1926

Volume XVI

1926

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.

## A MESSAGE TO YOU

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.**

## Cleaning Recipes

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

A solution of ammonia and lukewarm water, will, if well rubbed into carpets, take out all stains. Make solution of one part ammonia to three parts of water. A piece of cut lemon and coarse salt will quickly clean brass and copper pans.

Grease marks on pages of books may be removed by sponging them with benzine, placing the pages between sheets of blotting paper, and pressing with a hot iron.

Salt water and sunshine, will remove mildew stains. Wet often, when the sun is bright, and persevere until the garment is clear and white.

Cover cupboard floors with oilcloth, so that they can be frequently wiped over with a damp cloth. This will keep them clean and perfectly free from dust.

To cleanse the blood from all impurities, take Dodd's Kidney Pills.

Salt and vinegar make an excellent mixture for cleansing water bottles and decanters. Put a desertspoonful of rough salt into a decanter, moisten it with vinegar, and then shake until the stains are removed.

Patent leather shoes should have the dirt removed from them with a damp sponge. Dry with a cloth, and apply a little vaseline, afterwards polishing with a silk handkerchief.

Chamois leather can be kept quite soft if washed from time to time in warm soap suds and rinsed in fresh suds (not in clear water). Stretch it periodically while it is drying.

Clean mirrors by washing thoroughly in lukewarm water and soapsuds. When dry, polish with a chamois leather.

Flower vases which have become stained with flower water can be perfectly cleaned with tea leaves moistened with vinegar.

Dish cloths do not always get the attention they should and in many cases are dirty and quite unfit for use. After washing up always soap the dish cloth well and rinse it in hot water with soda in it. Rinse again in hot water and hang it in the air to dry.

There is no reason why anyone should continue to suffer when Dodd's Kidney Pills can be obtained from druggists everywhere.

Grease stains on leather can be removed by applying benzine or pure turpentine. Wash the spots over afterwards with the well beaten white of an egg or a good leather reviver.

# 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	... }
2000 lbs., Can.	... 1 Ton
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.

**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.

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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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## Valuable Hints

Stored silver will not tarnish if a piece of camphor is put away with it.

Never leave a spoon in the sauce pan when you want its contents to boil quickly.

Run a piece of stale bread through the mincing machine if fat meat or anything greasy has been minced.

A teaspoonful of mustard added to the washing-up water will remove the smell of fish from cutlery and crockery.

To remove excess fat from soup, draw the pan away from the fire and put in a little cold water; the grease comes to the top, and can be skimmed off.

Brass curtain poles should be rubbed once a fortnight with a cloth dampened with paraffin or machine oil, and the rings will slide smoothly when the curtains are drawn.

Rub new boots with a slice of raw potato, and they will then polish as easily as old ones.

You will find that Dodd's Kidney Pills will relieve Kidney trouble, no matter where or in what form it is found.

When windows are difficult to open, rub the cords with soft soap and the sashes will run smoothly.

Dirty brass should be scrubbed with plenty of soap and soda water and then scoured with coal oil and coal ashes before any polish is applied.

When inserting a stick into a new broom, hammer the end of the stick before cutting it down. This minimises the shrinkage of the soft wood and the handle, once fitted, remains secure.

About a teaspoonful of turpentine added to each gallon of water in which white clothes are soaked will have a fine cleansing and bleaching action.

It is always best to use a remedy that has stood the test of years, and found to be without equal. Dodd's Kidney Pills have stood this test—never failing to relieve any kidney trouble for over half a century.

If tangled hair is combed out from the ends upwards, instead of the other way about, the tangles will come out much more easily, and without the "tugging" that children hate.

Rain-spots will often mark cloth quite badly, if they are allowed to dry on. No damage will result if the marks are dealt with promptly. Wipe off the wet with a silk handkerchief, going the way of the nap of the cloth. When all spots have disappeared, allow to dry slowly and this will leave the material free from marks and quite smooth.

### 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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## Avoid Waste

In far too many households, and not well-to-do-ones either, money trickles away year in and year out on things which need not have been bought at all, or once bought, have been wasted.

Take household polishes, cleaning-powders, black lead and all the other little oddments which are used in the daily chores. It is just waste to slap them on recklessly, thereby hoping to save that excellent commodity—elbow grease. Because soap and soda are cheap, they are often wasted. In the washing up water, only sufficient soda to counteract the grease is required; more is bad for the paint and gilding on china and ruinous for the hands.

A big yearly saving can be effected on soap by seeing that the cakes never lie in wet sloppy dishes and by storing fresh supplies till dry and hard.

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

Flour is far too lavishly used by some cooks in pastry-making, preparing rissoles etc. for frying and so on. The surplus just gets messed about on plates or pastry boards, and, even if flour is cheap, there is no need to waste it.

Stale odds and ends of bread often accumulate. There is little economy in using a lot of expensive ingredients to turn stale bread into palatable dishes. Useful as bread is in legitimate cookery, it is only thrifty to regulate the bread supplies, so that little has to be "used up" to prevent it going to waste.

Unless groceries are sold in special containers meant for storage, they should be emptied into their own particular canisters, as soon as the last supply has been finished. It is wasteful practice to use groceries from the paper bags and broken cartons.

Do not waste your money or time trying uncertain remedies, when the popularity of Dodd's Kidney Pills assures their reliability.

Do not let nice note paper be used for scribbling when a cheap block would serve just as well.

If glass and pot preserve jars are washed out when empty, and kept on a dust free shelf, there is rarely any need to buy special containers for home made jams, etc.

Save all the tissue paper, boxes, brown paper, and string that comes into the house; but put them away neatly in a recognised place, or they just make litter and can never be found when they are wanted.

### **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.**

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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.

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**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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## Hints on Carving

The aims of a skilful carver should be:

To serve to each, a portion of the best with some of the less esteemed cuts.

Always carve the joint that it yields as many helpings of "good cuts" as possible.

If the joint is required next day, consider what portions are best cold, and cut it so that it presents a slight appearance.

Always insist on a suitable carving knife—one that is long, thin and pointed; a carving-fork with a guard, a sufficiently large dish, gravy served separately, the meat being properly jointed beforehand.

If you have that tired, worn out feeling, backache, rheumatism, neuralgia or disturbed sleep, Dodd's Kidney Pills are what the system needs.

Roast shoulder of mutton that will be required cold for supper next day. The first day turn it over and cut thin horizontal slices from the underside. These are very tender and juicy. Next day, serve the right way up, garnished with fresh parsley.

Roast fillet of veal. See that the guard of the fork is up, and slice the meat through in long thin slices right across the entire surface. A round of beef should be carved in exactly the same way.

Leg of mutton. This is usually very unsightly the second day. To remedy this prevent making too wide a gap by serving with each helping one centre slice, and a few of the undercuts obtained by slightly turning the joint over.

Boiled Ham. The most economical way of carving this is to adopt the method used in restaurants, *viz.*, begin at the farthest end from the knuckle, not in the centre.

It is within the reach of every woman to be well, healthy and strong, if she takes Dodd's Kidney Pills. They are the safest woman's tonic because they are entirely vegetable and free from harmless drugs.

Roast Fowl. It is a good plan to plunge the fork through the breast, a prong being on each side of the bone; the bird can then be held firmly, but deeply along the top of the leg and wing; feel the wing joint with the point of the knife, then divide it. Do this on each side of the bird and serve the wings. Cut remaining portion of the breast into slices. Bend legs backwards with the fork; insert knife at the joints and divide it. The thighs and drumsticks may be again divided.

### **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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## When Making Candy

Never stir sugar candies while cooking; to do so is to invite granulation.

Do not guess at measurements of ingredients; have them exact.

Cook your candies moderately slow; an even, steady heat will produce the best results.

Avoid pouring your candy out too soon; it will be too soft if it is not thick and creamy before pouring.

If your candy is too hard to eat, do not throw it away. Crumble up and melt down again, adding half a cup of milk and boiling to the degree called for in the recipe.

Flavor the candy after removing from the fire, otherwise the flavor will evaporate.

Dodd's Kidney Pills have built up their reputation on the good work they have done.

Home candy making will be more successful if a bright sunny day is chosen; a damp, rainy, foggy atmosphere will tend to make candy turn to sugar. Always follow the directions with care.

## Safety First

Swimmer and non-swimmers will do well to observe the following precautions.

If you cannot swim; never wade unless you know the depth of the water and always avoid wading alone or where there is a swift current.

Do not go canoeing unless accompanied by an experienced swimmer.

If you can swim; never attempt long swims early in the season. Wait until you get in good condition.

Do not swim on a full stomach but wait at least two hours after eating.

Do not swim if over heated or until exhausted.

Never neglect a pain in the back. Dodd's Kidney Pills are a reliable first aid.

Above all never cry for help in fun. You may sometime need help and not get it.

Do not go in swimming alone.

If you are a canoeist; do not stand up or change seats unless ready to swim out. Many deaths result from this.

Finally do not try to scare your companion by rocking the canoe. It is not smart and may result in serious consequences.

### 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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## Wash Day Made Easy

Put clothes to soak overnight. Never soak dirty clothes in hot water.

On washing day begin by separating the articles to be boiled from the coloured clothes and the flannels. If a tablespoonful of turpentine or lemon juice is added to the water in which the clothes are boiled, they will be snowy white when dry.

To wash table linen, if unstained, it is only necessary to soap and rub well in the ordinary way. If stained, wash in very hot water, and use a little lemon juice, or powdered borax, to remove the stains. Rinse very thoroughly and then wash in the ordinary way. A little methylated spirit added to the final rinsing water, will give a glossy finish to table linen when ironed.

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.

Coloured clothes should be soaked in salt and water, the first time they are washed. This will prevent the colours from running.

Woollens and flannels should be washed in a good lather of lukewarm, soapy water. Add the clothes two by two, and squeeze them continually, turning them first on one side and then on the other until they are thoroughly clean. Do not rub them on any account, but if very soiled use two or more lathers. Rinse quickly in four waters, and squeeze only to extract the water. After the final rinsing hang garments on the line dripping wet without wringing out at all. If dried this way, the shrinkage will be so slight as to be almost unnoticeable.

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

Curtains should be first soaked in strong soda and water, then washed well in hot water, using plenty of good yellow soap. Rinse well in clean, cold water, put through the wringer and then iron on both sides. If to be stiffened, use borax starch, wring gently and iron on both sides.

Rice water for washing chintz is made by boiling, in proportion, one pound of ordinary cooking rice to a gallon of water. When the rice is pulpy and tender turn it all into the wash tub. When tepid put in the chintz things. Use the rice by the handfull as soap. Use cold, strained rice water for rinsing purposes.

Clean kidneys are more important than clean clothes. Get the habit of using Dodd's Kidney Pills at least once a week, as a preventative against 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, heartburn, 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, 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.

(Continued on page 18)

## First Aid in the Home

Too much cannot be known about cuts and bruises. Cuts and wounds of every description must be kept scrupulously clean.

The edges of a wound made with an ordinary knife are usually clean, but in any case, always bathe the wound with a little warm water, to which a little antiseptic has been added.

If there is no bleeding, cover the wound with a piece of lint, and bandage gently but firmly.

To check bleeding, place a thick pad of soft rag, or lint, directly over the cut and bandage firmly. If the wound is deep, the edges must be prevented from gaping and from leaving a wide scar. Fold a piece of lint and place it lengthways over the wound, then take a narrow strip of adhesive plaster and stick the strapping firmly over the lint so that the edges of the wound are brought evenly together. Over this, place a piece of wool and bandage firmly. If the wound is clean this can stay on several days.

Dodd's Kidney Pills tone up and strengthen weak Kidneys and put them in condition to do their full work of straining all impurities out of the blood.

Injuries that have occurred in the garden should always be well bathed with some weak antiseptic such as Lysol, to remove any grit or earth.

For scalds, bathing the part, in warm soda water relieves and temporarily soothes the patient.

To make this soda water, take one pint of warm water and add one dessertspoonful of bicarbonate of soda. After the part has been bathed, cover with lint or soft rag, which have been soaking in some simple oil such as eucalyptus, olive, or linseed oil.

Bruises can be very painful, also very unsightly, an old-fashioned remedy is to rub butter on the part immediately after the blow.

Very often a firm pad and bandage applied to the bruise is all that will be required. To make a cool, soothing lotion, take one pint of cold water and add one tablespoonful of methylated spirit. After bathing the bruised part with this lotion, leave exposed to the air without bandaging.

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



*M. C. Williams*

1910

*South Ingonish, N.S., 1910*

*"My kidney disease started with a strain and I suffered from it for about three months. I had backache, stiffness in the joints and rheumatism. I perspired freely with the least exertion and was always tired and nervous."*

*"One box of Dodd's Kidney Pills relieved me and I believe that they will relieve others who are suffering from kidney disease."*

*Yours very truly,*

*M. C. WILLIAMS.*

The testimonials reproduced on these two pages are further direct evidence that Dodd's Kidney Pills "make you well" and "keep you well." Mr. Williams suffered from Kidney trouble over fifteen years ago and found relief in



*M. C. Williams*  
1925

*South Ingonish, N.S.,  
May 2nd, 1925*

*"Several years ago I was troubled with a sore back and I decided to try your kidney pills. After using the second box I began to find relief, and have not been troubled with a sore back since. I can highly recommend your Kidney Pills and I still occasionally use them."*

*Sincerely yours,  
M. C. WILLIAMS.*

**Dodd's Kidney Pills.** He has not been troubled since. Dodd's Kidney Pills strengthen and stimulate weak kidneys; they have helped thousands of people back to health like Mr. Williams—why not you?

**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

It is best not to leave fruit in the dining-room between meals. Keep it cool and out of the dust.

Avoid serving acid fruits, particularly oranges or cherries at the same time you serve milk.

Remove the thin skin that comes next to the fat on mutton before you cook it as this is what gives the strong, disagreeable flavor to the meat.

Use turpentine on a sponge to remove spots from an oiled floor.

Beef fat, clarified by itself, is a good substitute for butter in shortening bread, biscuits, or gingerbread.

If cakes and pastry will not brown when cooking, sprinkle a little sugar on them.

When the family is very fond of filling in a fowl, try making an extra amount and putting it in a muslin bag, laying the filled bag alongside the fowl in the roaster. Baste it as well as the fowl.

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.

Soda added to the water for boiling vegetables that are a little old will make them much more tender.

When a kettle is badly burned, do not fill it with water, but set it aside to cool, then put in a handful of washing soda and water and allow it to boil for an hour or more.

Put salt in the first water in which you wash spinach and you will not require so many washings.

It is better to scrape potatoes than to pare them, thus retaining the full food value.

There is nothing more efficacious for cleaning around the gas stove than a cloth moistened with kerosene or turpentine. A single trial will convince one of the wisdom of its use. Of course, have the stove perfectly cold before using.

Core apples before paring; they will keep their shape better.

Soak fresh-water fish in water into which a little lemon juice has been squeezed.

When baking a fish remove the backbone and as many of the side bones as possible.

Halibut is one of the most economical fish to purchase as it contains so little waste of bones.

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

(Continued on page 21)

### 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)

## General Housekeeping Hints—Continued.

Clean earthen tiles by rubbing with a turpentine cloth, then polishing with a dry cloth.

When boiling new milk, to prevent a skin from forming on the top as it cools, add two tablespoons of cold milk to every pint when at boiling point, and stir for a minute. The so-called "skin" will then be reabsorbed and the milk will not be impoverished.

When repairing wall paper do not put on a square patch, but cut the edges as nearly as possible after the pattern. If a plain paper, it is a good plan to tear it, as this makes a thinner edge, which will stick better.

There is nothing more soothing for a burn or scald than the white of an egg. It is contact with the air which makes a burn so painful. The albumen of the egg acts as a varnish and excludes the air completely.

After using the washing boiler and while it is still warm, rub the inside with soap. Soap will prevent rusting and add to the suds when the boiler is filled with hot water next washday.

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

Save all the waxed paper in which crackers and bread are wrapped. This waxed paper is the very thing you want on which to roll out pie crust or biscuits, also dough nuts or cookies. No washing of pantry board is necessary.

An easy way to keep silver bright is to put a handful of borax in a pan of hot water with a very little soap. Place the silver in this and let it stand the entire morning. Rinse in clear water and dry with a soft cloth.

A hot water bottle should be filled about three-quarters full, never to capacity, when used for warming a bed. When used to relieve pain, one-half full is plenty, as it will then give a soothing effect without proving too heavy for comfort.

When the kitchen chimney catches fire, throw salt on the fire and close the window and door to prevent any draft.

All traces of mud may be easily removed from black clothes by rubbing the spots with a raw potato cut in halves.

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

When traveling with children, take along a supply of soft paper napkins. They are excellent for wiping off the face and hands and are better for the tender skin than the frequent use of hard water and soap.

### 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)

## Timetable for Baking

- Beans—8 to 10 hours.  
Beef—Sirloin, rare, per lb., 8 to 10 minutes, well done, per lb., 12 to 15 minutes; rolled rib or rump, per lb., 12 to 15 minutes; long or short fillet, 20 to 30 minutes.  
Bread—Medium loaf, 40 to 60 minutes.  
Cake—plain, 20 to 40 minutes.  
Biscuit—10 to 20 minutes.  
Sponge Cake—45 to 60 minutes.  
Chickens—3 to 4 lbs. weight, one to one and a half hours.  
Cookies—10 to 15 minutes.  
Custards—15 to 20 minutes.  
Duck (tame)—40 to 60 minutes.  
Fish—6 to 8 lbs., 1 hour.  
Gingerbread—20 to 30 minutes.  
Graham Gems—30 minutes.  
Lamb—Well done, per lb., 15 minutes.  
Mutton—Rare, per lb., 10 minutes; well done, per lb., 15 minutes.  
Pie Crust—30 to 40 minutes.  
Pork—Well done, per lb., 30 minutes.  
Potatoes—30 to 45 minutes.  
Pudding—Bread, rice and tapioca, 1 hour; plum, 2 to 3 hours.  
Rolls—10 to 15 minutes.  
Turkey—7 lbs., 3 hours.  
Veal—Well done, per lb., 20 minutes.

## Timetable for Cooking

- Potatoes—From 20 to 30 minutes, according to size.  
Turnips—From 30 to 40 minutes, according to size and age.  
Beets—From 45 minutes to 2 hours, according to size and age.  
Carrots—From 15 to 40 minutes, according to size and age.  
Cabbage—From 15 to 50 minutes, according to method of cutting.  
Spinach—For 15 minutes.  
Peas—For 20 minutes.  
Beans—From 20 to 30 minutes, according to size.  
Asparagus—From 20 to 30 minutes, according to size.  
Cauliflower—From 15 to 30 minutes, according to method of cutting.  
Tomatoes—For 30 minutes.  
Celery—From 20 to 40 minutes or until tender.  
Cucumbers—For 15 minutes. Serve with white sauce.  
Corn on Cob—Put in cold water, bring to a boil, boil 5 minutes.  
Squash—One hour.  
Sweet Potatoes—For 45 minutes.  
Parsnips—For 45 minutes.  
Chicken—Boil one to one and a half hours.  
Salmon—Boil 45 minutes.

### 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.

(Continued on page 26)

## Removing Stains

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**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.

**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.

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

**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)

## Boots and Shoes

Have shoes carefully fitted. Well fitting shoes look better and wear better, besides being more comfortable. Poor quality shoes are seldom economical.

Alternate two pairs; they last longer. Slip shoe trees into shoes when you take them off; it makes them keep their shape longer.

Keep shoes clean and well brushed; a dressing of olive or neatsfoot oil; well rubbed in, prolongs the wear of leather and kid.

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

Clean canvas shoes on shoe trees to prevent shrinkage. Sponge with a little water and soap that contains whitening or use a standard commercial cleanser.

Dry wet shoes slowly on shoe trees or stuff with paper.

Protect shoes with rubbers in wet weather. Even with careful drying the moisture tends to rot the sewing threads.

Do not wear run-down heels; they will spoil the shape of the whole shoe.

Have small rips mended at once; often they can be sewed at home.

Use milk on patent leather to polish, clean and brighten it. Nothing else gives it such lustre and softness.

**PAINTED SOLES OUTWEAR UPPERS.**—Painting the soles of shoes will preserve the leather a long time. For a pair of shoes that have the shiny dressing worn off the soles, put on three coats of paint—ordinary hard finish black paint will do—allowing each coat to dry forty-eight hours before applying the next paint. That is all there is to it. If the shoes are new, with the sole dressing intact so that the paint will not penetrate, roughen the surface with fine sandpaper. The paint will soon wear off the soles, but that which has penetrated the leather will remain and continue to perform its good offices. Repeat the process once each season and soles will cease to worry you; the life of your shoes will be measured by that of the uppers—and this will be greatly prolonged by the elimination of the half-soleing process, with its great wear and tear on the edges of the soft leather.

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

### 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.

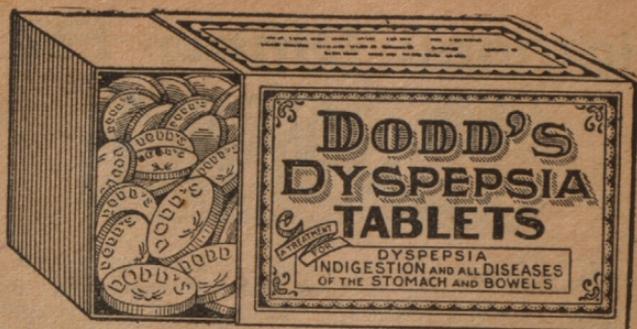
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**Diamond Dinner Pills** Help Torpid Liver, Biliousness and Constipation because they follow nature's methods.

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.    | Specks before the Eyes.  |
| Feeling of Weight and Discomfort. | Feeling of Inertia.  |
| Flatulence or Wind.               | Low Spirits.   |
| Pain in Stomach.                  | Inability to Work Well.  |
| Coated Tongue.                    | Eruptions on the Skin, such as Nettle Rash and Redness of the Nose.          |
| Undue Thirst.                     | Drowsiness.  |
| Vomiting.                         | Sleeplessness.   |
| Loss of Appetite.                 | Palpitation and Constipation.  |
| Distaste at Sight of Food.        | Gurgling Noises in the Bowels, with Pain in the Right side just above Groin. |
| Giddiness.                        | Fidgeting.   |
| Dry Cough.                        | Neuralgic Pain over Heart.   |
| Nasty Taste in Mouth.             | Foul Breath.   |
| Nervousness.                      | Fluid rising from Stomach.   |
| Acidity and Heartburn.            | Sallow Complexion, &c., &c.  |
| Hiccough.                         |  |
| Flushings in the Face.            |  |
| Headache.                         |  |

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

The Dodds Medicine Co., Limited,

Toronto, Ont. 1

## Rates of Postage

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**Letters.** 3c. for first ounce, 2c. for each additional ounce or fraction thereof.

For local delivery, 2c., and 1c. for additional ounce.

**Foreign Letters.** United States and Mexico, 3c. for first ounce, and 2c. for each additional ounce.

Great Britain and all places within the Empire and Cuba, 4c. for first ounce and 3c. for each additional ounce. Other countries, 10c. for first ounce, 5c. for each additional ounce.

**Special Delivery Letters.** 20c. in addition to postage.

**Post Cards.** 2c. each, including war tax.

**Newspapers and Periodicals.** 1c. per 4 oz.

**Books, Circulars, Photos, Maps, etc.** 1c. per 2 oz.

**Registration.** On all mail matter (except parcel post) 10c. in addition to postage.

**Insurance of Parcel Post.** 3c. for insurance not exceeding \$5.00; 6c. for insurance over \$5.00, under \$25.00; 12c. for insurance over \$25.00, under \$50.00; 30c. for insurance over \$50.00, under \$100.00.

**Postal Notes.** 20c. to 40c., 2c.; 50c. to \$1.50, 3c.; \$1.50 to \$5.00, 4c.; \$10.00, 6c.

## Parcel Post Rates

Number of lbs.....	1	2	3	4	5	6	7	8	9	10	11
Within 20 miles rate is ....	5c.	6	7	8	10	12	14	16	18	20	22
Beyond 20 miles rate is ....	10c.	15	20	25	30	35	40	45	50	55	60

Consult your Postmaster for rates to other Provinces.

## 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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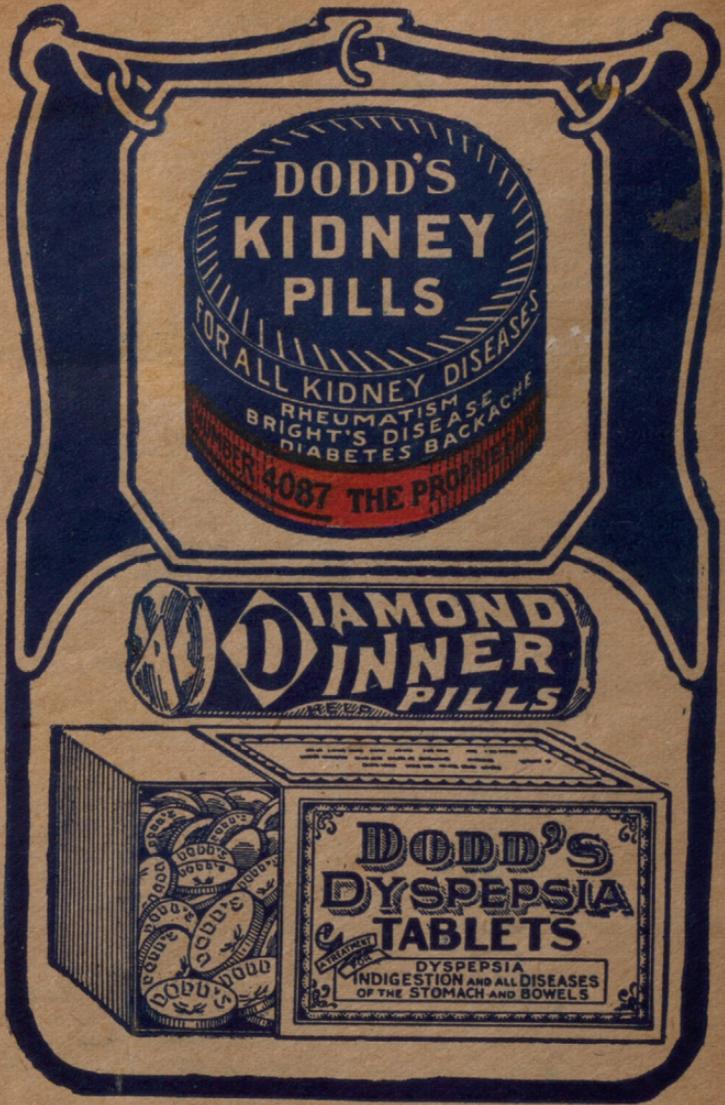
But, remember, the rules given above are only AIDS to recovery and to the maintenance of good health. Regulating your food and drink will not rid you of disease. The most important thing for you to bear in mind is to take Dodd's Kidney Pills or Dodd's Dyspepsia Tablets, according to your complaint, REGULARLY, 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?



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