

Dodd's



*Helpful
Hints
for
Housekeepers*

ASK YOURSELF THESE QUESTIONS



It is only following an examination for life insurance that many have found out to their dismay that they have kidney trouble. If YOU have to answer 'Yes' to two or more of these questions you should act promptly.

Have you uneasiness or pains occasionally in the loins?

Do you have scanty flow of urine?

Do you have frequent severe headaches?

Does your urine appear thick or milky?

Do you suffer from unusual thirst?

Do you have cramps in the muscles and limbs?

Have you been losing weight and strength rapidly?

Have you a backache? Do your limbs feel heavy?

Do you make water too frequently, either during the day or night?

Do you have attacks of rheumatism, stiffness of the joints, neuralgia, lumbago or sciatica?

Have you failing or indistinct vision with flashes of light or floating specks?

Does your perspiration or urine after exposure, have a bad and disagreeable odor?

Do you have deposits of sand, gravel, brick-dust, or white mucus in the urine?

Have you dark circles around the eyes, puffiness under the eyes, or

bloated appearance of the face in the morning?

Have you dark red or bloody-looking urine, which scalds you in passing, or do you notice shreds in it?

Are you nervous or irritable?

Do you suffer from nausea after eating?

Have you dizzy feeling?

Have you shortness of breath?

Are you greatly depressed in spirit?

Is your sleep broken?

Have you tender spots in the back over the spine?

Do you get tired and nervous after ordinary exertion?

Do you start in your sleep, have bad dreams or nightmare?

Has your skin a dry or harsh feeling, and does it itch and burn at night?

Do you have a tired feeling in the region of the kidneys, with a dragging, heavy feeling across the loins?

DON'T WAIT—THERE MAY BE DANGER IN DELAY

There is one remedy which can be used with perfect confidence. Dodd's Kidney Pills have helped many Canadian men and women back to health—so why not you? For more than half a century Dodd's Kidney Pills have been the most popular remedy for Kidney ailments.

POPULARITY IS BEST PROOF—TAKE DODD'S KIDNEY PILLS.

HELPFUL HINTS FOR HOUSEKEEPERS

WHEN FRAMING PICTURES. Gramophone needles make excellent brackets for the backs of picture frames.

FOOD ODOURS. A small piece of charcoal placed in the back of the icebox or food storage cupboard will act as an absorbent for food odours.

STORING STRING. Put your ball of string in a funnel. Attach the funnel to the wall and pull the string through the small end of the funnel as needed.

CLEANING STEEL KNIVES is easier if you use a cork for rubbing on the scouring powder. It is easier on the fingers and saves your dish cloth.

REMOVING CORKS that are stuck inside a bottle can be accomplished by pouring ammonia in the bottle to cover the cork. Leave a day or two and the cork will be easy to get out.

CLEANING TOASTERS can be done with ease and speed by using a small new paint brush.

WATCH TICKING. If the tick of a watch bothers you while sleeping, cover it with a plain glass tumbler or bowl.

BUTTONS are easier to find if kept in a glass jar instead of a button bag. Another handy idea is to keep buttons of the same size strung on large safety pins.

SAVING STOCKINGS. A bit of bee's wax rubbed on the heel and toe of silk stockings will strengthen the threads and help them wear longer.

MARKING TOWELS can be simply done by using clothes pins which have been initialised.

FROZEN CLOTHES. Add a handful of salt to the last water on wash-day and the clothes will not stick to the line in frosty weather.

1939

CALENDAR

1939

JANUARY

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29	30	31				

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DECEMBER

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30	31					

HOW TO GET RID OF FLIES

Any odour pleasing to man is offensive to flies, and vice versa.

Take five cents' worth of oil of lavender, mix it with the same quantity of water, put it into a common glass atomizer and spray it around the rooms where flies are. In the dining-room spray it lavishly, even on the table-linen. The odour is disagreeable to flies, but refreshing to most people.

Geranium, mignonette, heliotrope and white clover are offensive to flies. They also dislike the odour of honey-suckle and hop blossoms.

According to a French scientist, flies have intense hatred for the colour blue. Rooms decorated in blue will have few flies.

Mix together one tablespoonful of cream, one of ground black pepper and one of brown sugar. This mixture is poisonous to flies. Put it into a saucer. Darken the room by lowering the shades except at one window, and on that window sill put the saucer.

Teacher.—“Now, if I lay three eggs here, and five eggs here, how many eggs will I have?”

Skeptical Pupil.—“I don't think you can do it.”

CONSTIPATION

A regular action of the bowels is of the utmost importance in maintaining the health. Once every 24 hours the bowels should be moved and a complete evacuation should take place. Violent purgatives should be avoided; they are weakening, and do no permanent good. For constipation use Diamond Dinner Pills. See page 30.

HAVE YOU HEARD OF THESE?

It's easy to make **egg-cups**, cheaply and practically, out of lemons cut in half and dried.

Spots on light-coloured silk stockings can be removed with a piece of soft india-rubber.

Ruining a **hat** by perspiration may readily be avoided by inserting blotting-paper behind the leather band.

There's no need to cry over sliced **onions!** Just slice them in water.

Singed woollen material should be rubbed with sand-paper, which will remove the **burned fibres**. Follow this by washing with soap and water.

Fresh **ink stains** on carpets can be removed by pouring milk on to them which should then be “sopped up” with cotton. The process should be repeated until the cotton absorbs no more ink. Soap and water will then remove the last remains of the ink.



Mrs. E. Gagnon

Montreal Hairdresser Always Seemed Tired

“I am a hairdresser, twenty-five years of age. For 5 years I suffered with pains in my kidneys and was always tired. I heard about Dodd's Kidney Pills over the radio and decided to try them. I took 2 boxes and I am feeling very well now. I do not suffer any longer with my kidneys and bladder.”

Mrs. E. Gagnon,
7773 Montée St. Michel, Ville St. Michel, Montreal.



Backache, pain, or a tired and weak feeling in the small of the back may be the first warning that there is something wrong with your Kidneys. If you fail to heed the warnings given through these symptoms, you may be running the risk of more serious trouble. Kidney trouble is a more serious matter than many people think. Backache, if not corrected, is often followed by something more alarming. Do not neglect such warnings or hesitate until Kidney trouble or some of the maladies that follow in its train, get hold of you; but at the first sign of Backache turn unhesitatingly to Dodd's Kidney Pills.

Dodd's Kidney Pills are a safe remedy. Non-habit forming and contain no harmful drugs, consequently,

they can be taken with perfect safety by old and young.

"I am 32 years of age and the mother of 6 children. For 5 years I suffered with backache. I was restless at night and when I bent down I could hardly get up again. A friend advised me to try Dodd's Kidney Pills. I did so and now I find I can do my own housework."

MRS. LORENZO M. SAMSON,
Louisdale, N.S.

Wife.—"Oh, do come to Mrs. Barker's with me, Tom. She'll make you feel so at home."

Husband.—"Then what's the use of going?"

GOODBYE TO BACKACHE

<p>WHAT'S WRONG JOAN?</p> <p>THIS BACK OF MINE IS DRIVING ME MAD-IT ACHES SO I CAN'T SLEEP OR WORK</p>	<p>SO DID MINE UNTIL I USED DODD'S KIDNEY PILLS -</p> <p>I'LL GET SOME RIGHT-AWAY -</p>	<p>JOAN, YOU'VE TAKEN A NEW LEASE ON LIFE RECENTLY - WHAT'S THE SECRET?</p> <p>JUST THREE LITTLE WORDS - DODD'S KIDNEY PILLS</p>
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A WORD TO WOMEN

An important message to women of all ages

Many women drag around each day—feeling miserable. They can't do their housework—are irritable with the children—do not want to go out or see their friends—feel thoroughly upset and distracted—but are not quite sure what is causing their distress.

So often the real cause may be impure blood, due to a faulty kidney condition. The duty of healthy kidneys is to filter impurities from the blood. If the kidneys get out of order and fail, poisons remain in the system and backache, headache, rheumatism

and other ailments often follow.

It is the function of Dodd's Kidney Pills to restore the kidneys to normal action. For more than half a century this famous remedy has proven of great value to women in impoverished health. This has been especially true during that trying period known as the "change of life".

It is necessary that women using Dodd's Kidney Pills for any of the troubles mentioned must observe the ordinary laws of health. Rich foods that tend to produce constipation must be avoided. Wet feet and insufficient clothing in cold weather must be shunned. Hard, physical work and stooping or straining should also be avoided as much as possible.



Every HEADACHE has a "Cause"



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 may become chronic and seriously undermine the constitution. There are many preparations sold that give temporary relief. The safe course is to find out the *cause* of the headaches and treat that. Headaches are often due to two things—bad blood or disordered stomach.

IF IT'S THE BLOOD. If the blood is the cause, then the kidneys are likely to blame, and Dodd's Kidney Pills should be taken regularly as it is their duty to remove the impurities from the blood.

IF IT'S THE STOMACH. If the headaches are due to disordered stomach then the proper treatment is Dodd's Dyspepsia Tablets which should assist in the digestion and assimilation of the food, and tone the stomach.

LESSONS IN LAUNDERING

White Cottons and Linens

White cottons and linens should be washed in water as hot as the hand can stand. Use plenty of soap. When clean, rinse through a light suds (this will take out any loose soil that may remain in the fabric), then rinse through two clear waters. If desired, the second water may contain bluing.

Coloured Cottons

The washing water for light colours and those guaranteed as being "fast" should be slightly cooler than is used for white clothes. Use water that is comfortable to the hand (100-110 deg. F.).

If there is the slightest doubt as to whether the colour is fast, use water that is not more than lukewarm—about 90 to 95 deg. F., and work quickly.

Use mild soap chips (strong soap will cause fading of colours) and give the soap chips time to dissolve before adding the clothes.

All coloured clothes should be washed quickly. They should not be soaked.

Light coloured garments and garments made of materials, the colour of which is "fast", may be washed through the washing machine. Don't mix colours, even when the colour is guaranteed. When washed, give the garments a sudsy rinse to flush from the material any loosened soil (which clear water frequently sets), then rinse them through clear water, preferably warm. Bluing should not be used for coloured clothes.

Clean Suds Essential

Never wash dark-coloured cotton and linen garments in water which has been used for washing white clothes, because lint from the white

materials may show on dark colours. Instead, make fresh, clean suds for these coloured articles.

Hang white cotton and linen garments on the sunny part of the line, but keep the silks and bright-coloured frocks, in fact, all coloured garments in the shade. Remember that the bleaching action of the sun—which whitens the white clothes, will dull and fade the coloured and cause white silks to become yellow.

Hanging Out to Dry

In hanging out dresses, skirts, etc., be careful that they are not hung in such a way that seams will be pulled. Good dresses deserve a hanger, but be sure to cover the hanger with a piece of cloth or a clean duster. Metal hangers may cause rust stains, and wooden hangers sometimes cause brown stains.

Hang the garments in such a way that the wind will blow through them.

When taking dresses, blouses, etc., from the line, pile them in the basket in an orderly manner and do not crush them any more than is necessary. This will simplify the ironing.

CHILDREN'S MEDICINES

Many medicines are too strong, or too harmful, to be used by children. But not Dodd's Kidney Pills. Dodd's Kidney Pills may be given with safety to children. Many little ones have kidney and urinary troubles and it is the function of Dodd's Kidney Pills to restore their kidneys to normal action, and so put them in shape to do their full work of filtering excess uric acid and poisonous wastes from the blood stream.

FELT EXHAUSTED

Now Able to Work



Miss Pelletier

"I suffered a great deal from pains in the back and exhaustion," writes Miss Rose-Anne Pelletier, of Mont Joli, Matane Co., Que. "I had tried many remedies without results. One day I read Dodd's Almanac and decided to try Dodd's Kidney Pills. I took two boxes and noticed a big change. I took 6 boxes in all and feel completely recovered. I am 21 years of age and am now working in a store where I have a great deal to do. I work without feeling any pain. I am very pleased with the good Dodd's Kidney Pills have done me."

If your alarm clock makes too much noise, place a wide rubber band around the bell. You will find that the alarm no longer screams, but gently intimates that it is time to get up.

ANÆMIA

This is a disease which often attacks young people, especially growing girls. It should not be neglected. The symptoms are:—Pale complexion, cold hands and feet, weakness, shivering and fainting fits, feeble pulse, fitful appetite. The kidneys are often to blame as weak kidneys in the young often lead to anæmia. Dodd's Kidney Pills are an excellent treatment as it is their function to put the kidneys in shape to remove impurities from the blood.

HEALTH RULES

1. Ventilate every room you occupy.
 2. Wear light-weight, loose and porous clothing. Give the skin a chance. An air bath to the skin is invigorating and exposure to sunlight is healthful.
 3. Keep kidneys toned up through regular use of Dodd's Kidney Pills.
 4. Men were not house animals originally. Spend a certain amount of time out of doors every day.
 5. Dissipation for recreation is not rest.
 6. Sleep in a room with the window open and without a fire.
 7. Practice deep breathing.
 8. Avoid overeating.
 9. Natural foods, including cereals, vegetables, fruits, nuts, meat, milk, eggs and water, should constitute the essentials of diet. Sophisticated or fancy foods do not yield the proper elements for satisfactory nutrition.
 10. Eat slowly and with cheerfulness; chew sufficiently; be guided by your needs as well as by your appetite.
 11. Regular action of the bowels is necessary; avoid constipation by using Diamond Dinner Pills.
 12. Stand, sit and walk erect, but relax frequently. Avoid drafts or cold air currents against the back and keep the feet warm.
 13. Treat colds and sore throats as soon as they appear.
 14. Keep the teeth and gums healthy by keeping them clean. Eat fruit at the end of meals; this has a cleansing and corrective virtue. Brush the teeth well on arising and before going to bed.
 15. The secret of a long life is moderation in all things. A balanced life requires work, play, rest and sleep, but all in moderation.
 16. Keep calm.
- Keep Dodd's Kidney Pills on Hand**

WHY DO DOCTORS TEST KIDNEYS FIRST?



DOCTORS know that the importance of the kidneys to the well-being of the human body simply cannot be overestimated. With them may rest, health, happiness, life itself. Probably no ailment is more common than kidney trouble.

It is the function of the kidneys to extract and expel decayed waste matter and poisonous impurities from the system. If the kidneys are healthy they do this, and in doing so help drive away bodily ailment.

The kidneys are Nature's protectors. Like sentinels they stand guarding the body, instantly assailing and destroying enemies to good health.

The condition of the kidneys as indicated by urinal examination, is often a deciding point in the passing or

rejection of every applicant for an insurance policy. It is a rule among Life Insurance Companies and Friendly Societies, with tables based on the experience of thousands of cases to guide them, that **"If the kidneys are not sound, the subject's life is in danger. Don't insure."**

An experienced doctor in making a diagnosis of a case, is careful to first find out the condition of the kidneys, for he knows that without the help of the kidneys he is powerless to expel sickness.

It is the function of Dodd's Kidney Pills to help restore to the kidneys their natural power of collecting up and casting out the poisonous waste matter in the system. This is the explanation of the wonderful success of Dodd's Kidney Pills.

Doctor Said Kidneys Fine



Mrs. Urquhart

"I am 67 years old and have 7 sons. After having some teeth out, my system was poisoned from infected gums. I felt very bad. I started taking Dodd's Kidney Pills. One day I met the Doctor and he stopped and said I was looking fine. I told him I was taking Dodd's Kidney Pills. He said "if they are doing you good stick to them' and I did. I do not know how many boxes I took but they certainly put me on my feet. I do not know what a headache is now. I do all my own work and walk quite a bit. I have had my kidneys tested and the doctor says they are fine."

MRS. G. URQUHART, 17 Billings Ave., Toronto.

ENJOY YOUR MEALS

Get Rid of **INDIGESTION** Eat What You Like—Take **Dodd's Dyspepsia Tablets**

Sometimes we eat too much—or too fast—or eat things which do not "agree with us". How we feel is often determined by just how good is our digestion.



Because the stomach is the centre of all nutrition for the body, and plays such a very important part in human life, it is of the greatest importance that we take every precaution to keep it healthy and in good condition.

In spite of this, there is, perhaps, no organ of the body that receives less consideration, and is so often subjected to abuse as the stomach.

It is only human to eat and drink for the pleasure we derive from it—and with little thought as to what the effect will be on the stomach.

Eating too quickly—too much rich food—too many acid-forming foods in our diet—may all cause digestive distress and may, if neglected, develop into more serious conditions.

"What's one man's meat is another man's poison," is an old saying and a

very true one. There are no two stomachs exactly alike. What will cause pain and distress in one case, may in another be taken with safety. No absolute rule of diet can be laid down, for there are not two human bodies that require exactly the same quantity and quality of nourishment.

There are, however, some general rules and cautions which everyone may observe with benefit.

Never eat too rapidly, always take time to chew the food thoroughly.

Never drink while eating, because by so doing we dilute and thus weaken the strength of the fluids which Nature sends to attack the food chemically and digest it.

If possible, take at least a half hour's rest after each meal.

Heartburn, Waterbrash, Sour Stomach, Pain in the Chest after meals, Headache, Constipation, Biliousness, Feeling of Heaviness, Bad Breath, Bad Dreams, any one of these may indicate Stomach Trouble, and should be promptly treated with Dodd's Dyspepsia Tablets.

Dodd's Dyspepsia Tablets are 50c a box and may be used with Dodd's Kidney Pills, taking the pills before meals and tablets immediately after.



Large
Box **50c**

MORE HELPFUL HINTS

FLOOR SPOTS, or any very dirty spots on polished wood, like floors, doors, and windows can be removed with a cloth dipped in paraffin.

SLIPPING RUGS can be overcome by attaching rubber rings from preserving jars under each corner of the rug.

FOOT SCRAPER can quickly be made by nailing a scrubbing brush upside down outside the door.

CLEANING MIRRORS is easier if you add a little starch to the water when washing. Just as good for any glassware.

CLEANING WINDOWS is easier if you add a few drops of kerosene and a touch of borax to hot water.

CLEANING ENAMEL. To clean white or light enamel, mix together equal quantities of linseed oil, vinegar and coal oil. Keep in a tightly corked bottle and shake well before using. Apply vigorously on a piece of clean soft flannel and polish immediately with a clean dry duster. This will clean off the soil easily and thoroughly, will preserve the paint's first freshness, will minimize the amount of time and attention necessary to keep it spotless, and will add years of life to the paint or enamel.

SILVER will retain its polish longer if it is rinsed in boiling water after being used.

WHITE MARBLE can be cleaned by putting a little borax in a saucer. Then wrap a piece of lemon in a cloth, dip it first into tepid water, then into the borax.

DUSTY DRAPES. Mix two parts corn meal and one part flour in a bag. Put your dusty drapes in the bag with the mixture and shake very well. Remove the drapes and shake them free of the corn meal. You'll find them free of dust and ready for use again.

IMPURE BLOOD

Every movement we make, every second we live, dead tissue is constantly being created and thrown into the blood stream. It is then carried to the kidneys which are the filters of the blood. Strained and filtered the blood passes from the kidneys to carry nourishment to every part of the body. But supposing these filters—the kidneys—are not functioning properly and fail in their duty. What happens? Why all the poisons, all the impurities remain in the blood stream and instead of pure, rich blood returning to nourish every part of the body, the stream is polluted with poisons. Sickness is sure to follow.

Dodd's Kidney Pills have proven themselves over a period of half a century to be a reliable treatment for faulty Kidneys and Impure Blood.

Rheumatic Pains Soon Gone

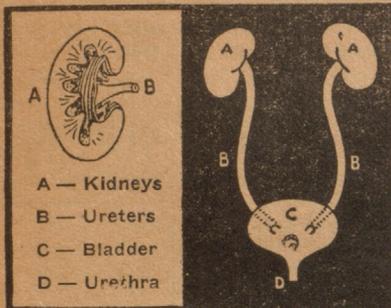
"I had been troubled with backache and my feet and hands were often swollen. I also had rheumatic pains in my joints. I took five boxes of Dodd's Kidney Pills and though several months have since passed I have had no return of my ailments. I am a housewife and can do all my work since using Dodd's Kidney Pills."

Mrs. E. B. Spidle,

R.R. No. 1, Barss Corners, N.S. Mrs. E. B. Spidle



KIDNEYS MOST IMPORTANT IN RIDING BODY OF POISONS



Nature provides the body with four routes by which body poisons and waste matter can be eliminated. These are—the Kidneys, the Bowels, the Lungs and the Skin.

Through the lungs the body gets rid of carbonic acid gas and water, in the form of vapour. (This is easily demonstrated by the "steam" produced when you breathe on a mirror.)

Through the skin the poisons are eliminated by perspiration.

The disposal of waste matter through the bowels and the importance of keeping them active are described elsewhere in this book.

KIDNEYS MOST IMPORTANT

The kidneys are considered the most important organs of elimination. The body makes heavy and insistent demands upon them to filter from the blood poisons, acid salts and waste matter created by the normal breaking down and reconstruction of body tissues. They play a very important part in maintaining the level of certain substances in the blood, such as sugar.

The kidneys also help to regulate the degree of alkalinity of the blood.

Every twenty-four hours the kidneys dispose of between two and a half and three pints of liquid waste matter. If the kidneys become weakened or deranged poisons accumulate in the system and illness follows. You can understand therefore why we emphasize the importance of keeping kidneys in good order. And why, if your kidneys are faulty, we suggest you take Dodd's Kidney Pills to restore your kidneys to their normal, healthy vigorous active condition.

If you put too much salt in food while cooking, place a wet cloth over the top of vessel in which food is cooking. The steam will draw the salt into the wet cloth.

COULDN'T SLEEP FOR BACKACHE

"I had a sore back," writes Mrs. Archie Saulnier, Lower Concession, Digby Co., N.S. "I could hardly sleep some nights, I was bothered such a lot with my kidneys. A friend told me to try Dodd's Kidney Pills. I used one box and they did me so much good that I used 3 more boxes. I now feel much better. I am 66 years of age and do all my own housework."



Mrs. A. Saulnier

Average Height and Weight

The figures given below are average weights for persons dressed in light clothes. These figures are given as a guide only and do not necessarily represent the best weight for a person of a given height. It must be remembered that a person's weight depends a great deal on bone structure. A person with large bones should weigh more than one with light bones. Any rapid change in weight without apparent reason should receive prompt attention.

MEN

Age Group	Height and Weight							
	5'	5' 2''	5' 4''	5' 6''	5' 8''	5' 10''	6'	6' 2''
	lbs.							
15-19...	113	118	124	132	140	148	153	168
20-24...	119	124	131	139	146	154	163	173
25-29...	124	128	134	142	150	158	169	181
30-34...	127	131	137	145	154	163	174	186
35-39...	129	133	140	148	157	167	178	191
40-44...	132	136	142	150	159	169	181	194
45-49...	134	138	144	152	161	171	183	197
50-54...	135	139	145	153	162	172	184	198

WOMEN

Age Group	Height and Weight							
	5'	5' 2''	5' 4''	5' 5''	5' 6''	5' 8''	5' 10''	6'
	lbs.							
15-19...	112	117	123	126	130	138	145	155
20-24...	115	120	126	129	133	141	149	157
25-29...	118	122	129	132	136	144	152	159
30-34...	121	125	132	136	140	148	155	162
35-39...	124	129	136	140	144	152	159	165
40-44...	128	133	139	143	147	155	162	169
45-49...	131	136	142	146	151	159	166	173
50-54...	133	138	144	148	152	162	170	177

"I was suffering from kidney and bladder trouble. After taking 4 boxes of Dodd's Kidney Pills my troubles were gone and I feel like myself again. My husband also has taken Dodd's Kidney Pills for a lame back and got great relief from them."

Mrs. Arthur Harvey,
Bramber, Hants Co., N.S.

APPLES will not turn brown as quickly when peeled, if you add a pinch of salt to the water in which you are washing them.

FRIED ONIONS should first be boiled for about fifteen minutes and allowed to cool before cutting into slices for frying. This makes them nice and tender.

BEETS can be given a delectable flavour by adding a teaspoonful of grated horse radish to the cooked buttered beets.

BAKED POTATOES can be much improved by rubbing a bit of bacon fat over the skin before the potato is put into the oven.

SAUSAGES should be boiled for about five minutes before frying them. This prevents the sausages from shrinking when fried.

IF THE STEAK CATCHES FIRE when you are frying it—don't try to blow it out. Throw salt on it.

POACHED EGGS. A bit of vinegar added to the water in which poached eggs are cooked keeps the white of the eggs from spreading.

CRACKED EGGS. Before boiling a cracked egg, rub the crack with butter. If an egg shell cracks while you are boiling it, you can prevent the white from spreading by adding a bit of salt to the water.

SALTY SOUP. If the soup is too salty don't throw it out. Slice a raw potato into the soup, and bring to a boil for a few minutes. The salty flavour will disappear. Remove the potato and serve the soup.

COOKED CUSTARD. If you run a silver knife in a cooked custard you can tell whether it is baked or not. The silver knife should come out clean. If it doesn't, the custard will prove to be only half baked.

IF THE PITCHER DRIPS rub a bit of butter over the lip.

KEEP CLEAN

**IF YOU
WANT TO
KEEP
HEALTHY**



From our youngest days we are taught that to keep our bodies clean is an essential aid to keeping healthy. We are told that the pores of the skin must be kept active so that they may "breathe" and permit normal perspiration to exude and help carry off certain body poisons. To complete the disposal of these poisons we wash our skin regularly. Frequent bathing is also a safeguard against infection.

KEEP KIDNEYS ACTIVE TOO

Important as it is to keep the outside of the body clean, it is even more important to keep the inside cleansed. When you know that it is the duty of the kidneys to filter poisons from the blood, you can understand how necessary it is to keep them active and regular. Dodd's Kidney Pills help to keep your kidneys functioning normally and assist in maintaining or restoring them to activity. Don't wait for backache, rheumatism, or signs of kidney trouble. It is a wise precaution and a good health safeguard to take a course of DODD'S KIDNEY PILLS at regular intervals and so help to prevent the possibility of illness due to a faulty kidney condition. DODD'S KIDNEY PILLS are non-habit forming and may be taken with safety.

You LOOK Your Best



When You FEEL Well

One of the greatest foundations of beauty is a healthy body. And to keep healthy the system must be kept free of poisons. Most important in this work of keeping the system free of impurities are the kidneys, filters of the blood, whose duty it is to remove from the blood poisonous waste matter. If your kidneys get out of order, and become sluggish or impaired in action, your health will likely suffer. When you are ill and out of sorts, your face and manner show it. Keep your beauty by keeping your health. Dodd's Kidney Pills can be of aid to you in helping to keep the kidneys in good condition.

WAS PALE AND LISTLESS

"I was pale and listless and unable to work," writes Mrs. Joseph Morin of St. Alexandre, Kamouraska, P.Q., "I tried several remedies but they did not help me. One day I decided to take Dodd's Kidney Pills and within a week noticed a change. I took 6 boxes during one month. They certainly helped me as I could soon do all my work without tiring. As we are farmers I have to do my work without help. I now advise all my friends to take Dodd's Kidney Pills—they certainly are fine for kidney trouble."



Mrs. J. Morin

GENERAL DEBILITY

Physiologists tell us that the action of the blood is one of oxidation, that is, a chemical process by which the food is exchanged for the constituents of the muscles, the fat, the bones, and the other components of the human body. A failure of the blood to perform this function is soon demonstrated by pale face, languor and weakness. General debility is the result. Why does this condition exist? Simply from the failure of the kidneys to perform their normal work of filtering the blood of impurities. Strengthen the kidneys so that they will satisfactorily do their work and the desired result of sound health should follow. The observance of the ordinary laws of health, care as regards diet, the avoidance of exposure to cold and wet, and no excessive indulgence in alcoholic stimulants, should, when accompanied by the use of Dodd's Kidney Pills, help the victim of general debility to better health.

The bowels should be 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 in the morning, and a glass of warm water—as warm as you can drink it—immediately after each meal. All constipating foods—such 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 *regularly*, otherwise half their good effect will be lost.

SWEET CREAM. A lump of sugar in cream helps to keep it sweet.



COLDS AND YOUR KIDNEYS

When you know that the kidneys are the filters of the blood, you can quickly understand how important it is that the kidneys are functioning properly, if you have a cold, or any other ailment which creates an added quantity of poisons in the system.

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 often cause a chill on the kidneys, soon this may manifest itself in a pain in the back, difficulty in stooping or rising. The kidneys will need prompt attention. Take a couple of Dodd's Kidney Pills, and continue to take one pill three times a day until the symptoms have entirely disappeared.

USES FOR THE LEMON

Lemon juice can be substituted for vinegar in any recipe that calls for the latter except pickling.

Lemon will sour milk sufficiently for cooking.

When stewing dried fruits, add a small amount of lemon juice and a bit of grated lemon rind. It will greatly improve the flavour of the fruit.

Add lemon juice to the water in which you are boiling fish. It will help to keep the fish whole and preserve flavour and nutriment.

A few drops of lemon juice will keep old potatoes from discoloring.

When whipping cream, add three or four drops of lemon juice to a cup of cream to make it stiff and firm.

A few drops of lemon juice in the water in which eggs are to be poached will keep the eggs from separating.

When aluminum kettles have become dull or black, clean them with lemon juice and rinse in warm water.

Immediately after dishwashing, while the hands are still moist, rub in a little lemon juice. It will keep the hands soft and white.

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

Tired—Dull Feeling Now Gone

Also Bad Headaches Says Mother of Three

"For 4 years I suffered with a dull headache. I was tired and dull all the time with a soreness in the small of my back. I started taking Dodd's Kidney Pills. I noticed some relief when part of the second box was taken. I took six boxes in all and felt like a new person. I am in my 34th year and the mother of 3 children. I do all my own work and since taking Dodd's Kidney Pills feel fit to do it."



MRS. FRANK BARNUM,
Whitby, Ont.

Mrs. F. Barnum

HINTS ON CARVING

A skilful carver should aim to serve to each a portion of the best with some of the less esteemed cuts.

Always carve so the joint yields as many "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 slightly appearance.

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.

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.

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. Cut 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.

Frozen fish is just as nutritious as any other. It should be kept frozen until required, then thawed out in cold water and cooked. Do not let it stand after thawing, as it spoils quickly.

Do not let fresh-caught fish stand in water, as it loses flavour. Wash and wipe clean, sprinkle with salt, and put in cold place until required.

SUFFERED 2 YEARS WITH BAD STOMACH

"I am 36 years of age and a farmer," writes Mr. William J. Dorion of Pineau Office, Acadieville, N.B. "I suffered with stomach trouble for 2 years. I was so bad I could not earn a living for my family. An old friend told me of Dodd's Dyspepsia Tablets. I started using them and took in all 7 boxes. Now I eat everything I like, thanks to Dodd's Dyspepsia Tablets."

FRIENDS WONDERED WHY SHE DIDN'T GO TO PARTIES

All her old pep and energy was gone. She felt miserable, draggy, low in vitality—lower in spirits. Just hadn't any "heart" for fun. She hadn't thought of her



kidneys being the cause until a friend suggested DODD'S KIDNEY PILLS. She took DODD'S at once. The "washed out" feeling was soon replaced by clear-headed energy and restful sleep. Headache, backache, lassitude, disappeared.

KITCHEN EQUIVALENTS

Because new housekeepers and even some experienced ones, are frequently puzzled regarding weights and measuring proportions, we are sure this little schedule will be helpful to all. Before starting, see that all materials are free from lumps of any kind, and the measuring cup or spoon even full, not running over.



1 large pint granulated sugar = 1 lb.	2 level tablespoons of butter = 1 oz.
1 pint tapioca = 12 oz.	1 ounce of flour = 4 level tablespoonfuls.
1 pint dried hominy = 13 oz.	1 ounce of grated chocolate = 3 level tablespoonfuls.
2 cups lard = 1 lb.	1 ounce of cornstarch = 3 tablespoonfuls.
2 cups butter = 1 lb.	1 ounce of fine salt = 2 level tablespoonfuls.
4 cups pastry or bread flour = 1 lb.	1 ounce of cinnamon = 4½ level teaspoonfuls.
1 quart unsifted flour = 1 lb.	1 ounce of cloves = 4 level tablespoonfuls.
4½ cups graham flour = 1 lb.	2 tablespoonfuls = 1 oz. liquid.
4¾ cups rye flour = 1 lb.	An ordinary tumblerful = 1 coffee cupful, or half a pint.
2¾ cups cornmeal = 1 lb.	4 teaspoonfuls make 1 tablespoonful.
4¾ cups rolled oats = 1 lb.	16 tablespoonfuls dry ingredient = 1 coffee cupful.
2¾ cups oatmeal = 1 lb.	4 teaspoonfuls = 1 wine glass, or half a gill.
4¾ cups coffee = 1 lb.	2 wine glasses = 1 gill, or half a cup.
2 cups granulated sugar = 1 lb.	About 25 drops of any thin liquid will fill a common sized teaspoon.
3½ cups confectioners' sugar = 1 lb.	
2¾ cups brown sugar = 1 lb.	
2 cups chopped meat = 1 lb.	
1¾ cups rice = 1 lb.	
2 cups raisins (packed) = 1 lb.	
2¼ cups currants = 1 lb.	
2 cups stale bread crumbs = 1 lb.	
6 tablespoons baking powder = 1 oz.	
9 large hens' eggs = 1 lb.	

The measure of enjoyment you get out of living, is controlled to a great degree by your health. Guard against illness by keeping your kidneys in good order. Dodd's Kidney Pills are made to help you—just as they have helped thousands of others for more than half a century.

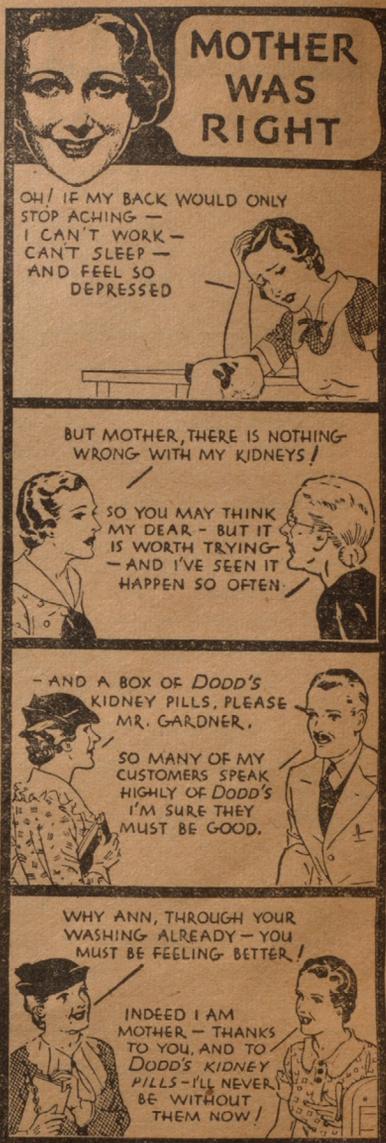
FIRE-LIGHTING MADE SAFE - EASY

In place of the usual method of kindling a fire with wood, the following will be found cheap and efficient. Keep a large jar about three-quarters filled with kerosene, and soak a large, dead cinder in it overnight. To light the fire, lay a piece of newspaper over the bottom of the grate, put the kerosene-soaked cinder in the middle, and cover it with fairly small lumps of coal. Then ignite the paper. The cinder will burn sufficiently long to kindle the coal. Before lighting a fire, by this or any other method, always thoroughly clean out the dust and ashes from the fret and the bottom of the grate to ensure the maximum draught.

HOW TO KEEP HEALTHY THROUGH HEAT WAVES

1. Don't work too hard, either physically or mentally.
2. Eat light, easily digested but filling foods, such as fresh ripe fruits, fresh garden vegetables, salads, cereals and milk.
3. Use plenty of water, both for drinking and for bathing. Add a pinch of salt to the drinking water and you may be able to prevent heat exhaustion.
4. Stay in bed the required number of hours, even if you can't sleep. Experts say it is more important to have the proper amount of rest in warm weather than during the winter.
5. Indulge in only moderate exercises and confine these to early morning or late afternoon when the sun is less intense.
6. Wear summer clothing that is light in weight as well as colour.

FOR CUTS - BURNS - BRUISES - SORES - USE DODD'S OINTMENT



36 BARRELS OF HUMAN BLOOD



Your KIDNEYS MUST FILTER EVERY DAY

Each and every day 36 barrels of blood pass through the average person's kidneys — there to be cleansed of harmful acids and 22 thimblefuls of urea. If your kidneys are out of order and fail to extract the full amount of this poisonous waste matter, sickness surely follows. If you suffer from lack of energy, sleeplessness, backache, rheumatic pains, getting up nights, dizzy spells—or if you just feel run-down, losing interest and lacking pep—then you, too, may be a victim of unfiltered blood. Instead of fresh, pure blood carrying nourishment to every nerve, every muscle of your body, the system may be polluted with waste poisons and excess acids.

Medical Prescription Needed

To cleanse your system of these 22 thimblefuls of wastes and poisonous acids every day you need a medical prescription that acts directly on the kidneys.

For over half a century Dodd's Kidney Pills have been recognized as an excellent kidney prescription. Clinical tests prove that Dodd's Kidney Pills act quickly, safely and effectively. You have evidence in this book what they have done for others. So, why don't you try them?

Be sure to demand Dodd's—and don't let them sell you anything else.

SUFFERED 3 YEARS SAYS MOTHER OF 8

Thanks Dodd's For Her Relief



"I suffered for more than three years, and in the morning could hardly get out of bed," writes Mrs. Vital Hebert, of Laketon, Kent Co., N.B. "My hands

Mrs. V. Hebert

were swollen with rheumatic pains in the fingers. I could not hold anything in my hands. I followed all sorts of treatments but nothing seemed to help. One day I started reading Dodd's Almanac and saw what effect Dodd's Kidney Pills had on other people. I decided to give them a trial. I took three boxes and was relieved. I have never had a pain since then. I am a farmer's wife, 39 years old, and mother of 8 children, and now feel capable of doing any sort of work."

CRACKING NUTS is easier and the meats will come out whole from nuts when you soak them in salt water overnight before cracking.

Pregnancy

A great many letters reach us every year asking if it is safe to take Dodd's Kidney Pills during this period. 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 these organs.

MACHINERY

Teaches a Lesson

HAVE you ever watched a careful engineer or machine operator run a piece of machinery?

He is ever on the alert. Eye and ear and every sense is keenly ready to discover the slightest derangement of any part.



Listen! A slight rattle or wearing noise strikes his ear and tells him there's something wrong somewhere.

What does he do?

Instantly without a moment's delay he flies to the closer inspection of the difficulty. The power is shut off the very moment the trouble is located, and he immediately repairs the mischief and starts up again. If his efforts have not been entirely successful, he shuts down again and goes at it the second time, and so on till at last the machinery runs all smoothly and satisfactorily.

Why does he do this so promptly and carefully?

Because the machine is a valuable one, and the intelligent man in charge knows full well that if he allows the slightest derangement in any one of the parts to continue, the strain and wear on the whole will soon destroy the value of this magnificent and accurate instrument and reduce it to a pile of scrap iron, or at best to an inferior and second-hand old rattle-trap, incapable of doing good work.

The human body is a delicate piece of machinery, capable of producing the most wonderful results if kept in good order.

You are the man in charge.

It is your duty to notice and investigate the very first sign of the slightest derangement in any part.

Having located the trouble, it is your duty to immediately take the swiftest and surest means to correct it, for your body is of much more value than any other machine. When worn out you cannot get a new one. Be careful of it, therefore, and don't let anything go wrong, or if it has gone wrong, set it right without delay.

On the inside front cover will be found rules for self-examination. Go carefully through these, and if you think that something is amiss, don't hesitate, but use at once the safe and proven remedy—Dodd's Kidney Pills.

Soldier Suffered Four Years With Painful **ATHLETE'S FOOT**

"I think I had the worst feet in town. My feet were so bad with Athlete's Foot that they would start to bleed and itch when I took my socks off at night. I had tried several treatments without success. After using only one half a tube of Scoot I got complete relief. I still use it for protection. My friends in the army are now using it."

ALBERT COLLIS,
13 Cadorna Ave., Toronto.



Albert Collis

Why **YOUR KIDNEYS** are Probably the **MOST IMPORTANT ORGANS** of the Body —yet the least understood!

The kidneys are two bean shaped organs situated in the upper abdomen close to the vertebral column. Each kidney contains about 2,000,000 tiny tubes or filters, each 3 centimeters long,—a total of about 75 miles for both kidneys—through which the blood circulates once every 4 minutes. The kidneys are delicate and highly sensitive. Their function is to filter the impurities and body poisons out of the blood.

Everyone knows that they have “kidneys”—but few people really know what the kidneys do—nor do they realize how vitally important a part is played by the kidneys in protecting and preserving their general health and well being. In a recently published article, a famous physician says: “No one will deny the vital relationship of the kidneys to health and life. Though it is possible to survive without a stomach, part of the intestines, the eyes and other vital organs, we cannot live without the kidneys. It is essential to respect these vital organs and to take every precaution to preserve their health.”

What do THE KIDNEYS do?

The human body is continuously going through a process of decay and rebuilding. Body tissues break down and re-form. This breaking down of body tissue produces poisonous waste matter which must be carried out of the system or illness will result. These poisonous products of tissue waste are carried by the blood stream to the

kidneys. The kidneys, if in proper working order, filter the blood, picking out this excess poisonous matter which is then passed out of the body through the urinary system.

What causes KIDNEY trouble?

The kidneys are very sensitive and delicate organs, and consequently are easily upset. Infection, illness, faulty diet, over-indulgence, excessive mental or physical strain, fatigue, exposure to dampness and cold, all may effect the kidneys. If the kidneys are weakened and fail in their normal function of clearing impurities out of the blood stream, illness is sure to follow. Failure of the kidneys to throw off the accumulating body poisons may cause an attack of “uræmia” or uræmic poisoning, which, if neglected, may lead to serious and general functional disturbances. Violent and uncontrollable vomiting, nausea, profuse diarrhoea, disturbed and difficult breathing, protracted and severe headaches, convulsions, and even temporary loss of sight, called uræmic blindness, are some of the serious complications which may follow uræmic poisoning.

Why Delay is Dangerous

Kidney troubles are of such an insidious nature, that they may be present for months or years without being suspected. Be always on guard, then, to note the first symptoms and act promptly. At the first sign of kidney trouble, such as backache, take Dodd's Kidney Pills, a remedy, tried and proven for half a century by thousands of Canadian women and men in all walks of life. Dodd's Kidney Pills are purely and simply a kidney remedy.



Now I Can
SLEEP!

What a relief to settle down to a real night's rest, and to awake next morning fully refreshed and ready for the day's duties. Yet only a few weeks ago this man was tortured by fretful nights—tossing, turning—never comfortable, never at ease. Half awake days—over tired, driving his body and mind to work when rest was what they needed.

His business partner suggested Dodd's Kidney Pills. "It may be your kidneys," he said. The advice was followed, with the above result—and he is now sleeping well—thanks to Dodd's.

If you don't sleep well—if your nights are interrupted by restlessness—look to your kidneys. If your kidneys are out of order, and are failing in their duty of cleansing the blood of poisons and waste matter—your rest is likely suffering, too. At the first sign of kidney trouble turn confidently to Dodd's Kidney Pills.

RATS AND MICE. Chloride of lime is very effective in driving out rats and mice. Be careful in using it, always being sure to place it in a metal container.

COULDN'T GET A NIGHT'S SLEEP

Backache Made Her Miserable

"I suffered so much with backache and could not get a night's sleep without having to get up two or three times," writes Mrs. W. Scott of 577 Blackthorne Ave., Toronto. "Believe me, after taking four or five doses of Dodd's Kidney Pills I could rest better and my back felt much better. When the box was finished I bought another one from my druggist and have never been bothered since."



Mrs. W. Scott

RUSTY IRON. To take rust off a flatiron tie some yellow bee's wax or paraffin in a cloth, and when the iron is warm (but not hot) rub the iron over it and then on some sand or salt.

CANDLES can be cleaned with a cloth dampened with alcohol.

TO MAKE CANDLES LAST give them a coat of white varnish. Let them dry a day or two. The varnish keeps the wax from running over and preserves the life of the candle.

BLADDER TROUBLE

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. The cause is usually faulty kidneys, and the treatment is Dodd's Kidney Pills.

MISERABLE MARY



THEY CALLED HER



I'M WORRIED ABOUT MARY— SHE LOOKS MISERABLE AND ALWAYS SEEMS SO TIRED AND PEPPLESS—MUST BE HARD ON GEORGE, TOO, HE LIKES TO GO OUT SO MUCH



STILL MISERABLE, EH, MARY? IT MAY BE YOUR KIDNEYS WHY NOT TRY DODD'S KIDNEY PILLS LIKE YOUR MOTHER SAID

...I'LL GET SOME

THEN SHE TOOK DODD'S KIDNEY PILLS



... AND DODD'S KIDNEY PILLS, PLEASE — DO YOU HAVE MANY CALLS FOR THEM MR. OSBORNE?

YES INDEED, MRS. HARPER — DODD'S IS ONE OF OUR BIGGEST SELLERS



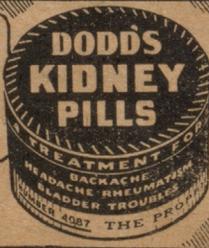
DID YOU EVER SEE SUCH A CHANGE IN MARY — ON THE GO ALL THE TIME — I WONDER WHERE SHE GETS ALL THE ENERGY

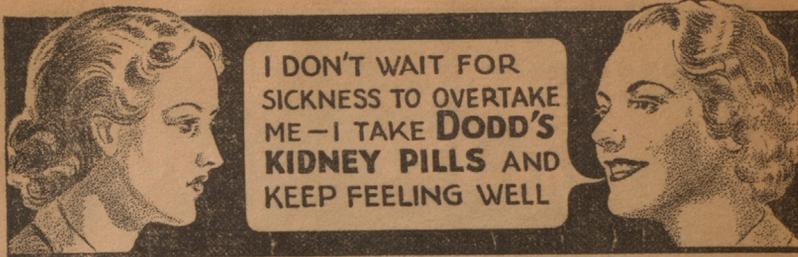
.. AND LOOKS MARVELOUS TOO — LET'S ASK HER THE SECRET



THERE'S NO SECRET—TAKE DODD'S KIDNEY PILLS AND SEE IF YOU, TOO, DON'T FEEL A LOT BETTER!

LOOK FOR THE NAME DODD'S ON THE BLUE BOX WITH THE RED BAND





DON'T WAIT for SICKNESS

MEDICAL research in the past few years has proved that to disordered kidneys are due many ailments hitherto ascribed to other causes. Owing to the delicacy of the kidneys, they are easily upset. A slight strain or wet feet may lay the foundation for years of suffering. Again **kidney ailments are of such an insidious nature that they may be present for months or years without being suspected.** So that every one should be on guard to note the first symptoms.

Experience for nearly half a century has proved Dodd's Kidney Pills to be an excellent remedy for kidney ailments. These Pills are sugar-coated, easily taken and conveniently carried on the person.

Dodd's Kidney Pills were introduced to the public many years ago. The

"I first used Dodd's Kidney Pills when recovering from jaundice. Since then I have used them several times. I had used several Kidney remedies but I can truthfully say none gave such gratifying results as Dodd's. I always keep a box on hand to use whenever the first symptoms of faulty kidney action appear."

Alfred Green,
Neelin, Man.

medicines they contain are of a highly concentrated form and act strictly on the kidneys. They are sold only in boxes, a picture of which you will see on the back cover of this book. Owing to the great success of Dodd's Kidney Pills many imitations have been put upon the market from time to time, but against them all we must warn you—not for our sakes but for your own. Your health is far too serious a matter for you to waste time experimenting with imitations of the genuine Dodd's Kidney Pills. The genuine are best and as easy to get as the imitation, but should you have difficulty, write to us and we would be pleased to mail you the goods upon receipt of price.

Dodd's Kidney Pills are no cure-all. They are purely and simply an effective and reliable Kidney Remedy which can be used by old and young alike.

Dodd's Kidney Pills have helped restore sound health to thousands of ailing men and women. Why don't you give them a trial?

Professor.—"Before long we may expect an invention that will enable us to do without sleep altogether."

Student.—"What's the matter with the saxophone?"

New Quick Acting Treatment for

ATHLETE'S FOOT

Scot Stops Itching - Burning
Kills the Fungus



Itchy, burning feet—particularly between the toes—is often the first sign of Athlete's Foot. Scientists say Athlete's Foot is an ingrowing fungus that digs deep into the skin, then thrives and spreads rapidly. It is highly infectious and is easily passed on to others. The first sign of Athlete's Foot is usually an itching sensation accompanied by very small blisters, only seen on close inspection. The skin becomes inflamed. If treatment is neglected the blisters break, painful cracks and fissures appear, the outer skin becomes white and soggy. Athlete's Foot is easy to get—hard to get rid of, unless you go after it properly. Ordinary surface treatment is not enough.

Scot is a cooling snow-like cream. Comes in a handy tube—easy to use—clean to carry—does not stain the clothing.

Large Tube
50¢

Dead skin under which Athlete's Foot fungus thrives does not stop Scot. It quickly penetrates and destroys the fungus at its source. Scot is safe, yet powerful and effective. Scot cools, stops the itching and burning and promotes healing.

If you, too, are one of the many sufferers from Athlete's Foot, buy Scot today and see for yourself how quickly this modern treatment clears up Athlete's Foot.

ECZEMA

Ecze^ma is a skin disease that should be arrested promptly as it is apt to become chronic. Ecze^ma manifests itself by an itching or smarting of the affected parts. The skin becomes raised in the form of little pimples and a watery lymph exudes. Later scales and crusts form. Ecze^ma is often caused by impure blood and a consequent run-down condition of the body. Impure blood is caused by the failure of the kidneys to remove the impurities from the blood. Dodd's Kidney Pills are an excellent treatment for sick kidneys and should be used in cases of Ecze^ma and other skin diseases. Their function is to get at the root of the trouble while Dodd's Antiseptic Healing Ointment, applied externally, promotes healing of the sores.

It is also very important that the bowels be kept open by the use of Diamond Dinner Pills.

The surface of the body should be kept clean by frequent bathing, and in drying the sores, gently press the towel. Do not rub as this only irritates. Dodd's Antiseptic Healing Ointment should be applied in generous quantities both night and morning.

NEARING THE SUNSET

CAN anything be more beautiful than a grand old man or woman, whose faculties are unimpaired and whose ripe old age is preserved in good health as a benediction to children and grandchildren?

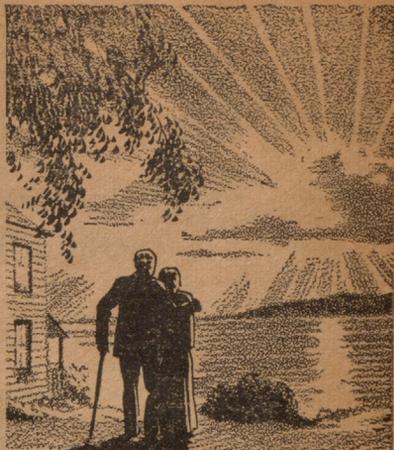
They have borne with fortitude and honor the burden and the heat of the day, and now, their hair grown white with the frosts of many winters, with calm serenity and dignity they watch, encourage, and counsel the younger and more active ones, on whose shoulders have fallen the loads they themselves knew so well how to bear.

Unfortunately, however, they too often find themselves called upon to take up painful burdens of illness and weakness which worry and wear out the body and spirit.

Kidney trouble is often the cause of sickness which comes to the aged.

Rheumatic pains, Sciatica, Backache, Neuralgia, Bladder and Urinary Troubles, Lack of Vigor and Vitality, Nervous Troubles and mind wandering may often be traceable to weakened Kidneys and imperfect Kidney action.

Dodd's Kidney Pills are helping to make a healthy, happy, vigorous, useful old age possible to men and women who, but for their use, might be a burden to themselves and a constant



care to those whose duty it is to make their declining years as comfortable as possible.

Grandfather and grandmother, if it is your honest ambition to prolong the evening of your life in comfortable good health, a joy and a pleasure to yourself, try Dodd's Kidney Pills, the medicine that has done so much for many other aged ones.

Sons and daughters, if it is your desire—and it surely is—to lengthen the days of grandfather and grandmother, in peace and rest and comfort, free from pain and sickness, get and give them Dodd's Kidney Pills. Many a wrinkle has been smoothed from the brows of tired and worn old people by the use of this wonderful remedy.

Dodd's Kidney Pills are truly the tried and true friend of the aged.

"I am 62 years of age and had suffered for years with pain in my back. I would have to get up as many as five times at night on account of weak kidneys. I used 5 boxes of Dodd's Kidney Pills and now have very little trouble with my back. I can sleep eight hours and not have to get up. I had tried other remedies but it took Dodd's Kidney Pills to do the trick."

Stanley Baker,

Franklin, Man.

COOKING TIME-TABLE

You should bear in mind to keep up a good average heat suitable for the article being cooked, during roasting or baking of joints, etc. Carefully baste. The times set up for boiling have been after the water boils. Skimming must not be neglected.

Time to Allow for Cooking Poultry and Game

NAME	HOW COOKED	SIZE OR QUANTITY	TIME		NAME	HOW COOKED	SIZE OR QUANTITY	TIME	
			h.	m.				h.	m.
Ducklings	Roasted	Medium	0	35	Pheasant	Roasted	Large	0	50
Ducks	Roasted	Large	1	0	Green Goose	Roasted	Medium	0	50
Fowl	Boiled	Large	1	0	Pigeon	Grilled	Medium	0	15
Fowl	Boiled	Medium	0	45	Rabbit	Boiled	Medium	0	40
Fowl	Roasted	Medium	0	50	Rabbit	Roasted	Large	0	50
Goose	Roasted	Large	1	50	Turkey	Boiled	Medium	1	45
Goose	Roasted	Small	1	25	Turkey	Roasted	Large	2	40
Duck (Wild)	Roasted	Medium	0	25	Venison	Roasted	Large	4	30
Partridge	Roasted	Medium	0	30	Haunch	Roasted	Small	3	0

Time to Allow for Cooking Lamb

JOINT	HOW COOKED	WEIGHT TIME		WEIGHT TIME		WEIGHT TIME	
		lb.	h. m.	lb.	h. m.	lb.	h. m.
Breast	Stewed	1	1 10	2	1 20	3	1 30
Fore-quarter	Roasted	6	1 20	7	1 35	8	1 45
Hind-quarter	Roasted	7	1 35	8	1 45	9	1 50
Leg	Roasted	3	1 20	4	1 30	6	1 40
Loin	Roasted	3	0 50	4	1 5	5	1 15
Neck (Best End)	Baked	2	0 40	3	0 50	4	1 0
Shoulder	Roasted	3	0 50	4	1 0	5	1 10

Time to Allow for Cooking Pork

PART	HOW COOKED	WEIGHT TIME		WEIGHT TIME		WEIGHT TIME	
		lb.	h. m.	lb.	h. m.	lb.	h. m.
Ham (Smoked)	Baked	8	3 45	10	4 0	12	4 20
Ham	Boiled	8	3 50	10	4 15	12	4 30
Ham	Boiled	3	2 0	4	2 15	5	2 25
Fore-loin	Roasted	6	2 15	8	2 40	10	3 0
Hind-loin	Roasted	6	2 15	8	2 40	12	3 0
Leg	Boiled	6	3 0	8	3 30	10	4 0
Leg	Roasted	6	2 15	8	3 10	10	4 0
Bacon	Boiled	2	1 30	4	2 0	6	2 20
Face (Half)	Boiled	2	1 30	3	1 40	4	1 50

Dodd's Kidney Pills are made for the treatment of Kidneys. They are compounded for the specific purpose of helping to regulate, heal and restore to normal action these vitally important organs. For more than half a century men and women in all walks of life have been finding benefit and comfort in the use of Dodd's Kidney Pills.

Dodd's Ointment

*Antiseptic
Healing*

*Quick Acting
Absolutely Safe*



*In a snow-white jar
like the finest face
creams.*

50c per Large Jar

DODD'S Antiseptic Healing Ointment is safe, soothing treatment for all skin abrasions, infections and irritations. Its powerful, antiseptic action prevents infection of open wounds and enables the exceptional healing qualities of this well-known ointment to quickly relieve pain and irritation and help bring about a speedy recovery.

Dodd's Antiseptic Healing Ointment

is the product of years of careful study and experiment. Hundreds of formulæ were examined before discovering the one which is offered to the public as Dodd's Antiseptic Healing Ointment.

This formula was chosen for various reasons; chief among them being, because of its great healing value and because of its outstanding antiseptic and cleansing qualities.

Dodd's Ointment is Recommended for:

Cuts
Burns
Cold Sores
Eczema
Pimples
Boils

Sore Lips
Hives
Abscesses
Bites
Scalds
Chilblains

Sore Feet
Sunburn
Blackheads
Piles
Corns
Chafing

Sore Nipples
Chafed Hands
Itching Skin
Heat Rashes
Festering Sores
Salt-water Sores

NIGHT RISING OR DISTURBED REST

May be Signs of Kidney Trouble

If the kidneys are in a normal, healthy condition, two-thirds of the urine excreted in twenty-four hours would be passed between seven o'clock in the morning and seven o'clock in the evening.

This means that healthy kidneys are called upon to do their hardest work during waking hours, extracting two-thirds of the poisons and waste matter from the blood system between 7 a.m. and 7 p.m.

If, however, the kidneys are out of order and fail to do their full share of work during the daytime, extra strain is placed upon them during the night. This naturally results in so much urine accumulating in the bladder that it cannot hold it during sleeping hours and discomfort, unrest, and night rising are bound to follow.

Night rising, then, may be taken as a sign that your kidneys are not functioning properly. It is the duty of Dodd's Kidney Pills to help your kidneys regain an active, healthy condition, so that they will carry out their normal span of duty in the daytime and leave your sleeping hours undisturbed.

In cases of night rising, Dodd's Kidney Pills have proved a most successful treatment. They may be taken, with confidence, and safety, by old and young as they are safe and non-habit forming.

WHAT THE 7 VITAMINS DO FOR US

Vitamin "A" in cheese, butter, eggs and cod liver oil, prevents eye diseases.

Vitamin "B" in vegetables and cereals prevents beri-beri (a disease of the nerves).

Vitamin "C" in citrus fruits, such as lemons and oranges, prevents scurvy.

Vitamin "D" in fish and cod liver oil prevents rickets.

Vitamin "E" in wheat germ and green vegetables prevents sterility.

Vitamin "F" in liver and lettuce prevents stunted growth.

Vitamin "G" in milk, meat and yeast prevents pellagra (intestinal distress common in the south).

Husband.—"I miss the old cuspidor since it's gone."

Wife.—"You missed it before—that's why it's gone."

COULDN'T SLEEP AT NIGHT

"I have used Dodd's Kidney Pills with wonderful results. Each winter for years I suffered with backache. My back always gave me a lot of trouble. I could get no sleep at nights. I have not had backache since using Dodd's Kidney Pills."

MRS. FRANCIS T. JUZI,
Dodsland, Sask.



Mrs. F. T. Juzi

MARY GETS A NEW LEASE ON LIFE



Get Relief From **CONSTIPATION** **SICK HEADACHE, BILIOUSNESS**

By Taking **DIAMOND DINNER PILLS**

CONSTIPATION CAUSED BY LACK OF BILE

Constipation often results when a tired, sluggish liver fails to supply your bowels with a sufficient amount of bile—Nature's own laxative. You feel dull, listless, have no pep or energy. To restore the liver to a healthy, normal, active condition calls for careful, gentle treatment. You should never try force. Diamond Dinner Pills act safely, gently,—yet surely; and help tone up the liver until it gets the necessary amount of bile flowing, and the bowels then move themselves.

BILIOUSNESS, SICK HEADACHES DUE TO LAZY LIVER ACTION

If the torpid liver allows the bile to escape through the system, instead of into the bowels as Nature intended, nausea, sick headaches, frequently follow. Because Diamond Dinner Pills are essentially a liver medicine, they act promptly on the sluggish liver, gently coaxing and encouraging and helping it to do its normal duty.

DIAMOND DINNER PILLS FOLLOW NATURE'S METHOD

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 until it supplies the necessary amount of bile (Nature's own laxative), and thus assist the bowels to move themselves. After patient treatment the liver should improve until it may finally be trusted to perform its function independently.

Diamond Dinner Pills are 25 cents a box at all dealers, or by mail on receipt of price by The Dodds Medicine Co., Limited, Toronto 2, Canada.



TESTING FABRICS

Formerly through "feel" and "look" many could tell what fibre was used in a fabric. Experts claim this is not possible today. The burning test is often used, and is said to be accurate except where rayon and wool are spun together and then woven.

Do not burn a piece of fabric. Draw a thread from both the warp and the filling and burn them against a white background, noting the odour.

WOOL burns slowly with a strong animal smell, and leaves a cinder-like ash.

SILK burns slowly with the smell of hair and leaves a single bead that can be crushed softly between the fingers. **WEIGHTED SILK** leaves an ash in the shape of the original thread.

RAYON burns quickly. The viscose and Cupra processes leave no ash. Acetate burns with the odour of wood and leaves a shiny bead (like silk) but the bead is harder and does not crush easily between the fingers.

COTTON burns freely and leaves a slight, feathery ash.

LINEN is best tested by pressing a wet finger under the fabric. Linen absorbs the moisture quickly and a light spot appears, contrasted to the dark spot left by this same test on cotton which absorbs more slowly than linen.

FEET THAT BURN and ITCH

— are usually a sign of Athlete's Foot—an ingrowing fungus that digs deep into the skin—then thrives and spreads rapidly. Scoot—the new scientific treatment—penetrates and kills the Athlete's Foot fungus at its source—quickly, safely, surely. Scoot is a cooling, snow-like cream. Does not stain. Handy tube only 50c.



Scoot
for ATHLETE'S FOOT

After peeling onions or garlic, run the knife through a raw potato. This will eliminate the odor from the knife.

Sinks and drains can be kept free from grease and disagreeable odors by pouring a strong solution of hot water and salt through them once a week.

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.



N. Hordelski

Kept Awake by Pains in Arms

"I am a farmer, 26 years of age. I was troubled with rheumatic pains. When sleeping I could not lie on either of my arms there was so much pain from shoulders to elbows. Many nights I had to get up and try to exercise to stop the pain. After taking one box of Dodd's Kidney Pills I could sleep without pain. After using three boxes I felt I had complete relief."

Nick Hordelski,
Venlaw, Man.

THE IMPORTANCE OF 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 trouble should not take. These are: Alcohol, hot spicy foods, tough indigestible foods such as fried steak, etc., tinned lobster, etc.

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

You MAY Take	You Must NOT Take
Fish. All kinds of fresh fish <i>boiled</i> only, <i>not</i> fried.	Fish. Salt fish, salmon, eels, mackerel, or any kind of fish <i>fried</i> .
Meats. Lean beef, mutton, lamb, chicken, fowls—all fresh cooked, not stewed.	Meats. Fried chops and steaks, stewed meat, hash, pork, veal, sausages, fat meat.
Eggs. Boiled or poached on toast.	Eggs. Fried or hard boiled.
Bread. Stale bread, dry toast, rusks, or crusts.	Bread. New hot bread, rolls, buns, etc.
Pastry. Most kinds of biscuits, oat cakes, etc.	Pastry. Pies, puddings, tarts, dumplings, etc.; sweets.
Fruit. Nearly all kinds of fresh ripe fruit.	Fruit. Unsound or over-ripe fruit.
Drinks. One cup of tea or coffee with a little cream or new cow's milk; mineral waters, lime juice, or lemonade.	Drinks. Malt liquors, beer, stout, sweet wines, whisky, brandy, gin, rum, etc.
Vegetables. Spinach, lettuce, celery (cooked), watercress, asparagus, cauliflower, onions, white cabbages, tomatoes, turnips.	Vegetables. Potatoes, horse-radish, cucumber, radishes, carrots, beet-root, <i>green</i> cabbage, celery, (raw), parsnips, artichokes.

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

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

THIS ONE WORD IS YOUR SAFEGUARD

Dodd's

UNLESS the name Dodd's is printed on the box, as you see it on the back of this book, you are being offered a substitute, instead of the genuine Dodd's Kidney Pills.

Remember it is of the greatest importance that you should have the *Genuine Dodd's Kidney Pills*, and not the substitute.

When you go into a drug store, do not ask for a box of "Kidney Pills," say: "Give me a box of '**Dodd's Kidney Pills**'" and emphasize the word "**Dodd's**". If anything else is offered to you, refuse it at once. Bear in mind that **you do not know anything about what these substitutes will do for you**. They *may* benefit you, or they *may* not. But you **DO KNOW** what Dodd's Kidney Pills will do, because you have before you in this book, the evidence of people who have taken Dodd's Kidney Pills and have been helped. For your own sake, therefore, you must insist on having only the genuine.

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 in Proprietary Medicines sells them, your local dealer 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 2, Canada. Be careful to print your name and address plainly, giving Post Office, County and Province. They will be sent to you, postage paid, the day your letter and remittance reach us. But buy them from your local dealer if you can. The prices are:

Dodd's Kidney Pills—50 cents per box.

Dodd's Dyspepsia Tablets—50 cents per box.

Dodd's Antiseptic Healing Ointment—50 cents per jar.

Diamond Dinner Pills—25 cents per box.

Scout—for Athlete's Foot—50 cents a tube.

WE EMPLOY NO AGENTS. Our goods are sold by regular dealers only, or, when this is impossible, by mail. The Dodds Medicine Company, Limited, Toronto 2, Canada.

UNCAT
Almanacs...

"I'M TOO TIRED"



SHE ALWAYS SAID

I'D LOVE TO GO RUTH, BUT I'M REALLY TOO TIRED - AND ALL THIS WORK TO DO



WHAT IS WRONG LATELY, MARY - YOU NEVER USED TO MISS A PARTY



I WISH I KNEW WHAT MAKES MY BACK ACHE SO - I CAN'T SEEM TO SLEEP OR WORK



IT MAY BE YOUR KIDNEYS - GET SOME DODD'S KIDNEY PILLS - THEY'RE MOTHER'S FAVOURITE REMEDY



THEN SHE TOOK DODD'S KIDNEY PILLS

I'LL BE THERE ALL RIGHT - THANKS TO YOUR ADVICE I FEEL SO MUCH BETTER



THANK DODD'S KIDNEY PILLS TOO, MARY - WE'LL BE LOOKING FOR YOU AND BOB

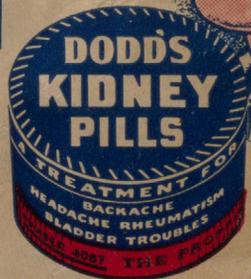


NO MORE BACKACHE OR RESTLESS NIGHTS NOW



MARY, YOU LOOK SIMPLY WONDERFUL TO-NIGHT

THANKS, BOB, AND I FEEL WONDERFUL TOO



LOOK FOR THE NAME DODD'S ON THE BLUE BOX WITH THE RED BAND