

HOW WOULD YOU LIKE TO

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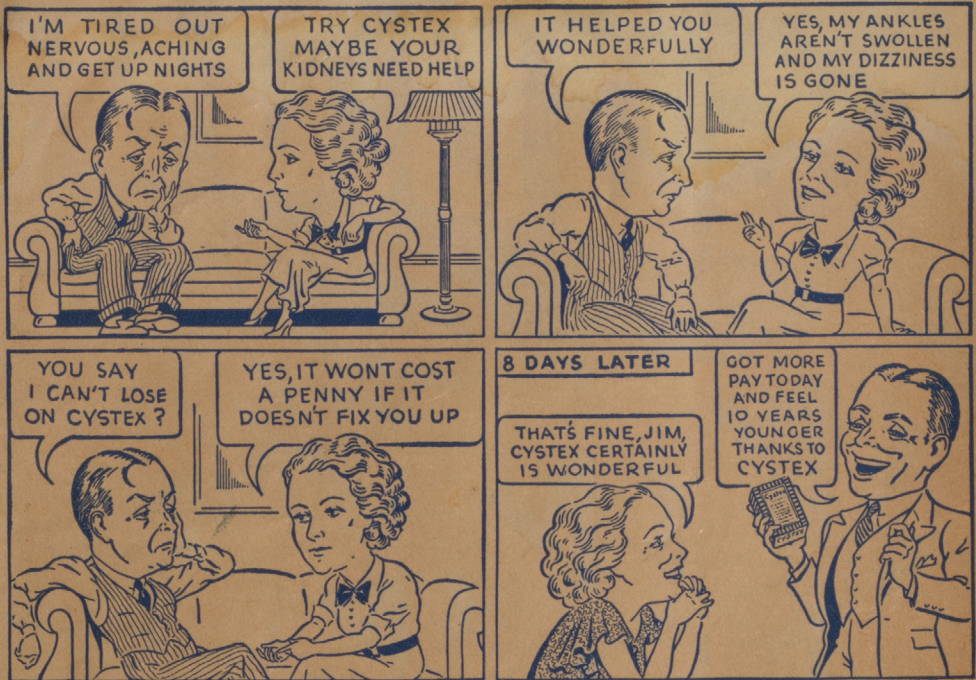
Free



SAVE THIS BOOK

DREAMS, FIRST AID,
HOROSCOPES, TEA LEAF
READING, FREE PRIZES

Poisons in Your Kidneys Ruin Health and Pep



There is nothing that can make you feel older and more rundown than Kidney and Bladder disorders caused by Poisons developed in your body during Colds or from Bad Teeth or Tonsils or during other infectious or bacterial disease.

Poisons in your Kidneys and Urinary System may cause you to suffer from one or more of the following dangerous and energy destroying symptoms: Getting up Nights, Excess Acidity, Nervousness, Leg Pains, frequent Headaches, Lumbago, Rheumatism, Aching Joints, Dark Circles under the Eyes, Dry, Muddy Skin, Loss of Energy, and Burning, Itching Passages.

Help Nature 3 Ways

Fortunately for sufferers from troubles due to Poisons in the Urinary System all druggists now have a twin-tablet treatment called **Cystex**, which is a doctor's prescription. **Cystex** fights the Poisons which may be the underlying cause of your trouble in 3 ways: 1. It fights and inhibits the development of Poisons in the Kidneys and Urinary System. 2. It soothes and tones irritated membranes and combats pain. 3. It acts as a mild, gentle diuretic tonic to the Kidneys and helps them remove excess Uric Acid and other poisonous wastes from the blood.

Feels 10 Years Younger

More than 5 million men and women in all parts of the world have used **Cystex**. Letters

in praise of it are written every day. For instance, Mr. B. Mann recently wrote: "For six years kidney trouble and bladder weakness caused me to suffer from headaches, nervousness, stiffness, aching joints, and a run-down condition. My appetite was gone. I couldn't sleep well and felt only half a man. I learned of **Cystex** and although skeptical decided to try it. Within 24 hours I noticed a marked improvement. I felt new energy returning. Within three days the improvement was so decided that I knew I had found a remedy to stimulate improved health. After a short time my health and vigor were completely normal. I can eat anything, sleep soundly, my nerves are steady as a rock, and I feel ten years younger."

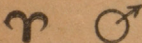
No Benefit—No Pay

Get **Cystex** from your druggist today. Put it to the test. See what it can do for you. **Cystex** will not cost you a single penny unless it satisfies you completely and you agree that it is easily worth ten times the small cost. **Cystex** starts working in 3 hours, must alleviate your pain, make you feel younger, stronger and full of life and energy, or you simply return the empty package and your money is refunded in full. You are the sole judge as to your satisfaction. During the first two or three days you probably will notice a marked improvement but we want you to take the full 8-day supply and see for yourself the tremendous good that this complete twin-tablet treatment can do for you. Ask your druggist for **Cystex** today. The money-back agreement protects you.



Read Your Solar Horoscope

THE following interpretations of the Twelve Signs of the Zodiac are made according to the Laws of Astrology, and are therefore offered to you as such. These general characteristics of each Sign may, or may not be personally applicable in every case, due to the fact that the actual position of the Planets at the time of birth varies with each birth-year.



ARIES: You who were born between March 22nd and April 20th are born in the sign of ARIES, the First Sign of the Zodiac. The astrological symbol of Aries is that of a Ram—symbolizing that the Arian nature is the aggressive, combative type which has the reaction in the form of lamb-like

innocence and passive non-resistance when it finds aggressive tactics cannot win others over to its way of thinking. **THE HEALTH** of those born under this sign is generally good—and you have a great abundance of vitality that stands you in good stead when fighting the battles of life. The Stomach and Kidneys are the weak spots that will bear watching, and by use of a careful diet favoring these organs, most physical ailments can be avoided. **VOCATIONALLY**, Arians are able to succeed in any commercial line that requires persistent, ambitious effort, such as Salesmanship, Government employment and Merchandising, and especially in an executive capacity. The men of Aries are also quite mechanically inclined, and would do well in any position dealing with railroads, mechanical engineering, or iron and steel

working. You must learn to curb your impulsiveness and practice tactfulness when contacting others, socially and commercially, for best all-around results. Because of your natural executive ability, this will be rather difficult since you find it rather hard to take orders from others. Nevertheless, you must learn the art of unselfish co-operation, for you will also find it very applicable to your married life in order to experience proper domestic harmony. Many foremost leaders of thought, as well as those exploring new geographical fields have been born in the sign of Aries, the most pioneering sign of the Zodiac. The very foundation of Aries character being courage and fearlessness, it is only natural that many outstanding people born under this sign can achieve marked distinction along these lines stated. **ROMANTICALLY**, you are exceptionally ardent, persistent and sincere, and are usually popular with those of the opposite sex because of an attractive possessive type of individuality that is consistently protective. **THE MOST HARMONIOUS SIGNS OF THE ZODIAC** for you as concerns friendship, commercial and matrimonial partnerships are Gemini (May 22nd-June 21st), Leo (July 24th-August 23rd), Sagittarius (November 23rd-December 22nd) and Aquarius (January 21st-February 19th).



TAURUS: You who were born between April 21st and May 21st are born in the sign of TAURUS, the Second Sign of the Zodiac. The astrological symbol of Taurus is that of a Bull—symbolizing that Taurians are rather intellectually, and also physically, very forceful. The planet Venus,

representing the inner psychological principle of all that is expressively tender and beautiful, is given rulership over the sign of Taurus. Consequently, underneath your forceful personality you have a deep and considerate compassion for the welfare of other people. VOCATIONALLY, Taurians usually become outstanding leaders in commercial and professional fields. In the latter case, especially along legal and political lines since they have a distinctly legal type of mind, and one that is very analytically logical. You are born under what is considered to be the "financial" sign of the Zodiac, astrologically speaking, and are therefore usually natural money-makers, deeply interested in the material affairs of the world. Because of the fact that the revolutionizing and erratically eccentric planet Uranus has been moving through your sign of Taurus for the past two years, and will continue to remain for the next five, you should be very careful not to suddenly or impulsively start any new venture or attempt to expand your personal business or profession, or take any undue personal risk of any kind during that time. ROMANTICALLY, you should be very popular and easily win the respect and appreciation of anyone of the opposite sex in whom you are seriously and matrimonially interested. Moreover, you should be able to always hold these principles vitally always expressive in the one on whom you bestow your affections. As to HEALTH, Taurians have little to worry about excepting ailments concerning the throat, such as tonsillitis, laryngitis, diphtheria, etc. You are by nature well-equipped to make an outstanding material success, which is likewise true because your naturally robust, healthy nature can stand the tasks and problems which daily confront you, the solving of which is so essential in order to be successful. THE MOST HARMONIOUS SIGNS OF THE ZODIAC for you as concerns friendship, commercial and matrimonial partnerships are Cancer (June 22nd-July 23rd), Scorpio (October 24th-November 22nd), Capricorn (December 23rd-January 20th) and Pisces (February 20th-March 21st).

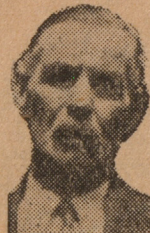
Sore Back, Getting Up Nights Gone Now



Wm. Rollo

"I decided to get a box of Cystex as I was troubled with a sore back, pains in my shoulders and legs and rising at nights due to poisons in the Urinary System. After 6 doses of tablets I felt a change and since I used them all up I feel like a new man. Don't get up nights and regular to the toilet. I can safely say that I feel in the best of health through taking that wonderful Cystex." (Signed) William Rollo, 38 Rose Ave., Brantford, Ont.

PILES Pain and Itching Ended



W. J. Belson

"Having been troubled with blind and itching piles for 20 years or more I thought I would try Chinaroid, your wonderful pile remedy. I have found it stops the pain and itching almost instantly and is soothing and healing. I persuaded an old man who has been troubled with piles for over 30 years to try Chinaroid, he did so and he says one 15 day treatment gave him more relief than any other remedy he has ever tried. He was troubled with the large protruding piles and at times could not sit down." (Signed) Walter J. Belson, Hope Bay P.O., Ont.




GEMINI: You who were born between May 22nd and

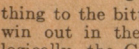
June 22nd are born in the sign of GEMINI, the Third Sign of the Zodiac. The astrological symbol of Gemini is in the form of Twins—signifying that the Gemini-born are possessed of two distinctly different natures. The first is a very quiet, studious type, while the second is very active and talkative. Thus, your nature first loves to gather in facts embracing an extensive knowledge of various subjects and then, intelligently and likewise attractively, you explain them to others. Astrologically, you might be called a veritable "walking encyclopedia of information", and, moreover, you always show an eager restlessness to explain what you have learned to others. Since this is your nature, you are VOCATIONALLY fitted for literary, newspaper, teaching, advertising, law, promotional and research work that requires facts instead of theories. You would also do well in detail work, such as accounting, banking, or positions that involve mathematical precision. Your HEALTH is more or less dependent upon the condition of your nerves. Keep them normally active by not overworking or indulging in excessive worry that can be mainly brought about by impatience to successfully materialize whatever goal in life you have determined to achieve. Plan your living so as to avoid rheumatic troubles affecting the nerve centres. For the next five years, you may find at intervals (as you have in the past two years) many matters that have tended to annoy you from out of your past life, and you should not brood nor worry unnecessarily over such experiences. Find as much relaxation as possible during the time mentioned, taking plenty of good, healthy exercise in order to wear off any excess nervous energy. ROMANTICALLY, your engaging cordial charm of manner, both physically and intellectually, reacts in your being able to magnetically succeed in securing the esteem and love of any of the opposite sex in whom you become vitally interested. THE MOST HARMONIOUS SIGNS OF THE ZODIAC for you as concerns friendship, commercial and matrimonial partnerships are Leo (July 24th-August 23rd), Libra (September 24th-October 23rd), Sagittarius (November 23rd-December 22nd) and Aries (March 22nd-April 20th).



CANCER: You who were born between June 22nd and

July 23rd are born in the sign of **CANCER**, the Fourth Sign of the Zodiac. The astrological symbol of Cancer is that of a Crab—symbolizing that the Cancer-born have a very tenacious nature, and are thus able to stick with anything to the bitter end, if necessary, and they usually win out in their determination to succeed. Astrologically, the Cancer sign is called the "home" sign, for you who were born under it love your home intensely and make excellent parents. The sign of Cancer is ruled by the Moon and, similar to the Moon, you are likewise changeable, both mentally and physically. This explains why you like to travel extensively, but you might as well "buy a round-trip ticket" for your home is your pride, and it is there that you will return eventually. For the next two years you should be very careful of your credit-standing, your public contacts, and your personal deportment because of the fact that the trouble-making planet Saturn will move through your solar tenth house, or that part of your life-chart which pertains to business and honor, during the period mentioned. **ROMANTICALLY**, you are very emotional, very fond of romantic situations and usually place the one in whom you are interested on the proverbial "pedestal". However, if he or she fails to live up to your ideal expectations, you become very disinterested in him or her. It is an excellent plan to learn not to be so idealistic in order to avoid disappointments that could otherwise be eliminated through a more practical understanding of romance and idealism, for to be so idealistically sensitive and also naturally inclined to be moody and sad, could result in ill-health if not controlled along practical lines. Your **HEALTH** is ordinarily good, and most ailments to those born under the sign of Cancer originate from mental causes or worries. If you can control your mind, your general health will be good. **VOCATIONALLY**, you are fitted for religious and social work, such as ministers, missionaries, orators, teachers and nurses. **THE MOST HARMONIOUS SIGNS OF THE ZODIAC** for you as concerns friendship, commercial and matrimonial partnership are Virgo (August 24th-September 23rd), Scorpio (October 24th-November 22nd), Capricorn (December 23rd-January 20th), Pisces (February 20th-March 21st) and Taurus (April 21st-May 21st).





nature (which is highly emotional) by controlling your many desires with your excellent mentality. Until 1943 you should be very careful of your credit-standing, public contacts and personal deportment because of the fact that Uranus, the trouble-making planet, will occupy your solar tenth house, or that part of your life-chart which pertains to business and honor, until that time. Your **HEALTH**, as a rule, is fundamentally good, for you have a powerful vitality and resistance to illness. However, since the Sun is the planet which rules Leo, its children should watch out for troubles of the heart, back and blood stream. These ailments are mostly organic and consequently issue warnings in the form of trouble with the eyes, fainting spells, and excess palpitations of the heart. **VOCATIONALLY**, you are fitted to be executives, sales-managers, superintendents, government officials, lawyers, brokers and actors. **THE MOST HARMONIOUS SIGNS OF THE ZODIAC** for you as concerns friendship, commercial and matrimonial partnerships are Libra (September 24th-October 23rd), Sagittarius (November 23rd-December 22nd), Aries (March 22nd-April 20th), Aquarius (January 21st-February 19th) and Gemini (May 22nd-June 21st).

STOMACH ULCERS

Does your stomach burn and pain especially between meals? Are you sick at your stomach in the morning? Do you have dizzy spells and see spots before your eyes? These are some of the symptoms of stomach ulcers and which can't be remedied by ordinary stomach medicines. When these ulcers are caused by excess acid, the acid keeps on irritating the sore and making it worse. To give nature a chance to heal the ulcer, you must do two things: (1) Neutralize the acid so it won't burn the sore, and (2) cover the sore with a healing powder so that nature can have a chance. Ordinary stomach powders are not fine enough and go right on through the stomach. But the doctor's prescription called Kolade Powders is made fine and fluffy by sifting through silk making it so fine it will float on water. Just try Kolade Powders and see how it brings relief in 15 minutes for stomach pain, heartburn, and stomach ulcers caused by acid excess. Then watch the steady improvement day after day as Kolade Powders help nature put you back on your feet. All druggists have Kolade Powders and you must be entirely satisfied or you merely return the empty package and get your money back.

LEO: You who were born between July 24th and August 23rd are born

in the sign of **LEO**, the Fifth Sign of the Zodiac. The astrological symbol of Leo is that of a Lion—symbolizing your natural desire to be the leader in all situations, and also of the people you contact. Leo is the sign of Power. Napoleon, George Bernard Shaw, Mussolini—

all are children of Leo. Those born under this sign are natural-born executives; born to rule and they see to it that they do so. Astrologically, it is also the sign of true love, and **ROMANTICALLY**, you have a very fine love nature of the kind that expresses faithfulness and sincerity to others in your friendships. You dislike all forms of show and hypocrisy, and are very frank and outspoken concerning just what you think regarding same, as well as when discussing other subjects. You not only expect truth from others, but virtually demand it, for you yourself are truthful. You should, however, avoid being too domineering and too critical minded by learning to harmonically co-operate with others, especially in love, marriage and commercial matters. Your tastes and desires are for the luxuries of life, and you can be, indeed miserable if placed in unpretentious environments. You should learn to curb your impulsive

Nerves Ruin Sleep and Pep

The speed of modern life, worry and overwork upset the nerves and ruin sleep. No one knows this better than the Movie Stars of Hollywood, who are under a constant strain day and night. In treating famous Stars of Hollywood a California physician succeeded in combining highly concentrated extracts providing nature with blood-enriching materials and thus strengthening the nerves without dopes or sedatives and promoting restful invigorating sleep in a natural way. This combination of extracts, now known as Buroids, is so successful it must satisfy in every way or money back. Ask your druggist for Buroids today. The money-back agreement protects you.





VIRGO: You who were born between August 24th and

September 23rd are born in the sign of VIRGO, the Sixth Sign of the Zodiac. The astrological symbol of Virgo is, as its Latin name signifies, that of a Virgin. Thus, you are essentially reserved, rather shy and modest, and very analytically conversant with the fundamental moral issues of life.

You are likewise very careful about your personal deportment, of what other people may say about you, and your likes and dislikes are very pronounced. You should overcome your tendency to figure on nebulous schemes and ventures since the position of the planets for the coming year in relation to your sign of Virgo do not promise any great degree of success, if any at all, in such matters. Your best plan of procedure would be to stick closely to the practical angles of life during that period of time. Virgo's daughters are chaste and devoted, but likewise very undemonstrative and cold, more intellectual than emotional—while the son's of Virgo are generally mechanically inclined, and are natural builders, manufacturers, farmers and

miners. VOCATIONALLY you are fitted for library, statistic, inventive, banking, literary and publishing work, or in any line where your keen, analytical mind can be at its best. You would also do well in scientific study, such as medicine and mechanical engineering, secretarial work, teaching, or occupations dealing with building and real estate. ROMANTICALLY, you are hard to please. This is no doubt due to your keen powers of analysis, by means of which you can figure out any one of the opposite sex so perfectly that it makes it rather difficult for you to enter romantic and marriage relations unless you can avoid being what may be termed hypercritical in these matters. However, once you are married you settle down to a prosaic domestic routine naturally, determined to make the best of the bargain for better or for worse. The HEALTH of you who are born under the sign of Virgo is essentially good. Your troubles, if any, will be due to over-work, high living and deep drinking. Watching your diet will avoid trouble with the liver and gall. THE MOST HARMONIOUS SIGNS OF THE ZODIAC for you as concerns friendship, commercial and matrimonial partnerships are Scorpio (October 24th-November 22nd), Capricorn (December 23rd-January 20th), Pisces (February 20th-March 21st), Taurus (April 21st-May 21st) and Cancer (June 22nd-July 23rd).

PILES So Bad Could Not Work



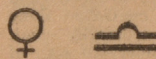
C. E. Radaw

Mr. C. E. Radaw, Dovercourt, Alberta, Can., recently wrote: "I have been a sufferer with piles for the last ten years. I was so bad I had to give up my work. The pain and burning was unbearable. I couldn't be on my feet and it was so painful to sit. My nerves were in a terrible condition. I didn't seem to have any patience with anybody or anything. One evening I happened to be reading in a paper and saw this advertisement of where a woman used Chinarcoid for piles. Soon after I saw this advertisement I sent to the nearest

druggist for a box of this. After two treatments my body seemed to relax. I felt such relief and my nerves gradually taming down until life around the house with the children became so much pleasanter and I feel like working now."

Had Asthma Attacks for 10 Years Mendaco Fixed Him Up

Mr. F. H. MacArthur, Lorne Valley, Prince Edward Island, Canada, recently wrote: "When I first heard about MENDACO I was doubtful about its merits, for during these ten years I had suffered from Asthma, I tried all kinds of treatments with but little success. In despair I finally turned to MENDACO with that feeble ray of hope which, I suppose, every asthmatic feels when a new remedy comes to hand. I purchased an eight-day supply and followed directions. The third day brought relief, and the seventh day I was able to leave my bed for the first time in three months. Oh, what a thrill that was. Four months have rolled by since that eventful day, and although I still take an occasional dose, I have not had another attack."



LIBRA: You who are born between September 24th and October

23rd are born in the sign of LIBRA, the Seventh Sign of the Zodiac. The astrological symbol of Libra is that of a pair of Scales—symbolizing that you are fundamentally just and humane, and necessarily of a compassionate nature. You are so finely balanced and fair about everything that discord of any type

can disturb your natural harmonious equilibrium and consequently, you usually accede or give in to oppositions of any type, or to the wishes of others, in order to maintain your peace of mind or surroundings. During the coming year, your need for a congenial social life and also for partnership, either commercial or marriage, will be very much emphasized. This is due to the fact that the planet Saturn will be moving through that section of your life-chart which pertains to these partnerships during that time. VOCATIONALLY, you are fitted for banking and financial work, diplomatic positions and promotional activities. You would also do well as an actor, poet, artist, musician, or public speaking if you have very marked talents along such lines. Engineering, law and architecture are likewise suited to the Libran nature. ROMANTICALLY, to all outward appearances you display an ardent, romantic nature. Actually, however, this is not the case for your emotional nature is much inclined to the practical basis rather than to ardent romantic expression. Librans make good marital partners and are usually satisfied with the marriage ties and obligations that accompany it. Since Libra is the natural sign of partnerships of the Zodiac, you would, therefore, fare much better married than single. In other words, your natural need is for a partner to aid you in commercial ventures as well as marriage. In matters of HEALTH, Librans are not usually robust in appearance, but they generally possess very strong constitutions. Since they are inclined to be moody, they very often worry about their health when there is little need to do so. The weak parts of the Libra-born anatomy are the kidneys and other organs of the back, and they should consequently avoid too strenuous exercise or tasks which will necessarily put a heavy strain on the back. THE MOST HARMONIOUS SIGNS OF THE ZODIAC for you as concerns friendship, commercial and matrimonial partnerships are Sagittarius (November 23rd-December 22nd), Aquarius (January 21st-February 19th), Aries (March 22nd-April 20th), Gemini (May 22nd-June 21st) and Leo (July 24th-August 23rd).

Kidney Activity Retains Youth

Don't Grow Old
Before Your Time



Women and Men Should Heed this Warning — Poisons in the Kidneys May Be the Real Cause of Premature Age, Nervousness, Circles Under Eyes, Dizziness, Leg Pains, Etc.

From the day you are born, the cells in your body start getting older. As time goes on, certain cells die and are replaced by new cells, but the constant tendency is for the body to grow older.

Beware of These Symptoms

In the process of living your body manufactures certain Acids, Wastes, and Poisons, and these must be promptly eliminated by the Kidneys and Urinary System. Otherwise these Excess Acids may cause you to feel and look prematurely old.

The chief way provided by Nature to eliminate Excess Acids and Wastes is through the Kidneys and Urinary System. In the delicate Kidneys there are 9 million tiny tubes or filters through which the blood circulates 200 times an hour. When the Kidneys slow down or get tired, they do not function properly. One of the chief causes of the Kidneys slowing down is Poisons developed in the body during colds or because of Bad Teeth or Tonsils or during infectious or bacterial diseases.

Among the distressing and dangerous symptoms which may be due to Poisons in the Urinary System and Excess Acids are: Getting up Nights, Leg Pains, frequent Headaches and Colds, Backaches, Rheumatism, Aching Joints, Dark Circles under the Eyes, Dry, Muddy Skin, Loss of Energy, and Burning, Itching Passages.

Help Nature 3 Ways

Fortunately for sufferers from Poisons in the Urinary System, all druggists now have a twin-tablet treatment called Cystex, which is a doctor's prescription. Cystex acts in 3 ways to overcome and combat the cause of such troubles: 1. It fights the Poisons

responsible for many Kidney and Bladder disorders. 2. It soothes and tones irritated membranes and alleviates pain. 3. It gently stimulates the Kidneys and helps them in their function of removing Excess Acids and other wastes from the blood, which become poisonous if allowed to accumulate in the system.

Swift Results

Because Cystex is scientifically prepared to act in the Kidneys, Bladder, and Urinary System, it is swift in action, and because of its success, Cystex has attained world-wide popularity and is a favorite medicine in 73 different countries throughout the world. Thousands of doctors have used Cystex and praise it highly. For instance, Dr. T. J. Rastelli, surgeon and scientist of London, says: "Cystex is one of the finest remedies I have ever known in my medical practice." And Dr. N. G. Giannini, widely known European physician, says: "The feeling of many years lifted off one's age often follows the fine effects of Cystex."

Must Benefit You or Money Back

Get Cystex from your druggist today. Put it to the test. See exactly what it can do for you. Cystex must curb your pain, make you feel younger and stronger and full of life and pep and satisfy in every way, or simply return the empty package and your money is refunded in full. During the first day or so you probably will notice a marked improvement in your condition, but it is requested that you take the full 8-day supply and see for yourself the tremendous good that the complete twin-tablet treatment can do. Ask your druggist for Cystex today. The money-back agreement protects you.



SCORPIO: You who were born between Oc-

tober 24th and November 22nd are born in the sign of SCORPIO, the Eighth Sign of the Zodiac. The astrological symbol of Scorpio is a scorpion—symbolizing that you can never forget an injury and can patiently wait for many years before, like the scorpion, you suddenly strike back and without warning at the one who has injured you. Since your characteristic nature is more or less an unforgiving one, you should learn to forgive and forget, for to harbor revenge keeps you from expressing the finest qualities in your character. Matters respecting life and death can be studied by you in a very understanding way as the sign of Scorpio is also the sign of the occult or mysticism of the Zodiac. During the coming year you should make no extensive plans in matters that pertain to your home. No doubt, you have quite expansive ideas in this connection, such as moving into more pretentious surroundings, or making luxurious additions to your present home. Extravagance of this type should be carefully avoided because, later on, the money thus spent may be needed for the more important things and necessities of life. **VOCATIONALLY**, you are naturally fitted to be an altruistic investigator or detective, dentist, undertaker, chemist, surgeon or architect. Because of their strong will and determination, the Scorpio-born make natural executives, heads of industries, sales-managers, military and naval officers, machinists and journalists. **ROMANTICALLY** you are very ardent and jealous of the one you become vitally interested in, especially in matrimonial matters. You are very secretive by nature and can therefore be trusted with secrets. Conversely, you have the natural ability to find out the secrets of others, as well as the occult or hidden things of nature. **THE HEALTH** of you who were born under this sign is generally good. You have very strong constitutions which will not only help to ward off many ailments, but if not successful in that, will help to regain your health much quicker than ordinarily. **THE MOST HARMONIOUS SIGNS OF THE ZODIAC** for you as concerns friendship, commercial and matrimonial partnerships are Capricorn (December 23rd-January 20th), Pisces (February 20th-March 21st), Taurus (April 21st-May 21st), Cancer (June 22nd-July 23rd) and Virgo (August 24th-September 23rd).

Eczema Rash For Two Years First Application of Nixoderm Brought Relief

Mrs. B. Loucks, Two Rivers, B.C., Can., recently wrote: "My husband suffered for years with an eczema-like condition which nothing would heal. He tried many salves as well as a doctor's prescription. But none gave any but temporary relief. Many after two or three applications seemed to aggravate rather than help matters. Then he chanced to see the ad for Nixoderm. He purchased one package. The first application brought relief in a few minutes and the one package fixed up the condition completely. I certainly recommend Nixoderm to anyone suffering from a skin trouble."



SAGITTARIUS:

You who were born between November 23rd and December 22nd are born in the sign of SAGITTARIUS, the Ninth Sign of the Zodiac. The astrological symbol of Sagittarius is a figure of a half-man and half-horse, with the man holding a bow and arrow, and aiming at some object. This symbolizes that you are what is commonly called a straight shooter, who honestly and fearlessly aims at some definite and outstanding goal in life and keeps on working toward it until you eventually succeed. Thus you are fundamentally very ambitious, religious and philosophical, as well. You have a great love for travel and adventure, and personally are a competent and tireless worker, no matter what the task. During the coming year, with the exception of Neptune all of the major planets greatly favor you in all departments of your life. However, because Neptune during this time is squaring your sun at birth, you should avoid any schemes that are visionary or ventures of the same type, since Neptune's position, astrologically, is a symbol of misfortune. The Sagittarius-born are generally very fortunate because the sign is ruled by the beneficent planet, Jupiter, which stands for success, position, wealth and glory. **VOCATIONALLY**, you are fitted to be a sportsman, for you love horses and dogs. You are also naturally equipped to be a lawyer, teacher, banker, minister or promotional work. Sagittarius also favors merchants of all kinds. Few signs offer the variety of vocations that Sagittarius does to its children, and the job of each of you is to select the one you like best. **THE HEALTH** of those who were born under this sign is generally good, but you should watch out for ailments of the hips and thighs by getting plenty of exercise and avoiding rich or fried foods. **ROMANTICALLY**, you are very dependable for trustworthiness and sincerity of purpose, but you should avoid being too idealistic and critical of the one in whom you are vitally interested. You are inclined to be somewhat aloof at intervals, making you appear as though you had lost interest in a romantic or domestic situation. Consequently, you should let your natural, frank and congenial nature express itself as constantly as possible so as not to convey this impression. **THE MOST HARMONIOUS SIGNS OF THE ZODIAC** for you as concerns friendship, commercial and matrimonial partnerships are Aquarius (January 21st-February 19th), Aries (March 22nd-April 20th), Gemini (May 22nd-June 21st), Leo (July 24th-August 23rd) and Libra (September 24th-October 23rd).

Three Doses of Kolade Stopped Stomach Pain



Mrs. P. Foster

Mrs. P. Foster, Medford, Ont., recently wrote: "I have had a lot of trouble with pains in my left side and constipation due to functional irritation caused by gastric hyperacidity, I finally tried Kolade and after I had taken only three doses, the pain and soreness were all gone and I have not had any pain since."

CAPRICORN:



VS
S

You who were born between December 23rd and January 20th are born in the sign of CAPRICORN, the Tenth Sign of the Zodiac. The astrological symbol of Capricorn is that of a Goat—symbolizing that you are seeking the higher places of life as did the goats of ancient times when the symbol was originated.

In seeking the forage of the higher plateaux of the mountains they inhabited, the higher they ascended each time usually involved taking perilous risks along the narrow mountain ledges to greener pastures. Thus, symbolically, the paths of the Capricorn-born in life, fighting for the higher material and spiritual levels, often involve dangerous risks and much laborious work. You who are born under this sign have the virtue of patience fundamentally active in your nature, and while you might be slow and time-taking in your work, never-the-less you are sure that it will be done right when it is completed, and are to be depended upon not to omit any important details. VOCATIONALLY you are fitted to be a routine worker, builder, contractor, farmer, manufacturer, merchant, realtor, miner or lumberman. You would also do well as an educator, politician, biologist, historian or public speaker. THE HEALTH of the Capricorn-born is unusually good. They have great physical powers and strong constitutions. The ailments which possibly might threaten are those originating in the digestive regions, but by avoiding rich foods and drinking lots of water you will be able to ward off rheumatic inflammations and other ailments of a similar nature. ROMANTICALLY you are safe and trustworthy in love as well as matrimony. During the coming year, Saturn, the planet which rules your sign of Capricorn, is moving through that section of your life-chart which pertains to home and domestic interests, and since Saturn's transit through Aries forms a square to your sun at birth, you should be cautious in all matters that pertain to your home life and domestic circle during this time. THE MOST HARMONIOUS SIGNS OF THE ZODIAC for you as concerns friendship, commercial and matrimonial partnerships are Pisces (February 20th-March 21st), Taurus (April 21st-May 21st), Cancer (June 22nd-July 23rd), Virgo (August 24th-September 23rd) and Scorpio (October 24th-November 22nd).

AQUARIUS:



W W W H

You who were born between January 21st and February 19th are born in the sign of AQUARIUS, the Eleventh Sign of the Zodiac. The astrological symbol of Aquarius is that of a man pouring water from a large pitcher—symbolizing that Aquarians, more than any others, freely and generously pour out, or express, universal good will, brotherly love and unselfish humanitarianism. VOCATIONALLY, you are thus equipped by nature to succeed as a salesman, executive or manager in either your own or another's business. You should always capitalize your personality, but should avoid being too sensitive in order to make a quick, personal and vocational rise in life, using your excellent diplomatic powers and tactfulness to win over others opposing your ideas. In this, your judgment is usually correct because you are far-seeing and prophetically wise about the ultimate outcome of immediate or future plans of others, as well as your own. Your character is so fundamentally powerful and full of original, resourceful ideas that you succeed in spite of all opposition and obstacle, for you have the natural knowledge, patience, calmness and perseverance that is the true foundation of success. If you have a natural inventive urge it should be fully developed, for the sign of Aquarius is also the sign of the

true inventive genius. Travel greatly benefits you because it broadens your natural vision and adds magnetic attractiveness to your personality, which you must always capitalize. ROMANTICALLY, you are exceptionally popular because you are so congenial. Yours is the ability to get along with people where others experience difficulty. YOUR HEALTH is usually good, for you understand the self-healing principles of mind and thus would make a good physician or nurse and would insure and inspire confidence in others through having a noticeable natural magnetic healing power. Your affable and friendly nature gives you a natural persuasive power that is irresistible to others. Thus, fundamentally, you have a very successful nature. THE MOST HARMONIOUS SIGNS OF THE ZODIAC for you as concerns friendship, commercial and matrimonial partnerships are Aries (March 22nd-April 20th), Gemini (May 22nd-June 21st), Sagittarius (November 23rd-December 22nd), Libra (September 23rd-October 23rd) and Leo (July 24th-August 23rd).

Bad Kidney Trouble Better In 2 Days, Now Feels Years Younger

Miss Hedwige Morais, Fredericton, N.B., Can., recently wrote: "For three years kidney trouble caused me to suffer from backache, nervousness, and a thoroughly run down condition. I tried many remedies without success, and was becoming a physical wreck. I got so bad I could not sleep at nights from pain in the region of my kidneys, so I got a box of Cystex and the second day after I began taking them I got relief, then I knew that at last I had found a remedy which would restore me to health. After a twenty-day treatment, my health and vigor were completely restored. I can eat anything, I sleep soundly, my nerves are steady as a rock, and I feel ten years younger."

Stops Asthma Attacks Gains Weight

"For 23 years previous to my taking Mendaco, I suffered immeasurably from frequent attacks of asthma. I tried medicines, and many other prescribed



Mrs. R. Wilson

asthmatic remedies, but each in turn brought very little relief, if any. But worst of all, my suffering was being accompanied by continual loss of weight and energy. I had almost abandoned all hope of ever discovering a real efficient remedy for my ailment. But fortunately for me, I had a friend who advised me to take a trial treatment of Mendaco. I did so, and am pleased to inform you that I acquired almost unbelievable results from their use. My loss in weight and energy was restored to me, and I have enjoyed freedom from Asthma attacks ever since." (Signed) Mrs. R. Wilson, P.O. Box 205, Sulton, Quebec.

Will Niagara Falls Quit Falling?

Ever since Niagara Falls almost went dry back in 1848, scientists have been asked the question, "How long will Niagara Falls last?" It'll take approximately 23,000 years for the Falls to stop, for in that time they will eat away the 16 miles of river bed between the Falls and Lake Erie. It is known that the Falls have been in existence for more than 30,000 years.

Some of World's Largest Cities

<i>Largest City</i>	<i>Population</i>
Calcutta, India	1,196,734
Buenos Aires, Argentina	2,246,710
Paris, France	2,891,020
Shanghai, China	3,259,114
Moscow, Russia	3,572,000
Berlin, Germany	4,242,501
Tokyo, Japan	5,875,388
New York, U.S.A.	6,930,446
London, England	8,401,000

Colitis Pains So Bad Could Not Rest

Thomas S. Hall, 63 Springdale Blvd., Toronto, Ont., Can., recently wrote: "I have suffered for many years with Colitis and tried, I think, nearly every medicine on the market. I had no appetite and so constipated had to take pills or salts every day. I had such pains in my left side and in my legs I could not rest or sleep. Nothing gave me real help, I became tired and run-down and nervous. I tried Kolade Powders and in about four days the pain in my side and legs was gone also stomach distress and constipation and tired feelings were relieved quickly, and I have gained energy and pep, thanks to Kolade."



PISCES: You who were born between February 20th and March

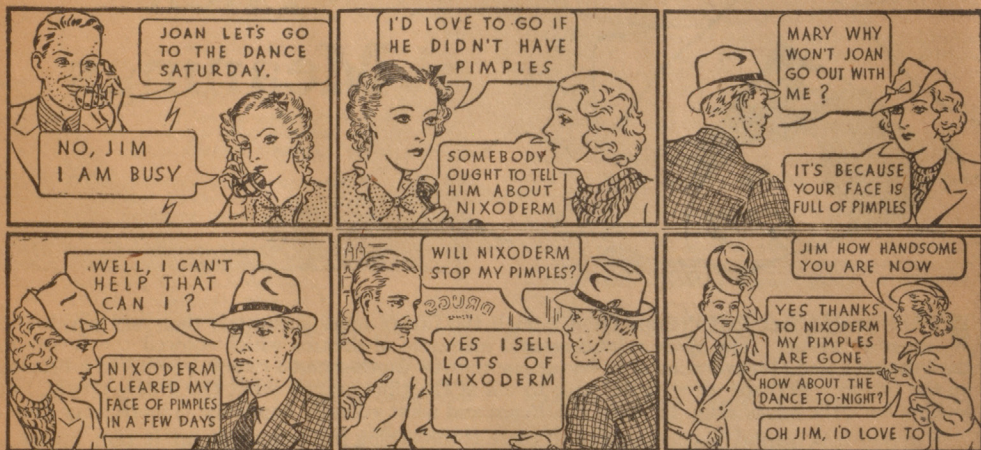
21st are born in the sign of PISCES, the Twelfth Sign of the Zodiac. The astrological symbol of Pisces is that of two Fish in a stream of water, joined together and yet each striving to swim in an opposite direction. This symbolizes that you have, more than the other

eleven signs of the Zodiac, two distinctly different natures that pull against each other until one or the other conquers. This controversy is between your fleshly and your spiritual natures, and it is always wise to see that ultimately your spiritual nature wins out. If the reverse is the case, it would unfortunately mean you would experience much suffering and mental anguish. During the coming year you will find your finances perhaps to be somewhat slow in materializing, but never-the-less, you will also find that your financial department of life has become more settled, in a far more practical manner, than it has been for many years. **VOCATIONALLY** you are fitted to be a writer, public speaker, statesman, physician, nurse, poet, and vocations on or connected with water. You would also do well in the entertainment field, such as the stage, radio or motion pictures. Since the Pisces-born are usually quite timid and self-conscious, they succeed much better in partnership with others than in a business for themselves. The **HEALTH** of those born under this sign is fairly good. However, they are unusually susceptible to colds which might, in turn, lead to serious ailments of the chest or abdomen. **ROMANTICALLY** you are, and appear to be, very glamorous, and it becomes comparatively easy for you to attract the one of the opposite sex whom you most desire. You must, however, curb your natural timidity and not be easily influenced at the same time, when contemplating marriage; for marriage is a very serious step or venture for you, so make sure you have the right partner before your final decision. **THE MOST HARMONIOUS SIGNS OF THE ZODIAC** for you as concerns friendship, commercial and matrimonial partnerships are Taurus (April 21st-May 21st), Cancer (June 22nd-July 23rd), Virgo (August 24th-September 23rd), Scorpio (October 24th-November 22nd) and Capricorn (December 23rd-January 20th).

Gain 10 to 25 Pounds New Vitamin Way

Are you thin, run-down, underweight, lacking in energy? Is your skin pale and sallow? Are you nervous and as tired out when you get up in the morning as on going to bed? If so science now says your troubles may be due to a lack of vitamins and minerals. The quick easy way to supply energy-building vitamins, blood-building iron and appetizing weight builders is with the new compound Irovan. Not a drug, but a compound of extracts from rice, cod-liver oil, iron manganese and nux in tasteless, sugar coated pills. To prove what Irovan can do for you, just send your name and address and we will mail you a free sample and interesting facts. Knox Company, Dept. 1B, Knox Building, Fort Erie North, Ontario.

Pimples and Bad Skin Fought in 24 Hours



Do ugly, disfiguring Pimples or a Bad Skin, due to external Germs or Parasites, embarrass you, make you feel inferior, and cause you to lose the friends you love most? If so, cheer up, because there is now a special treatment, based on the prescription of a famous English skin specialist, that is bringing delightful results to thousands of boys and girls and men and women throughout the world.

End the Cause Doctor's Way

Pimples, Eruptions, Blackheads, Acne, Red Blotches, Itching, Peeling, Scaling, Skin Scabies, and even such serious disorders as Ringworm and Itching, Cracking, Peeling Feet, often are caused by Germs or Parasites which attack the skin and by irritation cause Eruptions. Now it is possible to combat these Germs and Parasites with the doctor's formula called Nixoderm, based on the prescription of a famous English skin specialist and now carried by most good druggists. Nixoderm has these 3 positive actions: 1. It fights the Germs or Parasites often responsible for Skin Disorders. 2. It stops the itch in from 7 to 10 minutes and cools and soothes the skin. 3. It helps Nature promote a clear, soft, and velvety smooth skin.

Striking Success

Nixoderm has been used in thousands of the most stubborn cases which had failed to yield to other means. And users are high in their praises of this treatment, which combats the

true cause of Pimples, Acne, and other skin blemishes due to external Germs and Parasites. For instance, Leo Walerius, Bremen, Sask., writes: "No more blackheads, no blemishes, no itching. Thanks ever so much to the miraculous work of Nixoderm."

Make This 7-Day Test

No matter how badly blemished your skin is, due to external germs and parasites, you owe it to yourself to put Nixoderm to the test and see exactly what it will do for you. Nixoderm will not cost you a single penny unless it promotes a healthily clear, soft, velvety, smooth skin and satisfies you in every way. Get Nixoderm from your druggist today. Put it on tonight. Then look in the mirror in the morning. Do this for just a day or so and you probably will be delighted with the vast improvement. But even though your skin should be free of blemishes in the first two or three days, we want you to continue using Nixoderm for 7 full days and see for yourself the tremendous good that can be done in promoting a naturally clear and attractive skin. If for any reason at all you are not completely satisfied, merely return the empty package and the full purchase price will be refunded. Nixoderm costs only a few cents at any drug store. If your druggist does not have Nixoderm, do not accept any imitation or substitute, because to get satisfactory results, you must fight the Germs and Parasites which may be the real underlying cause of your trouble. If your druggist does not have Nixoderm, obtain it elsewhere or insist that your druggist order it for you from his wholesaler. Get Nixoderm from your druggist today. The money-back agreement protects you.

Dreams



And Their Meanings

It is a proven fact that dreams often foretell the future more accurately than any psychic or oriental mystic. The Bible relates several instances of dreams which showed the future to the Prophets, and also everyone of us has at one time or another had a dream which had a bearing on the future. Perhaps we were not able to tell at the time exactly what the dream meant, but looking back the relationship between the dream and what actually happened is made very clear.

A dream is a mental phenomenon, and there is something mysterious about it that makes a dream something almost supernatural. One cannot dream wilfully and has no control over them. It is some action of the mind that is automatic and uncontrolled. Dreams, it is believed, vary in accordance to the thoughts of the individual, but often dreams show a picture of the future.

Throughout the ages, mankind has held dreams in high esteem, often guiding their entire life by them. Great wars have been fought, the maps of the world changed and great political upheavals have been the result of dreams, just as have been marriages, great fortunes and many thrilling adventures.

The following is a list of various dreams which people have had and their meanings. The subject of the dream is given and then what the subject's presence foretells:

ABSENT—Should you see absent persons in your dreams, they will shortly return.

(Continued on page 11)

Leg Pains, Getting Up Nights, Gone in 1 Week

Mrs. G. E. Sparling, Box 51, Three Hills, Alberta, Can., recently wrote: "I was so sick it was an effort to walk about. Some days my legs seemed as if they would not support me. I had headaches, backaches, sleeplessness, shooting pains in my legs, getting up nights with loss of sleep, also a burning and itching that my life was pretty miserable and I hated to go out as I was always sore. Well, I got a large box of **Cystex** and from the first day I improved. I could see it was my kidneys as the urine was washed out, it was in a terrible state and an offensive odor. After taking **Cystex** a week this cleared up. My backache disappeared, also headaches, my nerves got better, no shooting pains in my legs, no getting up nights, the sore burning and itching went away and life is bright again, and what is most important, I sleep the whole night through."

No More Choking Sleeps All Night

Mr. G. C. Beazley, Willow Street, Truro, Nova Scotia, recently wrote: "I am writing you to let you know what **Mendaco** has done for me, with the hope that other sufferers may see this letter and try **Mendaco**. And I am sure they will be benefited. I suffered for a long time, tried many medicines but got no relief. I could not sleep at nights. Would cough and choke for hours every night and would have to go and stand in the window to get breath. I was also short-winded but now I can work at anything without being bothered. I get a good night's sleep every night and I feel better than I have for years. My advice to all asthma sufferers is to try **Mendaco**, and I am sure it will help them."



Mr. Beazley

DREAMS—Continued

ABYSS—To dream of looking into one means that you will be confronted by threats of seizure of property; to fall into one means your disappointment will be complete.

ACCIDENT—Is a warning to avoid any mode of travel for a short period, as you are threatened with loss of life.

ACCUSATION—To dream of accusing someone means unhappiness; to be accused means loss of money.

ACTING—If you dream you are an actor on the stage, you will want to hide from unpleasant gossip in a few days. If you dream you are at the theatre watching a play it shows you will shortly enter into a period of good business.

AIRPLANE—Signifies an unexpected guest.

ALLEY—In a narrow alley signifies coming illness.

ALTAR—Always denotes marriage within a short time.

AMAZEMENT—Should you dream of being greatly amazed, you are likely to have an accident. Be careful when motoring especially for a period of five weeks.

AMETHYST—To see this purple stone clearly and distinctly means avariciousness. If it is set in a gold ring it means fidelity of a loved one.

AMMONIA—Ammonia seen in a dream, means displeasure will be felt by the dreamer at the conduct of a friend. Quarrels with friends will follow this dream.

AMPUTATION—Ordinary amputation of limbs, denotes small offices lost; the loss of entire legs or arms, unusual depression in trade. To seamen, storm and loss of property.

AMUSEMENT—To dream of gaiety and pleasure signifies a pleasant surprise the next day.

ANCHOR—This means loss of money. Beware of a treacherous friend.

ANDIRONS—Andirons seen in a dream, denote good will among friends.

ANGEL—You will soon hear of the birth of a child among your close friends.

ANTS—Should expect many petty annoyances during the day.

APPLAUSE—If you dream of receiving applause it means inordinate vanity which you should endeavor to overcome.

ARRESTED—To see people arrested, foretells that you desire changes, and new speculations will be subordinated by the fear of failure.

ATTACK—To dream that you are being attacked denotes a pleasure that will come to you through an apology.

AUTOMOBILE—Riding in an automobile, denotes that you will be restless under pleasant conditions and will make a change in your affairs.

BABY—Denotes happiness and a love required.

BABY CARRIAGES—To dream of a baby carriage, denotes that you will have a congenial friend who will devise many pleasurable surprises for you.

BACK—To dream of seeing a nude back, denotes loss of power. Lending advice or money is dangerous. Sickness often attends this dream.

BAGGAGE—Means the return of a traveller.

BAGPIPE—This is not a bad dream, unless the music be harsh and the player in rags.

BAKING—Indicates thriftiness and orderliness.

BALL—A very satisfactory omen, if beautiful and gaily-dressed people are dancing to the strains of entrancing music.

BALLET—This means joy and a gay party.

BALLOON—Denotes a desire for love. If it is ascending, love will come to you. If it is descending, do not expect to meet your mate for another six months.

BANANAS—Means a dinner party in desirable company.

BANDAGE—To dream of a bandage indicates fear of an unkind act you have committed.

BANJO—This denotes that you will enjoy pleasant amusements. A negro playing one denotes that you will have slight worries, but nothing serious.

BANK—You have ideas for engaging in a new enterprise which will be successful.

BANQUET—It is good to dream of a banquet. Friends will wait to do you favors.

BARN—If filled with grain and corn, it is an omen of great prosperity.

BEAR—If a white bear foreshadows a love that will shortly come to you. If the bear is black, beware of another who will try to take him from you.

BED—A clean, white bed denotes surcease of worries. Making a bed, signifies a new lover.

BELFRY—Means the arrival of good news.

BEREAVEMENT—Means the gaining of a friend.

BICYCLE—Riding a bicycle uphill, signifies bright prospects. Riding downhill, signifies misfortune is near.

BLACKBIRD—is a bad sign.

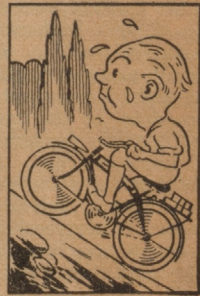
BLADE—Sorrow to a close friend.

BLAZE—Indicates love reciprocated.

BLEEDING—Indicates heartache.

BLIND—Denotes poverty for yourself.

BLOOD—Bloodstained garments indicate enemies who seek to tear down a successful career that is opening up before you.



(Continued on page 12)

Colitis Put Her in Bed

Mrs. Alice Lewis, Kamloops, B.C., recently wrote: "For many months I suffered with Colitis caused by functional irritation of the colon due to gastric hyperacidity. The pain was so terrible at times that I could not move and had to remain in bed, trying hot compresses and various medicines. A friend told me of Kolade Powders. In a very short while the pain lessened, and soon I was able to be around and carry on with my work. I have advised their use to many and all are delighted. I have a sister-in-law who is using Kolade under orders from a Stomach Specialist. I thought I would do her a good turn, and told her of Kolade, and her reply said: 'I am already taking Kolade under my doctor's orders and for the first time in years I am living again!'"



Mrs. Lewis

Clear Your Skin

If you suffer from pimples, acne, blackheads, eruptions, or eczema-like splotches, don't wait another day. For just 60c you can get Nixoderm at any drug store. See how it stops that itching in 10 minutes and how it quickly takes away those red splotches so that your skin clears up and you look far more attractive. Nixoderm has helped thousands throughout the world to a clean, healthy complexion and must satisfy you completely or it costs nothing because your money is refunded without question or argument. Any druggist can tell you this is a true fact. Ask your druggist for Nixoderm today.

Had Piles For 18 Years Chinaroid Did the Work

Mrs. Daniel J. R. Mosher, Upper Kingsburg, Lunenburg Co., N.S., Canada, recently wrote: "I've suffered from piles for these last 18 years. I have both blind and bleeding. Therefore I've been in agony constantly for all those years. I've tried everything money could buy, but was greatly discouraged from the results obtained, as nothing gave me the least bit of relief. Luckily last fall I saw an advertisement of Chinaroid in your book. Again I decided to try. Imagine my joy when I found it gave me complete relief. I certainly cannot praise Chinaroid too highly, and certainly do advise it to all pile sufferers, as it surely did wonders for me."

Stomach Trouble For Three Years

Mrs. Bernadette O'Brien, Lorne, Rest Co., N.B., Canada, recently wrote: "Three years ago I was bothered with stomach trouble. I was miserable. Everything I ate I would vomit, and had to stay in bed most of the time. At night I could not sleep and had a splitting headache in the morning. I remained this terrible way for about two months, and used all kinds of drugs. I tried one thing and then another but all in vain. After reading about your Diotex tablets, I sent for a big box right away. After receiving your box of Diotex I began to use them 2 tablets after each meal. The next day I felt all different, I could eat well and in a few days I could do all my housework."

Winter Tonic

When winter sets in many people past 40 or older begin to suffer with frequent colds, get tired easily, can't sleep well, lose appetites and feel older than their years. They feel half sick much of the time and need a tonic to put them back on their feet and to enrich their blood. For such people a superior tonic is Buroids because it works fast to build new health and energy and because it is tasteless and easy to take. Just take Buroids a few days and see your energy and vitality returning. Try Buroids at our risk. Get Buroids from your druggist today. Money-back unless Buroids make you feel like new.

DREAMS—Continued

BODY—A dead body denotes an accident. A naked body, healthy, means a present.

BOG—Sinking in one means you will shortly be relieved of many troubles.

BOMB—Means unexpected delight.

BONES—If your own, you will have new clothes.

BOOKS—Honor and an interesting life.

BIRTH—A newborn child not your own, means happiness; if a boy, future wealth; if a girl, happiness in marriage.

BRAVE—Indicates a sorrow recently suffered.

BRICK—Indicates unsettled business and disagreements in love affairs.

BUD—The fulfillment of your dearest hope.

BUGLE—If you hear blasts from a bugle, prepare for some unusual happiness. Blowing one denotes fortunate dealings.

BULL—If one is pursuing you in your dream business trouble will harass you.

BURIED ALIVE—To dream you are buried alive, indicates you are about to make a mistake which your enemies will turn to your injury.

BURNS—To burn your hand denotes purity of purpose. To burn your feet denotes your ability to accomplish any endeavor.

BUTTONS—For a young woman to dream of sewing buttons on a uniform, denotes the warm affection of a fine looking and wealthy partner in marriage.

CAGE—To dream of a bird in a cage denotes secret trouble. To see a bird escaping from one indicates relief from worry.

CAKES—To dream of cakes, denotes that the affections of the dreamer are well placed, and a home will be bequeathed to him or her.

CALENDAR—To dream you are keeping a calendar, indicates that you will be very orderly and systematic in habits throughout the year.

CALL—Hearing your name called again and again indicates some friend in trouble who will look to you for aid and assistance.

CALVES—If grazing peacefully, foretells happy, festive gatherings and enjoyment to the young.

CAMELS—To see this beast of burden, signifies that you will be patient in time of almost unbearable anguish and failures.

CAMP—Seeing a large encampment means ill fortune; a small one means unpleasant news.

CANNON—A quarrel.

CANOE—Paddling a canoe, denotes confidence in your own ability.

CAPTIVE—To dream of being made a captive shows a desire for love.

CARROT—Portends prosperity and health.

CASTLE—Means wealth in the future.

CAT—A friend will come to you in trouble.

CATHEDRAL—Means sudden illness.

CELL—Indicates good fortune when least expected.

CHEESE—No good of any nature can be hoped for.

CHICKENS—Denotes worry from many cares.

CLIFF—Means trouble ahead.

CLOUD—Disagreement. If black and lowering you will shed tears; if soft and white happiness.

COBWEBS—Beware of treachery of one you call a friend.

COFFEE—It denotes the disapproval of friends toward your marriage intentions.

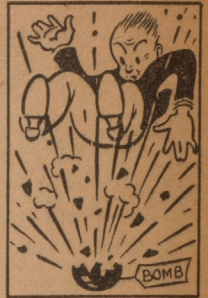
COFFIN—You will hear of a marriage.

CORN—Denotes you will enjoy varied success and pleasure.

COUSIN—Denotes disappointments and afflictions.

CRABS—Indicates that you will have many complicated affairs.

CRIPPLED—Denotes famine and distress among the poor.



(Continued on page 14)

Nervous, Weak, Ankles Swollen?

Help your Kidneys get rid of Poisons this quick easy way if you are Wornout, Suffer Rheumatic Pains, Dizziness, Headaches, Pains in Back, Nervousness.

The underlying cause of much ill health and most Kidney and Bladder disorders is Poisons which develop in the body, so it's no wonder that most every one may suffer from the danger of Poisons in the Kidneys, Bladder, and Urinary System. These irritating Poisons cause a generally rundown condition and many dangerous symptoms, such as Backache, Getting up Nights, Uric Acid, Leg Pains, Dizziness, frequent Headaches and Colds, Lumbago, Rheumatism, Swollen Ankles, Dark Circles under Eyes, Dry, Muddy Skin, Loss of Energy, and Burning, Itching passages.

Helps Nature 3 Ways

Fortunately for sufferers most druggists now have a new twin-tablet treatment called **Cystex**, which is a doctor's prescription. **Cystex** acts in 3 positive ways to overcome the cause of your trouble: 1. It curbs the poisons in the Kidney and Bladder. 2. It soothes and heals irritated membranes and stops pain. 3. It removes Uric Acid and other Poisons from the Kidney and Bladder.

No matter how long you have suffered or how many medicines you have tried, you must remember that you cannot expect to get the satisfactory result you desire until you attack your troubles and the underlying causes in these 3 ways with the doctor's prescription **Cystex**.

Millions Praise Cystex

More than 5 million men and women in all parts of the world have used **Cystex**. Many of them cannot praise it highly enough. For instance Mr. G. L. recently wrote: "My joints were stiff, I was dizzy, had no

appetite, couldn't sleep. Tried many medicines and no relief. I got **Cystex** and soon my friends said I looked 10 years younger. I eat well and sleep the clock around. **Cystex** is worth its weight in gold," and Mr. A. B. wrote: "I was a great sufferer from

burning and smarting urination, with frequent getting up at night, aching joints and nervousness. I took two bottles of **Cystex** with wonderful results," and Mrs. M. B. wrote: "I had a bad attack of Kidney Trouble, my hands and arms were covered with itching rash, and I could not get any rest at night. I tried no end of medicine and got no ease. After 3 doses of **Cystex** I got relief and since using two bottles I am as well as ever again."

8-Day Money-Back Test

You do not need to risk any money in putting **Cystex** to the test. Simply get **Cystex** from your druggist under this money-back agreement. It must stop your pain, make you feel younger and stronger and full of life and vitality and satisfy in every way, or you simply return the empty package and your money is refunded in full. You are the sole judge as to your satisfaction. Within 48 hours you will begin to notice a tremendous improvement, but under the money-back agreement we want you to take the full 8-day supply and see for yourself the amazing things that this new twin-tablet treatment can do for you. Get **Cystex** from your druggist today. The money-back agreement protects you.



Stop Getting Up Nights
... Sleep Soundly
... Feel Years
Younger



Poisons in
Your Kidneys
Make You
Old Before
Your Time

Cystex For Kidneys and Bladder

Asthma Curbed After 10 Years

"I have been an asthma sufferer for about ten years. I had a few kinds of remedies which did me no good but at last I heard about Mendaco. I sent for a package, which relieved me right away. I quit coughing and could breathe better and could sleep good all night. Then I sent for some more, which I kept on taking and now, after a month, I feel far different than I did when I started taking them. My appetite is better and I can do my work without suffering any attacks. I will not do without this medicine which has done me so much good. To any one who is suffering with asthma I am glad to tell them what it has done for me. I certainly am very thankful to the Knox Company for that remedy which has made my life more endurable." (Signed) Felix Clement, Grossmont, Alberta.



Mr. Clement

Rheumatism Crippled Her for Five Years

Mrs. J. McWilliam, Box 96, Clive, Alberta, Can., recently wrote: "Five years ago I was so crippled with rheumatism that I could not walk alone without crutches, I was just done and out. I could not sleep at night the pain in my legs was so great. My kidneys was affected. I had to get up at night 3 and 4 times. It was torture to get up then it went into my arms and hands too, my fingers were quite crooked. I sent and got a large box of **Cystex** and I started taking it and before the one box was done I could eat better, sleep better, and did not have to get up at night, even once. I sent and got the second box and before that was done I could use my hands and arms the pain was nearly all gone. So I kept taking **Cystex** till now I need no crutches and I am as well as ever I was in my life."

HELP NERVES Aid Glands Movie Way

In Hollywood the Movie Stars are under a nervous strain night and day. In prescribing for and treating famous Stars, a Hollywood physician succeeded in combining highly concentrated extracts to aid nature in steadying and strengthening the nerves, stimulating energy, and to augment gland nutrition, thus promoting restful sleep and a happy life. Now this essential combination may be obtained at most good drug stores under the name of **Buroids**. So successful is **Buroids** it is offered under an agreement of money back on return of empty package if not completely satisfactory. Ask your druggist for **Buroids** today. The money-back agreement protects you.

DREAMS—Continued

CROW—Means misfortune and grief.

CUSPIDOR—This signifies that an unworthy attachment will be formed by you, and that your work will be neglected.

DAGGER—Denotes threatening enemies.

DAIRY—This is a good dream to both the married and the unmarried.

DANCE—If you are dancing, you have a sorrow in your heart you are trying to forget; if you are watching others dance, you may expect a path out of your troubles will be cleared for you.

DAUGHTER—Signifies that many displeasing incidents will give way to pleasure and harmony.

DEBT—Debt is a rather bad dream, foretelling worries in business and love.

DICE—This is indicative of unfortunate speculations. Also foretells contagious sickness.

DIVING—This denotes a favorable termination of some embarrassment.

DIVORCE—Denotes you are not satisfied with your companion and should cultivate a more congenial atmosphere in the home.

DOG—A vicious dog denotes enemies and misfortune. A dog that fondles you indicates great gain and constant friends.

DRIVING—Driving a car signifies unjust criticism of your seeming extravagance.

DRUNK—An unfavorable dream. You will be disgraced by stooping to forgery or theft.

DUCKS—To see ducks flying foretells a brighter future for you. It also denotes marriage and children in the new home.

DYE—To see cloth being dyed indicates prosperity.

EMPLOYMENT—If you dream of being employed you may expect disappointment; should you give employment to someone else you will make a conquest in love.

FAIL—Failing in an undertaking means social success.

FATHER—You will soon fall in love.

FIRE—A large fire signifies success in love; a small one, a new friend.

FISH—To watch fish swimming means freedom from anxiety; to catch one means good news.

FLIRT—Flirting indicates a desire for fidelity in your present love. (He or she) is unfaithful.

FRIEND—Dreaming of chatting and laughing with dear friends warns you to be careful of lies from an unexpected source.

GALE—Means a shower of blessings.

GARBAGE—Means a heavy disappointment in the future.

GEM—A gem of great value signifies vanity and weakness.

GHOST—Always denotes misfortune.

GLIMMER—A faint glimmer of light means sudden joy.

GOBLIN—Denotes strife and unkind words with a close friend.

GRANDMOTHER—Means an illness of which you will soon hear.

GRIEF—Denotes an invitation to a party.

HAG—To dream of an old hag usually means bad luck, if, however, she is walking away from you, the misfortune will not be a heavy one.

HAIR—Combing or brushing your hair means lasciviousness; washing it, signifies a making of excuses to aid a friend.

HALLWAY—Signifies coming illness.

HAMMER—To dream of using it means strife; to see it means a quarrel you can avoid by not believing gossip.



(Continued on page 15)

DREAMS—Continued

HANG—Hanging up clean clothes signifies a recent happiness; to dream you are hung indicates ambitions realized; to see someone else hung, good luck is coming to one close to you.

HAPPINESS—Should you dream of being wildly happy, you are recovering from a bitter disappointment.

HARBOR—To dream of being in a boat at rest in a safe harbor means you will enjoy domestic tranquility after an unhappy youth.

HARP—Rest after a long period of hard work.

HAWK—A hawk hovering over you means a death of which you will hear.

HAY—Means riches after poverty.

HEARTBREAK—You will suffer shortly a severe illness.

HERO—Signifies ambitions realized.

HOUSE—Should you see a strange and beautiful house, you will meet a new love and marry soon. Should the house be old and shabby you will be unhappy in your affections. If you are living in a new house, you will live through an odd and amusing experience.

ICE CREAM—Eating ice cream signifies success in your love affairs.

IDIOT—An idiot seen in your dreams means sorrow and misfortune.

ILL—Means laughter mingled with tears.

INFANT—A sign of happiness and freedom from petty worries.

INSANITY—Look out for sudden illness or an accident.

JAW—Denotes shame for a lie you have spoken.

JEWELS—Dangers and worries beset your path.

KISSING—Kissing a parent indicates happiness in the home. Kissing a lover means happiness in love affairs.

KILLING—Illness for the dreamer.

LABOR—Means sorrow and disappointment.

LACE—A lace gown or lace trimmed garment indicates vanity and moral excesses.

LADYBUG—To see one always denotes good luck for the future.

LAMBS—Are a sign of charity and constant kindness to spirit.

LAMP—One burning brightly means vexation in the home. Dimly burning, death in the family.

LANE—A pleasant, country lane means peace and happiness.

LASH—To be lashed means suffering from gossip. To lash another means a quarrel which will cause pain.

LAUNDRY—To be in one washing clothes means peace and rest after worry.

LAWN—A soft, green lawn means a love of home and fireside.

LEAD—To lead a dance means loneliness; to lead an army signifies success, in business; to lead an animal means social success.

LEAK—If a boat or pail be leaking be prepared for disappointment in regard to a written message.

LESSON—Should you be studying hard on a lesson, you are ambitious and will be rewarded.

LETTERS—To write them means good news; to receive them you will gain a friend.

LETTUCE—A sign of ill omen.

LIBEL—To institute proceedings for libel means loss in business. If someone sues you on this ground, you will suddenly receive unexpected money.

LIE—To lie at ease on a soft bed indicates licentiousness and a passionate nature; to lie uncomfortably on a hard one means trouble bravely borne; to lie on the ground means poverty.

LOVE—If you are enjoying love beware of deceit, if you are giving it, it means marriage.

MAIDEN—If you dream of a young and innocent girl, you will have a happily married life with several children to bless the union; if she be evil and wanton, guard against infidelity.

MAP—Means a long journey and new friends.

MONEY—Be cautious

in your undertaking.

MOON—Late recoup of fortune and fame.

NAME—Hearing one's name called in a dream means a sudden serious illness.

NEIGHBORS—Surrounded by friendly neighbors means a surprise which will be upsetting.

NERVOUS—Being extremely nervous in your dreams indicates shame and guilt.

NEST—This is always a good sign. It means tranquility in the home, and good-tempered children.



(Continued on page 18)

Afraid to Eat Like Other People

If acidity sours your food and causes Heartburn, Gas, Indigestion, Bloating, Dizziness, Bad Breath, Coated Tongue, Biliousness, Poor Sleep, Nervousness, or Heart Pressure, don't take Soda and gradually grow worse. Thousands say the greatest medicine in the world for these troubles is a doctor's prescription called Diotex. For instance, Mrs. H. J. Kilbourn, 2244 Kingston Ave., N.D. de Grace, Montreal, Canada, recently wrote: "For years I have been a great sufferer with indigestion, have used doctors' prescriptions which have helped, but always afraid to eat like others. I have tried a great many stomach medicines and found some gave me relief, but still I would have very bad attacks. A friend advised me to try Diotex. I said, 'Oh! I have tried so many things but find my trouble has always come back.' However, I did get Diotex and had great relief after the first day, as I took the tablets according to directions. In my estimation, Diotex is all it claims to be, so convenient and easy to take. I have recommended it to others, and will always keep a box on hand to help others, if I don't need them myself. I have found a great relief in other ways. I sleep better, don't have that heavy distressed feeling any more, my headaches have disappeared and the distressing heartburn. I found Diotex second to none on the market that I have used. I feel like a new person. I recommend Diotex to others," Diotex checks acidity in 10 minutes, thus stopping pain and aiding nature in restoring normal functions so that you can eat and drink what you like and sleep fine. Try Diotex under the fair-play money-back agreement to fix you up or money back on return of empty package. Get Diotex from your druggist today under the money-back agreement.



Mrs. Kilbourn

Sore Back Put Her in Bed

Mrs. John R. Marshall, Glengarry Sta., Pictou Co., N.S., Can., recently wrote: "I suffered with a sore back for three months, and had to be put in bed for a week. I thought I would try Cystex, and got a \$1.50 size. In a week's time I was feeling better, and I am doing my own work now, which I could not do for three months. I can thank Cystex for that, for I know if anyone has a sore back and is suffering with the Kidneys, he should get a box of Cystex. My husband was so bad with his kidneys that he could not get up or walk, and he got a box of Cystex and in three days was better and could get up and walk to the barn."

These Canadians Use and



1 John White Forsythe,
Northlands,
Vancouver, B. C.



2 John Gibson,
1 Baldwin St.,
Dundass, Ont.



3 Mrs. W. Ashcroft,
1875 Vannes Ave.,
Vancouver, B. C.



4 Mr. Ben Free,
Neelin, Man.



9 Daughter of
Mrs. Loren K. Stanton,
R. R. #1, Brooklin, Ont.



10 Mrs. E. E. Morrison,
260 Lisgar St.,
Toronto, Ont.



11 Mrs. Thos. S. Quigley,
R. R. #2, West River Sta.,
Picton Co., N. S.



15 Mrs. John Buchanan,
R. D. #1, Hillier, Ont.



16 Mr. William French,
610—12th St.,
C. N. Lethbridge, Alta.



17 Mr. Robert Henderson,
Box 528, Dresden, Ont.



18 Mrs. Archie Ward,
Lakesfield, Ont.



19 Mrs. T. J. Parry,
Box 2012, Trail, B. C.

Their letters
may guide
in winning
\$500 PR
See Page 26

Read Their Interesting Letters

and Praise Knox Products

5 Mrs. Arthur Gaudette,
North Bay, Ont.

6 Mrs. Mary McLaggan,
142 George St.,
Toronto, Ont.

7 Mrs. Wm. Tripp,
Richmond, Sask.

8 Mrs. P. G. Tomlinson,
Box 197, Halkirk, Alberta

12 A. R. Crull,
Dawson Creek, B. C.

13 Mrs. C. A. Oleson,
Box 197, Glenboro, Man.

14 Robert Young,
612 Mulvey Ave.,
Winnipeg, Man.

20 Daughter of
Mrs. Robt. N. Clement,
R. R. #3, Vanessa, Ont.

21 Mr. David Hamill,
Vancouver, B. C.

22 Martin Letowsky,
Paxson, P. O., Alta.

23 D. C. Talbot,
Kenora, Ont.

24 Mr. W. T. Markham,
R. R. #6, Parkhill, Ont.

Their letters
may guide you
in winning
500 FREE
See page 26

ag letters on Pages 30 and 31

DREAMS—Continued

NET—To be caught in a net so that you cannot escape indicates business troubles. To be catching fish in a net means business success. To be netting butterflies means much happiness.

NETTLES—To be stung by this prickly herb means slander of a most unpleasant kind.

NEWS—If it be good news you will unexpectedly receive a sum of money; if it be bad, you will shortly see a long-absent friend.

NEWSPAPER—Reading a newspaper shows a seeking for adventure; within a year you will make a journey which will prove exciting.

NIGHT—To dream of it foretells danger, should the heavens be full of stars, you will be able to avoid this danger and have success thereafter. If, however, the night is completely dark, you will experience great sorrow.

NOBILITY—Associating with the nobility means vanity and over-weening ambition which should be overcome.

NOSE BLEED—This is a sign of minor disappointments. You will shed tears.

NOTE—To receive one, you will meet an attractive stranger; to send one, means popularity.

NUDE—Do not be tricked into an embarrassing situation.

OAR—A symbol of success.

OASIS—Denotes tranquillity and plenty.

OCEAN—To stand on the shore and view the ocean means honor and wealth; to sail upon it means a longing for love.

OFFENCE—To dream of giving it means an invitation, to receive it means gaining a friend.

OGRE—It brings anger and a bitter quarrel.

OLIVE—This is always a symbol of friendship.

PAIN—This means a guilty conscience and an unquiet mind.

PALACE—Means wealth with many friends.

PAPER—Signing a business paper means a good investment.

PARROT—Your lover is deceiving you, but not deeply. Do not believe slander concerning him.

PEN—Writing with one means a proposal of marriage.

Had Asthma Attacks for 30 Years Mendaco Fixed Him Up

Fred Hester, 1267 Gerrard St. East, Toronto, Ont., Can., recently wrote: "I had asthma attacks for about thirty years. I have tried many medicines. Last winter and all this spring I have had a special capsule made from dope. I used to take one every five hours. I never knew what it was to lie flat in bed. I always had to be propped up. I could not go out in damp weather. I would almost choke, and it used to take me a good half hour before I could get ready to go to work in the morning. Now—I sleep all night and I am never bothered with the asthma in the mornings. I can tell you that I hardly know myself now. I had spasms all last winter, some of them I never thought I would pull through. But since I have taken your Mendaco, that is two months ago, I have never used one capsule."

PIGEON—Indicates contentment and a happy married life.

PIG PEN—Denotes an unclean mind and a tendency toward unkind gossip.

PLATFORM—To be on one means honor and eminence.

PLOW—This means an honest, hard-working disposition.

PLUSH—This soft velvety material means sensuality.

QUEEN—If you are a man, to dream of a queen means you will fall in love with a wealthy girl; if you are a woman you will be rich.

RADIO—Portends people coming from afar.

RANCH—A well-stocked ranch means plenty. If the cattle are lean and poor you will suffer loss.

RENT—Dreaming of renting a house denotes a hasty marriage.

RIBBON—A beautiful and colorful ribbon signifies a successful marriage.

RIVER—A muddy river means that the death of a close friend; a clear one means good luck. Bathing in a river is an omen of imminent danger.

ROBIN—This gay little bird brings you joy.

RUIN—The ruin of an old castle means wealth; of a house or small building, shame.

SACRED—Means a good and pious nature.

SALT—Denotes the sting of words from one you love.

SALVE—Means charity and kindness toward you.

SAND—Indicates a weak and vacillating character.

SAW—Means that you will part from a friend.

SHARK—A sign of bitterness and sorrow.

SHIP—If the ship is coming toward you, it is a sign of good luck. If it is going away, you will say farewell to a dear one. If you are on one, your love affair will succeed.

SHOCK—Means good news in a letter.

SILK—If you are dressed in silk you will have money.

SISTER—Means a death, or severe illness.

SNORE—Means amusement.

SNOW—If it lie glittering and white on the ground you will be successful in love; should it be melting and dirty you will be disappointed; if you are out in a storm, you will have many suitors.

SOLDIERS—Marching in a parade they mean pomp and vanity; fighting victoriously, your business reverses will turn to success. Fighting a losing battle, prepare for disappointment.

(Continued on page 19)

Weak, Rundown, Nervous, Skinny?

There is new hope of health and energy for thousands of tired, weak, worn-out, haggard-looking men and women whose energy has been sapped by worry, overwork, and who are nervous, irritable and always half-sick and ailing. Now science has compounded a combination of vitamins, minerals and herbs into pleasant tasteless pills called Irovan that can be taken by young or old to build good solid flesh, a hearty appetite, glowing energetic health and calm nerves. For proof of what Irovan can do for you just send name and address and we will send a sample of Irovan and interesting health facts. KNOX COMPANY, Dept. 2B, Knox Building, Fort Erie North, Ontario.

DREAMS—Continued

SPEECH—To make a speech denotes eminence in life and a good name.

TAR—Means gossip and evil talk.

TEA—Drinking tea is a good omen.

TELEGRAM—If it contains good news you will see a friend who has been long absent. If the news be bad you will suffer a money loss.

TENT—This means a journey and meeting congenial people.

THEATRE—To act in a theatre means vanity and overweening ambition. To watch a play in a theatre means a good time.

TRAIN—If you are on it, an absent friend will return. If it is coming toward you, you will hear good news. If



it is leaving, your troubles will depart.

TRIP—To trip or stumble indicates worry. To trip and fall denotes tears.

VACANT—A vacant house denotes an invitation to a party.

VICE—Means fickleness of spirit, vacillating.

WAR—Means trouble and grief.

WATER—Clear water denotes good fortune; muddy water, a death.

WAX—Indicates uncertainty.

WEDDING—This is a sign of misfortune, portending death to someone close to you.

WIFE—If you are a maiden and should dream of being a wife you will remain single for many years.

WISE—To dream you are abnormally wise indicates a loss of money.

Contest Winners

IN OUR

Last Booklet Contest

Mrs. Fred T. Fenwick, Millstream, N.B.	\$500.00
Mrs. Malcolm C. MacDonald, Box 32, Caledonia, P.E.I.	10.00
Mrs. Roy Watson, 208 Perry St., Peterborough, Ont.	10.00
J. F. Rosheski, 127 Pearl St., Brantford, Ont.	10.00
Mrs. F. M. Hartling, Box 176, Stellarton, N.S.	10.00
Theodore G. Metcalfe, 2106-44th Ave., Vancouver, B.C.	10.00
Mrs. Ken Borrow, 48 East 18th St., Hamilton, Ont.	5.00
Mr. Clarence Hartling, Stellarton, N.S.	5.00
Miss M. Dover, 374 Sunset Ave., Victoria, B.C.	5.00
Mrs. John MacPherson, 170 Lillooet E., Moose Jaw, Sask.	5.00
Miss Marie Savigny, Box 143, Merriton, Ont.	5.00
Mrs. Harry Fortune, 49 Jackson Ave., Peterborough, Ont.	5.00
Mrs. Dora Reid, 186 Lee Ave., Toronto, Ont.	5.00
Mrs. E. Nicholls, 576 Gilchrist St., Peterborough, Ont.	5.00
Mr. Alex. MacCallum, 712 Moy Ave., Windsor, Ont.	5.00
Mrs. E. E. Theakston, 27 Moran St., Halifax, N.S.	5.00
Mr. Thos. Blackie, 112 Colony St., Winnipeg, Man.	5.00
W. A. Scott, 26 Pottinger St., Lindsay, Ont.	5.00
F. Brezina, 50 Abert St. S., Kitchener, Ont.	5.00
Tyney Mackie, 208 Rowand St., Fort William, Ont.	5.00
Mr. Blythe Hurst, Sr., Brackley Beach, P.E.I.	5.00
Mrs. Edith M. Daws, 12 Jennings St., Halifax, N.S.	5.00

Tired Women

Wives and Mothers who have work to do and must keep going will find quick natural health building energy in the concentrated tonic Buroids. Puts new blood in your veins, gives you a better appetite, brings new colour to your cheeks. You get rid of the tired, weak, worn-out feeling and your nerves get stronger. Life again is worth while. You sing while you work, and can play with your family and have a good time instead of feeling irritable and cross. Just get Buroids from your druggist and if they don't make you feel like a new woman in one week Buroids won't cost a cent under the satisfaction or money-back agreement.

Minister Recommends Cystex for Kidney and Bladder

Rev. Joseph Freeman Tupper, Toronto, Ont., Can., recently wrote: "I have found that Cystex gives relief quickly and results are in every way satisfactory. All sufferers of Kidney and Bladder troubles should take Cystex. In fact, my advice is for everybody to take Cystex, those who are ill that they might enjoy good health again, and others to avoid having many distressing complaints by keeping the system fit. Cystex is a treatment that is not expensive and is easy to take. I tell all my friends about Cystex."

Piles Ruined Mother's Nerves Rid of Trouble for 5 Years

Mrs. L. Larsen, Box 334, Grimsby, Ont., recently wrote: "I advise any sufferers from piles to get Dr. Nixon's Chinarioid, and their suffering will be relieved with only two treatments. After our two children were born, I could not do my work, let alone care for the babies. I couldn't be on my feet, and it was so painful to sit, and my nerves were in a terrible state. I simply had no patience with any one. Finally I used Dr. Nixon's Chinarioid, and after just two treatments, really my body seemed to relax. I felt such relief and found my nerves just gradually taming down until life around the house with the children became so much more pleasant. I very cheerfully finished the first package of Chinarioid and purchased another. Five years have passed and two more babies have been sent to us, but thanks to Dr. Nixon's Chinarioid, piles have not tortured me since."



Mrs. L. Larsen

Acid Stomach

Ruins Joy of Life

Beware Soda Habit!

Don't Let Gas, Heartburn, Bad Breath and Dizziness make you Nervous, Run-Down, and Grouchy

Just because it isn't considered dangerous most people who are troubled with Hyper-Acidity of the stomach just go along day to day suffering—making themselves and others miserable.

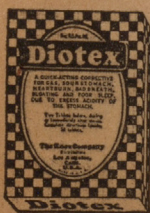
Nearly every one of these sufferers from Stomach Hyper-Acidity are chronic users of soda. While the occasional use of soda does give temporary relief, the habitual use of it actually encourages more trouble and distress. This is fully explained in an interesting booklet which is now being distributed free to sufferers from Stomach Hyper-Acidity.

Causes May Ills

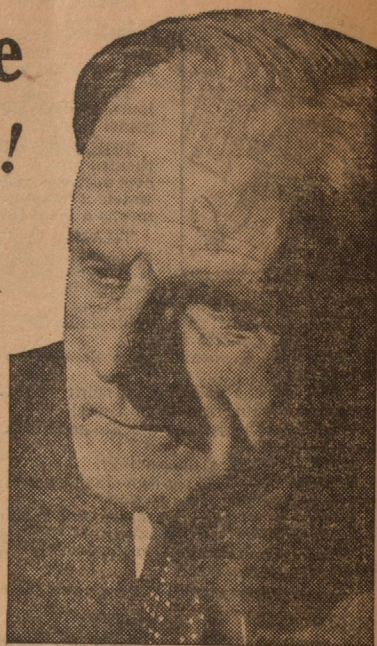
Stomach Hyper-Acidity often is the cause of Poor Sleep, Bad Breath, Uncomfortable Bloating, Heartburn, Dizziness, Nervousness, and frequently makes people unfit for business or social life.

Do As Doctors Do

If you are a sufferer from Stomach Hyper-Acidity, you should not make a habit of taking soda, but on the contrary should do as many doctors do, and take the doctor's prescription called Diotex. This splendid prescription is in pleasant tablet form, does not contain any soda, narcotics, or habit-forming drugs, but is four times more powerful than soda in neutralizing excess acid. For this



reason it quickly allays the pain and discomfort caused by Stomach Hyper-Acidity, usually giving complete relief within 15 minutes, and gradually it helps the stomach to function more normally so that eating becomes a pleasure instead of something to be postponed as long as possible.



Dr. George B. Knight, well-known New Jersey physician, recently stated: "I know of no finer prescription for the relief of stomach ailments caused by excess hyper-acidity than Diotex. And since the vast majority of complaints of the stomach can be traced to an over-acid state, this prescription has proved an invaluable aid in case after case in my own practice."

Make This Test

No matter how long you have suffered from Hyper-Acidity of the Stomach or what you have tried, you should put the doctor's prescription Diotex to the test. See for yourself exactly what it can do. It must give you complete satisfaction and curb your troubles due to Hyper-Acidity of the Stomach and do the work thoroughly and completely, or merely return the empty package and your money is refunded in full.

There is no need to take chances with soda or with cheap, inferior drugs when you can get the doctor's prescription Diotex under the unlimited money-back agreement. Ask your druggist for Diotex today.

FIRST AID

AND HOME TREATMENT FOR COMMON DISEASES

By R. A. Goodall, M.D.

EDITOR'S NOTE—Dr. Goodall is medical director of The Knox Laboratories, and graduated from King's College in London, in 1922, after which he practiced medicine in England, United States, South America and Alaska until 1937, when he was made Medical Director of The Knox Laboratories. All Knox Products made for the home treatment of various disorders are personally inspected by Dr. Goodall, thus insuring highly scientific preparations and the utmost in treatment value.

APPENDICITIS—There is no home treatment suitable for this ailment, however as at some time about 75% of all adults have had inflammation of the appendix it seems wise to give some cautions regarding this widespread ailment.

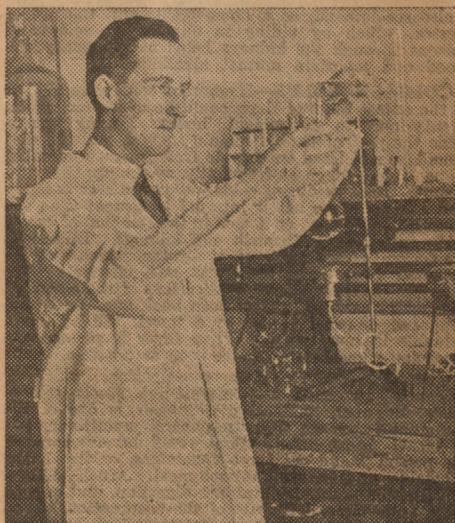
The symptoms of acute appendicitis are sudden and severe abdominal pains, sometimes in the centre of the stomach, and sometimes in the right side, loss of appetite, sometimes vomiting, fever, and constipation or diarrhoea. In the case of any acute or severe pain in the region of the right side or centre of the stomach appendicitis should be suspected. Laxatives or physics should not be taken, and no food should be eaten until the patient is examined by a physician. Until the physician arrives the patient should lie quietly, flat on the back or on the right side, and for relief ice packs or cold cloths may be applied to the right side. In cases of grave emergency where a physician cannot be obtained for several hours or longer, small quantities (from one to two teaspoonfuls) of luke warm or tepid water may be used as an enema or rectal irrigation.

Many people may suspect that they have chronic appendicitis when such is not the case, and when the real trouble is merely functional irritation of the colon or large intestine, and this ailment is commonly referred to as colitis, the chief symptoms of which are, dull pains across the lower part of the abdomen or stomach, dull aches in the left side, burning pains in the left side, backache, loss of energy, headache, a coated tongue and constipation with small pencil-like stools. The best home treatment that I know of in such conditions, when due to functional irritation of the colon, is a powder called Kolade Powders.

ASTHMA—The choking, wheezing, gasping attacks of asthma may be controlled in most instances now through the use of the physician's prescription known as Mendaco. Mendaco is in pleasant, tasteless tablet form, and works very quickly by liquefying or dissolving the thick heavy mucous which is responsible for most of the choking, wheezing, gasping and shortness of breath. This modern treatment does away with the old objectionable smokes and injections in most cases. Those subject to asthmatic attacks should try the treatment Mendaco, avoid exposure and see that they have at least one good bowel movement per day. Diet suggestions and simple directions accompany every package of Mendaco, which is available at most druggists and chemists.

BLADDER WEAKNESS—The principal symptoms of this ailment are, scanty or frequent urination, the necessity to arise during the night, burning or itching after urination, and loss of energy. The best home treatment I know of for Bladder Weakness is the physician's prescription called Cystex, which may be obtained at most chemists and druggists.

BOILS—This ailment usually indicates some systemic disturbance. Sometimes the taking of sulphur internally is of value, and directions as to



Dr. Goodall in the Knox Laboratory

quantities and so forth may be obtained from your chemist or druggist. The best external treatment that I know of for boils is an ointment called Nixoderm, which is highly antiseptic, and which also has pain relieving qualities.

BRONCHITIS—In severe attacks the patient should remain in a warm bed until all danger is past. For quick relief of the cough dissolve two tablets of aspirin in a half glass of water, and take two teaspoonfuls of the mixture every ten or fifteen minutes until relieved. If the patient has fever the physician should be called as soon as possible. For the relief of chronic bronchitis the best home treatment I know of is the physician's prescription called Mendaco, which may be obtained from most druggists and chemists.

BRUSH BURN—Brush burn is a name given to injuries where the surface of the skin has been removed. They include the scraped arms and legs which are common accidents in childhood. In order to dress a brush burn, particles of dirt should first be removed preferably by means of forceps that have been boiled, and the surrounding skin should then be cleansed with soap and water. The injured part should next be flushed with sterile salt solution, made by boiling water five minutes and adding to it salt in the proportion of one teaspoonful to a pint of water. If the dirt is difficult to remove a soap compress should be applied. To prepare the compress several thicknesses of gauze or muslin should be boiled in a strong solution of castile or green soap for ten minutes. The compress should remain in place several hours, and may be repeated if necessary. After the wound has been thoroughly cleansed, it should be dressed with old muslin that has been saturated in castor oil or spread with boracic ointment.

BURNS—On severe or deep burns, tannic acid 5%, or picric acid gauze moistened with clean water, or

(Continued on page 22)

FIRST AID—Continued

gauze moistened with strong solution of baking soda, a handful to a quart of clean warm water. If not available, use good burn ointment, preferably one containing tannic acid. Most severe burns are accompanied by severe shock which must have shock treatment.

CATARRH—Chronic Catarrh is commonly considered as a chronic cold, and is evidenced by the raising of heavy mucus, and excessive discharge from the nose. Usually such patients should find benefit over a long period of time through following a diet rich in vegetables, and by reducing the eating of meat. Because the average patient usually is excessively acid I also recommend, as a home treatment, the use of Cystex, which by aiding in eliminating acids and poisons through the kidneys helps nature purify the blood and maintain normal alkalinity.

COMMON COLDS—If common colds were treated at the outset most of them could be overcome within twenty-four to forty-eight hours. During severe colds the patient should remain in bed, and the diet should be restricted entirely to fruit juices, preferably orange juice, taken as frequently as the appetite will permit. Because during colds the system is excessively acid I know of no better internal treatment than the prescription Cystex, as it aids in the removal of excess acids and poisons through the kidneys. Directions are found in each package of Cystex, which may be obtained from most druggists and chemists. For external treatment liberal applications of the ointment called Vick's Vapo-Rub to both back and chest, and bandaged on with flannel or a towel, will be found valuable in most cases. When fever is present the physician should be called as soon as possible.

CONSTIPATION—True constipation, which is evidenced by hard and marble-like stools seldom exists, however, habitual constipation is one of the commonest diseases that the general practitioner has to treat. Most constipation would be overcome if the person would eat three vegetables, or two bulky vegetables and one fruit at each meal. Much habitual constipation is due to improper digestion, and in such cases I recommend the use of the preparation known as Diotex, which neutralizes excess stomach acids and aids in digestion. Sometimes the drinking of two or three glasses of warm water before breakfast will be found helpful. Whenever a laxative is absolutely necessary I recommend white mineral oil.

COUGHS—Coughs due to colds, or local irritations, often may be satisfactorily relieved by taking two spoonfuls of a mixture made from two aspirin tablets dissolved in a half glass of water, taken every ten or fifteen minutes until relief is secured. If the cough is chronic a physician should be consulted.

Whooping cough usually requires the services of a physician, however an old fashioned home remedy that has given good results in many cases is to make a poultice of dry garlic and place this between strips of clean muslin or linen and bind on the soles of the feet of the child. Strange as it may seem, the odor will be present on the breath of the child very shortly after applying this poultice.

DIARRHŒA—This condition indicates excessive irritation of the colon or lower intestine and may be caused by many factors. A valuable home treatment is the powder known as Kolade Powders, which usually will give prompt and satisfactory relief. Kolade Powders may be obtained from most chemists and druggists, but if the condition persists after taking Kolade a physician should be consulted.

DOG BITE—Wash wound with running water, apply tincture of iodine, bandage and take to doctor to decide whether to give Pasteur or Vaccine Treatment to prevent rabies or hydrophobia. A simple, effective hand bandage is pictured.



DROWNING, ELECTRIC SHOCK, GAS, SMOKE AND OTHER SUFFOCATIONS

1. Lay patient on his belly, one arm extended directly overhead, the other arm bent at elbow and with the face turned outward and resting on hand or forearm, so nose and mouth are free for breathing.

2. Kneel, straddling patient's thighs with your knees placed at such a distance from the hip bones so as to apply pressure direct from shoulders to heel of hands.

Place palms of hands on small of back, with fingers resting on ribs, the little finger just touching lowest rib, with thumb and fingers in natural position, and tips of fingers just out of sight.

3. With arms held straight, swing forward slowly, so that the weight of your body is gradually brought to bear upon the patient. The shoulder should be directly over the heel of the hand at the end of the forward swing. Do not bend your elbows. This operation should take about two seconds.

4. Now immediately swing backward, so as to remove the pressure completely.

5. After two seconds swing forward again. Thus repeat deliberately twelve to fifteen times a minute, the double movement of compression and release, a complete respiration in four or five seconds.

6. Continue artificial respiration without interruption until natural breathing is restored, if necessary, four hours or longer, or until a physician declares the patient is dead.

7. As soon as this artificial respiration has been started and while it is being continued, an assistant should loosen any tight clothing about the patient's neck, chest, or waist. **KEEP THE PATIENT WARM.** Do not give any liquids whatever by mouth until the patient is fully conscious.

8. To avoid strain on the heart when the patient revives, he should be kept lying down and not allowed to stand or sit up. If the doctor has not arrived by the time the patient has revived, he should be given some stimulant, such as one teaspoonful of aromatic spirits of ammonia in a small glass of water or a hot drink of coffee or tea, etc.

9. Resuscitation should be carried on at the nearest possible point to where the patient received his injuries. He should not be moved from this point until he is breathing normally of his own volition and then moved only in a lying position. Should it be necessary to move the patient before he is breathing normally, resuscitation should be carried on during the time that he is being moved.

10. A brief return of natural respiration is not a certain indication for stopping the resuscitation. Sometimes the patient, after temporary recovery of respiration, stops breathing. Do not leave patient alone.

11. In carrying out resuscitation it may be necessary to change the operator. This change must be made without losing the rhythm of respiration.

Caution—In removing victim from electric contact, dry wood or dry clothing are about the only articles that can be used with any degree of safety by one not trained as an electrician. Keep at least 2 feet distance between the rescuers hands and the body of the victim or the live wire. Mechanical respiration devices require experience. An oxygen inhalator is of value in gas poisoning.

Do not place body in bath unless ordered by doctor.

ECZEMA—For prompt relief of the itching, redness and soreness of eczema I know of nothing in the way of an external treatment that affords greater satisfaction than the ointment known as Nixoderm. Many helpful suggestions accompany every package of Nixoderm, which may be obtained from most druggists and chemists.

EYE INJURIES—Loose particles may be removed from the eyelid with a clean handkerchief, or a bit of clean cotton rolled on a toothpick or a match stick. If not easily removed in this way, make no further attempt. Particles embedded in the lid or eyeball should be left to the surgeon. **NEVER VIOLATE THIS RULE. BLINDNESS MAY RESULT.** In case of serious eye injury, cover with clean cloth compress wrung out in ice cold water and send patient to surgeon or hospital.

FAINTING—Place patient on back with head low, even raising the feet if convenient. Loosen any tight clothing and get plenty of ventilation. Smelling salts, ammonia on a handkerchief, or a little cold water in the face are often helpful. Do not attempt to make the patient drink anything while unconscious. Hot black coffee or aromatic spirits of ammonia— $\frac{1}{2}$ teaspoonful well diluted with water may be given after consciousness returns.

FITS—Do not attempt to hold patient down. Place any small object between teeth to prevent biting tongue. Prevent patient from injuring self, and let sleep after attack.

(Continued on page 23)

FIRST AID—Continued

FRACTURE (Broken Bones)—Handle carefully to prevent sharp ends cutting through flesh. Apply narrow boards, heavy pasteboard, umbrellas, canes, fence railings, or any rigid appliances, as splints for the fractured limbs to permit the patient to be moved without pain or danger. Splints must be padded when applied next to skin, and be long enough to reach beyond the joints above and below fracture. Firm traction should be applied to end of limb while splints are being fastened in place.

FROST BITE—Treatment—Rubbing with snow is especially bad; frozen tissues are bruised and torn and gangrene is very apt to result. Gently cover the frozen part with the hand or other body surface until the part has thawed and circulation is re-established. If a hand is frozen hold next to the skin in the arm pit or between the thighs. The frozen part may be thawed very gradually in cold water or cool air. If this cannot be done, cover the part with extra clothing until thawed.

HEADACHE—This is merely a signal provided by nature to show that something is wrong with your anatomy. It may be caused by many factors, such as nervousness, indigestion, constipation, or poorly functioning kidneys. Try to figure out the cause of your headache and then treat the cause rather than relying on sedatives such as aspirin which give only temporary relief. For instance, if you are troubled with indigestion and have reason to believe that is the true cause of your headache then the sensible thing to do would be to take Diotex to relieve your

indigestion. If, on the other hand, you are conscious of urinary disturbances, such as burning and smarting after urinating, or if the urine has a foul odour or is heavy with sediment and cloudy, the sensible thing to do would be to help your kidneys with the prescription called Cystex.

(Continued on page 24)

Was Dizzy and Weak Buroids Made Her Strong

Mrs. Wesley Lane, P.O. Box 294, Beamsville, Ont., Can., recently wrote: "My sister was always troubled with a dizzy head which came on by spells and made her feel like falling on her face and sometimes she did and would be confined to her bed for a week at a time, could not sit up or stand on her feet but just had to lie quiet. She could not walk up hill but got so short of breath she could hardly speak or get her breath till she rested, in the night would feel that way sometimes and she said she never had an appetite for food, said she never felt hungry, was also pale. She took one box of Buroids and has not had a return of any of these dizzy spells in two months and looks younger and has a good appetite and enjoys her meals and can do quite a lot of housework. I surely can recommend Buroids for building up the system."

Itching, Cracking Feet

Ringworm and Athlete's Foot Curbed by Special Treatment



Do your feet itch so badly that they nearly drive you crazy? Does the skin on your feet crack and peel? Are there blisters between your toes and on the soles of your feet? Do your feet get so sore at times that they actually bleed? If you suffer from these foot troubles you should realize that the real cause often is a germ-like fungus and that you can not get rid of your trouble until you destroy the fungus or germ.

Doctor's Treatment Fights the Cause

Ordinary ointments and liquids can not do much good to overcome foot troubles such as these because they do not destroy the underlying cause of the trouble. Fortunately it is now possible to combat these foot troubles and even the most stubborn ringworm infection with the doctor's formula called Nixoderm, based on the prescription of a famous English skin specialist. Nixoderm is swift and positive and has 3 definite actions: 1. It quickly starts

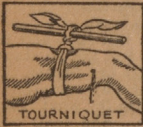
destroying the germs, parasites, or fungus responsible for many foot infections and ringworm. 2. It stops the terrible itching and soothes and cools the skin usually in 7 to 10 minutes. 3. It helps Nature promote healing and a naturally soft, clear, smooth skin.

Quick Results

Get Nixoderm from your druggist today. Apply it tonight and see for yourself the tremendous improvement in the morning. In just a few days' time Nixoderm must have proved to your entire satisfaction that it is removing the germs, parasites, and fungus cause of foot trouble and be completely satisfactory in every way, or you merely return the empty package and the full purchase price will be refunded. Don't put up another day with the agony and the danger of itching, cracking, bleeding feet infected by this highly contagious fungus. No matter what you have tried or used or how long you have suffered, Nixoderm must do the work to your entire satisfaction or cost nothing. Get Nixoderm from your druggist today. The money-back agreement protects you.

FIRST AID—Continued

HÆMORRHAGE—Bleeding from arteries comes in spurts and is brighter red in color than bleeding from veins. If from large arteries it is always very serious and demands immediate action. Pressure with fingers or hand will usually control it! The points for pressure are (1) just in front of ear for bleeding from temple. (2) Inner side of arm about half way from shoulder to elbow for bleeding from hand or arm. (3) In the groin against pelvis bone for bleeding from foot, thigh or leg. (4) On neck, fingers forward just touching windpipe, thumb around back of neck for cut throat. (5) Behind collarbone at side of neck, pressing downward on first rib, for bleeding in shoulder or arm pit. If necessary a tourniquet can be made by tying a handkerchief or bandage a hand's breadth below the arm pit or groin and twisting till the flow of blood is stopped. **LOOSEN EVERY 15 MINUTES.** Allow to remain loose if bleeding has stopped, but watch closely and retighten if bleeding commences again. Bleeding from a vein comes in a steady flow. It can be controlled by applying a clean compress or dressing over the wound, bandaging snugly and then applying pressure with the hand directly over the dressing if necessary. Elevating the part aids materially.



INDIGESTION—This ailment is really exceptionally common, and is evidenced by gas, bloating, bad breath, sometimes dizziness, heartburn and so forth. The chronic sufferer usually has an irritable temper, and feels mean and disagreeable most of the time. A high percentage of indigestion is due to excessive acidity in the stomach, and the quickest and simplest way to overcome this condition is by taking the prescription known as Diotex, which not only neutralizes the excess acid, but also aids nature in properly digesting your food.

ITCH—A high percentage of itching conditions of the skin, which persist over a long period of time, are due to parasitic irritations (the bites of insects too small to be seen with the naked eye). Another frequent cause is a fungus growth, also invisible to the eye. The parasites, or the fungus growth get into the folds and crevices of the skin and cause itching, eruptions, blemishes, and in the case of the feet often cause scaling of the skin, cracks between the toes that become so deep at times that they actually bleed. Such skin irritations as these usually yield very quickly and readily to the treatment called Nixoderm, which may be obtained from most druggists and chemists.

KIDNEY DISORDERS—Because of modern foods, living conditions, worry over work, fear, and other causes a very heavy load is frequently placed on the kidneys. The kidneys are two small glands, about the size of your clenched fist, and through these small organs the blood of the body circulates approximately 200 times an hour in order that excess acids, poisons and wastes may be properly removed through the urine. When the kidneys get tired or lazy and slow down and do not remove these poisons, health gradually becomes undermined, and one or more of the following serious symptoms may be evident: getting up nights, nervousness, dizziness, leg pains, rheumatic pains, swollen ankles, stiff joints, dark circles under the eyes, loss of energy. To quickly aid nature in restoring normal activity to the kidneys I recommend the prescription called Cystex.

LIGHTNING—This is a form of electrocution. The treatment is the same as for electric shock.

NERVOUSNESS—A high percentage of nervousness is due to a lack of vitamin B-1 and B-2 in the diet. Modern methods of preparing food and modern diets

Gnawing Pain in Stomach Gone Now

Mrs. W. J. Murray, Whitla, Alberta, Can., recently wrote: "For years I suffered a great deal with my stomach. I was always tired, had a heavy feeling and gnawing pain in my stomach and constipation was a constant enemy. I heard of Kolade Powders and got some. Almost immediately I felt better and now I feel like a new person entirely rid of all such ailments."

result in a shortage of this necessary vitamin and thus nervousness may become chronic and interfere with the functions of many organs of the body. A splendid source of vitamin B-1 is in the preparation called Buroids which also contains vitamins A and D (derived from cod liver oil) and valuable minerals. By supplying these necessary elements to the body nervousness is often overcome, the blood is enriched and vigor and vitality greatly increased. Buroids is a splendid weight, energy, strength and nerve builder.

NEURITIS—This ailment, which is somewhat similar to rheumatism but usually is confined to the neck, shoulders and arms, may be due to an infection somewhere in the body, or to nerve irritation of some character. The teeth and tonsils especially should be examined, and if diseased should be removed. Exercise of the afflicted parts by stretching the arms and exercising the neck and shoulders will be found helpful, as will also the application of heat. For temporary relief take one or two aspirin tablets, and to aid the system in eliminating excess acids and poisons which may irritate the nerves help your kidneys.

NOSEBLEED—Nosebleed usually stops of itself, but if it is obstinate the patient should sit erect with the head back, and cold compresses should be placed on the nose and at the back of the neck. Pressure should be made on the upper lip by means of the fingers, or by a firm roll of paper or cotton placed under the upper lip. Salt or vinegar in water, a teaspoonful of either one to a cup of water, may be sniffed up the nose. The treatment should be continued for ten or fifteen minutes, or until bleeding stops; if the bleeding persists a doctor is needed.

OPEN WOUNDS—On scratches and slight wounds apply half strength iodine. Dirty or greasy wounds should first be cleansed with high-grade benzine. Open wounds should be covered with gauze and bandage.

PAINS IN BACK—Pains in the back and lumbago frequently are due to the nerves being irritated by excess acids, and poisons in the blood, and also to too highly concentrated urine. Many cases will be relieved almost immediately through the use of Cystex, which helps nature remove the true cause for many sufferers.

PILES—Beware of constipation and diarrhoea. Reduce the amount of meat eaten and avoid highly seasoned foods and salt and pepper. Bathe the parts with cold water twice daily, and apply the preparation called Chinaroid, which usually gives ease and comfort within the first half hour, and quickly reduces the swelling.

PIMPLES—Pimples and ugly blotches on the face should be bathed with Castile soap, or if that is not obtainable, with any mild non-irritating soap, and I recommend the application of the highly antiseptic ointment called Nixoderm.

POISONS AND THEIR ANTIDOTES

The two MOST important points to be remembered in connection with any poison case in which the individual is conscious are: (1) **DRINK LOTS OF WATER OR MILK;** (2) **CAUSE VOMITING.**

These can both be accomplished at the same time by having the patient immediately drink large quantities of SOAP SUDS, SODA IN WATER, SALT WATER, or even PLAIN WATER. These are all more nauseating if given luke-warm.

The secret of success is to give enough. Start with three or four glasses. If this does not produce results in a few minutes, give some more. Ticking the back of the throat with the finger is also a valuable aid in encouraging vomiting.

This immediate dilution helps to prevent more poison being absorbed into the system, as a diluted poison is not absorbed nearly as rapidly as one in concentrated form. Vomiting is always more easily induced after giving LARGE quantities of fluid.

Services of a physician should always be secured as soon as possible.

Additional information on specific poisons follows: **ALCOHOL**—In any form—rum, gin, whisky, proof spirits, etc.; also wood or methyl alcohol. Symptoms: Giddiness, swaying of body, inability to stand. Face

(Continued on page 25)



FIRST AID—Continued

flushed, eyes red. Later, skin clammy, weak pulse, may be convulsions and unconsciousness.

Treatment: Hot coffee or aromatic spirits of ammonia— $\frac{1}{2}$ teaspoonful well diluted with water. Do not exhaust by making walk. Wrap warmly and put to bed. In extreme cases, breathing may stop and it will be necessary to give artificial respiration by the prone pressure method.

ARSENIC—Found in rat poison, vermin killer, Paris green, Fowler's solution. Sometimes in tinned fruits and beer. Symptoms: Severe pain in stomach, purging, vomiting, severe cramps in legs, dryness of throat, cold sweats; profound shock.

Treatment: Be sure that vomiting is repeated until stomach is thoroughly washed out. Castor oil, stimulants of coffee or aromatic spirits of ammonia if needed. Keep warm.

CARBON MONOXIDE—Principal danger is from exhaust gasses from automobiles and leaky gas pipes. Also found in leaky furnaces and stoves, gas stoves without flue connections, in burning buildings, etc. Symptoms: Vary considerably depending upon the concentration of the Carbon Monoxide breathed, but the end result is usually a red coloration, especially of ears, lips and nails, and a stopping of breathing.

Treatment: 1. Remove patient from atmosphere containing carbon monoxide. 2. Start artificial respiration immediately by the (Schaeffer) Prone Pressure method if breathing has stopped. 3. Administer oxygen as quickly as possible and in as pure form as is obtainable, preferably from an inhalator. A mixture of oxygen 95% and carbon dioxide 5% is usually used in these. 4. Keep the victim flat, quiet and warm. 5. Afterward give plenty of rest.

IODINE—Owing to the now universal use of Tincture of Iodine in the treatment of scratches, cuts and wounds it is found in every household, and as a consequence there are cases where children or adults have taken it accidentally or otherwise.

Treatment: After vomiting has been induced, give starch or flour mixed with water to about the thickness of butter-milk.

IVY POISONING—Ivy poisoning may be treated by applying cloths wet in a strong solution of baking soda or of boric acid, or by applications of carbolized vaseline or ichthyol. Severe cases should have medical attention. Scratching and rubbing seem to spread the inflammation, and special care should be taken not to rub the face or eyes with infected hands. Susceptible people should avoid the plant if possible.

RHEUMATISM—Rheumatic pains and swelling of the joints usually results from an infection somewhere. The teeth and tonsils should be examined by a physician. The application of heat to the affected area usually gives some relief. To aid the kidneys in eliminating the excess acids, such as uric acids and other poisons usually present in rheumatic conditions I recommend the use of Cystex.

RINGWORM—This disease, as the name indicates, is caused by a parasite which travels in a circle immediately below the skin, and causes eruptions or abrasions on the skin circular in character. There is usually redness, some slight swelling and a great deal of itching. The disease cannot be eliminated until the parasite, or so called "ring-worm" is killed. This is usually accomplished very quickly through the use of the ointment called Nixoderm.

SHOCK—Present in all serious injuries and greatly increased by severe bleeding and pain. Pale face, cold clammy skin, rapid weak pulse, shallow breathing. Lay patient on back, head low, feet elevated 18 inches, loosen clothing about neck, chest, and abdomen. Keep warm with blankets and hot water bottles, hot bricks or heated stones, being careful not to burn the person. If he can swallow, give him hot strong coffee, hot milk or hot water, half teaspoon aromatic spirits of ammonia in water. Never pour liquid down the throat of an unconscious person.

SKIN DISORDERS—A high percentage of skin blemishes are due to external irritations which are readily combated through the use of an antiseptic dressing, and the best that I know of is the preparation called Nixoderm.

SNAKE BITE—Tie ligature or cord around the arm or leg a short distance above the bite. Make a crosscut clear through the skin over each fang mark. Apply suction with mouth or any other convenient means continuously for at least half hour. Keep

patient lying down, quiet and give treatment previously described for shock. Get doctor.

STINGS OF VENOMOUS INSECTS, ETC.—Apply weak ammonia, oil, salt water, or iodine.

STOMACH ULCERS—Stomach ulcers due to gastric hyperacidity usually cause a great deal of pain, gas, belching and bloating, and particularly when the stomach is empty. Most of the symptoms are more evident from about two hours after a meal is eaten until the next meal is eaten. The drinking of a glass of milk in between meals often proves helpful. The diet should be free from spices, and condiments such as salt and pepper. Alcohol should not be used. Smoking should be reduced, and the use of meat decreased and vegetables increased. A soothing, sedative, healing treatment for stomach ulcers due to gastric hyperacidity is a preparation called Kolade Powders which I highly recommend.

STRETCHER—Three persons are necessary to place an injured person properly on a stretcher, one to lift head and shoulders, another the hips, and a third the legs. The stretcher should be placed alongside injured, and helpers should kneel on one knee on the side of patient away from stretcher, lifting him in unison, first to their bended knees, then lay on stretcher.

SUNSTROKE AND HEAT EXHAUSTION—In sunstroke there is a history of recent exposure to sun; skin is flushed, hot and very dry; temperature of body is much above normal; pulse is strong and rapid. Cool quickly as possible—especially the head—with cloths wrung out of cold water, ice bags, or a cool bath. Head should be slightly raised. NO stimulants.

In heat exhaustion skin is pale, cold and moist; pulse weak; sweating usually profuse. Often there is vomiting and abdominal cramps. The patient is prostrate. Treatment same as for shock.

TOOTHACHE—The application of heat usually provides some relief, and if oil of cloves is available it will act as an anesthetic if rubbed around the gum, and also placed on a small piece of cotton and wedged in any cavity present.

UNDERWEIGHT—People who are underweight following an operation, or an illness, or because of the lack of necessary vitamins and minerals in modern diet, usually put on normal healthy flesh and become energetic and full of life after taking Buroids a short length of time. I also recommend this preparation for nursing mothers and the old and feeble who need a strengthening tonic. Buroids aids the appetite, strengthens the nerves, improves nutrition and through natural means increases strength and energy.

CONCLUSION—All articles advertised in this booklet are scientifically prepared with the most modern up-to-date equipment and the purest and finest of ingredients. All products are carefully inspected by me and I can personally vouch for their purity and efficacy.

Kidney Trouble and Rheumatism Ended by Cystex in 1 Week



Mr. Kennedy

Here is what happy Alex Kennedy, Trenton, N.S., recently wrote: "Last October I went down to Liverpool, Queens County, for a visit. While there I took sick with a chill, and then I took rheumatism and kidney trouble. They told me they thought the change of climate would help me, so I came back to Pictou County, in January and took worse. I got no better, and could not feed myself, so my daughter said 'Why not try Cystex?' So I got a box, and believe me, in a week's time I was up and downstairs."

Your Short Letter Can WIN \$500.00 Or One of the 20 Other Cash Prizes

Just think of what you could do with the \$500.00 Grand Prize, or one of the other 20 cash prizes, which you have just as good a chance of winning as anyone else. All you have to do is to write a letter in answer to either or both of the following:

Rules of Contest

Everyone is eligible to enter this contest with the exception of the employees of the advertisers in this booklet, or their advertising agencies.

Put your name and address, and the date, in the upper right-hand corner of your letter.

Write on one side of the paper only.

Answer either or both of the following:

1. Which of the letters appearing on pages 30 and 31, identified by numbered photographs appearing on pages 16 and 17, is best, and why?

2. A letter giving your experience with any one of the products advertised in this booklet.

In the event of a tie, The Knox Company at their discretion may divide the prize money among those tying, or may set a second contest of a similar nature to be solved by only those tying.

The Grand Prize of \$500.00 will be awarded to the person sending in the best answer to either or both of the following:

1. Which of the letters appearing on pages 30 and 31, identified by numbered photographs appearing on pages 16 and 17, is best, and why?

2. A letter giving your experience with any one of the products advertised in this booklet.

Each entry must be accompanied by a package top of one of the products advertised in this booklet, or a reasonably exact facsimile thereof.

All entries become the property of The Knox Company, and may be used for advertising. This also applies to all photographs submitted.

The winning letter is to be selected by the judges, who are officers and directors of The Knox Company. All contestants, by entering this contest, agree to accept as final any decision made by The Knox Company, who reserve the right to amend or add to the rules.

After the Grand Prize of \$500.00, the next 20 best entries will receive cash prizes of \$5.00 each.

The \$500.00 Grand Prize Contest closes on March 31, 1939, and entries to be considered must be postmarked not later than March 31, 1939 from the town where mailed.

The sooner you send your entry, the better. You may make as many entries as you wish, and all entries must be mailed to the Knox Company, Fort Erie North, Ontario. Winners will be notified in writing within 30 days after the close of the contest.

1. Which of the letters appearing on pages 30 and 31 identified by numbered photographs appearing on pages 16 and 17, is best, and why?

2. A letter giving your experience with any one of the products advertised in this booklet.

Now that's easy, isn't it? All you have to do is to read over the letters appearing on pages 30 and 31, and it is easy to identify them by the numbered photographs appearing on pages 16 and 17, and then tell us which of the letters is best and why; or, simply write a letter giving your experience with any of the products advertised in the booklet.

Literary style and fancy entries are not what count, it is what you say in your letters that will be judged when the winners are selected.

\$100.00 in 20 Additional Prizes

After the Grand Prize of \$500.00 is awarded, the next 20 best answers to either or both of the two questions will each receive a cash prize of \$5.00.

Easy to Win \$500.00

You can see for yourself how easy it is going to be to go after that \$500 prize, and since entries will be judged on what you say rather than on artistic presentation, you can see that your chance is just as good as anyone's.

Read the detailed rules of the contest on this page, and mail your entry to The Knox Company, Fort Erie North, Ontario.

Kidney Poisons

Often Cause Dangerous Symptoms

Doctor's Prescription Fights the Poisons which May Cause Getting Up Nights, Loss of Energy, Excess Acidity, Bladder Weakness, Etc.

Look at the symptoms on the chart at the right, and you will be amazed at the number of troubles which may be caused by Poisons in the Kidneys, Bladder, and Urinary System. Poisons get into the Kidneys during Colds or through other infections, such as Bad Teeth or Tonsils or during Bacterial diseases, so it is no wonder that nearly every one must at times face the danger of Poisons in the Kidneys.

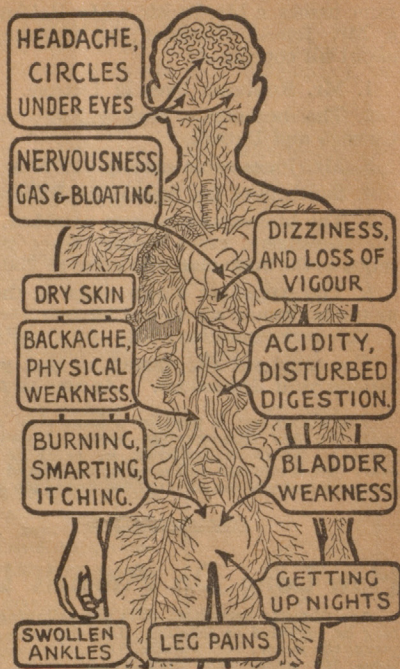
These Poisons may be the real and true cause of all your trouble, and dangerous symptoms such as Getting up Nights, Excess Acidity, Leg Pains, Frequent Headaches and Colds, Backache, Rheumatism, Aching Joints, Dark Circles under the Eyes, Dry Muddy Skin, Loss of Energy, and Burning, Itching Passages.

Help Nature 3 Ways

Fortunately for sufferers from troubles in the Urinary System, druggists now have supplies of a twin-tablet treatment called Cystex, which is a doctor's prescription. Cystex acts in 3 ways to combat these troubles: 1. It fights the Poisons responsible for Kidney and Bladder disorders. 2. It soothes and tones irritated membranes and alleviates pain. 3. It gently stimulates the Kidneys and helps them in their function of removing excess Uric Acid and other wastes which would become poisonous to the system if they were allowed to accumulate.

Praised by Doctors

More than 5 million men and women in all parts of the world have used Cystex and experts in this line of work consider Cystex a remarkable success. Thousands of doctors have prescribed Cystex and many of them



take time to write in praise of it. For instance, Dr. C. van Straubenzee, noted European physician, stated: "I consider Cystex one of the most meritorious formulas I have ever examined, and recommend it most highly." And Dr. C. J. Roberts, formerly of Philadelphia General Hospital, states: "In my years of practice I have employed many medicines and prescriptions to improve the functional action of the kidneys, but in my opinion there is no preparation that excels the prescription known as Cystex."

Must Benefit You or Money Back

Get Cystex from your druggist today. Put it to the test. See exactly what it can do for you. Cystex must make you feel younger and stronger and full of life and pep, satisfy you in every way and prove to be exactly the medicine you need or you simply return the empty package and your money is refunded in full. You are the sole judge of your satisfaction. During the first day or so you probably will notice a marked improvement in your condition, but we want you to take the full 8-day supply and see for yourself the tremendous good that the complete twin-tablet treatment can do for you. Ask your druggist for Cystex today. The money-back agreement protects you.

Try This Brain-Buster

A train is operated by three men: Smith, Robinson and Jones. They are the fireman, engineer and brakeman, but not respectively. On the train are three business men of the same names, a Mr. Smith, a Mr. Robinson and a Mr. Jones. Consider the following data about all concerned:

1. Mr. Robinson lives in Detroit.
2. The brakeman lives halfway between Chicago and Detroit.
3. Mr. Jones earns exactly \$2,000 a year.
4. Smith beat the fireman at Billiards.
5. The brakeman's nearest neighbor, one of the passengers, earns exactly three times as much as the brakeman who earns \$1,000 yearly.
6. The passenger whose name is the same as the brakeman's lives in Chicago.

This is the question: Who is the engineer?

You must get the answer so that you can explain your deductions. *Answer on page 29.*

(The above test is used by a large steel company with two and three-quarter hours allowed for its solution. There is positively no catch in it, and every fact is relevant and must be considered. If you are really fast you can do it in from five to ten minutes.)

How Long Do Animals Live?

According to accredited data the following figures may be regarded as reliable: The elephant, 150-200 years; the falcon, 162; vulture, 118; golden eagle, 104; swan, 102; goose, elder duck, raven, parrot, tortoise (especially the giant tortoise), 200-300.

The carp and pike may reach 150 years; the horse, ass, dromedary and bear 40-50. Among birds, the crane has a life expectation of 40-50 years; the heron, 60; the owl, 68; the dove, ostrich and woodpecker, 60-70.

The probable life of the hippopotamus is 40 years; the rhinoceros, 40-50; the gull, 44; the cuckoo, crocodile and toad each 40; the sheep, 10-15; goat, 12-15; stag, 30; roebuck, 15; reindeer, 16; elk, 20; wild pig, 20-30;

dog and wolf, 10-15; fox, 10; lion, 20-25; tiger, 20; cat, 9-10; beaver, 20-25; squirrel, 10-12; hare, 7-8; guinea pig, 5-7; rat, 3; mouse, 3-4; domestic fowls, 15-20; magpie, 25; blackbird, 18; canary, up to 24; salamander, 10-12; tree frog, 10; fresh water-eel, 10-12.

Certain of the humbler forms of life live astonishingly long. These include the fresh-water pearl-mussel at 60-70, and fresh-water crabs and leeches, over twenty. The anglerworm may live over ten years. Insects and spiders have short lives as a rule, but some kinds of ants have lived in captivity for 10-15 years.

Queen bees, though engaged in constant production of eggs to create communities of descendants live from four to five years, whereas the busy little workers end their activities in about six weeks.

Lost His Job From Skin Itch Nixoderm Put Him Back to Work in 5 Days

The following extremely interesting notes were taken from the diary of Mr. L. A. Cotton, 1209 Lyall St., Esquimalt, B.C.: "August 1—Saw the doctor about my hands today—they are cracking in the palms and burn and itch terribly. He said it was a form of ringworm and prescribed x-rays three times a week. Said after letting them get so bad, it would take at least a month before I could do any work. X-rays cost about \$7.50 and a month's idleness for a man on casual labor and six to keep. October 10—Can hardly write now, cracks getting between my fingers. Still working but it is agony all the time. November 8—In misery still. Patches of the ringworm coming in other places now. November 12—Saw booklet today—satisfaction or money back. Sounds good but too good to be true. November 15—Bought tube of Nixoderm today. It has stopped the itching for a time. Perhaps I can sleep tonight. November 20—Did small job today, first for a month. Hope my hands won't suffer. November 30—Left hand quite healed now—right is still sore but cracks are healed up. December 7—Nixoderm has cracked up my hands. Must write and thank company for their booklet and Nixoderm, which has enabled me to work steadily."

CHECK YOUR WEIGHT

WOMEN

Age Group	Hgt. 4-11	Hgt. 5 ft.	Hgt. 5-1	Hgt. 5-2	Hgt. 5-3	Hgt. 5-4	Hgt. 5-5	Hgt. 5-6	Hgt. 5-7	Hgt. 5-8	Hgt. 5-9	Hgt. 5-10	Hgt. 5-11	Hgt. 6 ft.
15-19	110	112	114	117	120	123	126	130	134	138	141	145	150	155
20-24	113	115	117	120	123	126	129	133	137	141	145	149	153	157
25-29	116	118	120	122	125	129	132	136	140	144	148	152	155	159
30-34	119	121	123	125	128	132	136	140	144	148	152	155	158	162
35-39	122	124	126	129	132	136	140	144	148	152	156	159	162	165
40-44	126	128	130	133	136	139	143	147	151	155	159	162	166	169
45-49	129	131	133	136	139	142	146	151	157	162	166	170	174	178
50-54	131	133	135	138	141	144	148	152	157	162	166	170	174	177

MEN

Age Group	Hgt. 5 ft.	Hgt. 5-1	Hgt. 5-2	Hgt. 5-3	Hgt. 5-4	Hgt. 5-5	Hgt. 5-6	Hgt. 5-7	Hgt. 5-8	Hgt. 5-9	Hgt. 5-10	Hgt. 5-11	Hgt. 6 ft.	Hgt. 6-1	Hgt. 6-2	Hgt. 6-3
15-19	113	115	118	121	124	128	132	136	140	144	148	153	158	163	168	173
20-24	119	121	124	127	131	135	139	142	146	150	154	158	163	168	173	178
25-29	124	126	128	131	134	138	142	146	150	154	158	163	169	175	181	187
30-34	127	129	131	134	137	141	145	149	154	158	163	168	174	180	186	192
35-39	129	131	133	136	140	144	148	152	157	162	167	172	178	184	191	197
40-44	132	134	136	139	142	146	150	154	159	164	169	175	181	187	194	201
45-49	134	136	138	141	144	148	152	156	161	166	171	177	183	190	197	204
50-54	135	137	139	142	145	149	153	157	162	167	172	178	184	191	198	205

HOW TO TELL

Fortunes With Tea Leaves

METHOD—Drain cup of the tea being careful not to lose any of the leaves in so doing. Then reverse the cup on the saucer and twist it around three times to the left. After doing this, turn the cup right-side up and read the emblems. It is necessary to use your imagination to some extent in reading tea leaves.



ANCHOR—This is the sign of trade and travel, both carried on successfully. If standing alone at the top of the cup it indicates true love.

BIRDS—You have doubtless had worries, but the "Tea leaf" birds carry them away. If surrounded by other leaves it means a pleasant journey.

CHILD—Standing alone it signifies innocent merriment and friendship. Surrounded closely it means fickleness and many love affairs.

CLOUDS—Small, light clouds mean the granting of your dearest wish. If they are heavy and lowering, disappointment.

COFFIN—This may mean, as it does in dream, and in other methods of fortune telling, death or a serious illness either to the hearer, or a friend. Closely surrounded, it means an inheritance.

CROSS—Standing alone, your troubles will soon clear. In the thick, more troubles will come.

DOG—Clearly seen and alone, it denotes popularity and friends. If thickly surrounded you may expect deception from one you have trusted. If seen at the extreme bottom of the cup, someone is envious of you.

FISH—This denotes successful enterprises, especially on, or beyond the seas. If well-surrounded, worries encircle you.

GARDEN—Clearly indicated, you will have good and loyal friends. Encompassed by other leaves, beware of false acquaintances.

HEART—Denotes love which is reciprocated, and joy over a gift.

LETTER—The emblem of a letter in the clear part of the cup brings pleasant news; if surrounded by dots, money is coming to you, but if the surrounding leaves are large, be ready for a disappointment or a loss.

LILY—As you would suppose, the lily is a sign of virtue and innocence. Seen clearly and alone, it indicates a mate with a spotless reputation, long life and happiness, but seen in the bottom, thickly surrounded, it is an omen of trouble and discouragement.

LION (Or any wild animal)—Good fortune to eminent persons, if clear and distinct. Envy and jealousy if in the thick.

MOON—Social and political prominence will come to you if the moon shines alone. If clouds surround it, regret, for a short period.

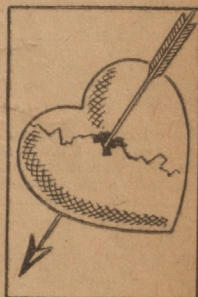
MOUNTAIN—A chain of mountains is a sign of treacherous associates. One high mountain indicates popularity among distinguished people.

MOUSE—Standing alone it is an omen of recovery of a lost object. Almost indistinguishable among other leaves, you must prepare for disappointment in this respect.

MAN—Seen clearly and unsurrounded it will mean an early marriage. It also denotes good business and happiness.

RING—Always means marriage. If clear, it brings marital happiness. Surrounded, it warns you to be careful as to the friends whom you trust. Seen in the bottom of the cup it means a separation that brings grief.

RIDER—He brings good news from afar and lasting prosperity.



BRAIN BUSTER ANSWER

Jones is the brakeman, Robinson the fireman, Smith the engineer.

Asthma for 15 Years One Dose Mendaco Ended Bad Attack

Thomas M. Lewis, Highland Grove, Ont., Can., recently wrote: "I had asthma 15 years, in October last I and my wife were away one day, and on our return home I took a bad spell of asthma. I stopped at my sister's, who happened to have a small bottle of your Mendaco tablets. When I came in the house they hastened to get me two Mendaco tablets. Believe me, I had hardly any breath to swallow them, but I got them down. It was the happiest day of my life. It was not two minutes until I had no asthma, and more so, have not had an attack since and have taken only one small and two large bottles since October. Really, I feel so good that I forget to take them sometimes before meals, but can eat anything now. Before taking Mendaco tablets I could not eat all kinds of food. Could not sleep, or could not work, but can do all of the above now. I have worked all winter."

Terrible Backache Goes in a Hurry

Miss Anne Hildebrand, Box 34, Hallstadt, Man., Can., recently wrote: "My father is very sensitive in chilly or damp weather and very easily contracts a cold. Sometime ago he was greatly bothered with the kidneys, caused by these colds, and he would have terrible backaches that kept him confined to a chair for days. He tried all kinds of remedies without any giving real relief. He was then advised to try Cystex. He got a box and almost immediately they gave wonderful results. He is now entirely rid of these backaches and whenever he feels a cold coming on, the only thing for him is Cystex."

Read What These People Say About Knox Products

Pictures and Names Will Be Found On Pages 16 and 17

1 "When I was 80 years of age I was troubled with dizzy spells so bad out of doors one day out in front of my house I fell on the street I saw an ad in the paper about Cystex so I got a box of these pills I used this and in about 2 months I was quite well to test myself. I went out about 2 miles on my cycle and I can go into the city not the least afraid. I am thankful I got hold of Cystex. I tell my neighbors how much good have done to me. I am now over 81 years of age and quite well."

2 "I was troubled with heartburn, sour stomach, and gas. I tried soda and different things. Nothing helped. I had to rise in the night-time, as my stomach would be burning all the time. After the first dose of Diotex, I felt in a different world. I could eat my meals without heartburn or bad stomach and not getting up at nights. I can eat anything, go to sleep, and do my work."

3 "I had a terrible pain in my back day and night. I could not sleep for it and for the leg cramps I got every time I moved. After taking CYSTEX for a day and a half I slept soundly all night and had no cramps. After three days the pain had entirely left my back. I also found that I had lost that tired worn out feeling and that I was like a new person, able to do my work in comfort again. The heartburn which I had been troubled with for months also left me and although I was seven months pregnant I hardly knew it I felt so good."

4 "I have suffered from piles for twenty-three years and never received any lasting relief from any treatment until I used Chinaroid. At times I could not sit nor could I even walk because of the severe pain. I became nervous and irritable, even had difficulty in sleeping. Piles have cost me quite a large sum of money besides losing for me two different jobs. Since using Chinaroid I have never suffered from piles. From the use of Chinaroid I have regained good health and also a job. I unhesitatingly recommend the use of Chinaroid to any pile sufferer."

5 "For over 3 years I had been troubled with severe headaches and stabbing pains in my side and back. Sometimes I would not be able to walk or eat for a day. It got worse and the spells came oftener. About 2 months ago I received one of your books and decided to give Cystex a trial. I felt better before I had finished the first box, but I kept on taking them. I have taken 3 boxes, and feel real well. I am 35 years of age, have 7 children. I can now do all my own work again and enjoy my home, friends and family, which I did not feel able to do a few months ago."

6 "I have suffered from asthma attacks for 20 years, tried many kinds of medicines without results. I had a terrible fight, but I won, my cough is gone, no more choking, and gasping for breath nor wheezing. I can go up stairs without any help, I can go out with pleasure to visit my friends, go places which I could not do before. I can sleep well at nights, no more sitting on the chair at night. I can do my housework, do big washings finishing one day and do the ironing the same day, where it took me weeks to finish it before. I tell everyone I hear speak of asthma about your treatment, I have not had an attack of asthma since taking Mendaco."

7 "Kolade has made a different person of me, since taking it. All my life, more or less, I have suffered with hyperacidity, I suffered intense intestinal pains and mucous colitis, due to functional irritation of the Colon caused by gastric hyperacidity after eating. Nothing seemed to help. Medicines made the pain worse. The muscles of my intestines seemed weakened. I passed mucus. I couldn't

sleep at night, for then the pain seemed worse. I was nervous, irritable and cranky. But all that is changed since taking Kolade. I got relief from the first dose, and slept better and now after taking all the powders in one box of Kolade I feel like a different person. I have no pain after eating and look younger."

8 "Two year's ago I went to England and took Lumbago. I sent for a box of Cystex to Boot's Chemist and within a week I was greatly relieved and after 10 days it had all gone. Six week's ago the same thing happened and I sent for a box of Cystex and am now feeling fine, anyone having had Lumbago knows those excruciating pains and how suddenly they attack you. I shall recommend them to anyone I know who suffer from any kind of back or rheumatic pains or Kidney trouble."

9 "Last July my baby contracted a severe case of Impetigo. I doctored her with everything but nothing seemed to be of any use. Last November, while visiting a friend, I happened to pick up a book containing the ad for Nixoderm. My husband bought me a package of it and I used it according to directions. Have waited until now to see if further eruptions came, but her skin is clear and free from any marks. Also I still have half of a package left. It is without doubt the most wonderful thing I have ever seen or heard of. I also had a peculiar eruption that came from bathing in some river water not clean, I found. I had it for two and a half years, and am at last free of it and no signs of return."

10 "I have been very much used up with Sciatica, Rheumatic pain, Kidney dysfunction, and similar ailments due to Poisons in the Urinary System, for such a long time (about ten years) and having tried about every remedy, getting very little relief from any of them I had about given up hope. Anyone who has ever suffered from any of these ailments knows just how frightfully painful they can be. Sometimes life is just misery when the pain gets real bad, and I have suffered so much from these things that sometimes I've felt that life was not worth living. I decided to try CYSTEX. I purchased two boxes and before the first one was half gone, I felt like a new woman. Could run up the stairs without a pain, something I had not done in two years. I have had no trace of rheumatic pain or kidney dysfunction for a month past and feel that I am fully recovered in health. I will never be without CYSTEX, and will certainly recommend it to anyone suffering the symptoms I've had."

11 "About one year ago I was in a very run down condition, and had tried a lot of different medicines for a tonic. They would help for a little while, but did not seem to be the right thing. One day in looking through the Knox Magazine, I read about Buroids being a good tonic, and decided to try it. I bought a box, and before it was finished, I felt like a new person. I gained weight, and had a good appetite."

12 "I am 53 years old and had asthma attacks ever since I can remember. The first bad spell was 14 years ago. Sometimes I could work and sometimes I couldn't. I'd go out to milk a cow and after I finished milking I couldn't carry the milk to the house. Sometimes I had to go to bed and at times I couldn't roll over in bed, it was too much for me. I tried everything I could think of, but nothing seemed to do me much good, only just for a short time. Every time I took cold I was done. I had to fight for my life. I just coughed till it seemed like the blood was just going to burst through, my ears and the sweat would just run down my face. I was taken to the hospital and had the needle used on me before I could get any ease. And this year I am putting in my own crop, doing all my own work alone and I lay it all to Mendaco."

These Letters Will Help You Win \$500.00

Complete Contest Rules On Page 26

13 "I have had rheumatism, sore and swollen joints, nervousness and an awful backache any time I did any work. Very poor sleep, from getting up five and six times at night for the past 16 years. After taking one 8 day size box of Cystex, my sore back was better. I have never had a pain there since. My sore and swollen joints are much better. After taking a 24 day size box, I felt new all over. I sleep at nights—never get up once. I can truly say that Cystex is a wonderful medicine, that I will never be without it in my home. I am 42 years old and feel younger now than I did at 20."

14 "I suffered from stomach trouble for 15 years. I was able to eat only certain kinds of food and suffered from gas and pain. I heard of Diotex and decided to give it a trial. Oh Boy! to my surprise, after taking five or six of the tablets, I got relief, and after the first package I can eat anything. I have a real stomach now."

15 "Since I was a girl I have been troubled with terrible dizziness, also, nervousness and pains in my legs and swollen and backaches at times I could hardly do anything, so I decided to try Cystex. I have taken about one box and I feel a great deal better. Have not had the least sign of the dreadful dizziness and can sleep real well all night now. I sure think it a wonderful medicine to give so much relief in a short time. I intend to continue the treatment until I feel that everything is all natural again. My husband has also had great relief after only using a few."

16 "I have suffered not from bleeding, but itching piles ever since my discharge from the Army nineteen years ago. The itching irritation disturbed my sleep terribly, made me a complete nervous wreck, and my life was made miserable, until one day my wife met an acquaintance of hers who is employed in one of our city's drug stores, who recommended a tube of your 'Chinaroid'. I tried it right away and the first application relieved me right away. I used the whole tube and followed the directions carefully, and I am now completely recovered and piles have disappeared. I can truthfully state that 'Chinaroid' is the most effective treatment for itching piles and the soothing relief it gave me (and I only used one tube) that I could scarcely believe it. It is conscientiously wonderful remedy and I am satisfied of its benefit to me. I do not hesitate in recommending it to thousands who suffered as I did."

17 "For five years I have been in misery with backache, leg pains, sleepless nights, dizziness and all the kidney trouble symptoms, had been doctoring steadily and got no relief. I was getting so I could scarcely do a day's work, had no appetite, and was losing so much weight, my clothes were hanging like bags on me. I also felt unable to go out in the evenings with my wife, just wanted to go to bed early and then couldn't sleep. I began taking Cystex and by the time I had taken half a box I was beginning to feel some better. Since then I have used three boxes of Cystex and have gained fifteen pounds, sleep well, and my appetite is back to normal, and I feel like a new man and can do a real day's work without effort."

18 "I have had asthma for about 25 years. When I first took your trial treatment I had suffered every day nearly since last Fall, but it seemed to relieve me right away and I could sleep all night. Then I sent for your large treatment and I have never had asthma since that time. I feel far better and have been able to do my house-cleaning. Mendaco is a real God-send."

19 "For 12 months now I have been singing the praises of the person or persons who invented Cystex. Before that I didn't sing at all, because life just seemed one long ache and mostly backache at that. I was on a diet for years and drank enough different kinds of medicine to float a battleship and still I had backache, pains in my legs and arms, and seldom knew what it was to get a good nights rest until I began to wonder if I wouldn't be better off without any kidneys. At last I thought I would give Cystex a trial and I am only sorry I didn't do so long ago. There is no backache now, my nerves are in a better condition."

20 "Our little girl was very healthy until 18 months old. She started to cut her double teeth and gradually kept getting weaker, until she could hardly eat. Two baby specialists said her sickness was Colitis. After four months of this, she was so paralyzed that she could not walk, even creep, nor make a natural bowel movement. She was quite blue in color and cried nearly all the time. Her mouth was full of sores and the doctors said that her stomach and bowels were also. An enema was necessary to get a movement of the bowels and the stools were full of mucus. We, and many of our friends, thought our darling would surely die. We heard of Kolade Powders and got some from the drug store. In three days' time the sores were disappearing from her mouth and were completely gone at the end of the first week. Her bowel movements soon became natural and sleep and appetite were gratefully welcomed. She took the powders for three weeks and gradually learned to walk again. She was soon her own happy little self and is now a healthy, robust child. We can not praise Kolade Powders too highly, for we believe they alone saved the life of our baby."

21 "I am a seaman on a Coasting vessel running between Vancouver and Northern British Columbia ports. I contracted a chill in my kidneys caused by a draught from an open port hole. On arrival in Prince Rupert I began to feel the symptoms in my inability to walk around without spasms of pain in my back from the movement, also an itching burning sensation. My kidneys and bladder were in an extremely inflamed condition. I was sick, miserable and losing weight from sleeplessness. One night while reading the paper I saw an advertisement for Cystex. So I decided to try a box. In two days the pain subsided and in a week I started regaining my lost energy and began to really enjoy life again. I was delighted and at the same time amazed as I have always been skeptical where medicines are concerned, figuring that they never do half the things they are advertised as capable of doing. CYSTEX has meritoriously earned my endorsement and it is my hope that this letter may be used to aid in the expansion of its field of usefulness."

22 "While I was a school boy yet twelve years old, I had Prairie Itch so bad that my body was all one scab. Four spots were left on different parts of my body. Two of them were the size of silver dollars and the other two still larger. And those spots were thick and hard. Oh boy, how itchy. Lots of times I was scratching those spots so much and so hard that my clothes were just as if they had been dipped in blood. I tried everything that was advocated to me for over twenty years without any results. My hopes were vanished. I thought that I would have to suffer all my life and that is all there is to it. But at last I saw an ad in the paper about Nixoderm so I went to a drug store and bought a package of Nixoderm. After applying Nixoderm three times I felt big relief; by the time I used out the full package my skin got to be natural again. It's over a year ago and itch never returned. Now I feel like a different person and my life is worth living now."

23 "A few years ago I was troubled with backache frequently, and had several attacks of lumbago, as I was railroading and out in all kinds of weather, or cooped up in an engine cab for hours at a stretch. I was induced to try Cystex, and in two or three days my companions remarked how spry I was getting. I could climb a box car as quickly as the youngest. Since then I was working in a highway camp and caught cold, and I had a severe attack of lumbago and sciatica. This was on a Friday night. I got a medical slip from the office, was driven to town and secured a small package of Cystex. I took tablets as directed, on Saturday morning, Sunday I kept quiet and warm, and on Monday morning I was fit and able to work. On Tuesday, all aches or pains had ceased."

24 "Having been troubled with gastric hyperacidity, belching of gas, and disturbed sleep for two years, I tried several different remedies, which did not seem to improve my condition. I then tried one small box of Diotex with amazing results, I gained five pounds in weight, sleep excellent, and enjoy my meals. I could not recommend Diotex too highly."

1939 - CALENDAR - 1939

JANUARY							FEBRUARY							MARCH							APRIL						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7	1	2	3	4	1	2	3	4	1
8	9	10	11	12	13	14	5	6	7	8	9	10	11	5	6	7	8	9	10	11	2	3	4	5	6	7	8
15	16	17	18	19	20	21	12	13	14	15	16	17	18	12	13	14	15	16	17	18	9	10	11	12	13	14	15
22	23	24	25	26	27	28	19	20	21	22	23	24	25	19	20	21	22	23	24	25	16	17	18	19	20	21	22
29	30	31	26	27	28	26	27	28	29	30	31	..	23	24	25	26	27	28	29
..	30

MAY							JUNE							JULY							AUGUST						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
..	1	2	3	4	5	6	1	2	3	1	1	2	3	4	5		
7	8	9	10	11	12	13	4	5	6	7	8	9	10	2	3	4	5	6	7	8	6	7	8	9	10	11	12
14	15	16	17	18	19	20	11	12	13	14	15	16	17	9	10	11	12	13	14	15	13	14	15	16	17	18	19
21	22	23	24	25	26	27	18	19	20	21	22	23	24	16	17	18	19	20	21	22	20	21	22	23	24	25	26
28	29	30	31	25	26	27	28	29	30	..	23	24	25	26	27	28	29	27	28	29	30	31
..	30	31

SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
..	1	2	1	2	3	4	5	6	7	1	2	3	4	1	2	
3	4	5	6	7	8	9	8	9	10	11	12	13	14	5	6	7	8	9	10	11	3	4	5	6	7	8	9
10	11	12	13	14	15	16	15	16	17	18	19	20	21	12	13	14	15	16	17	18	10	11	12	13	14	15	16
17	18	19	20	21	22	23	22	23	24	25	26	27	28	19	20	21	22	23	24	25	17	18	19	20	21	22	23
24	25	26	27	28	29	30	29	30	31	26	27	28	29	30	24	25	26	27	28	29	30
..	31

1940 - CALENDAR - 1940

JANUARY							FEBRUARY							MARCH							APRIL						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
..	1	2	3	4	5	6	1	2	3	1	2	..	1	2	3	4	5	6		
7	8	9	10	11	12	13	4	5	6	7	8	9	10	3	4	5	6	7	8	9	7	8	9	10	11	12	13
14	15	16	17	18	19	20	11	12	13	14	15	16	17	10	11	12	13	14	15	16	14	15	16	17	18	19	20
21	22	23	24	25	26	27	18	19	20	21	22	23	24	17	18	19	20	21	22	23	21	22	23	24	25	26	27
28	29	30	31	25	26	27	28	29	24	25	26	27	28	29	30	28	29	30
..	31

MAY							JUNE							JULY							AUGUST						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
..	5	6	7	8	9	10	1	2	3	..	1	2	3	4	5	6	1	2	3	4	
12	13	14	15	16	17	18	2	3	4	5	6	7	8	7	8	9	10	11	12	13	4	5	6	7	8	9	10
19	20	21	22	23	24	25	9	10	11	12	13	14	15	14	15	16	17	18	19	20	11	12	13	14	15	16	17
26	27	28	29	30	31	..	16	17	18	19	20	21	22	21	22	23	24	25	26	27	18	19	20	21	22	23	24
..	23	24	25	26	27	28	29	28	29	30	31	25	26	27	28	29	30	31
..	30

SEPTEMBER							OCTOBER							NOVEMBER							DECEMBER						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7	1	2	3	4	5	1	2	1	2	3	4	5	6	7		
8	9	10	11	12	13	14	6	7	8	9	10	11	12	3	4	5	6	7	8	9	8	9	10	11	12	13	14
15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15	16	15	16	17	18	19	20	21
22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28
29	30	27	28	29	30	31	24	25	26	27	28	29	30	29	30	31
..

MAIL ORDERS

If your druggist can not promptly supply you with any medicine advertised in this book, simply send money order or check for the size desired to the nearest office of The Knox Company, and we will immediately ship the medicine desired and prepay the postage. On mail orders we guarantee absolutely satisfactory results the same as though you bought through your druggist. In the case of dissatisfaction, return the empty package within thirty days or less and we will refund the full purchase price. The following are the sizes and prices of the products advertised:

Cystex 8 day Size.....	75c	Nixoderm 10 day Size.....	60c
24 day Economy Size.....	\$1.50	24 day Economy Size.....	\$1.25
Diotex 8 day Size.....	60c	Buroids 8 day Size.....	\$1.00
24 day Economy Size.....	\$1.25	24 day Economy Size.....	\$2.00
Chinaroid 15 day Treatment...	\$1.00	Kolade 10 day Treatment.....	\$1.50
Mendaco 8 day Size.....	\$1.25		
24 day Economy Size.....	\$2.50		

THE KNOX COMPANY

Fort Erie North - - - Ontario

81 Lamba Conduit St., London, W.C.1.
484 Collins St., Melbourne, Australia.

811 W. 7th St., Los Angeles, U.S.A.
Maritime Bldg., Wellington, New Zealand.

Asthma Mucus Dissolved in 1 Day

Doctor's Prescription Acts 3 Ways to Stop Asthma

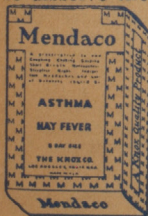
Do you wheeze, choke, strangle and gasp for breath—are you unable to sleep at nights and find that your vitality is sapped and your health ruined by attacks of Asthma or Bronchitis? If you are a victim of this dread disease, there is new hope of health and happiness for you in the prescription of a physician with 30 years' experience. This new prescription has brought free easy breathing to millions throughout the world who had despaired of ever again living a normal life.

3-Way Action Dissolves Cause

This physician's prescription called **Mendaco** is scientifically prepared and compounded to act directly in removing the mucus which stops you up so you can't breathe and causes choking, gasping, wheezing. This is accomplished by its 3-way action. First, it liquefies and dissolves the mucus or phlegm that causes the choking and gasping. Second, it relaxes thousands of tiny muscles in the bronchial tubes so that you can breathe freely and deeply and thus get the benefits of health-restoring air and oxygen in your lungs. Third, it promotes body vigour and stimulates the building of rich, revitalized blood. Thus **Mendaco** acts in a natural manner to overcome Asthma attacks, restore sound, reinvigorating sleep, and actually makes you feel five to ten years younger.

Helps Millions

Millions of former sufferers from attacks of Asthma and Bronchitis in all parts of the world are now enjoying vigorous health and sound sleep through the use of **Mendaco**. Sufferers who formerly had to sit up all night and others who had to take hypodermic injections are now free from this terrible necessity and able to work and enjoy life. **Mendaco** does not contain any narcotics or habit-forming drugs, yet it brings sound, restful sleep the very first night. This is because it acts to dissolve the cause of those terrible choking, gasping attacks of Asthma. Sufferers are high in their praises of **Mendaco**. For instance, Mr. W. G. D. Wilkinson, of Toronto, Can., recently wrote: "I could hardly breathe and had to take injections of Adrenalin about every three hours to keep going. I was down to about 90 pounds. At last I tried **Mendaco** and now feel better than I have for



*Stops
Choking
Asthma
Attacks
in 24 Hours*

four years and have not lost a day's work since starting **Mendaco**."

3-Minute Action

A widely known scientist, physician, and surgeon, recently stated: "I am happy to tell Asthma sufferers that the new prescription called **Mendaco** dissolves and removes the mucus of Asthma attacks. **Mendaco**, through its 3-way action, offers real hope of health and normal life to those who are afflicted with this dread ailment. One of the ingredients in **Mendaco** starts circulating in the blood in 3 minutes and that is why this remarkable preparation so quickly brings release from those terrible choking, gasping, strangling spells. The average patient breathes freely and sleeps soundly the very first night, finds his appetite returning, and that he can eat normal food within the first two days, and a complete relief from asthmatic symptoms by the end of the first week. I can conscientiously say that I consider **Mendaco** a boon to Asthma sufferers."

Money-Back Agreement

There is no need to suffer another day from terrible choking, gasping Asthma attacks, because **Mendaco** is offered under a written agreement that it must stop your Asthma attacks, make you feel years younger, stronger, and youthfully alive, or you merely return the empty package and the small purchase price is refunded immediately without question or argument. Your word is final. You can't afford to suffer another hour—you can't afford to waste time—you can't afford to take chances with any medicine that is not backed by a money-back agreement. The longer you wait the more harm Asthma will do to your heart and body and your life may be endangered. Get the doctor's prescription **Mendaco** from your druggist today. The money-back agreement protects you.

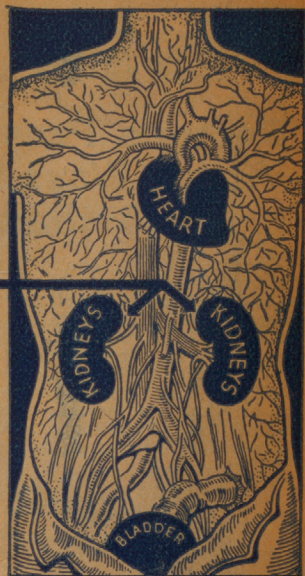
UNCAT
manacs..

Acid Excess in Blood

often due to

Poisons in Kidneys

Which May Undermine Your Health and Cause Nervousness, Circles under Eyes, Lack of Pep, Getting up Nights, Aching Joints, Leg Pains, etc.



Nothing can more quickly undermine your health, strength, and energy than an excess of acid in your blood. Most people think that excess Acidity is in the stomach only but there is a far more dangerous type of excess Acidity, and this arises when the Kidneys get tired or slow down and do not properly perform their function of removing excess Acids and other wastes, which become poisonous to the system unless they are properly eliminated through the Urinary system.

One of the most common causes of tired or poorly functioning Kidneys is Poisons, developed in the body during Colds or by Bad Teeth or Tonsils or through other infectious diseases, so it's no wonder that most every one must face the dangers of Poisons in the Urinary system. Among the painful and disturbing symptoms which may be due to Poisons in the Urinary system are: Getting up Nights, Excess Acidity, Leg Pains, frequent Headaches and Colds, Backache, Rheumatism, Aching Joints, Dark Circles under the Eyes, Dry, Muddy Skin, Loss of Energy, and Burning, Itching Passages.

Fight Poisons Doctor's Way

Fortunately for sufferers from troubles in the Urinary system, druggists now have a twin-tablet treatment called Cystex, which is a doctor's prescription. Cystex acts in 3 ways to combat the cause of such troubles: 1. It fights the Poisons responsible for Kidney and Bladder trouble. 2. It soothes and tones irritated membranes and alleviates pain. 3. It gently stimulates the Kidneys in their function of removing

Excess Acids and other wastes from the blood.

No matter how long you have suffered or how many medicines you have tried, you owe it to yourself to fight what may be the underlying cause of your symptoms with the doctor's prescription Cystex.

World-Wide Success

Being scientifically prepared to act in the Kidneys, Bladder, and Urinary System, Cystex is remarkably swift in action. For this reason it has attained world-wide popularity and is an outstanding success in 73 different countries throughout the world and is held in high esteem by doctors, as is evidenced by a letter from Dr. W. R. George, for many years Health Director of Indianapolis, who says: "Cystex deserves the endorsement of all doctors."

Make this 8-Day Money-Back Test

Get Cystex from your druggist today. Put it to the test. See exactly what it can do for you. Cystex starts working in 3 hours and it must curb your pain, make you feel younger and stronger and full of life and pep and satisfy in every way or you merely return the empty package and your money is refunded in full. During the first day or so you probably will notice a marked improvement, but we want you to take the full 8-day supply and see the tremendous good this complete twin-tablet treatment can do. Ask your druggist for Cystex today. The money-back agreement protects you.